

# GIRL SCOUTS OF MIDDLE TENNESSEE 2010 VOLUNTEER ENRICHMENT WEEKEND

## ROCKIN' AND ROLLIN' CAMP SYCAMORE HILLS - APRIL 23-25, 2010

Plan now to attend our V.E.W., Girl Scouts of Middle Tennessee's volunteer enrichment weekend, formerly known as Leader Extravaganza. This year's theme is Rockin' and Rollin' so bring your poodle skirt and prepare to have fun 1950s style!

### GETTING STARTED

The volunteer enrichment weekend is a great opportunity for you to have fun, attend enrichment workshops, learn from knowledgeable facilitators, enjoy the fellowship of other dynamic Girl Scout volunteers and earn a green leaf for the Leadership Development Pin. We encourage you to enjoy the informative workshops, but to also allow time just for you. You may stay the whole weekend or just two days of your choice:

#### *Friday, Saturday and Sunday:*

Includes classes for three days, accommodations, ice cream social and movie night.

Meals included: Friday dinner, Saturday breakfast, lunch and dinner and Sunday breakfast

#### *Friday, Saturday:*

Includes classes for two days, accommodations, ice cream social and movie night.

Meals included: Friday dinner, Saturday breakfast, lunch and dinner

#### *Saturday, Sunday:*

Includes classes for two days, accommodations and movie night.

Meals included: Saturday lunch and dinner and Sunday breakfast

Light snacks and water will be available every day for your convenience. A confirmation packet containing details for the weekend will be mailed in early April.

### LODGING

Lodging for the weekend will be in cabin and tent units. Due to construction at camp, we will be using many of our tent units this year. Lodging is assigned on a first come first serve basis. Registration forms are processed in the order they are received.

# WHAT ELSE ARE WE DOING BESIDES WORKSHOPS?

## Swaps

Trading swaps is a time-honored tradition in Girl Scouting. A swap is a small token of friendship that is traded with participants at Girl Scout events. They are usually small enough to pin on a cap, lanyard, or shirt. Some are made to go along with a theme. There are many sites on the internet with suggestions for swaps. Leaders will have plenty of swaps to exchange with each other. There isn't a designated time for swapping so feel free to trade throughout the weekend.

## Movie and Popcorn Night

This year we will show a movie on Saturday evening at 8:00 p.m. Popcorn will be provided.

## Adventure Programs

If you've ever wondered what tree climbing, high ropes or other adventure programs are all about, here's your chance to try them. Adventure programs are listed along with the other courses, so sign up now! There is a small fee for these adventure programs and most require more time so please be careful when scheduling these programs into your day.

## Ice Cream Social

Please plan to join us in the Red Barn for our traditional ice cream sundaes on Friday night at 8:30 p.m.

# REGISTRATION PROCESS

1. Read the class descriptions and choose which ones you would like to attend. *You may select up to seven classes.*
2. Indicate your choices on the course schedule section of the registration form. The workshops are organized into color units by location at camp. As you make your workshop selections please remember there is a 15-minute time period between classes, so be sure you have plenty of time to walk from class to class.
3. Bunkmates must mail their registration forms together. Service unit members that wish to register as a group should mail their registration forms and checks stapled together in one envelope.
4. Make checks payable to Girl Scouts of Middle Tennessee and mail to:  
Girl Scouts of Middle Tennessee  
V.E.W. Registration  
4522 Granny White Pike  
Nashville, TN 37204

Full payment must accompany the registration form unless an application for financial aid has been submitted and approved. Financial aid applications may be obtained from the training department by calling (615) 383-0490. Several workshops have an additional fee that is listed next to the course descriptions.

# TSHIRTS

Tshirts must be ordered on the registration form and paid for in advance.

Extra t-shirts will not be available for purchase at the volunteer enrichment weekend. Sizes S, M, L and XL are \$10 each and sizes 2X, 3X and 4X are \$12 each.





# 2010 V.E.W. COURSE DESCRIPTIONS

## AREA 1: PINK

### Older Girl Awards

Find out about all the different types of awards that Girl Scout Cadettes, Seniors and Ambassadors can earn.

### Troop Travel/Trips

Learn the steps to follow to take your girls on a successful trip including forms, Safety-Wise rules, etc.

### Walking Stick Carving

Gain techniques for using and teaching knife skills while creating a personalized walking stick. (\$7)

### Jewelry

Make a bracelet using memory wire and rocks.

### Paper Dolls

Make paper dolls with stamps, stencils, and die cuts.

### Rockin' and Rollin' Down the Trail

Learn games, snacks and crafts for the hiking trail.

### Romper Room Games

Relive your childhood - come play games with us! Have fun with old favorites and learn some new ones, too.

