

Planning Guide

November 13-15, 2026

Welcome to Adult Retreat!

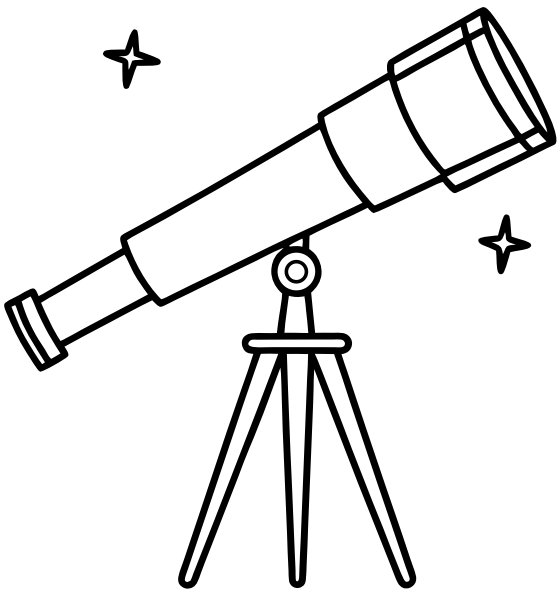
Thank you for choosing to spend this weekend with us. Your presence here is a gift—an affirmation of the spirit of volunteerism that has carried us through 20 incredible years of campouts, connection, and community. As the Mission Statement states, “The GSNETX Adult Retreat is a weekend event where Girl Scout Adults come and have fun together, building relationships, and a Girl Scout network while learning new skills in a relaxed environment.”

To every volunteer and staff member who has helped build this tradition: your dedication, creativity, and care have shaped something truly special. We’ve made it to our 21st GSNETX Adult Retreat and through the past 20 retreats we’ve proven that “When you wish upon a star…Dreams DO come true”! Because of YOU girls dreams all over Northeast Texas have come true!

Your sisters in Girl Scouts,

Becca King
Staff Liaison
Outdoor Program Volunteer Coordinator

Lizzy Seidemann
Retreat Event Chair







Registration Instructions

Retreat is $100 for the weekend +$20 for the t-shirt.

Before You Register: We highly recommend reviewing this guide and deciding which activities and options you'd like to select before beginning registration. Changes can be more difficult to make once registration is complete, so planning your selections ahead of time will help make the process smoother and ensure you get the most out of your Adult Retreat experience.

1. Go to activenet.org. Search for Retreat 2026 to find the correct event listing.
2. Go to the right-hand side of the page and add the number of members that you'd like to sign up using the plus sign, then click the green Log In button.
3. Log in using your Girl Scout email address. If you have trouble logging into Activenet, please reach out to the GSNETX Customer Care team at customercare@gsnetx.org. Note: The Customer Care team is only available Monday through Friday 9am-5pm.
4. Under Assign attendees, select the members that you'd like to register. You'll have the option to toggle between selecting adults for your household or from your troop. If you're registering multiple adults for the event, you will have to go through this process for each member.
5. Scroll down and select an option or a class for each event block. Be sure to make a selection in each event block and refer to the classes in this planning guide for more information.
6. On the Add your details screen, click Review Cart.
7. On the Review your cart screen, you'll be given the option to make a donation to GSNETX as part of your event registration. Scroll down past it and click the box under the Girl Scout Promise and Law that says "I agree to the Girl Scout Promise and Law" then click Add Payment Details.
8. Enter your payment details then click Submit Payment.
9. You'll reach the Payment confirmation page and you're registered for Adult Retreat! You should receive a confirmation email acknowledging your registration and be able to pull up the detailed information in MyGS. We will send more detailed confirmation information and instructions closer to the week of the event.

Everyone's Experience is Their Own Creation

Get Registered!
Choose your lodging.

- All guests will pre-select their own unit housing during registration. A limited number of Saturday Day Use spots will be available for those who do not wish to attend for the entire weekend or spend the night at camp. Most guests, however, will be full weekenders.
  - Laird West Lodge is the only unit with indoor bathrooms for those with mobility needs. All other units have stairs and separate bath houses. If you do not have mobility needs, please try to select a different unit.
  - Raccoon Ridge is platform tents or bring your own tent.
  - All other units are regular cabins with a separate Bath house.
- Unit housing is on a first come / first served basis. When it's full; it's full. Have a backup unit in mind ...or just try a unit that you've never stayed in before. It's an adventure and you're going to meet new people. Why not try new things?

What will my experience price include?

For just $100.00 you get to enjoy a weekend experience that includes:

- Light snacks & activities Friday night!
- 4 meals - from Saturday breakfast to Sunday breakfast.
- Overnight accommodation for all participants (excluding Day Use guests.)
- Commemorative event patch, the perfect keepsake from your unforgettable weekend.
- Over 65 enrichment class options, ensuring every moment is memorable. Many classes have all supplies included!

If I Want to Experience Retreat - but a Hotel Sounds Better... What Do I Do?

- You are welcome to join us for just Saturday & sleep at your own home or pay for a hotel of your choice. Give yourself the weekend you need!
- Stay for the weekend or stay for the day, the $100 event cost remains the same.

You may purchase a commerative t-shirt for just $20 more!

Registration close date / T-shirt order cut off / final date for cancellation refund: 10/1/2026 at 11:00:00 PM

Need Registration Help? Call Customer Care 972-349-2400

GSNETX Adult Retreat Schedule

FRIDAY, NOVEMBER 13		
1:30 - 5:00 pm	Service Project	
12:00	Level One Camp Ready Participants and Instructors Arrival	
5:00 pm	Check-in begins on the field *(Eat before you arrive or bring your own food. Dinner is not provided Friday night.)*	
5:00 - 9:00 pm	GS Pop-up Shop in Mustang	
7:00 - 9:30 pm	Activities in units (5-7), on game field, & in Laird West (7-9:15)	
9:30 pm	Unit Meetings	
11:00 pm	Quiet Settles Over the Units *(Unit Shelters available for subdued pajama parties.)*	
SATURDAY, NOVEMBER 14		
6:30 am	Coffee/Tea Bar open in units	
7:00 - 9:00 am	Breakfast Classes	Block 0
7:30 - 9:00 am	Flag Up/Opening Ceremony & Breakfast in Dining Hall *(Color Guards meet Doreen Brown on Friday)*	
8:00 - 9:00 am	Check-In for Saturday with Lizzy at Dining Hall	
8:00 - 10:30 am	GS Pop-up Shop in Mustang	
9:15 am - 12:15 pm	Morning Classes	
	9:15 - 10:30 am	Block 1
	10:50 - 12:05 pm	Block 2
10:50 am-1:45 pm	Cooking Over Lunch Classes	
12:15 - 1:45 pm	Lunch & Break	
12:00 - 2:00 pm	GS Pop-up Shop in Mustang	
2:00 - 5:00 pm	Afternoon Classes	
	2:00 - 3:15 pm	Block 3
	3:45 - 5:00 pm	Block 4
3:45 - 7:00 pm	Cooking Over Dinner Classes	
5:45 - 7:00 pm	Flag Down Ceremony & Dinner at the Dining Hall *(Color Guards meet Doreen Brown at 5:30 pm at Flag Pole)*	
7:30 - 8:45 pm	All Camp Campfire & Ceremony or other activity	
9:00 - 10:30 pm	Late Night Classes	Block 5
10:30 pm	Back to Units	
11:00 pm	Quiet Settles over Unit Areas	
SUNDAY, NOVEMBER 15		
6:30 am	Coffee/Tea Bar Open in Dining Hall	
8:30 - 10:00 am	Closing Ceremony at Singing Steps & Breakfast in the Dining Hall	
10:15 - 10:30 am	Load Personal Gear into vehicles	
10:30 - 11:15 am	Final Unit Clean-Up: Clean cabins, unit shelters, and bath house; take out all trash; Gather lost and found and bring to Mustang porch	
11:30 am	Farewell...see you next year!	

