



2011 – 2012 Opportunities for American Heritage Girls

Programming

Program areas: Nature Study; Ecology; Environment; Science; Local History; Outdoor Skills

- ◆ Customized after-school programs for troops / groups - Fee
- ◆ Customized overnight programs for troops / groups at Caldwell Nature Center - Fee
- ◆ Special events such as Mount Airy Forest Festival on Oct 8 - Free

Magic Forest Halloween Hikes on October 21 and 22 - Fee

Natural Holiday Craft Workshop on Dec 3 - Fee

Winter in the Woodlands on Dec 9 - Fee

Maple in Mt. Airy on March 3, 2012 - Fee

Pancakes in the Woods on March 11, 2012 - Fee

Several activities at these events relate to badge work. You can find registration information on our website at: www.cincinnatiiparks.com

- ◆ Public weekend programs related to badge work (best for individual girls & families). Most are Free. For a current program calendar, visit our website.

Resources

- ◆ **For General Nature Program Information:** Call our main office, Bettman Center, at 513-321-6070.
- ◆ **Advice:** Call a Nature Center to learn where to find species; what to look for; what to do; and more!
- ◆ **Hiking Trails:** at regional parks and the Nature Centers. Trails range from the very short up to the 10+ mile LaTrainee de L'Explorateurs in Mt. Airy
- ◆ **Nature Centers:** (all 513 area code)
Avon Woods (Paddock Hills) - 861-3435 Caldwell (Hartwell / Carthage) - 761-4313
California Woods (California) - 231-8678 LaBoiteaux Woods (College Hill) - 542-2909
Trailside Nature Center (Clifton) - 751-3679 (also includes the Wolff Planetarium)

Due to the changing of Badges and Requirements, please check out www.ahgonline.org and www.girlscoutsofwesternohio.org for the latest updated information. We are hoping to receive the new changes in Fall of 2011 so we can continue to bring current and relevant programs for your troops.

Cincinnati Park Board

Caldwell Nature Center Opportunities for American Heritage Girls

430 W. North Bend Road (Carthage/Hartwell)
Cincinnati, OH 45216

Contact: Olivia Canada- Naturalist

Olivia.canada@cincinnati-oh.gov

(513) 761-4313

(513) 321-6218 (fax)

Survivor Girls!

AHG Overnight Program

Who: American Heritage Girls, Tenderhearts and Explorers

Dates: April 27-28th 2012

Time: 6:00 pm Friday- 3:30 pm Saturday

Fee: \$25 per child & non-leader chaperones (Non-Refundable)

Survivor Girls! Have fun and learn everything a kid needs to know about outdoor skills and fire building! We will become expert outdoor explorers as we learn all about what it takes to survive in the woods, safely and comfortably. Together we will practice useful skills such as, fire building, using a map and compass, knot tying, basic first aid, as well as knife and fire safety. Our full schedule will include nighttime and daytime activities such as hikes, games, crafts and skill building.

After completion of all the activities, girls will fill all of the requirements (plus some!) to earn the "Fire Safety & Fire Building" badge as well as the "Outdoor Skills" Badge. Troops must bring their own food.



To register for Overnights and Saturday Programs:

Paid registrations are accepted in the order they are received.

All programs are pre-paid and non-refundable.

Fees do not include patches/badges.

We will allow free chaperones according to AHG guidelines:

1 leader per 6 Tenderhearts (must have 2 deep leadership)

1 leader per 8 Explorers (must have 2 deep leadership)

Two leaders are free for a troop of up to 12 Tenderhearts, an additional free adult is allowed for every additional 6 Tenderhearts. Two leaders are free for a troop of up to 16 Explorers, an additional free adult is allowed for every 8 additional Explorers. **Any other adults are required to pay and ALL adults are expected to participate.**

For registration and payment, please send registration and payment in the form of a cashier's check, money order or using the form below for a credit card. We also will do phone in registration and payment. Please call The Bettman Natural Resource Center at 513-321-6070. The only way to guarantee a spot for your troop is to submit payment with your registration. Please note that our programs often fill fast.

