



# LEAP 2018

## A Gathering of Stars!

**A weekend for Girl Scout adults. Come join friends old and new for a weekend of learning, networking, and fun!**



**Friday, September 21-Sunday, September 23, 2018**  
**Camp Juniper Knoll, East Troy, WI**

*The stars will align as you explore a celestial weekend creating a gorgeous galaxy of memories during the autumnal equinox. The Saturday Star Party is sure to shoot your mood to the moon.*

**L.E.A.P.** is an acronym for **Leader Enrichment Activity Program**. This program for adult volunteers includes more than 35 workshops. You can explore archery, outdoor cooking, outdoor skills, crafts, nature, hikes, service projects, canoeing, sailing, technology, STEM, as well as many other Girl Scout program helpers. Participants can spend the weekend starting with hands-on activities on Friday evening or attend on Saturday only. You'll have an opportunity to relax around the campfire on Friday evening and enjoy stargazing on Saturday night.

**Registration is easy:** Choose your workshops and sleeping unit. Indicate any special needs you might have. When you have made your choices, make your payment; all in one simple transaction using Discover, Master Card or Visa! <http://gsgcnwittraining.org> Registration closes September 9, 2018 or when the maximum of 125 participants has been reached. Limited financial aid is available.

- **Full weekend:** \$52 includes meals and snacks, sleeping accommodations, and some workshop supplies
- **Saturday only:** \$37 includes meals/snacks and some workshop supplies  
*Receive a \$5 early bird discount when you register by July 15, 2018.*  
*Workshop Leaders receive an additional \$5 discount.*

# BASIC INFORMATION AND WORKSHOP SCHEDULE WITH SUPPLIES LIST

## SLEEPING UNITS

### Women's indoor sleeping units:

- Wilderness (11:00 p.m. lights out)
- Promise Lodge (12:00 a.m. lights out)
- Citadel (1:00 a.m. lights out).

### Women's outdoor sleeping units:

- Wilderness –platform tents (11:00 p.m. quiet)
- Shongela – yurts (12:00 a.m. quiet)
- Citadel – platform tents 1:00 a.m. quiet)

### Men/Couples/Co-Ed:

- Meadow Cabins (outdoors -12:00 a.m. quiet)
- Health Center (indoors - 11:00 p.m. lights out)

**Please abide by the quiet/lights out time of the unit you have chosen.** If you would like to stay up later, please be courteous and use the Dining Hall designated as the late night gathering spot.

## LATE NIGHT GATHERING SPOT

**The Dining Hall will be open around the clock** for late night gathering and game playing. Bring a game, if you like. Be sure to clean up and turn out the lights when you are finished.

## CAMP KAPERS

**Everyone participates in kapers.** As a LEAP Participant, you will participate in three kapers.

1. Meal kaper (set up/serve or clean up).
2. Sleeping unit on Sunday.
3. Workshop area clean up in their last session on Sunday.

A volunteer in your sleeping unit will serve as unit leader and direct the clean up on Sunday morning. Please do your share so we can leave the camp better than we found it.

**Saturday-Only participants** will help with Saturday dinner kapers and fire scar clean up.

## MEALS

**Meals will be served cafeteria style in the Dining Hall, with the exception of Saturday lunch.** No dinner is served on Friday, but snacks will be available. You may choose to attend a Saturday lunch workshop or make a bag lunch after breakfast to eat during the Beginning Sailing or Book Club sessions or while relaxing on your own. We will make every effort to accommodate your special dietary needs if we know about them in advance. Please be sure to list them when you are registering.

## ALL CAMP ACTIVITIES

**We're planning some all camp activities** to help you get to know everyone at camp. There will be a campfire on Friday evening, an opening ceremony and getting to know you games after breakfast on Saturday, a Star Party in honor of the autumnal equinox on Saturday night, and a closing Scouts' Own ceremony on Sunday morning.

