

CONNECTIONS

TRAINING



This is only a portion of Connections. To see the entire book, which contains information about programs, adult trainings and program resources, visit the Girl Scouts of Eastern Oklahoma website at GirlScoutsEastOk.org or use the QR Code to the left.

Contact Us!



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2432 East 51st Street
Tulsa, OK 74105-6002
T 918-749-2551 F 918-749-2556
Toll Free 800-707-9914
Toll Free Fax 866-749-2556

Bartlesville Girl Scout Service Center
511 East 11th Street
Bartlesville, OK 74003-5051
T 918-336-3378 F 918-336-3377
Toll Free 800-457-4475

McAlester Girl Scout Service Center
301 West Seneca Avenue
McAlester, OK 74501-6229
T 918-423-0826 F 918-423-0869

Muskogee Girl Scout Service Center
2411 West Okmulgee
Muskogee, OK 74401-5268
T 918-683-7738 F 918-687-3788
Toll Free 877-855-7738

Ada Girl Scout Office
119 North Broadway, Suite 13
Ada, OK 74820
T 580-332-0915

Antlers Girl Scout Office
804 East Main Street, Suite 2
Antlers, OK 74523
T 580-298-5309

Stillwater Girl Scout Office
715 South Husband, Suite 1
Stillwater, OK 74074-4664
T 405-372-6016 F 405-372-0056
Toll Free 877-549-0555

Ponca City Girl Scout Program Center
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Ponca City, OK 74601
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The Girl Scout Mission

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

The Girl Scout Promise

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

The Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

Welcome to **CONNECTIONS!**

CONNECTIONS is the ALL NEW guide to Girl Scout activities, trainings and resources in eastern Oklahoma!

This book contains information about:

- **Camping opportunities - Pages 15 to 48**
(formerly The Camp Book)
- **Individual girl activities - Pages 49 to 72**
(formerly P.A.C.S.)
- **Troop activities - Pages 73 to 88**
(formerly Troop Program Activities Book)
- **Adult trainings - Pages 89 to 109**
(formerly Adult Training Catalog)



Our hope is that this guide will simplify your life as a Girl Scout, parent or volunteer by combining all points of interest for you! Activities and trainings in this issue of **CONNECTIONS** are divided into four sections:

- 1** CAMPING OPPORTUNITIES including Council Day Camp, Core Camp, and Resident Camp sessions.
- 2** ACTIVITIES for individual Girl Scouts.
- 3** ACTIVITIES for Girl Scout Troops.
- 4** ADULT TRAININGS, including basic required courses and additional enrichment opportunities.

Looking for the Program Resources? Don't worry...we didn't forget it! The Program Resources section will only be included in the fall editions of Connections.

Each section contains the necessary forms relating to information contained in that section. For example, the Registration Form for individual girl activities (Form #569F) can be found at the end of the "Individual Girl Activities" section of this book.

Please review all information carefully; paying special attention to registration procedures for any events or trainings you are interested in attending.

Looking for your favorite event or training? See the index on pages 110-113. You can search by event OR by grade level to find what interests you! Questions? See contact information on page 2.

ENJOY!

To our Girl Scout Parents:

We want to encourage you to use **Connections** to enhance your daughter's Girl Scout experience, and let you know that there are opportunities for you in Girl Scouts, even if you cannot lead a troop. We know there is a lot of information that comes your way, so we want to help you understand what is in this book and how you can use it as a parent of a Girl Scout.

1. CAMPING

Camping is such an integral part of Girl Scouting, it has its own pathway! Whether your daughter is a seasoned camp veteran or is looking forward to attending a camp for the first time, this section has something for every girl.

2. PROGRAMS

Your daughter can attend any of the programs listed in this book, regardless of whether or not her troop is attending. She may need an adult to accompany her or the Council may need her to complete activities with another troop for the day, but these are all options open to encourage girls to attend events that interest them.

3. ADULT TRAININGS

Girl Scouts of Eastern Oklahoma offers a variety of training courses for our adult members. There are required new leader trainings aimed to help new volunteers find their way without becoming overwhelmed, but there are also a number of special interest enrichment and leadership courses available that are optional. We encourage you to glance over these courses and we hope you'll find something to spark your interest.

If you have any questions about this information, please contact your Volunteer Support Specialist or any of the activity contacts listed in the program descriptions.

Girl Scout Leadership Experience

The three keys to leadership:

DISCOVER:

Girls understand themselves and their values and use their knowledge and skills to explore the world.

When girls DISCOVER, they: develop a strong sense of self, develop positive values, gain practical life skills, seek challenges in the world, and develop critical thinking.

CONNECT:

Girls care about, inspire, and team with others locally and globally.

When girls CONNECT, they: develop healthy relationships, promote cooperation and team building, can resolve conflicts, advance diversity in a multicultural world, and feel connected to their communities, locally and globally.

TAKE ACTION:

Girls act to make the world a better place.

When girls TAKE ACTION, they: can identify community needs, are resourceful problem solvers, advocate for themselves and others, locally and globally, educate and inspire others to act, and feel empowered to make a difference in the world.

Take a Girl Scout Journey:



Girl Scout Daisy Leadership Journey
Welcome to the Daisy Flower Garden

Girl Scout Brownie Leadership Journey
Brownie Quest

Girl Scout Junior Leadership Journey
Agent of Change

Girl Scout Cadette Leadership Journey
aMAZE! - The Twists and Turns
of Getting Along

Girl Scout Senior Leadership Journey
GIRLtopia – Toward an Ideal World for Girls

**Girl Scout Ambassador
Leadership Journey**
Your Voice Your World –
The Power of Advocacy



Girl Scout Daisy Leadership Journey
Between Earth and Sky

Girl Scout Brownie Leadership Journey
WOW: Wonders of Water

Girl Scout Junior Leadership Journey
Get Moving - Energy

Girl Scout Cadette Leadership Journey
Breathe – Air

Girl Scout Senior Leadership Journey
Sow What? – Land and Food

**Girl Scout Ambassador
Leadership Journey**
Justice – Environmental Justice



Girl Scout Daisy Leadership Journey
5 Flowers, 4 Stories, 3 Cheers for Animals!

Girl Scout Brownie Leadership Journey
A World of Girls

Girl Scout Junior Leadership Journey
aMUSE

Girl Scout Cadette Leadership Journey
MEdia

Girl Scout Senior Leadership Journey
MISSION: Sisterhood!

**Girl Scout Ambassador
Leadership Journey**
BLISS: Live It! Give It!



Pathways Are Here!

Girls participate in Girl Scouts in many ways. Girls can choose any one, all, or some of the Pathways within a single year based on their grade level. By participating in Girl Scout Pathways, girls can explore their skills and interests while helping to shape a variety of fun and enriching leadership experiences that inspire them to reach their personal best!

As you make your way through CONNECTIONS, you will find each event is also associated with a Pathway. This information is intended to familiarize you with Pathways and show how they are already at work in the events you know and love.

The six flexible Pathways include:

Travel

Girls plan, prepare, and participate in regional, national, and international trips such as Council-sponsored weekends, the upcoming Pax Lodge 2012 trip, or GSUSA's *destinations*.

Troop

Girls participate in a series of programs with the same group of girls over the course of an academic year.

Series

Girls participate in a series of programs with the same group of girls relating to a specific theme or purpose such as our High Adventure or Canoe Program groups.

Event

Girls participate in a one-time event such as a workshop, a field trip, or an overnight.

Virtual

Girls participate in interactive, high-quality program activities in a safe, secure, online environment supplemented by live events.

Camp

Girls participate in Day or Resident Camps with a focus on the out-of-doors and/or environmental education.

January


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 GIRL RDL: Technology Transformations	3	4	5 GIRL: CSAPP Meeting	6 GIRL RDL: Gold Award Senior Journey Series <i>MISSION: SISTERHOOD</i>	7 GIRL: Brownie Boogie GIRL: Dancing Daisies ADULT: Beyond the Meeting (Muskogee) ADULT: Medic Refresher (Tulsa)
8	9 ADULT: Beyond the Meeting (Checotah) ADULT: ARC Basic Water Rescue (Tulsa)	10 ADULT: ARC First Aid (Tulsa)	11 ADULT: CPR for the Professional Rescuer Part 1 (Tulsa)	12 ADULT: CPR for the Professional Rescuer Part 2 (Tulsa) ADULT: Medic Safety Trainer (Tulsa)	13 GIRL RDL: Program Aide Core Training GIRL RDL: Slumber Under the Sea	14 GIRL: Child Care Workshop (McAlester) ADULT: Beyond the Meeting (Bartlesville) ADULT: Medic (Tulsa)
15	16	17	18 ADULT: Childhood and Babysitting Safety Instructor Course Part 1 (Tulsa)	19 GIRL: Gold Award Senior Journey Series <i>MISSION: SISTERHOOD</i>	20 GIRL RDL: S.T.E.M. for Brownies ADULT: Beyond the Meeting (Tulsa)	21 GIRL: Technology Transformations GIRL: Overnight at the Museum → ADULT: Medic Safety Trainer (Tulsa)
<i>Martin Luther King, Jr. Day</i> <i>All Council Facilities Closed</i>						
22	23	24	25 ADULT: Childhood and Babysitting Safety Instructor Course Part 2 (Tulsa)	26 ADULT: Beyond the Meeting (Stillwater)	27 GIRL RDL: YOU Can Cook!	28 ADULT: Volunteer Conference (Tulsa)
29 ADULT: Pool Lifeguard Certification (Tulsa) ADULT: Waterfront Lifeguard Certification (Tulsa)	30	31				

