

Octoberfest At Camp Lou Henry Hoover



Camp Life is the Best Life

Friday, October 17th to Sunday, October 19th, 2025

Camp Lou Henry Hoover

Middleville, NJ 07855

www.gshnj.org

Girl Scouts Heart of New Jersey
Camp Hoover - Octoberfest
PO Box 52
Middleville, NJ 07855
dhooker@gshnj.org



Octoberfest 2025 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 17 th	Saturday, October 18 th	Sunday, October 19 th
6:00 pm Registration	8:30 am Breakfast	
7:00 – 8:00 pm Appetizers Crafting with Andrea	9:30-11:00 am Session 1 11:15-12:45 pm Session 2	9:00 – 10:00 Continental Breakfast
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	10:15 Scout's Own - Closing
	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.

16th 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.



heart of new jersey

REGISTRATION

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

The registration deadline is Friday, October 10th (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 made out to GSHNJ to

GSHNJ -Camp Hoover, PO Box 52, Middletown, NJ 07855

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.	\$185 per person	Yes
Friday to Saturday participants	Includes one night's housing, three meals, evening snack, and four workshops.	\$130 per person	Yes
Saturday to Sunday participants	Includes one night's housing, three meals, evening snack, and four workshops.	\$130 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 10, 2025.

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. All participants will be housed in our heated cabins.

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

Name: _____ Name: _____

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)

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 Hoover Capital Campaign. \$ _____

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 -Camp Hoover, PO Box 52, Middletown, NJ 07855 = Check made out to
GSHNJ**

Please be sure to email registration form to dhooker@gshnj.org as well.

Camp Lou Henry Hoover - Octoberfest 2025
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! Decoupage sea shells with napkins! Feel free to bring fancy paper napkins and sea shells you have at home!

(8:00 pm-9:00 pm)

Welcome to Oktoberfest. 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

Fall Mini Barrel Basekt – 1A

Two session time block

Instructor – Deb Zvanut

Create a barrel shaped basket on a wood cherry base. There will be four fall color choices. The size is 4" X 5.5" with a folded rim and Halloween decoration (not shown.) Woven with

Continuous weave- so it's easy to do. No experience necessary. Come and have fun while we create Limit 10. Fee: \$10



Gentle Yoga and Meditation – 1D

Instructor – Kelly Baxter

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.

Pumpkins, Pumpkins, Pumpkins! – 1B

Instructor – Hoover Staff Member

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.

Coffee Anyone?- 1C

Instructor – Keri Gould

Become a coffee aficionado! Learn about different coffee bean types, processes and preparations. We'll use a flavor wheel to identify the aromas and flavors of coffee beans from different countries. You'll even craft your own upcycled coffee scrub and get beans to take home.

Tips and Tricks on your iPhone -1E

Instructor – Chris Carswell

So you have an iPhone but you do not really know what it can do. Join this workshop to answer these questions: How can I enlarge the print? How can I reduce eye strain at night? How can I master messages? How can I charge faster? How do I block phone calls? What apps do I really need to know about? How do I send cool messages with graphics? How do I use a gif? How do I make an emoji? Find out about some fun features to impress your children and Grandchildren! Make sure to learn about some security and accessibility features. **Please updateDownload the latest operating system and backup your phone. iPhones only!**

Can You Can-Oe? – 1F

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.

Session 2

Fabric Pumpkin – 2A

Instructor – Elva Wilson
Create a fabric pumpkin with a basic running stitch. Limit 12.
Fee: \$10



Nature Stroll – 2B

Instructor – Sara Rall
Wondering what's edible useful or just interesting growing here at Camp? Or just a fan of weird nature facts? Take a gentle, guided stroll around the center of camp and find out.

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



Sound and Movement Improvisation Workshop – 2D

Instructor – Sue Creitz
This class is a dynamic, lively romp filled with humor, fun and surprises!
It is for anyone with curiosity and courage!!!
For anyone of any skill level.
All are invited to use this workshop for enjoyment, exercise or personal growth.
Susan Creitz will be leading you in easy warm-ups and improvisations in movement and sound either as a whole group or working with partners.

