



Volunteer 2019 Conference

**Volunteer University: Learn For the G.I.R.L.
August 17th, 2019
Marriot Warner Center
Woodland Hills, CA 91367**

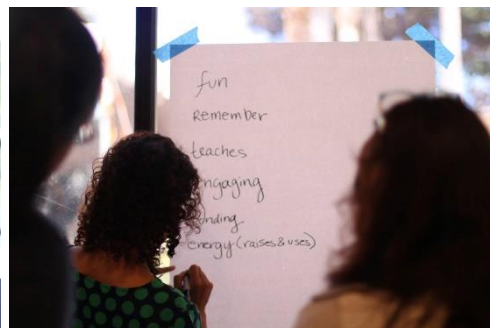


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Conference Schedule

8:00 - 8:50	Check In
9:00 - 9:10	Welcome
9:15 - 10:45	Session 1
11:00 - 12:30	Session 2
12:30 - 1:45	Luncheon/Keynote
1:45 - 3:15	Session 3
3:30 - 5:00	Session 4
5:00 - 6:30	Social Hour

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Volunteer University: Learn For the G.I.R.L.

2019 Course Catalog

Session 1: 9:15 AM - 10:45 AM

Navigating the Volunteer Toolkit (VTK) T-101 with Grace Coopman

What is the VTK? Join this workshop to learn how to navigate the VTK, and how it will help you manage your troop and activities. Learn all things VTK to make this next troop year the best one yet! *Laptops helpful but not necessary for this workshop.

Let's Cook in a Box! O-103 with Aileen Poehls & Sue Skaggs

Learn an economical and eco-friendly method for outdoor cooking using charcoal and a cardboard box. Come see various types of box ovens and construct your own. Learn how to determine your oven's temperature and start charcoal. Help cook and eat scrumptious food made in a homemade box oven.

Stamping Your Way Out of the Box (Basic Letterboxing) O-102 with Sandra Hardy

In this hands-on session, you will learn the basics of letterboxing; including how to create a personal stamp, how to find clues, and how to stamp in. By the end of the session, you should be able to introduce this activity to your troop (or take it up yourself as a personal or family activity). End the session by putting it all into practice with a scavenger hunt, searching for stamps!

Backpacking in GSGLA O-101 with Susan Stahl

If you and your girls are interested in the fun and exciting world of backpacking, or just want to know what it's all about, come join the experts! Hear from the backpacking community in GSGLA as they share their exploits, and advise/encourage volunteers like you who are just starting out! This panel discussion will include trip reviews, gear demos, and Q&A with experienced backpacking leaders and girls.

Top Ten Songs Every GS Should Know G-103 with Becky Fish

Girl Scouts has a rich tradition of singing, yet we are at risk of losing this tradition, as fewer and fewer adult volunteers know the songs well enough to teach the

girls. In this workshop, you will learn the songs and be given tips on teaching songs to your troops. You are encouraged to tape the songs on your phone or another device, and will receive a lyric sheet of all ten songs. We will cover the "Top Ten Songs Every Girl Scout Should Know," as compiled by GSGLA's Team Song, and a few more as time permits. Becky "Rabbit" Fish coordinates Team Song and has been teaching songs to Girl Scouts since the 1970s.

Striving for the Silver L-101 with Lisa Moore

Dive into all things Silver as you learn more about the Girl Scout Silver Award! Learn the prerequisites for the Silver Award, the essential components of a successful Silver Award project, and the requirements for earning the Silver Award in GSGLA. You will also be provided with an overview of the timeline of the Silver Award.

SWAPS A-101 with Linda Haverman & Karla Hufenbach

Ever wondered what a SWAP is? Find out in this workshop all about SWAPS! You'll learn SWAP etiquette and receive several ideas you can take back to your troop. Then, make and take home several examples of SWAPS for each age level.

Religious Recognitions F-101 with Diane Garcia

Religious recognition programs reinforce many of the values integral to Girl Scouting and help girls grow stronger in and learn more about their chosen faith. Join this workshop to learn about the availability of religious recognitions for Girl Scouts of all levels and all faiths.

Cookie Kick-offs G-102 with Alisa Abrenica

Come learn all about hosting your own Cookie Kick-Off from a panel of experts! During this workshop, you will learn about tips and resources for hosting a service unit cookie kick-off from seasoned pros who can answer questions and get you excited to host your own kick-off event!

Where in the World is JGL and How to Get there

L-102

with **Tammie Scott**

Where in the world is Juliette Gordon Low? In this workshop, you will learn from a seasoned pro to help you better understand the role of girls in the travel planning process, and destination selection. If you are thinking of traveling with your girls, come join this workshop to get a head start while still keeping it girl-led.

Raising Kind Kids and Leading Kind Girl Scouts

F-102

with **Nicole Black**

For a few hours a month, we are charged with guiding our girls and molding them into the very best versions of themselves. But in a group of young girls—even starting with our Daisies—one, or two, or all of our girls can slip into a "mean girl" role... Girls get teased, left out, or even bullied, often right under the nose of adults. Recognize the signs when some of your own scouts show mean girl tendencies and learn how to effectively and quickly handle it with grace. Help bully-proof your girls with actionable items you can implement at your next meeting. And learn how to encourage, discuss, and celebrate kindness in your troop so your girls speak and act with kindness more often. Attendees will walk away with at least three hands-on activities they can use in their next troop meeting to establish a culture of kindness...which will both make the world a better place and help each of the girls be a *better* sister to every Girl Scout.