GSNETX Level One: Camp Training

Is your troop ready to start camping? Great!

You need a Level One certified adult volunteer.

To be that person - take Level One Camp Training online or in person. Want to build fires and go on the road? Take Level Two.

Scan the QR Code to see and sign up for Level Two.

Learn the skills needed to take your troop into the great outdoors!



scan ME!

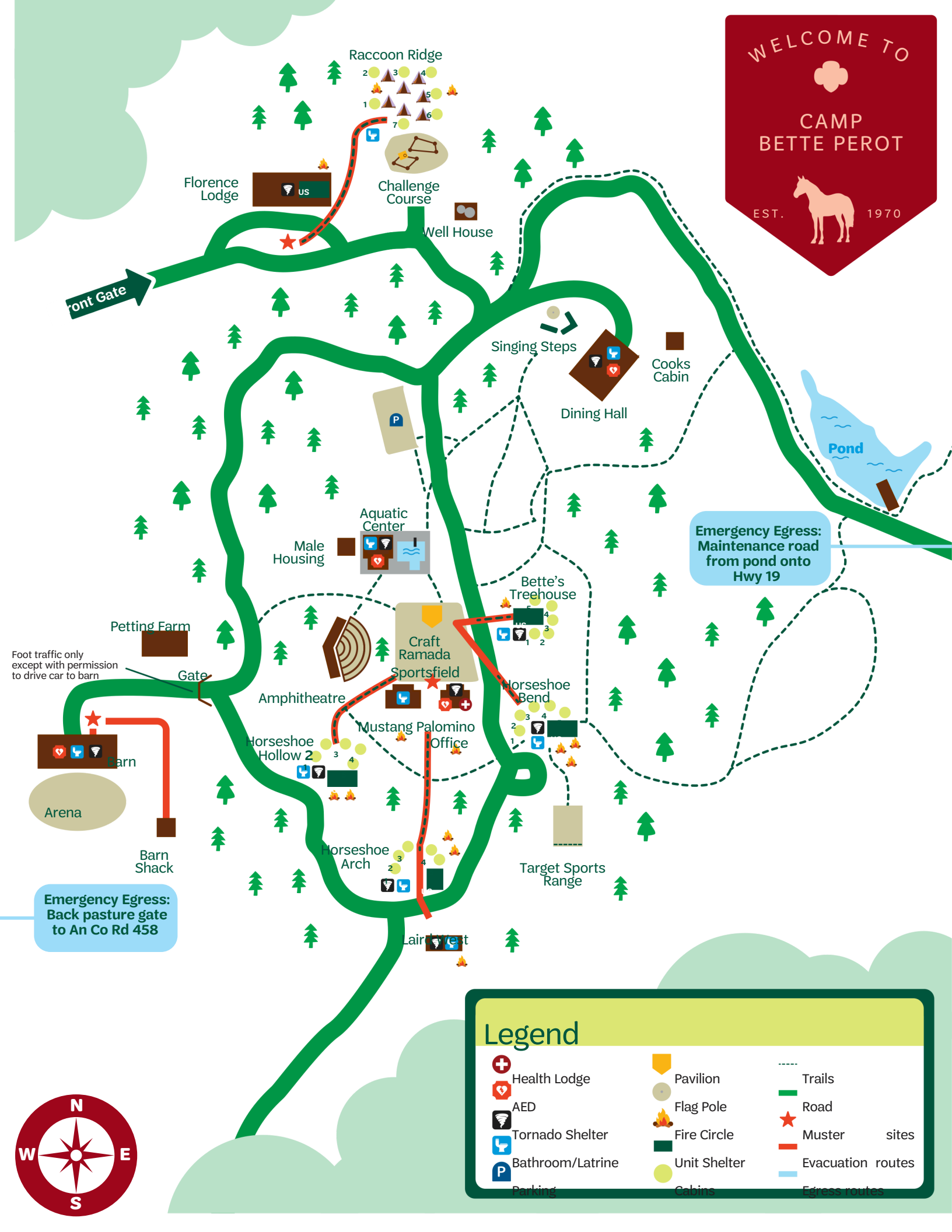
Be sure to join our Facebook group once you've registered!

JOIN NOW

2026: GSNETX Adult Retreat Event Group

You will be approved by theAdmin Team

Join the group for event updates, weekend information, and lodging sign-ups as we get closer to Adult Retreat.


WELCOME TO
CAMP
BETTE PEROT
EST. 1970
Raccoon Ridge
Florence Lodge
Challenge Course
Well House
ront Gate
Singing Steps
Cooks Cabin
Dining Hall
Pond
Aquatic Center
Male Housing
Emergency Egress: Maintenance road from pond onto Hwy 19
Bette's Treehouse
Petting Farm
Foot traffic only except with permission to drive car to barn
Gate
Craft Ramada
Sportsfield
Amphitheatre
Horseshoe Bend
Mustang Palomino
Office
Horseshoe Hollow 2
Barn
Arena
Barn Shack
Horseshoe Arch
Target Sports Range
Emergency Egress: Back pasture gate to An Co Rd 458
Legend
Health Lodge
AED
Tornado Shelter
Bathroom/Latrine
Parking
Pavilion
Flag Pole
Fire Circle
Unit Shelter
Cabins
Trails
Road
Muster sites
Evacuation routes
Egress routes
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Step 2: Make your legend!

Study the class schedule overview

Let your creativity flourish in hands-on workshops, where you'll blend colors on your canvas like an artist, uncovering the stories and emotions that colors convey.

