

# Septemberfest 2008



It's Oscar Time in September! Come to "Runelswood" to experience workshops that will challenge your artistic side. We will tantalize your taste buds with new flavors. You can find a workshop that will help you organize your paperwork or help you to relax. Many favorites are back such as Trash Can Turkey, Letterboxing and Archery but there are many new courses to try. Again this year, there are great ideas to take back to your troop.

Septemberfest is a retreat weekend for *Adults and Senior Girl Scouts who are **Seniors in high school***. Join us for the weekend or just come for the day! How much or how little you do is totally up to you.

Again this year we are offering the opportunity to complete your Troop Camp Skills Overnight training, take Canoe Leader training or Ready, Set, Go (troop trip training). Perhaps you would rather sit by the lake and enjoy the serenity. We offer lodging and meals at a great price and there is no extra charge for the friendships you will make or the memories you will take home. As always, you may choose not to sign up for anything and just relax and enjoy being at camp.

**Friday-Sunday**  
**September 19 - September 21, 2008**  
**Camp Runels, Pelham, NH**

*Registration Deadline: Friday, August 1, 2008*

# Weekend Schedule

## Friday September 19<sup>th</sup>

6:00-9:00 PM Check in and Dinner  
(bring your own)  
7:00 PM Evening activities in Dining Hall  
8:30 PM Coffee & desserts

## Saturday September 20<sup>th</sup>

8:00-9:00 AM Breakfast and check-in  
9:00 AM First Timer's Welcome  
9:30 AM Opening Ceremony  
10:00-Noon Session 1 Workshops  
Noon-12:45 PM Lunch

## Saturday September 20<sup>th</sup> cont'd

1:00-2:30 PM Session 2 Workshops  
1:00-4:30 PM Session 2/3 Workshops  
3:00-4:30 PM Session 3 Workshops  
5:30 & 6:30 PM Dinner  
7:30 PM Oscar Awards and Dessert  
8:00 PM Evening Program

## Sunday September 21<sup>st</sup>

8:00-9:30 AM Breakfast, Event Evaluation & Kapers  
9:30 AM Closing Ceremony  
10:00-Noon Session 4 Workshops

### Site Information:

Camp Runels in Pelham, New Hampshire is one of GSEM's resident camps. Over the years countless numbers of girls and adults have enjoyed what this camp has to offer. Sleeping quarters are platform tents, tentalos, open-air cabins or our new Yurts. There are cots with mattresses to be used with a good outdoor sleeping bag or bedroll. The sanitary facilities at the sites include cold running water at the wash stations and latrines. There are flush toilets and hot showers available nearby.

### Choosing your overnight accommodation:

If you are planning on attending with a friend(s), you should agree on the type of sleeping accommodations. You will be able to choose which location or type of sleeping accommodation you would like. Be sure to confer with those you want to be in a unit with.

Early Birds – like to turn in early (by 10 PM) and go to sleep. The use of quiet voices is most appreciated by those sleeping in these units.

Tweeters – those who can't decide, but will be courteous to others in the unit.

Night Owls – usually stay up late, socializing, laughing, singing...loudly

***The use of earplugs in all units has been found to be very beneficial to a good night's sleep.***

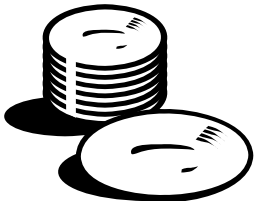
If you need special accommodations due to physical limitations please note that on your registration form or contact Nancy Pollock at the North Andover Service Center.



### Confirmation Packet:

Approximately 2 weeks before Septemberfest, you will receive a confirmation packet in the mail. This packet will include the workshops you have chosen and what materials you need to bring to them, as well as a packing list and directions to the camp.

## Meals



**Friday Dinner** - Bring your own brown bag dinner. Hot beverages will be provided. Participants will be asked to bring a finger food dessert to share.

**Saturday Breakfast** - Continental breakfast available during registration. Pastries, fruit, juice, cereal and hot beverages.

**Saturday Lunch** - Bring your own brown bag lunch and beverage. If you have been confirmed for a cooking workshop during Session 1 you will be making your own lunch.

