

LEAP 2019

Celebrating Mother Earth

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



**Friday, September 20-Sunday, September 22, 2019
Camp Butternut Springs, Valparaiso, IN**

L.E.A.P. is an acronym for **Leader Enrichment Activity Program**. This program for adult volunteers includes more than 35 workshops. Challenge yourself on the **new** climbing tower/zipline or high ropes course! You can explore archery, outdoor cooking, outdoor skills, crafts, nature games, hikes, service projects, trips to the Indiana Dunes National Park and Meadowbrook Nature Preserve, STEM, as well as 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://gsgcnwitraining.org/login/index.php> Registration closes September 8, 2019 or when the maximum of 110 participants has been reached. Limited financial aid is available. Due to limits on instructor/participant ratios, some popular sessions will fill before the deadline. Register early for best workshop selection.

- **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, 2019.
Workshop Leaders receive an additional \$5 discount.***

BASIC INFORMATION AND WORKSHOP SCHEDULE WITH SUPPLIES LIST

SLEEPING UNITS

Please see camp map below for locations of the sleeping units.

Women's sleeping units:

- Friendship Cabin Indoors 15 people - Upper Bunks; 20 people - Lower Bunks (midnight lights out) **Note: This unit is almost a ¼ of a mile walk to the Gathering Place. Accessibility shuttle will be available in the morning/evening and at mealtimes. Since it is not used as a workshop location, shuttle will not be available between workshops.**
- Becky (Beckoning Woods) Indoors 24 people mattresses on the floor (midnight lights out)
- Wieboldt Lodge Indoors 12 people - 6 lower bunks, 6 upper bunks (11:00 lights out)
- Wieboldt Outdoors: Little Cabins 20 people on upper and lower bunks and cots in small cabins. (11:00 lights out)
- Hickory: Outdoors: Pitch-your-own tent – 10 people; Platform tents – 12 people; (midnight quiet); port-a-potty, no building

Men/Couples/Co-Ed:

- Running Water (Co-ed/Couples) Indoors: (11:00 pm lights) out 10 people on upper/lower bunks in one large room
- Running Water (Co-ed/Couples) Outdoors: (midnight quiet) 12 people in individual platform tents on cots

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 Gathering Place which has been designated as the late-night gathering spot.

LATE NIGHT GATHERING SPOT

The Gathering Place will be open around the clock for late night gathering and game playing. Bring a game, if you like. Be sure to clean up after yourself 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. She'll alert you of the unit meal kaper, ask you to sign up for set up/serve or clean up, and direct the unit 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 unit fire scar clean up.

MEALS

Meals will be served cafeteria style in the Gathering Place, except for 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 Book Club or Do the Dunes 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, Star Gazing 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 Butternut Springs, a packing list, health history form, and a map of the camp.