## HEALTH HISTORY

**All participants complete a health history form** and turn it in at the registration desk when they check in. A form will be sent with your final confirmation. Please place it in a sealed envelope with your name on the front of the envelope. It will only be opened if there is an emergency. You may pick it up at the end of the event so you can use it at other events this year. Those not picked up will be shredded.

## FINAL CONFIRMATION

**You will receive a final confirmation approximately ten days before the event** that includes your personal schedule, directions to Juniper Knoll a packing list, health history form, and a map of the camp.

## LEAP Weekend Schedule 2018

FRIDAY NIGHT ACTIVITIES							
7:30 – 10:30 PM	Registration and Snacks – Opens at 7:30 in Dining Hall Greenlight Specials Dining Hall – Starts at 8:00 ends at 10:30 p.m.						
8:30 – 10:30	Campfire Amphitheater Fire Scar – 8:30 S'Mores –9:15 – 10:00 Night Hike 10:00 – Meet at the Picnic Tables Outside the Dining Hall – Bring a Flashlight						
SATURDAY							
7:30 – 9:00 AM	Registration – Dining Hall						
8:00 – 9:00 AM	Breakfast – Dining Hall						
9:15 – 9:40 AM	Opening Ceremony and Getting-to-Know-You Games – Meadow Flag Pole						
Time/Session	Dining Hall	Wilderness	Health Center	Promise Lodge	Citadel	Booknest	Lake/Archery Range/Garage
	25	20	15	25	18	24	
9:45 – 10:45 AM		JK Story Walk	Campfire Safety	Wanna Be A Space Cadette?	Why Knot?	Arty Party	Advanced Archery Archery Range 15 MAX B. & K. Pavlik
<b>SESSION 1</b>		Devine	Brothers	Jamrock	Mathis	Kruse	
11:00 – 12:15 PM	Citizen Scientist Journeys	Rise Up Oh Flame!		Zentangle	Gimmicks and Gadgets	Make and Take Shaker Cards	Canoeing Lake 20 MAX Worcester/Simmons
<b>SESSION 2</b>	Drs. Sisson/Khan	Adams-Holecek		R. Moss/Blazek	H. Linehan	Lucente	
12:30– 2:45 PM		Pudgy Pies! Breakfast for Lunch	Cooking Cool Cabobs	It's A Wrap!	Gimmicks and Gadgets Cooking	Book Club Lunch: Small Great Things	Beginning Sailing Lake 12 MAX Worcester/Simmons
<b>LUNCH SESSION 3</b>		Devine	Renicker	Nawara	H. Linehan	Streit	
3:00 – 4:30 PM	Environmental Stewardship Badges	RELAX...	Geocaching	Anyone CAN Do It!	S.W.A.P.S.	Tile Painting with Alcohol and Ink	Beginning Archery Archery Range 15 MAX B & K. Pavlik
<b>SESSION 4</b>	Drs. Sisson/Khan	D. & R. Moss	Brothers	Brandt/Gallian	Simonutti	DeRusha	
4:45 – 6:15 PM	Mystery Maintenance Brigade		Dodge the Draft Warmth for Seniors	Baby Blankets - Courage Project	Special Olympics Indiana -2019 Scarf Project	Pet Connection	Purple Martin House Construction Garage 8 MAX Cline
<b>SERVICE SESSION 5</b>	Adams-Holecek		Collins	J. & E. Morgan	Slattery	Gerber	
6:30 – 8:00 pm	Dinner – Dining Hall						
8:30 – 10:30 PM	Star Party – Meet At the Picnic Tables Outside the Dining Hall 8:30 Coloring for Relaxation – Dining Hall Blazek 9:15 Imagination Station Pack Up 10:30						