Navigating the President's Volunteer Service Award

L-104

with **Gloria Halfacre**

The Presidential Volunteer Service Award (PVSA) recognizes, celebrates, and inspires community service leaders and volunteers to lead the charge. This Presidential recognition sets the girls apart from their peers, especially when applying to colleges. Girl Scouts (including adults!) contribute hundreds of hours per year in their communities. This is a way to honor those hours of service on a national level. Girls and adults can earn Bronze, Silver, and Gold PVS Awards based on age and hours. Volunteers will learn what the

award is about, receive step-by-step instructions on how to become a certifying organization, how to track hours, and how to order the award.

Kitchen Science

S-101

with **Heather Hetrick**

In this hands-on workshop, you will have fun with science using items/ingredients readily available if not already found in your home.

Learning to Help Girls Learn STEM

S-102

with **Mya Stark**

Learn to help your girls learn STEM by doing an Artbot project in this fun workshop! You'll learn techniques for helping girls learn topics you don't know yourself - and the neuroscience of why that can be more helpful to them than learning from an expert.



Session 2: 11:00 AM – 12:30 PM

Badge Basics – Putting it Together with Ease

T-201

with Lynn Mack-Costello

Does the thought of opening the Girls' Guide to plan a badge activity fill you with dread? Questions of "How can I plan for those requirements" consume every waking moment? Or just which one should we do first? Let's sort that all out together and even take home game plans for a couple meetings to do with your girls! This engaging workshop is geared for all levels of Girl Scouts.

Starting Campfires without Matches

O-201

with Ted Oyama

Take your outdoor skills to the next level and learn new ways to start a fire that don't involve matches. In this workshop, you will be led through various techniques to start a fire without matches including: solar lighter, ferrocium/magnesium stick, sugar and pot, pomegranate, and fire pump.

Tying It Together: Lashing for Camping

with Aileen Poehls & Sue Skaggs

O-203

Learn how to lash a tripod for a hand wash station for your troop's campsite. Come see and help make two examples of lashed tables (Chippewa and QuadPod) that can be constructed by your girls to provide a "camp kitchen." Come learn the four steps to lashing and review the clove hitch and square knot. Using this knowledge, you will make a tripod with a sheer lashing. With your new skills of how to make a square lash, we will secure tabletop supports and use teamwork to continuous lash slats for the table top. Then discover how easy it is to dismantle these to pack up and take home.

The tents are all set up, now what?

O-202

with Laura Garvin

In this workshop, you will learn a few program activity ideas for each of the three new GSUSA outdoor badges for Daisy, Brownie, and Junior program levels including a reintroduction of Leave No Trace and OBIS (Outdoor Biology Instructional Strategies) resources. Then, see a sampling of activities to teach traditional Girl Scout camp crafts. Finally, learn outdoor ceremony planning ideas for campfire programs and Scout's Own, all while paying attention to sound environmental stewardship.

Tai Chi for Improved Health

F-201

with Erin Huey

Join this workshop to learn eight Tai chi movements which will help to improve balance, strength, mobility, and confidence. Tai chi helps to provide such health benefits as reduced blood pressure, improved muscular strength, balance, postural control, improved sleep quality, reduced depression, enhanced mental well-being, and improved overall quality of life.

All that Glitters...

L-201

with Elizabeth Chadwick, Melissa Pepe, & Deanne Moore

Join the Girl Awards Team as we celebrate All that Glitters in the Girl Scout Leadership Experience for girls in discussions around the precious metals awards- Gold, Silver, and Bronze. We will talk about everything from inspiration, financing projects, progression, timelines, and resources to help make YOUR job as a troop leader a little easier! Ask questions and get answers to help guide your girls to picking a quality project!

Create a light up bracelet without sewing or soldering

A-201

with Marie Lim

Come learn how to create a simple electronic circuit without using sewing or soldering, and leave with glowing wearable art! You will create the circuit in an LED wearable art project using kits available for purchase. Kits will cost an additional \$5 (cash only), and will contain LED, battery, conductive material and felt [for the base].

Make your Troop Stand Out in the Crowd!

A-202

with Jessica Cardenas

Learn how to use the Girl Scout logo and fonts within the guidelines established by GSUSA. Learn how to make affordable t-shirts, water bottles, totes and more for your troop. Learn how to use a Cricut and handheld heat press to create fun, eye-catching t-shirts for your troop. You will leave with GSUSA guidelines for troop use of the logo and font, color codes, and licensing release of Trefoil font. (Troop use only not for commercial use - troop leaders/volunteers will be required to sign a release for Trefoil font and adhere to GSUSA requirements for troop use only). Learn other fun and creative ways to make troop, leader, and volunteer gifts for your troops and service units.

Junior level leadership and Bronze Award
with Arlene Mansour **T-204**

This workshop will prepare Junior troop leaders to provide processes to effectively guide Junior level girls to continually progress in the Girl/Adult planning partnership so girls can cooperatively decide, plan and LEAD Girl Goals including badges/awards, service projects/mentoring, outings/activities/travel and the Bronze Award.