N County Road 250 West

N County Road 250 West

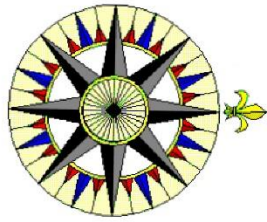
N County Road 250 West

Dead End

Camp Butternut Springs Girl Scouts of Chicago

Camp boundary line




Camp boundary line

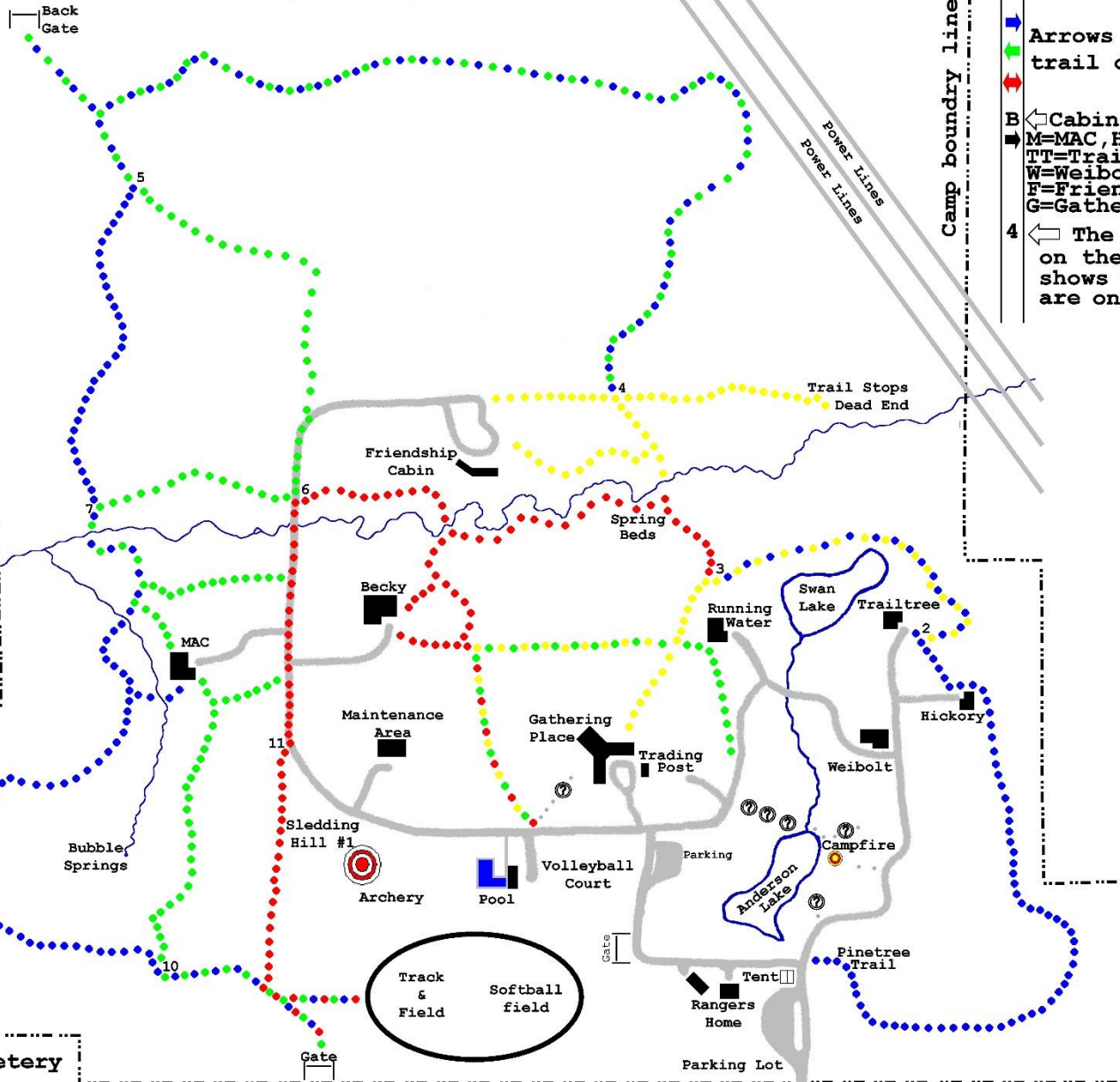


- Buildings 
- Trails 
- Streams 
- Camp Roads 

- Red Trail length: 1 mile
- Yellow Trail length: 1.7 miles
- Green Trail length: 2.6 miles
- Blue Trail length: 3.0 miles

Explore camp by following a colored trail or plot your own.
Hiking boots are recommended.

-  Arrows show trail direction
-  B ← Cabins (B=Becky, M=MAC, H=Hickory, TT=Trailtree, W=Weibolt, F=Friendship, G=Gatheringplace)
-  4 ← The number on the post shows where you are on the map.



