



# GLRLL News Bulletin

March 2010

Volume 1, Number 2

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## 2009-2010 GLRLL Board

- President – Karen Dymond
- Vice-President – Marianne Fallis
- Secretary – Renee Authier
- Co-Treasurers – Beverly Larsen  
Melissa Miller
- Directors – Su Crabb  
Julie McBride  
Mari Kay Savatsky

## DON'T MISS IT...EARLY BIRD DEADLINE Mail Your Registration by April 1<sup>st</sup>!

Have you registered for GLRLL 2010? It's not too late for the early bird rate, which is a \$30 savings.

To be eligible for the Early Bird Rate, get your registration post-marked by **April 1<sup>st</sup>**. Need a copy of the registration form? Go to [www.greatlakesreclab.com](http://www.greatlakesreclab.com).

## Transformation Through Recreation GLRLL May 14-19, 2010

May 2010						
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This year's program is packed with fabulous resource people, exciting leadership opportunities, and unique experiences and promises to be a transformative experience. Lab begins the evening of Friday, May 14th and wraps up mid-morning on Wednesday, May 19. Hope you'll be able to join us at our new location....check out [www.bearlakecamp.org](http://www.bearlakecamp.org) for information on the new site.

## Introducing... The Mission of GLRLL

After much thought and hard work by the Board during 2008 – 2009, and with input and ideas from the membership collected during GLRLL 2009, GLRLL now has a mission statement!

The mission of GLRLL is... *to encourage discovery through opportunities to learn, lead, play and recreate.*

As the board plans for 2010 and the future of the organization, the mission statement has provided focus and direction on GLRLL's purpose.

## Contact Us

Website:

[www.greatlakesreclab.com](http://www.greatlakesreclab.com)

Email:

[info@greatlakesreclab.com](mailto:info@greatlakesreclab.com)

## Board Recruitment: Consider Joining the GLRLL Board

GLRLL is on the hunt for additional members to join the Board of Directors. This hard working group also has a lot of fun, meeting 4 times throughout the year in order to plan the next year's event, as well as to focus on sustainability and long-term planning for the organization.

We would ask that you seriously consider the possibility of joining the board. If you are interested, please contact a member of the nominations committee – Su Crabb, at [swcrabb@gmail.com](mailto:swcrabb@gmail.com) or 734-662-5129, or Karen Dymond, at [karen.dymond@yahoo.com](mailto:karen.dymond@yahoo.com) or 519-809-9709.

This is a critical time for GLRLL, and we are starting the recruitment process early to ensure that we will have a complete board for 2010 - 2011. Without a full slate of directors, it is difficult to plan a quality program and to continue the organization. Please consider becoming involved. We've included the job description here to provide you with information to help you make your decision.

### **G.L.R.L.L. Board Member Job Description**

Board members are elected to a two-year term.

1. Attend all board meetings throughout the year. The board meets approximately 4 times for weekend meetings; places & times to be determined by the board members. It is vital for board members to be present at all board meetings.
2. Commit to attending G.L.R.L.L. full-time in 2011 & 2012.
3. Serve on your choice of board committees & follow through on your commitments.
4. Work within the bylaws, plan of organization, and operating guidelines of GLRLL.
5. Continue the Rec Lab experience throughout the year - we play at meetings and have fun!

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## **Looking ahead to Rec Lab 2011!** Lab Session Proposals

As part of our continuing effort to make Lab the best opportunity to learn, lead, play and recreate, we are encouraging members to think about stepping forward to lead a session at GLRLL 2011. We are introducing a new process to help us discover the skills & talents of our membership. We will solicit Lab Session Proposals from those interested in being a resource person. If you're interested, please pick up a Lab Session Proposal package when you are at Lab this year.

