**January Conference Sessions**

So our Theme this year is O.W.L…..or…**O**utstanding **W**omen **L**eading!

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**FRIDAY NIGHT SESSIONS**

1. **Cookies the Girl Scout Way - Heather Levy (Minimum 2 / no limit to # of participants)**

The Girl Scout program is designed with cookies at the center. Even the youngest girls set group and individual goals, budget, manage finances, and run their own cookie business. What can we learn from our southern sisters about cookies?

**2. Yoga - Tanya Helgason (Minimum 5 / maximum 20 participants)**

A gentle yoga practice to help unwind the body and mind! **All levels welcome**!

**3. What is WAGGGS? - Melissa Gartner (Minimum 3 / maximum 30 participants)**

Did you know that WAGGGS has added a World Centre in Africa or that they offer free online leadership training? Come to this session ready to build upon your previous knowledge of WAGGGS through hands-on activities that you can take back to your unit.

**4. Sing….sing out Loud! - Lisa Wilde and Amanda Witow (Minimum 4 / max 24 participants)** Songs to get you and your Girls singing just for the fun of it!

**5. Provincial Challenges- Kristen Shantz (Minimum 1 / maximum 25 participants)** See what other provinces (and National) have designed to help you deliver your program. See how challenges meet program requirements, while helping you with some of the legwork. We will also look into some especially interesting and delicious challenges. **Earn a crest** for one of those challenges!

**6. Action against Poverty- National Project - Jennifer Christian (Minimum 10 / maximum 20)** Learn what our newest National Service project is all about. Share ideas and learn tips on how to best include girls and their families.

**7**. **Jolly GAME of Guiding- Annette Lang** Learn PROGRAM while playing GAMES – what a Grand idea!

**8. Campfire Planning – Janice Graessli** Learn how to create a mood using a theme, activities and song to create a special event at your camps.

**SATURDAY SESSIONS - Program related**

**1. Heart Saver CPR AED Course** - **Carla Punshon (Minimum 4 / maximum 10) Cost for session - $20.00 – ALL MORNING**  Learn how to do CPR and use an AED in this Heart and Stroke Foundation certification course, focusing on skills and procedures. For anyone aged 8 and older.

**2. Girl EmPower Challenge - Shelley Matsalla (Minimum 10 /maximum 20)** The Girl EmPower Challenge teaches girls about healthy, equal and non-violent relationships. It is designed to help diverse girls understand the signs of unhealthy relationships, know what healthy relationships are, challenge forms of violence and oppression that are commonly experienced by girls and women, and be empowered to create healthy, equal relationships in their own lives.

**3. Games for small groups- Sue Boxall (Minimum 2 / maximum 12 participants)**

DO you struggle trying to play games with only a few girls? Come and get some ideas and share any games you played with 2 or 3 girls.

**4. Success through Failure – the Unit as a safe place** - **Heather Levy (Minimum 2 / max 20 participants**) Fear of failure has the power to stop us from trying. Learn how to use the unit as a safe space to enable girls to try new things in STEM within and outside of guiding.

**5.** **Putting Girls in the lead** - **Melissa Gartner (Minimum 2 / maximum 30 participants)**

Girls enjoy being part of the planning process and being allowed to lead activities. During this session we will try out different strategies to put girls in the lead. Suitable for Guiders of any branch and for those working with brand new young leaders.

**6.** **Sparks sharing and learning** - **Evelyn Steciuk**

Sparks Sharing and Learning – Find out what other Spark units are doing. An opportunity to share ideas, get new ideas and discuss unit problems with other Spark Guiders.

**7. Brownies: Planning for Success - Laurie Lanovaz (Minimum 10 / maximum 20 participants)**

Want to know the tricks and tips to planning Brownies that saves you time, energy and still “wows” the girls?? Join me as I share my journey into the amazing world of girl centered programming.

**8.** **Robotics - Kristen Shantz (Minimum 1 / maximum 25 participants)**

Explore the field of robotics by learning about electricity, building a light up circuit, and building a small robot; perfect activities to take back to your girls.

**9.**  **Duke of Edinburgh’s International Award – Guest Speaker from D of E Office**

**(Minimum 4 / no limit to # of participants)**

The D of E is an award program that challenges youth age 14-24 in service, skill development, physical recreation, and adventurous journeys. Come and learn about the program, hear about some local success stories, and learn how to get your pathfinders, Rangers or even yourself involved.