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 GIRL: CSAPP Meeting	3 GIRL: Slumber Under the Sea GIRL RDL: Chandler Scramble	4 GIRL: Slumber Under the Sea GIRL: Program Aide Core Training ADULT: Beyond the Meeting (Checotah) ADULT: Pool Lifeguard Certification (Tulsa) ADULT: Waterfront Lifeguard Certification (Tulsa)
5 ADULT: Pool Lifeguard Certification (Tulsa) ADULT: Waterfront Lifeguard Certification (Tulsa)	6 ADULT: Beyond the Meeting (Muskogee)	7	8	9	10 GIRL RDL: Saturday Strings	11 GIRL: S.T.E.M. for Brownies GIRL: Cookie Sale
12	13 ADULT: Beyond the Meeting (Tulsa)	14	15 ADULT: Medic Refresher (Tulsa)	16 GIRL: Gold Award Senior Journey Series <i>MISSION: SISTERHOOD</i>	17 GIRL RDL: Woodwind Spring Break Day Camp	18 GIRL: YOU Can Cook! ADULT: Medic (Tulsa)
19 GIRL: Cookie Sale	20 <i>Presidents' Day</i> All Council Facilities Closed	21	22 <i>World Thinking Day</i>	23	24	25 GIRL: Chandler Scramble ADULT: Wilderness First Aid (Tulsa)
26 ADULT: Wilderness First Aid (Tulsa)	27 ADULT: Beyond the Meeting (Bartlesville) ADULT: Beyond the Meeting (McAlester)	28	29 GIRL RDL: Discover Oklahoma			
30 GIRL: Cookie Sale						

RDL = Registration Deadline

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 GIRL: CSAPP Meeting GIRL RDL: Me and My Gal	2 GIRL RDL: Me and My Guy GIRL RDL: Program Aide Day Camp Specialization Module	3 GIRL: Saturday Strings ADULT: Beyond the Meeting (Muskogee) ADULT: Medic Refresher (McAlester)
				GIRL: Cookie Sale →		
4 GIRL: Cadette Camporee Planning Meeting GIRL: Frolics Planning Meeting	5 ADULT: Medic Part 1 (Tulsa)	6 ADULT: Medic Part 2 (Tulsa) ADULT: Camper Training (Troop House)	7 ADULT: Medic Refresher (Tulsa)	8 ADULT: Medic Refresher (Stillwater)	9 GIRL RDL: Program Aide Crafts Specialization Module GIRL: Program Aide Songs and Games Specialization Module	10 ADULT: Medic (Stillwater)
				ALL: 100 Hour Fire →		
GIRL: Cookie Sale →						
11 ADULT: Beyond the Meeting (Tulsa)	12  Girl Scouts' 100th Birthday!	13 ADULT: Beyond the Meeting (Stillwater)	14	15 GIRL: Gold Award Senior Journey Series <i>MISSION: SISTERHOOD</i>	16 GIRL: Me and My Guy for Daisies and Brownies	17 GIRL: Me and My Guy for Juniors and Older
Girl Scout Sunday			Girl Scout Sabbath			
GIRL: Cookie Sale →						
18	19 GIRL: Woodwind Spring Break Day Camp	20	21 GIRL: Discover Oklahoma GIRL RDL: Initial Placement Deadline for Resident Camp <i>(Girls may continue to register after this date, but may not receive their first choice session.)</i>	22	23 GIRL RDL: Blast Off GIRL RDL: Daisy Day (Camp Tenkiller) GIRL RDL: Daisy Day (Camp Tallchief) GIRL RDL: Powered Up	24 GIRL: Program Aide Day Camp Specialization Module ADULT: Archery (Camp Tallchief)
GIRL: Cookie Sale →						
25	26 ADULT: Beyond the Meeting (Antlers)	27	28	29	30 GIRL RDL: Breathe Workshop GIRL RDL: Sangam Wide Game GIRL: Me and My Gal for Daisies and Brownies	31 GIRL: Program Aide Crafts Specialization Module GIRL: Me and My Gal for Juniors and Older GIRL: Program Aide Songs and Games Specialization Module ADULT: Backpacking Training (Troop House) ADULT: Camper Trng. (Muskogee) ADULT: Camper Training. (Wah-Shah-She) ADULT: Powered Up Training (Tulsa)
GIRL: Cookie Sale →						

RDL = Registration Deadline

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 GIRL: Me and My Gal for Juniors and Older	2 GIRL: Incredible Pizza Education Night GIRL RDL: S.O.A.R. Challenge	3 ADULT: Astronomy (Tulsa)	4 ADULT: Camper Training (Troop House)	5 GIRL: CSAPP Meeting	6	7 GIRL: Daisy Day (Camp Tallchief) GIRL: Growing Daisies ADULT: Medic Refresher (Stillwater) ADULT: Camper Training (McAlester) ADULT: Camper Training (Stillwater)
8 GIRL: Cadette Camporee Planning Meeting GIRL: Frolics Planning Meeting	9 ADULT: Beyond the Meeting (Muskogee) ADULT: Medic Refresher (Tulsa)	10 ADULT: Beyond the Meeting (Tulsa)	11 ADULT: Medic Part 1 (Bartlesville) (Evenings)	12 ADULT: Medic Part 2 (Bartlesville) ADULT: Take Action! (Tulsa)	13	14 GIRL: Blast Off ADULT: Medic (Tulsa) ADULT: Camper Training Overnight (Swannie) → ALL: Camp Tiak Reunion
15	16	17	18	19 GIRL: Gold Award Senior Journey Series <i>MISSION: SISTERHOOD</i>	20 ADULT: Camper Training II (Tenkiller) GIRL: S.O.A.R. Challenge →	21 GIRL: Breathe Workshop GIRL: Powered Up ALL: Camp Scott Reunion
22	23 ADULT: Beyond the Meeting (Ada)	24	25	26	27 GIRL RDL: S.O.A.R. Challenge	28 GIRL: Daisy Day (Camp Tenkiller) ADULT: Take Action! (Bartlesville/ Ponca City/ Stillwater) ADULT: Medic (McAlester) ADULT: Train-the-Trainer (Tulsa) ALL: Camp Tallchief Reunion
29	30					

Leader's Day

May

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1 GIRL RDL: "J" Mystery Adventure GIRL RDL: The Petit Jean Adventure GIRL: Sangam Wide Game	2 ADULT: Beyond the Meeting (Tulsa)	3 GIRL: CSAPP Meeting ADULT: Medic Refresher (Tulsa)	4 GIRL: Core Camp (Tallchief) ADULT: Medic (Tulsa)	5 ADULT: Level 1 Introduction to Canoeing (Wah-Shah-She) ADULT: Beyond the Meeting (Muskogee) ALL: Camp Polly Reunion
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6 GIRL: Cadette Camporee Planning Meeting GIRL: Frolics Planning Meeting	7 ADULT: Beyond the Meeting (Checotah)	8	9	10	11	12 GIRL: Cookie Sale 500 Club Event
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13	14	15	16	17 GIRL: Gold Award Senior Journey Series <i>MISSION: SISTERHOOD</i>	18 GIRL: S.O.A.R. Challenge GIRL RDL: Level 1 Introduction to Canoe GIRL RDL: Daisies in the Garden	19 ADULT: Backpacking Overnight (Robbers Cave) ADULT: Level 2 Essentials of River Canoeing (Tenkiller) ADULT: Take Action! (Muskogee/ McAlester/ Antlers/ Hugo)
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20	21 ADULT: Beyond the Meeting (McAlester)	22	23	24	25 GIRL RDL: Drillers Game GIRL RDL: Drillers Overnight	26 GIRL: "J" Mystery Adventure
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27	28	29	30 GIRL: Rushing Waters Day Camp (Holdenville)	31
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Memorial Day
All Council Facilities Closed

June

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1	2
					GIRL: The Petit Jean Adventure	
					GIRL RDL: Level 2 Essentials of River Canoeing	ADULT: Train-the-Trainer (Tulsa)
					GIRL: Rushing Waters Day Camp (Holdenville)	

3	4	5	6	7	8	9
GIRL: Cadette Camporee Planning Meeting	GIRL: Aphchi Day Camp (Ada)		ADULT: Beyond the Meeting (Tulsa)	ADULT: Medic Refresher (Tulsa)	GIRL: Core Camp (Wah-Shah-She)	GIRL: Level 1 Introduction to Canoe
GIRL: Frolics Planning Meeting	GIRL: Hill-n-Dale Day Camp (Broken Arrow)					GIRL: Daisies in the Garden
	GIRL: Pauline Williams Day Camp (Lake Fort Gibson)					GIRL: Utah Canyoneering
	GIRL: Watastota Day Camp (North Tulsa)					
	GIRL: Willow Haven Day Camp (Lake Oologah)					
				GIRL: Boggy Creek Day Camp (Coalgate)		

10	11	12	13	14	15	16
GIRL: Resident Camp Session 1	GIRL: Cherokee Strip Day Camp (Ponca City)					GIRL: Resident Camp Session 2
	GIRL: Eagle Valley Day Camp (Lake Sahoma)					
	GIRL: Lakeland Day Camp (Near Chouteau)					
	GIRL: Tulledega Day Camp (Henryetta)					
GIRL: Utah Canyoneering						