N County Road 175 West

N County Road 175 West

N County Road 175 West

N County Road 175 West

LEAP Weekend Schedule 2019

Time/Session	Gathering Place 1-2	Gathering Place 3	Gathering Place Main	Becky	Running Water	Archery Range/ Recreation Area/ Wieboldt	Off Site
	30	20	25	20	15	15	20
FRIDAY NIGHT ACTIVITIES							
7:30 – 10:30 PM	Registration and Snacks – Beginning at 7:30 in Gathering Place Greenlight Specials – Gathering Place – Quick activities that you can do with your troop. Imagination Station – Gathering Place Recycle your extra “stuff” and get some new “stuff” to use with your troop.						
9:00 – 10:30	Gathering Place Fire Scar Campfire and S’mores						
	Late Night Gathering Spot – Gathering Place						
SATURDAY							
7:30 – 9:00 AM	Registration – Gathering Place						
8:00 – 9:00 AM	Breakfast – Gathering Place						
9:15 – 9:40 AM	Opening Ceremony and Getting-to-Know-You Games – Flag Pole						
9:45 – 10:45 AM	New Badges Overview for Daisies/Brownies/Juniors 2019 SESSION 1	Butternut Springs Story Walk Linehan/Brussano	Nature Games Hunt	Repeat-After-Me Songs Adams-Holecek	Leave No Trace Workshop Poch	Advanced Archery Archery Range K & B Pavlik	
11:00 – 12:15 PM	Fun with Vinyl SESSION 2	Campfire Safety Camp Dept.	Geocaching Camp Dept	It’s Entertainment Adams-Holecek	Tie Dye T-Shirts Wallace-Kranzusch	Beginning Archery Archery Range K & B Pavlik	Do the Dunes
12:45 – 2:45 PM	Lunchtime Book Club LUNCH SESSION 3	Cast Iron Cooking Nawara	Soup and Salad Gallian	No Cook Meals and Snacks Adams-Holecek	Pocket Stew Firchau/Gerber	Luscious Lunchboxes Wieboldt Morris	H. Linehan
3:00 – 4:30 PM	What on Earth is Citizen Science? SESSION 4	From Trash to Treasures Melendez	Canning with Mother Earth Gallian/Brandt		First Aid/CPR/AED Blended Learning Skills Session Cervenka	Challenge Yourself to New Heights! Climbing Tower/ Ziplining Recreation Area Camp Dept	Meadowbrook Magic Cline
4:45 – 6:15 PM	They’re Back! Zip Lines for Troop Fun! SESSION 5	SERVICE PROJECT- Nature Crown Kits for Children’s Hospitals Millay	SERVICE PROJECT: Mystery Maintenance Brigade Brussano	SERVICE PROJECT Seed Paper Random Acts of Kindness Cards Collins	First Aid/CPR/AED Renewal Challenge Cervenka	Challenge Yourself to New Heights! High Ropes Course Recreation Area Camp Dept	
6:30 – 8:00 PM	Dinner – Gathering Place						
8:30 – 10:00 PM	Equinox Star Party - Meadow						
8:30 – 10:30 PM	Coloring for Relaxation - Gathering Place						

SUNDAY							
7:00 – 8:30 AM Time/Session	Sleeping Unit Clean Up Pack up your gear and clean up in your unit and bring it to your car on the way to breakfast Unit Check out with the Property Manager – 7:55 – Hickory; 8:10 – Friendship Cabin; 8:25 Wieboldt						
8:30 – 9:30 AM	Breakfast – Gathering Place						
	Gathering Place 1-2	Gathering Place 3	Gathering Place Main	Becky	Running Water	Archery Range/ Recreation Area/ Wieboldt	Off Site
	30	20	25	20	15	15	20
9:45 – 11:15 AM	Holiday Crafts for All Ages	Bee Basics	Mmm Mmm... I Want to Linger	Easy-Peasy Macramé Jewelry	New Badges Overview for Cadettes/Seniors/ Ambassadors 2019	Archery Challenge	
SESSION 6	M. Linehan	Hopper	Adams-Holecek/ Cervenka	Moss/Blazek	Jamrock	Archery Range	Minnella
11:15– 11:55 AM	Final Clean Up in Your Last Session and Sleeping Units. Unit Check out with the Property Manager – 11:25 – Running Water; 11:35 – Becky; 11:50 – Gathering Place						
12:05– 12:25 PM	Closing Ceremony – Peace Pole						
12:30 PM	Safe Travels						

Red numbers = max in each workshop 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 Gathering Place. 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 Gathering Place clean up run smoothly, any remaining materials and samples must be packed up to take back home by 10:30 p.m. on Saturday night.

