

March Magic

Tentative March Magic Workshop Schedule

Outdoor Workshops

<u>Timeslot #1</u> Saturday 9:30 - 11:30	<u>Timeslot #2</u> Saturday 1:30 - 3:00	<u>Timeslot #3</u> Saturday 3:15 - 4:45	<u>Timeslot #4</u> Sunday 9:45-11:45 & extended times
Letterboxing	Starting Girls Off Right Using Knives	Advanced Knife Skills	Campfire Program & Cerimonies
Fun With Fire	Cooking On a Stick & In a Pie Iron	Cooking On a Stick & In a Pie Iron	Dutch Oven Cooking (9:45-11:45/12:45)
Box Oven - Make'in It	Box Oven - Bake In It	Outdoor Crafts & Games	Box Oven Cooking (9:45-11:45/12:45)
Eating in the Backcountry	Intro to Primitive Camping	The Right Gear for the Right Season	Non-Outdoor Cookers Cooking Class (9:45-11:45/12:45)
Geocaching	DIY Camping Equipment	Ready, Set, Go Camping	Hone Your Cookout/Campout Skills (9:45-11:45/12:45)
A Taste of Camping for the Non-Camp Qualified	Fun Things to do With Knots	Fun Things to do With Knots	Camp Potomac Woods History Hike
Birding	Basics of Fire Building	Basics of Fire Building	Geocaching
A Lotta Lashing	Starting Off on the Right Foot Hiking	Fun Things to Do While Hiking	Cooking for Large Events (9:15 - 2:15)
	Get Outdoors in Your Parks	Songs of the Next Generation	Archery Certification (9:00 - 6:00)

Participation Sessions

<u>Timeslot #1</u> Saturday 9:30 - 11:30	<u>Timeslot #2</u> Saturday 1:30 - 3:00	<u>Timeslot #3</u> Saturday 3:15 - 4:45
Archery	Archery	Archery

Teen Workshops

<u>Timeslot #1</u> Saturday 9:30 - 11:30	<u>Timeslot #2</u> Saturday 1:30 - 3:00	<u>Timeslot #3</u> Saturday 3:15 - 4:45	<u>Timeslot #4</u> Sunday 9:45 - 2:15
Gold Award Roundtable	Meet the Lesser Known Teen Awards	No More Bullying	Program Aid Training (9:45 - 2:15)
Silver Award Workshop	From Idea/Interest to Viable Silver Project	Wher Do I Get Those Silver Trefoil Hours	Cooking for Large Events (9:15 - 2:15)
	Running a Large Scale Event (1:30 - 4:30)		

March Magic

Tentative March Magic Workshops

Check event schedule for exact times and to plan out what you would like to register for.

Outdoor Courses

Advanced Knife Skills – Timeslot #3

Description: At the upper end of the progression scale of knife use, you'll find some of the fun things to do with a knife. As girls progress they hone their skills as they whittle and carve. Make a Tiki, which gives you the right to carry a knife. Then try your hand at making a fuzz stick, or some other useful or fun item to take home. Please bring a sharp jackknife (with no more than 4-5 “gadgets”, but will need an awl for your Tiki) in good condition if you have access to one.

A Lotta Lashing – Timeslot #1

Description: Teach your girls to lash and let them create fun and useful camp equipment. Learn to wrap and frap, and maybe try making a self-standing garbage bag holder or a camp table. Take these skills back to your girls and see if they can build a Chippewa Kitchen for a real unique camping experience.

A Taste of Camping for the Non-Camp Qualified – Timeslot #1

Description: Want to support your troop, and your camp qualified person, or just what to become more familiar with Girl Scout camping? You will cover the skills those in the workshop think they need to cover including GSCNC camp structures, troop, patrol, and personal gear, site setup, and functioning as a troop while camping. NOTE: This will not camp qualify you, but will give you some extra help to do that in the future, or just be prepared for Girl Scout camp, and possibly, better for this weekend.

Archery Certification– Timeslot #4 extended 9:00 – 6:00 – **Adults Only**

Description: Earn USA Archery Level I Archery Instructor Certification. During this class you will earn the skills necessary to: maintain a high level of safety both on and off the range; teach beginner archery programs to people of all ages and abilities in a variety of both indoor and outdoor settings. Class includes lessons on range safety, range setup, the steps in shooting, equipment maintenance and repair, programs and lesson plans. Please note that you must register and pay a \$57 fee separately for this class. Adults register through the Events page of GSCNC.org and searching for Archery Certification.