17	18	19	20	21	22	23
		GIRL: Resident Camp Session 3		ADULT: Beyond the Meeting (Stillwater)	GIRL: Resident Camp Session 4	GIRL: Level 2 Essentials of River Canoeing
	GIRL: Shady Acres Day Camp (East Tulsa)				GIRL: Drillers Overnight	
	GIRL: Sylvia Stapley Day Camp (Stillwater)				GIRL: Drillers Game	
		GIRL: Tiak Fireflies Day Camp (McAlester)				

24	25	26	27	28	29	30
GIRL: Resident Camp Session 5	ADULT: Beyond the Meeting (McAlester)					
	GIRL: Crosstimbers Day Camp (Wah-Shah-She)					

RDL = Registration Deadline

July

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 2 3 4 5 6 7

GIRL: Resident Camp Session 6

*Independence Day
All Council Facilities Closed*

8 9 10 11 12 13 14

GIRL: Cadette Camporee Planning Meeting
GIRL: Frolics Planning Meeting
GIRL: Resident Camp Session 7
ADULT: Medic Refresher (Stillwater)
ADULT: Beyond the Meeting (Tulsa)
ADULT: Medic Refresher (Tulsa)
ADULT: Medic (Tulsa)

15 16 17 18 19 20 21

GIRL: Resident Camp Session 8
GIRL: Resident Camp Session 9
ADULT: Medic (Stillwater)

22 23 24 25 26 27 28

GIRL RDL: Cadette Camporee
GIRL RDL: Frolics
GIRL RDL: Junior Adventure
GIRL: Resident Camp Session 9
GIRL: Resident Camp Session 10

29 30 31

MORE TO DO IN AUGUST!

(Details can be found in the next edition of Connections)

August 3-4
GS Forever Green
Eco-Conference

August 5
GIRL: Cadette Camporee Planning Meeting
GIRL: Frolics Planning Meeting

August 10-12
ADULT: Pool Lifeguard Certification (Tallchief)

August 17
GIRL RDL: Canoe Rendezvous 2012

August 18-19
ADULT: Level 1 Introduction to Canoe Instructor Development Workshop (with Certification Exam on September 29-30) (Swannie/ Tallchief)

August 24
GIRL RDL: Jamboree 2012

August 24-26
GIRL: Cadette Camporee
GIRL: Frolics
GIRL: Junior Adventure

August 24-26
ADULT: Waterfront Lifeguard Certification (Tallchief)

RDL = Registration Deadline



In 2012, Girl Scouts in Oklahoma and across the nation will celebrate 100 years of Girl Scouting. Here is a sneak peek of how you can....

Celebrate Girl Scouts' 100th Anniversary **locally!**

Girl Scouts Forever Green Take Action Project

April 2012

Visit GirlScouts.org/GSForeverGreen/ for information on how you and/or your Troop can take the Girl Scouts Forever Green pledge and take part in this 100th Anniversary Take Action Project!

100 Hour Fire

Thursday, March 8, 2012 at 2:30 p.m. until Monday, March 12, 2012 at 6:30 p.m.

Girl Scout Troop House, Tulsa

- Wish Bundles
- Juliette Low Flame of Friendship

Service Unit Birthday Parties

Monday, March 12, 2012
In your community!

GSEOK Flash Mob Dance

Dates TBA

Broadcast of GSEOK 100th Birthday Ceremony

Monday, March 12, 2012

Tune in online! Details to come.

Girl Scouts Forever Green Eco-Conference

August 3-4, 2012

Camp Wah-Shah-She

Camp Reunions

Camp Tiak - April 14, 2012

Camp Scott - April 21, 2012

Camp Tallchief - April 28, 2012

Camp Polly - May 5, 2012

Camp Stapley - TBA

Council 100th Anniversary Celebration

September 2012, Location TBA

Tulsa State Fair Booth

September 27 - October 7, 2012

Volunteers are needed to work the booth.

Celebrate Girl Scouts' 100th Anniversary **nationally!**

Centennial Camporee

June 25 - 30, 2012

Fort Stewart, Georgia

Girl Scouts Historic Georgia will be celebrating the 100th anniversary with a national camporee! Visit GSHG.org for the details!

Great Girl Gathering

March 10-11, 2012

Mall of America,
Bloomington, Minnesota

Free to everyone! Girl Scouts River Valleys will be turning the mall green for the 100th anniversary! Join them at the Mall of America for the birthday party of the century! Visit GSRV100.org for information and updates!

The Great Girl Scout Hike

March 12, 2012 - October 31, 2012

Appalachian Trail

Hike a portion of the Appalachian Trail in honor of our 100th birthday with Girl Scouts of Virginia Skyline. Visit GSVS.org for information.

Rock the Mall: 100th Anniversary Sing-Along

June 9, 2012

The National Mall, Washington, DC

Join Girl Scouts of the Nation's Capital to celebrate the 100th in song on the National Mall in Washington, DC. Visit GSNC.org for more information.

The B.I.G. Celebration

June 23, 2012

Liberty State Park, New Jersey

Join Girl Scout Councils of New Jersey for this event featuring 50+ activities and a concert! Visit girlscouts100nj.org for more information.

The Great State Fair of Texas Spectacular Girl Scout Centennial Celebration

September 28-October 21, 2012

Dallas, Texas

Girl Scouts of Northeast Texas' celebration will run concurrently with the Texas State Fair and feature the Girl Scouts' Centennial Women's Museum. Visit gsnetx.com for more information.

Are you planning to attend a national 100th anniversary event?

If so, we want to know so we can spread the word! Contact news@gseok.org to tell us your plans!

For information on all GSEOK 100th Anniversary activities, visit GirlScoutsEastOk.org. We'll be publishing information online as it becomes available!

girl scout VOICES

GirlScoutVoices.org

LET YOUR VOICE BE HEARD...

Girl Scouts of Eastern Oklahoma (GSEOK) invites you to share your thoughts and feelings about your experiences in Girl Scout sponsored programs. To give girls the best programs possible, GSEOK is interested in understanding whether you and other girls your age are enjoying Girl Scout activities, understanding new materials, and ultimately, if the programs are truly benefiting you.

We'd like for you to help us in our research efforts by occasionally completing short surveys about your experiences. We value your honest feedback and would like you to share your voice with other girls nationwide. After reading the statements below, please go to GirlScoutVoices.org so you can register to participate. If you are 13 years old or younger, please have a parent or guardian complete the form with you.

- ✓ **Your survey answers will be for research purposes only.** Your surveys will not have your name on them, and your individual answers will not be shared with your friends.
- ✓ **Your decision to participate in this research is completely voluntary.** You do not have to participate!
- ✓ **Whether you participate or not will not affect your standing in Girl Scout sponsored programs and/or any program activities.**
- ✓ **If you do decide to participate, you may choose not to answer any questions you do not want to answer, and may stop participation at any point.**
- ✓ **Participation in the surveys is only for the purpose of the Girl Scouts of Eastern Oklahoma and Girl Scouts of the USA to better understand program effectiveness.** You will not be marketed to, solicited or exposed to any form of advertisement as a result of participating in the Girl Scout Voices Surveys.

To get started, simply visit GirlScoutVoices.org to register. We sincerely hope that you will be a part of this effort. Thank you in advance for supporting this work! For additional information on specific GSEOK program opportunities, visit our online calendar, use this Connections book, or contact the following staff members:

Kathy Brandon, KBrandon@gseok.org, Product Sale programs

Magen Davis, MDavis@gseok.org, Virtual programs and Resident Camp

Kathryn Davis-Robb, KDavisRobb@gseok.org, Series like the Bronze, Silver and Gold Awards, and Troop program opportunities

Celeste Franklin, CFranklin@gseok.org, Events and community collaborations

Dana Whittaker, DWhittaker@gseok.org, Day Camps and other outdoor opportunities, and travel programs

For any questions regarding the survey panel please contact Dawn Lowe, Research & Evaluations/Advocacy Specialist at dlowe@gseok.org or by phone (918) 745-5234 or email surveys@gseok.org.

adult training:

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IN THIS SECTION...

You will find information regarding upcoming trainings offered by Girl Scouts of Eastern Oklahoma and its approved partners.

Some trainings are required for all adult volunteers, while others are offered strictly as enrichment but can offer invaluable assistance when working with girls.

Trainings included in this section require a special training registration form found at the end of this section.

NEW! Register for adult trainings online at GirlScoutsEastOk.org by simply clicking the “Adults” tab, then “Adult Training” and “Registration Procedures and Forms.”

Key:  Volunteers

General Training Information

How to use this section

Talk with your Service Unit Manager or Council representative to determine your training needs and plan the courses you will attend. Review the course descriptions making sure that you have the necessary prerequisites. **Register** by completing the form found on page 105. You may also register online at GirlScoutsEastOk.org. Choose the "Adults" tab, then "Adult Training," and "Registration Procedures and Forms." Click the link to the Adult Education Online Registration Form. The form may also be downloaded from the Council website at GirlScoutsEastOk.org.

Cancellation Policy

In an effort to use our resources wisely, we reserve the right to cancel any class with less than six participants. We may cancel a paid class due to low enrollment with a maximum of two weeks' notice and an unpaid class with a maximum of one week. Please register early so we do not have to cancel classes that could have had enough participants.