**Saturday Dinner – Pre-Oscar Party** – appetizers, fresh spring green salad, choice of main entrée – Baked Stuffed Chicken Breast, Pork Medallion with Apple or Pasta Primavera (vegetarian option), and dessert. (Indicate your choice of entrée on registration form)

**Sunday Breakfast** - Egg MacRunels, hot oatmeal, cold cereal, coffeecake, juice and hot beverages.

**Snacks** - Snacks and beverages will be available on Saturday in the Dining Hall.



### Pre-Order Special Septemberfest Mementos:

Four items will be available with the Septemberfest logo by pre-order only. Please order on the registration form and send appropriate costs. (please indicate size on registration form)

- Polo Shirt – White with embroidered logo - Sizes Adult XS to XL - \$22.00 each or XXL - \$23.00 (These are ladies sizes) or Plus1X or Plus 2X - \$24.00 each (These are woman's sizes)  
*If you need a larger size or want to check measurements contact Nancy Pollock.*
- Zippered Hooded Sweatshirt - Black with embroidered logo – Sizes Adult Small to XL - \$24.00 each 2X & 3X - \$26.00 each
- Nylon Shell Jacket – Snap closure, flannel lined in black with embroidered logo – Sizes Adult XS – XL - \$22.00 each or 2X – 4X - \$25.00 *If you need a larger size contact Nancy Pollock.*
- Director's Cap – Black with name of event embroidered on it. \$12.00

### Friday Night Fun

Each year more people are choosing to arrive Friday evening and spend two nights at camp. The evening is available at no additional cost and provides added opportunities for fun, friendship and learning. Pack a picnic dinner for yourself and join us in the Dining Hall for dessert. This year you can test your Hollywood knowledge with Scene It, learn to play Texas Hold 'Em Poker or join in singing. More information on these activities will be in the confirmation packet.

## Saturday Night Fun 7:30 Oscar Awards and Dessert

Pick your favorite activity at 8:00 PM!

Ballroom Dancing with Tina and Ron LaFlam  
in the Dining Hall



Oscar Movie Night in the Health Lodge

### **SPECIAL SEPTEMBERFEST PROGRAMS.....**

**TCC PLUS – MOVING BEYOND THE LODGE** – Have you taken Outdoor Adventures or Troop Camp Skills, been



lodge camping with your troop at least once and now want to become TCSO certified? Complete your TCSO Certification at Septemberfest by taking a special course on Friday night, participate in a designated cooking workshop as well as a second designated workshop (look for the **TCSO Option**) and complete a home study. Contact Nancy Pollock at 978-689-8015, ext. 232 or [npollock@ssgsc.org](mailto:npollock@ssgsc.org) for more information and an **application**. **DEADLINE to sign up is August 1, 2008.**

**CANOE LEADER TRAINING** - This is a designed course to meet *Safety-Wise* standards required to supervise troops/groups on lakes. Training will include fundamentals of canoeing skills, health and safety, and time on the water practicing skills and teaching. Course is on Saturday, September 20 at Camp Runels from 10:00 – Noon and 1:00 – 4:30 PM. Cost to participate is \$10.00. Put in Sessions 112 and 2305 on the registration form.

**Pre-requisite** for Canoe courses is being able to float for 5 minutes without the aid of a life jacket.

Contact Nancy Pollock at 978-689-8015, ext. 232 or [npollock@ssgsc.org](mailto:npollock@ssgsc.org) for more information on all these trainings.

**Workshop Selection:** Choose workshops by number and place them in the grid on the back of the registration form. Include a 2<sup>nd</sup> and 3<sup>rd</sup> choice for each workshop time. Every effort will be made to place you in your 1<sup>st</sup> choice. If a 2<sup>nd</sup> or 3<sup>rd</sup> choice is necessary, refunds or payment of extra fee will take place at the time of check-in.

**Registration Deadline: Friday, August 1, 2008**

**Leadership Development Leaves:** ☞ The Leadership Development Pin is recognition for leaders and assistant leaders. It was developed by GSUSA to recognize volunteers for their commitment to enhancing their effectiveness as leaders by taking training. Many of the workshops offered this weekend meet the requirements for Leadership Development Leaves. Look for the courses marked with the pointing hand ☞ if you are interested in gaining knowledge that can be applied to Leadership Development Leaves. For more information about the Leadership Development Pin and Leaves, contact your Neighborhood Administrator or your branch office.