Archery – 2E

Instructor – Hoover Staff member
Learn the basics of archery or review some of the skills you learned in childhood. Have fun

Fancy Fold Card Class – 2F

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



Wreath Fun – 2G

Instructor – Sue Rexford
Let your creativity shine as you use scraps of fabric to create a lovely door wreath

No Place Like Gnome – 2H

Instructors – Laura Vassilowitch, Valerie Weiser and Suanne Flayzor
Create your own Gnome family out of socks and have them decorate your place for the holidays!
Let your creativity shine

Session 3

Rag Tree – 3A

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

Appreciative Inquiry: Creative Tool for Positive Change– 3B

Instructor – Jessica Nesbihal

Feel like you could use some help to initiate a positive change in your life? Maybe you're feeling in a rut professionally or personally. Maybe your favorite hobbies aren't bringing you the same joy they used to. Life can be a drag sometimes, and we can all benefit from the boost that comes with a little shift in thinking to see ourselves and our future in a more positive light. If you want to try something new this Octoberfest, join this thought provoking, creative workshop led by a change management specialist and learn about a simple tool to generate positive change.

Can You Can-Oe? –3C

Instructor – Hoover Staff Member

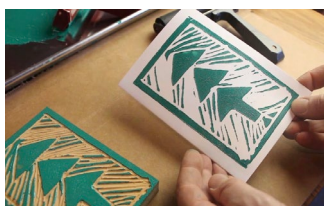
Spend over an hour enjoying the beautiful fall foliage while you stretch your paddling muscles on Swartswood Lake either in a canoe or kayak.

Holiday Linocut Cards– 3D

Instructor – Marissa Quin

Become a novice printmaker in this course, where we will be creating a linocut and creating a holiday or greeting card for it.

This class will teach you how to carve a linocut, which is the process of cutting a pattern into linoleum. We will then learn about inking these cuts to press holiday or greeting cards. You will leave with a single linocut and 10 cards!



Sugar Cookie Fun - 3E

Instructor – Sharon Gasmen

Mix up a batch of yummy sugar cookies and try your hand at decorating with icing and assorted decor. We'll have a variety of holiday options.

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.



Fall Gnome Door Decoration – 3G

Instructor – Hoover Staff Member

Create this adorable door decoration using artificial leaves, burlap and some creativity!

Melt 'n Pour Soapmaking – 3H

Instructor – Tara Banghart

Discover the fun of crafting your own luxurious soap in this fun, hands-on workshop! You'll learn how to combine simple ingredients and soap bases into beautiful, personalized bars. You'll be able to choose from a variety of scents and colors to create truly unique bars that you take home. Nothing complicated, just crafty fun! Bring your creativity and we'll provide the rest!

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.

Diamond Art – 4B

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: \$10

Iris Paper Folding Card - 4C

Instructor – Debbi Zvanut

Choice your paper, get your paper scissors and create an animal or symbol card. We will make one in class and you will have supplies to make another and the websites to download patterns you love!

Bring small pointy tipped paper scissors if you have them. Fee: \$5

Sand Art Candles and Natural Firestarters – 4D

Instructor Meryl Sheridan and Andrea Schaffer

Do you remember making candles as a kid? Did you like sand art? Let's combine the two and make candles. In this workshop you will make 6 natural firestarters and a sand art candle that you can burn. Fee: \$7



Make Your Own Book – 4E

Instructor – Loreli Stochaj

Come learn how to make some easy books. Use them with children or yourself. We will make a round book, a poof book, a slip through book, and one from recycled envelopes. Let your creativity soar.

Archery – 4F

Instructor – Hoover Staff Member

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

House Planter Help – 4G

Instructor – Jennifer DiPietro

Did you know you can improve the air quality in your home or maybe even your sleep better with the right house plants? Come learn about some common houseplant helpers, decorate a pot and bring home a new plant. Do you have some plant cuttings or plant knowledge to share? We welcome everyone to this plant share and swap session.

Festive Baubles – 4H

Instructor – Alexis Abramo

Using pre-formed wool balls from [felted sky](#), you can jump right to decorating without having to start from scratch. All of the materials and instructions for making 1 or 2 felt ornaments plus supplies to take home if you wish. Limit 12. Fee: \$10