7:00 - 9:00 am: Breakfast Classes

Early 6:00- 7:15 am	Block 1 9:15 - 10:30 am	Block 2 10:50 am - 12:05 pm	Lunch
Yoga	Bowl Cozies	Beginner Macrame: Simple Bracelet	12:15 pm to 1:45 pm
The Cozy Café Breakfast Club (7-9 am)	High Ropes	Low Ropes	
Monkey Bread & Morning Magic (7-9)	Dream It, Draw It, Shrink It!	Mocktail Magic	
	Carmel Apple Making	Recycled Jewelry: Fabric Beads	
	Teacup Fairy World	Reflections of A Wish: Reverse Glass Painting	
	Old Fashioned soap making & Body Balm creations		
	Resin Geodes		
	Axe Throwing	Hot CoCo Bombs	
	HorseBack Riding	Common Scents: Remedies with Common Native Plants	
	Girl Scout Trivia BINGO	Snap & Conquer: Digital Photography	
	Paint & Pour - Camp Style	Seek by iNaturalist and other apps	
	Pop & Swirl - Creative Paper Art	Bloom & Grow	
	Lashing & Pioneering - Beginners	Self-Defense: Confidence Starts Here!	
		Archery	
		Dream Catcher	
		The following classes begin in Block 2 and run over lunch:	

Make, Bake, and Enjoy: Personal Pizza Experience

Let's Brunch

Out of This World Tamle Capsules



Block 3 2:00 - 3:15 pm	Block 4 3:45 - 5:00 pm	Supper	Block 5 9:00 - 10:30 pm Late Night Classes after Campfire
Tent Confidence	Knot Lab: Learn, Try, Master	6:10 pm to 7:00 pm	Card Games
High Ropes	Low Ropes		Night Throwing
Magic Mocktails	Phone Photography		Night Shoot
Starlight Stories: Book Bedazzling Workshop	Dream It, Draw it, Shrink It		Mah Jongg
Woodburning	Dreams in Progress: UFO Craft Lounge		Under the Stars: Dreams in Progress After Dark
	Basic Home Repairs		Recycled Jewelry: Fabric Beads
Mischief Managed: A Hogwarts Crafting Adventure			
Sculpture book art with recycled books			
Slow Campfire Songs	String Out		
Paracord Bracelets	Beyond the Peanut Butter Sandwich		
Jelly Star!	Guitar		
Axe Throwing	Archery		
Horseback Riding	No Sew Projects		
Girl Scout Trivia BINGO	Star Gazing with SkyView Lite		
Upcycle Girl Scout T-Shirts	The following classes begin in Block 4 and run over supper:		
Advanced Lashing & Pioneering	Muchkin's Feast		
	One Pot Meals		
	Quick & Easy Dinners (30 Minutes or Less)		

COOKING OVER BREAKFAST

7:00 - 9:00 AM

Instead of breakfast in the Dining Hall, consider the Cooking Over Breakfast experience. Group size is limited to 12 for intimate settings.

**Scouts Honor: Please only sign up for one "Cooking Over" session (either breakfast, lunch or dinner) to give as many people as possible an opportunity.*

COZY CAFE BREAKFAST CLUB



Instructors: Laura Williams and Stephen Spears
Maximum: 12
Location: Bette's Treehouse Kitchen

Start your morning the delicious way! Join us for a cozy and flavorful breakfast class where we'll whip up customizable frittatas packed with fresh ingredients and learn how to create café-worthy coffee drinks. Whether you're a beginner cook or a brunch enthusiast, this hands-on class is full of tasty bites, warm drinks, and good vibes.

MONKEY BREAD AND MORNING MAGIC



Instructor: Allison Despain
Maximum : 12
Location: Horseshoe Bend Fire Pit

Build your outdoor cooking confidence while preparing a delicious Dutch oven breakfast/brunch! In this hands-on training, you'll learn the fundamentals of charcoal management, temperature control, and Dutch oven baking tips as you create Cappuccino Monkey Bread and a savory Dutch Oven Quiche

EARLY MORNING CLASSES

EARLY MORNING YOGA
6-7:15 AM

Instructor: Crystal Welch
Maximum: 20
Location: Pool House Screen Porch

Come join us as we go through some gentle stretches and poses to wake up & energize our bodies to start off our day at Camp Bette Perot. This class is for all levels and a great way to wake up in the morning. No prior experience needed to join. Meet yourself and me on your mat to get started

Supplies Needed:

- Yoga mat
- Yoga block (if you have one - not necessary but sometimes helpful)
- Beach towel or light blanket

BLOCK 1

CREATE YOUR LEGEND...
Which block 1 class would you like to take?

Saturday, Block 1 Classes start at 9:15 am. Pick one, but have a backup in mind!

AXE THROWING



Instructors: Laura McNeely and Laura Williams
Maximum: 12
Location: Archery Range

Unleash your inner lumberjack in this fun and exciting axe throwing class! Perfect for beginners and enthusiasts alike, this class will teach you the fundamentals of axe throwing while emphasizing safety and technique. All supplies will be provided.

BEGINNER LASHING AND PIONEERING



Instructor: Doreen Brown
Maximum: 12
Location: Sports Field

Learn to build campsite amenities with ropes and sticks! You will learn the skills needed to build a table and a cooking tripod.

Please practice tying a clove hitch and square knot:
http://www.2020site.org/knots/clovehitch.html
http://www.2020site.org/knots/squareknot.html

BOWL COZIES



Instructor: Patty Townsend
Maximum: 10
Location: Pool House
Level: Intermediate / Advanced

These are to put your hot soup or chili bowl in so you won't burn your hands.

Supplies Provided:

- Material to make the bowl cozies
- Batting
- Iron and ironing boards

Supplies Needed:

- You will need to bring your own sewing machine (and KNOW HOW TO USE IT)
- Ruler, scissors, seam ripper, thread, pin, or clips
- Any other special sewing notions you like.

CARAMEL APPLE MAKING



Instructor: Brandy Garner
Maximum : 12
Location: Horseshoe Bend Unit Shelter

During this class we will demo making caramel. Instructor will share her tried and true recipe to make homemade caramel for apple dipping. Instructor will share additional tips for apple dipping and decorating.

Participants will then dip their own apples and be able to decorate them with a variety of toppings.

Participants will leave with completed apples (2), recipe for caramel, and knowledge and tips to make their own caramel and dip applies.

Bring container to take home completed caramel apples.

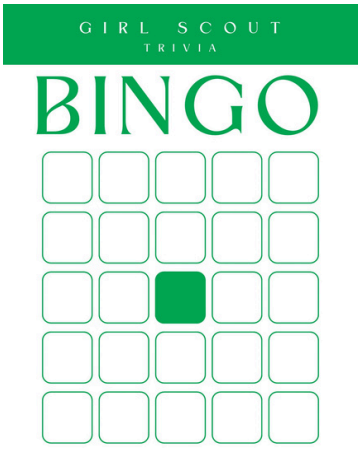
DREAM IT, DRAW IT, SHRINK IT



Instructor: Jennifer Hutson
Maximum: 15
Location: Horseshoe Arch Unit Shelter

Every dream starts with an idea! Join us as we transform artwork into custom jewelry and keychains using shrink plastic. Bring your creativity, favorite designs, colored pencils, or Sharpies, and watch your creations shrink into beautiful keepsakes. Materials and jewelry-making tools will be provided, but participants are welcome to bring their own supplies. Perfect for crafters of all skill levels!

