

Mini A.W.E.S.O.M.E.



Adult Workshops Everywhere -- Stay Overnight, Meet Everyone! April 24 and 25, 2010
Girl Scouts Heart of the Hudson – ROCK HILL CAMP, Mahopac (Westchester County)

Please join us for Mini **A.W.E.S.O.M.E. 2010** – a sample of our annual Leaders Weekend at Rock Hill Camp. This is YOUR opportunity to learn new skills, develop new talents, and discover a huge network of Girl Scout friends and resources. Join us for one day or both. If you've only experienced **A.W.E.S.O.M.E.** through the eyes of a "day" participant, stay overnight this year and enjoy **A.W.E.S.O.M.E.** at its best. Our Kitchen Volunteers will dazzle you with their culinary skills. Our Saturday night bonfire and songs will bring a smile to your face! Bring your own mug for the "round the clock" coffee, tea and water, always available in the dining hall.

Choose courses that are right for you from the wide variety of offerings listed in this packet. Courses are available for every range of interest: indoors or outdoors, for the crafty and the klutzy, from Girl Scout Daisy to Girl Scout adult, all taught by fabulous volunteers. Workshop chairs have been planning diligently to assemble this dazzling assortment of sessions!

Capacity for the event is limited to 100 people, and sessions fill up fast. Please register **ASAP** to make sure you get your first selections, and be **certain** to include your second choice for each time slot. If your first choice is not available and you do not list an alternative, you will have a free period to explore the beauty of Rock Hill.

Simply complete the registration form and the adult medical history form (both included in this packet) and mail both, along with a self-addressed stamped envelope (two stamps required) and your check made payable to GSHH, to the Pleasantville regional office: GSHH, Attn: **AWESOME**, 2 Great Oak Lane, Pleasantville, NY 10570. Registration begins **February 10, 2010** and **closes on March 19, 2010**. Sorry, no phone registrations are accepted. Registration confirmations will be mailed to you. If you need special accommodations, please let us know and we will be happy to arrange them for you. You can also register online at: www.girlscoutshh.org ! Please note that online registrations will receive their confirmations via email.

We look forward to seeing you in April!
The A.W.E.S.O.M.E. Committee

WEEKEND SCHEDULE OF EVENTS

SATURDAY: Arrive at camp by 9:30 (workshops begin at 10 a.m.) and check-in at the pavilion in the parking lot. Lunch for all **A.W.E.S.O.M.E.** participants is served at noon. When the workshops end, join us for dinner at 5 p.m. in the dining hall. After dinner, join Jill and Eileen for some fun with **Games**. Then join us in the Glen at 8 p.m. (or in the dining hall, if there's inclement weather) for a **Bonfire Sing-A-Long!** Come join in the fun! Also, please bring a handmade or like-new item for the **Silent Auction**.

SUNDAY: Start the day off with a hot breakfast in the dining hall before venturing off to your Sunday morning workshops.

Participants will receive a patch or participation year rocker upon checking out in the parking lot pavilion or in the dining hall. Be sure to turn in your evaluation (included in your arrival packet) so that we can continue to provide the best, most **A.W.E.S.O.M.E.** experience for everyone!



Girl Scouts.

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GIRL SCOUTS HEART OF THE HUDSON – ROCK HILL CAMP

Registration begins **February 10, 2010** Sorry, no phone registrations. Return this completed form and the completed medical form, along with your payment and a self-addressed stamped envelope (two stamps required) to A.W.E.S.O.M.E., Girl Scouts Heart of the Hudson, 2 Great Oak Lane, Pleasantville, NY 10570. Please make checks payable to GSHH.

Please **PRINT** neatly and check ALL appropriate lines:

Name: _____ Home Phone: _____

Address or PO Box: _____ City: _____ State: _____ Zip: _____

Email: _____ Girl Scout Community: _____

Are you a registered Girl Scout? Yes _____ No _____ Program Level: _____

I will attend: **DAY ONLY:** _____ **SATURDAY NIGHT** _____

I will attend: Saturday **lunch:** _____ Saturday **dinner:** _____ Sunday **breakfast:** _____
Our Kitchen Volunteers will buy/order food based upon your attendance notification.
Please be sure to attend all meals for which you have signed up.

Participant rates include all fees, patch, meals, lodging and tote bag.
Please make payment by check, made payable to: GSHH.

DAY PARTICIPANTS: \$ 35.00 **OVERNIGHT PARTICIPANTS: \$ 45.00**

T-SHIRT: Optional for \$7.00

Size: S _____ M _____ L _____ XL _____ 2XL _____ 3XL _____

Amount enclosed \$ _____.

