

PG Retreat 2011 Program

NOTE: This is an edited version of the 2011 PG Retreat Program. Because this document is available on the public pages of the PGR web site, PGR member names and bios have been removed.

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FRIDAY SCHEDULE

- 2:00 PM REGISTRATION
- 4:00 PM New-Family Orientation
- 6:00 PM DINNER
- 7:30 PM ICE BREAKERS (until 9:00 PM)

SATURDAY SCHEDULE

- 7:30 AM BREAKFAST
- 9:00 AM SCAVENGER HUNT
- 10:30 AM SESSIONS

**Perfectemundo Senior Pumpkin
Ancient Attractions
Juggling
Tie-dye
Challenge Games
Beginning Chess
Zometool: Start Large Project
The World of Druidawn RPG
Friendship Making
Solar Powered Printmaking
Intro to Pathfinder RPG (thru 12:30 - lunch served)
Return to the Lost City RPG (thru 2:45 - lunch served)
Young Adventures RPG
Advanced Settlers of Catan
Microscopic Life of Glen Eyrie
Intro to Bridge
Math in Plain English
Dangerous Lasers
Executive Function
Genealogy
Code breaking Personality Types
Homeschooling to College/University
Help! Our Child is Profoundly Gifted!
GPS**

12:00 PM LUNCH

1:30 PM SESSIONS

**Footloose
Stage Make-Up
Dance
Microscopic Life of Glen Eyrie
Challenge Games
The World of Druidawn RPG
Intermediate Chess
Zometool: small project
"All My Relations"
Math Games
GPS
Intro to Pathfinder RPG
Continuation of Return to the Lost City from a.m. session
Electronic Annihilation
Teen Girls Council Circle**

Teen Boys Council Circle
Picking the Right College or University for You
Advanced Improv
Sexuality, Gender and Profound Intelligence
Life Changes
How PG Children Cope with Learning Disabilities

3:00 PM SNACK

3:45 PM COLORADO IMPROV

6:00 PM DINNER

7:30 PM STORYTELLING (until 9:00)

SUNDAY SCHEDULE

7:30 AM BREAKFAST

9:15 AM SESSIONS

Kite Kraft
Sewing Cloth Envelopes
Settlers of Catan
Rube Goldberg
Crochet
Snap Circuits
The World of Druidawn RPG
Chain Maille
Kickball
Zometool: children's small project
The Mystery of Castle Drachus RPG (thru 1:00PM; lunch provided)
Maze of Shadows RPG (thru 1:00PM; lunch provided)
Big Ideas
Build a 12' Tall Trebuchet
Learn to Juggle: Guaranteed
High Ropes
Building a Better College or Job Interview (adults too)
Comedy Workshop
Sustainability
Harvard at Age 15 - My Story About College Too Early
Strategies and Solutions for the Anxious Gifted Child
Interpreting Test Scores of Profoundly Gifted Children

SENG Model Parent Group

- 12:00 PM LUNCH
- 1:30 PM KEYNOTE
- 3:00 PM SNACK
- 3:45 PM TALENT SHOW
- 6:00 PM DINNER
- 7:30 PM CAPTURE THE FLAG (until 9:00 pm)

MONDAY SCHEDULE

- 7:30 AM BREAKFAST
- 9:15 AM SESSIONS

- Kite Kraft**
- Some Pig, Luke Skywalker**
- Beginning Improv**
- Florissant Fossil Beds N.M. - Hands on Geology**
- Logic Puzzles**
- Parachute Games**
- Quidditch**
- Jewelry Making**
- Puppet Making**
- Dangerous Lasers (8-11 years old)**
- Problem Solving/MathCounts**
- Advanced D&D, experienced in 4th ed! (thru 1:00 includes lunch)**
- Film Philosophy - The Matrix Trilogy**
- High Ropes**
- Advanced Creative Writing**
- Zometool: large project**
- Extreme Parenting/Contemplative Practices**
- Reconsidering The Silver Back Snake**
- Perfectionism**

- 12:00 PM LUNCH
- 1:30 PM GRASS IT UP – Blue Grass Band

3:00 PM ICE CREAM SOCIAL

3:45 PM NEXT YEAR PLANNING MEETING /
CHILDRENS CLASSES During Planning Meeting

Your Inner Darth Vader...or Pansy Parkinson
Brain Games
Ancient Attractions
Needle Felting
Juggling
Creative Writing
Snap Circuits
Martial Arts (pre-teen/teen led session - 1 hour)
Rube Goldberg

6:00 PM BBQ PICNIC DINNER

7:30 PM DANCE & QUIET ROOM (until 10:00)

TUESDAY SCHEDULE

7:30 AM BREAKFAST

8:30 AM ANNOUNCEMENTS

9:00 AM SLIDESHOW

9:30 AM GOODBYES & CHECK-OUT

10:00 AM (Checkout by 10:00AM) (TEENS usually hang around until Noon)

ROUND TABLE TOPICS

Saturday Lunch

A. Homeschooling Basics with ...

So you're considering homeschooling, but don't know how to begin. We say you CAN do it! Homeschooling doesn't have to mean learning completely "at home". We'll touch on advantages and disadvantages, when and how to take the plunge, state regulations, schooling styles, community-based education, parent-directed education and using the real world to educate and nurture our children.

B. Beyond Homeschooling 101 with ...

You've already taken the plunge! You already know the basics! Now, let's delve a little deeper into the homeschooling lifestyle. Let's share our stories, learn from each other and support each other as we discuss our challenges, our successes and our ever-evolving homeschooling journey.

C. Travel-schooling with ...

PGR families and extended travel seem to go together like peanut-butter and jelly. Come share learning and living tales from your time on the road. Planning your own trip? Collect ideas and inspiration from those who have gone before you.

