

# CONNECTIONS 2012

## Girl Scout Adult Retreat

# *“Living Juliette’s Dream”*



**March 30, 31, April 1, 2012**

Grey Koch Bldg, Camp Elk River

Join us for a fun-filled weekend of workshops, pampering, ceremonies, crafts,  
games & more

~ Fun~ New Friends~New ideas~Relaxing~Laughter~Learning~”You” Time~

### **IMPORTANT REGISTRATION INFORMATION**

**Early Bird Deadline: 2/14/2012**

Please register early. Class space & overnight arrangements are limited  
Registrations will be accepted on a 1<sup>st</sup> come, 1<sup>st</sup> served basis

**Please include your check with Registration Form**

**Make checks payable to GS Retreat**

For questions or concerns E-mail [connectionsretreat@gmail.com](mailto:connectionsretreat@gmail.com)

Or call Marianne 763-568-1686 or Ellen 763-755-4504

Entire Weekend:	Friday 6:30 to Sunday Noon	Sat Only: 8:30am – 11:00
Early Bird (postmarked by 2/14/12)	\$45	\$25
Regular fee (postmarked after 2/14/12)	\$55	\$35

### **Registration closes 2/29/2012**

Registrations will be accepted and placed on waiting list

Mail Registration and payment to:

Connections Retreat c/o Marianne Paul

12235 Ilex St NW

Coon Rapids, MN 55448

## **CLASS DESCRIPTIONS**

**All Girl Scouts can Sing;** Learn some fun, crazy GS Songs & Games that girls love to sing. Lots of repeat-after-me, repeat-after-me songs with actions to keep things lively. Get the girls engaged and even you will sing outside the shower.

**Archiving – Preserving Memories:** There is no mystery to taking care of your collectibles, but it does take awareness of deterioration, common sense, and safe materials. This class will go over the proper care and storage techniques for commonly collected material and participants will come away with samples, vendor lists, and a little bit of hands-on experience in collections care. Copies of the book *Saving Stuff* by Smithsonian objects conservator Don Williams will be available for sale.

**Bandana Blast:** Learn traditional and new creative usages for bandanas. Make a travel bandana checkerboard set. ***Bring a ruler and 2 to 3 bandanas.***

**Belly Dancing:** Learn a simple way to physical wellbeing through belly dancing and have fun while you dance.

**Boxing Basics:** Come have a bash in the Boxing Basics Class. Every Girl and Woman deserves to have the confidence to throw a punch if she needs to. Join us to learn HOW! All punches will be aimed at pads. You can practice all stances and movements without contact, if you prefer.

**Day Trippin' Around Town:** Get ideas on local day trips you can take with your girls to sites that you may not have seen yourself.

**Decluttering Your Life:** How much influence do you have with everything in your life? Learn how to make sure the important things are accomplished.

**Duck Tape GOODIES:** Imagine using duck tape to create a lot of fun crafts. We will be learning how to make fun things with duck tape. Your girls will love doing this and will not be able to stop. ***You will need to bring a roll of Duck tape for the class. Approximately \$4.00 a roll.*** Many colors and patterns to choose from at Michael's or Menards.

**Essential Oils: Nature's Medicine:** Learn how essential oils provide natural pain relief, alleviate stress and anxiety, increase mental clarity, balance hormones and much more.

**Girl Scout Traditions:** Ditty Bag is not a dirty word, but what is it???? Learn creative ways to commemorate Special GS Events, including Thinking Day, Scouts Own, World Association fund and many others. Why do things the same way? Create a new way while remembering the old!

**Healing Oils of Scripture:** Experience the extra ordinary healing benefits of all twelve oils of the Bible.

**How To Deal with Change:** With your world constantly changing, learn how to stay in control.

**Japanese Braiding:** Learn the art of 'Kumi" braiding. You will make a bracelet that is fun for brownies through adults. 3 skeins of embroidery floss will be supplied, ***Bring a ruler and sharp scissors.***

**Life and Times of Juliette Low:** What helped make Juliette the person she was? Who influenced her to create the desire for the worldwide organization we know as Girls Scouts? Learn more about our Founder.

**More Things Fun with Paper:** Here is your chance to try several different paper crafts. Using patterns, you'll fold and cut projects you can share with your girls. If time allows, we'll also show you how to apply your new skills to a couple of cards.