## WORKSHOPS

### Session 1 Saturday 10:00 - 12:00 (12:30 for lunch workshops)

101		<b>BOATING</b> Take a sailboat, canoe, kayak, paddleboat or rowboat for a cruise and enjoy the peace and tranquility of the lake.
102	☞ Fee \$6.00	<b>KENTUCKY FRIED MOVIE – THE SEQUEL</b> <i>Georgette Henrich and Skip Carver</i> Make dishes like Kentucky Fried Movie chicken, Hawaii 5-0 slaw and As the World Turns while using a wide range of cooking techniques. This ain't your mother's picnic in the park kind of food.
103	☞ Fee \$6.00 <b>TCSO Option</b>	<b>COOKING FOR THE STARS</b> <i>Adrienne Spears &amp; Linda Coles</i> Join us for Mystic Pizza, Whistle Stop's Smokey Joe Burger and Johnny Depp's Chocolate Brownies while exploring the different cooking techniques.
104	☞ Fee \$6.00	<b>TALKIN' TRASH CAN TURKEY</b> <i>Olga Parkin</i> Turkey cooked in trash can; sweet potatoes; tossed salad; cranberry sauce; dough boys; dump cake (peaches in yellow cake mix)
105	☞ Fee \$6.00 <b>TCSO Option</b>	<b>WALK OF FAME CAFE</b> <i>Corine Mazza and Pat Leverone</i> This cooking workshop will make you eat like Stars would if they were cooking outdoors. Come learn methods such as dutch oven and foil. Learn to make a wine box oven, build a fire and make fire starters.
106	☞ Fee \$6.00	<b>THE PHANTOM CHEFS</b> <i>Nola Burkhard &amp; Laurie Faria</i> Come join in the fun as we fire up some Grilled Chicken Quesadillas. You can make them as spicy as you want. A Wine box dessert & Éclairs will finish this fabulous meal.
107	Fee \$7.00	<b>JAMMING WITH THE STARS!</b> <i>Heidi Schmidt and Sheryl Schmidt</i> No need to bring your dancing shoes, just an apron or old shirt and an eagerness to chop, smooch and stir. We'll cover the jamming basics, equipment and tips then put our new skills to work on 3 different recipes. If all goes well, each participant should leave with at least one jar of goeey goodness!
108	☞	<b>READY, SET, GO</b> <i>Lynn Cutter</i> This course will help adults, who are responsible for taking troops/groups on trips of three or more nights where "sightseeing" is the primary purpose. Girl planning, parent meetings, budgeting and paperwork are covered, as well as safety and emergency procedures during trips.
109	☞	<b>INCREDIBLE JOURNEY</b> <i>Kathy "Doc" Byrne</i> A look at the Runels countryside from the vantage point of an animal. This will begin by making a mask of an animal of your choice and then participating in a sensory hike for a short distance. There will be lots of activities and games and a time to soak up the essence of the outdoor environment.
110	☞ Fee \$10.00	<b>GLITTERING GARMENTS FOR THE RED CARPET</b> <i>Carol Ouellette</i> Glamour up a garment for the Red Carpet or whenever. Using tinsel, ribbons, Faux Jewels, sequins and stars, create a one of a kind garment for a night to shine.
111	☞ Fee \$5.00	<b>FOLK ART</b> <i>Shirley Schmidt</i> Paint and decorate a wooden cutout that you would be proud to hang in your Beverly Hills McMansion.
112	☞ Fee \$10.00	<b>CANOE LEADER TRAINING</b> <i>Nancy Spicer &amp; Ruth Isaks</i> This is a special <b>Two Session Workshop</b> . See longer description under Special Septemberfest Programs section.

