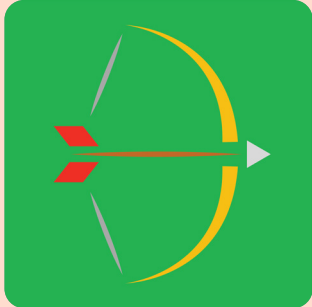


# Cadette Programs On Demand

## Archery Badge



Earn your GSUSA Cadette Archery Badge by learning all about the sport of Archery from one of our Certified Instructors. They will teach about parts of the range and bow, range safety, scoring, and much more in this 2.5-hour program.

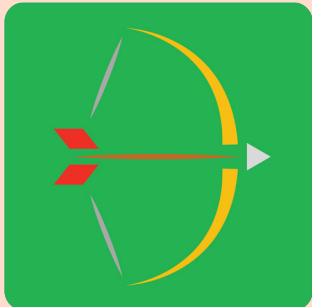
**Location:** Camp Sacajawea / Camp Amity / Program Activity Center - Farmingdale

**Cost:** \$14

**Facilitator:** Jen Holmes

**Recognition:** Badge

## Archery II - Compound Bows



You have tried shooting recurves and now you wonder what it's like to shoot a compound bow. Come learn first-hand the difference between compound and recurve bows as you learn how to shoot our Genesis Compound Bows.

**Location:** Camp Sacajawea / Camp Amity / Program Activity Center - Farmingdale

**Cost:** \$14

**Facilitator:** Jen Holmes

**Recognition:** Patch

# Cadette Programs On Demand

## C/S/A (Becoming Me)



Cadettes, Seniors, and Ambassadors are invited to participate in this Program on Demand opportunity. This program, inspired by former First Lady of the United States Michelle Obama's book *Becoming: Adapted for Young Readers*, will be brought directly to your town. As a participant in this unique experience, girls will explore the truth of their own story and the power of their voice while hanging out with friends! Girls will receive the exclusive patch and have an opportunity to receive a copy of the book. Must be 12 girls registered to reserve this program.

**Cost:** \$20

**Facilitator:** Devin Carrick

## Cadette Babysitting



Are you confident and feel prepared when you are babysitting? Are you looking to build a network for your babysitting business? Cadettes are invited to join Girl Scouts of the Jersey Shore and American Red Cross to receive official babysitter training. Girls will spend the day learning how to care for infants, toddlers, and children. Girls will receive training on how to handle allergies, feeding, changing diapers, and much more while learning how to create their own babysitting business. Girls must bring their own lunches. Babysitting badge is included. Register soon- this program fills quickly!

**Cost:** \$25

**Facilitator:** Devin Carrick

# Cadette Programs On Demand

## Cadette Eating For You

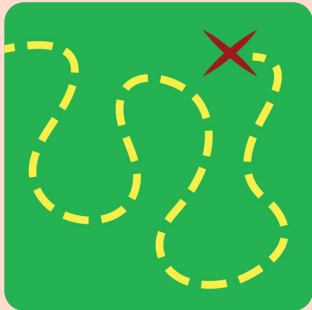


Food is a huge part of our everyday life, but people don't realize that what we eat affects us in many ways. With hands-on activities and exploring different foods and tests, Cadettes will gain the knowledge of how good nutrition helps your body stay healthy. Find out how what you eat affects your skin, explore how your diet affects your stress level, and explore how the food you eat affects your sleep. Schedule this Program on Demand in your local town! Must have 12 girls to reserve this program.

**Cost:** \$17

**Facilitator:** Devin Carrick

## Cadette Journey (Amaze or Media Journey)



Reach out to council to book a Cadette Journey, "Program on Demand." Bring the program to your town! Council will run either the Amaze or Media Cadette Journey in a Day in your local area. Must be at least 20 girls to book this program. \*Prerequisite for Silver Award\*

**Cost:** \$45

**Facilitator:** Devin Carrick

**Recognition:** Patch

# Cadette Programs On Demand

## Cadette Public Speaker



They call it stage presence: the ability to be yourself and make a connection with people, even a crowd of people, and seem comfortable the entire time. And a great presenter's talent for conveying their points clearly and powerfully is useful everywhere, not just in politics or on the stage. Luckily, you don't have to be born with these skills! When you've earned this badge, you'll have found your inner performer and be unafraid to speak up. Schedule this Program on Demand in your local town! Must have 12 girls to reserve this program.

**Cost:** \$17

**Facilitator:** Devin Carrick

## Cadette Science of Happiness



How can you tell if you are happy? Through this Program on Demand, girls will explore how scientists measure happiness and put their results into action. Girls will engage in hands-on activities to learn how to make themselves happier, think differently for happiness, get happiness through others, conduct a helpful happiness experiment, and create their own happiness action plan. When they have earned this badge, they will know how to use the science of happiness to make their world the happiest place it can be. Schedule this Program on Demand in your local town! Must have 12 girls to reserve this program.