D. Future of PGR for Young adults with ...

This session invites young adults to offer suggestions for the PGR community to consider for future planning. It will also provide an opportunity for a collective conversation about the needs of this group.

Saturday Dinner

A. Educational Alternatives with ...

Public school, private school, homeschool, early college ;what are the options, advantages, and disadvantages?

B. Deschooling with ...

"Deschooling" is the period of adjustment needed between school and homeschooling. Common belief is that it takes one month of deschooling for each year the child was in school to undo the "damage". We just went through it. What it is, what to expect and where to find support are some of the topics we will cover in this discussion.

C. Thriving as an Independent PGR adult with ...

An open facilitated conversation for teens and young adults. What's involved in being, or becoming, a happy, successful adult? What are the choices you're facing? Topics might include: Rights, responsibilities, choices, money, credit, insurance, sex, drugs and oh, ok...rock and roll.

Sunday Lunch

A. Early College with ...

Why and how to do early college. We'll discuss the advantages, disadvantages and methods.

B. Options and Opportunities for Math Maniacs with...

"Is your child a math maniac? Would you like to know more about enrichment and acceleration paths for highly math-talented kids, both in real life and on-line? Are you looking for ways to keep your child challenged and motivated, or to find similarly math-minded peers? We will examine all these questions and consider some possible solutions at this round-table discussion.

C. Gifted Co-ops with ...

Do you want to know to start and run a gifted homeschool co-op? Possible topics: searching for space, types of classes to offer, how to find teachers and creating your mission/goals.

D. Edu-hacking College with ...

Learning is necessary; Institutions are optional! Sure, college (even Ivy life) is attainable for our kids. However, there's a movement afoot and a trend towards developing, supporting and encouraging viable (possibly even preferable) alternatives to college. This is not a been-there-done-that talk but rather a future visioning session. Teens and young adults especially welcome.

Monday Lunch

A. Homeschooling for College with ...

The first year of homeschooled-high school is not too early to begin preparation for college applications. Topics may include: validating transcript claims; CLET, AP, College Board, Community College coursework; accreditation.

B. In Reaction: Living with Allergies and Giftedness with ...

Approximately 20% of the general population suffers from allergies. According to data from the GDC that number is 44% in the PG population. Join us for an open discussion about the impact of allergies, what can be done to mitigate the effects and ways to support

our kids in living with allergies?

C. Living Outside the Lines with ...

We are odd by virtue of our unusual kids. But what else are you doing in your life that goes counter to the crowd? Or what would you be doing outside the box if you had some encouragement and support? Come jam on living an unreasonable and uncommon life. It's sure to be interesting -- though exactly where it goes nobody knows.

RPG at PGR!

ROLEPLAYING GAMES will take on a slightly new look this year at PGR. Game Masters ... will be introducing "Pathfinder," a twist on Dungeons & Dragons 3.5 edition. ... will return to lead younger players (ages 8 and under) in another adventure game for beginners. New member ... will host a D&D game for advanced players using 3.5 edition.

Session summaries are listed below, but please note sessions may need to be tweaked or substituted if necessary. Maximum six players per Game Master. All sessions played at Cedar Ridge unless otherwise indicated. A simple lunch (e.g. sandwiches) will be delivered to Cedar Ridge for those playing in lengthier sessions.

JULY 2:

10:30 am to noon: "Young Adventurers" session with This is a beginning roleplaying game session for our younger enthusiasts (ages 8 and under). ... (assisted by daughter ...) was a big hit last year and offers a storyline tailored for sensitive ears. Note: this group will meet outside the Carriage House.

10:30-12:30 Intro to Pathfinder: Players new to tabletop roleplaying in general, or the Pathfinder rules in particular, can learn about this exciting new version of the classic Dungeons and Dragons game. We will make characters and even go on a mini-adventure to try them out!

12:45-2:45 Intro to Pathfinder: Players new to tabletop roleplaying in general, or the Pathfinder rules in particular, can learn about this exciting new version of the classic Dungeons and Dragons game. We will make characters and even go on a mini-adventure to try them out!

10:30-2:45 Return to the Lost City: More experienced tabletop roleplayers can join the quest to rediscover the famous lost city of Tamoachan! If they can battle their way past dastardly monsters and solve the puzzles Tamoachan's founders left behind, they may even discover its fabled treasure-hoard.(Uses D&D 4th Edition rules. Players are welcome to bring their own 9th level characters for use. Pre-made characters will also be provided.

Please note: while anyone is welcome to sign up for the sessions at ...'s table, only those with experience playing 4th Edition D&D should sign up for ...s table - there will not be time to teach new players and complete that adventure. This way, everyone who wants to learn Pathfinder can and will have an opportunity to make characters for the next day's adventures, which will be exclusively Pathfinder - but at the same time, any fans of D&D's 4th Edition will still have a chance to play at the retreat.

JULY 3:

9:15-1:00 The Mystery of Castle Drachus: The heir to the throne has disappeared while visiting a notorious haunted castle, and it is up to the adventurers to rescue him. Plenty of diabolical traps and cryptic clues stand between the heroes and their goal, however. (Uses Pathfinder rules, players may bring their own 5th-level characters for use. Pre-made characters will also be provided.)

9:15-1:00 Maze of Shadows: A small band of heroes seeks to safeguard scrolls containing priceless wisdom by hiding them in the heart of the infamous Maze of Shadows - but can the heroes themselves survive the hazards of the maze while evading their pursuers - the sinister agents of the Azure Fist? (Uses Pathfinder rules. Pre-made characters will be provided.)