SUNDAY							
7:30 – 8:30 AM	<b>Sleeping Unit Clean Up</b> Begin clean up in your unit. Pack up your gear. Bring your gear to your car on the way to breakfast.  <b>Unit check out with the property Manager: Meadow Cabins – 7:55, Health Center - 8:05, Citadel - 8:15, - Shongela 8:25</b>						
8:30 – 9:30 AM	<b>Breakfast – Dining Hall</b>						
Time/Session	Dining Hall	Wilderness	Health Center	Promise Lodge	Citadel	Booknest	Low Lodge
	<b>20</b>	<b>20</b>	<b>15</b>	<b>25</b>	<b>18</b>	<b>24</b>	<b>18</b>
9:45 – 11:15 AM	Girl Scout History	Ceremonies		Engineering, Programming, and Robots! Oh My!	Nature Photography	Weaving with Raffia	Escape Room!
<b>SESSION 6</b>	Walenga	Adams-Holecek		Jamrock	Cline	M. Linehan	Morris
11:15– 11:55 AM	<b>Final Clean Up in your last session and sleeping units</b>  <b>Unit check out with property Manager: Wilderness - 11:30, Promise Lodge - 11:45</b>						
12:05– 12:25 PM	<b>Closing Ceremony</b> <b>Meadow Flagpole</b>						
12:30 PM	<b>Safe Travels</b>						

**Red numbers = max in each session in that unit**

## THE IMAGINATION STATION

Recycle your extra stuff and get some “new-to-you” stuff in return. Tables will be set up in the rear of the dining hall. Bring your unused, extra, or no longer needed supplies (craft materials, tin cans, jars, candle stubs, fabric remnants, oatmeal boxes, balls of yarn, colorful magazines, etc., etc., etc.) to share with others.

If you have samples or use instructions to go with what you are bringing, you can display them at the station. Be sure to put your name on your creation, so others can ask you questions about it.

Participants can use their imaginations to create something unique from the recycled/repurposed items on the tables or take stuff home to use with their troop. NOTE: In order to make final dining hall clean up run smoothly, any remaining materials and samples are to be packed up to take back home by 10:30 p.m. on Saturday.

# WORKSHOP DESCRIPTIONS AND SUPPLY LIST

*As you select your workshops, make a list of what you will need to bring to each one so you can begin to gather your supplies. Keep this list in a handy place to help with your packing for the event.*

## FRIDAY EVENING

**7:30 – On-Site Registration Opens –Dining Hall – Bring:** Your completed health history

**7:30 – Snacks Available – Dining Hall – Bring:** A water bottle or unbreakable mug with a lid

**8:00 – Green Light Specials – Dining Hall –** Quick and clever hands on activities you can use with girls. **Bring:** a tote or box so you can pack and carry your projects.

**8:00 – Imagination Station – Dining Hall –** A place for sharing with others. **Bring:** Extra or unwanted items that can be used by others.

**8:30 – Campfire – Amphitheater Fire Scar –** Relax and unwind by firelight. **Bring:** A camp chair (optional).

**9:15 –** Make your own s'mores at the Amphitheater Fire Scar until 10:00.

**10:00 – Night Hike –** Meet at the Picnic Tables outside the Dining Hall – **Bring:** A Flashlight

## SATURDAY

### Session 1: 9:45 am –10:45 am

- ***JK Story Walk – Devine*** – Join former JK camp counselor, Janeen Devine, for a camp tour and stories of happy times at Camp Juniper Knoll starting in the mid-70's...camp songs, memories, and whatever else she can think of! **Wear:** Closed-toed shoes and bug spray. Be prepared to walk ALL OVER camp!
- ***Camp Fire Safety – Brothers*** – All you need to know to build a campfire for cooking or for singing. Learn about tinder, kindling, and fuel. Review safety tips. Practice putting out the fire and cleaning up the fire scar. When you have finished this workshop, you will be certified to build fires with your troop. **Bring:** A bandana, hat, or hair-tie to keep your hair back.
- ***Wanna be a Space Cadette? – Jamrock*** – Make a planisphere (star finder) that you can make with girls. L.E.A.P. will happen during the weekend of the Autumnal Equinox and we will learn about celestial objects and constellations that we might observe on Saturday night. **No supplies needed.**
- ***Why Knot? – Mathis*** – Brush up on some basic knots and learn how they are used so you are able to help girls earn their Outdoor Camping badges. **No supplies needed.**
- ***Arty Party – Kruse*** – Do your girls LOVE art projects? Try one activity each from the Daisy, Brownie, and Junior Outdoor Arts badges. You'll make maracas, a wind chime, and a rain stick! **Bring:** Scissors, glue, 2 empty 8-oz. water bottles, empty tubes from toilet paper, paper towels, and wrapping paper, yarn scraps, or string.
- ***Advanced Archery – B & K Pavlik*** – Already know your quiver from your bowstring? Just need a little help with your game? Now is your chance to shoot without distractions. **Wear:** Closed-toed shoes.

