



# G.O. Conference 2008 Program

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## "The Shoelace"

- comes in all colours and sizes
- is very flexible
- is strong; if broken, it can be tied together and will be just as strong
- is versatile; it can do many different jobs
- has an important job and is an important part of a team
- is necessary for physical fitness
- is woven together; and so is the Guiding Movement

The logo shows the shoelace in a woven pattern which represents the water environment around the Fraser Delta Area. The lace is pointing upward, where we all strive to go. The letters G.O. stand for "Guider Opportunities", which is what this conference is providing. We refer to the conference as the "GO Conference". "GO" also connotes on the move, which is what we should be and are doing.

*Design and commentary by Marilyn Pow. Final logo drawing by Sherry Whitman.*

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## Purpose of the G.O. Conference

To reaffirm our pride and commitment to Guiding through fun, cooperative activities while developing new skills and using the resources in our community.

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Girl Guides of Canada  
Guides du Canada

### FRASER DELTA AREA

Saturday January 19, 2008

7:30am – 4:00pm

Cost - \$40 per person

Hugh Boyd Secondary School  
9200 No. 1 Road, Richmond  
(Francis & No. 1 Road)

~THE DAY AT A GLANCE~

7:30 – 8:15 Registration  
(coffee, tea, muffins available)  
8:15 – 9:00 Opening  
9:15 – 10:30 Session 1  
10:45 – 12:00 Session 2  
12:00 – 12:45 Lunch (provided)  
12:45 – 2:00 Session 3  
2:15 – 3:30 Session 4  
3:30 Closing

### Please note:

- ☘ This is a uniform event
- ☘ Lug-a-mug
- ☘ Bring your training passport

For more information please call Yvonne at  
604-275-0666 or email  
Yvonne\_Farrow@telus.net

The G.O. Conference is an opportunity for all Guiding members from Senior Branches to Trefoil and their friends to join in a fun day full of activities galore. This is also an opportunity to "Grow Guiding" so bring along a friend. We will have a variety of static displays for all to enjoy and invite you to visit our Craft Room to take home some wonderful new ideas!

We are delighted to have Elizabeth Specht, Executive Director of Volunteer Richmond Information Services join us as our key note speaker for our opening.

The Fraser Delta Guide Store will take preorders by email [fdaguidestore@telus.net](mailto:fdaguidestore@telus.net), fax 604-272-0491, or phone 604-274-5321 by Jan. 15<sup>th</sup>. Orders must also be prepaid by credit card or cheque. Please note – our email address is not secure credit card orders should be called in. Orders will be available near the registration table on the day of the event.

Check out the new crafts designed by the owners of a new company called "Schoolhouse Station." Camp crafts, traders, holiday gifts and a variety of "Kraft Kits for Kids" will be available for sale. All crafts are "No scissors, No glue, No mess!" so they are perfect for both meetings and camp.



# G.O. Conference 2008

## Sessions – page 1

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### **Camping With a Theme! ~ Susie McCormick & Julie Wilson**

Camp is booked, now what? Wondering what to do at camp to keep the girls busy all weekend? Whether it's solving a murder mystery, spending the weekend at the circus, exploring the world of bugs, visiting the spa, or hosting a mother/daughter camp, come and discover some amazing camp themes suited to you and your unit. We will look at possible activities, crafts, games, and theme menus, to make your camp a truly memorable experience for all. Suitable for all levels of Guiding.

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### **Exploring Multicultural Crafts & Games ~ Patti Salewski**

Come have some fun and learn a new craft or game idea from countries around the world. The crafts and games session will focus on activities suited to levels from Sparks to Guides. Participants will require scissors and some of the activities will involve behaving like our youth members, so "be prepared". Participants are also encouraged to bring with them, if they'd like, ONE IDEA related to the session topic that they might like to share. If you'd like to share an idea that is a craft item, please bring a sample of the craft, so other session participants can view it.

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### **"Open the Box" ~ Margaret Stutt**

Let's "Open the Box" together and see the stars inside your Art's to Go Toolbox. This is the resource that you have been looking for. There is singing, dancing, drama, and craft ideas for all branches. You will be dazzled at the many uses of the fabulous resources in the "Box".