Course Participants

All registered Girl Scout adults are welcome to attend any training offered by Girl Scouts of Eastern Oklahoma. All new leaders are required to complete GSUSA Girl Scouting 101 and GSEOK Troop Leadership, but all parents, troop committee members and other adult volunteers are encouraged to attend trainings that would help them better serve the girls with which they work.

The Trainers

Girl Scout volunteer trainers and staff members facilitate training courses. All Girl Scouts of Eastern Oklahoma trainers are members of an international network dedicated to the empowerment of girls and leaders. If you are interested in becoming a Council trainer, please contact the Training Department.

Parking

Whenever possible, please carpool with others from your area to conserve on the limited parking at the training sites.

Child Care

Child care is not provided for participants during training sessions. Please make child care arrangements for your children so that you and the others in the training can fully participate in all activities.

Alternative Courses

We encourage our volunteers to look for training opportunities in a variety of venues. You are free to take courses from other community organizations that relate to your work as a troop leader to satisfy the training requirement on the Troop Leader Agreement. Such courses might include: nature studies, group conduct, characteristics of girls, ceremonies, flag etiquette or enhancing diversity. Courses offered at GSUSA's Edith Macy Conference Center in New York would also certainly apply. This is not a complete list of the possibilities. Some of these classes may also fulfill some requirements for the First-Aider and Camper certifications. If you have a question about a course you are considering, contact the Training Dept. for more information.

How much does training cost?

We strive to offer trainings at little or no cost to our volunteers whenever possible. Some courses require certification through outside groups or materials that must be covered by course fees. These fees are listed in the course description of each training. No leader should be prevented from attending training due to financial restrictions. Financial assistance is available for many courses. Please address any special needs with the Volunteer Development Manager.

What should I bring / wear to training?

Items that should be brought to each training include note taking materials, appropriate grade level resources, Training Record Card and lunch or dinner if needed. Other requirements may be listed in the course descriptions found in this catalog. Trainings are held in a casual atmosphere. You are invited to wear comfortable clothing that allows you to move around, as several courses include activities. Dress for the weather for all outdoor trainings.

Welcome to Girl Scout Training

Adult volunteers are the key to the success of the Girl Scout Movement. Trained volunteers who understand the Girl Scout leadership development program provide girls with fun, safe, and quality experiences, as well as an opportunity to develop into successful leaders.

All volunteers are required to complete training. By taking training, you will receive the tools to help girls grow strong. Our courses will help to make your job easier and enable you to feel more comfortable in your position. And, these courses are FUN! Our team of nearly 75 dedicated volunteer trainers enables us to offer numerous courses in a variety of locations around the Council.

To ensure that each girl gets the MOST out of her Girl Scout experience, Girl Scouts of Eastern Oklahoma provides training for all volunteers. Whether you are an administrative volunteer, leader, co-leader, assistant leader, or occasional volunteer, we have something to make this journey into Girl Scouting more enjoyable for you AND the girls!

Please contact the Volunteer Services Department at 918-745-5200 (800-707-9914) or training@gseok.org if you have any questions about the training offered. Let us know what we can do to make this experience absolutely the BEST!

What training should a new troop leader take?

- All new Girl Scout volunteers are required to complete **GSUSA Girl Scouting 101** online. Girl Scouting 101 is replacing the former Leadership Essentials. Instructions for completing this can be found on page 92.
- After Girl Scouting 101 is completed, troop leaders then need to attend **GSEOK Troop Leadership**. GSEOK Troop Leadership training will provide you with everything you need to start meeting with your girls. Information on when and where this training is scheduled and how to get registered is available in your New Troop Packet, online in the Adult Training section of the GirlScoutsEastOK.org website, or from your Council representative.
- When you are ready to take your girls on field trips, it's time for **Beyond the Meeting**. This training will prepare you to plan and carry out trips and travel with your girls and help you become familiar with policies, paperwork and procedures.
- After that, there are many more choices. You can attend **Camper Training** to take your girls camping. There is **First Aid** training for times when they are needed. **Enrichment classes** such as songs, games, ceremonies, canoeing and archery will help you provide even more opportunities to your girls.

For volunteers serving in other positions, please discuss your specific training needs with your Council representative.



Keep track of your training records!

The Leadership Development Pin and Leaves represent a leader's hours of Girl Scout related training.

- Each green leaf represents 10 contact hours of training. Five green leaves are replaced by one silver leaf.
- The silver leaves represent 50 contact hours of training. Five silver leaves are replaced by one gold leaf.
- The gold leaves each represent 250 contact hours of training.

All fully trained leaders are eligible to earn and wear this award.

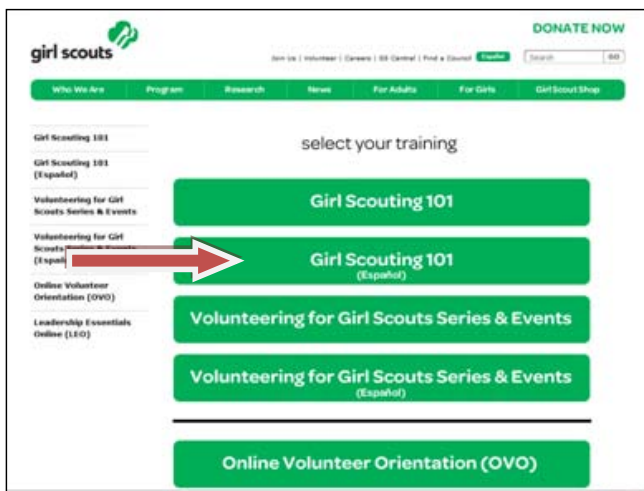
Additional details on who can receive this award are available in the *Leaders' and Service Units' Guide to Adult Recognitions*, or by contacting the Training Registrar. Submit the Earned Recognition Application form (#471F) to request approval from the Director of Volunteer Services.

GSUSA Girl Scouting 101 Required for new Troop Leaders

V The online GSUSA Girl Scouting 101 is the first required, training for new volunteers.

It will take approximately 45 minutes to complete this training. You must have a high-speed internet connection, Flash 10, a sound card, speakers and you will need to disable your pop up blocker. If you do not have access to these technology requirements, your Council representative can help you complete Girl Scouting 101. Girl Scouting 101 replaces Leadership Essentials.

Access the training by going to <http://training.girlscouts.org>. You will be taken to this screen. Select Girl Scouting 101.



Enter the password: aboutGS101

1. Complete the rest of the form with your information, being sure to use the drop-down menu to locate and click on Eastern Oklahoma in the council name box.
2. Depending on your Internet speed, it may take a few moments for the videos and pages to fully load.
3. The menu on the left sides shows which chapter is currently playing, as well as which chapters remain. When each chapter ends, click the next chapter title. At the top of the screen, you will see a link called Resources, and this contains a few documents you can print and links to additional videos.

Continue through Girl Scouting 101 to the conclusion. Your information will be sent to the Council and will be recorded in your Council training record. Review different sections if you need a refresher at any time.

We encourage you to jot down any questions or comments that you may have about Girl Scouting 101 and share these questions or comments with your Service Unit Manager, Council representative, Mentor or Trainer.

GSEOK Troop Leadership Required for new Troop Leaders


V This course prepares you to be a leader within GSEOK. You will learn about setting up bank accounts, troop finances, Council forms, and how to plan a meeting.

This training will be scheduled through your Council representative. If you need assistance in identifying your Council representative please contact the Training Registrar at Training@gseok.org, or 918-745-5200 or 800-707-9914.

Prerequisite

Girl Scouting 101.

Beyond the Meeting

 This course prepares you to plan, carry out and evaluate activities with your girls outside of the regular troop meetings. This course is required for leaders prior to taking field trips or conducting an overnight with their girls.

This course includes:

- Council procedures and safety
- Progression of activities
- Community service projects
- Planning, conducting, and financing troop trips

Prerequisite

GSUSA Girl Scouting 101 and GSEOK Troop Leadership.

Fee

None.


What to Bring

Note taking materials, questions, your enthusiasm, and Training Record Card.