GIRL SCOUT TRIVIA BINGO!



Instructor: Samantha Garrison
Maximum: 12
Location: Dining Hall

Girl Scout Trivia Bingo is a fun game where volunteers test their Girl Scout knowledge through bingo-style trivia covering history, traditions, programs, badges, & more. As questions are called, players mark their cards for a chance to win fun prizes throughout the session.

No preparation needed, just bring your Girl Scout spirit and enjoy a quick hour of friendly competition, learning, and fun with fellow volunteers.

HIGH ROPES



Instructors: Lex Shappard and Nicole Due
Maximum: 15
Location: Ropes Course

Come climb to the highest heights and try out one or more of the elements on our high ropes course.

No supplies needed. Come with courage to try new things.

HORSEBACK RIDING



Instructor: EQ Staff
Maximum: 20
Location: Barn

Riding horses is fun but physically demanding. Participants must be able to mount their horse with only minimal assistance (BPEQ does not allow the use of mounting blocks.) Once mounted you will enjoy a trail ride along the BP trail network. Helmets are provided and must be worn by all participants.

All participants must wear Long Pants and Heeled shoes/boots (NO tennis shoes). Boots can be borrowed from the barn.

PAINT & POUR - CAMP STYLE





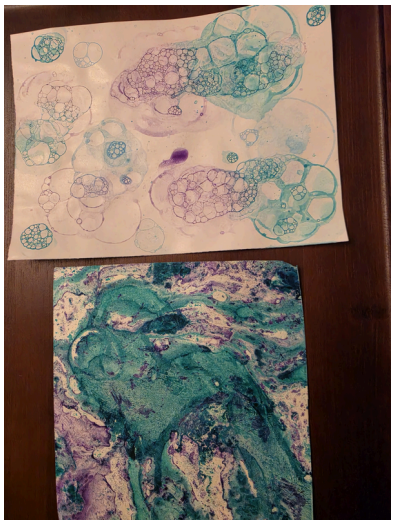
Instructor: Sally Dover, Becca King, Keilene Miller
Maximum: 20
Location: Laird West Lodge

Paint, sip, and chat with the Camp Team! Spend a relaxed morning filled with creativity, conversation, and fall fun. Enjoy sparkling cider, flavored waters, and light snacks while painting a fall-themed wooden sign.

No painting experience is needed! We'll provide the sign, paint, and supplies—you bring the creativity.

As you paint, get to know the Camp Team and connect with fellow volunteers while learning more about Girl Scout camping, outdoor trainings, volunteer opportunities, and other ways to get involved.

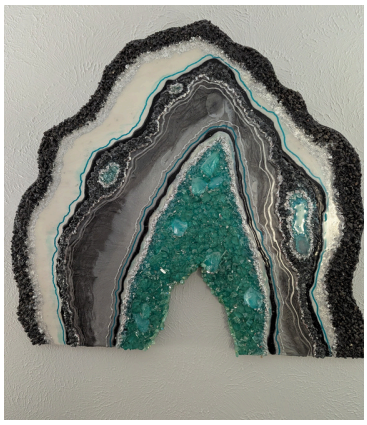
POP AND SWIRL - CREATIVE PAPER ART



Instructor: Melissa Johnson
Maximum: 25
Location: Palomino Porch

Get ready to make a splash! You will learn two mesmerizing, budget friendly paper crafting techniques that kids will love! First, we will use the power of soap bubbles to create vibrant, textured bubble prints that look like hidden galaxies. Then, we will dive into the magical world of paper marbling, floating paint on water to lock down stunning, one of a kind swirl patterns.

DOUBLE BLOCK: RESIN GEODES



Instructor: Cheryl Cleveland
Maximum: 12
Location: Dining Hall

Learn to make geodes from resin.

Supplies Needed:

- Respirator (optional)

TEACUP FAIRY WORLDS



Instructor: Patricia Marshall
Maximum: 18
Location: Horseshoe Hollow Unit Shelter

Get ready to build a tiny world of pure whimsy as you create an open terrarium filled with succulents, moss, miniatures, and adorable fairy friends, all tucked into a teacup. This lighthearted, creativity-first activity is perfect for anyone who loves charming little projects, and your finished teacup fairy world can be shared with Girl Scouts of all ages to spark their imagination and inspire their own magical creations.

SCULPTURED BOOK ART WITH RECYCLED BOOKS



Instructor: Jennifer Chatterly
Maximum: 30
Location: Palamino Porch

We will take old worn out books and make beautiful works of art out of it by the time every page is folded you will have turn the pages into a beautiful design..

Supplies Needed:

- Pencils (pencil sharpener if you need it)
- 1 pair of Scissors
- 1 ruler with cm and mm (the ones that we get for our kids)

DOUBLE BLOCK: OLD FASHION SOAP MAKING AND BODY BALM CREATIONS



Instructor: Crystal Welch
Maximum: 12
Location: Bette's Treehouse Kitchen

Come learn how to make a luxurious double butter soap & a body balm free of chemicals to take home and nourish your skin. A great skill to teach your Girl Scouts. You will learn the cold lye method using shea butters and oils to create a fabulous soap & taking home 12 cubes (bring your trays - I find mine at TJMax or HomeGoods) and the recipe to explore more on your own. The body balm is made from 3 shea butters and a few other ingredients that will soothe even the driest skin. It is a wonderful way to be sustainable and healthier.

Supplies Needed:

- 2- large 6 square silicone ice cube trays
- 2- 4 oz. jars (any kind -I prefer glass myself)

BLOCK 2

CREATE YOUR LEGEND...
Which block 2 class would you like to take?

Saturday, Block 2 Classes start at 10:150 am. Pick one, but have a backup in mind!

ARCHERY



Instructors: Leah Roderick and Laura Williams
Maximum: 12
Location: Archery Range

Step into the world of archery and discover the thrill of hitting your mark! This beginner-friendly class is designed to teach you the core skills and techniques needed to develop accuracy and confidence with a bow. With expert instruction and hands-on practice, you'll build the skills necessary to hit the bullseye and enjoy the art of archery. Ready, aim, fire!

All supplies provided.

BEGINNER MACRAME: SIMPLE BRACELET



Instructor: Pat Sherwood
Maximum: 15
Location: Raccoon Ridge Unit Shelter

You will learn one complex and one simple macrame knot. You should be able to complete your bracelet in class.

BLOOM AND GROW



Instructors: Becca King, Virgie Mata, Natalie Zamarripa
Maximum: 20
Location: Dining Hall

Gather with friends to decorate candle jars with pressed florals and create a keepsake that brings warmth and beauty long after retreat ends. No experience needed—just come ready to relax and create. Includes: jar, flowers, Modge Podge, paint brushes & candle.