JULY 4:

Advanced Dungeons and Dragons (4th edition) adventure for a group of up to six heroes. Magic and mayhem will abound, with perhaps a bit of physics slipped in on the sly. 9:15 to 1 pm. Cedar Ridge. Note: this session is for players with extensive experience in 4th edition D&D.

FAMILY ACTIVITIES DESCRIPTIONS

Scavenger Hunt

Fun for the whole family! Join forces with other families in this photo scavenger hunt to see which group can find the most nature, history, and random artifacts throughout Glen Eyrie. All you need is a digital camera (one per team), and a lust for fun! Teams have already been created so we ask that everyone participate.

Storytelling

What was it really like to grow up in the American colonies before and during the Revolutionary War? What were your typical chores? Why was it dangerous not to return a library book? Hear the true adventures of an eight-year-old boy who was kidnapped and

forced to become an indentured servant, and of a pair of teenage girls who scared away a fleet of British soldiers. The stories will entertain kids, teens, and adults of all ages.

Icebreakers

Want to learn more about your fellow PGR attendees? Come to the Icebreaker session! We will have different "stations" divided by activities, so you can meet people with the same interests as you. We highly recommend that everyone participate in this fun activity.

Improv Colorado Comedy

So a PGR attendee walks into a great hall . . . for an afternoon of fun! Improv Colorado is a specialty improv comedy group, based in Colorado Springs. Improv comedy is an art. It relies on a little audience participation, a little improvisational technique, and a lot of stream-of-consciousness. Using these elements, the improvisers will make up the entire show on the spot. Literally, anything can, and does, happen. Bring the whole family, since this show will be kept strictly PG.

Capture the Flag

This will be, bar none, the largest game of CTF that anyone has ever played. Lead by the "great warriors" Nico and Griffin, the two teams will try and rush across the big lawn in the depth of twilight to capture the "flag" without getting tagged. Everyone is encouraged to participate.

Dance

Just Dance! Inside the great hall, this is the annual PGR party, where everybody can burn up any excess energy movin' and groovin'. This can get a bit wild at times, so for those that don't want to "get down", there are a selection of "quiet rooms", where there will be card games and fun galore!

Quiet Rooms during the Dance

Lots of cool things happening in this year's quiet rooms. Bring whatever games you want to play - Pokemon, Magic: The Gathering, and Werewolf to name a few popular games from previous years.

Keynote Talk: Dr. C.R. (Bob) Carnein

Geology as a Mystery: How Geologists Develop Stories about Earth History

Dr. Carnein's keynote talk will use the Florissant Fossil Beds National Monument, 35 miles west of Colorado Springs, to look at how geologists assemble a geologic history of an area. We will start with some basic observations that anyone with open eyes can make, and then see how those observations, when combined with a few fundamental geologic principles, are used to put together a theory of how the Florissant Fossil Beds formed. Audience members will help out by making their own observations (via PowerPoint slides). With a little help, we will then see how to interpret our observations and build a geologic history.

Later, in a separate presentation, staff members from the FFBNM will set up a table where participants can try their hands at splitting shale and finding some 34-million-year-old fossils.

Grass It Up

Grass It Up is a critically acclaimed band based in Colorado Springs. Steeped in traditional American music such as bluegrass, country and rock, they regularly dip their toes into their own original ballads and “grass up” pop tunes. Voted Best Original Band of 2010 by the readers of Colorado Springs Independent.

Talent Show

Come and see all the PG Retreat talent! Over the years we have had a variety of musical performances, singing, dancing, comedy, tricks, and more! Some of the acts display amazing talent; some are simply to share a new skill someone picked up in the last few months—it’s wide open and fun.

Slide Show

Our final morning together until PGR 2012. After breakfast, we'll all move to the Great Hall for a slide show created with photos from this year's fabulous PGR 2011. Be prepared with tissues on hand. It's usually a tear-jerking event.

Planning Meeting for 2012

What worked for you at this year's retreat? What didn't? Come share your feedback about this year's retreat as well as offer suggestions for 2012! We will also solicit volunteers for all open positions for 2012, including the Planning Team and Board Committees. Think how you can give back to your community! All adults and teens are encouraged to attend.

ADULT SESSION DESCRIPTIONS

Although the following sessions are in the adult session category, they are open to anyone who wants to attend.

SENG Model Gifted Parent Group - Mini Session

Possible topics include: characteristics, relationships, underachievement, self-management, intensity, friends, siblings, values, parenting. SENNG group is for a multi-week format, so we will determine which sections to cover based on interest.

Reconsidering the Silver Back Snake: Optimal Differential Diagnosis and Treatment for Profoundly Gifted Children with Autism-Spectrum-Like Behaviors

Sue Jackson

Bio: On website

Profoundly gifted children with extreme overexcitabilities often present behaviors very similar to autism-spectrum behaviors. As a result, and in the absence of clear understanding of normative behaviors for the profoundly gifted, these children are commonly misdiagnosed with spectrum disorders, without investigation of the etiology of the behaviors. Understandings from Integral Psychotherapy, Dabrowski, sensory physiology and cognitive neuroscience, combine to suggest important alternative explanations for spectrum-like behaviors. Avenues for seeking a differential diagnosis, treatment and optimal psychological and physiological support are also presented. This interactive session is rich in cutting-edge insight and usable strategies befitting this extraordinary population.

Code breaking: Personality Types Applied in the Workplace and at Home

Sue Jackson

A working knowledge of Carl Jung's Personality types heightens self-awareness and promotes a more nuanced responsiveness to our intimates and colleagues. In this codebreaking session we will briefly review the core attitudes and functions of Jung's schemata (presented last year at PG Retreat). Participants will have the chance to confirm their own "type" and then focus on similarities and differences with partners, children and peers. Specific strategies to prevent falsification of type in children, ease communication miscues and misfires with our partners and kids and enhance performance in the workplace strategies are provided.