WORKSHOP DESCRIPTIONS AND SUPPLY LIST

As you select your workshops, make a list of what you will need to bring 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 –Gathering Place – Bring:** Your completed health history
- 7:30 – **Snacks Available – Gathering Place – Bring:** A water bottle or unbreakable mug with a lid
- 8:00 – **Green Light Specials – Gathering Place –** 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 – Gathering Place –** A place for sharing with others. **Bring:** Extra or unwanted items that can be used by others.
- 8:30 – **Campfire – Gathering Place Fire Scar –** Relax and unwind by firelight. **Bring:** A camp chair (optional).
- 9:15 – Make your own s'mores at the **Gathering Place Fire Scar** until 10:00.
- 10:00 – **Night Hike –** Meet at the Picnic Tables Outside the Gathering Place – **Bring:** A Flashlight

SATURDAY

Session 1: 9:45 am –10:45 am

- **New Badges Overview for Daisies/Brownies/Juniors 2019** - Get a peek at the badges and activities for your grade level and be inspired to earn them with your troop. Try out one or two activities. **No supplies needed**
- **Butternut Springs Story Walk** – Take a camp tour and to learn the lay of the land. Find out about the camp's history and what's new at BNS. **Wear:** Closed-toed shoes and bug spray. Be prepared to walk ALL OVER camp!
No supplies needed
- **Nature Games** – Playing games can provide a unique opportunity for girls to experience nature, get outdoors, and well... learn something! These games are a perfect way learn while having fun. **Wear:** Closed toed shoes.
No supplied Needed.
- **Repeat-After-Me Songs** - Not much of a singer? Then repeat songs are for you! Learn easy-to-teach songs that keep your girls joining in. **Bring: Optional** – a recording device or zip drive.
- **Leave No Trace** - Learn an easy way to remember the principles of Leave No Trace and do some fun activities that can be easily duplicated with your troop. **No supplies needed**
- **Advanced Archery** – 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. **No supplies needed**

Session 2: 11:00 am – 12:15 pm

- **Fun with Vinyl** --Learn how a vinyl cutting machine can help you out with your Girl Scout Troop. You will see how you can use vinyl to personalize a coffee mug and how you can make an iron-on. Note: \$5 additional fee payable to your instructor at the beginning of the session. You will leave with a customized item. **Bring:** Tweezers and a plastic card (i.e. used gift card, credit card) for smoothing.
- **Campfire Safety**– 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.
- **Geocaching** – 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. **No supplies needed**
- **It's Entertainment** - learn some skits for your next campfire that will be fun and entertaining for participants and audience. **No supplies needed**
- **Tie-Dye T-Shirts** - Learn different tie dye methods and designs that you can do on your own or with your troop.
Bring: A prewashed white or light-colored cotton t-shirt.
- **Beginning Archery** – 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. **No supplies needed**
- **Do the Dunes – Double Session – return to camp at 2:30** – Come and see what natural wonders lie outside our camp gates. We will visit the Indiana Dunes National Park and the Indiana Dunes State Park Nature Center.
Bring: The bag lunch you made at breakfast, water bottle, bug spray if you have it. **Wear:** Sturdy shoes or hiking boots (no open toed shoes). E-mail your specific food issues by 9/11/19 to gstrop742@hotmail.com