### Session 2: 11:00 am – 12:15 pm

- ***Citizen Science Journey – Sisson/Khan*** – It is easy to be a citizen scientist. Learn about local and national citizen science projects and what your troop can do to contribute. Drs. Barbara Sisson and Memuna Khan have experience with science outreach and will share strategies and activities to awaken the scientists in your Daisy, Brownie or Junior troop. **No supplies needed.**
- ***Rise Up O Flame! – Adams-Holecek*** – Teach your troop how to prepare for campfires by making some fire-starters before you go. Quick projects to use while camping or in your backyard fire pit. We will build a fire using what you've created. This is not a fire certification workshop. **Bring:** pocketknife or scissors.
- ***Zentangle – Moss/Blazek*** – In this workshop we will practice Zentangle. This is the method of drawing -no experience needed- that fosters creativity, mindfulness, peace and expression. It can be done almost anywhere anytime with any age and ability. Easy to learn, lifetime of use. **No supplies needed.** Optional: if you have favorite markers or pencils feel free to bring them.
- ***Gimmicks and Gadgets – Linehan*** – Test your ingenuity and skill by using repurposed materials to make outdoor cooking equipment that you will use during the **lunch session that directly follows this workshop.** **Bring:** Unlined tuna or short pineapple cans, wire coat hangers, empty tin 2-3 pound coffee cans, a punch can opener and tin snips if you have them. **Sign up for Gimmicks and Gadgets Lunch so you can use your cool new tools!**
- ***Make and Take Shaker Cards – Lucente*** – Searching for something new in greeting cards? Learn to make easy, interactive shaker cards with sequins, seed beads and glitter. **No supplies needed.**

- **Canoeing – Worcester/Simmons** – Spend part of your morning out in the canoes on Pleasant Lake. Beginners welcome! **Bring:** Knee pads or cushions, towel, sunscreen, cap/hat, sunglasses, something to keep any glasses from falling into the water, an old pair of tied closed-toed gym shoes, they will get wet. (No pool shoes.) **Participants will be asked to help take down and re-rack the canoes.**

