

Octoberfest At Camp Lou Henry Hoover



Camp Life is the Best Life

Friday, October 18th to Sunday, October 20th, 2024

Camp Lou Henry Hoover

Middleville, NJ 07855

www.gshnj.org

Girl Scouts Heart of New Jersey
Octoberfest
1171 Route 28
North Branch, NJ 08876
dhooker@gshnj.org



Octoberfest 2024 is your chance to share your experiences, have a great time and make new memories with your friends, new and old. This is your chance to get away from it all and concentrate on yourself. **Join us for a fun-filled** weekend for women ages 21+ where you'll be pampered, enjoy creative activities, share stimulating conversation, enjoy the entertainment, dine in our fabulous dining hall, and meet interesting adults from all walks of life. We guarantee a stress-free weekend and promise you'll return home relaxed, renewed and ready to take on anything that comes your way.

SCHEDULE

Friday, October 18th	Saturday, October 19th	Sunday, October 20th
6:00 pm Registration	8:30 am Breakfast	9:00 - 10:00 Continental Breakfast
7:00 - 8:00 pm Appetizers Crafting with Andrea	9:30-11:00 am Session 1 11:15-12:45 pm Session 2	10:15 Scout's Own - Closing
8:00 - 9:00 pm Welcome Live Music by Dana .	12:45 pm Lunch 2:15-3:45 pm Session 3 4:00-5:30 pm Session 4	
	5:30- 6:15 pm Free Time	
9:00 pm - ??? Hang out, have fun, and just enjoy camp	6:30 pm Dinner White Elephant 8:30 pm Campfire with Songs	

ALL DAY EVENTS

Massages

Looking for a little extra pampering? Professional massages are available in 15 minute and 30 minute increments. Massage appointment times will be reserved as they are received and pre-payment must accompany your registration to ensure accommodation. They may interfere with workshop times based on the number interested.

Service Projects

Small service projects will be set up throughout the camp for those who are interested in giving back to Camp Hoover. The following new donations will be accepted: nail polish (new), frying pans (med to large), and embroidery floss/pony beads/lanyard/gimp/craft scissors/new markers. Or checkout our Amazon Wish List

https://www.amazon.com/hz/wishlist/ls/1P6OTFOF3PF1R?ref=wl_share

Trails

Camp Hoover has several hiking trails that can be used by any level of hiker. Trail maps will be located in the Dining Hall. Explore the beauty of Camp Hoover by walking one or more of the trails on camp. The Self-Guided Nature Trail packets even explain about the wildlife, habitat and foliage found on the 340 acres.

15th Annual White Elephant Extravaganza

Our popular White Elephant Extravaganza is back! Bring an item or two or a collection of things (things that you are no longer using around the house and can do without, that are in good shape) that can be entered into our White Elephant Raffle. Items will be displayed Saturday afternoon in the Dining Hall and raffle tickets will be sold 10 for \$5 or 1 for \$1. During the campfire on Saturday evening tickets will be pulled and you will be able to go home with your new treasures.

REGISTRATION

Registration is easy! Simply complete the form and payment information below.

The registration deadline is Friday, October 11th (You'll receive your confirmation packet on that date). Please either scan and email to dhooker@gshnj.org (all forms even if paying by check), or mail check to GSHNJ, 1171 Route 28, North Branch NJ 08876.

There are some activities that require activity fees. Please make note of those activities when you're calculating your final workshop costs.

Gear & Meals: Don't fret! A packing list will be sent with your confirmation packet. We have meals covered as well. All meals will be buffet style in our camp dining hall. Alcohol is allowed as this is an adult-only event, so please feel free to bring the beverage of your choice.

I'M READY, SIGN ME UP!

Please complete the following. Checks should be made payable to: **GSHNJ**.