## Want More of the Lab Experience? Information on Other Labs

Chatcolab Northwest Leadership Lab – [www.chatcolab.com](http://www.chatcolab.com)  
June 12-18, 2010 – Rathdrum, Idaho

Black Hills Recreation Leadership Laboratory – [www.bhrll.org](http://www.bhrll.org)  
October 2010 – Outlaw Ranch, Custer, South Dakota

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## We're On the Web! [www.greatlakesreclab.com](http://www.greatlakesreclab.com)

And, did you know that GLRLL is on Facebook? Join the "Great Lakes Recreation Leaders Lab" Facebook group to connect with Lab friends!

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## A Bit About Our New Location: Lions Bear Lake Camp, According to Su...

Dear Rec Lab Friends:

Here I am at Lions Bear Lake Camp. I'd send a text or email, as they have wireless, but I thought an old fashioned letter might be just the right kind of introduction. Set in a wooded area and with a lovely lake skirting the cabins I was immediately drawn to the beauty of Lions Bear Lake Camp. I pulled into the turnaround and popped my trunk in order to heft a weekend worth of supplies onto the wagon to wheel it to my weekend residence.

Once in the cabin, I couldn't help but be impressed by the carpet on the floor, the space to hang my belongings and the twin bunk beds that were silent as I sat. Pretty good, I thought, but what about the bathrooms...? Ceramic tile floors and walls, 5 sinks, 4 stalls and two showers, electrical outlets that really worked, hot & cold running water and toilets that didn't run.... I was impressed and could check that off my list.

My final priority...food. Would the food be any good? How about the hot tea? So, I made my way uphill...yes, my friends uphill! Steps are available along with a sidewalk that will provide you with an opportunity for firming and will increase your appetite. The food was excellent. Dessert was divine.

As an avid rock stacker, I didn't find any good stacking rocks and may have to figure out how to identify my cabin in a different way this year.

The Board is very excited to find this camp and share it with you this year. Wouldn't you know, the onsite director, Denny, is a former GLRLL member and is very excited to have all of us coming.

Although some things will be different, like the visitor policy and our access to the kitchen, many things will remain the same, like the hike between cabins, parking our cars a bit away, and the auction. We will still have late night and early bird; morning reflections, singing, dancing and general session. I can't wait for it all to start and to see each of you this year.

Check out Bear Lake's website to see pictures of the facility at [www.bearlakecamp.org](http://www.bearlakecamp.org).

Take good care, send in your registration and I'll see you very soon. Don't forget....early bird deadline is **April 1<sup>st</sup>**!

Sincerely,  
Su Crabb

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## **Policy Updates:** Early Arrivals & Visitors

GLRLL begins on Friday May 14, with registration starting at 4:00 p.m. If you plan to arrive the night before, please note that you must notify the registrar, and that a \$60 fee applies (meals not included). In order to provide you with the best Lab experience possible, we ask that, unless you've registered to stay the night before, or you are a resource person at this year's Lab, that you arrive after registration opens.

Unfortunately, we cannot allow drop-in visitors. However, paid members are welcome to attend the Auction and the Annual Meeting if registered in advance. Beverly Larsen, registrar, can be reached at 517-436-3001 or [info@greatlakesreclab.com](mailto:info@greatlakesreclab.com).

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## **Transforming Talk!** General Session with Martha Ballou

Martha will lead us through a series of sessions exploring the ways in which we communicate with each other. These sessions will provide tools for talking, discussion of our communications styles, and methods to transform our interactions with others. Special guests, activities, and humour all join the mix! It's an experience you won't want to miss!

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**Early Bird Registration –  
April 1**

## **Classes, Classes, and More Classes**

### **Resources People & Sessions at GLRLL 2010**

Once again, Rec Lab features an amazing line-up of resource people and classes, featuring opportunities to learn, lead, play and recreate.

#### **Adaptive Recreation & Board Games ~ Dave Zapata**

Develop adaptive recreation skills using a minimal amount of props and share low cost ideas. Class mainly focuses on how to adapt board games to large floor games, and how to adapt for various groups. Bring along your favourite board game. You may walk away with a large floor-size model of a game. This class will be held for four consecutive sessions.

