

CONNECTIONS

TRAINING



This is only a portion of Connections. To see the entire book, which contains information about programs, adult trainings and program resources, visit the Girl Scouts of Eastern Oklahoma website at GirlScoutsEastOk.org or use the QR Code to the left.

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					GIRL: Resident Camp Session 5 GIRL RDL: L3 Solo River Canoeing	
3	4	5	6	7	8	9
	Independence Day All Council Facilities Closed	ADULT: Beyond the Meeting (Muskogee) ADULT: Leadership Essentials (Muskogee)	GIRL: Resident Camp Session 6	GIRL: L3 Solo River Canoeing Girl/Parent Meeting	GIRL: Junior Junket ADULT: Troop Website Workshop (Tulsa)	
10	11	12	13	14	15	16
GIRL: Resident Camp Session 7	ADULT: Medic Challenge (Tulsa) ADULT: Medic Refresher (Tulsa) GIRL: Lakeland Day Camp (Near Chouteau)	ADULT: Leadership Essentials (Tulsa)		ADULT: Beyond the Meeting (Tulsa)	GIRL RDL: Think or Sink GIRL RDL: L2 Essentials of Lake Canoeing (Solo) GIRL RDL: YOU Can Cook!	
17	18	19	20	21	22	23
GIRL: Resident Camp Session 8 GIRL: Resident Camp Session 9		GIRL: Adventure Yellowstone Meeting ADULT: Safety (First Aid/CPR/AED) (Tulsa) GIRL: Tiak Fireflies Day Camp		ADULT: Safety (First Aid/CPR/AED) (Tulsa)	Adventure Yellowstone 2011 Trip GIRL RDL: Adventure Sports GIRL RDL: Cadette Camporee GIRL RDL: Frolics	GIRL: L3 Solo River Canoeing
24	25	26	27	28	29	30
Adventure Yellowstone 2011 Trip					GIRL RDL: Leader-in-Training ADULT: Administrative Volunteers' Retreat (Formerly Service Unit Managers' Retreat)	
31						

RDL = Registration Deadline

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 GIRL RDL: Slumber Party	6 GIRL: Think or Sink GIRL: Level 2 Essentials → of Lake Canoeing (Solo) ADULT: ASHI Childhood and Babysitting Safety (CABS) Instructors Course (Tulsa)
7	8	9	10 ADULT: Medic Refresher (Tulsa)	11	12 GIRL RDL: Canoe Rendezvous	13 GIRL: YOU Can Cook! ADULT: Safety (First Aid/ CPR/AED) (Ada) ADULT: Safety (First Aid/ CPR/AED) (Tulsa)
14	15	16 ADULT: Safety Trainer (Tulsa)	17	18 ADULT: Social Media (Tulsa)	19 GIRL RDL: Program Aide Core Training (Tulsa)	20 GIRL: Leader-in-Training ADULT: Archery (Tallchief) ADULT: Backpacking Prep Session (Troop House)
21	22	23	24	25 GIRL RDL: Gold Award Senior Journey Series <i>Mission: Sisterhood</i> GIRL RDL: Gold Award Ambassador Journey Series <i>Bliss: Live It! Give It!</i>	26 GIRL: Adventure Sports → GIRL: Cadette Camporee → GIRL: Frolics → GIRL RDL: Gardening Girls GIRL RDL: Jamboree	27 ADULT: Basic Water Rescue (Tallchief)
28	29	30	31			

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 GIRL: CSAPP Meeting	2 GIRL RDL: Utah Canyoneering GIRL RDL: Math, Science and Technology for Brownies	3
4	5 <i>Labor Day</i> <i>All Council Facilities Closed</i>	6 ADULT: Take Action (Tulsa) ADULT: Medic Refresher (Ponca City)	7	8 GIRL: Application Deadline Swiss Experience (Girls and Adults)	9 GIRL RDL: Fall Mystery Adventure GIRL RDL: Powered Up GIRL RDL: Program Aide Core Training (Muskogee) GIRL: Slumber Party for Brownies	10 GIRL: Program Aide Core Training (Tulsa) GIRL: Canoe Rendezvous GIRL: Slumber Party for Juniors
11	12 ADULT: Safety (First Aid/CPR/AED) (Tulsa)	13 ADULT: Astronomy (Tulsa)	14 ADULT: Safety (First Aid/CPR/AED) (Tulsa)	15 GIRL: Deadline for Gold Award Proposals for May 5, 2012 Ceremony GIRL: Gold Award Senior Journey Series <i>Mission: Sisterhood</i> GIRL: Gold Award Ambassador Journey Series <i>Bliss: Live It! Give It!</i>	16 GIRL RDL: Drawing Classes GIRL RDL: S.O.A.R. Challenge	17 GIRL: Gardening Girls ADULT: Safety (First Aid/CPR/AED) (Seminole) ADULT: Wilderness First Aid (Troop House)
18	19	20	21	22	23 GIRL RDL: Sixth Grade Trip GIRL RDL: Blast Off GIRL: Jamboree	24 GIRL: Math, Science and Technology for Brownies ADULT: Powered Up (Tulsa) ADULT: Troop Camper Training Prep Session (Wah-Shah-She)
25	26 ADULT: Troop Camper Training Prep Session (Troop House)	27	28	29	30 GIRL RDL: Return to Robbers Cave GIRL RDL: Brownie Boogie GIRL RDL: Dancing Daisies ADULT: Camp Fest 2011 GIRL: Fall Product Sale Order Taking	