Sexuality, Gender and Profound Intelligence: An Unexamined Trinity

Sue Jackson

Our sex roles are the biological and physiological characteristics that define us as male and female while our experience of gender derives from socially constructed roles, behaviors, activities, and attributes that a given society considers appropriate for men and women. We have focused on the brainpower, intuition and intellectual force of the profoundly gifted with little attention paid to their complex emotions, gender experiences and sexuality. The intensity, precocity, curiosity and sensitivity that earmark this population play out in myriad ways in all aspects of development, throughout the life cycle. The profoundly gifted person's experience of sexuality, sex roles and gender tracks, to some degree, average developmental trends but it is, at times, radically different, and in need of the right kind of attention and understanding. The profoundly gifted child, for instance, is more likely to be androgynous – able to understand and practice both male and female gender roles. A source of wonderful insight, this can also be confusing and a confounding tension that begs for healthy expression. This introduction to this unexamined trinity is sure to illuminate and advance important reflection and dialogue.

Harvard at 15 - I Went Away Too Early

Like many other PG individuals, ... was academically ready for college at an early age. Unfortunately, he went away to college before he was ready, with disastrous

consequences. He will share his personal story, and discuss alternatives that might have worked out better. You will be invited to share your own situation with the group, so that we can all learn from each other's insights.

Online Genealogy for Beginners

Bring your laptop (some loaners available) and what you already know about your parents and grandparents (names, birth and death dates/places). We will explore the many online resources, both free and paid, for learning about your family's history.

Laying Waste to the Elephant in the Living Room: Strategies and Solutions for the Anxious Gifted Child

Sue Jackson

Anxiety-based disorders can be crippling, terrifying for the sensitive, intense, profoundly gifted child. Truly insidious, with bona fide indicators eluding easy diagnosis - especially for complex gifted children - anxiety symptoms fall on a continuum ranging from mild to severe. Extreme occurrences fully incapacitate while more mild symptoms masquerade in countless ways: as perfectionism, hyper-vigilance, underachievement and forms of self-abuse. Co-occurrence with depression and other maladies complicate diagnoses and recovery rates. In this interactive and probing session, parents receive compelling case study material depicting symptom profiles, multi-modal therapeutic protocols and useable strategies to combat anxiety and increase resilience in this exceptional population of children and teens.

Introduction to Bridge (open to all ages)

In my Introduction to Bridge class, I will cover basic card play and technique, along with probabilities of certain techniques and situations. If you are familiar with the games Spades, Hearts, or Rook, this class will be taking some of the concepts in those games, combining them and extending them further. You are welcome no matter what your level of knowledge. Led by the Youngest Life Master in the World

Life Changes: Unexpected Detours on the Journey

Michele Kane

Bio: On website

Changes are inevitable during the adult lifespan and may include relocation/moving, changes in marital status/partnerships, health challenges of self/friends/family members, or career decisions such as job loss or job dissatisfaction. Each of these significant experiences creates internal and external dissonance as individuals and those with whom they interact make significant adjustments and leave the familiar behind. This session will provide an opportunity to discuss how these life changes affect the lives of PG adults as well as provide some strategies for dealing with major change.

Disorganization? Meltdowns? Lack of Initiative? No Focus? Is it a problem of Executive Functions?

Michele Kane

Executive functions are the processes of the pre-frontal cortex that help with planning, organizing, transitioning, attention, and self-regulation. PG youngsters are particularly vulnerable to issues with executive function due to their asynchronous development. This discrepancy becomes heightened when entering adolescence. Come and join in a conversation surrounding practical solutions to specific concerns and learn successful strategies from other parents of PG kids related to executive functions. Print resources will be provided.

Extreme Parenting/Contemplative Practices

Michele Kane

Most PG adults must quickly adjust to the demands of raising a PG child. Often these needs include continuous stimulation, busy schedules and little sleep. It is essential for adult caregivers to ensure that they are meeting their own needs as well as those of their children. Often this requires extreme relaxation to complement extreme parenting. Contemplative practices provide avenues for deep relaxation. This session will focus on a panoply of resources from which to choose as well as solicit ideas from the group on recommended practices for maintaining balance.

Help! Our Child Is Profoundly Gifted!

Dr. Linda Silverman

PG kids are expensive and time-consuming. They usually need less sleep than you do, ask more questions than you can answer, want 100 percent of your attention 24 hours a day, have obsessive hobbies, react intensely to everything, endlessly long for a best friend who understands them completely, hold perfectionistic standards for themselves and you, want to know the meaning of life when other children only want to know how to whistle, and keep their bedrooms in a condition you can never show company. In order to be the perfect parent, you need unlimited funds, unlimited patience, an encyclopedic mind, and someone to sleep for you. In this session, we will be discussing such issues as coping with the characteristics of giftedness; siblings and birth order; understanding introversion, keys to successful parenting and suggestions for harmonious family life. The presentation will be followed by a facilitated discussion. I don't have all the answers. Trust Yourself! No one knows your child better than you do.

Bio: Linda Kreger Silverman, Ph.D., is a licensed psychologist. She directs the Institute for the Study of Advanced Development, and its subsidiary, the Gifted Development Center (www.gifteddevelopment.com) in Denver, Colorado. Over 6,000 children have been assessed at the Gifted Development Center in the last 31 years. She also founded Visual-Spatial Resource (www.visualspatial.org). Her Ph.D. is in educational psychology and special education from the University of Southern California. For nine years, she served on the faculty of the University of Denver in counseling psychology and gifted education. She co-chaired the NAGC Task Force on IQ Interpretation, during which research was conducted leading to extended norms on the WISC-IV. She has been

studying the psychology and education of the gifted since 1961 and has written over 300 articles, chapters and books, including *Counseling the Gifted and Talented*, *Upside-Down Brilliance: The Visual-Spatial Learner* and *Advanced Development: A Collection of Works on Gifted Adults*.