Basics of Fire Building– Timeslot #2 & #3

Description: This is a good refresher or to get a hand up for an upcoming cookout, campout, or cookout/campout class. In this hands on workshop you'll learn, or relearn, all the basics, including fire materials and equipment, fire safety, how to start your fire and keep it going, and teaching those skills to Girl Scouts.

Birding – Timeslot #1

Description: Learn to identify live local bird species by size, shape, color and song using different techniques. Learn what they eat, where they sleep, how and where to take your troop on a bird hike, and even how to focus binoculars. Bring binoculars if you have them. Wear proper walking shoes to take a short hike to see more birds!

Box Oven Cooking – Timeslot #4

Description: Cooking in a box oven is a long time Girl Scout favorite outdoor cooking method. And why not, who would believe you can cook just about anything in a cardboard box! In this extended workshop you will hear about making them, safety in using them, how to cook many different meals in them as you try your hand at cooking one. It is recommended you have taken Cookout/Campout before this workshop. After cooking, eat up for a light lunch, or leave before lunchtime.

Box Ovens – Bake In It – Timeslot #2

Description: After you have made your box oven, the next thing is to cook in it. In this workshop you will learn the basics of cooking in a box oven, including safety in using them, how to cook different meals in them, and the group will try first hand cooking some of the many recipes that are possible to cook in them. You do not need to take Box Ovens – Make'in It first, but it is recommended you have taken Cookout/Campout before this workshop.

Box Ovens – Make'in It – Timeslot #1

Description: Trouble making your own box oven, or just want need help? Then this is for you. You will be contacted to bring the necessary materials prior to the workshop, and then you can make your own box oven. A limited number will be made during the workshop so participants from the same troop will make one together. Please have taken Cookout/Campout before this workshop.

Campfire Program & Ceremonies– Timeslot #4

Description: Campfires are a tradition in Girl Scouting and everyone loves sitting around a blazing fire. Most girls like to sing songs around a fire, but there are other things to do around a fire too. Learn about different types of campfire program and even combining two Girl Scout traditions, ceremonies and campfires. But what about if you can't have an actual fire? Learn about ways to have a "campfire" in those situations too.

Camp Potomac Woods History Hike – Timeslot #4

Description: Take a hike around camp and learn about the history of the land before and after it became a Girl Scout camp. Find out about the colonial-era land barons who owned this property in the 1700's, how many ferries crossed the river close to the camp, where the Native American fish weir can still be seen, how old the Pooh Tree is, and more. Wear proper walking shoes.

Cooking for Large Events – Timeslot #4 extended + helping in the kitchen before or after, and during some meals

Description: Many teen troops provide the meals for SU encampments and other large events as money raising activities. In this unique workshop you will work with the March Magic cook during some meals to learn how they do it, help "close" the kitchen after Sunday breakfast, and then have a classroom portion after the kitchen is closed. Please bring a bag lunch.

Cooking On a Stick & In a Pie Iron – Timeslot #2 & 3

Description: You might have roasted marshmallows before, but there is so much more you can cook on a stick. Learn what different types of meals are possible and how to teach your girls how to safely cook with them. Also learn how to use a pie iron and the meals your girls might want to try on this unique cooking tool. After all, they are available to rent from the GSCNC equipment center.

DIY Camping Equipment – Timeslot #2

Description: Buying all the equipment that you might use on a camping trip can add up in cost to both the troop and for individual girls. There are some things that you can make yourself to help cut down on the cost and be more self-sufficient, as well as teaching your girls to be as you provide some program at troop meetings. Learn what and how your troop can make themselves.

Dutch Oven Cooking – Timeslot #4

Description: GSCNC has Dutch Ovens available for troops to rent, and cooking on them can be a very unique experience for girls, as well as tasty. Learn how to care for these cast iron ovens, how to cook just about anything in them, try your hand cooking in them, and tips and techniques for using them. Please have outdoor cooking experience for this workshop. After cooking, eat up for a light lunch, or leave before lunchtime.

Eating in the Backcountry – Timeslot #1

Description: Whether on an all day hike, or backpacking or primitive camping for a couple days, your meals will be different from a troop camping trip. Learn about different preparation and cooking methods, and the different types of foods used in the backcountry, and why they fit so well into these backcountry camping conditions.