**SATURDAY SESSIONS - Arts Related**

**1. Lemi Sticks Chimes and Bells** - **Janice Graessli** Can be used with all age groups. Use at enrolment, advancement, Thinking Day, and campfire. Come to play for fun!

**2. Denim Crafts- Kristen Shantz (Minimum 1/ 25 participants)**

Ever wonder what to do with old jeans? Come and craft and repurpose some old jeans into a gift bag and an owl heating pocket.

**3. Crochet is a Hoot! - Melissa Gartner (Minimum 3 / maximum 30 participants)** This session will teach you how to make a super simple crochet owl. We will work through the project at the pace of a crochet newbie. Those with more experience, are welcome to join us and work through the pattern at their own pace.

**4. Dancing around the world - Annette Lang** Get ready for Thinking Day and leave with dances from other Nations that your unit can do and enjoy.

**5**. **Make and Take Games** - **Carrie Morrison** Come and make all the pieces to some games your groups will love to play. You will go home with games ready to go and have in your Super Guider bag at all times. Suitable for Brownies to Pathfinders. We will have a HOOT of a time!

**6. Let’s Work Together - Team Building games - Meg Loessl** Team building exercises are fun activities that help girls learn to work together more easily, communicate more comfortably and trust each other. This session will include Icebreakers, trust activities, communication games, active games, tips and tricks and more! Get hands on ideas for building trust, confidence and team work in your unit.

**7**. **Pathfinder / Ranger craft session**- **Jennifer Christian (Minimum 10 / maximum 20)** Learn how to make crafts that ***older girls will love!***

**8. Movie Music - Shelley Matsalla (No minimum or maximum number of participants)** Did you ever want to star in a movie? Become the leading actress by moving your body to the music of the Movies!

**SATURDAY SESSIONS - Outdoor Related**

**1. OAL Adventure Camping Overview** – **Carla Punshon** Are you ready to take your camping to the next level? Do you want to take your older girls adventure camping- backpacking, canoeing, horse packing, winter camping, cycling? This session will introduce you to the Girl Guides OAL Adventure training program and let you know how you can start learning and challenging yourself to get ready for your girls.

**2. Adventure Smart -** **Janice Graessli**

National program to reduce Search and Rescue incidents, focusing on survivability pending rescue. Whether your activity is in summer or winter, on land or water, anywhere in Canada; come to learn the 3 T’s so you can enjoy your outdoor adventures. For girls from 5 to 109 yrs.

**3. Quartermaster Training** - **Jennifer Christian (Minimum 10 / maximum 20 participants)**  If you haveever wonderedhow to plan and deal with kitchen and food needs at camp but just not sure how or where to start - then **Quartermaster 101 is for you!**

**4. Knots of Fun! - Megan Loessl (Minimum 6-8 / maximum 20 participants)**

Knots are where it is at! In this session you will practice your knot tying skills and learn some new strategies for teaching knots to your unit. This session will be hands on and you will learn some games, activities and crafts for making knot tying fun for your girls!

**5. Food allergies, dietary needs, and rescue medications, Oh my! - Heather Levy (Minimum 2 / maximum 30 participants)** Practical skills for managing food allergies, dietary requirements, rescue medications, and routine medications at unit meetings, sleepovers and camps.

**6. Your Residential Camp – Planning to Implementing!- Lisa Wilde & Amanda Witow** All phases and planning, from start to finish, including what paperwork you need to complete, meal planning and so on.

**7. Let’s go Hiking with Sparks and Brownies - Evelyn Steciuk (Minimum 4 / max 20 participants)** Learn and share some great ways to make hikes interactive for your Sparks and Brownies.

**8. Basic Orienteering - Carrie Morrison (Minimum 5 / maximum 20 participants)** Come and learn some basic orienteering activities to use a compass and read a map. It will be hands on and you will be confident to do these activities with your groups when you get home. This will be best for Brownie and Guide leaders. We will have a hoot!

**SATURDAY SESSIONS - Leading a Group Related**

**1. Timing is definitely everything! – Lisa Wilde (Minimum 4 / maximum 24 participants)** How to keep track of everything in your Guiding life with tips and tools to help you manage your time!

**2. Issues that arise from Guiding in a small town - Sue Boxall (Minimum 2-3 / maximum 10-12 participants)** Guiding in small town Saskatchewan! Do you have a group of girls of mixed ages? Do you have problems finding a place to meet? Do you need more adult helpers but no-one will volunteer? Do you have other problems you’d like to discuss? Come and share with others in the same situation.