### Lunch Session 3: 12:45 pm – 2:45 pm

- **Pudgy Pie Breakfast for Lunch! – Devine** – We all know about the magic of Pie Irons for pizza and dessert, but have you ever considered using them to make breakfast? Let's try something new! (Experimentation welcome!) **Bring:** a mess-kit or unbreakable dishes, silverware, water bottle and bandana. **E-mail your specific food issues by 9/11/18 to [neendevine@gmail.com](mailto:neendevine@gmail.com)**
- **Cooking Cool Cabobs – Renicker** – What's more fun than cooking stuff on a stick? Learn how to make "cool cabobs" easy enough to do with your troop and delicious enough to serve to your family and friends! **Bring:** unbreakable dishes or a mess-kit, silverware, water bottle and bandana. **E-mail your specific food issues by 9/11/18 to [laurarenicker@yahoo.com](mailto:laurarenicker@yahoo.com)**
- **It's a Wrap! – Nawara** - Salad wraps, sandwich wraps, and dessert wraps. Use your imagination to create your favorites. **Bring:** water bottle. **E-mail your specific food issues by 9/11/18 to [dnawara@girlscoutsgcnwi.org](mailto:dnawara@girlscoutsgcnwi.org)**
- **Gimmicks and Gadgets – Linehan** – **Sign up for the session right before this one** to make the gadgets that you will use to prepare your lunch. Try some great gimmicks that will amaze your girls! **Bring:** Your newly made gadgets, unbreakable dishes or a mess-kit, silverware, water bottle and bandana. **E-mail your specific food issues by 9/11/18 to [heatherlinehan@icloud.com](mailto:heatherlinehan@icloud.com)**
- **Lunchtime Book Club – Streit** – Relaxing book club lunch workshop where you will discuss **Small Great Things by Jodi Picoult**. We'll have beverages and dessert, and lots of mingling and a great discussion of our book. **Bring:** A sack lunch you made right after breakfast, drinks and desserts will be provided, a water bottle and a copy of the book if you have it. **E-mail your specific food issues by 9/11/18 [arstre08@smumn.edu](mailto:arstre08@smumn.edu).**
- **Beginning Sailing – Worcester/Simmons** – Try your hand at the basics of sailing. **Wear:** A swimsuit, (be prepared for the chance of falling in the water), an old pair of tied closed-toed gym shoes, they will get wet. (No pool shoes.) **Bring:** A towel, a complete change of clothes and the sack lunch you made after breakfast. **Participants will be asked to re-rack the sailboats. E-mail your specific food issues by 9/11/18 to [dnawara@girlscoutsgcnwi.org](mailto:dnawara@girlscoutsgcnwi.org)**

### Session 4: 3:00 pm – 4:30 pm

- **Environmental Stewardship Badges – Sisson/Khan** – Is your Cadette/Senior/Ambassador troop interested in earning the new Environmental Stewardship badges? Empower your troop on environmental issues that we face locally and globally. We have ideas and activities that you can implement with your girls from individual decision-making to broad-scale environmental advocacy. **No supplied needed.**
- **RELAX... – D. & R. Moss** – Practices such as mindfulness, yoga, T'ai Chi, Chi Kung and just the simple act of breathing act as a conduit for stress relief, focus, exercise and relaxation. You will practice simple T'ai Chi and Chi Kung and how to use simple yoga poses ourselves and with our girls. **Note:** modifications will be shared, no experience needed, all are welcome. **Wear:** Comfortable clothing. **Optional:** A towel or mat (movements may be done seated).
- **Geocaching – Brothers** – Geocaching, a type of high-tech treasure hunt, is a fun, easy way to get outdoors and learn to use a GPS receiver. Great exercise for your mind and body! **Wear:** Closed-toed shoes. Dress for the weather. **Optional:** Bug spray and a hat.
- **Anyone CAN Do It! – Brandt/Gallian** – Make jam and apple butter. Learn the procedure to can. Learn about what you need to begin canning, and talk about things the workshop leaders have learned about canning. In addition, there will be a demonstration only of how to make pickles. Everyone will go home with a jar of jam and apple butter. You must attend the session to take home jam and apple butter. **No supplies needed.**
- **S.W.A.P.s – Simonutti** – Special Whatchamacallits Affectionately Pinned Somewhere or Share With A Pal, no one knows for sure... Make camp and Girl Scout themed S.W.A.P.S. You'll make marshmallow on a stick, mini flashlight, camping tents, and Girl Scout Law, I heart Girl Scouts. Bee a sister swaps. **Bring:** Fabric glue and a glue gun and glue sticks.
- **Tile Painting with Alcohol Ink – DeRusha** – Learn how to paint tiles with alcohol ink. A great activity for all ages. Makes great gifts of creative one-of-a-kind art. **No supplied needed.**
- **Beginning Archery – K. & B. Pavlik** – Have you always wanted to do what your girls do on the range? Here is your chance to use the range and learn the basics! **Wear:** Closed-toed shoes.