RDL = Registration Deadline

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 GIRL: Fall Mystery Adventure → GIRL: Program Aide Core Training (Muskogee) ADULT: Camp Fest 2011 → GIRL: Fall Product Sale Order Taking →
2 → →	3 GIRL: Incredible Pizza Education Night	4 GIRL: Sixth Grade Trip Parent Meeting (Tulsa)	5 GIRL: Drawing Class ADULT: Troop Camper Training Prep Session (Troop House)	6 GIRL: CSAPP Meeting	7 GIRL: S.O.A.R. Challenge GIRL RDL: Return to Billy Creek GIRL RDL: S.O.A.R. Challenge	8 GIRL: Powered Up ADULT: Troop Camper Training Prep Session (Troop House) → ADULT: Backpacking Training (Robbers Cave) → ADULT: Safety (First Aid/CPR/AED) (Tulsa) →
GIRL: Fall Product Sale Order Taking →						
9 → → →	10 Columbus Day All Council Facilities Closed	11	12 GIRL: Drawing Class	13 GIRL: Return to Billy Creek Girl/Parent Meeting	14 GIRL RDL: Child Care Workshop (Tulsa)	15 GIRL: Blast Off ADULT: Troop Camper Training Overnight (Swannie) → ADULT: Safety (First Aid/CPR/AED) (Bartlesville)
GIRL: Fall Product Sale Order Taking →						
16 →	17	18 GIRL: Sixth Grade Trip Staff Meeting	19	20 GIRL: Gold Award Senior Journey Series <i>Mission: Sisterhood</i> GIRL: Gold Award Ambassador Journey Series <i>Bliss: Live It! Give It!</i>	21 GIRL: Sixth Grade Trip GIRL RDL: Robbers Cave Climbing and Hiking	22 GIRL: Return to Robbers Cave GIRL: Brownie Boogie GIRL: Dancing Daisies
GIRL: Fall Product Sale Order Taking →						
23 → →	24	25	26	27 ADULT: Medic Refresher (Tulsa)	28 GIRL: Return to Billy Creek GIRL RDL: Program Aide Camping Module	29 ADULT: Safety (First Aid/CPR/AED) (Durant) ADULT: Train-the-Trainer (Tulsa)
30 →	31 Juliette Low's Birthday or Founder's Day					

RDL = Registration Deadline

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 GIRL: Robbers Cave Climbing and Hiking Girl/Parent Meeting ADULT: Medic Refresher (Stillwater)	2 GIRL: GSUSA <i>destinations</i> Application/References due to GSEOK GIRL RDL: Me and My Guy	3 GIRL: CSAPP Meeting	4 GIRL: S.O.A.R. Challenge GIRL RDL: Keepsake Candle Night	5 GIRL: Child Care Workshop (Tulsa) GIRL: Fall Product Sale Product Delivery (Tentative)
6 GIRL: Fall Product Sale Product Delivery (Tentative)	7	8	9 GIRL: Girl Scout Leadership Institute (Houston)	10 National Council Session (Houston)	11 GIRL: Robbers Cave Climbing and Hiking	12 ADULT: Archery (Tallchief) ADULT: Safety (First Aid/CPR/AED) (Ada) ADULT: Safety (First Aid/CPR/AED) (Tulsa)
13 GIRL: Fall Product Sale Product Delivery (Tentative)	14 ADULT: Medic Refresher (Tulsa)	15	16	17 GIRL: Gold Award Senior Journey Series <i>Mission: Sisterhood</i> GIRL: Gold Award Ambassador Journey Series <i>Bliss: Live It! Give It!</i> GIRL: Keepsake Candle Night	18 GIRL RDL: Behind the Scenes	19 GIRL: Program Aide Camping Module Annual Meeting
20 GIRL: Fall Product Sale Product Delivery (Tentative)	21	22	23	24	25	26
				Thanksgiving All Council Facilities Closed		
27	28	29	30			

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 GIRL: CSAPP Meeting	2 GIRL RDL: Child Care Workshop (McAlester) GIRL: Me and My Guy for Brownies	3 ADULT: Train-the-Trainer (Tulsa) GIRL: Me and My Guy for Juniors
4	5	6	7	8	9 GIRL RDL: Overnight at the Museum	10
11	12	13 ADULT: Take Action (Tulsa)	14 ADULT: Medic Refresher (Tulsa)	15 GIRL: Gold Award Senior Journey Series <i>Mission: Sisterhood</i> GIRL: Gold Award Ambassador Journey Series <i>Bliss: Live It! Give It!</i>	16 ADULT: Safety (First Aid/CPR/AED) (Tulsa)	17 GIRL: Behind the Scenes
18	19	20	21	22	23 All Council Facilities Closed	24
25	26	27	28	29	30	31 All Council Facilities Closed
Christmas	All Council Facilities Closed				All Council Facilities Closed	New Year's Eve

RDL = Registration Deadline

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 GIRL: CSAPP Meeting	6	7 ADULT: Medic Refresher (Tulsa)
8	9 ADULT: Basic Water Rescue (TBA)	10 ADULT: First Aid Basics (Tulsa)	11 ADULT: CPR for the Professional Rescuer (Tulsa)	12 ADULT: CPR for the Professional Rescuer (Tulsa)	13	14 GIRL: Child Care Workshop (McAlester)
15	16	17	18	19 GIRL: Gold Award Senior Journey Series <i>Mission: Sisterhood</i> GIRL: Gold Award Ambassador Journey Series <i>Bliss: Live It! Give It!</i>	20	21 GIRL: Overnight at the Museum → ADULT: Safety Trainer (Tulsa)
22	23	24	25	26	27	28 ADULT: Volunteer Conference
29 ADULT: Pool Lifeguard Certification (Tulsa)	30	31	1	2	3	4 ADULT: Pool Lifeguard Certification (Tulsa) →

FEBRUARY

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adult training:

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IN THIS SECTION...

You will find information regarding upcoming trainings offered by Girl Scouts of Eastern Oklahoma and its approved partners.

Some trainings are required for all adult volunteers, while others are offered strictly as enrichment but can offer invaluable assistance when working with girls.

Trainings included in this section require a special training registration form found at the end of this section.

NEW! Register for adult trainings online at GirlScoutsEastOk.org by simply clicking the “Adults” tab, then “Adult Training” and “Registration Procedures and Forms.”



Important Note about New Leader Training

The Council's new leader training is being updated to provide current information. New Leader Training fliers will accompany New Troop Packets and will be distributed as a takeout to Service Units. Additionally, information will be available under the Adult Training Section of GirlScoutsEastOk.org.