**Cost:** \$17

**Facilitator:** Devin Carrick

# Cadette Programs On Demand

## Campfire Cooking



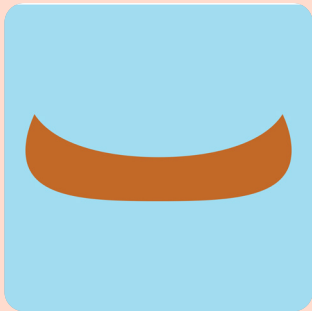
Nothing tastes better than a meal you've prepared and cooked over an open fire with friends! Review how to build and maintain a proper cooking fire before working together to make individual foil packet meals and a tasty dessert treat.

**Location:** Camp Sacajawea / Camp Amity

**Cost:** \$15

**Facilitator:** Stephanie Smida

## Canoe I



Head out onto the lake and learn how to paddle, the parts of a canoe, and how to work as a team. (2 hours- not available November-April)

**Location:** Camp Sacajawea / Camp Amity

**Cost:** \$14

**Facilitator:** Stephanie Smida

**Recognition:** Patch

# Cadette Programs On Demand

## Challenge Course for Older Girls



Head out to the elements on our low ropes course to work with your team to complete different tasks. Come back more than once! We have many different elements and every time you come it's a different experience!

**Location:** Camp Sacajawea / Camp Amity

**Cost:** \$13

**Facilitator:** Jen Holmes

**Recognition:** Patch

## Challenge Course III With Mid High



Clip yourself in as you navigate 6 different challenges that include elements like a monkey bridge, tightrope and wood swings, while 6 feet off the ground!

**Location:** Camp Sacajawea / Camp Amity

**Cost:** \$16

**Facilitator:** Jen Holmes

**Recognition:** Patch

# Cadette Programs On Demand

## Compass and Map Reading 101



In today's world we use technology to find our way, but what happens when technology fails? In this program learn how to read a map and use a compass so you can always find your way. Prerequisite for Oregon Trail

**Location:** Camp Sacajawea / Camp Amity

**Cost:** \$14

**Facilitator:** Jen Holmes

**Recognition:** Patch

## CPR/First Aid



Cadettes in 8th grade, Seniors, and Ambassador Girl Scouts are invited to receive American Red Cross First Aid and CPR Training. Girls will need to complete an online portion of the training before attending the in-person training. Instructions will be sent upon registration. Through this training girls will gain the knowledge, confidence, and understanding of the steps for performing First Aid and CPR correctly on teens, adults, children, and babies, and deliver care in a wide range of scenarios. Girls will receive the First Aid badge and will become certified by the American Red Cross.

**Cost:** \$25

**Facilitator:** Devin Carrick

## Discover Girl Scouting Trunk



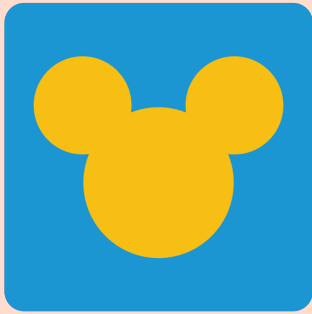
Troops of all levels can reserve this trunk created from the GSJS Archive Room, filled with historical materials such as song books and handbooks, uniforms, a trivia game, and a guide for all the inventory. Not only can girls look through the history of Girl Scouting, but they can also touch, feel, and try on many of these materials! Troops can reserve the trunk for up to three weeks. A special archive room patch is included!

**Cost:** \$4

**Facilitator:** Devin Carrick

# Cadette Programs On Demand

## Disney Dance & Trivia



Join fellow Disney fans as we DANCE, SING AND PLAY musical games, as well as test what you know about Disney princesses and other characters with trivia and more. Be sure to dress in your Disney best and be ready to have some fun at this in-person event. (Fun patch included)

**Cost:** \$12

**Facilitator:** Susu Garcia

**Recognition:** Patch

## Firebuilding



Have you ever wanted to build your own campfire? After learning important fire safety, you'll collect the correct types of wood for the very best campfire. Make a mini-fire with a partner and craft your own custom campfire snack. Prerequisite for Oregon Trail.

**Location:** Camp Sacajawea / Camp Amity

**Cost:** \$14

**Facilitator:** Jen Holmes

**Recognition:** Patch

## Flying Squirrel



Experience a rush of adrenaline as you fly though the sky, securely held in by our rope and harness system. The whole team works together for a thrill of a lifetime!

**Location:** Camp Sacajawea / Camp Amity

**Cost:** \$16

**Facilitator:** Jen Holmes

**Recognition:** Patch



# Cadette Programs On Demand

## Glass Blowing (Cadette)



Cadette Girl Scouts are invited to join Girl Scouts of the Jersey Shore at Hot Sand in Asbury Park for a unique Glassblowing Experience. Girls will interact hands-on with this ancient art form while earning their Glassblowing patch. Girls have the option to pick between 3 unique objects with a choice of Hot Sand Color Mix. Girls will take a brief tour through the Hot Sand Gallery, which has exciting, unique gifts with featured work made by in-house glassblowers, as well as emerging glass artists located in and out of state. Girls will meet with and hear from a female professional. \*Items will need to be picked up from council a week later\* \*\*Chaperone required per Juliette or Troop\*\*\*

**Location:** Hot Sands, Asbury Park (550 Cookman Ave, Asbury Park, NJ 07712)

**Cost:** \$65

**Facilitator:** Devin Carrick

## Knife Skills and Whittling 101



Learn proper handling of a knife and practice this important life-skill through simple whittling techniques. Discover different ways to create both art and practical pieces using the knowledge gained in this program.