Supplies Needed:

- Tiles or jars (if you want to make more than 1 item)
- ribbon of your choice

COMMON SCENTS: REMEDIES WITH COMMON NATIVE PLANTS



Instructor: Maisie Garner
Maximum: 12
Location: Horseshoe Hollow Unit Shelter

During this class we will learn how to make bug spray using native plants, mint mouthwash, and a surprise 3rd creation. We will also cover plant identification and forage for items needed to create our recipes.

Please be aware seasonal availability of plants may cause some unexpected changes to creations made during class.

DREAM CATCHERS



Instructor: Allison Despain
Maximum: 12
Location: Laird Back Porch

Join us for a relaxing, hands-on workshop where you'll create a personalized dream catcher while learning history, purpose and meanings behind them. This creative experience offers an opportunity to connect with others, express yourself, and leave with a meaningful keepsake to inspire you long after camp ends.

HOT COCO BOMBS



Instructors: Andrea Ward and Lindsey Stewart
Maximum: 12
Location: Horseshoe Bend Unit Shelter

Get cozy and learn to make your own delicious hot chocolate bombs! In this hands-on class, you'll discover the art of crafting these tasty treats from scratch.
- Learn the basics of working with chocolate
- Create your own hot chocolate bomb recipe
- Take home your handmade hot chocolate bombs

No supplies needed.

LOW ROPES



Instructor: Lex Shappard and Nicole Due
Maximum: 15
Location: Ropes Course

Work together, build confidence, and tackle fun low-rope obstacles! Use teamwork, communication, and problem-solving skills to navigate the course and conquer each challenge.

No supplies needed. Come with courage to try new things.

MAGIC MOCKTAILS



Instructor: Michelle Nichols
Maximum: 14
Location: Pool House

Shake, stir, and sip your way through this fun mocktail class! Learn how to create beautiful alcohol-free drinks, including our camp-themed “Wish Upon a Star Mocktail” plus other sparkling creations inspired by a starry night sky. Enjoy tasty snack pairings as we mix up a little magic together.

We’ll supply the ingredients you need, but feel free to bring your favorite flavored syrup, fizzy drink, or anything extra to add a little sparkle to your creations! You’re also welcome to bring your own special nonbreakable coupe or martini glass to make your mocktail experience even more fun.

RECYCLED JEWELRY : FABRIC BEADS



Instructor: Tiffany Moser
Maximum: 10
Location: Horseshoe Arch Unit Shelter

Recycled Jewelry made from fabric beads. Similar to paper beads, kids can use scraps of fabric to create beads and turn them into jewelry. This class will show you how to stiffen the fabric to make it ready to use, cut, create different kinds of beads and gloss them to make them splash proof.

All class supplies will be provided.

Optional supplies to continue working after class:

- Scissors, pen, ruler, specific patterned fabric, jewelry pliers.

Badges: All Levels Craft and Tinker, Junior Jeweler

REFLECTIONS OF A WISH: REVERSE GLASS PAINTING



Instructors: Elizabeth Harris and Jennifer Parks
Maximum: 12
Location: Pool House Screen Porch

Capture the magic of a wish upon a star through the timeless art of reverse glass painting. This beginner-friendly class will guide you through creating a colorful design on glass, layering paint in reverse order to reveal a stunning finished piece. Whether you're an experienced artist or trying something new, you'll enjoy the surprise and satisfaction of watching your vision shine through.

SNAP AND CONQUER: DIGITAL PHOTOGRAPHY



Instructor: Patricia Marshall
Maximum: 16
Location: Horseshoe Hollow Picnic Tables

Dive into a playful digital photography adventure filled with challenge-based activities set around the natural beauty of Camp Bette Perot. You'll explore composition, design, and visual storytelling while capturing the camp's trails, textures, and outdoor moments in fresh, creative ways. With fun prompts and hands-on exploration, you'll build confidence behind the lens—using any camera you have—and discover new ways to document the adventures you share with your Girl Scouts.

SEEK BY INATURALIST AND OTHER APPS



Instructor: Marina Gomez
Maximum: 18
Location: Mustang Porch

Learn how to use apps to identify various plants and insects with basic information you share can with your troop on hikes.

What to Bring:

- Bring your phone and be ready for practical application.

SELF-DEFENSE: CONFIDENCE STARTS HERE!



Instrcutors: Natalie and Mariana Lozano
Maximum: 12
Location: Sports Field

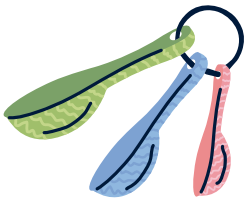
Ready to feel stronger, safer, and more confident? Join us for a fun, hands-on self-defense class where you'll learn practical techniques to help you stay aware, react with confidence, and protect yourself in everyday situations.

This class focuses on:

- Personal safety and situational awareness
- Easy-to-learn self-defense moves
- Confidence-building exercises
- Real-life scenarios in a supportive, encouraging environment

No experience or special fitness level is required—just come ready to learn, laugh, and leave feeling empowered! Whether you're looking to build confidence, pick up valuable life skills, or simply try something new, this class is for you.

Come prepared to move, have fun, and discover your inner strength!



COOKING OVER LUNCH

Instead of lunch in the Dining Hall, consider having a Block 2 & Cooking Over Lunch experience. We're offering a limited number of spots across a variety of experiences. Group size is limited to 12 for intimate settings.

**Scouts Honor: Please only sign up for one "Cooking Over" session (either breakfast, lunch or dinner) to give as many people as possible an opportunity.*

MAKE, BAKE, AND ENJOY: PERSONAL PIZZA EXPERIENCE



Instructor: Stephen Spears
Maximum: 15
Location: Horseshoe Bend Fire Circle

Join us for a hands-on pizza-making experience! You'll stretch dough, add your favorite toppings, and watch your creation bake in a high-heat pizza oven. Along the way, you'll pick up tips and tricks to get the best results and be ready to have your own family pizza night.

OUT OF THIS WORLD TAMALES



Instructor: Carol Bowman
Maximum: 12
Location: Laird West Lodge

Have you heard about Hatch Green Chili Space Pods? They're so good that they're growing them in outer space! When I heard the Hatchstronauts were bringing some to Earth, I just had to get some just for this Wish Upon a Star camp weekend! I decided on the Medium Supernova Spore Space Pods since they are between hot and mild. The Space Pods will be mixed with Meteor Meat (chicken). Learn how make Astro-Masa and use heat shields (cornhusks) to wrap the tamale capsule in. Once they begin steaming in the Vapor Thruster, we will make a Crater Layer Dip and some simple Alien Glow Punch. Hope to see you in space soon!

LET'S BRUNCH!



Instructor: Kate Marshall
Maximum: 15
Location: Bette's Treehouse Fire Circle

Come raise a mock mimosa and make a breakfast feast for lunch! Using the fire circle and unit kitchen we will employ a variety of cooking techniques to make Stuffed French Toast with Buttermilk Syrup, Candied Bacon, Mini Quiches, Yogurt Parfaits, and Brunch Potatoes.

