

2010 SNEAK PEEK

CAMP MENZIES



SESSION #	DATES
1	June 15-June 18 (4 days)
2	June 15-June 21 (7 days)
3	June 18-June 21 (4 days)
4	June 24-June 28 (5 days)
5	June 24-July 1 (8 days)
6	June 28-July 1 (4 days)
7	July 7-July 12 (6 days)
8	July 15-July 18 (4 days)
9	July 21-July 26 (6 days)
10	July 21-July 30 (10 days)
11	July 26-July 30 (5 days)
12	August 2-August 6 (5 days)
13	August 2-August 9 (8 days)
14	August 6-August 9 (4 days)
15	August 12-August 15 (4 days)

Explore, create, learn, grow and experience the Magic of Menzies. Menzies is nestled among the glorious trees of the Sierra Nevadas, just up Highway 4 from Big Trees State Park. Participate in a variety of activities that are a part of every program...canoeing, swimming, archery, arts 'n' crafts, nature study, hiking, outdoor cooking, horses, stargazing and MORE! Camp Menzies is a wonderful place to help summer dreams come true! Bring a friend to camp with you. Girls who are not currently Girl Scouts are welcome to attend for an additional \$12 registration fee on top of the regular program fee. Check out our website www.girlscoutshcc.org starting in January for complete program descriptions and fees.

Resident Camp Brochures will be available at service unit meetings and at the council shops starting in January. Resident camp Registration opens February 1, 2010. Look for information on day camps in your area online March 1, 2010. Day Camp Registration opens on March 10, 2010.

PARENT INFORMATION NIGHTS:

Come find out about our Girl Scout resident camp program at one of our Parent Information Nights in December or January. Take a virtual tour of Camp Menzies, learn more about our programs and get all your questions answered. Check our website www.girlscoutshcc.org for site details.

Tuesday, December 15th-6:30-7:30 PM, Woodland

Thursday, December 17th-6:30-7:30 PM, Rocklin

Tuesday, January 12th-6:30-7:30 PM, Modesto

Thursday, January 14th, 6:30-7:30 PM, Tracy

Tuesday, January 19th, 6:30-7:30 PM, Elk Grove

Thursday, January 21st-6:30-7:30 PM, Sacramento

TWO OF US

Entering Grades: 2nd-12th • Session: 8 & 15 (4 days)

Join us for a fun-filled 4 days designed to give campers a taste of camp life and the outdoors with their special adult there to experience it all with them and to help them with the bumps.

FOREST FRIENDS

Entering Grades: 2nd-3rd • Session: 1 & 6 (4 days)

Songs, arts and crafts, swimming, nature study, canoeing, campfires and new friends await you in the forest at Camp Menzies.

WILDLIFE WATCHERS

Entering Grades: 2nd-3rd • Session: 3 (4 days)

Follow the tracks and sounds of our animal friends. Try out bird watching and examine the insects and amphibians in our meadow and canoe lake.

ECO EXPLORERS

Entering Grades: 2nd-3rd • Session: 7 (6 days)

Explore our incredible night sky, become an animal tracker, try a nature craft or two, and cook a meal using the sun.

ALL THAT'S ART

Entering Grades: 2nd-3rd • Session: 11 (5 days)

Tell stories, paint pictures or do whatever your group decides. Challenge your creative juices and still have time to explore the best that camp has to offer.

FIRELIGHT AND FAIRYTALES

Entering Grades: 2nd-4th • Session: 4 (5 days) & 14 (4 days)

Enter the world of pretend. Enjoy s'mores, singing songs, playing games and fairytales from around the world.

PASSPORT TO THE WORLD • NEW!

Entering Grades: 2nd-4th • Session: 9 (6 days)

Experience camp activities with an international flair! Learn about other countries and cultures from our enthusiastic and fun International Staff.

SIERRA SAFARI

Entering Grades: 4th-5th

Session: 1, 3, 6 & 14 (4 days) • Session: 7 (6 days)

Enjoy all the activities camp has to offer; swimming, canoeing, archery, arts 'n' crafts, nature study, campfires and more.

HORSIN' AROUND

Entering Grades: 4th-5th

Session: 1 & 6 (4 days) & Session: 11 (5 days)

Enjoy extra time with the council's horses at this special beginning-riding program. Participate in two one-hour horseback riding sessions as well as a special ground session focusing on how to safely work around horses.

TRAIL SIGNS

Entering Grades: 4th-5th • Session: 1 (4 days)

Learn all about Leave No Trace and hiking safety and spend the day at Calaveras Big Trees State Park.

SPACE EXPLORERS • NEW!