Beyond the Meeting Courses			
Code	Date	Time	Location
BTM1326	Saturday, January 7, 2012	1:00 p.m. - 4:00 p.m.	Muskogee GSSC
BTM1327	Monday, January 9, 2012	6:00 p.m. - 9:00 p.m.	Checotah TBA
BTM1328	Saturday, January 14, 2012	9:00 a.m. - 12:00 p.m.	Bartlesville GSSC
BTM1329	Friday, January 20, 2012	9:00 a.m. - 12:00 p.m.	Tulsa GSSC
BTM1330	Thursday, January 26, 2012	6:00 p.m. - 9:00 p.m.	Stillwater Office
BTM1331	Saturday, February 4, 2012	1:00 p.m. - 4:00 p.m.	Checotah
BTM1332	Monday, February 6, 2012	6:00 p.m. - 9:00 p.m.	Muskogee GSSC
BTM1333	Monday, February 13, 2012	1:00 p.m. - 4:00 p.m.	Tulsa GSSC
BTM1334	Monday, February 27, 2012	6:00 p.m. - 9:00 p.m.	Bartlesville GSSC
BTM1335	Monday, February 27, 2012	5:30 p.m. - 8:30 p.m.	McAlester GSSC
BTM1336	Saturday, March 3, 2012	9:00 a.m. - 12:00 p.m.	Muskogee GSSC
BTM1337	Sunday, March 11, 2012	1:00 p.m. - 4:00 p.m.	Tulsa GSSC
BTM1338	Tuesday, March 13, 2012	6:00 p.m. - 9:00 p.m.	Stillwater Office
BTM1339	Monday, March 26, 2012	5:30 p.m. - 8:30 p.m.	Antlers
BTM1340	Monday, April 9, 2012	6:00 p.m. - 9:00 p.m.	Muskogee GSSC
BTM1341	Tuesday, April 10, 2012	6:00 p.m. - 9:00 p.m.	Tulsa GSSC
BTM1342	Monday, April 23, 2012	5:30 p.m. - 8:30 p.m.	Ada
BTM1343	Wednesday, May 2, 2012	6:00 p.m. - 9:00 p.m.	Tulsa GSSC
BTM1344	Saturday, May 5, 2012	9:00 a.m. - 12:00 p.m.	Muskogee GSSC
BTM1345	Monday, May 7, 2012	6:00 p.m. - 9:00 p.m.	Checotah TBA
BTM1346	Monday, May 21, 2012	5:30 p.m. - 8:30 p.m.	McAlester GSSC
BTM1347	Wednesday, June 6, 2012	6:00 p.m. - 9:00 p.m.	Tulsa GSSC
BTM1348	Thursday, June 21, 2012	6:00 p.m. - 9:00 p.m.	Stillwater Office
BTM1349	Monday, June 25, 2012	5:30 p.m. - 8:30 p.m.	McAlester GSSC
BTM1350	Friday, July 13, 2012	9:00 a.m. - 12:00 p.m.	Tulsa GSSC

Adult Enrichment

Volunteer Conference Girl Scout Treasures

 Ahoy! Mateys, we'll be expectin' you to join us for a right jolly good time at the next installment of the GSEOK Volunteer Conference. We'll be swashbucklin' on January 28, 2012, SO, unless you want to be walkin' the plank, use the registration form on page 109 or online at GirlScoutsEastOk.org to sign up!

This year, courses will include Pax Lodge songs, Crochet, Zentangles, SWAPS, Forever Green, Trap the Grease, Memory Boards, Squash Books, Genealogy, GS101 Training, and much more! The early bird deadline is Friday, January 13, 2012, so be sure to sign up early and you'll receive a gift on January 28!

See pages 107-109 for complete list of courses and descriptions.

Prerequisite

None.


Fee

Free.

Volunteer Conference 2012		
Date	Time	Location
Saturday, January 28, 2012	8:30 a.m. - 5:00 p.m.	Thoreau Demonstration Academy

Camping Trainings

Backpacking Training

 This course prepares you to lead a backpacking overnight trip with your troop or group and includes equipment selection, meals, sanitation, safety and security. Prep session will cover information and planning to carry out your own backpacking overnight trip.

Prerequisites

Camper Training and Camper Training II.

Fee

\$10.00.

Note

Contact the Training Registrar to be placed on the waiting list. When we have a full-class; this class will be provided.

Backpacking Training			
BP1302	PREP SESSION Saturday, March 31, 2012	9:00 a.m. to 4:00 p.m.	Troop House
	TRIP Saturday, May 19, 2012 - Sunday, May 20, 2012	8:00 a.m. to 4:00 p.m.	Robbers Cave

Camping Trainings Continued

Camper Training

V This course is a combination of a video, preparation session and one overnight. It is designed for adults who work with any grade level, and will prepare a leader to take her girls to any GSEOK camp facility or other appropriate site. Outdoor skills taught in this course include successful planning of camping trips, care and use of tools and facilities, basic fire building and outdoor cooking, basic outdoor skills and girl planning. Participants must watch the video and complete a test prior to attending the preparation session. Prior to your course, you will be contacted to provide you information on attaining your video, the test, an adult health history form, and a camping skills assessment form. **Participation in the overnight, preparatory session and watching the video are required to successfully complete this course.**

Prerequisites

GSUSA Girl Scouting 101, GSEOK Troop Leadership, Beyond the Meeting and a willingness to get dirty! Course prerequisites may be waived for troop volunteers, with prior authorization from the Volunteer Services Department.

Fee

Participants share the cost of food and materials.

What to Bring

A standard three-ring binder (2 1/2 inch or larger), note taking materials, snacks, drinks and Training Record Card.

A packing list will be distributed prior to the overnight.

Notes

1. Advanced registration required to provide ample time to review the video prior to the preparation session.
2. An official site orientation for the location(s) where the training is held may be included.
3. **Volunteers with extensive previous camping experience may submit form #495F. Application for Troop Camper Equivalency (available on the GSEOK.org website), requesting a waiver for the (Troop) Camper Training. Only one request per person.**

Camper Training II

V This course features advanced camping skills, more complex fire building and outdoor cooking methods, knots and lashing, compasses, GPS and geocaching and is appropriate for leaders of Junior age girls or older. Participants will use buddy burners, vagabond stoves, bean hole and imu cooking, lash a Chippewa Kitchen, make a distance computer to use on a map and compass hike, and learn how to make several camping gizmos, gadgets, and thingamajigs. Participants will select and set up a tent site in the great outdoors, set up backpacking style tents and use a topographic map for hiking. It will give a leader the skills to complete the Outdoor Program Enrichment patch series with their girls. This class is required before taking Backpacking Training.

Prerequisite

(Troop) Camper Training or Mother Nature's Cookout, Mother Nature's Camp Skills and Overnight with Mother Nature.

Fee

\$15 for food and materials.


What to Bring

(Troop) Camper Training			
Participants must complete video, prep session, and attend overnight.			
<p>These sessions will attend an overnight at Camp Swannie from Saturday, April 14, 2012 at 10:00 a.m. - Sunday, April 15 at 12:00 p.m.</p> <p>An optional Site Orientation of Camp Tallchief will follow immediately after the course ends and last approx. 2 hours.</p>			
Code	Dates	Time	Location
TCT1305	Tuesday, March 6, 2012	6:00 p.m. - 10:00 p.m.	Troop House
TCT1306	Saturday, March 31, 2012	9:00 a.m. - 12:30 p.m.	Camp Wah-Shah-She
TCT1307	Saturday, March 31, 2012	9:00 a.m. - 12:30 p.m.	Muskogee GSSC
TCT1308	Wednesday, April 4, 2012	6:00 p.m. - 10:00 p.m.	Troop House
TCT1309	Saturday, April 7, 2012	9:00 a.m. - 12:30 p.m.	McAlester GSSC
TCT1310	Saturday, April 7, 2012	1:00 p.m. - 4:30 p.m.	Stillwater TBA
Camper Training II			
ACT1301	Friday, April 20, 2012 - Sunday, April 22, 2012	8:00 a.m. - 3:00 p.m.	Camp Tenkiller

Outdoor Enrichment Courses

Archery


Archery Level 1 Training

 Successful completion of the class certifies you as a National Archery Association Level One Archery Instructor. Level One Archery Instructors may use the Girl Scouts of Eastern

Oklahoma archery equipment and ranges with their fourth grade and older Girl Scouts.


Fee
\$20.00.

Archery Renewal

 Volunteers may substitute retaking the archery course for renewal by providing documented experience indicating knowledge and skill in teaching/supervising archery. Submit form #496F

to the Volunteer Services Department for approval. NADA certification can be renewed this way.

Astronomy


 Do the girls in your troop have an interest in astronomy? This class provides hands-on activities to teach your troop a perspective on the size of the universe and other fun,

inexpensive activities. Additional resources will be supplied. This class will prepare you for the girls Astronomy event Blast Off on page 74.

Fee
None.


Canoeing

Level 1 Introduction to Canoeing

 This course prepares you to take girls canoeing on flat, protected water. Learn basic paddling strokes, canoe safety, and Council procedures.

Fee
\$20.00.


Level 1 Introduction to Canoeing Instructor Development Workshop and Certification Exam

 This course prepares you to take the certification exam to become an Intro to Canoeing Instructor. Presentations include dressing to paddle safely and potential paddling hazards.

Prerequisite
Level 1 Introduction to Canoeing.

Fee
Registered Girl Scouts share the cost of food and materials. Additional fees for non-GSEOK members.

Level 2 Essentials of River Canoeing

 Learn basic river skills, maneuvers, river safety, and Council procedures. (This course does not qualify you to take girls canoeing on river waterways.)

Prerequisite
Level 1 Introduction to Canoeing.

Fee
\$20.00.

Archery			
Code	Date	Time	Location
ARCH1303	Saturday, March 24, 2012	9:00 a.m. - 6:00 p.m.	Camp Tallchief
Astronomy			
ASTRON1302	Tuesday, April 3, 2012	6:00 p.m. - 8:00 p.m.	Tulsa GSSC
Level 1 Introduction to Canoeing			
CANOE1301	Saturday, May 5, 2012 - Sunday, May 6, 2012	TBA	Camp Wah-Shah-She
Level 2 Essentials of River Canoeing			
CANOE1302	Saturday, May 19, 2012 - Sunday, May 20, 2012	TBA	Camp Tenkiller
Level 1 Introduction to Canoeing Instructor Development Workshop & Exam			
CANOE1303 WORKSHOP	Saturday, August 18, 2012 - Sunday, August 19, 2012	TBA	Camp Tallchief
CANOE1304 EXAM	Saturday, September 29, 2012 - Sunday, September 30, 2012	TBA	Camp Tallchief

Powered Up

This course prepares you to lead Powered Up programs in your own Girl Scout **Troop** and at Powered Up **events**.