Fun Things to Do While Hiking – Timeslot #3

Description: It's not always the destination but the journey that's often the fun part. Learn fun things to do on hikes with your troop at camp or anywhere. Learn different types of hikes, things to do on hikes, and things to look for and point out. You should already know hiking basics and how to safely hike in the woods. Wear closed toe, heeled comfortable walking shoes, dress for the weather in layers, and bring water bottle.

Fun Things to Do With Knots – Timeslot #2 & #3

Description: Even beyond the normal things you use knots for, there are some fun things you can do with knots also. Come learn how to make a knot to use to carry a water bottle over your shoulder, a fun knot to tie a scarf with, and a set of knots to make an attractive extension for a jacket or other zipper. Learn these and maybe other unusual knots/creations to take back to your girls.

Fun With Fire – Timeslot #1

Description: In Girl Scouting we use fire for outdoor cooking and evening campfires and most are used to the typical fire starting ways. Come learn some not so typical, some pretty unique, and some outright weird, fire starting methods and materials. It may just not be for fun though, because it may be useful in emergency or survival situations too. OK, it may be fun for starting camp and other Girl Scout fires too!

Get Outdoors in Your Parks – Timeslot #2

Description: Troops are always looking for programs and things to do in the outdoors, and local parks are a great resource for so many activities. Whether you are looking for a great location to conduct your own outdoor activities, or an outdoor expert to help with the activities, parks have so much to offer. Learn from NOVA Park managers about facilities and programs, including hiking, camping, canoeing, animal programs, and even waterparks for an end of year party.

Geocaching – Timeslots #1 & 4

Description: Geocaching is an outdoor treasure hunting sport using a GPS-enabled device. Learn how to use your smart phone to navigate and find "geocaches". If you like a set program better, learn about vendors who supply everything, including actual GPS devices. Juniors have a Geocacher Badge, but learn how to take any age troop geocaching for some outdoor program. Some GSCNC camps even have their own hidden treasure boxes!

Hone Your Cookout/Campout Skills – Timeslot #4

Description: This is a hands-on refresher for all the skills you learned in your Cookout/Campout class. You will cover the skills those in the workshop think they could use some practice on. This workshop will also hone your skills before you're ready to take Lightweight Camping if you want to get ready to get more in the outdoors. After the cooking portion, eat up for a light lunch, or leave before lunchtime.

Intro to Primitive Camping – Timeslot #2

Description: All the gear got you down? Need an extra car to take it all? Take a look at a primitive campsite and find out what is involved, or not, and how to pare down your gear from the traditional car campsite. See how to make camping less cumbersome and learn about lightweight camping to find out how far into the wilderness you are ready to go!

Letterboxing – Timeslot #1

Description: Letterboxing is orienteering, art, and puzzle solving all in one. It is a growing sport to find hidden boxes by following clues. Find out all about this fun sport, the stamps you use, and which of our camps have letterboxes hidden away for you to find with your next troop camping trip, or if you want a day out just about anywhere. Wear proper walking shoes.

Non-Outdoor Cookers Cooking Class – Timeslot #4

Description: If you're not very experienced in outdoor cooking, would like a refresher of the 4 cooking methods used in Cookout/Campout, or would like to learn more about them to better assist your Cookout/Campout qualified person, this is it. We'll cover all the basics of each method, what types of meals are easiest to cook using each, and cook using each. After cooking, eat up for a light lunch, or leave before lunchtime.

Outdoor Crafts and Games – Timeslot #3

Description: There are so many different types of crafts and games, many having an outdoor or nature theme that are perfect to do at camp or to get the girls thinking and learning about the outdoors. Come learn and try your hand at some that have an outdoor or nature theme so you can then share them with your troop.

Ready, Set, Go Camping – Timeslot #3

Description: Anyone can go camping, but preparing and learning all the skills necessary to become confident campers is the Girl Scout way, and doing it in a fun way is even better. Learn games and activities you can do at your troop meetings that will teach girls camping skills and prepare them for a camping trip.

Songs of the Next Generation – Timeslot #3

Description: Most leaders love to sing songs with their girls and have a repertoire of common Girl Scout songs. Many times girls go to sleepaway camp and come back with their own repertoire of new songs. Come learn these unique and crazy songs the new generation is singing, as well as some of the new graces, sung at sleepaway camp from GSCNC camp counselors.

Starting Girls Off Right Using Knives – Timeslot #2

Description: Progression and safety go hand in hand and are of the utmost importance when girls are starting to use knives. A mishap can happen quickly and easily so learn all you need to know about Girl Scout knife safety and how to teach girls knife skills progressively to decrease the chances of one. Please bring a sharp jackknife (with no more than 4 “gadgets” if possible) in good condition and a sharpening stone if you have access to one.