**Choose one workshop from each of sessions 2 and 3, OR  
one long workshop from session 2/3**

**Session 2/3 Saturday 1:00-4:30 PM**

2301 Fee \$10.00	<b>"SWEET LAND OF LIBERTY" SLATE</b> <i>Mary Frambach</i> Create a country primitive slate which can be used any time of the year. Houses, sheep, and apple trees embellish a countryside.
2302	<b>GS JANE GOES TO CAMP KOOKAMONGA</b> <i>Nancy Hartmann &amp; Linda Hakesley</i> Adventure, Drama, Comedy and hopefully no tragedy...this workshop is two thumbs up and is sure to win an Oscar at the Runels Academy Awards. Actors should be prepared to join a team and have fun for this production.
2303 Fee \$8.00	<b>MEMORY T-SHIRT QUILTS</b> <i>Kathy Doiron</i> Take your gently used T-shirts and make a memory quilt out of them. Participants will learn the basics of making a T-shirt quilt, get started on your own quilt and see a trunk show of T-shirt quilts.
2304	<b>CLONE WARS</b> <i>Susan Walko</i> You are in your car, racing to the next activity when the school calls you to tell you that your child is still waiting for you after practice or are you always looking for some paperwork you need? Come and get organized. This seminar that teaches you how to get your responsibilities completed and still have energy for play. Also tips for helping girls keep up with their paperwork.
2305	<b>CANOE LEADER TRAINING</b> <i>Nancy Spicer &amp; Ruth Isaks</i> Continuation of Session 1.

**Session 2 Saturday 1:00-2:30 PM**

201	<b>BOATING</b> See session 1 for description.
202 Fee \$3.00	<b>IT'S ALL ABOUT THE GRANNY</b> <i>Shirley Schmidt</i> You will learn the 5 basic stitches of crocheting and complete a "Granny Square". <i>For right-handed beginners only.</i>
203	<b>HARRY POTTER</b> <i>Kathy "Doc" Byrne</i> Wizards, witches and magic are the theme for this session. Come to the "university" and learn about the scientific foundations used in this movie.
204 Fee \$10.00	<b>GLITTERING GARMENTS FOR THE RED CARPET</b> <i>Carol Ouellette</i> Glamour up a garment for the Red Carpet or whenever. Using tinsel, ribbons, Faux Jewels, sequins and stars, create a one of a kind garment for a night to shine.
205 Fee \$3.00 TCSO Option	<b>LETTERBOXING</b> <i>Darlene Carmolli</i> Letterboxing combines an outdoor treasure hunt with the art of rubber stamp carving. We will find letterboxes in camp and carve our own trail stamps.
206	<b>WATER WORLD</b> <i>Karen Barmmer</i> Looking for a little exercise while enjoying a dip in the lake? Then this workshop is for you.
207 Fee \$4.50	<b>WILLY WONKA CANDY MAKING</b> <i>Dorothy Saulnier</i> Candy ideas for kids to make for family, friends or meetings. Cupcakes, graham cracker houses and mini-cakes.
208 Fee \$3.00 TCSO Option	<b>THE SOUND OF MUSIC</b> <i>Heather Estey and Jane Olesen</i> Join the girls from Vermont (aka. Von Trapp Singers) for a traditional Girl Scout sing along! No previous singing training required – because lord knows... we don't have it!! Traditional Girl Scout songs from the Girl Scout Pocket Songbook will be highlighted as well as many others. Take these back to your troop, group or Neighborhood to share!



## Session 3 Saturday 3:00-4:30 PM

301		<b>BOATING</b> See session 1 for description.
302	☞	<b>A STAR IS BORN</b> <i>Robin Nadeau</i> Put on your own Hollywood Production for practically nothing. Recommended for leaders of 3 <sup>rd</sup> grade Brownies and Junior Girl Scouts.
303	☞	<b>PREMIER OF GIRL SCOUT JOURNEYS</b> - <i>Lynn Cutter</i> Explore and learn about the new Girl Scout Journeys for all age levels. The first journey is on the leadership experience for girls.
304	☞	<b>RUNELSWOOD SPA RETREAT</b> <i>Rachael Fusco</i> Come and enjoy a pampering experience in the tranquility of Runelswood. Enjoy making bath crystals, facials, and learn hand massage techniques. Live it up like the stars.
305	☞	<b>WE GOT THE BEAT!</b> <i>Carol &amp; Steve Savage</i> Come and join the Drum Circle of Girl Scout friends as we celebrate the music of Hollywood. We will all participate, using percussion instruments to play along, echo and answer, shake it out and enjoy a tuneful time together.
306	☞	<b>THE YOUNG AND THE RESTLESS</b> <i>Phyllis Jennings</i> Practical strategies to include girls with differing learning styles and abilities in troop activities (attention, social, cognitive, physical).
307	☞	<b>"RED CARPET" CHANGE PURSE</b> (Beginner Knitting 2) <i>Jean Tierney</i> Continue to improve your knitting by learning more techniques and stitches. Increasing and decreasing, different stitches and more will be covered. Information on bringing your own supplies in confirmation packet.
308	☞	<b>OCTOBER SKY</b> <i>Kathy "Doc" Byrne</i> In buddy teams, participants first will draw by lottery a kit full of instructions and materials to make a project for our Runels Science Fair. After we construct the models or do the experiments we will judge each other. Everyone goes home with supplies and a ribbon.