Key:



Volunteers

General Training Information

How to use this section

Talk with your Service Unit Manager or Council representative to determine your training needs and plan the courses you will attend. Review the course descriptions making sure that you have the necessary prerequisites. Register by completing the form found on page 67 or 69. You may also register online at GirlScoutsEastOk.org. Choose the “Adults” tab, then “Adult Training,” and “Registration Procedures and Forms.” Click the link to the Adult Education Online Registration Form.

Course Participants

All registered Girl Scout adults are welcome to attend any training offered by Girl Scouts of Eastern Oklahoma. All leaders have required courses to complete, however, all parents, troop committee members and other adult volunteers are encouraged to attend trainings that would help them better serve the girls with which they work.

The Trainers

Girl Scout volunteer trainers and staff members facilitate training courses. All Girl Scouts of Eastern Oklahoma trainers are members of an international network dedicated to the empowerment of girls and leaders. If you are interested in becoming a Council trainer, please contact the Volunteer Services Department.

Parking

Whenever possible, please carpool with others from your area to conserve on the limited parking at the training sites.

Child Care

Child care is not provided for participants during training sessions. Please make child care arrangements for your children so that you and the others in the training can fully participate in all activities.

Alternative Courses

We encourage our volunteers to look for training opportunities in a variety of venues. You are free to take courses from other community organizations that relate to your work as a troop leader to satisfy the training requirement on the Troop Leader Agreement. Such courses might include nature studies, group conduct, characteristics of girls, ceremonies, flag etiquette or enhancing diversity. Courses offered at GSUSA’s Edith Macy Conference Center in New York would certainly apply. This is not a complete list of the possibilities. Some of these classes may also fulfill some requirements for the First-Aider and Troop Camper certifications. If you have a question about a course you are considering, contact the Volunteer Services Department for more information.

How much does training cost?

We strive to offer trainings at little or no cost to our volunteers whenever possible. Some courses require certification through outside groups or materials that must be covered by course fees. These fees are listed in the course description of each training. No leader should be prevented from attending training due to financial restrictions. Financial assistance is available for many courses and may be requested with Form #351F. Please address any questions with the Training Registrar.

What should I bring / wear to training?

Items that should be brought to each training include note taking materials, appropriate grade level resources, Training Record Card and lunch or dinner if needed. Other requirements may be listed in the course descriptions found in this book. Trainings are held in a casual atmosphere. You are invited to wear comfortable clothing that allows you to move around, as several courses include activities. Dress for the weather for all outdoor trainings.

Welcome to Girl Scout Training

Adult volunteers are the key to the success of the Girl Scout Movement. Trained volunteers who understand the Girl Scout leadership development program provide girls with fun, safe, and quality experiences, as well as an opportunity to develop into successful leaders.

All volunteers are required to complete training. By taking training, you will receive the tools to help girls grow strong. Our courses will help to make your job easier and enable you to feel more comfortable in your position. And, these courses are FUN! Our team of nearly 75 dedicated volunteer trainers enables us to offer numerous courses in a variety of locations around the Council.

To ensure that each girl gets the MOST out of her Girl Scout experience, and as a recognition of your service, Girl Scouts of Eastern Oklahoma provides training for all volunteers. Whether you are an administrative volunteer, leader, co-leader, assistant leader, or occasional volunteer, we have something to make this journey into Girl Scouting more enjoyable for you AND the girls!

Please contact the Volunteer Services Department at 918-749-2551 (800-707-9914) or training@gseok.org if you have any questions about the training offered. Let us know what we can do to make this experience absolutely the BEST!

What training should a new troop leader take?

- All new Girl Scout volunteers are required to complete leader preparatory classes. Information about these classes will be in your New Troop Packet, available at GirlScoutsEastOk.org, and by contacting the Training Registrar.
- After leader preparatory classes, there are many more choices. You can attend *Troop Camper Training* to take your girls camping. There is *First-Aid* training for times when it is needed. Enrichment classes such as songs, games, ceremonies, canoeing and archery will help you provide even more opportunities to your girls.

For volunteers serving in other positions, please discuss your specific training needs with your Council representative.



Important Note about New Leader Training

The Council's new leader training is being updated to provide current information. New Leader Training fliers will accompany New Troop Packets and will be distributed as a takeout to Service Units. Additionally, information will be available under the Adult Training Section of GirlScoutsEastOk.org.



Keep track of your training records!

The Leadership Development Pin and Leaves represent a leader's hours of Girl Scout related training.

- Each green leaf represents 10 contact hours of training. Five green leaves are replaced by one silver leaf.
- The silver leaves represent 50 contact hours of training. Five silver leaves are replaced by one gold leaf.
- The gold leaves each represent 250 contact hours of training.

All fully trained leaders are eligible to earn and wear this award.

Additional details on who can receive this award are available in the Leaders' and Service Units' Guide to Adult Recognitions, or by contacting the Training Registrar. Submit the Earned Recognition Application form (#471F) to request approval from the Director of Volunteer Services.

Adult Enrichment

Camp Fest 2011 Peace, Love and Girl Scouts!

V Join your fellow adult volunteers for a weekend of relaxation and fun in the great outdoors. This **ADULTS ONLY** event can be as calm or as jam-packed with activities as you want it to be. All registered adults are welcome! You will be able to design your own schedule when you arrive.

Your choice of activities will include archery, bean-hole cooking, canoeing, climbing wall, compass course, creative cooking, flying on the zip line, geocaching, hiking, horseback riding, ice candles, low ropes course, nature craft, paddle boats, sand volleyball, site orientation, star gazing, tie dye, zumba and much more!

See the registration information on pages 71 and 73 for details!

Prerequisite

None.

Fee

\$10.00 plus additional cost for meals.

Troop Website Workshop

V Learn how to manage and communicate with your troop by setting up a troop website through Shutterfly, a free site and safety-wise Internet "safe." No web experience is required. Troop leaders are invited to bring a laptop to the class, but it is not required.