Name _____ Email _____

Address _____ City _____ State _____ Zip _____

Cell phone _____

REGISTRATION FEES: Check the applicable selection:

Full weekend participants	Includes housing, four meals, evening snacks, and four workshops.	\$180 per person	Yes
Friday to Saturday participants	Includes one night's housing, three meals, evening snack, and four workshops.	\$125 per person	Yes
Saturday to Sunday participants	Includes one night's housing, three meals, evening snack, and four workshops.	\$125 per person	Yes
Saturday only participants	Includes lunch and dinner on Saturday, and four workshops.	\$100 per person	Yes

Please note: Your meals and workshop materials are purchased several weeks prior to the event. Refunds will not be honored after October 11, 2024.

Workshop Preferences: Please tell us which sessions you'd like to join us for. We will do our best to accommodate your selection.

Session	1 st Choice	2 nd Choice
Session 1 9:00 – 10:30		
Session 2 10:45 – 12:15		
Session 3 2:00 – 3:30		
Session 4 3:45 – 5:15		

REGISTRATION CONTINUED

Housing Preference: Please share with us your housing preferences. We will do our best to accommodate your requests.

I would like to be in a sleeping unit with: (make sure your buddy makes the same requests!)

Name: _____ Name: _____

I prefer to sleep in: ___ Heated Cabin ___ CIT Cabin (no heat, but power)

Please tell us about your housing needs/preferences:

___ Early to bed (unit is quiet by 10 pm) ___ Night Owl (up late, without disturbing others)

___ Special (health/mobility needs) ___ Dry Cabin (no alcohol allowed)

Payment: Please complete the following payment table and payment information.

Fee for Weekend (see registration section): \$ _____

Workshop Fees (Based on your 1st choice selection): \$ _____

Table Massage (15 min /\$40 or 30 min /\$80): \$ _____

Optional donation to Camp Hover Maintenance. \$ _____

Total Payment Enclosed: \$ _____

I will be making my payment via: ___ Visa ___ AMEX ___ Mastercard ___ Discover

Card # _____ Exp Date: _____

Security Code _____ Zip Code _____

Name on the Card: _____

I hereby authorize Girl Scouts Heart of New Jersey to process a payment in the amount of \$ _____ to the above listed card.

Signature: _____ Date: _____

***** If mailing a check, please make it to Girl Scouts Heart of New Jersey and mail to: GSHNJ: Octoberfest 2024, 1171 Route 28, North Branch, NJ 08876**
Please be sure to email registration form to dhooker@gshnj.org as well.

Camp Lou Henry Hoover - Octoberfest 2024
ADULT HEALTH FORM

Please complete all information and return form with your event registration.

Name: _____

Date of Birth: _____

Emergency contact/relationship: _____

Emergency contact phone number: _____

Name of insurance carrier: _____

Name of primary physician: _____

Phone number of primary physician: _____

Have you had a tetanus shot in the last five years? ____Yes ____No

Do you have your COVID Vaccine? ____ Yes ____ No Booster? ____Yes ____No

Do you have any of the following health/dietary needs?

Heart Disease ____	Asthma ____	High Blood Pressure ____
Diabetes ____	Epilepsy ____	Other _____

Are you taking any medications at this time? ____Yes ____No

If yes, please identify: _____

Will you have this/these medications with you at camp? Yes No

Please list all allergies (medicines, food, insect bites, etc.):

Please specify and describe allergy reactions and necessary treatment:

Are you pregnant? Yes No If yes, which trimester? 1st, 2nd, 3rd

Is there any other health-related information of which the coordinators of the event should be aware? _____

Please specify dietary restrictions: _____

____ Vegetarian ____ Vegan ____ Lactose/Dairy Intolerant ____ Peanut Allergy ____
Tree Nut Allergy ____ Gluten Free ____ Other: _____

Friday Entertainment

(7:00 pm-8:00 pm)

Join us for some crafting before we kick off the main event with some fun and friendship! Wreaths and more are on the agenda to kick off Octoberfest!

(8:00 pm-9:00 pm)

Welcome to Octoberfest. What better way to get in the mood then starting off Friday night with some music. Dana Harrison is a talented musician who spreads joy and positivity through soulful singing. Her eclectic mix of genres offers songs that are pleasing to a wide range of listeners. From enchanting kids to uplifting adults, Dana's powerful voice touches the heart. You can follow her on Instagram @dana_makesmusic.