## Service Session 5: 4:45 pm – 6:15 pm.

- **Mystery Maintenance Brigade – Adams-Holecek** – Be ready to help where you are needed. Who knows – you might chip a trail, repair a screen, paint something, or build something. **Wear:** Long pants, closed toed shoes. **Bring:** Work gloves and safety glasses/goggles if you have them.
- **Warmth for Seniors – Dodge the Draft – Collins** – Learn to make door and window draft dodgers to stop the cold air from sneaking in the windows in a resident's room at a nursing home. **Bring:** Three pairs of fuzzy socks (from the dollar store).
- **Baby Blankets Courage Project – J. & E. Morgan** – Learn how to make fleece baby blankets for teen mothers in the Courage Project in Illinois. Your girls will love this project! **Bring:** 2 -1 yard squares of fleece (baby pattern fleece), fabric scissors, ruler.
- **Special Olympics 2019 Scarf Project – Slattery** – Experienced knitters and crocheters, this one is for you! Make scarfs for the 2019 Indiana Special Olympics team to wear during the games. No instruction given during this session. Knitters need to know how to cast on, the knit stitch and to bind off. Crocheters need to know how to make a starting chain and double crochet stitch. Find out how you can share this meaningful project with your troop. The Indiana Special Olympic Teams colors for 2019 are gold, red, and white. **Bring:** with you one skein of yarn in the following colors: Red Heart – Gold E300\_0321 Gold, Red Heart - Cherry Red E300\_0319 Red Heart – White E300\_0311, (watch for coupons and sales at local craft/yarn stores), knitting needles or crochet hook. Scarves are recommended to be 6" wide and 54-60" long. Any pattern is welcome. Additional patterns will be available.
- **Pet Connection – Gerber** – Make pet toys and bandanas for local cat and dog rescues! **Bring:** Fabric scissors, 3 felt squares 5 fabric squares – 14", 18", 22" and 26" (any of these sizes are fine).
- **Purple Martin House – Cline** – Use your beginning to moderate woodworking skills to construct a Purple Martin house for the birds that reside at Camp Juniper Knoll. **Bring:** safety glasses. **Wear:** Closed-toed shoes.

## SUNDAY

### Session 6: 9:45 am. – 11:15 am

- **Girl Scout History – Walenga** – Learn some new "old" things about the early start of Girl Scouts in our council, in particular from "new" old information about Juniper Knoll. Enjoy seeing some interesting Girl Scout memorabilia. Bring any old Girl Scout items you have discovered to share (or if you need help identifying) and hear stories of Girl Scouting and serendipity told by one who loves to tell a tale. **No supplies needed.**
- **Ceremonies – Adams-Holecek** – Ceremonies are special to any Girl Scout occasion. Learn about Scouts' Own, Investiture, Rededication, Court of Awards, and Bridging ceremonies and how to plan these with your troop. Help plan the LEAP closing ceremony. **No supplies needed.**
- **Engineering, Programming, and Robots! Oh My! – Jamrock** – In this workshop, you will have an opportunity to experience some of the newest Journey and badge materials from GSUSA National Program Portfolio. **No supplies needed.**
- **Nature Photography – Cline** – Learn tips and tricks for taking photos of nature. Anyone can learn to take better photos of the out-of-doors. **Bring** a camera you are comfortable using (yes, it can be your phone!), sunscreen and insect repellent. **Wear:** Closed-toed shoes and a hat. We will be doing a little bit of easy to moderate hiking.
- **Weaving with Raffia – M. Linehan** – Learn to weave a small basket or coasters using raffia. A great activity for Junior and older Girl Scouts. **Bring:** Scissors.
- **Escape Room! – Morris** – An escape room is a physical adventure game in which players solve a series of puzzles and riddles using clues, hints and strategy to complete the objectives at hand. Learn how to organize one for your girls or how they can set one up for others. **No supplies needed.**