Older Girl Round Table
with Tammie Scott **T-203**

If you have older girls or are transitioning into having older Girl Scouts, come join this open discussion with older girl leaders to share best practices, brainstorm, and network. Reminding leaders it isn't "What I can do with the girls?" but "What do the girls want to do?"

Promoting Entrepreneurship for Girls **E-201**
with Naomi Porter, Sarah Porter, & Michele Chan
Meet a panel of three Girl Scouts who will inspire, motivate, and equip you. You will learn how the skills learned in cookie sales, take action projects, journeys, and Bronze and Silver Awards that will help your Girl Scouts launch their own businesses. These inspiring Girl Scouts will share about the Young Entrepreneur's Academy and how they have launched four businesses.

Introduction to new badges through the VTK
with Heather Chaffee **T-202**

Come experience the digital age of Girl Scout leadership as we learn how to use the VTK while exploring the newest girl badges! You'll learn to create a preplanned year, email families, track girl awards, as well as email meeting plans to girls/adults leading a meeting... all while working hands-on using the newest Girl Scout badges.

Kitchen Science
with Julie Miller **S-201**

In this hands-on workshop, you will have fun with science using items/ingredients readily available if not already found in your home.

Learning to Help Girls Learn STEM **S-202**
with Mya Stark

Learn to help your girls learn STEM by doing an Artbot project in this fun workshop! You'll learn techniques for helping girls learn topics you don't know yourself - and the neuroscience of why that can be more helpful to them than learning from an expert.

Session 3: 1:45 PM – 3:15 PM

Suniai Soundbath
with Pennie Gioia **F-304**

The focus of this workshop is to experience the body, mind, and spirit from a holistic perspective. We will discuss our ability to recognize limiting beliefs and negative thought patterns, and explore some ways to understand our true self. We will examine our thoughts, feelings, and emotions as connected aspects of ourselves as human beings. Utilizing ancient modalities of sound, we will create a space that "washes" away stress and brings you to a state of relaxation, activating your body's own natural system of self-healing. Gongs, crystal bowls, Tibetan bowls, as well as a variety of other instruments will be discussed, then used during the meditation to guide through the healing power of sound. *Bring a yoga mat, pillow, and blanket to ensure you are comfortable.

Teaching Your Girls How to Conduct Flag and Retirement Ceremonies
with Lynn Mack Costello **L-302**

Always wondered what the "rules" are when it comes to flag ceremonies? Wondered how to teach your girls more respect for the American flag and what it stands for? In a fun, hands-on workshop, you will gain knowledge about the history of the U.S. flag, where to find those "rules," and how to teach your girls how to conduct a flag ceremony and the proper way to retire a worn flag with honor. They will be prepared to offer service at their schools or for other community organizations! You will take home facts, sample scripts, and even a fun fact quiz you can share with your girls.

Singing around the Campfire G-301 with Linda Haverman & Karla Hufenbach

Come learn how to teach your troop to present a campfire program for others. You'll learn the way to open the campfire with songs and skits to present, how long it should last, and how to close it. We'll sing songs, both traditional and fun action songs.

The tents are all set up, now what? O-301 with Laura Garvin

In this workshop, you will learn a few program activity ideas for each of the three new GSUSA outdoor badges for Daisy, Brownie, and Junior program levels including a reintroduction of Leave No Trace and OBIS (Outdoor Biology Instructional Strategies) resources. Then see a sampling of activities to teach traditional Girl Scout camp crafts. Finally, learn outdoor ceremony planning ideas for campfire programs and Scout's Own, all while paying attention to sound environmental stewardship.

Games for Girl Scouts G-302 with Heather Hetrick

Girl Scouts love to play, and the reason to play games is more than just for having fun. Learn some tips for teaching games to girls as well as a variety of games for any type of situation in this fun workshop.

Building a Platinum Girl Scout Resume F-302 with Lisette Gold

The Girl Scout Organization provides one of the strongest resources for your Girl Scout's resume. Her resume will form the backbone for summer internships for both high school and college, college applications, scholarship applications, high school employment, and college/career interviews. Come learn how to build a robust resume using all the incredible programs that exist in Girl Scouts. You will learn the process of building a fantastic resume and get ideas to find college scholarships and summer internships for your Girl Scouts. Then, learn tips for networking for great summer internships too. Learn how to build a Platinum Girl Scout Resume that will take you on the road to success, with the added benefit of great retention of Girl Scouts in your troop and service unit through high school!

SWAP's using recycled materials A-301 with Ted Oyama

Whether you are new to SWAPs or have enjoyed this Girl Scout tradition for years, come learn about making SWAPs using recycled materials following "use resources wisely." In this workshop, you will make and take home with you at least 10 recycled material SWAPs.

Courageous Conversations (Part 1) F-303 with Jennifer Palmer

Strengthen confidence, competence, character, and commitment within our troops, service units and relationships to effectively speak up and listen up. Help leaders and volunteers create cultures of psychological safety to become more effective at honest communication and decision making. After completing this session, you will be able to list different types of interactions using a model, describe personal challenges that arise when faced with difficult conversations, develop and leverage skills to improve communications, identify common challenges and apply strategies to address them.

Note: This is a two-part workshop. You must sign up for both Part 1 & Part 2.