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### **Line Dancing ~ Rebecca Vitug**

Line dancing is the latest craze aside from ballroom dancing. You don't need a partner in line dancing as you learn to dance the cha cha, somba, rumba, tango, waltz, hip hop and many more. This is an easy and fun activity to teach your girls.

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### **Senior Living Options for Today's Seniors ~ Wendy McDonough**

Seniors' Residences are a necessary option in today's society as seniors are living longer and have need for varying degrees of care. This session will provide you with a general overview of living in a seniors' residence, the different options offered by some facilities, as well as what care options may be available to assist in maintaining individual independence.

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### **Self Defense for Women ~ Michael Sirota**

This hands-on self-defense session will focus on practical and effective self-defense skills that can be learned by all. Emphasis will be placed on various strikes and escaping techniques from both stand up and group attacks. Empower yourself today with valuable skills.

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### **There is no "I" in Teambuilding ~ Marion Weir**

Learn what a **team** is, focusing on the characteristics of an efficient team. Discover how a **team** is created, focusing on team development and teambuilding. Investigate what a **team** leader is, focusing on the characteristics of a leader. Finally, look at how a team leader leads, focusing on the preparation and facilitation skills needed to be a better leader. Participants will receive credit for the training enrichment module called "Building Stronger Teams"

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### **Hatha Yoga ~ Nina Greaves**

Using poses (sustained stretches) and breathing awareness, this class will re-align your body, bringing skeleton, muscles, and internal organs back into balance. This can fight fatigue, lower blood pressure, reduce asthma attacks, alleviate muscle strain, prevent injuries, and lubricate joints, decrease insomnia, and combat depression. Yoga is the ultimate full body tune up! This class is for all ages, and fitness levels.

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# G.O. Conference 2008

## Sessions – page 2

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### **It's In Every One of Us!! ~ Allan O'Meara**

Whether you are white, black, or green; small, medium, or large; young or old, it's in every one of us. Laughter has no cultural barriers. We all laugh in the same language. We live so much of our life on speeded dial... without the dial. WHERE is the Balance in that!! Laughter helps shift perspective - unlocking the power to let go, and be in the present. This session will include a brief history of Laughter Yoga, where you will be led through an *interactive* and *fun* Laughter Yoga experience.

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### **Cards with a Twist ~ Bev Sloan & Linda Antich**

There is more to card making than using a rubber stamp. Come and create a handmade card for that special someone or occasion using metallic thread. You will be amazed at what you can do!

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### **Baking Designs ~ Anne Stallwood**

This session teaches all you need to know to start decorating your own special occasion cakes. Learn how to bake and prepare a cake for decorating, fill a cake, make decorator icing and ice your cakes like a pro. Discover how easy it is to do a simple design on a cake. Mastering roses, rose buds and leaves will be the "icing on the cake"! When you've added a zigzag or shell border, you'll be ready to delight your family and friends with a beautiful cake you've decorated yourself.

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### **Tickle Me Pickle – Introduction to Improv ~ Jodi Allesia**

As a youth-based community improv group we have been performing around the Lower Mainland for several years. We will be showing the fundamentals of improvisational theatre as well as relating improv to real life and giving a small performance.

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### **Improving Communication ~ Linda Fairley**

Having good communication skills is a must in running a unit or district. This session will teach you strategies for improving your communication skills.

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### **Introducing Adventurous Outdoor Activities to Guides & Pathfinders ~ Bobbi Hoadley**

This session will offer ideas and encouragement for preparing girls to participate in adventurous outdoor activities. Topics covered will include, activity ideas; building on camp skills; training ideas; "leave no trace" ethics; responsible risk-taking; and risk management.

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### **Flip Flop Book ~ Eleonor McGarry**

Double session – additional cost for supplies - \$20.

Make a handmade mini book that features panels that alternate in a criss-cross pattern when the book is opened. Very eye catching and unique! Each participant will receive complete kits with everything needed to complete the project.

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### **Scrapbook Page ~ Eleonor McGarry**

Double session – additional cost for supplies - \$20.

Scrapbook page (double session) – 10 things I Love About You – create a double page layout to show the favourite things you love about someone special in your life. Come prepared to make a scrapbook page and be ready to have 10 special reasons why someone is important to you (your mom, daughter, husband, etc.)