Please list your workshop selections below. Be sure to include your 1st and 2nd choices.
If you do not list two choices, you will have a free period(s):

	1 ST CHOICE		2 ND CHOICE	
WORKSHOP	WORKSHOP#	DESCRIPTION	WORKSHOP#	DESCRIPTION
SATURDAY				
10 - 11:15 a.m.				
1:30 – 3 p.m.				
3:15 - 4:45 p.m.				
6:45 - 8 p.m.				
SUNDAY				
9:15 – 11 a.m.				

ADULT HEALTH HISTORY FORM

NAME: (Last, First, Initial):		
PHONE:	DATE OF BIRTH:	
ADDRESS:	CITY, STATE, ZIP:	
SEX: Female Male	GIRL SCOUT COMMUNITY:	TROOP #:
GSUSA ID #:	PROGRAM LEVEL:	

HEALTH HISTORY: Please check if you have had any of the following: (check all applicable)

Eyesight Impairment ___ Heart Disease ___ Arthritis ___ Intestinal Disorders ___ Chicken Pox ___ Measles ___ Tuberculosis ___
 Abnormal Blood Pressure ___ Speech Impairment ___ Hearing Impairment ___ Rheumatic Fever ___ Hernia ___ Diabetes ___
 Disorders of Nervous System ___ Mental or Emotional Disorders ___ Mumps ___ Sinusitis ___ Disease of Ears ___
 Hayfever or Asthma ___ Disease of Kidneys ___ Severe Menstrual Cramps ___ German Measles ___ Other Serious Allergies not listed ___
 Other: _____

Have you been hospitalized in the last 5 years? Yes ___ No ___ Are you taking any medications? Yes ___ No ___

If you have answered yes to any of the above, please give nature, date, period of disability, results and drug descriptions:

RECORD OF IMMUNIZATIONS:

IMMUNIZATION TYPE	DATE OF IMMUNIZATION
Hepatitis B	
Tetanus (must be within 10 years)	
MMR	
Varicella	
Other	
Disease	

INSURANCE INFORMATION:

Carrier Name: _____ Policy/Group Number: _____

Address: _____

Must you call them prior to treatment? Yes: _____ No: _____ Phone #: _____

Policyholder's Name: _____ Phone#: _____

ID#: _____

Name of Primary Care Physician: _____ Phone #: _____

EMERGENCY CONTACT INFORMATION

Name: _____ Relationship: _____

Day Phone: _____ Night Phone: _____

I certify that to the best of my knowledge this health history is complete and accurate. I am in good health and able to participate in all camp activities.

_____ DATE

SIGNATURE

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2010 Adult Workshops Everywhere – Stay Over, Meet Everyone!

WORKSHOPS

Key to suggested workshop leader levels: (D) Daisy, (B) Brownie, (J) Junior, (CD) Cadette (SR) Senior/Ambassador, (A) Adult