From 'Wonders of Water' to Ocean Adventures on Tall Ships! S-301 with Nancy Richardson

In this workshop, discover wonderful places and people related to the ocean by increasing your understanding of the ocean's influence on us and our influence on the ocean. Connect water-world opportunities for every age level with links to GS recognitions and get specifics on programs for exploring aquaria, watersheds, coastal habitats, beaches, waterfronts, the ocean, and sailing tall ships! Plus, special interests like Mariner Girl Scouts! Then, empower girls to make informed choices to support sustainable ocean stewardship with Take-Action projects like citizen science, water-side clean-up, and nautical arts. Learn how to have fun becoming "ocean ambassadors" every day!



Providing an Inclusive Girl Scout Environment

T-301

with Mel Spence

In this introduction to including girls with disabilities into your troop, you will learn: what is disability, disability etiquette, strategies for working with girls with disabilities, strategies for working with families of girls with disabilities, and strategies for creating inclusive troop activities.

Cookie University for Older Girls

E-301

with Kit Thompson

Learn how to lead workshops for older girls to explore their cookie creativity. Little Brownie Baker provides the curriculum on branding, careers in cookies, logistics, and entrepreneurship.

Manipulating the VTK

T-302

with Heather Chaffee

Join this workshop to dive further into the VTK! We'll focus on how to link meetings for multi-level use, add activities, change and adjust meeting plans, and have a detailed Q&A. We'll also delve into how to use VTK for older girl leadership, and explore the new badges released this summer through hands-on meeting experiences.

Raising Kind Kids and Leading Kind Girl Scouts

F-301

with Nicole Black

For a few hours a month, we are charged with guiding our girls and molding them into the very best versions of themselves. But in a group of young girls—even starting with our Daisies—one, or two, or all of our girls can slip into a "mean girl" role... Girls get teased, left out, or even bullied, often right under the nose of adults. Recognize the signs when some of your own scouts show mean girl tendencies and learn how to effectively and quickly handle it with grace. Help bully-proof your girls with actionable items you can implement at your next meeting. And learn how to encourage, discuss, and celebrate kindness in your troop so your girls speak and act with kindness more often. Attendees will walk away with at least three hands-on activities they can use in their next troop meeting to establish a culture of kindness...which will both make the world a better place and help each of the girls be a *better* sister to every Girl Scout.

Session 4: 3:30 PM – 5:00 PM

"Go Play with Your Food!" Fun Ways to Get Your Girls to Eat What They Make

O-401

With Lynn Mack Costello

Why shouldn't eating be fun and creative? Participants in this workshop will learn ways to make preparing and eating foods from snacks to desserts which will engage groups of girls ... and you'll get to try a few yourselves! Take home the recipe book, and you'll be ready when the girls plan their next overnight or camping trip!

Girl Scout Ceremonies & Traditions

G-401

with Linda Haverman & Karla Hufenbach

Join us to learn about Girl Scout traditions and participate in several Girl Scout ceremonies. Here you will have an opportunity to plan ceremonies that are relevant to your troop/group and be able to incorporate Girl Scout traditions into your current program.

Camp STEM: Adventures in the Outdoors and STEM

S-401

with Sydney Newton & Samantha Kowalski

Come and learn about the new badges and journeys for Outdoor and STEM! Engage in fun, hands-on activities to inspire you and take your troop's engagement to the next level. Troop leaders and volunteers will gain the confidence needed to take these activities back to their troops and run them successfully and creatively.

Learn to Sing the Girl Scout Way!

G-402

with Lissa (Flicker) Alfred

Singing is a Girl Scout tradition passed down from one generation to another for over 100 years! Come learn how to sing and teach many different types of songs which can be used at every Girl Scout level. Song types include Motion Songs, Rounds, Repeat Songs, and Traditional Songs. Learn how to use songs as part of your meeting and how to organize a campfire program.

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Destination Anywhere

F-402

with Elizabeth Chadwick & Deanne Moore

Did you know your Girl Scout can explore the world on Girl Scout only trips that you don't have to plan? Come with us on an adventure of a lifetime to learn more about Girl Scouts Destinations! Hear from a girl who has gone on one of the many trips offered and learn how to bring this opportunity to YOUR girls! Topics include a snapshot of the many trips offered, a timeline of the application process, readying your girls with travel progression and financing her trip. When we help girls expand their horizons and realize their potential as leaders, their destination really can be anywhere!

Ribbon Leis or Survival Bracelets

A-401

with Ted Oyama

Come learn how to make either a Survival Bracelet or a Hawaiian Ribbon Lei! Survival bracelets become extremely handy in survival or emergency situations, while Hawaiian ribbon leis can be given as a gift or used during ceremonies. Take these fun ideas back to your troop, and teach them how to make too!

Courageous Conversations (Part 2)

F-403

with Jennifer Palmer

Strengthen confidence, competence, character, and commitment within our troops, service units and relationships to effectively speak up and listen up. Help leaders and volunteers create cultures of psychological safety to become more effective at honest communication and decision making. After completing this session, you will be able to list different types of interactions using a model, describe personal challenges that arise when faced with difficult conversations, develop and leverage skills to improve communications, identify common challenges and apply strategies to address them.

Note: This is a two-part workshop. You must sign up for both Part 1 & Part 2.

Special Events & Money Earning for Troops

L-401

with Ann Sera

Do you want to learn how to run events? Then take this workshop to learn how to run an event for your troop, service unit, or community. Whether your intention is to earn money or you just like to do events, this workshop will teach you event planning, budgeting, and what forms are needed.