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# G.O. Conference 2008

## Sessions – page 3

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### **An Introduction to Family History ~ Eunice Robinson**

Interested in exploring your family history? This session will provide attendees with some ideas on how to introduce this topic to their units – or even to pursue this hobby themselves. Discussion on how to organize a search, record your results, interview family members, what to include. Tips on writing your personal story.

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### **Beyond Red Rover ~ Noreen Dragani**

Go beyond Red Rover and explore the exciting use of games in your units and at meetings. Up to 40 games will be played that you can use for a purpose, to teach program, or just for fun. Games for all ages and abilities will be introduced. Adaptation of games for special needs and special events will also be included. This is an interactive session so come prepared to participate and have fun!

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### **Recognition and Rewards with Warm Fuzzies ~ Dianne Prokuda**

Imagine the Possibilities! Pins, Badges & Awards. Rewards are important! How & when to present badges & pins. What recognition can we offer to girls, parent helpers, co-guiders, District people, Dads etc.?

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### **Let's Go Camping ~ Carell Bell**

This session is designed for new /newer Guiders who would like to take their unit on outdoor activities as well as camping. We will explore destinations and themes for all age groups. You will take away all the Safe Guide information needed to undertake a camping adventure with your unit. **You will be confident and prepared!**

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### **Adventure Guiding – An Alternative to the Gym ~ Cynthia Clarke & Jenny Woelbern**

Are you tired of weekly Guide meetings? Are you more interested in hiking, outdoor cooking, and camping than in the rest of the guide program work? Would you prefer to meet twice a month with your girls? Then this workshop is for you! Come and hear how the 20<sup>th</sup> Massey Guides became an outdoor adventure unit and learn how you can do it too!

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### **Future By Design ~ Thelma McGolrick**

Future by design will help individuals identify, plan and realize their goals for retirement" Please add your age range (30 – 40, 40 – 50 etc.) to the registration form to help me make this session as relevant as possible for you.

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### **Chinese Knotting ~ Daisy Lee**

Discover the ancient art of Chinese decorative knotting, and try your hand at creating your own intricate knots.

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### **Sushi Making ~ Linda Sakai**

Learn how to make sushi at home. Find out what ingredients you need, where to buy them and how to make Nigiri (rice base) and basic roll sushi. Easy once you know how!

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### **Songs for All Reasons ~ Angela Meyer**

Sing those special songs for ceremonies, at camp while you are doing your dishes, or going on a hike, around the campfire or at a unit meeting. Singing songs that are new and old will enhance the guiding experience for both you and your girls. Bring your song books and join me for a session full of song. A tape recorder is a great idea as well.

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# G.O. Conference 2008

## Registration form

Name \_\_\_\_\_

Email address \_\_\_\_\_

Address \_\_\_\_\_

Phone# \_\_\_\_\_

City / Prov \_\_\_\_\_

Area (for Guiders) \_\_\_\_\_

Postal Code \_\_\_\_\_

Guiding member? Yes  No

Registration fee - \$40 (Please make cheques payable to: GGC Fraser Delta Area)

Please review all the sessions that are available for you to choose from. There is a wide range from Camping to Baking to Line Dancing. Please note Scrapbooking and Flip Flop Books are double sessions and must be chosen accordingly, i.e. 1<sup>st</sup> and 2<sup>nd</sup> choice or 3<sup>rd</sup> and 4<sup>th</sup> choice.

**Please note that receipt of your registration will be emailed to you. Guiders who are registered in Multicultural Crafts, Flip Flop Book and Scrapbook Page will be notified in advance. Additional cost (\$20 each) for the Flip Flop Book and Scrapbook Page session will be payable on the day of the event.**

Please enter the name of your session in order of preference. We will do our best to give you your 1<sup>st</sup> 4 sessions.

1<sup>st</sup> choice \_\_\_\_\_

4<sup>th</sup> choice \_\_\_\_\_

2<sup>nd</sup> choice \_\_\_\_\_

5<sup>th</sup> choice \_\_\_\_\_

3<sup>rd</sup> choice \_\_\_\_\_

6<sup>th</sup> choice \_\_\_\_\_

Age range (for Future By Design session) \_\_\_\_\_

Please return your registration form along with the registration fee no later than November 15<sup>th</sup>, 2007 to:

G.O. Conference  
Fraser Delta Area Guide House  
4780 Blundell Road  
Richmond, BC  
V7C 1G9