About Powered Up

Powered Up is Girl Scouts of Eastern Oklahoma's Bullying Prevention Initiative, which encourages the 85% of girls who are bystanders to bullying—especially the gossip, exclusion and drama common among girls—to stand up for the target and make their world a better place!

Prerequisite

None.

Course Objectives

Girls and adults will be able to identify the dynamics of girl-to-girl bullying. Girls and adults will have the tools to create a space safe from bullying and be able to effectively intervene when confronted with bullying behaviors.

Upon completion of this course you will have the opportunity to practice with Girl Scout Juniors on April 21, 2012.

Fee

None.

What to Bring

Note taking materials, sack lunch, your enthusiasm and Training Record Card.

Powered Up
Doing nothing? Not an option.

Safety Courses: Girl Scout First Aiders

An adult who has taken GSUSA approved First Aid and CPR training and volunteers to provide safety services to a troop is a First Aider. First Aiders are required when troops participate in activities that need Council approval.

The *Safety-Wise* chapter of Volunteer Essentials discusses First Aiders and defines who qualifies as a Level 1 and Level 2 First Aider.

Safety Course Descriptions

- For all First Aid and CPR courses, the number of participants is strictly limited. Spaces fill on a first come, first served basis. Courses may be cancelled if less than six people are registered. Registrations will not be processed until payment is received.
- Be early! Participants who arrive late will not be certified.
- Notify the Training Registrar as soon as possible if you are unable to attend. Someone may be waiting for your space.
- All courses include skill sessions requiring working on the floor. Wear comfortable clothing and bring a cushion for kneeling as needed.
- Participants are required to complete both written exams and skills test(s) in all courses to receive certification.
- Courses scheduled to meet through a meal time, will not break. Bring a drink and food with you to the course.

Powered Up Facilitator Training

Code	Date	Time	Location
POWER1302	Saturday, March 31, 2012	9:00 a.m. – 4:00 p.m.	Tulsa TBA

Safety Courses Continued

Safety Basics Course and Refresher (Medic Pediatric Plus)

Course schedule on page 100.



Successful completion of this course certifies an individual as a Level 1 First Aider. Certification is valid for two years.

Prerequisite

The ability to kneel and participate in physical activity.

Fee

\$15.00 (\$10.00 for Refresher)

Course includes:

Responding to an emergency
CPR skills
First aid and safety

What to Bring

Paper, pen, food and drink, your enthusiasm and Training Record Card.

The **Refresher Course** is designed for individuals familiar with safety practices. You will be given an opportunity to practice using manikins and scenarios and guidance from a trained instructor, then you will complete a performance examination.

ASHI Wilderness First Aid (Level 2 First Aid)

Course schedule on page 100.



This course certifies participants as a Level 2 First Aider, if current CPR certification is also held. Certification is valid for two years. A Level 2 First Aider is required:

- for events with more than 200 people
- when you are 60 minutes or more from emergency services
- for resident camps
- for activities as indicated by *Safety Activity Checkpoints*

Prerequisite

None.

Fee

\$40.00.

What to Bring

Note taking materials and Training Record Card.

American Red Cross CPR for the Professional Rescuer Course

Course schedule on page 100.



This course certifies participants in CPR for the professional rescuer and is valid for one year.
This course is required for lifeguards.

Prerequisite

Current CPR certification.

Course includes

Recognizing and caring for breathing and cardiac emergencies.

- Two rescuer CPR
- Use of resuscitation mask and bag-valve-mask

Fee

\$40.00.

What to Bring

Note taking materials and Training Record Card.

American Red Cross First Aid

Course schedule on page 100.



This course certifies participants in First Aid and is valid for three years. It does not meet the requirements to be a Level 1 First Aider.
This course is required for lifeguards.

Course includes

Basic first aid and safety skills.

Fee

\$50.00.

What to Bring

Note taking materials and Training Record Card.

Safety Courses Continued

American Red Cross Pool Lifeguard Certification

Course schedule on page 100.



Successful completion of this course certifies an individual to lifeguard in pools only. Certification is valid for two years.

Prerequisites

CPR Pro, American Red Cross First Aid, and Swimming Skills Test practice. All participants must be able to demonstrate each skill satisfactorily before the last day of the class in order to pass the course.

- Swim 300 yards
- 20 yard swim and brick retrieval - timed

Fee

\$125.00 (Includes CPR Pro & First Aid fees).

What to Bring

Note taking materials, Training Record Card, Swimsuit, Towel, and Goggles (optional).

American Red Cross Waterfront Lifeguard Component

Course schedule on page 100.



Successful completion of this course certifies an individual to lifeguard in lakes and at waterfronts. Certification is valid for two years.

Prerequisite

Pool Lifeguard Certification and Swimming Skills Test.

- Swim 550 yards
- 20 yard swim and brick retrieval - timed
- Underwater swim 3 ring retrieval

Fee

\$50.00.

What to Bring

Note taking materials, Training Record Card, Swimsuit, Towel, and Goggles (optional).

Lifeguard Challenge

Course schedule on page 100.



Renew certifications for both pool and waterfront or pool alone by successful completion of this test. Certification is valid for two years.

Fee

\$70.00.

Medic Safety Trainer

Course schedule on page 100.



Need more safety trainings in your location?

Take this course and become certified to teach other volunteers in your area. Successful completion of this course allows participant to teach the Safety Basics Course, and Refresher. The Council is always in need of volunteer safety trainers.

Prerequisite

Current CPR and First Aid card.

Fee

None.

What to Bring

Training Record Card and note taking materials.

ASHI Childhood and Babysitting Safety (CABS) Instructors Course

Course schedule on page 100.



Successful completion of this class allows participants to be able to teach girls and certify them in ASHI Child and Babysitting Safety. This course covers general baby and child care, safe playtime techniques, how to handle emergencies such as choking and first aid, and infant and child CPR. Participants that complete the class will receive a Certification Card that is valid for 2 years.

Fee

None.

What to Bring

Note taking materials and Training Record Card.

Safety Courses Continued

Safety Basics Course Medic (Pediatric Plus)			
Code	Date	Time	Location
SAFETY1313	Saturday, January 14, 2012	9:00 a.m. - 5:00 p.m.	Tulsa GSSC
SAFETY1314	Saturday, February 18, 2012	9:00 a.m. - 5:00 p.m.	Tulsa GSSC
SAFETY1315	Monday, March 5, 2012 AND Tuesday, March 6, 2012	6:00 p.m. - 10:00 p.m.	Tulsa GSSC
SAFETY1316	Saturday, March 10, 2012	9:00 a.m. - 5:00 p.m.	Stillwater Office
SAFETY1317	Wednesday, April 11, 2012 AND Thursday, April 12, 2012	6:00 p.m. - 10:00 p.m.	Bartlesville GSSC
SAFETY1318	Saturday, April 14, 2012	9:00 a.m. - 5:00 p.m.	Tulsa GSSC
SAFETY1319	Friday, May 4, 2012	9:00 a.m. - 4:00 p.m.	Tulsa GSSC
SAFETY1320	Saturday, April 28, 2012	9:00 a.m. - 5:00 p.m.	McAlester GSSC
SAFETY1322	Saturday, July 14, 2012	9:00 a.m. - 5:00 p.m.	Tulsa GSSC
SAFETY1323	Saturday, July 21, 2012	9:00 a.m. - 5:00 p.m.	Stillwater Office
Medic Safety Basics Refresher Course (Pediatric Plus)			
MEDREF1307	Saturday, January 7, 2012	10:00 a.m. - 11:30 a.m.	Tulsa GSSC
MEDREF1308	Wednesday, February 15, 2012	6:00 p.m. - 7:30 p.m.	Tulsa GSSC
MEDREF1309	Saturday, March 3, 2012	10:00 a.m. - 11:30 a.m.	McAlester GSSC
MEDREF1310	Wednesday, March 7, 2012	6:00 p.m. - 7:30 p.m.	Tulsa GSSC
MEDREF1311	Thursday, March 8, 2012	6:30 p.m. - 8:00 p.m.	Stillwater Office
MEDREF1312	Saturday, April 7, 2012	1:00 p.m. - 2:30 p.m.	Stillwater Office
MEDREF1313	Monday, April 9, 2012	6:00 p.m. - 7:30 p.m.	Tulsa GSSC
MEDREF1314	Thursday, May 3, 2012	6:00 p.m. - 7:30 p.m.	Tulsa GSSC
MEDREF1315	Thursday, June 7, 2012	6:00 p.m. - 7:30 p.m.	Tulsa GSSC
MEDREF1316	Tuesday, July 10, 2012	6:30 p.m. - 8:00 p.m.	Stillwater Office
MEDREF1317	Friday, July 13, 2012	3:00 p.m. - 4:30 p.m.	Tulsa GSSC
ASHI Wilderness First Aid (Level 2 First Aid)			
WILD1302	Saturday, February 25, 2012 AND Sunday, February 26, 2012	10:00 a.m. - 6:00 p.m.	Tulsa GSSC
American Red Cross CPR for the Professional Rescuer Course			
CPRPRO1301	Wednesday, January 11, 2012 AND Thursday, January 12, 2012	6:00 p.m. - 10:00 p.m.	Tulsa GSSC
American Red Cross First Aid			
FAB1301	Tuesday, January 10, 2012	6:00 p.m. - 10:00 p.m.	Tulsa GSSC
American Red Cross Basic Water Rescue			
WATER1302	Monday, January 9, 2012	9:00 a.m. - 1:00 p.m.	Pool TBA
American Red Cross Pool and Waterfront Lifeguard Certification			
LGPL1301 (<i>Pool</i>)	Sunday, January 29, 2012 AND Saturday and Sunday, February 4 and 5, 2012	8:30 a.m. - 6:30 p.m.	Tulsa GSSC and Pool
LGWF1301 (<i>Waterfront</i>)	Sunday, January 29, 2012 AND Saturday and Sunday, February 4 and 5, 2012	8:30 a.m. - 6:30 p.m.	Tulsa GSSC and Pool
LGPL1302 (<i>Pool</i>)	Friday, August 10, 2012 - Sunday, August 12, 2012	8:30 a.m. - 6:30 p.m.	Tulsa GSSC and Pool
LGWF1302 (<i>Waterfront</i>)	Friday, August 10, 2012 - Sunday, August 12, 2012	8:30 a.m. - 6:30 p.m.	Tulsa GSSC and Pool
American Red Cross Challenges - First Aid, CPR Pro, Lifeguard			
Arranged as needed. Contact the Training Registrar to be placed on the waiting list.			
Medic Safety Trainer			
SAFTRAIN130	Thursday, January 12, 2012	9:00 a.m. - 6:00 p.m.	Tulsa GSSC
ASHI Childhood and Babysitting Safety (CABS) Instructors Course			
CABS1301	Wednesday, January 18, 2012 AND Wednesday, January 25, 2012	6:00 p.m. - 10:00 p.m.	Tulsa GSSC