Earning badges and awards! Oh my!

T-401

with Grace Coopman

Come learn tips and tricks (not shortcuts) to help your Girl Scouts earn badges and awards. In addition, after knowing how to help your Girl Scouts with badges, you can help with other awards (eg. the Bronze Award).

Simple STEM by the Engineer Factory

S-402

with Audrey Thompson

Looking for fun and affordable hands-on, project-based STEM projects to build with your troop or service unit? Want a variety of projects that will interest Daisies, Brownies, Juniors, and Cadettes? Come and check out the Engineer Factory Simple STEM session! You will learn how to conduct fun and engaging STEM workshops with materials that you can purchase at the dollar store!

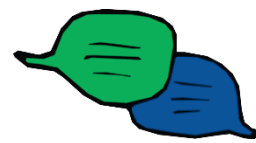
You will also learn how the Engineer Factory and their EF Toolboxes can help your troop earn engineering badges while having a great time!

Patrol Challenge! What is it? Why is it the most fun your girls will have while learning?

with Gloria Halfacre

L-402

See how the Patrol Challenge will teach your Girl Scouts - Confidence, Inquisitiveness, Problem Solving, Teamwork, Camaraderie, Decision Making, Time Management, Creativity, Hands-on Life Lessons, and the big one - LEADERSHIP! The best part is they don't realize they are learning because they are having so much fun. AND as an added SUPER BONUS - Adult Leaders will have as much fun as the girls!!! Come learn all about the Patrol Challenge, in this fun workshop.



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Raising Kind Kids and Leading Kind Girl Scouts

F-401

with Nicole Black

For a few hours a month, we are charged with guiding our girls and molding them into the very best versions of themselves. But in a group of young girls—even starting with our Daisies—one, or two, or all of our girls can slip into a "mean girl" role... Girls get teased, left out, or even bullied, often right under the nose of adults. Recognize the signs when some of your own scouts show mean girl tendencies and learn how to effectively and quickly handle it with grace. Help bully-proof your girls with actionable items you can implement at your next meeting. And learn how to encourage, discuss, and celebrate kindness in your troop so your girls speak and act with kindness more often. Attendees will walk away with at least three hands-on activities they can use in their next troop meeting to establish a culture of kindness...which will both make the world a better place and help each of the girls be a *better* sister to every Girl Scout.

Community Service vs. Take Action Projects

T-402

with Thu-Thao Tran-Chang

Learn the difference between a community service project and a Take Action project. Journey through different types of questions that can turn a community service event into a GS higher award project. This session is open and interactive where attendees can share different types of service projects their girls have completed, and explore how those projects can lead to more sustainable and impactful higher award Take Action projects.



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Pick your classes based on a major that interests you most, or mix it up and choose any 4 classes of various topics you are interested in.

(You will need to choose one class in each session: i.e. one class in the 100's, 200's, etc.)

Arts, Crafts, Culture (A-series)

- ❁ A-101 SWAPS
- ❁ A-201 Create a light up bracelet without sewing or soldering
- ❁ A-202 Make your Troop Stand Out in the Crowd!
- ❁ A-301 SWAP's using recycled materials
- ❁ A-401 Ribbon Leis or Survival Bracelets

Entrepreneurship (E-series)

- ❁ E-201 Promoting Entrepreneurship for Girls
- ❁ E-301 Cookie University for Older Girls

Life Skills (F-series)

- ❁ F-101 Religious Recognitions
- ❁ F-201 Tai Chi for Improved Health
- ❁ F-102, F-301, F-401 Raising Kind Kids and Leading Kind Girl Scouts
- ❁ F-302 Building a Platinum Girl Scout Resume
- ❁ F-303 Courageous Conversations **Part 1**
- ❁ F-304 Suniai Sound Bath
- ❁ F-403 Courageous Conversations **Part 2**
- ❁ F-402 Destination: Anywhere!

GS Traditions (G-series)

- ❁ G-102 Cookie Kick-offs
- ❁ G-103 Top Ten Songs Every Girl Scout Should Know
- ❁ G-301 Singing around the Campfire
- ❁ G-302 Games for Girl Scouts
- ❁ G-401 Girl Scout Ceremonies & Traditions
- ❁ G-402 Learn to Sing the Girl Scout Way!

Leadership (L-series)

- ❁ L-101 Striving for the Silver
- ❁ L-102 Where in the World is JGL and How to Get there
- ❁ L-104 Navigating the President's Volunteer Service Award
- ❁ L-201 All that Glitters

Leadership (L-series) cont.

- ❁ L-302 How Teach Girls to Do Flag Ceremony + Retirement
- ❁ L-401 Special Events & Money Earning for Troops
- ❁ L-402 Patrol Challenge!

