

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	Letterboxing
RiverWalk	Cooking On a Stick & In a Pie Iron	Cooking On a Vagabond Stove	RiverWalk
Box Oven - Make'in It	Box Oven - Bake In It	Box Oven - Bake In It	Dutch Oven Cooking
Camp Potomac Woods History Hike	Leave No Girl Inside	Outdoor Crafts	Camp Potomac Woods History Hike
Backpack Stove Cooking	Hardcore Hiking	Eco-Crafts	A Lotta Lashing
Geocaching	DIY Camping Equipment	DIY Camping Equipment	Geocaching
Hone Your Cookout/Campout Skills	Fun with Knots	Fun with Knots	Basic Cookout 9:45 - 2:45
Birding	Basics of Fire Building	Tree & Plant ID	Archery Certification 9:30 - 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 Workshop	Intro to the Gold Award	Where Do I Get Those Silver Trefoil Hours	Program Aide Training
Silver Award Workshop	From Idea/Interest to Viable Silver Project	Leadership	

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 in good condition if you have access to one.

Archery Certification– Timeslot #4 extended / 9:30am-6:00pm – **Open to Adults Only**

Description: Earn Level I Archery Certification through the USA Archery You'll learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. Please note that you must register and pay a \$40 fee separately for this class. Adults register through the Events page of GSCNC.org and searching for Archery Training.

A Lotta Lashing – Timeslot #1 & #4

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.

Backpack Stove Cooking – Timeslot #1

Description: Backpack stoves are compact, one burner stoves that are easy to carry, and are available from the GSCNC Equipment Center. Learn all about these stoves, how to use them safely, and the types of meals that you can prepare. Practice cooking on one, and learn tips for meal planning and packing. Please have outdoor cooking experience for this workshop.

Basic Cookout – Timeslot #4 extended / 9:45am – 2:15pm

Description: Learn how to teach girls to work as a team to build a fire, prepare simple meals, clean up, and experience the outdoors through hands-on activities and campfire participation. Please note that you must register and pay a \$10 fee separately for this class. Adults register through the Events page of GSCNC.org and searching for Basic Cookout. If teens are interested indicate on the event survey.

Basics of Fire Building– Timeslot #2

Description: This is a good refresher or to get a hand up for an upcoming cookout or campout class. In this hands on workshop you'll learn, or relearn all the basics, including 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 Ovens – Baking In It – Timeslot #2 & #3

Description: Cooking in a box oven is a long time Girl Scout favorite outdoor cooking method. Who would believe you can cook just about anything in a cardboard box! Learn more about them, safety in using them, how to cook different meals in them, and the group will try first hand cooking some of the recipes during the workshop. Please 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.

Camp Potomac Woods History Hike – Timeslot #1 & #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 On a Stick & In a Pie Iron – Timeslot #2

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.

Cooking On a Vagabond Stove – Timeslot #3

Description: Vagabond stoves are unique cooking tools that you can make out of a large tin can. They are great for buddy cooking or each girl cooking her own meal. They usually use a buddy burner as the fuel source, and these can be made with a tuna fish type can. Learn how to both make and safely use both of these, along with what your girls can cook on them.

DIY Camping Equipment – Timeslot #2 & #3

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.

Eco-Crafts – Timeslot #3

Description: Girl Scouts love crafts, and we also like to protect the environment. Come learn some crafts that your girls will enjoy and help teach them about being ecologically minded. Learn about upcycling, converting old or discarded materials into something useful, as you make something out of old plastic grocery bags, and more.

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.

Geocaching – Timeslots #1 & 4

Description: Geocaching is an exciting outdoor treasure hunting sport using a GPS-enabled device. Anyone can use a GPS device or GPS-enabled mobile phone to navigate and find hidden "geocaches". Some GSCNC camps even have their own set of hidden treasure boxes! Learn how to take any age troop geocaching while camping or just out for a day of treasure hunting. Wear proper outdoor shoes.

Hardcore Hiking – Timeslot #2

Description: For those who want to move beyond nature walks and hikes around camp with your girls and are ready for longer, more challenging day hikes. Learn important considerations including proper footwear and foot care, what to take in your day pack, hike progression (distance and difficulty), planning and where to go, and tips for keeping girls motivated and moving on the trail.

Hone Your Cookout/Campout Skills – Timeslot #1

Description: 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.

Leave No Girl Inside

Description: With the national initiative on giving girls positive outdoor experiences learn about both neat things to do in the outdoors and different outdoor resources for activities. Hear about the usual and unusual activities. The GSCNC Approved Vendor List is organized by major activities, but do you know which one also has an activity of riding down a mountain track inside a huge inflatable sphere?

Letterboxing – Timeslot #1 & #4

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 want a day out just about anywhere. Wear proper walking shoes.

Outdoor Crafts – Timeslot #3

Description: There are so many different types of crafts out there, 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 crafts that have an outdoor or nature theme so you can then share them with your troop.

RiverWalk – Timeslot #1 & #4

Description: The Potomac Woods RiverWalk is an environmental learning trail and patch program. Even though some of the materials have been wearing down you can still take advantage of much of the program, and the patches are still available in the shop. Come learn about the program activities and learning trail stations along the Potomac River and Peace Creek as you take the RiverWalk.

Starting Girls Off Right Using Knives – Timeslot #3

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 in good condition if you have access to one.

Tree & Plant Identification – Timeslot #3

Description: Learn to identify local trees and plants around camp and further. First, find out what clues to use, including bark, leaves, flowers, seeds, location, terrain, and what resources to use so you and your girls can learn to identify them. Then hike to use and practice what you have learned. Wear proper walking shoes.

Participation Sessions

Archery – Timeslot #1, 2 & 3

Description: While at camp spend a little on the Camp Potomac Woods archery range and take your turn taking aim at the bulls-eye and playing some archery games.

Teen Workshops

Gold Award Workshop – Timeslot #1

Description: If you know what's required for the Gold Award and are more in need of putting your project, or a basic idea, into something that meets the Gold Award standards, then this is the workshop you should take. It will help you focus on what you need to do so that your project and proposal will be approved and you can start working on it to make the world a better place.

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.

Intro to the Gold Award – Timeslot #2

Description: If you are thinking about the Gold Award but don't know much about it, what is involved, where to start, or just have a lot of questions, then this is the workshop you should take. Learn all about what you need to do and the GSCNC panel process from a GSCNC Gold Award Panel Member. This covers all the basics and gives you a chance to ask your questions so you start off right.

Leadership: What is it & Where Do I Get It – Timeslot #3

Description: A national survey found that girls embrace a leadership style that focuses on ethics, personal principles, and social change values. They also feel that places to develop their leadership skills are scarce. Girl Scouting meets this great need. Learn about leadership in women, how you can develop your own leadership, both in and outside of Girl Scouting, and share your own thoughts on leadership.

Program Aide Training – Timeslot #4 extended / 9:45 – 2:15 - Open to Cadettes Only

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, as well as in your future. Please bring a bag lunch.

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 the 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 to also.