*****Personal and Troop Checks are no longer accepted. We accept Money Orders, Cashier Checks or Visa/MasterCard. Payment is Non-Refundable unless we cancel for inclement weather or low enrollment.*****

Please Provide Payment Information if mailing registration:

_____ Enclosed is a Cashier's Check or Money Order for full amount

OR

Visa or MasterCard

Card Number _____

Exp. Date _____

3 Digit Security Number on back of card _____

Cardholders Name as it Appears on Card _____

Signature _____

Billing Name and Address _____

Mail Form and Payment to: Bettman Natural Resource Center
Attn: American Heritage Girls Program
4 Beech Lane
Cincinnati, OH 45208



**The Cincinnati Park Board American Heritage Girls Overnight Program
Registration Form**

For more information on other program opportunities, please call (513) 321-6070

Troop Name/Number: _____ Age level _____

Troop Leader/Contact Name: _____

Contact's Address: _____

Contact's Home Phone: _____ Work / Cell: _____

Contact's Email Address: _____

Our Troop would like to register for the following program:

Name of Program: _____

Date of Program: _____

Location of Program: _____

_____ x \$ _____ = \$ _____
of Scouts Fee per Scout Total

_____ x \$ _____ = \$ _____
of Non-Leader Chaperones Fee per Non-Leader Chaperones Total

_____ = \$ _____
Total Amount Enclosed Total

_____ = _____
Of Attendees Total



Cincinnati Park Board Caldwell Nature Center Overnight Basics

Schedule: Please be sure that all of your girls have eaten before you arrive on Friday evening. Plan to arrive at 6:00 or 6:15 p.m. on Friday evening to stow your gear and settle in before the program starts at 6:30 p.m. We'll be busy until about 10 p.m. on Friday night and will resume on Saturday at 8:30 a.m. Saturday's full day of activities will end by 3:30 p.m. with a lunch break scheduled from 11:30 a.m.- 12:30 p.m.

Sleeping Arrangements: Caldwell Nature Center is not equipped with beds or showers. Participants will be sleeping on the floor of our large meeting room. Girls should bring sleeping bags and/or blankets. (*adults- the floor is hard! You may want an air mattress or foam pad.*) Please be aware that fathers sometime attend, so choose your bedclothes accordingly. Naturalists do not spend the night, however leaders are familiarized with the building before it is secured for the night.

What to Pack: **Much of this program will be held outdoors.** We will need to spend some time outside even in heavy rain or snow. Please watch weather predictions for your weekend and bring ponchos or raincoats accordingly. Umbrellas are not suitable for hikes in the forest. It is often cooler in the forest than in the city, especially at night. Dressing in layers is recommended. Please make sure girls are prepared depending on the season with rain or snow gear, outdoor clothing, and sturdy shoes that can get dirty and/or wet. Gloves, hats, and warm boots/shoes are essential in cold weather. An extra change of clothes *and shoes* is advisable. We also recommend that girls bring 2 extra pairs of socks in case one gets wet, and another for wear around the center. Comfy shoes or slippers are another option, as we do not allow wet and dirty shoes in the meeting room because we spend a lot of time on the floor. Flashlights are optional for our Friday night hike. Girls should not bring any electronic equipment.

Meals: Girls should have eaten their dinner Friday before they arrive. However we do schedule time for a brief snack Friday night. You will also need Saturday breakfast and lunch for your troop. We have a fully equipped kitchen, but the appliances are only family-sized, so you may want to bring a cooler to hold some of your troop's food. On cold weekends we will provide hot water for hot chocolate. We also have a coffee maker. Please provide your own hot chocolate and coffee. We suggest that you plan simple meals. Your troop can cook outdoors if you wish. We have an open fire pit and two pedestal grills. Some leaders prefer to order pizza for lunch or go to a fast food restaurant nearby. We do not schedule time for a snack on Saturday, so if you plan on having one, it must be something the girls can eat on the run.

We do not cancel in bad weather unless schools are closed. If questions arise about weather conditions on the Friday of your overnight, or if you have any other questions or concerns, please feel free to call:

Caldwell Nature Center at (513) 761-4313.