## Session 4 Sunday 10:00 - 12:00

401		<b>BOATING</b> - See session 1 for description
402	☞	<b>JACK FROST</b> <i>Suzi Franklin</i> Paint a beautiful landscape slate with a Jack Frost touch to welcome folks to your winter home. Suitable for beginners.
403	☞	<b>YOU OUGHT TO BE IN PICTURES!</b> <i>Irina O'Brien</i> Create a mini scrapbook album and fill them with your ten favorite photos of a special event, your family and friends.
404	☞	<b>ROBIN HOOD: "WO" MEN IN TIGHTS</b> <i>Carolyn "CJ" Joslin</i> Have fun learning to shoot for the first time or practice your already acquired skills. Then enter into a friendly competition to see which team wins the Broken Arrow Award.
405	☞	<b>PRETTY WOMAN MEETS SHALLOW HAL</b> <i>Kathy Searles</i> Tips and strategies for fostering positive body image for girls and young women. This workshop will include basic info regarding eating disorders and what a healthy food intake for girls looks like.
406	☞	<b>TWISTER</b> <i>Kathy "Doc" Byrne</i> This course will focus on violent weather - how we track it - what it is like to go through it - and how to survive it. As weather women we will go home with tornado bottles and other related experiments.
407	☞	<b>"HOLLY"WOOD BOWL</b> <i>Holly Perdue</i> We will make decorate baskets in the style of the Native Americans of the Southwest. The small baskets are good for use in holding potpourri or other dry materials.
408	☞	<b>TREASURE HUNTING ON LOCATION</b> <i>Dianne Ervin &amp; Vickie Turcotte</i> Modern day treasure hunting using a handheld GPS. We will be walking around the camp looking for hidden boxes.
409	☞	<b>THE GLITZ! THE GLAMOUR! THE CEREMONY!</b> <i>Sue Zinger</i> Calling all producers and directors! It's time to plan that special ceremony. The Glitz! The Glamour! It's all thanks to us. Come learn how to plan ceremonies of all kinds: Flag; Opening & Closing; Investiture & Rededication; Bridging; Thinking Day; Court-of-Awards; Campfire; Candlelight; Scouts' Own; and more. The Academy Awards have got nothing on us!!
410	☞	<b>OUTDOOR SURVIVAL SKILLS</b> <i>Nancy Spicer &amp; Ruth Isaks</i> To learn or review skills for you and your Girl Scouts to survive successfully in the out-of-doors in any weather. It will be fun!!!!
411	☞	<b>MUSIC "WO"MAN</b> <i>Betty Kennedy</i> We will learn how music is written for movies and T.V. and discuss the many ways music entertains, enlightens, and moves us to action. Then we will play "Name That Hollywood Tune" just like the T.V. game. Wait until you see the prizes.
412	☞	<b>PICTURE THIS</b> <i>Joyce Hamlyn</i> Decorate a 5" X 7" ceramic picture frame using one of several techniques.

# Septemberfest 2008 – “Hooray for Runelswood” Registration Form

**Mail to:** GSEM, 1740 Turnpike Street, North Andover, MA 01845 **Registration Deadline: Friday, August 1, 2008**

**General Information:** Please fill out all information on this registration form. Be sure to complete both sides. Confirmation of workshops, equipment list and directions will be sent two weeks before the event. See you at Septemberfest!