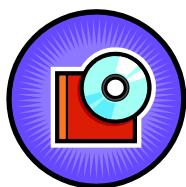
Site Orientations

V Girl Scouts of Eastern Oklahoma are fortunate to have a wide variety of campsites and overnight facilities to choose from. This variety makes progression in camping easier for girls and leaders. From 'most of the comforts of home' to rustic to rugged GSEOK has a facility to meet the needs of campers from novice to expert. Site orientation by the troop leader or troop camper is required before using a Council facility.

During a site orientation adults are able to become familiar with the layout and features of each facility. Site orientations consist of a walking tour of the camp or facility. Buildings, procedures for use, hiking trails, and available equipment and where it is stored, water supply, storm shelters and many other items are included to help you and your troop prepare for their use.

Keep in mind that Council facilities are constantly changing to meet the needs of girls. It is with this in mind that we strongly suggest sites be revisited every five years.

Site Orientations		
Campsite	Location	Scheduling
Camp Polly*	Ft. Gibson	All Site Orientations are scheduled on an as-needed basis by appointment. To arrange your Site Orientations contact the Volunteer Services Department, Training Registrar.
Camp Swannie	North of Sand Springs	
Camp Tallchief	North of Sand Springs	
Camp Tenkiller*	Petit Bay	
Camp Wah-Shah-She	Bartlesville	
Troop House	Tulsa	



*Virtual Site Orientations are available for Camp Polly and Camp Tenkiller. You may check out the DVDs from the Council Service Center or your Service Unit and complete a site orientation simply by watching the video and completing a questionnaire. For more information

contact your Service Unit Manager or the Volunteer Services Department.

Take Action!

V Leaders will learn how to help girls raise the bar from service to Take Action and make a difference in their communities. This training will cover the project requirements of the prestigious Girl Scout Bronze, Silver, and Gold Awards. Any leader may attend. This course is required for any leader with girls planning to earn the Bronze, Silver or Gold Awards.

This course is required for leaders prior to working with girls on the Girl Scout Bronze, Silver, and Gold Awards.

Fee
None.

Take Action! Courses			
Code	Date	Time	Location
ENTA1304	Thursday, April 12, 2012	6:00 p.m. - 8:00 p.m.	Tulsa GSSC
ENTA1305	Saturday, April 28, 2012	9:00 a.m. - 11:00 a.m.	Bartlesville GSSC
ENTA1306	Saturday, April 28, 2012	1:00 p.m. - 3:00 p.m.	Ponca City PC
ENTA1307	Saturday, April 28, 2012	4:30 p.m. - 6:30 p.m.	Stillwater
ENTA1308	Saturday, May 19, 2012	9:00 a.m. - 11:00 a.m.	Muskogee GSSC
ENTA1309	Saturday, May 19, 2012	1:00 p.m. - 3:00 p.m.	McAlester GSSC
ENTA1310	Saturday, May 19, 2012	4:30 p.m. - 6:30 p.m.	Antlers/ Hugo Area

Train-the-Trainer



Have you particularly enjoyed a training you attended? Could you see yourself helping new leaders? We are in need of more volunteer trainers in the following areas:

- Safety Classes (Safety Basics, Level 2 First Aid, Childhood and Babysitting Safety (CABS) Instructors Course.)
- Troop Leadership Training
- Enrichment Classes (Songs, Games, Crafts, Ceremonies, etc.)
- Outdoor Enrichment Classes (Archery, Canoeing)

As a volunteer organization, we are always in need of trainers to help provide the most accurate information to our new leaders. If you enjoy working with adults and love Girl Scouting, this is a great way to volunteer. Trainers are needed in all areas of the Council to bring training closer to our volunteers.

Trainers are adults who:

- work effectively with other adults.
- serve as role models for adult volunteers.
- are dedicated to and support the principles of Girl Scouting.
- like a flexible Girl Scout commitment.
- are responsible, dependable and follow through on commitments.

Trainers can be new volunteers, involved parents or community members. There is no cost to becoming a trainer, all of your training and supplies will be provided. You'll have the opportunity to participate in trainer appreciation events each year to socialize with fellow trainers and YOU'LL HAVE FUN!!!

All trainers must complete a trainer application, attend a Train-the-Trainer course, which is a course on how adults learn, how to make presentations and our training curriculums; and complete post-coursework requirements. By completing this process you will become a certified GSUSA trainer.

For more information or to become a part of the training corps, please contact the Volunteer Development Manager at 918-745-5235 or ADavidson@gseok.org.

Participants who sign up for these courses will be sent a trainer application packet and pre-course work prior to the session.

Train-the-Trainer			
Code	Date	Time	Location
TRAIN1303	Saturday, April 28, 2012	8:30 a.m. - 6:00 p.m.	Tulsa GSSC
TRAIN1304	Saturday, June 2, 2012	8:30 a.m. - 6:00 p.m.	Tulsa GSSC

Adult Training Registration Information

1. Pre-registration is required for all courses.

Sessions are filled on a first come, first served basis. We will only prepare enough materials for those registered.

2. Complete the Registration form found on page 105 of this booklet. (You may also use form #490F on the Council website at www.GirlScoutsEastOK.org.)

OR

Register online at GirlScoutsEastOk.org. Choose the "Adults" tab, then the "Adult Training", and "Registration Procedures and Forms." Click the link to the Adult Education Online Registration Form.

3. For courses without fees: Register online, by mail, telephone, email or fax **at least one week in advance**.

Phone: 918-745-5200

Toll free phone: 800-707-9914

Fax: 918-749-2556

Toll free fax: 866-749-2556

Email: training@gseok.org

Mail: Training Registrar, Girl Scouts of Eastern Oklahoma, 2432 East 51st Street, Tulsa, OK 74105

4. For courses with fees: To pay by credit card, either stop in or call the Council Store in Tulsa. Have your registration information ready if you call. Register by check or money order by mailing it, **payable to GSEOK**, to the above address along with the registration form **two weeks in advance**. Payments and registration forms may also be taken to any of the Girl Scouts of Eastern Oklahoma Service Centers. **Course fees are non-refundable**. A training credit will be issued if you call a week in advance to cancel. If the class is rescheduled by the Council, your fee will be transferred. Classes with fees may be rescheduled by the participant only one time with a fee transfer. Additional course fees must be paid if a participant reschedules more than once.

5. Out of courtesy to our volunteer trainers and to provide you with the best experience, we reserve the right to reschedule participants **if less than six people are registered**. In the event of a course cancellation, fees will be refunded or transferred. When a course is cancelled due to low enrollment you will be notified as soon as possible.

6. You will receive a reminder **phone call or email** confirming your registration 2 – 3 days prior to the course. It will include the specific location, date and time of the training. Please be sure to review this information before driving to your training and make note of any changes. If you do not receive your confirmation phone message or email, call or email the Training Registrar.

7. After you have registered, **if you find you cannot attend**, call the Training Registrar immediately. Our policy of providing no / low-cost training is impacted by those who pre-register but do not attend and do not cancel – referred to as "NO-SHOWS." No-Shows cost the program time and money in unnecessary numbers of handouts, unused meeting space, and extra trainers. Moreover, others wishing to attend are denied the opportunity.

8. If **inclement weather** forces a cancellation, your trainer or a GSEOK staff member will make every attempt to notify all registered participants in advance. Providing accurate information, including a cell phone number and email address, each time you register for a training helps ensure notification.