Objectives include how to communicate easily through Shutterfly site and via email; distribute permission forms, set up Girl Scout blogs and badge completion pages; and manage cookie sales, training and booth sales volunteers!

Prerequisite

None.

Fee

None.

What to Bring

Laptop, if desired, but not required, note taking materials, and Training Record Card.

SAVE THE DATE: Volunteer Conference Girl Scout Treasures

V Ahoy! Mateys, we'll be expectin' you to join us for a right jolly good time at the next installment of the GSEOK Volunteer Conference. The scoundrels haven't worked out all of the details yet, like where we'll be havin' it, but it looks like we'll be swashbucklin' on January 28, 2012. SO, unless you want to be walkin' the plank, pencil the date on your calendar and look for more details in the December takeouts and on the Council website.

In past years, courses offered have included knitting, self defense, songs, crochet, calligraphy, photography, social media, SWAPS, geocaching, creative cooking and much more! Be sure to watch for the early bird deadline because you'll get a gift if you sign up early!!

Prerequisite

None.

Fee

Free.

Camp Fest 2011			
Code	Date	Time	Location
Saturday, October 1, 2011 at Camp Swannie with optional overnights Friday and Saturday nights.			
Use registration form on page 73 to sign up for this event.			
Troop Website Workshop			
TWW1301	Friday, July 8, 2011	9:00 a.m. - 11:00 a.m.	Tulsa GSSC
Volunteer Conference 2012			
Saturday, January 28, 2012 Look for more details in your December takeouts and on the Council website.			

Camping Trainings

Troop Camper Training

V This course is a combination of a video, preparation session and one overnight. It is designed for adults who work with any grade level, and will prepare a leader to take her girls to any GSEOK camp facility or other appropriate site. Outdoor skills taught in this course include successful planning of camping trips, care and use of tools and facilities, basic fire building and outdoor cooking, basic outdoor skills and girl planning. Participants must watch the video and complete a test. Videos can be checked out at the Girl Scout Store, or from your local Girl Scout representative. Bring completed test to preparation session. **Participation in the overnight, preparatory session and watching the video are required to successfully complete this course.**

Prerequisites

Leadership Training, Beyond the Meeting or New Leader Trainings, and a willingness to get dirty! Course prerequisites may be waived for troop volunteers, with prior authorization from the Volunteer Services Department.

Fee

Participants share the cost of food and materials.

What to Bring

Note taking materials, snacks, drinks and Training Record Card.

Note

An official site orientation for the location(s) where the training is held may be included. **Volunteers with extensive previous camping experience may submit form #495F, Application for Troop Camper Equivalency (available online), requesting a waiver for the Troop Camper Training.**

Advanced Camper Training

V This course features advanced camping skills, more complex fire building and outdoor cooking methods, knots and lashing, compasses, GPS and geocaching and is appropriate for leaders of Junior age girls or older. Participants will use buddy burners, vagabond stoves, bean hole and imu cooking, lash a Chippewa Kitchen, make a distance computer to use on a map and compass hike, and learn how to make several camping gizmos and gadgets! Participants will set up a tent site in the great outdoors, set up backpacking style tents and use a topographic map for hiking. The Leader will gain the skills to complete the Outdoor Program Enrichment patch with their girls. This class is required before taking Backpacking Training.

Prerequisite

Troop Camper Training or Mother Nature's Cookout, Mother Nature's Camp Skills and Overnight with Mother Nature.

Note

Course will be scheduled for spring 2012. If you are interested in Advanced Camper Training, call the Training Registrar. More information will be available in the next issue of Connections.

Backpacking Training *Cathy Koloff's Last Trip!*

V Come celebrate Cathy Koloff's last trip! This course prepares you to lead a backpacking overnight trip with your troop or group and includes equipment selection, meals, sanitation, safety and security. The prep session will cover information and planning necessary to carry out your own backpacking overnight trip.

Prerequisites

Troop Camper Training and Advanced Camper Training.

Fee


\$10.00 for food and materials.

Troop Camper Training			
All participants must complete a prep session and attend the overnight.			
These sessions will attend an overnight at Camp Swannie, Saturday, October 15, 10:00 a.m. – Sunday, October 16, 12:00 p.m.			
An optional Site Orientation of Camp Tallchief will follow immediately after the course ends and last approx. 2 hours.			
Code	Session Dates	Time	Location
TCT1301	Saturday, September 24, 2011	1:00 p.m. to 5:00 p.m.	Camp Wah-Shah-She
TCT1302	Monday, September 26, 2011	6:00 p.m. to 10:00 p.m.	Troop House
TCT1303	Wednesday, October 5, 2011	6:00 p.m. to 10:00 p.m.	Troop House
TCT1304	Saturday, October 8, 2011	1:00 p.m. to 5:00 p.m.	Troop House
Backpacking Training			
BP1301	PREP SESSION Saturday, August 20, 2011	9:00 a.m. to 4:00 p.m.	Troop House
	TRIP Saturday and Sunday, October 8 and 9, 2011	6:30 p.m. to 1:00 p.m.	Robbers Cave

Outdoor Enrichment Courses


Archery

Archery Level 1 Training


 Successful completion of this class certifies you as a National Archery Association Level One Archery Instructor. Level One Archery Instructors may use the Girl Scouts of Eastern Oklahoma archery equipment and ranges with their fourth grade and older Girl Scouts. The day will consist of a combination of shooting and lessons. Participants must pass a written and performance test.

Fee
\$20.00.

Archery Renewal


 Volunteers may substitute retaking the archery course for renewal by providing documented experience indicating knowledge and skill in teaching/supervising archery. Submit Form #496F to the Volunteer Services Department for approval. NADA certification can be renewed this way.

Astronomy


 Do the girls in your troop have an interest in astronomy? This class provides hands-on activities to teach your troop a perspective on the size of the universe and other fun, inexpensive activities. Additional resources will be supplied. This class will prepare you for the Astronomy event in the fall.

Fee
None.