Entering Grades: 4th-5th • Session: 3 (4 days)

Learn about stars, planets and other space phenomena. Create a star maker and spend an evening stargazing in the Menzies Meadow.

GOLD DIGGIN'S

Entering Grades: 4th-5th • Session: 4 (5 days)

Visit historic Columbia and the Sutter Gold Mine; try your luck at gold panning and tour a gold mine.

SUMMER STOCK

Entering Grades: 4th-5th • Session: 7 (6 days)

Theatre games, acting techniques, costumes, make up, and a day trip to a play awaits campers in this program.

CAMP SUPERHERO

Entering Grades: 4th-5th • Session: 9 (6 days)

Work with your cabin mates to complete a secret mission, design your own mask and create a comic book page that represents your character.

JUNIOR CAMP SURPRISE • **NEW!**

Entering Grades: 4th-5th • Session: 9 (6 days)

Experience a new adventure each day during this program full of surprises. Each day will feature a special activity or out-of-camp excursion. At the end of the session plan your own surprise for the whole camp.

MYSTERY MAKERS • **NEW!**

Entering Grades: 4th-5th • Session: 11 (5 days)

Use your powers of deduction to solve a Mystery Festival thriller. Plan a blindfold mystery meal and take a mystery hike.

BEADS, JEWELS & RHINESTONES

Entering Grades: 4th-5th • Session: 12 (5 days)

Design your own bracelets, necklaces and rings as you work towards earning the *Jeweler* badge. Create your own special beads, make a gemstone ring and paint your own jewelry box.

CAMERA SHOTS

Entering Grades: 4th-6th • Session: 4 (5 days)

Earn the *Camera Shots* badge as you explore the wonderful world of Camp Menzies through the lens of a camera.

S'MORES AND MORE

Entering Grades: 4th-6th • Session: 7 (6 days)

Make and use a box oven, make a snack on a backpacking stove and enjoy cooking in a solar oven.

CREATIVE KALEIDOSCOPE

Entering Grades: 4th-6th • Session: 12 (5 days)

Use your creative energies in a kaleidoscope of art activities! Pottery, drawing, painting and drama are just a few of the art mediums you can experiment with.

HORSE LOVERS

Entering Grades: 5th-6th

Session: 4 & 12 (5 days) • Session: 7 (6 days)

Improve your horsemanship skills at this beginning level riding program. Participate in three hours of horseback riding sessions as well as ground lessons on horse safety and horse care.

TAKE AIM

Entering Grades: 5th-6th • Session: 7 (6 days)

Creativity abounds with the games you can play while improving your archery skills.

TRAVEL SESSIONS

We are excited to offer several programs that allow girls to travel throughout the Sierra Nevada Mountains and beyond. Girls participating in Camp Menzies travel sessions will start and end their adventure at camp but will spend 3 to 6 nights out of camp during their session.

CAMP 'N' CANOE

Entering Grades: 6th-8th • Session: 9 (6 days)

Practice canoe swamping, self-rescue, paddling techniques and more. Work on your canoe skills in camp before heading out for 2-3 days of camping on the beautiful Union & Utica Reservoirs.

MOUNTAINS TO THE SEA

Entering Grades: 6th-8th • Session: 10 (10 days)

Travel from the Sierra Nevada Mountains to the Monterey Bay Peninsula. Camp near the coast and spend time exploring the Monterey Bay Aquarium and the wonders of Big Sur. Take a whale watching tour and hike along the Monterey Peninsula Recreational Trail while working on the Makin' Waves focus book.

YOSEMITE INSTITUTE

Entering Grades: 6th-8th • Session: 13 (8 days)

Join other students at the renowned Yosemite Institute as highly qualified professionals in the fields of natural history and environmental interpretation lead you on hikes and other outings throughout the park.

HIGH TECH HIDE AND SEEK • **NEW!**

Entering Grades: 6th-8th • Session: 2 (7 days)

Try your hand at geocaching, create a Camp Menzies letterbox hike and an earthcache during this session full of "clues" and "treasure".

MAD ABOUT MURALS

Entering Grades: 6th-8th • Session: 2 (7 days)

Leave your mark on Camp Menzies as you work with your unit to design and paint a new mural at Camp Menzies.

NIGHT OWLS

Entering Grades: 6th-8th

Session: 2 (7 days) • Session: 9 (6 days)

Enjoy an evening canoe, tell stories and roast marshmallows over the campfire. Plan a unit overnight trip out of camp, sleep in and enjoy a late breakfast.

CAMP QUEST

Entering Grades: 6th-8th

Session: 3 (4 days) • Session: 12 (5 days)

Design the perfect in-camp program with your unit. Plan a day trip to a fun location in Calaveras County.