**Cost:** \$15

**Facilitator:** Jen Holmes

**Recognition:** Patch

# Cadette Programs On Demand

## Knot Tying & Lashing - CSA



Learn how to tie knots and what they are commonly used for. We will review how to tie a square knot, clove hitch, and half hitch. You will learn new knots like Sheet Bend, Timber Hitch, and Figure 8 knot. Then learn how lashing is used to build different things and practice square lashings, tripod lashing, diagonal lashing. Girls will put their new skills to the test and build something to take home. Each girl will receive a practice rope to take home with them. Recognition: Patch  
Prerequisite for Oregon Trail

**Cost:** \$14

**Facilitator:** Jen Holmes

**Recognition:** Patch

## Mental Health in the Outdoors



Stress and being tethered to technology can have an adverse effect on our minds and bodies. There is no better place to unwind and reconnect with our natural selves than the outdoors! Join us for a day of learning and practicing mindful meditation, healthy stretching, connecting our senses to the environment around us, and discovering how to confidently calm our minds using what nature provides us organically. Participants should wear comfortable clothing they can stretch freely in, bring a personal mat or towel, and a refillable water bottle.

**Location:** Camp Sacajawea / Camp Amity

**Cost:** \$20

**Facilitator:** Stephanie Smida

**Recognition:** Patch

# Cadette Programs On Demand

## Naturally Artistic



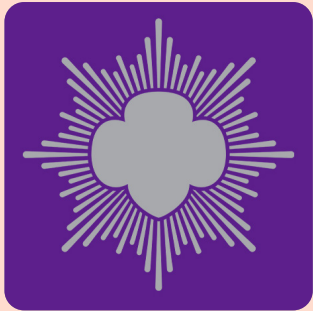
Art is all around us organically in the outdoors, found in the colors, textures, even sounds! Come explore the different ways to appreciate the palette the earth provides us to work with, through exposure to different techniques and mediums and creating a piece of art to take with you.

**Location:** Camp Sacajawea / Camp Amity

**Cost:** \$20

**Facilitator:** Stephanie Smida

## Silver Award Workshop

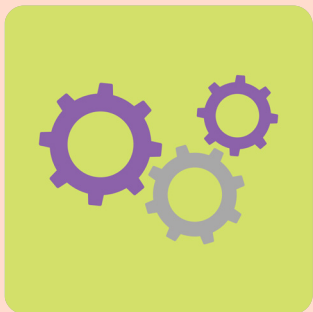


The Silver Award is the highest award a Cadette Girl Scout can earn in Girl Scouting. This workshop is mandatory to earn the Silver Award. Only Girl Scouts must register; adults and leaders are encouraged to attend, but do not have to register. During this workshop we will review the requirements for this award, the submission process, and answer questions. The Silver Award Take Action Project might seem challenging; this workshop will teach project management skills including meeting deadlines and building a team.

**Cost:** \$5

**Facilitator:** Devin Carrick

## Think Like An Engineer Journey



Girls are invited to explore the fun world of STEAM with this engineer journey. Through this program, girls will learn more about opportunities available to them through STEAM by becoming an engineer. Do your girls like to solve problems? Work hands on to build things? Girls will learn from experts and practice being an engineer for the day with this program on demand! \*pre-requisite for Silver Award\*

**Cost:** \$45

**Facilitator:** Devin Carrick

# Cadette Programs On Demand

## Trailblazing badge



Learn what it takes to be a true trailblazer! We'll cover what to bring (and what to leave at home) before checking out some backpacking gear and practicing some basic first aid. We will review, "Leave No Trace," before we sample backpacking and pitching tents in our mock campsite. We'll cook lunch in foil packets and make our own delicious granola bars. Mess kits are required for this program and are available to order with registration.

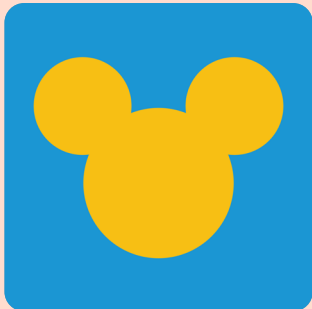
**Location:** Camp Sacajawea / Camp Amity

**Cost:** \$45

**Facilitator:** Jen Holmes

**Recognition:** Badge

## Virtual Disney Trivia



Are you ready for Disney Trivia? From the comfort of your home, join fellow Disney fans as we play musical games, test what you know about Disney princesses and more. Register early, we need to send you game materials before game day, including make-it-yourself Mickey Ears, activity sheets and a fun patch. This Zoom program is \$10 per girl. Be sure to dress in your Disney best and be ready to have some fun.

**Cost:** \$10

**Facilitator:** Susu Garcia

**Recognition:** Patch