Canoeing

 Girl Scouts of Eastern Oklahoma offers a variety of canoeing trainings throughout the year, including: Introduction to Canoeing, Canoe Rendezvous, Touring Canoe, River Canoe and Kayaking. Courses will be scheduled as needed for spring and summer 2012. If you are interested in canoe trainings, call the Training Registrar at 918-745-5200 or 800-749-2551 ext. 200. More information will be in the next issue of Connections.

Powered Up

 This course prepares you to lead Powered Up programs in your own Girl Scout **troop** and at Powered Up **events**. Upon completion of this training, you will have the opportunity to practice with this material with girls at a Council event on Saturday, October 8, 2011.

About Powered Up

Powered Up is Girl Scouts of Eastern Oklahoma's Bullying Prevention Initiative, which encourages the 85% of girls who are bystanders to bullying—especially the gossip, exclusion and drama common among girls—to stand up for the target and make their world a better place!

Prerequisite
None.

Course Objectives

Girls and adults will be able to identify the dynamics of girl-to-girl bullying. Girls and adults will have the tools to create a space safe from bullying and be able to effectively intervene when confronted with bullying behaviors.

Fee
None.

What to Bring

Note taking materials, sack lunch, your enthusiasm and Training Record Card.

Powered Up!
Doing nothing? Not an option.

Powered Up Facilitator Training			
Code	Date	Time	Location
POWER1301	Saturday, September 24, 2011	9:00 a.m. – 6:00 p.m.	29th and Yale, Church of Christ, Tulsa

Archery			
Code	Date	Time	Location
ARCH1301	Saturday, August 20, 2011	9:00 a.m. – 6:00 p.m.	Camp Tallchief
ARCH1302	Saturday, November 12, 2011	9:00 a.m. – 6:00 p.m.	Camp Tallchief

Astronomy			
Code	Date	Time	Location
ASTRON1301	Tuesday, September 13, 2011	6:00 p.m. – 8:00 p.m.	Tulsa GSSC

Safety Courses: Girl Scout First-Aiders

An adult who has taken GSUSA approved First-Aid and CPR training and volunteers to provide safety services to a troop is a First-Aider. First-Aiders are required when troops participate in activities that need Council approval.

The *Safety-Wise* chapter of Volunteer Essentials discusses First-Aiders and defines who qualifies as a Level 1 and Level 2 First-Aider.

Safety Course Descriptions

- For all First-Aid and CPR courses, the number of participants is strictly limited. Spaces fill on a first come, first served basis. Courses may be cancelled if less than 6 people are registered. Registrations will not be processed until payment is received.
- Be early! Participants who arrive late will not be certified.
- Notify the Training Registrar as soon as possible if you are unable to attend. Someone may be waiting for your space.
- All courses include skill sessions requiring working on the floor. Wear comfortable clothing and bring a cushion for kneeling as needed.
- Participants are required to complete both written exams and skills test(s) in all courses to receive certification.
- Courses scheduled to meet through a meal time, will not break. Bring a drink and food with you to the course.

Safety Basics Course, Refresher and Challenge (Medic Pediatric Plus)



Successful completion of this course certifies an individual as a Level 1 First-Aider. Certification is valid for two years.

Prerequisite

The ability to kneel and participate in physical activity.

Fee

\$15.00 (\$10.00 for Refresher and Challenge)

Course includes:

Responding to an emergency
CPR skills
First-aid and safety

What to Bring

Paper, pen, food and drink, your enthusiasm and Training Record Card.

For Medic Expiration Dates after August 1, 2009:

After your initial 2-year certification, you may renew your Medic certification **once** using an abbreviated method of a Refresher Course or a Challenge Course. You must renew your certification prior to the expiration date of your first course.

The **Refresher Course** is designed for individuals familiar with safety practices. You will be given an opportunity to practice using manikins and scenarios and guidance from a trained instructor, then you will complete a performance examination.

The **Challenge Course** is for individuals who use safety practices on a regular basis. Participants should arrive ready to be tested with both a written and performance demonstration. You will not be given the chance to practice during the course time. Participants who fail this exam will need to sign up for a full course and will not be refunded the cost of their course fee for the challenge.

Contact the Training Registrar to schedule individual challenges at 918-745-5200 or 800-707-9914 ext. 200.

- Course schedule on page 62. -

Safety Courses Continued

ASHI Wilderness First-Aid (Level 2 First-Aid)



This course certifies participants as a Level 2 First-Aider, if current CPR certification is also held. Certification is valid for two years. A Level 2 First-Aider is required:

- for events with more than 200 people
- when you are 60 minutes or more from emergency services
- for resident camps
- for activities as indicated by *Safety Activity Checkpoints*.

Prerequisite

Current CPR Certification.

Fee

\$40.00.

What to Bring

Note taking materials and Training Record Card.

American Red Cross CPR for the Professional Rescuer Course



This course certifies participants in CPR for the professional rescuer and is valid for one year. *This course is required for lifeguards.*

Prerequisite

Current CPR certification.

Course includes

Recognizing and caring for breathing and cardiac emergencies.

- Two rescuer CPR
- Use of resuscitation mask and bag-valve-mask

Fee

\$20.00.

What to Bring

Note taking materials and Training Record Card.

American Red Cross First-Aid



This course certifies participants in First-Aid and is valid for three years. It does not meet the requirements to be a Level 1 First-Aider. *This course is required for lifeguards.*

Course includes

Basic First-Aid and Safety Skills.

Fee

\$15.00.

What to Bring

Note taking materials and Training Record Card.

American Red Cross Basic Water Rescue



This enrichment course is not a Girl Scouts of Eastern Oklahoma required course. It is designed for participants who do not need to be trained as lifeguards, but who are interested in victim recognition and general first aid topics. The class includes an in-water skills session to practice basic water rescue techniques, designed to assist victims and keep them face-up until more help arrives. This course is excellent for anyone who is around water on a regular basis, **but does not replace the need for a Lifeguard** when required by *Safety Activity Checkpoints*. Certification is good for 3 years.