The Two-Edged Sword Of Compensation: How Profoundly Gifted Children Cope With Learning Disabilities

Dr. Silverman

At least one-sixth of the profoundly gifted population suffers from hidden learning disabilities. They mask unusual weaknesses by using their extraordinary abstract reasoning abilities to compensate. But compensation is a two-edged sword: It helps an individual to adapt, but it also prevents accurate diagnosis and recognition of disabilities by oneself and others. While modality strengths can be counted on consistently, compensation requires extra energy and tends to be unstable. Fatigue, illness, poor diet and stress all rob the person of sufficient energy to be able to compensate. In this session, effective strategies will be shared for finding and serving gifted children with learning disabilities. Early identification and intervention, as well as assistive technology, are keys to success for twice exceptional PG kids.

Interpreting Test Scores Of Profoundly Gifted Children

Dr. Linda Silverman

Dramatic changes in test construction have rendered Full Scale IQ scores meaningless for large numbers of gifted students. In November, 2007, the NAGC Task Force on IQ Interpretation conducted a study of 334 gifted children from 8 sites on the WISC-IV and discovered that the General Ability Index (GAI) is a better representation of high abilities than Full Scale IQ scores. In January, 2008, NAGC issued a position statement on the selection of gifted students with the WISC-IV, which is particularly useful in identifying twice exceptional, culturally diverse and visual-spatial learners. Based on the same study, in February 2008, Pearson Assessments posted extended norms for the WISC-IV to enable the identification of exceptionally gifted students. In March, 2009, a second symposium on assessment of the gifted brought even more awareness to the testing industry. As a result, the new IQ tests currently being developed will be more appropriate for the profoundly gifted and have large validation samples of exceptionally and profoundly gifted children. It is essential for all who rely on intelligence tests to be aware of these new breakthroughs and the research on which they are based.

Perfectionism

Dr. Linda Silverman

Perfectionism comes with the territory of giftedness and is its least appreciated aspect. Impossible dreams are realized, unrealistic goals achieved, insurmountable obstacles surmounted by individuals whose vision is a more powerful reality than the limitations most of the world accepts as real. The drive for excellence only visits those who have the

capacity to attain it. Perfectionism is a function of asynchrony, as a more advanced mind sets more advanced goals. Personality type plays a role as well: introverts are more likely to be perfectionists than extroverts. Environment can exacerbate this trait. When schoolwork is too easy, the only challenge a gifted child can create is accomplishing it perfectly. Perfectionism has the potential for propelling one toward unparalleled greatness or plummeting one into despair. The secret to harnessing its energy is learning how to set priorities. Hints for channeling perfectionism will be provided.

CHILDREN'S SESSION DESCRIPTIONS

Learn to Juggle: Guaranteed (also taught for Teen/YA)

Juggling can be a rewarding, lifelong pursuit that delivers many physical and mental benefits. In addition to coordination, and stamina, juggling builds concentration, focus and is a great stress reliever. Using some proven techniques, you'll learn how to juggle three objects in what is called the "3-ball cascade." Juggling is fun and addictive and can be done almost anywhere (although I don't recommend juggling on a hillside.) All you need to bring is a little determination. We'll supply the equipment!

Parachute Games

Make Waves, pop bubbles, play cat and mouse, climb a mountain, pitch a tent and more! Burn off some energy while giggling around, under and on a 24' parachute!

Microscopic life of Glen Eyrle (also taught for Teen/YA)

Samples of water collected from different areas at Glen Eyrle will be provided by the instructor. Samples will be examined with a microscope. Organisms found and identified in the samples of water will be used to introduce biological classification. We will pool our findings to begin assembling a little field guide of aquatic life at Glen Eyrle as a group activity.

Can You Handle a Challenge?

Work to untie a human knot, learn to juggle cats and even swing across a field of radioactive goo in these fun, all-inclusive games! For ages 6-11*, look forward to being mentally and physically engaged while you work as a team and overcome any obstacle thrown at you!

*This session works best when matching physical abilities therefore we the morning session will be for kids ages 6-8 and the afternoon session for kids 9-11.

Dangerous Lasers (also being taught to Teen/YA)

We will tear down, rebuilt and experiment with the world's most powerful hand-held laser

Perfectemundo Senor Pumpkin

Come join us to discover and discuss some of humanity's biggest failures and what

brilliance came from and/or caused those mistakes. Some human experience in making or witnessing mistakes and letting go is helpful, but not necessary. An interest in knocking over Jenga towers and smashing pumpkins open is very helpful.

Some Pig, Luke Skywalker

Unfurl and unleash your inner heroic self. What matters to you? Who matters to you? What steps do you wish to take in your life, now, to become more fully who you are, thus contributing to make this world a better place?

Your Inner Darth Vader...or Pansy Parkinson

Ok, you know he or she is in there. We all have a bit of a shadow. Come introduce him or her to our circle and find the delight and sweetness that is Darth Vader or Pansy. Shadow seen brings the light.

Kickball!

Kickball on the sports field. All ages welcome. Unlimited participants.

Dance

Explore dynamics, energy, shapes and space and investigate dance as a medium of communication. Participate in choreographing a short group dance for the talent show. No dance experience required. Physical coordination optional. Enthusiasm a plus.

Puppet Making

Turn socks into creatures from your imagination. Using a variety of materials make a sock puppet of your own design.

Needle Felting

Learn to turn wool roving into felt animals or beads.