Session 3: LUNCH SESSION 12:45 pm – 2:45 pm

- **Lunchtime Book Club** – Streit – Relaxing book club lunch where we will discuss two books, one non-fiction, *Path to The Stars* by GSUSA CEO Sylvia Acevedo and a fictional thriller, *Then She Was Gone* by Lisa Jewell. Read one or both. We'll have beverages and dessert, and lots of great discussion of our books. **Bring:** The sack lunch you made right after breakfast, a water bottle and a copy of the book if you have it. Beverages and desserts will be provided, E-mail your specific food issues by 9/11/19 arstre08@smumn.edu
- **Cast Iron Cooking** – Pizza in a Dutch Oven and dessert in a skillet. Round it out with a freshly tossed salad. What could be easier? **Bring:** unbreakable dishes or a mess-kit, silverware, water bottle and bandana. E-mail your specific food issues by 9/11/19 to dnawara@girlscoutsgcnwi.org
- **Soup and Salad** – Enjoy making and eating simple home-made soups and salads that you can replicate at home or with your troop. **Bring:** unbreakable dishes or a mess-kit, silverware, water bottle and bandana. E-mail your specific food issues by 9/11/19 to fitmom1118@aol.com
- **No-Cook Meals and Snacks** - Too busy at camp to cook a hot meal? Try some delicious and easy no cook ideas for quick meals and snacks at camp or at home. **Bring:** unbreakable dishes or a mess-kit, silverware, water bottle and bandana. E-mail your specific food issues by 9/11/19 to caholecek@girlscoutsgcnwi.org
- **Pocket Stew** – Foil dinner, hobo pack, or pocket stew, no matter what you call it, this classic Girl Scout Camp meal is a favorite because you make it exactly the way you like it! Meat/protein, veggies, and seasoning in a foil pouch. You choose it, you cook it, you eat it! Top it off with a customized foil dessert, too! Easy clean up because you can eat right out of the foil pocket. Gluten-free diners and vegetarians welcome. **Bring:** unbreakable dishes or a mess-kit, silverware, water bottle and bandana. E-mail your specific food issues by 9/11/19 to jfirchau@girlscoutsgcnwi.org
- **Luscious Lunchboxes** - Make exciting and healthy alternatives to boring brown bag meals. Recipes will include corndog muffins, mini kabobs, and lettuce rollups. **Bring:** unbreakable dishes or a mess-kit, silverware, water bottle and bandana. E-mail your specific food issues by 9/11/19 to morrise42@gmail.com

Session 4: 3:00 pm – 4:30 pm

- **What on Earth is Citizen Science?** - Come and find out about *Think Like a Citizen Scientist Journeys* which includes newly available Cadette, Senior, and Ambassador levels. Resources will be shared. **No supplies needed**
- **From Trash to Treasure** - Come and try your hand at making items from recyclable materials. A variety of options and materials will be available to choose from. All can be done with your girls. **Bring:** Scissors and whatever you have on this list to share with the group: old t shirts, pop tabs, plastic bottles- water bottles, 2 liter, or other sizes, 2 same size smaller plastic bottles (water, ICE drinks, etc.), metal bottle caps, zippers (can be from old jeans), 6 pack rings (12 per project), used-clean plastic straws, quart milk or juice cardboard carton with the plastic pour spout on the side (such as almond milk), hot glue gun and glue, colored sharpies
- **Canning with Mother Earth** - In this class you will learn to can with what mother earth gives you. You will learn about safely canning and how canning can help you save money and enjoy items even when they are not in season. We will make dandelion jelly and one other item depending on what Mother Earth has to give us at the time. Everyone who attends will go home with a jar or two of what we make. **No supplies needed**
- **First Aid/CPR/AED Blended Learning Skills Session**- This course provides the knowledge and skills necessary to act in an emergency until emergency medical services personnel arrive. You will learn and practice adult, child and infant CPR, including AED, and standard first aid skills. Adults who will be serving as the trained First-Aider for troop/group camping trips and other activities listed in the Safety Activity Checkpoints that require a First-Aider should take this course. **This blended learning training consists of two parts.**
Part 1: Completion Required prior to arriving at LEAP. An eLearning session that takes approximately five to six hours to complete. About five days prior to the scheduled skills session, you will receive an email that includes a username, password and link to the online session.
Part 2: Will take place at LEAP. A face-to-face skills session to learn and practice skills viewed in the online portion. **Note:** CPR certification participants must be able to reach the victim on the floor to perform the skills elements of checking a non-responsive victim for breathing and other signs of life. If the participant is unable to do this, for reason, CPR certification cannot be issued to the participant. (From the Americans with Disabilities Act (ADA) Accommodation Resource Guide for Conducting and Administering Health and Safety Services Courses. **There is a \$40 additional fee for this LEAP session.** **Bring:** Online completion certificate/proof of completion to the skills session.
- **Challenge Yourself to New Heights! Climbing Tower and Zipline** - Challenge yourself to climb to the top of the new Climbing Tower returning to ground by zipline. Not sure if you want to climb the tower, but look forward to soaring thru the air on the zipline? Then climb to the top using the interior staircase, and zipline down. **Wear:** Closed toed Shoes. **No supplies needed**