**3. The spirit of the badge - putting it into practice** - **Heather Levy (Minimum 2 / Max 30 participants)** Girls love badges and Guiders want girls to earn them. Is equivalent work ok? How do we decide if they have done enough work to earn the badge? Appropriate for all branches.

**4. Guider Crash Course for Beginners** - **Sara Horseman (Minimum 5 /maximum 20)** If you are a new Guider and are wondering how to make sense of your program, this is the session for you! We will cover things like resources available to you, where to get support, and also give you a chance to ask your burning questions!

**5. Safe Guide - Taking it Ffurther - Meg Loessl** This session will delve deeper into Safe Guide than your average Safe Guide training and act as a refresher for experienced Guiders. Been thinking about taking your girls to a trampoline park? Canoeing? On a bus trip? Downhill Skiing? Horseback Riding? Not sure where to start with the paperwork? This is the session for you. This session will be interactive and start with a quick refresher of the basic Safe Guide concepts and then delve a little deeper. We will have lots of time for questions so that you can plan your next awesome adventure with ease!

**6. PC Q&A Café - Laurie Lanovaz** Stop in for a coffee, cookie and a chat! Have questions you want to ask the PC? Here is your opportunity for an informal question session.

**7. Using the New Girl Guide App! - Amanda Witow (Minimum 4 /max 24 participants)** Come join us and learn the ins and outs of the new app and how it can help you as a leader.

**8. Openings and Closings - Annette Lang** How do I open and close our weekly meetings or camps….if you need help with this or just new ideas…this is the session for you.

**SUNDAY MORNING SESSIONS**

**1. Kayak Session - Carla Punshon (Minimum 4/maximum 12 participants) Additional cost for session: $12.00** Although you do not need to know how to kayak, you do need to like to get wet! Come and spend some time learning and practicing some basic kayak skills in small white-water and/ or larger touring boats in the warmth of an indoor pool. Prerequisites- Ability to swim 75 meters while wearing a PFD (we can complete your GG swim test at this session if you like).

**2**. **All about your Branch - Guides** - **Sara Horseman (Minimum 5 / max 30 participants)** An introduction to the Guide program, and some ideas, tips and tricks to make your year even better! A great opportunity to meet with other Guide guiders in the province and to share ideas.

**3.**  **All about your Branch – Sparks - Annette Lang**  An introduction to the Sparks program, and some ideas, tips and tricks to make your year even better! A great opportunity to meet with other Spark guiders in the province and to share ideas.

**4**. **All about your Branch - Brownies – Lisa Wilde & Amanda Witow (Minimum 4 / maximum 24 participants)** Programing tips and ideas and evaluating unit activities. As time permits “programming for the girl”- planning and presentation of program through a girl-centered approach.

**5. All about your Branch – Pathfinders/Rangers – Jennifer Christian** An introduction to the Pathfinder & Ranger programs – with ideas, tips and tricks to make your year even better! A great opportunity to meet with other Pathfinder/Ranger Guiders in the province and to share ideas.

**6**. **Safe Guide – Meg Loessl** This session will teach you everything you need to know about Safe Guide and get you ready to plan fun, exciting and safe activities for your unit. This session is specifically for new Guiders who need to complete their Safe Guide Training.

**7. Grow- World Thinking Day 2017- WAGGGS - Shelley Matsalla (Minimum 10 / Maximum 20)** We want a world where all girls have a safe space to grow and have many exciting, relevant, accessible and learner-led experiences. This session will help you lead the world Thinking Day Activity Pack- “Grow!”

**8**. **Dramatic Arts Module - Janice Graessli** Mime, Games, Improv, Storytelling & Puppetry!!! Learn the benefits, as well as age appropriate activities tied to the program.

**9**. **Adjusting for differences -** **Heather Levy (Minimum 2 / maximum 30 participants)** Learn how to adjust unit activities to meet special needs and differing abilities. Also appropriate for multi-branch units.

**Post Conference Extra**

**WHO – Anyone who wants certification in RED CROSS - Emergency First Aid.**

**WHAT - Emergency First Aid - Red Cross**

**WHERE – BR Guide House**

**WHEN – After JC Conference closes on Sunday, Jan. 22 from 1:00 – 5:30 p.m.**

**COST - $80.00**

**Minimum 4 / Maximum 12 participants**

**This Course will use a blended learning format. Complete the First Aid theory (3-4 hours of work) on-line in the weeks or days before the conference, then attend this afternoon hands on practice and evaluation session to complete your certification!**