BLOCK 3

CREATE YOUR LEGEND...
Which block 3 class would you like to take?

Saturday, Block 3 Classes start at 2:00 pm. Pick one, but have a backup in mind!

AXE THROWING



Instructors: Laura McNeely and Laura Williams
Maximum: 12
Location: Archery Range

Unleash your inner lumberjack in this fun and exciting axe throwing class! Perfect for beginners and enthusiasts alike, this class will teach you the fundamentals of axe throwing while emphasizing safety and technique. All supplies will be provided.

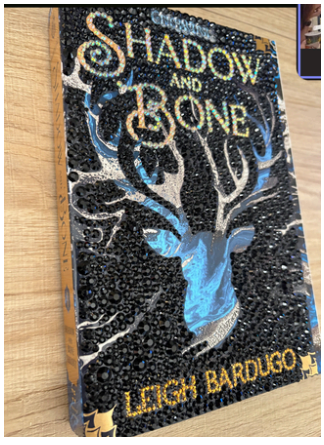
ADVANCED LASHING AND PIONEERING



Instructor: Doreen Brown
Maximum: 12
Location: Sports Field

Are you ready to take your skills to the next level??We will build a dishwashing station and create a fun weekend campsite challenge your troop will love.

STARLIGHT STORIES: BOOK BEDAZZLING WORKSHOP



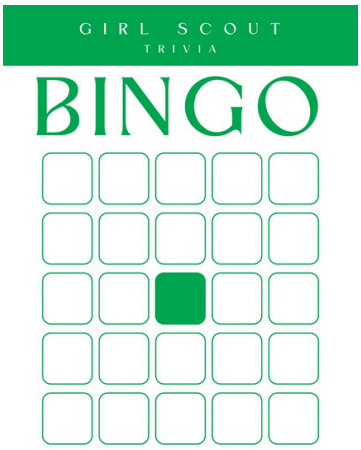
Instructors: Elizabeth Harris and Christina Bryant
Maximum: 12
Location: Pool House Screen Porch

Turn an ordinary book into a sparkling treasure! In this creative workshop, you'll decorate and personalize a favorite book using rhinestones, embellishments, and a little imagination. Whether you're creating a dazzling keepsake, a unique gift, or simply adding some sparkle to your bookshelf, you'll leave with a one-of-a-kind creation worthy of the stars. No experience necessary—just bring your creativity (and a book) and get ready to shine!

What to Bring:

- A book you want bedazzled. Remember, the more intricate the cover, the more time it will take. Choose one that will look beautiful sparkly, but not so detailed that you will end up frustrated.

GIRL SCOUT TRIVIA BINGO!



Instructor: Samantha Garrison
Maximum : 12
Location: Dining Hall

Girl Scout Trivia Bingo is a fun game where volunteers test their Girl Scout knowledge through bingo-style trivia covering history, traditions, programs, badges, & more. As questions are called, players mark their cards for a chance to win fun prizes throughout the session.

No preparation needed, just bring your Girl Scout spirit and enjoy a quick hour of friendly competition, learning, and fun with fellow volunteers.

HIGH ROPES



Instructors: Lex Shappard and Nicole Due
Maximum: 15
Location: Ropes Course

Come climb to the highest heights and try out one or more of the elements on our high ropes course.

No supplies needed. Come with courage to try new things.

HORSEBACK RIDING



Instructor: EQ Staff
Maximum: 20
Location: Barn

Riding horses is fun but physically demanding. Participants must be able to mount their horse with only minimal assistance (BPEQ does not allow the use of mounting blocks.) Once mounted you will enjoy a trail ride along the BP trail network. Helmets are provided and must be worn by all participants.

All participants must wear long pants and heeled shoes/boots (NO tennis shoes). Boots can be borrowed from the barn.

JELLY STAR!



Instructor: Kate Marshall
Maximum: 16
Location: Bette's Treehouse Kitchen

You'll be a star in the kitchen with the techniques you learn in this jelly-making class! Making jelly is easy with some modern shortcuts that respect time honored principles. You will learn in a fast-paced and fun class, making a jar of grape jelly to take home and also leaving with recipes for several other flavors. Additionally, we will discuss how to make jam, and you'll get great jam recipes too!

MAGIC MOCKTAILS



Instructor: Michelle Nichols
Maximum: 14
Location: Pool House

Shake, stir, and sip your way through this fun mocktail class! Learn how to create beautiful alcohol-free drinks, including our camp-themed "Wish Upon a Star Mocktail" plus other sparkling creations inspired by a starry night sky. Enjoy tasty snack pairings as we mix up a little magic together.

We'll supply the ingredients you need, but feel free to bring your favorite flavored syrup, fizzy drink, or anything extra to add a little sparkle to your creations! You're also welcome to bring your own special non-breakable cup or martini glass to make your mocktail experience even more fun.

MISCHIEF MANAGED: A HOGWARTS CRAFTING ADVENTURE (DOUBLE BLOCK)



Instructor: Theresa Ellington
Maximum: 15
Location: Laird West Lodge

Pack your robes and prepare for a magical session at Hogwarts! Students will rotate through a variety of wizarding classes, crafting enchanted keepsakes inspired by subjects such as Potions, Herbology, Divination, Care of Magical Creatures, and more. Along the way, you'll create a collection of miniature magical treasures worthy of any witch, wizard, or Girl Scout Volunteer! Whether you're a first-year student or a seasoned Hogwarts graduate, this class offers a little magic, a little creativity, and plenty of fun. No magical experience required!

Supplies Provided:

- Small to medium side wooden box that is their Hogwarts trunk (dollar tree or hobby lobby) can be decorated or they can decorate.
- Postcard size in length and width up to a 5x7 photo size.
- Glass jar with lid (Mason Jar style works)

Supplies Needed:

- scissors
- hot glue gun
- sponge brush (if you have)

PARACORD BRACELETS



Instructor: Carly Williams
Maximum: 12
Location: Mustang Porch

Unleash your inner maker and learn to transform a simple length of nylon cord into a rugged, functional piece of wearable gear. This hands-on classp is designed specifically for leaders who want to master the fundamentals of paracord crafting while creating something both stylish and practical.

SLOW CAMPFIRE SONGS



Instructor: Pat Sherwood
Maximum: 25
Location: Stage

Singing is a tradition with Girl Scouts that has been practiced since 1912. Some of these songs were in the 1st published songbooks. Come make beautiful music together.

TENT CONFIDENCE



Instructor: Margaret Button
Maximum: 25
Location: Racoon Ridge Unit Shelter

Whether you're brand-new to camping or simply curious about modern gear, this session offers a friendly walkthrough of today's tent options. Learn what to look for when choosing a tent, how to match designs to weather and group needs, and the simple care habits that help your shelter last. A low-pressure, hands-on introduction for adults of all experience levels.