Workshop	Workshop Leader	Time/Day	Wkshp #	Workshop Description	Level
Box Oven Cooking	Christine Paese	Saturday 3:15-4:45	303	Learn to cook various items in a cardboard box! Explore one of Girl Scouting's many ways to cook in the out-of-doors.	All
Ceramics Class	Amelia Roger	Saturday 3:15-4:45	304	Paint some bisque ceramic pieces -- a project you can do with your girls. Learn about supplies: where to get them, what kind of paints and finishing are needed, and so on.	All
Community Service	Anne Chau Barbara Damiano	Saturday 10-11:45	101	Come learn and share different community service ideas for all levels.	All
Earrings Galore	Barbara Damiano	Saturday 3:15-4:45	301	Let's create earrings using minimum tools!	CD SR A
Folding Scrapbook	Bonnie Johnson	Sunday 9:15-11	501	Make a carry-along scrapbook so you can brag about your loved ones! Bring your scissors and an Elmer's Craft Bond Extra Strength Glue Stick. All other materials are provided. For now, leave your pictures home -- you can add them later.	All
Games With Jill and Eileen	Jill Tanney Eileen del Rosario	Saturday 6:45 - 8PM	401	Wanna play? Big groups or small -- we all like to have fun!	All
Gifts From Your Kitchen	Ann Chau	Saturday 1:30 - 3	201	Learn several techniques for giving gifts from your kitchen. Ideas range from Individual gift giving to potential troop money-earning ideas	All
Keeping Older Girls in Girl Scouting	Nancy Knight Janice Paganelli	Saturday 10-11:45	104	Learn some creative way to keep your older girl in Girl Scouts	CD SR A
Knots and Lashing	Selina Guendel	Sunday 9:15-11	504	Participants will learn basic knots and lashing and how to use these skills.	CD SR A
Leaf Pounding	Jan Murphy	Saturday 1:30 - 3	202	Bring a small hammer and pound out floral and leaf designs on fabric and paper. Turn your creation into a book mark, wall hanging, or placemat.	All
Mirror, Mirror on the Wall	Maria Leone	Saturday 1:30 - 3	203	Decorate your own mirror with gems, beads, lace and other personalization. An easy craft for all Girl Scout levels. Please bring a glue gun if you have one!	All
Mother's Day Secret Garden	Amelia Roger	Saturday 10-11:45	103	Come make a sample - Girls can make a terrarium for their moms for Mother's Day with gallon glass jars, pretty small plants, stones, moss, etc. Start saving jars now if you plan to do it this year. Ask your favorite local restaurant or pizzeria to save some for you. The girls love doing this. Bring little plastic deer, craft butterflies, birds or whatever you might like to add to your garden.	All
Older Girl Roundtable	Amelia Roger	Sunday 9:15-11	502	Discuss the difference between meetings vs trips for adult/girl ratios per <i>Safety Wise</i> ; what training and paperwork is needed to take the girls on trips; troop money and the importance in having an bank account; badge work and having a purpose in doing the badge; how troop activities/program should be more girl-led; and how to conduct a ceremony; as well as other topics which may arise.	CD SR A
OOT - Overnight Outdoor Training	TBA	Sat - Sun 1:30 p.m. - 11 a.m.	206	This course offers volunteers the opportunity to learn the necessary steps for planning an overnight activity with girls that includes the experience of platform tent camping and fire building to gain the necessary confidence and knowledge. All the participants registered for this course will receive confirmation along with a packing list of necessities.	CD SR A
Order of the Geese	Dolores DaSilva	Saturday 10-11:45	102	Observing the majestic flight of the geese provides the perfect road map for strong teambuilding skills. Through innovative and creative program, along with hands-on activities, you will not only learn how to work better within your GS community, workplace or neighborhood, but you can also bring these lessons back to you troop or even your family. Receive a level-appropriate packet for your troop and a participation patch.	All
Spirit Day Service Project	Self Directed	Saturday Double Session 1:30 - 4:45 p.m.	206	Did you know that this is Girl Scout Spirit Week? Show your Girl Scout spirit by doing a service project where YOU can help! Take this double session to help out Rock Hill Camp. You will need to bring <u>work gloves and work clothing</u> to do service projects throughout our camp grounds.	
Tea 101	Ann Chau Patty Reina Pat Elwell	Saturday 3:15 - 4:45	302	Come learn about tea! There's tea history, tea sampling, tea sandwiches and "tea"rific trivia! We're sure this session will be just your cup of tea.	All
Bridging the Gap between OOT and Troop Camping	Donna Lankard	Saturday 1:30 - 3	204	What's holding you and your girls back from loving this experience? You, your girls, bugs, food, outdoor activities, tents, animals, safety -- it's all good.	B J CD
Wooden Spoon Craft	Jude Riekert	Sunday 9:15-11	503	Come make a doll out of wooden spoons	All

MINI AWESOME 2010 WORKSHEET CHOICE SCHEDULE

SATURDAY								SUNDAY	
10 - 11:15 AM		1:30 - 3PM		3:15 - 4:45 PM		6:45 - 8 PM		9:15 - 11AM	
101	Community Service	201	Gifts From Your Kitchen	301	Earrings Galore	401	Games with Jill & Eileen	501	Folding Scrapbook
102	Order of the Geese	202	Leaf Pounding	302	Tea 101			502	Older Girl Roundtable
103	Mother's Day Secret Garden	203	Mirror, Mirror on the Wall	303	Box Oven Cooking			503	Wooden Spoon Craft
104	Keeping Older Girls in Girl Scouting	204	Bridging the Gap between OOT and Troop Camping	304	Ceramics			504	Knots and Lashing
		205	Spirit Day Service Project Note: double session						
		206	Overnight Outdoor Training note: 4 sessions long						

Meals:

Saturday Lunch: Noon until 1:15 PM

Saturday Dinner: 5 – 6:30 PM

Sunday Breakfast: 7:30 – 9 AM