Outdoors (O-series)

- ❁ O-101 Backpacking in GSGLA
- ❁ O-102 Stamping Your Way Out of the Box (Basic Letterboxing)
- ❁ O-103 Let's Cook in a Box!
- ❁ O-201 Starting Campfires without Matches
- ❁ O-202, O-301 The tents are all set up, now what?
- ❁ O-203 Tying It Together: Lashing for Camping
- ❁ O-401 Go Play With Your Food

STEM (S-series)

- ❁ S-101 Kitchen Science
- ❁ S-102, S-202 Learning to Help Girls Learn STEM
- ❁ S-201 Kitchen Science
- ❁ S-301 From 'Wonders of Water' to Ocean Adventures on Tall Ships!
- ❁ S-401 Camp STEM: Adventures in the Outdoors and STEM
- ❁ S-402 Training Leaders in STEM

Troop Management Help (T-series)

- ❁ T-101 Navigating Volunteer Toolkit (VTK)
- ❁ T-201 Badge Basics!
- ❁ T-202 Introduction to new badges through VTK
- ❁ T-203 Older Girl Round Table
- ❁ T-301 Providing an Inclusive Girl Scout Environment
- ❁ T-302 Manipulating the VTK
- ❁ T-401 Earning badges and awards! Oh my!
- ❁ T-402 Community Service vs. Take Action Projects

Luncheon/Keynote 12:30 PM – 1:45 PM



Keynote Speaker, Dale Atkins, PhD., Psychology, PC

Dr. Dale Atkins is a licensed psychologist who has more than 40 years of experience as a relationship expert focusing on families, wellness, aging well, life's transitions, managing stress, and living a balanced, meaningful life. As a child growing up in Northern NJ, Dale was active as a Brownie and a Girl Scout. Author of 7 books, most recently, *The Kindness Advantage: Cultivating Compassionate and Connected Children* (co-authored with Amanda Salzhauer, MSW) www.thekindnessadvantagebook.com and many chapters, articles, and journals for popular and professional audiences, Dr. Atkins is a featured speaker and lectures and conducts seminars worldwide. She is a recurring guest expert in the media who has regularly appeared on NBC's "TODAY" show and CNN. She created and hosts "Dr. Dale's Life Issues," shown on PBS and cable. Dr. Atkins has a private practice in NYC and lives in CT. An active volunteer in her community, Dale and her dog Samson are a certified dog therapy team who participate in a public school readers' program as well as at centers for elderly people. She has been an advisor to several non-profit boards whose foci are literacy, tolerance, wellness, child protection, and community action. Dr. Atkins has been recognized locally and nationally for her philanthropic work. She and her husband have two sons, two daughters-in-law, and six grandchildren. Interested persons are invited to visit her personal website at www.drdaleatkins.com.

Social Hour: 5:00 PM – 6:30 PM

Join us for Social Hour after the Volunteer Conference, and enjoy a signature drink! Network with fellow leaders, discuss the workshops you attended, and enjoy drinks and appetizers to close out your experience.

Our Social Hour will be a great opportunity for you to wish our CEO Lise Luttgens a happy retirement as she closes out her 11 years of dedicated service to Girl Scouts of Greater Los Angeles!

There is no extra fee to attend, but you must select that you will be attending during registration.



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LEADER

2019 Volunteer Conference Presenters

Lissa Alfred ("Flicker") has used her musical talents to inspire & entertain the troops for over 50 years. She has performed with single troops, at Service Unit Events, GSGLA Song Events, & taught hundreds of leaders. In 2012, she sang and participated at the National Convention, plus thousands of troops at 100th Anniversary events all across the USA. At the 2015 National Convention, she led song workshops plus was head M.C./song leader for the Singing After Dark Program. At the 2017 National Convention, she was part of the Troubadour song leaders in the Hall of Experiences & Singing After Dark Workshops.

Nicole Black is a recovering elementary school teacher, a mom to three super busy kids, and mostly survives on strong coffee. She was a Girl Scout for 11 years, Gold Award Recipient, and is now the leader for a Cadette and a Daisy troop. She shares her best parenting tips and tricks to intentionally raising kind kids, creating a stronger family connection, and bullying prevention at Coffee and Carpool.

Jessica Cardenas has been a Girl Scout leader for eight years and was a girl scout for six years. She has been a co-service unit manager for the last six years. Last year she was selected to represent GSGLA as a national delegate in Columbus, Ohio. She started a troop with four girls and quickly it grew and grew. They are now a 50 member multi-level troop with girls Daisies to Cadettes. She is a partner in Sabukana Sweets, a latin inspired specialty sweets shop. She has a master's degree in Education and is a training facilitator for Growing Up WILD.

Elizabeth Chadwick is the Program Manager of Entrepreneurship and Girl Awards at Girl Scouts of Greater Los Angeles, she has been with the council for seven years and has spent 20+ years working with youth in leadership.

Heather Chaffee is here to introduce the VTK to seasoned pros and new leaders alike. She has led a unique and exceptionally active multi-level troop running countless outings and experiences for her girls. Additionally Heather is a level consultant for her service unit.

Grace Coopman is currently the leader and cookie chair for her daughter's troop. Grace was also a scout in the same service unit. She has been an adult volunteer for six years and has thoroughly enjoyed helping girls grow.

Becky Fish ("Rabbit") joined Girl Scouts as a second-grader, earning her First Class Award in 1978 and the Honor Pin in 2014. A corporate accountant by day, Becky coordinates Team Song, whose mission is to preserve the tradition of Girl Scout singing. In recent years, Becky has taught "Top Ten Songs Every Girl Scout Should Know" at GSGLA's Volunteer University and Mini-U, as well as teaching and leading songs at many Sing! Sing! Together and Songs & S'mores events, GSGLA's Camporee, GSOC's annual Song-A-Long, and countless troop and service unit events across Southern California.