Starting Off on the Right Foot Hiking – Timeslot #2

Description: If you are just beginning hiking with your troop or group of girls, or want to, this will teach you the outdoor leadership aspects, as well as a few things to do on a hike. Learn to plan the hike in different localities/environments, what you need to bring for a safe time, and what to do if the girls get bored, restless or tired. Wear closed toe, heeled comfortable walking shoes, dress for the weather in layers, and bring water bottle.

The Right Gear for the Right Season – Timeslot #3

Description: An avid outdoorswoman knows and enjoys what the outdoors has to offer in every season of the year. She also knows the type of gear she needs to keep comfortable enough to enjoy the outdoors in the most freezing cold and in the most stifling heat. Learn what gear, whether layers of clothing or your sleeping system, you need to be comfortable in any season.

Participation Sessions

Archery – Timeslot #1, 2 & 3

Description: Spend a session on the archery range at Camp Potomac Woods and take your turn taking aim at the bulls-eye.

Teen Courses

Cooking for Large Events – Timeslot #4 extended + helping in the kitchen before or after, and during some meals

Description: Many teen troops provide the meals for SU encampments and other large events as money raising activities. In this unique workshop you will work with the March Magic cook during some meals to learn how they do it, help “close” the kitchen after Sunday breakfast, and then have a classroom portion after the kitchen is closed. Please bring a bag lunch.

From Idea/Interest to Viable Silver Project – Timeslot #2

Description: Not sure what to do for your Silver Award project? Come learn how to focus in on a rough idea you may have to make it an acceptable project. Maybe you have an interest you’re aware of, or maybe not aware of, that can direct you to a project. You will divide up into workgroups to start to formulate your project during the workshop also.

Gold Award Roundtable – Timeslot #1

Description: This workshop is for girls and advisors with girls who will be starting their Gold sometime in the future, or are in any place in the process but may have additional questions. Bring your questions and hear information on the Gold Award steps, the process of coming up with a project, getting approval and working with the panel, and all the resources available to girls to earn their Gold.

Meet the Lesser Known Teen Awards – Timeslot #2

Description: This will include a look at the big picture of the teen awards. Although the overview may mention the Silver and Gold awards that are on the minds of so many, the focus will be details on earning the lesser known awards. Many may not even know about Torch Awards, Leadership in Action Awards, Service to Girl Scouting Bars, Community Service Bars, Safety Awards, Volunteer in Training Awards, Counselor in Training Awards, and Program Aid.

No More Bullying – Timeslot #3

Description: Almost 1 out of 4 students are bullied during the school year, 64% did not report it, and 57% stopped when a peer intervened. Hopefully all three of these statistics will change in a positive way, and maybe you can be part of, and help increase, the third statistic. Learn more about this epidemic problem in kids' lives, how to stop bullying in your troop or anywhere to make a positive change and help those most affected.

Program Aid Training (Open to Cadettes)– Timeslot #4 extended / 9:45 – 2:15

Description: Girl Scouting builds leadership and one way you learn that is working with younger girls. This will help you become an effective leader by teaching you skills for working with and guiding younger girls. You will use Program Aide skills if you are helping at a day camp, a service unit event, a council event, with a troop, now as well as in your future. Please bring a bag lunch.

Running a Large Scale Event – Timeslot # 2 & 3 combined

Description: Girl Scouts Nation's Capital uses experienced teen troops to run the core and adventure camps they sponsor. If your troop is interested in learning about health and safety, budgeting, food, program, and all the logistics to run a large scale camp event, you should select this workshop. Troops interested in running a Council sponsored event will be contacted by Camping Services staff, but this is also an excellent workshop if your troop is interested in running large scale events for your region or service unit. Only a certain number of troops will be selected for this pilot program.

Silver Award Workshop – Timeslot #1

Description: Girls and leaders interested in the Silver Award should attend this workshop. Learn about the steps girls should go through to earn their Silver, the tools available to make sure their project meets the intent of the award, and how to complete the process so girls can receive their award. You can also get all your questions answered at once.

Where Do I Get Those Silver Trefoil Hours – Timeslot #3

Description: Girl Scouts always give service but the different type hours required for the Silver Trefoil Award can be hard to find, unless you know where to look. Learn about the requirements, the paperwork, and where you might be able to find some of those type hours that are harder to find in your area. Bring and share your own ideas on resources for hours also.