Fee


\$40.00.

What to Bring

Note taking materials and Training Record Card, Swimsuit and Towel, Goggles (optional).

Safety Courses Continued

Pool Lifeguard Certification

 Successful completion of this course certifies an individual to lifeguard in pools only. Certification is valid for two years.

Prerequisite

CPR Pro, First-Aid, and Swimming Skills Test practice. All participants must be able to demonstrate each skill satisfactorily before the last day of the class in order to pass the course.

- Swim 300 yards
- 20 yard swim and brick retrieval - timed


Fee

\$70.00 (Includes CPR Pro & First-Aid fees).

What to Bring

Note taking materials and Training Record Card, Swimsuit and Towel, Goggles (optional).

Waterfront Lifeguard Component

 Successful completion of this course certifies an individual to lifeguard in lakes and at waterfronts. Certification is valid for two years.

Prerequisite

Pool Lifeguard Certification and Swimming Skills Test.

- Swim 550 yards
- 20 yard swim and brick retrieval - timed
- Underwater swim 3 ring retrieval


Fee

\$15.00.

What to Bring

Note taking materials and Training Record Card, Swimsuit and Towel, Goggles (optional).


Lifeguard Challenge

 Renew certifications for both pool and waterfront or pool alone by successful completion of this test. Certification is valid for two years.

Fee

\$15.00.

Medic Safety Trainer

 Need more safety trainings in your location? Take this course and teach other volunteers in your area. Successful completion of this course allows participant to teach Safety Basics Course, Challenge, and Refresher. The Council is always in need of volunteer safety trainers.


Fee

None.

What to Bring

Training Record Card.

ASHI Childhood and Babysitting Safety (CABS) Instructors Course

 Successful completion of this class allows participants to be able to teach girls and certify them in ASHI Child and Babysitting Safety. This course covers general baby and child care, safe playtime techniques, how to handle emergencies such as choking and first aid, and infant and child CPR. Students that complete the class will receive a Certification Card that is valid for 2 years.

Fee

\$100.00.

What to Bring

Note taking materials and Training Record Card.

Safety Courses Continued

Medic Safety Basics Course (Pediatric Plus)			
Code	Date	Time	Location
SAFETY1223	Tuesday and Thursday, July 19 and 21, 2011	6:00 p.m. - 10:00 p.m.	Tulsa GSSC
SAFETY1301	Saturday, August 13, 2011	9:00 a.m. - 5:00 p.m.	Ada
SAFETY1302	Saturday, August 13, 2011	9:00 a.m. - 5:00 p.m.	Tulsa GSSC
SAFETY1303	Monday and Wednesday, September 12 and 14, 2011	6:00 p.m. - 10:00 p.m.	Tulsa GSSC
SAFETY1304	Saturday, September 17, 2011	9:00 a.m. - 5:00 p.m.	Seminole
SAFETY1305	Saturday, October 8, 2011	9:00 a.m. - 5:00 p.m.	Tulsa GSSC
SAFETY1306	Saturday, October 15, 2011	9:00 a.m. - 5:00 p.m.	Bartlesville
SAFETY1307	Saturday, October 29, 2011	9:00 a.m. - 5:00 p.m.	Durant
SAFETY1308	Saturday, November 12, 2011	9:00 a.m. - 5:00 p.m.	Ada
SAFETY1309	Saturday, November 12, 2011	9:00 a.m. - 5:00 p.m.	Tulsa GSSC
SAFETY1310	Friday, December 16, 2011	9:00 a.m. - 5:00 p.m.	Tulsa GSSC
Medic Safety Basics Refresher Course (Pediatric Plus)			
MEDREF1212	Monday, July 11, 2011	6:30 p.m. - 8:00 p.m.	Tulsa GSSC
MEDREF1301	Wednesday, August 10, 2011	6:00 p.m. - 7:30 p.m.	Tulsa GSSC
MEDREF1302	Tuesday, September 6, 2011	6:00 p.m. - 7:30 p.m.	Ponca City
MEDREF1303	Thursday, October 27, 2011	6:00 p.m. - 7:30 p.m.	Tulsa GSSC
MEDREF1304	Tuesday, November 1, 2011	6:00 p.m. - 7:30 p.m.	Stillwater
MEDREF1305	Monday, November 14, 2011	6:00 p.m. - 7:30 p.m.	Tulsa GSSC
MEDREF1306	Wednesday, December 14, 2011	6:00 p.m. - 7:30 p.m.	Tulsa GSSC
MEDREF1307	Saturday, January 7, 2012	10:00 a.m. - 11:30 a.m.	Tulsa GSSC
Medic Safety Basics Challenge Course (Pediatric Plus)			
MEDCHL1212	Monday, July 11, 2011	5:30 p.m. - 6:30 p.m.	Tulsa SC
Other Medic Challenges will be offered by appointment. Contact the Training Registrar for more information.			
ASHI Wilderness First-Aid (Level 2 First-Aid)			
WILD1301	Saturday and Sunday, September 17 and 18, 2011	8:30 a.m. - 5:00 p.m.	Troop House
American Red Cross CPR for the Professional Rescuer Course			
CPRPRO1301	Wednesday and Thursday, January 11 and 12, 2012	6:00 p.m. - 10:00 p.m.	Tulsa GSSC
American Red Cross First-Aid			
FAB1301	Tuesday, January 10, 2012	6:00 p.m. - 10:00 p.m.	Tulsa GSSC
American Red Cross Basic Water Rescue			
WATER1301	Saturday, August 27, 2011	9:00 a.m. - 1:00 p.m.	Camp Tallchief Pool
WATER1302	Monday, January 9, 2012	9:00 a.m. - 1:00 p.m.	Pool TBA
American Red Cross Pool and Waterfront Lifeguard Certification			
LGPL1301 (Pool)	Sunday, January 29, 2012 AND Saturday and Sunday, February 4 and 5, 2012	8:30 a.m. - 6:30 p.m.	Tulsa GSSC and Pool
LGWF1301 (Waterfront)	Sunday, January 29, 2012 AND Saturday and Sunday, February 4 and 5, 2012	8:30 a.m. - 6:30 p.m.	Tulsa GSSC and Pool
American Red Cross Challenges - First-Aid, CPR Pro, Lifeguard			
Arranged as needed. Contact the Training Registrar to be placed on the waiting list.			
Medic Safety Trainer			
SAFTRAIN1301	Tuesday, August 16, 2011	9:00 a.m. - 6:00 p.m.	Tulsa GSSC
SAFTRAIN1302	Saturday, January 21, 2012	9:00 a.m. - 6:00 p.m.	Tulsa GSSC
ASHI Childhood and Babysitting Safety (CABS) Instructors Course			
CAB1301	Saturday, August 6, 2011	9:00 a.m. - 6:00 p.m.	Tulsa GSSC