Diane Garcia has been an adult Girl Scout member for over 30 years. She has been a member of the Catholic Committee for Girl Scouts and Camp Fire for over 25 years and held offices such as Secretary, Vice-chairperson, and Area Coordinator. She is currently the Chairperson for this committee. Retired, Diane was previously employed with El Rancho USD for 23 years as Bookkeeper and Assistant Food Service Director.

Outdoor Biology Instructional Strategies was developed in the 1970's at the Lawrence Hall of Science at UC Berkley to help adults teach young people and help them experience ecological principles in their areas...remember ECO-Action?

Laura Garvin has been a trained facilitator for this program since 1990 and a Leave No Trace trainer since 2002. She brings the focus of these programs to better understand the balance of the web of life and environmental stewardship as resources in earning the new GSUSA outdoor badges: Buddy Camper, Cabin Camper and Eco Camper.

Pennie Gioia is a sound bath practitioner from Los Angeles, California. After completing her certification a year ago, Pennie continued mentorship, as well as gathering further knowledge rooted in the ancient modalities of sound healing, through workshops, a summit, and participating in the 2018 UCLA Integrative Medicine and Mental Health Conference- "The

Healing Power of Sound". Drawing upon concepts from meditation, vibrational energy systems, and kundalini yoga, Suniai Soundbath provides the opportunity to clear negativity, relieve stress, and bring healing to the mind, body, and spirit.

Dr. Lisette Gold is the Service Unit Manager for the Santa Monica Bay SU and a Troop Leader for CSA Troop #1645. She has led five Girl Scouts to achieve their Gold Awards. Dr. Gold is an Environmental Engineer with the City of Santa Monica. She earned a BS & MS in Chemistry and a Doctorate in Environmental Science and Engineering from UCLA. She has worked for over 30 years in the field of Environmental Engineering and Public Health Protection for Drinking Water. Dr. Gold has assisted with the preparation of over 100 college/scholarship/resume submittals. A robust resume is key for our girls.

Gloria Halfacre is a lifetime Girl Scout who holds various roles throughout the council. She is a troop leader, Service Unit manager, and is active in many GSGLA Go Teams. Gloria is also an Adult Educator, and teaches classes on Basic Leader, Grade Levels, Special Events & Money Earning and Indoor Overnight.

Sandra Hardy first joined GS to assist with her daughter's troop in 2001, soon after she became a Troop Leader. She has worked in the service unit, for Council as an Outdoor Educator, and volunteer for sporadic events. Sandra started letterboxing about 18 years ago just after such a workshop. She has planted several boxes in locations traveled to, and attend letterboxing gatherings in Southern CA to meet other trailblazers, and have created workshops for GS as well. Happy Trails!

Linda Haverman has been a troop leader for 30 of her 33 Girl Scout years. She has lead six different troops from kindergarten to Seniors in high school. Though not a Girl Scout as a girl, she loved her experiences from traveling to Europe with some of her girls to every day troop meetings and sharing her experiences and the love of Girl Scouting. She has been a council trainer since 1990 and held every position in the service unit, working her way up to SUM of which she has served for over 12 years.

Heather Hetrick has been a Girl Scout volunteer for 19 years. She is a long time GSGLA Adult Educator, and teaches classes on Basic Leader, Grade Levels, Indoor Overnight, Camping Skills, CPR/AED & First Aid, and Babysitting. Heather is

also the troop leader of an active Multi-Level Troop and has held various service unit positions.

Erin Huey is a health and wellness instructor practicing for over 32 years. Erin is an EMT, who has worked with the American Red Cross, the Los Angeles Fire Department, the Girl Scouts of Greater Los Angeles, and other organizations.

Karla Hufenbach has been a Girl Scout since she was a Brownie and a Girl Scout trainer for 40+ years. She loves Girl Scouts and loves to share skills & information she has gathered over the years. She is a retired elementary school teacher and enjoys teaching adults & children. Her joys are singing with her friends (especially Girl Scout/folk songs), playing the guitar, and helping with her granddaughter's Girl Scout troop.

Marie Lim is the current Service Unit Manager for SU 508, and the craft mom for Troop 735.

A lifelong Girl Scout, **Lynn Mack Costello** has "raised" two Girl Scout troops, been a service unit manager for 20 years and a GSGLA adult educator for 14 years. After earning undergraduate and graduate degrees in rhetoric and communications, Lynn earned a law degree. After 20+ years as a litigation attorney, Lynn returned to teaching at Penn State University. Since the commute from California was problematic, she was then hired to teach as part of their online World Campus as well as to teach other professors how to teach online. But her passion has always been paying it forward through Girl Scouts.

Arlene Mansour is a 10 year Girl Scout leader currently leading 12 Senior and Ambassador Scouts. She is a 5-year team member of the GSGLA Adult Education team where she facilitates Daisy-Cadette Troop leader training and Girl/Adult Silver Award training.

Lisa Moore has been a Girl Scout leader for 13 years. She is a lifetime member, gold awardee (1990), and has shepherded eight girls through the Gold Award from 2017-2019. She serves on the Silver Award Committee and was a delegate to the 2017 National Convention from GSGLA. She has given multiple Silver Award presentations, including at the inaugural volunteer university and mini university. Professionally, Lisa is a physician and holds a clinical faculty appointment at UCLA School of Medicine and at the John Wayne Cancer Institute.