### Water Color Painting

Learn simple water color painting techniques and take home a lovely 5 x 7. No previous painting skills needed.

### Night Hike

Take a fun hike to discover the wonders of the night.

### Happy Birdsong Hike

Take a hike on the Happy Birdsong Trail to the beautiful scenic overlook of Camp Sycamore Hills. The trail is strenuous so you should be prepared with proper shoes and water bottles and be physically prepared to hike.

### Horseback Riding

Get to know our four-legged friends at Camp Sycamore Hills and take a trail ride. (\$15)

## Kaleidoscopes

Make a simple kaleidoscope and have a beautiful new outlook on the world.

## AREA 2: BLUE

### Swaps

Make some swaps to exchange with your Girl Scout buddies or keep as samples.

### Tie Dye

Get creative and learn how to make the most popular patterns in bright, beautiful, color-fast dyes. (\$10)

### Clay Pot Creations 2

Experience how inexpensive clay pot crafts can be with every age group. Join us for the fun and make two easy projects.

### Recycled Items

Make simple crafts from recycled items and teach your girls to use their resources wisely.

### Recycled Crayons

Have you ever wondered what to do with all those old crayons you have around the house? Come find out how to make cool new crayons from old ones.

### Leather Basics

Learn the basics of leather working. Create your leather masterpiece by choosing from one of the following: bracelet, key fob or bookmark.

### Embroidered Pillowcases

Embroider a pillowcase with a vintage Girl Scout needlework design. Bring a white or light colored pillowcase and a medium sized embroidery hoop. Basic stitching knowledge needed - we'll teach you some other techniques, too.

### Buttons, Bows and Badges

Create a fabric collage from vintage Girl Scout uniform material, buttons and badges - suitable for framing or making into a small pillow top. If you can't sew on a button or a badge, we'll teach you how!

## Tree Climbing

Get a bird's eye view by ascending into the canopy of a tree using a self-belay system. (\$14)

## AREA 3: YELLOW

### Beyond Sock Puppets

Have you ever wondered why certain people like certain Sesame Street characters? Learn why, along with ways to get girls to open up through puppets. No supplies needed, some imagination required.

### Painted Rocks

See how creative you can be with rocks and a little paint. Take your work home for your own garden decorations.

### Archery

Learn the basics of this sport including proper stance, holding the bow, nocking an arrow and more. (\$6)

### Canoeing

Take a leisurely paddle down Sycamore Creek. Safety instruction will be given along with basic instruction. (\$5)

## AREA 4: ORANGE

### Salsa

Make a jar of salsa to take home with you - a healthy snack food.

### Melted Records

Ever wanted a use for those old records in your attic? Learn a creative way to turn them into decorative art.

## AREA 5: GREEN

### Obstacle Course

Maneuver your way through a course consisting of warm-up games and connected elements constructed of steel cables, rope and trees. (\$6)

### High Ropes

Complete our high ropes course with elements that are between 10 and 40 feet off the ground. This activity is designed to foster trust and better communication skills. (\$14)

### Rappelling

Descend a rope by using friction to safely control the rate of your descent. (\$14)

# 2010 V.E.W. COURSE SCHEDULE

Indicate your selection by writing 1, 2 or 3 on the line next to the course title in the time frame you choose. You may choose as few as two but no more than seven. Classes with additional fees are noted. For adventure programs, be sure to indicate a second and third choice. Some classes have extended time frames which are noted in the schedule. Allow at least 15 minutes of travel time from one activity to the next.

Every attempt will be made to honor your choices. *We may have to substitute your choices with new options if your chosen courses are full or canceled.*

## FRIDAY

### 3:30 p.m. - 4:45 p.m.

- Painted Rocks
- Water Color
- Jewelry
- Melting Records
- Buttons, Bows and Badges
- Rockin' and Rollin' Down the Trail

### 6:45 p.m. - 8:00 p.m.

- Swaps
- Kaleidoscopes
- Painted Rocks
- Clay Pot Creations 2
- Romper Room Games
- Salsa
- Recycled Crayons
- Paper Dolls

### 8:00 p.m.

- Night Hike

### 10:30 a.m. - 11:45 a.m.

- Troops/Trips Travel
- Romper Room Games
- Leather Basics
- Tie Dye
- Salsa
- Paper Dolls
- Recycled Items
- Tree Climbing
- Horseback Riding

### 1:30 p.m. - 2:45 p.m.

- Older Girl Awards
- Recycled Items
- Beyond Sock Puppets
- Tie Dye
- Paper Dolls
- Melting Records
- Buttons, Bows and Badges
- Horseback Riding
- High Ropes (1:30 p.m.-4:30 p.m.)
- Obstacle Course (1:30 p.m.- 3:00 p.m.)
- Archery
- Canoeing
- Walking Stick Carving (1:00 p.m.-3:00 p.m.)