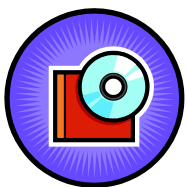
Site Orientations

V Girl Scouts of Eastern Oklahoma are fortunate to have a wide variety of campsites and overnight facilities to choose from. This variety makes progression in camping easier for girls and leaders. From 'most of the comforts of home' to rustic to rugged GSEOK has a facility to meet the needs of campers from novice to expert. Site orientation by the troop leader or troop camper is required before using a Council facility.

During a site orientation adults are able to become familiar with the layout and features of each facility. Site orientations consist of a walking tour of the camp or facility. Buildings, procedures for use, hiking trails, and available equipment and where it is stored, water supply, storm shelters and many other items are included to help you and your troop prepare for their use.

Keep in mind that Council facilities are constantly changing to meet the needs of girls. It is with this in mind that we strongly suggest sites be revisited every five years.

Site Orientations		
Campsite	Location	Scheduling
Camp Polly*	Ft. Gibson	All Site Orientations are scheduled on an as-needed basis by appointment.
Camp Swannie	North of Sand Springs	
Camp Tallchief	North of Sand Springs	To arrange your Site Orientations contact the Volunteer Services Department, Training Registrar.
Camp Tenkiller*	Petit Bay	
Camp Wah-Shah-She	Bartlesville	
Troop House	Tulsa	



*Virtual Site Orientations are available for Camp Polly and Camp Tenkiller. You may check out the DVDs from the Council Service Center or your Service Unit and complete a site orientation simply by watching the video and completing a questionnaire. For more information

contact your Service Unit Manager or the Volunteer Services Department.

Take Action!

V Leaders will learn how to help girls raise the bar from service to Take Action and make a difference in their communities. This training will also cover the project requirements of the prestigious Girl Scout Bronze, Silver, and Gold Awards. Any leader may attend. This course is required for any leader with girls planning to earn the Bronze, Silver or Gold Award. This training will be conducted as a webinar and will be streamed to all necessary Council Service Centers from the Tulsa Girl Scout Service Center; therefore, it is very important that you register so we can be sure your site is set up for your participation.


This course is required for leaders prior to working with girls on the Girl Scout Bronze, Silver, and Gold Awards.

Fee

None.

Take Action! Courses			
Code	Date	Time	Location
ENTA1301	Tuesday, September 6, 2011	6:00 p.m. - 8:00 p.m.	Tulsa GSSC
ENTA1302	Tuesday, December 13, 2011	6:00 p.m. - 8:00 p.m.	Tulsa GSSC

Train-the-Trainer

 Have you particularly enjoyed a training you attended? Could you see yourself helping new leaders? We are in need of more volunteer trainers in the following areas:

- Safety Classes (Safety Basics, Level 2 First-Aid)
- Troop Leadership Training (Leadership Essentials and Beyond the Meeting)
- Enrichment Classes (Songs, Games, Crafts, Ceremonies, etc.)
- Outdoor Enrichment Classes (Archery, Canoeing)

As a volunteer organization, we are always in need of trainers to help provide the most accurate information to our new leaders. If you enjoy working with adults and love Girl Scouting, this is a great way to volunteer. Trainers are needed in all areas of the Council to bring training closer to our volunteers.

Trainers are adults who:

- work effectively with other adults.
- serve as role models for adult volunteers.
- are dedicated to and support the principles of Girl Scouting.
- like a flexible Girl Scout commitment.
- are responsible, dependable and follow through on commitments.

Trainers can be new volunteers, involved parents or community members. There is no cost to becoming a trainer, all of your training and supplies will be provided. You'll have the opportunity to participate in trainer appreciation events each year to socialize with fellow trainers and YOU'LL HAVE FUN!!!


All trainers must complete a trainer application, attend a Train-the-Trainer course, which is a course on how adults learn, how to make presentations and our training curriculums; and complete post-coursework requirements. By completing this process you will become a certified GSUSA trainer.

For more information or to become a part of the training corps, please contact the Volunteer Development Manager at 918-745-5235 or adavidson@gseok.org.

Participants who sign up for these courses will be sent a trainer application packet and pre-course work prior to the session.

Train-the-Trainer			
Code	Date	Time	Location
TRAIN1301	Saturday, October 29, 2011	9:00 a.m. - 6:00 p.m.	Tulsa
TRAIN1302	Saturday, December 3, 2011	9:00 a.m. - 6:00 p.m.	Tulsa

Using Social Media for Social Good

 Don't be trefoiled! Social media is more than a do-si-do in the park. Tagalong with @imagirlscout and learn samoa about social media in the nonprofit environment. From policy to purpose, even hashtags to handles, you'll be one smart cookie after you scout out the interactive horizon with Ingrid Williams, Chief Communications Officer for Girl Scouts of Eastern Oklahoma.

Prerequisite

None.

Fee

None.

Social Media			
Code	Date	Time	Location
ENSOC1301	Thursday, August 18, 2011	6:30 p.m. - 7:30 p.m.	Tulsa GSSC

Adult Training Registration Information

1. Pre-registration is required for all courses.

Sessions are filled on a first come, first served basis.
We will only prepare enough materials for those registered.