Sydney Newton & Samantha Kowalski are GSGLA Program Staff that specializes in outdoor and STEM programming. Both presenters have extensive Girl Scout experience and love to bring new and exciting opportunities to girls across Greater LA! Sydney is a Camp Recruiter who bridges the gap between girls and the outdoors and Samantha is a STEM Program Specialist who provides girls with the opportunities to learn and explore.

Ted Oyama is a 36-year registered architect in several states, a CPR/AED/FA Instructor for 43 years, a credentialed teacher for over 25 years with experience teaching at the university level, earned his Bachelor of Architecture from Cal Poly SLO, M.S. Eng. from Kobe University Grad School of Engineering, and has almost 20 years as a leader, Trainer, Delegate, and SUM with AGSC, GSGLA, and GSOC.

Jennifer Palmer is the Director of Membership Retention & Volunteer Development for GSGLA. She received her MBA from Azusa Pacific University. She provides leadership to the Customer Care, Support, and Training staff teams; which are responsible for the development of innovative strategies that support and ultimately retain girl and volunteer members. She loves to travel, and has worked at two amazing Girl Scout councils!

Aileen Poehls & Sue Skaggs are GSGLA Adult Educators who train Camping Skills for the Council (usually at Glenn Anderson Park). Between them, they have over 40 years of GS Camping Skills experience. These workshops allow volunteers the ability to learn additional skills to teach girls to make camping equipment for their troops.

Naomi and Sarah Porter are sisters who have launched three businesses with the help of the Young Entrepreneurs Academy. They applied the skills acquired through Journeys and Take Action projects to assess community needs and launch businesses. They invite fellow scout **Michele Chan** to join them in talking to leaders about how to inspire and support girls to launch their own businesses. Naomi is on the G-Team as an intern for the 2020 National Convention in Florida.

Inspired by being a Mariner GS in NJ, **Nancy Richardson** is known for a lifetime of adventures and education under sail. Having sailed 100+ tall

ships on all seven seas, she learned 'you can count ships, but it's friendships that count.' Volunteer-staff roles from 1957 to today include GS camp counselor; high school art teacher, Mariner GS Skipper; Marine Education Program Specialist at GSUSA in NY (ret. 2000). Boards (ret.): Tall Ships America; National Marine Educators Association; US Sailing-Training Com.; National Maritime Historical Society- Advisor. Education: Penn State & Stanford U.

Tammie Scott is a long time adult facilitator for Girl Scouts of Greater Los Angeles. Tammie is also a Global Action Volunteer representing GSGLA. She is active in Travel and Destinations, traveling with both her troop and leading council trips nationally and internationally. She is also a legacy older girl troop advisor.

Ann Sera was a Girl Scout as a girl from Brownies to Cadettes, a Girl Scout leader from the time her daughter was a Daisy to when she earned her Gold Award in 2011. She has continued with Girl Scouts as a Service Unit member of the Gateway Service Unit and a part of the Special Event and Money Earning Go team since its inception.

Mel Spence is an Assistant Professor in the Department of Learning and Teaching in the Graduate School of Education at CLU. She has 12 years of professional experience working with individuals with autism with 10 of those years spent with LAUSD. Mel's research focuses on promoting the instructional efficacy for non-verbal students with autism and helping teachers implement evidence-based practice within their classrooms. She has been recognized by the DADD division of CEC for the Tom E.C. Smith Early Career Award and Best Practitioner Research.

Susan Stahl is an 11 year Troop Leader, Outdoor Leadership Council Director, Santa Monica Bay Girl Scouts, Backpacking Trainer, Girl Scouts Greater Los Angeles, Wilderness First Aid Instructor, American Red Cross, Wilderness First Responder, NOLS Wilderness Medicine, and Wilderness Travel Instructor, Sierra Club Angeles Chapter.

Mya Stark started out as a filmmaker, writing movies for studios like Disney, Warner Bros, and Paramount. Next, she edited an arts and culture magazine. Then, she began working in nonprofits, as well as founding an art gallery that focused on

relational art. Now she applies those experiences to making LA Makerspace a tool people can use to help each other learn anything (even if they are not experts, “techies,” or educators — but also if they are).

Audrey Thompson is the founder and Executive Director of the Engineer Factory, a nonprofit with the mission of increasing the numbers of girls and students from underserved communities that pursue engineering and STEM in higher education and careers. In 2018 the Engineer Factory conducted hands-on STEM workshops for more than 2400 students, where over 400 were Girl Scouts. Mrs. Thompson has an MA in Urban Planning and a BA in Political Science, both from UCLA. She has been married to Deron Thompson for 25 years and has three children--Jaylen, Ariana, and Ivory who co-founded the company.

Kit Thompson has been involved in the Girl Scout cookie business for over 20 years as a council product programs staff person, as well as in her current role at Little Brownie Bakers.

Thu-Thao Tran-Chang is a Girl Scout Gold Award recipient and a mother of three Girl Scouts (Daisy, Cadette and Senior levels). She graduated from UCLA with a BA in Sociology in 1997 and has been working for the County of Orange for 22 years! She currently manages the agency's Policy and Process Management unit. She serves on the Assistance League of Santa Ana Board as Philanthropy Chair and is an active member of the Time to Give Back Foundation in Orange County, along with many other non-profits in Tustin and Santa Ana.