MENZIES MOUNTAIN RIDERS

Entering Grades: 6th-8th • Session: 5 (8 days)

Improve your horsemanship skills at this intermediate riding program. Work on timing, rhythm, and balance during four hours of horseback riding sessions and participate in ground sessions on the care and feeding of horses.

SKY'S THE LIMIT

Entering Grades: 6th-8th • Session: 6 & 14 (4 days)

The sky's the limit during this girl driven program. Enjoy everything camp has to offer... canoe in Lake Nettie Hunter, visit the nature hut, try your choice of arts 'n' crafts, sing around the campfire, and cook outdoors.

CAMP SURPRISE • **NEW!**

Entering Grades: 6th-8th • Session: 7 (6 days)

Experience a new adventure each day during this program full of surprises. Each day will feature a special activity or out-of-camp excursion as well as a special overnight. At the end of the session plan your own surprise for the whole camp.

SURVIVOR

Entering Grades: 7th-9th • Session: 5 (8 days)

This jam packed session will help you to develop the confidence needed to meet the challenges of outdoor survival. Test your skills on an extended trip out of camp.

PICTURE THIS

Entering Grades: 7th-12th • Session: 10 (10 days)

Visit Calaveras Big Trees State Park, Yosemite National Park, Mono Lake and Bodie State Historic Park before heading back to camp to create a trip scrapbook with your best pictures.

TAHOE TREKKERS • **NEW!**

Entering Grades: 7th-12th • Session: 10 (10 days)

Explore the natural beauty and history of one of the bluest lakes in the world. Take a cruise on Emerald Bay, picnic on the beaches and explore several of the hiking trails, historic sites and museums in the area.

GOLDEN GATE GIRLS

Entering Grades: 8th-12th • Session: 7 (6 days)

Walk along the Golden Gate, Explore the California Academy of the Sciences, shop on Pier 39 and enjoy ice cream at Ghirardelli Square.

CAMP SWELL

Entering Grades: 9th-12th • Dates: TBA

Spend four glorious days on the Central Coast. Stay in a beach house and enjoy an introductory surfing course taught by a certified instructor.

*This program will start and finish at the Modesto Office.

ART EXTRAVAGANZA

Entering Grades: 6th-8th • Session: 11 (5 days)

Experiment with a variety of art mediums, attend a play in a local theatre and explore the art museums and craftsman shops in the historic town of Murphys.

TROT 'N' TREK

Entering Grades: 7th-9th • Session: 13 (8 days)

Improve your horsemanship skills at this advanced riding program. Work on timing, rhythm, and balance during six hours of horseback riding sessions and participate in ground sessions on the care and feeding of horses.

CAVE EXPLORERS

Entering Grades: 7th-9th • Session: 13 (8 days)

Rappel, spelunk, walk and swim through a variety of the Motherlode's treasured caves. (Girls must be 12 years old and weigh 100 lbs. to do the rappel.)

AQUAVENTURES • **NEW!**

Entering Grades: 8th-12th • Session: 2 (7 days)

Raft on a Class 3 river, kayak on Lake Alpine and plan your own "beach" party at one of our local lakes. Don't forget canoeing, swimming and all of the other activities available to you at camp.

ARTIST WITHIN

Entering Grades: 8th-12th • Session: 5 (8 days)

Let the beauty of Camp Menzies inspire the artist within you. Work with ceramics, tile and clay during this special art inspired session.

B XTREME • **NEW!**

Entering Grades: 8th-12th • Session: 5 (8 days)

Complete the *B Xtreme* Interest project as you explore a variety of the extreme sports available around camp. Try rock climbing, kayaking, mountain biking and a challenge course or zip line during special day and overnight trips out of camp.

UNDER CONSTRUCTION

Entering Grades: 7th-12th • Session 11 & 13 (14 days)

Be part of a special construction crew of girls ages 13-18 and members of the Sacramento Chapter of NAWIC (National Association of Women in Construction). Swing hammers, pound nails and learn how to use power tools as you build a new sleeping cabin at Camp Menzies.

*Girls will return home between sessions (July 30-August 2)

LEADERSHIP PROGRAMS

Our specially designed leadership programs will show you how to develop and lead camp or horse programs while increasing your communication and problem-solving skills. Each program will include individual and small group training sessions with supervised hands-on experience working with younger campers. Please visit the Leadership Programs pages on the Resident Camp section of our website www.girlscoutshcc.org for more detailed information and dates.

CONTACT INFORMATION

QUESTIONS?

For resident camp questions contact the Camp Director for information on programs, or the Administrative Department for information on fees/registration at:

Girl Scouts Heart of Central California-Main Office
3005 Gold Canal Drive
Rancho Cordova, CA 95670-6129
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