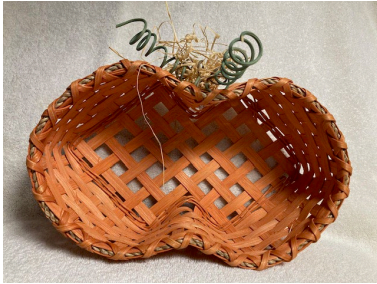


Session 1

Woven Pumpkin with Curls – 1A

Two session time block

Instructor – Deb Zvanut



Orange is the color of the season. Weave with start and stop weaving with a standard rim to make a cute pumpkin that can be used to serve

rolls or can be hung on the wall to be a decorative wall basket. The final touch is green reed made to look like green tendrils. Please bring a pencil and an old towel- all other tools will be supplied. Limit 10. Fee: \$10

Pumpkins, Pumpkins, Pumpkins! – 1B

Instructor – Chris Carswell

Learn to carve intricate designs on a pumpkin using the popular Pumpkin Masters Kits sold on Amazon and in stores. If you have one, bring it. Otherwise there will be tools and patterns available. These are the pumpkins you see on haunted pumpkin trails. We will use them to decorate at dinner and then you can take yours home! If you want your pumpkin to last for years, bring an artificial one with you. Only live pumpkins will be supplied. Want us to get the artificial pumpkin? Fee for artificial: \$20

Can You Can-Oe? – 1C

Instructor – Hoover Staff Member

Spend over an hour enjoying the beautiful fall foliage while you stretch your paddling muscles on Swartswood Lake either in a canoe or kayak.

Rag Tree – 1D

Instructor – Cyndy Ponczek

What's a Rag Tree? It's a tree made with scraps of fabric! This is a mini holiday tree that's fun to make and addicting! You'll want to make more to give as a gift or decorate your home. This is also a great project to do with your scout troop or your family! All you need to bring is your imagination! All materials included with your class fee of \$10.00

Limit 8

Gentle Yoga and Meditation – 1E

Instructor – Kristi Meng

Come quiet the mind and relax the body in this gentle yoga class. This class is suitable for all levels of yoga experience. Through controlled breathing and moving meditations, we will create a stillness within the mind and body. By practicing these gentle exercises you will start to become an observer of your thoughts and feelings, gaining control of your state of mind and existence. This class will help you live a more present, meaningful life while also giving a great stretch to the physical body.

Dual Season: Indoor & Outdoor -IF

Instructor – Jennifer DiPietro

In the workshop make two fun projects: Fall Leaf Bowl - This bowl made out of fabric leaves just screams fall! It's such a simple, pretty, and creative DIY project for autumn, Halloween, and Thanksgiving. And Cookie Cutter Bird Seed Ornaments - During the harsh winter months, birds need supplements their natural diet with seeds and goodies from garden bird feeders. Adding a little bird feeder to your backyard can help these little critters out

Session 2

Gnome Holiday Ornament – 2A

Instructor – Elva Wilson
Have fun making this cut holiday ornament – each person will get to make two. Limit 12.
Fee: \$10



Pool Noodle Wreath – 2B

Instructor – Hoover Staff Member
Create a wreath from a pool noodle – they wrap it with your choice of ribbon and embellishments. A variety of holiday ribbons and embellishments will be available – if you have time you can create 2!

Fluid Art – AKA Paint Pouring – 2C

Instructor – Andrea Schaffer

A returning favorite at Octoberfest. No artistic talent is needed to make beautiful abstract paintings, ceramic coasters, and trivets to give as gifts or keep for yourself. This year if you took the class before you can learn new techniques and learn how to make trays to match your coasters.

Fluid art is a calming additive art form and you will be amazed by what you can create. All supplies included.

Fee: \$15



Wood Slice Ornaments – 2D

Instructor – Hoover Staff Member

Put your creativity to the test as you use a wood burner to make ornaments on wood slices.

Archery – 2E

Instructor – Hoover Staff member

Learn the basics of archery or review some of the skills you learned in childhood. Have fun

Window Stars 2F

Instructor – Alexis Abramo

Brighten your windows with these colorful stars. Start with a style simple enough to do with young children and work up to more complex versions. Using squares of colored waxed kite paper and overlapping folds and colors, you can create endless variations.