- **Meadowbrook Magic** - Tour Meadowbrook Nature Preserve to see the transformation that the *Shirley Heinz Landtrust* has done to transform former Girl Scout Camp Meadowbrook into a community treasure. Find out about available programs for your troop or family. **Bring:** A water bottle, bug spray if you have it. **Wear:** Sturdy shoes or hiking boots (no open toed shoes).

Session 5: 4:45 pm – 6:15 pm.

- **They're Back! Zip Lines for Troop Fun!** - Participants will build, test, and compete with self-designed and built zip lines. Come and find out how to incorporate engineering design principles in troop activities. **No supplies needed**
- **SERVICE PROJECT: Nature Crown Kits for Children's' Hospital Patients** - Create nature crown craft bags for girls and boys in the hospital! These crown kits will occupy kids during their stay in the hospital. The crowns will bring a big smile to children who need encouragement in their day. **Bring:** paper cutting scissors, craft feathers, faux gems and stickers for boys and girls
- **SERVICE PROJECT: Mystery Maintenance Brigade** –Be ready to help where you are needed. Who knows – you might chip a trail, repair a screen, or paint something! Property Manager Lenny Brussano is preparing a project to brighten up Camp Butternut Springs! Always such a great mystery! **Wear:** Long pants, closed toed shoes. **Bring:** Work gloves, hammer, and safety glasses/goggles if you have them.
- **SERVICE PROJECT: Random Acts of Kindness Cards** - Learn how to teach your girls how to make seed paper used for random acts of kindness cards! Brighten the day of senior with a kind note with paper that grows and grows! **Bring:** one thin line black marker, one paper cutting scissor, ten pieces of white tissue paper, five brown paper recyclable grocery bags.
- **First Aid/CPR/AED Renewal Challenge** - Update your Adult/Child/Infant CPR/AED and First Aid Certification by challenging out. Volunteers confident in their ability to pass a written test and perform CPR/AED and First Aid skills can forego participating in a full class. **Instruction will not be provided.** You may challenge out whether your certificate is current or expired. **There is a \$20 additional fee for this LEAP session.** **No supplies needed**
- **Challenge Yourself to New Heights! High Ropes Course – Work** your way thru several high ropes elements. Are you ready to challenge yourself by climbing thru suspended tires, walking across a log or several more elements? **Wear:** Closed toed Shoes. **No supplies needed**

SUNDAY

Session 6: 9:45 am. – 11:15 am

- **Holiday Crafts for All Ages –** Come learn how to make easy holiday crafts out of everyday objects. We'll make a snowman, a turkey, and more! **Bring:** Scissors
- **Bee Basics** - Learn about what you can do for bees and what bees can do for you! Meet a Northwest Indiana beekeeper who is coming to share what is BUZZING about bees for you and your girls! **No Supplies Needed**
- **Mmm, Mmm, I want to Linger** - come together with your sister Girl Scouts to learn about traditional Girl Scout ceremonies and plan the closing ceremony. **No supplies needed**
- **Easy Peasy Macramé Jewelry** - During this workshop you will make at least one bracelet with option to make more and a necklace depending on time. You will learn super easy knots of macramé that you can teach your girls and enjoy the craft of macramé yourself! This is one way to teach basic knots to girls while making wearable jewelry. **Bring:** Scissors
- **New Badges Overview for Cadettes/Seniors/Ambassadors 2019** - Get a peek at the badges and activities for your grade level and be inspired to earn them with your troop. Try out one or two activities. **No supplies needed**
- **Archery Challenge:** Now that you've warmed up on Saturday, join us for a few creative archery games. Bring your sharp eyes and math skills out to the range for some sharp shooting fun! **Wear:** Closed-toed shoes. **No supplies needed**