Chain Maille Ball/Hacky Sac

Come learn European 4-in-one chain maille weave and to use rings of various sizes learn to make an aluminum chain maille hacky sac/ball. These balls are durable, fun to play with and excellent fiddle toys - wonderful tactile quality. Students under 10 will need a parent to assist (requires some hand strength and dexterity).

Jewelry Making

Description: Learn how to make beautiful jewelry using colorful beads and metal findings. Design tips and techniques will be discussed and demonstrated. Learn about the many types of beads and stones, clasps and tools while you make a beautiful necklace to take home!

Problem Solving

This is a math class designed primarily for middle school level math students with an interest in solving problems. Topics will range from geometry and algebra to number theory and probability, and the material will be presented as we solve a set of problems

together. The problems we work on will be taken largely from the national middle school math competition MATHCOUNTS, and will provide an introduction to the concepts and problem solving strategies employed on everything from the SATs to competitions like the AMCs and MATHCOUNTS. Middle school students are welcome, as well as younger students with exposure and/or an interest in math and problem solving. A basic understanding of algebra and geometry is required to get the most out of this class.

Sewing with Friends

Make your own time capsule! Store away all your favorite memories and treasures from the PG Retreat in a felt souvenir envelope, appliqued with your custom design. Cute woodland creatures, Mars rover, Anime characters or your favorite theorem; it's your design! Learn basic sewing techniques and embroidery while having fun with friends.

Brain Games

Put on your thinking caps and come on over to Brain Games if you'd like to have some fun! We'll be playing some popular mind-bending games for two or more people in this session including Set, Ingenious, Go, Quiddler, and five crowns. We'll talk a little about strategy and about the social/emotional issues that can come up as we play games with other people, but mostly we'll just play!

Settlers of Catan

Come see what the new rage in strategy board games is all about! Called "the board game of our time" by the Washington Post, Settlers of Catan originated in Germany and was first produced in 1995. Simple rules and mechanics result in complex dynamics, which is one of the reasons it has become one of the most successful board games of all time. Also, no one gets eliminated at any point in the game, and players that fall behind can strive for goals within their reach.

Math Games

We will introduce a number of math games and activities and play them together in small groups. Games may include SET, the 24 Game, Math Dice, Equations and similar activities. If interested, we will also work on some challenge activities like "Four 4's" (expressing as many integers as we can using only four 4's) and "Nixing 9's" (writing each integer from 1 to 100 using only 9's and as few of those as possible).

Strong arithmetic skills and the ability to work cooperatively in small groups will be essential for participants in this class.

Logic Puzzles

We will work together on a number of logic puzzles, including traditional logic puzzles, Venn diagram puzzles, Kenken problems, and other activities.

Strong arithmetic skills, fluent reading, and the ability to work cooperatively in small groups will be essential for participants in this class.

Role Playing Games (RPG)

See descriptions in separate section above. For children and teens - requirements are listed for each class. Six participants per class max. Lunch will be delivered to those classes that go through lunch or 1/2 way through lunch. If you sign-up for a RPG class that begins at 12:45 p.m., please eat lunch *before* attending the session.

Solar Powered Printmaking

Join us for fun with sun print paper! Use paper treated with light sensitive chemicals to create cyanotype prints. Choose to create a collage with items found around the area, create an etching print using transparent scratch art, or conduct a science experiment to test the effectiveness of sunscreen.

Mixed Martial Arts: Self Defense & Breaking Techniques

Learn the basics of self defense! Skills include kicking, blocking, punching, and breaking techniques. All ages and skill levels are welcome.

Footloose

Get started on the right foot and hop, skip or jump to join the "Shoe Shop Shuffle." Step out to learn and play some sole satisfying games and activities with shoes. Remember, you have to put your best foot forward to get happy feet!

Kite Kraft

Diamond, box and more; with or without tails; build your own kite and fly it as high as you can. If you build them, you can fly them.

Ancient Attractions

Marbles and Mancala have been around for thousands of years. It is time to pull the plug on personal entertainment and step into a world of your own skill and mental acuity. Join us playing games older than your parents.

Friendship Making

Discussion and skill building exercises.
See Bio Below

"All My Relations"

An experiential workshop exploring and practicing non-verbal, empathic communication with people, animals and natural environment.

Patricia Gatto Walden, Ph.D., is a nationally recognized licensed psychologist who has worked holistically with thousands of gifted and profoundly gifted children, adolescents, and adults for over three decades. In her adjunct consulting practice, she has specialized in three areas: holistic health and well being, educational consulting for the gifted, and staff and program development seminars. Dr. Patty has helped parents, educators, and administrators understand and accept the multifaceted inner world, needs, and concerns of gifted individuals. It is her belief that home life, education, and counseling of the gifted must attend to the integration and enhancement of the mind, heart, body, spirit, and social self in order to attain contentment and balance in everyday life. Dr. Patty has been a

featured speaker at international and national gifted conferences and educational workshops. She is chair of the Global Awareness Division of the National Association for Gifted Children. She is a Senior Fellow for the Institute of Educational Advancement, which serves profoundly gifted youth through various programs including Yunasa, a holistic summer camp. After much urging from clients, educators, and colleagues in the gifted field, she is writing a book incorporating her insights and wisdom acquired through thirty years of counseling and consulting.

Tie Dye Your Own Wearable Work Of Art!

Choose from a selection of tie patterns, tie your masterpiece, and then proceed with the dying process... complete with gloves and a big mess (and appropriate guidance). Your creation will need to soak overnight but will be presented to you on Sunday washed and ready to go.

Stage Make-up & Make-up

Stage make-up & make-up is not only learning how to put on blush to make someone look like a princess, it is also about learning how to create a character through different styles of makeup. This session we will be learning to use make-up to make people look old, like a princess, or a pirate. Make up has no gender boundaries and anyone is welcome.