Painted Scarf- 2G

Instructor – Hoover Staff Member

Put your creativity to the test as you use paints and spray bottles and eye droppers to create you masterpiece to wear.

Session 3

Fluffy Scarf – 3A

Instructor – Liza Davis

In this fun filled workshop, learn the ins and outs of arm knitting. That's right no needles required just your arms to create a soft fluffy scarf. All yarn and other supplies will be provided. Fee: \$10

Hand Stamping with Nature – 3B

Instructor – Sue Rexford

We will use our imaginations to their fullest when we create unique nature prints on tea towels and tote bags using objects found in our surroundings. These one of a kind crafts are simple to make and beautiful to look at. They make great gifts for any holiday. Let's see what designs we can create.
Fee; \$5



Can You Can-Oe? – 3C

Instructor – Hoover Staff Member

Spend over an hour enjoying the beautiful fall foliage while you stretch your paddling muscles on Swartswood Lake either in a canoe or kayak.

Baubles, Beads, Bookmarks and Earrings – 3D

Instructor – Andrea Schaffer

Do you like beads? Have tons at home and don't know what to do with them? I will show you how to make bookmarks, plant stakes and fairy sticks with different beads and earrings! Relax and enjoy the fun
Fee: \$5



Fancy Fold Card Class – 3E

Instructor – Cyndy Ponczek

Join us and make 2-3 Fancy Fold Cards that will be hard to give away! We'll even have one that POPS! It's amazing what ink, paper, and stamps can do! You'll want to make more when you're done! These cards can be used for a variety of special events and celebrations. Please bring your favorite tape runner adhesive, glue dots, dimensionals/pop dots, and scissors. Everything else will be included in your class fee. Limit 8.
Fee - \$7

Sound Bath – 3F

Instructor – Prana for Peace

Sound baths are a meditative practice involving the use of resonant music. This creates an immersive sound that fills the room and the body, aiming to help people relax and let go of stress, anxiety, or other worries and concerns. People report feeling deeply relaxed after sound baths, which may have health benefits.

Fabric Bandana Pumpkins – 3G

Instructor – Hoover Staff Member

With a bandana, some stuffing, thread and a cork, create a family of pumpkins for your fall decoration fun!

Session 4

Classic Camp Crafts – 4A

Instructor – Hoover Staff Member

Candles, tie dyes, lanyard, and leather... bring out the kid inside of you as you have fun with these classic camp crafts. Bring a something white to tie dye or purchase a t-shirt \$5 in the Hoover Trading Post.

Archery – 4B

Instructor – Hoover Staff Member

Learn the basics of archery or review some of the skills you learned in childhood. Have fun!

Diamond Art – 4C

Instructor Rebecca Brickel

Relax and rejuvenate as you make a beautiful stick by number on canvas design using diamond art. All the tools and supplies needed will be provided. Fee; \$15

Frosty's Woven Hat - 4D

Instructor – Debbi Zvanut

This sweet basket can be decorated with a green tree for Christmas or can stay plain to go with any season. Total size is 8" (H) x 4" wide. This can be hung on your tree, hung on a wall or used for a gift card holder. Rows are start and stop weaving with a



simple rim. Please bring a pencil and an old towel. Fee \$10

Folding Book Art – 4E

Instructor – Loreli Stochaj

Let's upcycle an old book to make a porcupine or a fairy house. It is easy. Just a bunch of folds. Once done you can decorate as you like.



Mahjong Anyone?- 4F

Instructor Meryl Sheridan and Kim DeSarno

Learn to play this ancient tile game that many say is a game of chance, skill, strategy and luck. You will learn the basic rules, how to decode the Mahjong card and what each tile represents. We will play a round or two opened hand so you can get the hang of the game.

Crochet Flowers -4G

Instructor: Jennifer Romanoff

Come make a bouquet that will last forever! Learn how simple crochet stitches can make a variety of flowers that can be made into bouquets. Perfect for home decor, Bridal and Baby shower gifts, table centerpieces and more!