2. Complete the Registration form found on page 67 or 69, or you may also use form #490F on the Council website under "Forms" or under "Adults" and "Adult Training."

NEW! Register online at GirlScoutsEastOk.org. Choose the "Adults" tab, then "Adult Training," and "Registration Procedures and Forms." Click the link to the Adult Education Online Registration Form.

3. For courses without fees: Register online, by mail, telephone, email or fax at least one week in advance.

Phone: 918-745-5200

Toll free phone: 800-707-9914

Fax: 918-749-2556

Toll free fax: 866-749-2556

Email: training@gseok.org

Mail: Training Registrar, Girl Scouts of Eastern Oklahoma,
2432 East 51st Street, Tulsa, OK 74105

4. For courses with fees: To pay by credit card, either stop in or call the Council Store in Tulsa. Have your registration information ready if you call. Register by check or money order by mailing it, **payable to GSEOK**, to the above address along with the registration form **two weeks in advance**. Payments and registration forms may also be taken to any of the Girl Scouts of Eastern Oklahoma Service Centers. **Course fees are non-refundable**. A training credit will be issued if you call a week in advance to cancel. If the class is rescheduled by the Council, your fee will be transferred. Classes with fees may be rescheduled by the participant only one time with a fee transfer. Additional course fees must be paid if a participant reschedules more than once.

5. Out of courtesy to our volunteer trainers and to provide you with the best experience, we reserve the right to reschedule participants **if less than six (6) people are registered**. In the event of a course cancellation, fees will be refunded. When a course is cancelled due to low enrollment you will be notified as soon as possible.

6. You will receive a reminder **phone call or email** confirming your registration 2 – 3 days prior to the course. It will include the specific location, date and time of the training. Please be sure to review this information before driving to your training and make note of any changes. If you do not receive your confirmation email or phone message, call or email the Training Registrar at training@gseok.org or 918-745-5200 or 800-749-2551 ext. 200.

7. After you have registered, **if you find you cannot attend**, call the Training Registrar immediately. Our policy of providing no / low-cost training is impacted by those who pre-register but do not attend and do not cancel – referred to as "NO-SHOWS." No-Shows cost the program time and money in unnecessary numbers of handouts, unused meeting space, and extra trainers. Moreover, others wishing to attend are denied the opportunity.

8. If **inclement weather** forces a cancellation, your trainer or a GSEOK staff member will make every attempt to notify all registered participants in advance. Providing accurate information, including a cell phone number and email address, each time you register for a training helps ensure notification.

GIRL SCOUTS OF EASTERN OKLAHOMA
TRAINING REGISTRATION FORM

Name _____
 Address _____
 Daughter's School _____ City _____ Zip _____
 Home Phone _____ Work Phone _____
 Cell Phone _____ Service Unit _____
 Email _____

Course Number	Course Title	Course Date	Course Time	Course Location

I need a map and directions to: _____

#490F 8/08 Mail to: Training Registrar Girl Scouts of Eastern Oklahoma
2432 E. 51st Street Tulsa, OK 74105

FOR OFFICE USE ONLY RECEIPT # _____ AMT PAID _____

GIRL SCOUTS OF EASTERN OKLAHOMA
TRAINING REGISTRATION FORM

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 Address _____
 Daughter's School _____ City _____ Zip _____
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TRAINING REGISTRATION FORM**

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Home Phone _____ Work Phone _____

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2432 E. 51st Street Tulsa, OK 74105

FOR OFFICE USE ONLY

RECEIPT # _____ AMT PAID _____



Girl Scouts of Eastern Oklahoma's CAMP-Fest 2011 Peace, Love & Girl Scouts

Saturday, October 1, 2011
Optional overnights Friday and Saturday evenings.
Camp Swannie – Zink Ranch

Join your fellow volunteers for a weekend of relaxation and fun in the great outdoors. This adult's only event can be as calm or as jam-packed with activities as you want it to be. All registered adults are welcome!

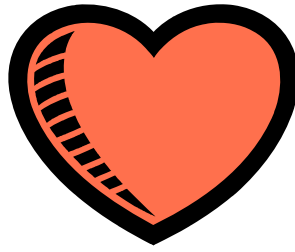
You will be able to design your own schedule when you arrive.

Your choices of activities will include:

- Archery
- Bean-hole Cooking
- Canoeing
- Climbing Wall
- Compass Course
- Creative Cooking
- Flying on the Zip Line
- Geocaching
- Hikes
- Horseback Riding (wear jeans)
- Ice Candles
- Low Ropes Course
- Nature Craft
- Paddle Boats
- Sand Volleyball
- Site Orientation
- Star Gazing
- Tie Dye (bring a 100% cotton item to tie dye)
- Zumba
- And Many More!

Bring your bedroll, toiletries and a change of clothes if you plan to stay overnight. You can come as early as 6:00 p.m. Friday, September 30 (no arrivals after 8:30 p.m.) and stay as late as 12:00 p.m. on Sunday, October 2.

Following dinner Saturday evening, we will have a campfire with songs and s' mores, so don't forget your chair!



Registration Form

CAMP-Fest 2011

Peace, Love & Girl Scouts

Saturday, October 1, 2011

Optional overnights Friday and Saturday evenings.

Camp Swannie – Zink Ranch

Please fill out the following form for **each participant**.

Name: _____

Address: _____

Phone: _____

Email: _____
Confirmation packet will be emailed to this address.

Service Unit: _____

Yes No (circle one) I will be staying overnight Friday.

Yes No (circle one) I will be staying overnight Saturday.

Yes No (circle one) Please send me a map to Camp Swannie.

PLEASE INCLUDE FEES WITH REGISTRATION

REGISTRATION FEE (\$10.00) \$ _____ 10.00 _____
 (includes Saturday Lunch)

Saturday Breakfast (\$3.00) \$ _____

Saturday Dinner (\$7.00) \$ _____

Sunday Breakfast (\$3.00) \$ _____

TOTAL FEES INCLUDED \$ _____