Quidditch

Muggle impersonation of this popular wizard sport with dart guns, hula hoops and foam balls!

Crochet for Beginners

Want to be a "maker"? Do you like crafts? Then join us for a session in crochet basics: how to make a chain and simple stitches to create yarn fabric. Once you've mastered the basics, you can make a scarf or belt for yourself. The possibilities are endless! I have the hooks and yarn, just bring your willingness to learn!!

GPS

Come and learn about a GPS! This workshop will cover an introduction to a global positioning system handset including how to use them and how they work. Then you will go outside and use your newfound knowledge to find various hidden tags using the GPS. You will have use of a handset during class; no need to bring your own.

Snap Circuits

Snap Circuits kits were donated to PGR and parents will facilitate use and projects on the SC-300. Elenco's new Snap Circuits® makes learning electronics easy and fun! Just follow the colorful pictures in our manual and build exciting projects such as AM radios, burglar alarms, doorbells and much more! You can even play electronic games with your friends. All parts are mounted on plastic modules and snap together with ease. Enjoy hours of educational fun while learning about electronics. No tools required. Uses 4 "AA" batteries.

Zometool

Paul, the founder of Zometool, will offer 4 different sessions this year. Two sessions will be dedicated to working on a large group project and 2 sessions working on a small project (one for children, one for teens). For more information on Zometool see <http://www.zometool.com/>.

Build a 12' Tall Trebuchet

Build a working trebuchet. This is an outdoor workshop. We will be assembling a fully functional trebuchet and launching water balloons and other safe objects. Whether or not you have built one of these before, come work on an 12 foot tall model.

Chess (Beginning & Advanced)

Beginning Chess: This workshop is for those who have not played chess, or who are not sure they know how to play. We will cover the board, the pieces and their permitted moves, and simple opening strategy; and we will play some games.

Intermediate Chess: This workshop is for those who have played chess before, and know the pieces and their permitted moves. We will cover tactics (forks, pins, skewers, deflection, back rank, etc.), basic strategy, and recommendations for further advancement; and (time permitting) we will play some games.

Rube Goldberg

Rube Goldberg's creations included crazy machines that were designed to show a complicated way to perform a simple task. These workshops will allow participants to work together to create a complicated series of actions to complete a simple task. It requires creativity, problem solving, trial and error, testing, and collaboration, and most of all fun!

Workshop Session 1: This session will focus on the creativity process – creating modules that can be linked together. This requires some patience with the process of trying different ideas, some of them working, some of them not. It also requires the ability to do some independent work. We would like to encourage some of the attendees from this session to help with the younger kids in the 2nd session.

Workshop Session 2: This session will focus on making the modules previously created actually work together in series from one to the next. We will discuss why some things work, why other things don't. This will be fun for all attendees.

We would love to have some additional adults and teens work with us, especially those who like to create and build would be great. The more adults/teens involved, the more assistance in design and testing can be provided – so the younger kids can be involved.

Hands on Geology

Join Ranger Joe Hartel from the Florissant Fossil Beds National Monument for some hands on geology. Participants will be able to try their hands at splitting shale and finding some 34-million-year-old fossils. Ranger Joe will also talk about the geology that makes up the

fossil beds at Florissant.

World of Druidawn

Come join the World of Druidawn where you will create a character (either Wizard, Witch, Shape Shifter, Elf, or Elemental) and adventure with us on a planet far from Earth, where fantasy creatures reign and humans are prohibited. Druidawn is an RPG (role playing game) where we create characters on paper and place them in imaginary scenarios using dice, maps, and teamwork to find treasures, fight evil, and maybe even meet an overlord or two. This game takes a while to play, so if you sign up for more than one session, we can continue your adventure from where we left off in the previous session. We can also easily slip newcomers right into the game from wherever we are in the journey. Your characters will move up levels for any creative writing that you do, so you might want to write some stories in your free time between sessions!

Bio:Miriam Darnell and Cara Allen are co-teachers, business partners and sisters-in-law, who have worked together to turn students on to the joys of creative writing for many years. They work with a wide variety of students in online creative writing clubs and in private mentoring sessions in person as well as online. They also direct Summer Fantasy Writing and Gaming Camp in Colorado and Maryland, which is now on its 12th year of operation. They currently reside with their families and dogs in Maryland.

Creative Writing

If you enjoy creative writing, this is the class for you. We will be covering subjects like How to Write Realistic Dialog, How to Create Characters That Come to Life, How to Choose a Point of View, How to Create Brilliant Setting Descriptions, and other writing techniques that professional authors use. This group includes some optional share time and critique of writings that you have already done.

See Bio Above

Improv Comedy with Improv Colorado

Our introductory workshop teaches you the basics of improvisational theater. Perfect for anyone who wants to improve their public speaking ability, listening skills, or just have fun learning how to improvise.

Teen/Young Adult Session Descriptions

Learn to Juggle: Guaranteed

Juggling can be a rewarding, lifelong pursuit that delivers many physical and mental benefits. In addition to coordination, and stamina, juggling builds concentration, focus and is a great stress reliever. Using some proven techniques, you'll learn how to juggle

three objects in what is called the "3-ball cascade." Juggling is fun and addictive and can be done almost anywhere (although I don't recommend juggling on a hillside.) All you need to bring is a little determination. We'll supply the equipment!

Homeschooling To College/University (With More Focus On Applying To College Than On Homeschooling)

You've homeschooled (your child), finding the resources you needed. Now it's time to consider college, and YOU have to be the high school guidance counselor! You will learn how to make a transcript for college application as a homeschooler and how to fill out the Common Application. This will include writing the counselor recommendation and getting external teachers to write recommendations plus many more resources.