UPCYCLE GIRL SCOUT T-SHIRTS



Instructor: Ileana Framjee
Maximum: 12
Location: Dining Hall

Give your old Girl Scout t-shirts new life by cutting and weaving- no sewing required. You will create a triangular woven design on the back of your t-shirt while learning the ladder weave and twisted weave techniques. Come have fun and make your t-shirts pretty!

WOODBURNING



Instructor: Stephen Spears
Maximum: 8
Location: Horseshoe Bend Unit Shelter

In this hands-on class, you'll learn the art of woodburning with a variety of fun projects to choose from. Whether you're new to wood burning or already a pro, there's something here for everyone.

You'll start by choosing from a collection of templates to trace onto a wood square or natural wood slice. Want to go bold? Try a scorch gel technique paired with a heat gun to bring more intricate designs to life. You'll also have the option to create a personalized name tag or add pops of color with paint to make flowers, shapes, or letters stand out.

What to Bring:

- If you want a specific design, bring a printed copy to trace.

BLOCK 4

CREATE YOUR LEGEND...
Which block 4 class would you like to take?

Saturday, Block 4 Classes start at 3:45 pm. Pick one, but have a backup in mind!

ARCHERY



Instructors: Laura McNeely and Laura Williams
Maximum: 12
Location: Archery Range

Step into the world of archery and discover the thrill of hitting your mark! This beginner-friendly class is designed to teach you the core skills and techniques needed to develop accuracy and confidence with a bow. With expert instruction and hands-on practice, you'll build the skills necessary to hit the bullseye and enjoy the art of archery. Ready, aim, fire!

All supplies provided.

BASIC HOME REPAIRS



Instructor: Doreen Brown
Maximum: 12
Location: Horseshoe Arch Picnic Tables

You can fix it! Build your confidence and learn practical skills that will save you money and stress. In this hands-on class, you'll learn how to use essential tools while practicing real-life repairs.

Practicing these skills with us will be the beginning of your DIY journey — empowering you to tackle small home repairs on your own!

BEYOND THE PEANUT BUTTER SANDWICH



Instructor: Chantal Kirkland
Maximum: 12
Location: Mustang Porch

Food is one of the highlights of camp—but it can also be one of the biggest barriers to participation. This interactive workshop helps volunteers understand common food allergies, cross-contact risks, and practical strategies for creating menus that allow every Girl Scout to participate safely.

Participants will practice building girl-led menus that honor girls' choices while ensuring meals remain inclusive, safe, affordable, and fun. The goal is to shift from "making special meals" to designing menus where everyone can enjoy the same experience whenever possible.

DREAM IT, DRAW IT, SHRINK IT!



Instructor: Jennifer Hutson
Maximum: 15
Location: Horseshoe Arch Unit Shelter

Every dream starts with an idea! Join us as we transform artwork into custom jewelry and keychains using shrink plastic. Bring your creativity, favorite designs, colored pencils, or Sharpies, and watch your creations shrink into beautiful keepsakes. Materials and jewelry-making tools will be provided, but participants are welcome to bring their own supplies. Perfect for crafters of all skill levels!

DREAMS IN PROGRESS: UFO CRAFT LOUNGE



Instructor: Elizabeth Harris and Christinia Bryant
Maximum: 12
Location: Pool House

Every dream starts with a first step—and sometimes it takes a few more to finish! Bring your unfinished projects (UFOs—UnFinished Objects) and enjoy dedicated time to craft, create, and make progress alongside fellow Girl Scouts. Whether you're knitting, scrapbooking, beading, painting, or working on another creative endeavor, this relaxed session is the perfect opportunity to turn "someday" into "done."

GUITAR



Instructors: Sue “Birdie” Wilber
Maximum: 12
Location: Stage

Learn the basics of playing the guitar and learn to play several easy songs in the space of this class! Participants must bring their own guitar.

KNOT LAB: LEARN, TRY, MASTER



Instructor: Maraget Button
Maximum: 15
Location: Dining Hall

A relaxed, hands-on session designed for adults who want to finally feel confident with knots. We'll use simple "what to tie / how to tie" cards, practice at your pace, and explore easy games and teaching activities you can take back to your girls. No judgment, no pressure—just clear guidance, patient support, and plenty of time to ask questions and master a few essential knots.

LOW ROPES



Instructor: Lex Shappard and Nicole Due
Maximum: 15
Location: Ropes Course

Work together, build confidence, and tackle fun low-rope obstacles! Use teamwork, communication, and problem-solving skills to navigate the course and conquer each challenge.

No supplies needed. Come with courage to try new things.

PHONE PHOTOGRAPHY



Instructor: Rita Stabile
Maximum: 10
Location: Horseshoe Hollow Picnic Tables

Using your phone, learn how to use the principles of photography to improve your composition and make your images tell a story.

STAR GAZING WITH SKYVIEW LITE



Instructor: Paula Hiett
Maximum: 20
Location: Sports Field

Discover the wonders of the night sky with the SkyView Lite app! In this interactive class, you'll learn how to use your smartphone to identify constellations, stars, planets, satellites, and other celestial objects with just a point of your device.
We'll explore the app's features, learn tips for navigating the night sky, and discover what exciting objects are visible throughout the year. Whether you're a complete beginner or have always been curious about astronomy, this class will help you gain confidence in finding your way among the stars.

What to Bring:

- A smartphone or tablet with the SkyView Lite app downloaded before class
- A sense of curiosity and adventure!

No prior astronomy experience is needed—just come ready to explore the universe, one star at a time!

STRING OUT



Instructor: Laura DeBusk
Maximum: 12
Location: Pool House Screen Porch

Get ready to string out and create a one-of-a-kind work of art! In this fun and relaxing class, you'll transform a simple wooden design into a beautiful piece of string art using colorful thread and easy-to-follow techniques.

Whether you're a seasoned crafter or trying string art for the first time, you'll enjoy watching your design come to life one strand at a time. By the end of class, you'll have a handmade project that's perfect to display in your home or give as a thoughtful gift. No experience is necessary.

NO SEW PROJECTS

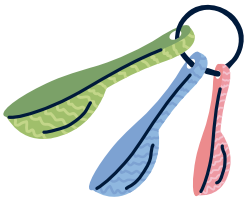


Instructor: Marina Gomez
Maximum: 12
Location: Dining Hall

Learn how to make no sew fleece blankets and dog (t-shirt) pull toys. Teach your girls to do as a service project or to make for gifts.
Blankets made in class will be donated.

Supplies Needed:

- Fabric scissors



COOKING OVER SUPPER

New this year! Block 4 & Cooking Over Supper experiences! Consider cooking out with a small group instead of eating supper in the dining hall. Group sizes are limited to 12 for intimate settings.

The following classes begin in Block 4 and run over supper until 7:00 pm.