#### **Steppin' Out with Red ~ Nancy "Red" Rice**

Join us in this transformative dance opportunity. You will learn new dances (including Steppin' Out) and how to teach dances (steppin' up). You'll also learn how to be an effective participant (steppin' back). This class will be held for four consecutive sessions.

#### **Fun with Reed ~ Carl Bruse**

Weave your way through this class to learn tips for working with reed including the right & wrong side of the reed. You'll make a project (such as a basket) to show off to all of your friends! This class will be held for four consecutive sessions.

#### **Low Ropes Initiatives ~ Jean Jones, Bear Lake Challenge Director**

Examine your strengths or take a risk during this session where you'll learn alongside your teammates through a series of ground initiatives and low ropes challenge course activities. Jean takes a goal-oriented approach to self and group transformation.

#### **Table Games with Dice & Cards ~ Dave Zapata**

This class consists of games using dice or cards. Class will be used to learn and to play, with time to share ideas with each other.

#### **Garden Anywhere! ~ Mary Ann Hermann**

Gardening can happen anywhere with containers. Explore the supplies needed and containers that can be used to create a growing environment and transform just about any space. All participants will be able to create and take home a container garden. Bring along gardening tools if you have them.

#### **Songs of the People ~ Barb Colliins**

Folk Music tells the story of the stories of ordinary people and has been passed down from generation to generation. Revisit old favourites and learn other folk songs and the stories behind them.

#### **Quilling Designs ~ Carl Bruse**

Roll yourself up in this new hobby – quilling. You will use rolled up paper strips to make all types of designs to decorate items or even make a picture.

**Who Am I, How Did I Get Here, and How Can I Restore the Balance in my Life? ~ B.J. Morrison**

Are you feeling stuck, stressed, or caught in a cycle? Come discover how you can take your emotional and physical well-being into your own hands. Learn techniques that are simple to master and fun to do. Transform your mental, emotional, and physical health, and return home with renewed energy!

**Large Floor Games ~ Dave Zapata**

Play large floor games from a collection that Dave & his co-worker have created, developed, and used in his workplace. The collection contains some well-known and some obscure board games.....come & experience!

**Basic Beats ~ Nick Ballou**

This class will examine basic rhythmic concepts through a little bit of listening and mostly playing. All are welcome – no musical experience necessary!

**Divine Tie Designs ~ Marianne Fallis**

So many styles and techniques of tie-dyeing to try, so bring your “canvas” and creative flair to this class. Fun-filled, hands-on experience guaranteed!

**Paper Bag Cards ~ Carl Bruse**

They're not just for lunches anymore! During this class, learn how to make a card out of a brown or coloured bag that can be used for anyone or any occasion.

**Songs in Action ~ Barb Collins**

Learn & share a variety of fun songs for all ages and stages, from preschool to seniors groups. Create and adapt movement to fit the needs and abilities of your group.

**Quilling Designs ~ Carl Bruse**

Be prepared to create your own masterpiece using any clear glass jar, plate, or recycled clear glass jar as you try glass etching. Cut your own design and use etching cream.

**Pump & Blow....For Life! ~ Nicola Danks**

Any time, community members can be faced with emergencies such as heart attacks, strokes, electrical shock, or choking....you name it. This class will arm you with information & know-how to deal with these situations. Class includes adult, child, and infant CPR and AED with a certified American Heart Instructor.

**Nature Exploration ~ Dorothy Walling, Bear Lake Camp**

Dorothy is an active volunteer with Bear Lake Camp, and she will share with us an opportunity to explore the natural environment of Bear Lake.

**Contact Us**

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**Great Lakes Recreation Leaders Lab**  
Encouraging discovery through opportunities  
to learn, lead, play and recreate.