GIRL SCOUTS OF EASTERN OKLAHOMA
TRAINING REGISTRATION FORM

Name _____
 Address _____
 Daughter's School _____ City _____ Zip _____
 Home Phone _____ Work Phone _____
 Cell Phone _____ Service Unit _____
 Email _____

Course Number	Course Title	Course Date	Course Time	Course Location

I need a map and directions to: _____

#490F 8/08 Mail to: Training Registrar Girl Scouts of Eastern Oklahoma
2432 E. 51st Street Tulsa, OK 74105

FOR OFFICE USE ONLY RECEIPT # _____ AMT PAID _____

GIRL SCOUTS OF EASTERN OKLAHOMA
TRAINING REGISTRATION FORM

Name _____
 Address _____
 Daughter's School _____ City _____ Zip _____
 Home Phone _____ Work Phone _____
 Cell Phone _____ Service Unit _____
 Email _____

Course Number	Course Title	Course Date	Course Time	Course Location

I need a map and directions to: _____

#490F 8/08 Mail to: Training Registrar Girl Scouts of Eastern Oklahoma
2432 E. 51st Street Tulsa, OK 74105

FOR OFFICE USE ONLY RECEIPT # _____ AMT PAID _____



2012 Volunteer Conference

Girl Scout Treasures

Saturday, January 28, 9:00 a.m. – 5:00 p.m.
Registration begins at 8:30 a.m.

Thoreau Demonstration Academy
7370 E 71st St, Tulsa, OK 74133

All Adult Girl Scout Volunteers are welcome to attend,
Brand New Leaders, Service Unit Managers, Experienced and Bridging Leaders,
Troop Committee Members, Involved Parents and Alumnae

COST: FREE! Lunch is provided.

Early Bird Registration – **Friday, January 13**
(All Early Bird Registrants will receive a free gift at check-in!)

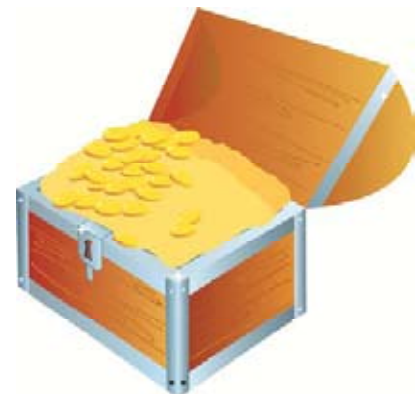
Final Registration Deadline – **Friday, January 20**
(No late or on site registrations will be accepted.)

The Girl Scout Store will have a display open all day, with new merchandise for sale, as well as necessary handbooks, etc. You can place an order to pick up at the conference by calling (918) 745-5252 or (800) 707-9914.

Complete the Registration form on the next page and return it to:

Girl Scouts of Eastern Oklahoma

2432 E. 51st Street
Tulsa, OK 74105
Fax: 918-749-2556



Class Descriptions

Astronomy

Learn how to identify well known objects in the sky, phases of the moon, and planetary motion. Ideas will be provided for use with your troop.

Beaded Jewelry

Learn to make friendship bracelets and other beaded jewelry with your troop.

Cake Pops

Cake pops are all the buzz in the world of sweets, and now you can learn to make them for yourself! With a few simple ingredients and some creativity, you'll have a one-of-a-kind creation that is almost too pretty to eat.

Card Making

We will create three cards and one gift card holder completely embellished and ready to send to your family and friends.

Cheap Crafts 101

Learn how to make cute crafts out of just about anything you have around the house.

Crochet

Crochet is a process of creating fabric from yarn or thread using a crochet hook. Like knitting, it consists of pulling loops of yarn through other loops. Learn how to get started at this hobby.

Dreamcatchers

Make your own Native American craft. The dreamcatcher is used as a charm to protect sleeping children from nightmares.

Exploring Zentangles

Create beautiful images from repetitive patterns, known as a zentangle. You'll learn zentangle patterns and work on small cards.

Forever Green Fun

In honor of Girl Scouts' 100th anniversary, take part in our Forever Green Take Action Project by reducing the number of discarded single-use plastic bottles and bags. You'll learn a few Girl Scout games you can take back to your troop!

Games

Learn to facilitate a variety of cooperative games that emphasize challenge over competition and will help you build teamwork among your troop and have fun.

Genealogy 101

Taught by our CEO, this class provides new genealogists with research basics, focusing on how to get started, available resources, data collection strategies and proven research methods.

Got Stress?

This session focuses on setting goals, utilizing realistic tools, and empowering you to support your own behavioral health.

GS 101

Are you a new leader without Internet access or just want the new GS101 training? Join us to view the training that is replacing Leadership Essentials. There will be a Q & A session.

Iris Ribbon Folding

A simple folding technique combined with aperture cards to give stunning results. Square, round, or die cut apertures are decorated with folded strips of different colored ribbons arranged in a spiral.

Machine Sewing Basics

Learn to make a novelty pillowcase. This quick, easy, and fun project makes great gifts. This is a beginner class, but basic sewing knowledge is a plus.

Marketing Mavens

How do you tell others about your special Girl Scout moments? We'll provide you with tips and advice on how to do just that. You are amazing! Let's let others know about it.

Memory Boards

Create a Girl Scout fabric covered display board for your pictures, cards, patches, pins or other special mementos.

Pax Lodge Songs

Join Suzi Lenhart, a Friend of Pax Lodge for a special session on songs from our sister Girl Guides in England.

Quilling

Quilling is a 500 year old art form where designs are created by rolling narrow strips of paper into various shapes and arranging them together. Learn a variety of basic quilling shapes and create quilled designs.

Quilting Basics

Join us and learn to quilt. Learn rotary cutting, strip piecing, and how to bind a quilt. Each participant will create one small project. (This course will take two sessions)

Relax & Pamper Yourself

Join us for a session all about you. Make an assortment of treats to pamper yourself.

Science Fun

Learn new science experiments, tricks and activities that can be done with everyday household items.

Scouts' Own

Come learn the tradition and guidelines for doing a Scouts' Own with your troop.

Scrapbooking

Create and embellish two 12"x12" coordinating scrapbook layouts so they are ready to add your pictures when you get home. Learn the importance of scrapbooking your memories for future generations.

Shutterfly Workshop

Learn how to manage and communicate with your troop by setting up a troop website through Shutterfly, a free site and safety-wise internet "safe." No web experience is required.

Simply Homemade

People often think of natural and eco-friendly cleaning products as expensive and organic, but making your own products can be very inexpensive and versatile. Make everyday household cleaners for pennies on the dollar.

Squashbooks

A squash book is a miniature scrapbook that folds up to a 4 1/2 inch square. Each squash book holds approximately a dozen pictures.

SWAPs

Items "Shared With A Pal" are small mementos exchanged by Girl Scouts around the world. Learn about the history and etiquette of sharing SWAPs and make a few!

Take a Journey

Struggling to make the Journeys fun and interesting? Explore and customize Journeys. Learn how to use side trips, how to be flexible while still meeting outcomes, and how to make the evaluation process fun for the girls.

Take Action

Move from service to taking action. Leaders will learn how to help girls navigate their way through the Bronze, Silver and Gold award curriculum. (This course will take two sessions)

Trap the Grease

In Tulsa, cooking grease is one of the major causes of residential pipeline and city sewer blockages. By following a few simple steps you can help prevent costly sewage overflows and get tips and prizes from presenter Kristi Shreve.

Water Works Art Center

Come learn about Water Works Art Center. Each participant will get to complete an art project of their own!

Wellness Screening

The Tulsa Health Department will be doing wellness screenings that include Full Panel Cholesterol, Hemoglobin, Blood Pressure, Waist to Hip Ratio, Individual consultation with a RN or RD and Referral Management options.

Wheat Weaving

Wheat weaving is an ancient craft used for making ornaments and wall hangings. Participants will complete 2 projects.

You CAN Do It!

This session is for exercise "beginners" and offers basic nutrition education and realistic approaches to exercise, eating, and a healthier lifestyle.

Zipper Lacing

Come learn a different way to make lanyards. This technique creates a zipper look to your lanyard.

2012 Volunteer Conference Registration Form

Submit this form no later than January 20 (January 13 for Early Bird Prize)
No late or on site registrations will be accepted.

Name _____
 Address _____
 City _____
 Zip _____ Daytime Phone _____
 Email _____
 Service Unit _____



The following is a list of the sessions we plan to offer at the conference this year. Please rank the activities in each session that you would most like to attend from 1 – 5 with 1 being the activity you most want to do. Classes will be filled on a first registered first placed basis. We will do our best to place you in the courses you most desire.

SESSION 1

- Forever Green Fun
- Genealogy 101
- Pax Lodge Songs
- Quilting Basics (Sessions 1 & 2)
- Scouts' Own
- Simply Homemade
- Take Action (Sessions 1 & 2)
- Wellness Screening
- You CAN do it!

SESSION 2

- Dreamcatchers
- Games
- Got Stress?
- Marketing Mavens
- Quilting Basics (Sessions 1 & 2)
- Science Fun
- Take Action (Sessions 1 & 2)
- Trap the Grease
- Wellness Screening
- Zipper Lacing

SESSION 3

- Beaded Jewelry
- Card Making
- Cheap Crafts 101
- Crochet
- Explore Zentangles
- GS 101
- Iris Ribbon Folding
- Memory Boards
- Wellness Screening

SESSION 4

- Beaded Jewelry
- Cake Pops
- Cheap Crafts 101
- Machine Sewing Basics
- Memory Boards
- Quilling
- Scrapbooking
- SWAPs
- Take a Journey

SESSION 5

- Astronomy
- Card Making
- Machine Sewing Basics
- Relax & Pamper Yourself
- Shutterfly Workshop
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- SWAPs
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