**Qigong:** If you can inhale and exhale you can give yourself a mini-vacation through Qigong. Bust stress, boost your health and clear your mind. Learn relaxation and meditation basics (both seated and standing) from an experienced instructor.

**Scrap Crafts:** If you have scraps we have the crafts. Learn quick and easy crafts with fabric bits-and-pieces and re-purposed items. In this class we will make three small, useful items, to take back to your troops. These crafts are ideal for any age girl.



# Connections Retreat 2012...Living Juliette's Dr



## REGISTRATION, INFORMATION AND PAYMENT FORM

### Attendee Information

Last name: \_\_\_\_\_  
 First: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Street address: \_\_\_\_\_  
 \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 BEST CONTACT #: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
 Service Unit name: \_\_\_\_\_  
 # of yrs as GS Adult: \_\_\_\_\_ # of yrs as GS Youth: \_\_\_\_\_  
 Is this your first Connections Retreat? Y \_\_\_ N \_\_\_  
 Circle your program Level(s):  
 Daisy Brownie Junior Cadette Senior Ambassador  
 If you are not currently affiliated with a Troop, what is your current Girl Scout position(s) or affiliation(s)?  
 \_\_\_\_\_

### Additional Information:

Food Allergies: \_\_\_\_\_  
 Vegetarian preference: Yes or No (Circle one)  
**Sleeping preference:**  
 \_\_\_ Gray Koch Bldg. Program Room (mat or own cot on floor)  
 \_\_\_ Pines (bunk beds with mat, slight walk from Gray Koch)  
 I am coming with a buddy: \_\_\_\_\_  
**T-shirt order optional: NO extras available at event to buy!!**  
 Cost per shirt: \$10.00 (You can order more than one each)  
 Circle T-shirt size(s): Sm Med Lg XL 2XL 3XL  
 # of T-Shirts Ordered: \_\_\_\_\_  
**Commemorative Tote (OPTIONAL):** \$8.00 each  
**NO bag being given this year!!** # ordered \_\_\_\_\_

### Payment Information

Registration Fee:		Prices	Amount Enclosed
Fri - Sun	By Reg. Deadline	\$45.00	
Fri - Sun	Post Reg. Deadline	\$55.00	
Sat Only	By Reg. Deadline	\$25.00	
Sat Only	Post Reg. Deadline	\$35.00	
Dinner is included, are you staying?			Yes or No
T-Shirt order	Shirt qty x	\$10.00 ea	
Event Bag order	Bag qty x	\$ 8.00 ea	
<b>Total Amount Enclosed:</b>			
Check #:		<b>(Payable to GS Retreat)</b>	

### Session Class Choices

(Class descriptions can be found on separate sheet)  
 We will do our best to get you into your 1st, 2nd and 3rd choices, but space is limited, so register early!!

**Please mark choice order for ALL 1, 2, 3, 4, 5 and 6.**

Session 1 (9:30 - 10:45 am)	Choice order
Duck Tape GOODIES	
Essential Oils - Natures Medicine	
Girl Scout Traditions	
Boxing - Basics	
Bandana Blast	
Archiving - Preserving Memories	

Session 2 (11:00 - 12:15 pm)	Choice order
De-cluttering your life	
Belly Dancing	
QiGong	
Healing Oils of Scripture	
More Things Fun with Paper	
Girl Scout Songs & Games	

Session 3 (2:00 - 3:15 pm)	Choice order
How to Deal with Change	
Belly Dancing	
Day Trippin' Around Town	
The Life and Times of Juliette Low	
Japanese Braiding	
Scrap Craft	

This weekend should be all about you!  
 All sessions and other activities are optional.  
**Other great activities to plan for during the event:**  
 ~Massage therapists (Additional charge for this)  
 ~Juliette's Badge Journey Passport Activity  
 ~Games ~Laughs ~ Self Directed Crafts  
 ~SWAP's ~Resource books ~SWAP's Corner  
 ~Silent auction ~Travel Corner ~Fun  
 ~The Friday Night SpaJama Party  
 ~Camp tours ~Networking And much more!!!

**Questions??** Email: connectionsretreat@gmail.com

**Return this form with payment as soon as possible to reserve space in this event and keep your dreams alive!!**