**PLEASE PRINT**

Name			
Address			
Town	State	Zip	
Home phone	Work or Cell phone		
Email			

\_\_\_\_\_ **This is my first time attending Septemberfest**

\_\_\_\_\_ **I would like my name, address, phone number and email address included on the list to be given to all participants.**

SESSION #	1 <sup>ST</sup> CHOICE	2 <sup>ND</sup> CHOICE	3 <sup>RD</sup> CHOICE
<b>Choose your Session 1 Workshop</b>			
WS Session 1 Saturday 10:00-12:00	Workshop # Fee:	Workshop # Fee:	Workshop # Fee:
<b>Choose Session 2 Workshop</b>			
WS Session 2 Saturday 1:00-2:30	Workshop # Fee:	Workshop # Fee:	Workshop # Fee:
<b>Choose Session 3 Workshop</b>			
WS Session 3 Saturday 3:00-4:30	Workshop # Fee:	Workshop # Fee:	Workshop # Fee:
<b>Choose Session 2/3 Workshop (do not sign up for Session 2 or 3)</b>			
WS Session 2/3 Saturday 1:00-4:30	Workshop # Fee:	Workshop # Fee:	Workshop # Fee:
<b>Choose Session 4 Workshop</b>			
WS Session 4 Sunday 10:00-12:00	Workshop # Fee:	Workshop # Fee:	Workshop # Fee:

**I am registering for one of the Septemberfest Special Programs:**

- \_\_\_ **Moving Beyond the Lodge** – *You must have completed Outdoor Adventures or Troop Camp Skills and have taken your troop on an overnight to take this course.*
- \_\_\_ **Canoe Leader Training**

**Please list any dietary restrictions or other special needs that we should know about to help make your weekend more enjoyable.**

**PLEASE COMPLETE ALL INFORMATION ON THE REVERSE SIDE BEFORE MAILING**

**OVERNIGHT ACCOMMODATIONS:**

I plan to stay overnight on **Friday night** \_\_\_Yes \_\_\_No      **Saturday night** \_\_\_Yes \_\_\_No

I would like to be in a following sleeping unit (indicate your 1<sup>st</sup> and 2<sup>nd</sup> Choice)

**Early Bird** – like to turn in early (by 10 PM) and go to sleep. The use of quiet voices is most appreciated by those sleeping in these units.

\_\_\_\_\_ Birchwood (Tents)

**Night Owls** – usually stay up late, socializing, laughing, singing...loudly

\_\_\_\_\_ Midship (Tentalos)                      \_\_\_\_\_ Oakridge (Cabins)

**Tweeter**– those who can't decide, but will be courteous to others in the unit.

\_\_\_\_\_ Blueberry Square (Yurts)      \_\_\_\_\_ Capella (Tentalos)                      \_\_\_\_\_ Sitzmark (Tents)

I would like to be in a sleeping unit with \_\_\_\_\_

Registration Fee	\$20.00
Total 1 <sup>st</sup> Choice Workshop Fees	\$
_____ Saturday Dinner (Indicate choice for entrée) _____ Chicken    _____ Pork    _____ Pasta	\$9.00
_____ Sunday Breakfast	\$2.00
_____ Polo -Shirt: Put in appropriate cost & size Size _____ (Adult <b>XS</b> – <b>XL</b> - \$22.00 or <b>XXL</b> - \$23.00 or Plus 1X or 2X - \$24.00 )	\$
_____ Hooded Sweat Shirt: Put in appropriate cost & size Size _____ (Adult <b>S</b> – <b>XL</b> - \$24.00 or <b>2X</b> - <b>3X</b> - \$26.00)	\$
_____ Nylon Jacket Size _____ (Adult <b>SX</b> – <b>XL</b> – 22.00 or <b>2XL</b> – <b>4XL</b> - \$25.00)	\$
_____ Director's Cap \$12.00	\$
<b>Total Amount Due</b>	<b>\$</b>

\_\_\_ Charge to my credit card

\_\_\_\_\_ Check enclosed

**Make checks payable to Girl Scouts of Eastern Massachusetts**

**Credit Card (circle one)**    Discover    MasterCard    Visa    Exp. Date \_\_\_\_\_

**Account #** \_\_\_\_\_

**Name on Account** \_\_\_\_\_ **Signature** \_\_\_\_\_