### 3:00 p.m. - 4:15 p.m.

- Older Girl Awards
- Swaps
- Tie Dye
- Jewelry
- Melting Records
- Embroidered Pillowcases
- Clay Pot Creations 2
- Archery
- Canoeing
- Walking Stick Carving (3:00 p.m.-5:00 p.m.)

### 4:30 p.m. - 5:45 p.m.

- Swaps
- Beyond Sock Puppets
- Jewelry
- Recycled Crayons
- Water Color Painting
- Kaleidoscopes
- Salsa
- Clay Pot Creations 2

## SUNDAY

### 9:45 a.m. - 11:00 a.m.

- Swaps
- Leather Basics
- Jewelry
- Paper Dolls
- Romper Room Games
- Embroidered Pillowcases

### 11:15 a.m. - 12:30 p.m.

- Kaleidoscopes
- Recycled Items
- Buttons, Bows and Badges
- Water Color Painting
- Painted Rocks
- Rockin' and Rollin' Down the Trail

## SATURDAY

### 9:00 a.m. - 10:15 a.m.

- Troop Trips/Travel
- Beyond Sock Puppets
- Tie Dye
- Salsa
- Recycled Crayons
- Rockin' and Rollin' Down the Trail
- Happy Birdsong Hike
- Leather Basics
- Water Color Painting
- Tree Climbing
- Rappelling (9:00 a.m.-11:30 a.m.)
- Horseback Riding
- Walking Stick Carving (9:45 a.m.-11:45 a.m.)

# 2010 V.E.W. REGISTRATION FORM



**Early registration must be postmarked by March 1, 2010. Late registration closes on April 1, 2010.** Return this form with a check payable to Girl Scouts of Middle Tennessee at Girl Scouts of Middle Tennessee, V.E.W. Registration, 4522 Granny White Pike, Nashville, TN 37204.

Name: \_\_\_\_\_  
 Phone: (\_\_\_\_\_) \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Mailing address: \_\_\_\_\_  
 Emergency contact name: \_\_\_\_\_ Emergency contact phone: (\_\_\_\_\_) \_\_\_\_\_  
 Service unit: \_\_\_\_\_ Troop number: \_\_\_\_\_  
 Age Level: \_\_\_ Daisy \_\_\_ Brownie \_\_\_ Junior \_\_\_ Cadette \_\_\_ Senior \_\_\_ Ambassador

EVENT OR ITEM	FEE	TOTAL
<b>3 day weekend (Friday - Sunday)</b>	\$55 (\$65 late registration*)	
<b>2 days (Friday - Saturday only)</b>	\$50 (\$60 late registration*)	
<b>2 days (Saturday - Sunday only)</b>	\$45 (\$55 late registration*)	
<b>Additional course fees</b>		
Walking stick carving	\$7	
Team adventure	\$6	
High ropes	\$14	
Obstacle course	\$6	
Horseback riding	\$15	
Archery	\$6	
Tree climbing	\$14	
Rappelling	\$14	
Canoeing	\$5	
Tie-dye (please indicate t-shirt size: _____)	\$10	
<b>T-shirt (shown on page 2)</b>		
<i>T-shirts must be ordered on this form and paid for in advance. Extra shirts will not be available for purchase at the event.</i>	\$10: ___ S ___ M ___ L ___ XL \$12: ___ 2X ___ 3X ___ 4X	
<b>TOTAL AMOUNT ENCLOSED =</b>		<b>\$</b>

*\*Early registration must be postmarked by March 1. Late registration closes on April 1.*

## OTHER INFORMATION

Please help us plan your weekend by providing the following information. Please check all that apply to you.

Please indicate preference even if you are pitching a tent.

\_\_\_\_\_ Early Bird (QUIET by 11:00 p.m.) or \_\_\_\_\_ Night Owl (QUIET by 1 a.m.)  
 \_\_\_\_\_ I am pitching my own tent. People staying in my tent with me: \_\_\_\_\_  
 \_\_\_\_\_ Due to health reasons, I need special housing considerations (attach detailed needs, such as electricity, no stairs, etc.).

## MEAL INFORMATION

\_\_\_\_\_ Vegetarian  
 \_\_\_\_\_ No red meat  
 \_\_\_\_\_ Food allergies (attach list)  
 \_\_\_\_\_ Other (attach details)

## MEALS NEEDED

\_\_\_\_\_ Friday dinner  
 \_\_\_\_\_ Saturday breakfast  
 \_\_\_\_\_ Saturday lunch  
 \_\_\_\_\_ Saturday dinner  
 \_\_\_\_\_ Sunday breakfast