**Scouts Honor: Please only sign up for one "Cooking Over" session (either breakfast, lunch or dinner) to give as many people as possible an opportunity.*

MUCHKIN'S FEAST



Instructor: Crystal Welch
Maximum: 12
Location: Bette's Treehouse Kitchem

Join Munchkin's Feast for an "Out of this World" Wish Upon a Star Menu. We will be making appetizers to desserts on our journey and you can take these recipes back and create them with your girls(for a badge/Journey requirement), family, and friends. Our menu is below:

Nebula Sparkler (non Alcoholic Mocktail)
Twinkle Bruschetta and Charcuterie
Mars The Orange Planet Pumpkin Soup
Saturn-day Night Chicken Thighs with Roasted Vegetables
Pluto Vegetarian Bowl
Venus Apple Gallette

ONE POT MEALS



Instructor: Erin Cooper and Katie Acosta
Maximum: 14
Location: Horseshoe Hollow Unit Shelter

Discover how one versatile Instant Pot can simplify weeknight cooking and save valuable time. In this hands-on class, you'll learn how to confidently use your Instant Pot as a pressure cooker, slow cooker, air fryer, and dehydrator to create quick, delicious family meals. We'll prepare flavorful recipes while sharing time-saving meal prep tips, cooking techniques, and practical hacks for busy households. Whether you're new to the Instant Pot or looking to get more out of it, you'll leave with the confidence and inspiration to make family dinners easier than ever.

QUICK & EASY DINNERS (30 MINUTES OR LESS)



Instructor: Bri Hernandez
Maximum: 8
Location: Horsehoe Bend Unit Shelter

In this hands-on cooking class, we'll prepare several flavorful meals that come together in 30 minutes or less using simple ingredients.

Featured dishes will include a creamy chicken skillet, sheet pan meal, a savory asian dish, and a Boursin pasta — plus an easy no-cook "backup dinner" idea for especially busy days. These meals are family-friendly and suitable for even the pickiest eaters, with familiar flavors and no complicated steps.

Come ready to cook, sample a few dishes, and leave with recipes you can confidently add to your regular dinner rotation.

OPTIONAL: BLOCK 5

LATE NIGHT CLASSES...

After the evening campfire is over, half of us will want to go back to our cabins, relax or take a shower. It's already 9 pm.

Others will want to stay up later and have another round of fun before bed. We've got you. We're offering a limited number of evening classes for the night owls. Everyone else may take Turtle Time or head to bed early.

Saturday, Block 5 Classes start at 9:00 pm. Pick one, but have a backup in mind!

CARD GAMES



Instructor: Linda Blake
Maximum: 26
Location: Dining Hall

Looking for fast-paced fun and friendly competition? Join us for two engaging card games that are easy to learn and hard to stop playing!
Nertz is a high-energy, multiplayer twist on solitaire where speed and strategy collide. Race to clear your “Nertz pile” before anyone else in this lively, laughter-filled game. Great for groups—just bring a deck with a unique back!

What to Bring:

- A standard deck of cards with a unique back.

UNDER THE STARS: DREAMS IN PROGRESS AFTER DARK



Instrutctor: Elizabeth Harris and Christinia Bryant
Maximum: 12
Location: Pool House

Every dream starts with a first step—and sometimes it takes a few more to finish! Bring your unfinished projects (UFOs—UnFinished Objects) and enjoy dedicated time to craft, create, and make progress alongside fellow Girl Scouts. Whether you're knitting, scrapbooking, beading, painting, or working on another creative endeavor, this relaxed session is the perfect opportunity to turn "someday" into "done."

MAH JONGG



Instructor: Rita Stablie
Maximum: 8
Location: Dining Hall

Newbies and pros are all welcome to come play Mah Jongg.

NIGHT THROW



Instructors: Laura Williams and Laura McNeely
Maximum: 12
Location: Archery Range

Turn down the lights and light up the targets! Experience the excitement of axe throwing under glowing lights as you learn proper throwing techniques, practice your aim, and take on fun challenges in a safe, instructor-led environment. No experience needed—just bring your sense of adventure!

NIGHT SHOOT



Instructor: Lex Shappard and Nicole Due
Maximum: 12
Location: Archery Range

Nock an arrow, take aim, and let it fly into the dark as you put your archery skills to the test at the range with just glow lights to guide you. All supplies will be provided.

RECYCLED JEWELRY : FABRIC BEADS



Instructor: Tiffany Moser
Maximum: 10
Location: Horseshoe Arch Unit Shelter

Recycled Jewelry made from fabric beads. Similar to paper beads, kids can use scraps of fabric to create beads and turn them into jewelry. This class will show you how to stiffen the fabric to make it ready to use, cut, create different kinds of beads and gloss them to make them splash proof.

All class supplies will be provided.

Optional supplies to continue working after class:

- Scissors, pen, ruler, specific patterned fabric, jewelry pliers

Badges: All Levels Craft and Tinker, Junior Jeweler

Special THANKS to our Adult Retreat Planning Team, Unit Leaders, and Instructors!

Planning Team Members:

- Event Chair: Lizzy Seidemann
- GSNETX Staff Liaison: Becca King
- Instructors: Laura Williams
- Dining Hall Hostess: Rebecca Vallo
- Facilities & Parking: Elizabeth Harris
- Unit Leader Chair: Kate Marshall
- Check In Experience: Sandy Wright & Debbie Cox
- Camp Nurse/First Aid: Marissa Corsiga
- Camp Socials & Mixers: Carol Bowman
- Ceremonies: Doreen Brown
- Service Project: Tina Bilbrey
- Grub Masters: Cindy Katuin & Brandy Garner

Unit Leaders:

- Racoon Ridge: Kate Marshall & Krystal Kazi
- Tree House: Sabrina Landrum & Jeannine Sharp & Michelle Nichols
- Horseshoe Bend: Bri Hernandez & Chelsea Noriega
- Laird West: Erin Cooper & Katie Acosta
- Horseshoe Arch: Marina Gomez & Ileana Framjee
- Horseshoe Hollow: Liz Scrogginthorpe & Sharin Faith



Instructors:

- Allison Despain
- Andrea Ward
- Becca King
- Brandy Garner
- Bri Hernandez
- Carly Williams
- Carol Bowman
- Chantal Kirkland
- Cheryl Cleveland
- Christina Bryant
- Crystal Welch
- Doreen Brown
- Elizabeth Harris
- Erin Cooper
- Ileana Framjee
- Jennifer Chatterly
- Jennifer Hutson
- Jennifer Parks
- Kate Marshall
- Katie Acosta
- Keilene Miller
- Laura DeBusk
- Laura McNeely
- Laura Williams
- Leah Roderick
- Lex Shappard
- Linda Blake
- Lindsey Stewart
- Maise Garner
- Margaret Button
- Mariana Lozano
- Marina Gomez
- Melissa Johnson
- Michelle Nichols
- Natalie Lozano
- Natalie Zamarripa
- Nicole Due
- Pat Sherwood
- Patricia Marshall
- Patty Townsend
- Paula Hiett
- Rita Stabile
- Sally Dover
- Samantha Garrison
- Stephen Spears
- Sue Wilber
- Theresa Ellington
- Tiffany Moser
- Virgie Mata