Picking The Right College Or University For You

Participants will learn things to consider in the college selection process. We will discuss size, specialties, reputation, cost, and public v. private. We will also discuss where to find information.

Electronic Annihilation

Ever wanted to see what the inside of a computer looks like? What are CPUs and motherboards anyway? Want the satisfaction of ripping a cell phone apart? Come join us as we deconstruct various electronics to see what makes the "tick". We'll have some items and tools available, but if you have defunct or obsolete electronics, and/or small screwdrivers, bring them along -- the more resources we have, the more fun we'll have! Deconstructed items will be taken to Eco-Cycle after the retreat for proper recycling (you're welcome to take your own items back home if you prefer).

Microscopic life of Glen Eyrie (also taught for children's session)

Samples of water collected from different areas at Glen Eyrie will be provided by the instructor; samples will be examined with a microscope. Organisms found and identified in the samples of water will be used to introduce biological classification. We will pool our findings to begin assembling a little field guide of aquatic life at Glen Eyrie as a group activity.

Sustainability

This session will provide an opportunity for participants to share their ideas on sustainability and to gain a greater understanding of the complexities of "sustainability" and why it is often difficult to implement.

The session will be a facilitated discussion. The facilitators will make a brief introduction to sustainability and the complexities involved in the implementation of sustainable practices and technologies. The facilitators will then engage the participants in an open discussion including their concept of sustainability and its place in society. Issues to be discussed could include the economic, technical, environmental, social and political

implications of sustainable technologies and practices.

Prior to the Retreat, the facilitators will post a few background documents and examples of sustainable practices that can be used as discussion topics on the PG Retreat web site to help interested participants be better prepared.

Math in Plain English

This session will cover many topics and will be geared to the interests and abilities of the audience and will be for those that don't consider themselves "mathy" AND for those who do. Topics may include combinations and permutations, modeling real data with basic functions such as lines, parabolas and log functions, learning how a slide rule works and math "tricks". Please note when you sign up what level of math you've mastered and also if there was a particular topic of math you had difficulties with.

Dangerous Lasers (also for children)

We will tear down, rebuild and experiment with the world's most powerful hand-held laser.

Film Philosophy - The Matrix Trilogy (also for adults)

Come join us as we discuss one of the most philosophical movies (and trilogies) of all time - The Matrix! That's right - it's not just about killer robots from the future. This masterpiece from the Wachowski brothers explores it all as Neo, Morpheus, and Trinity search for meaning in a seemingly barren world - from Plato's cave to Descartes' evil demon to ideas from Eastern and Western spirituality. We'll be discussing the whole trilogy, so make sure to watch it before the session!

Exploring Big Ideas

Ages 12-19 only

Huge philosophical issues have piqued the interest and curiosity of mankind from ancient to modern times. Big ideas such as the nature of beauty, the nature of truth, and the nature of aesthetics have confounded the great thinkers of the ages. Additionally, questions of "What is the meaning of life?", "Where did we come from?", and "What is reality?", have given rise to many suppositions and speculation. This session focuses on those universal big ideas and will be guided by the thoughts and interests of the group. Participants are welcome to be actively engaged in the conversation or attend as a participant observer.

Interviews Workshop - How to Put Your Best Foot Forward Instead of Inserting it in Your Mouth (for teens & adults)

Susan Marie Frontczak, Bio: [on website](#)

In the course of your life when applying for college or jobs, meeting clients, or hiring employees, you are likely to go through many interviews. Learn strategies and techniques to convey who you are and get the information you seek while making the interview an enjoyable experience for both you and your interviewer/interviewee.

Improvisation Workshops - (one for Children, and one for Teens)

Susan Marie Frontczak

Susan Marie is bringing a new set of 3-D improvisational theater games this year to tap the unexpected and exercise your creativity. From solving a problem through mime, to creating a story in space, this series of fun, short theater games gives everyone a chance to try improvising. Exercises tailored to the age group at hand. Parents welcome to join in.

Teen Girls Council Circle (For teen (12-19 year-old girls only)

Catherine Zakoian, Bio: On website

In response to PGR girls who have participated in past Big Ideas meetings, we are pleased to introduce a teen girls council circle this summer.

Join in as we strengthen the efficacy and delivery of our individual voices. Explore the relationship between our authentic voices and the health of the collective feminine. Further your contributions to the planet and the harmonious balance between the masculine and feminine.

Teen Boys Council Circle (For teen 12-19 year-old boys only)

Victor Roberts, Bio: On website

Last year there were some requests from the girls in the Big Ideas meetings to have their own council circle this year, so I'm providing a similar opportunity for the teen boys. Join in as we strengthen the efficacy and delivery of our individual voices! Explore mysteries of the universe and the relationship between our authentic voices and the health of the collective masculine. Further your contributions to the planet and the harmonious balance between the masculine and feminine. We can talk about anything the guys want to talk about - a few topics that I'll be bringing to the table include the nature of consciousness, free will, and what it means to be male in today's world, but my job is to facilitate the discussion, not to control it. We'll be joining the girls for a larger discussion group to compare ideas later in the retreat.

Advanced Settlers of Catan

Victor Roberts

We'll be playing the "Cities and Knights" expansion to the popular "Settlers of Catan" game in this session. There are a lot of new rules to this expansion, so if you want to come, it would be good to be familiar already with the rules to the basic game.

High Ropes Course

Ages 12 and up - parents are invited to join. This is an excellent ropes course; come challenge yourself and leave with a new sense of what you can accomplish! If you sign-up for high ropes, you'll be at the high ropes course for the duration of the session. This

only works if everything stays the course.

Advanced World of Druidawn

Miraim Darnell and Cara Allen

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