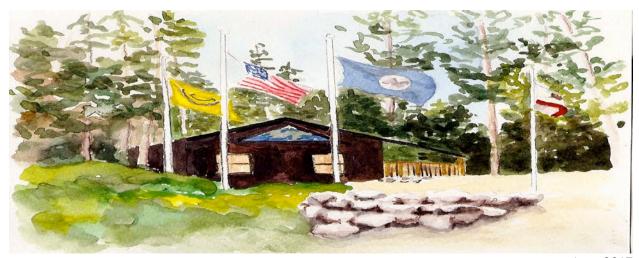
PSWD ELEMENTARY CAMP SUMMER 2017



CAMPER PACKET

CAMP DE BENNEVILLE PINES



June 2017

Hello campers and parents!

We are Danielle Bell and Celeste Plumlee, Deans of Elementary Summer Camp at Camp de Benneville Pines. Danielle is the Director of Lifespan Faith Development at the Unitarian Universalist Congregation of Las Vegas, and Celeste is a social worker and policy advocate in the Phoenix area. Together, we have been on staff for over 30 camps for children and youth at de Benneville. We are absolutely in love with camp and very excited about what this summer has to offer all of us!

Campers, read this: The camp theme is "It's in Every One of Us." What is this "it" we're talking about? It's wisdom, compassion, love, understanding... the stuff that helps us to care about the other people we live with and the earth we live upon. It's the stuff that makes us strong and reminds us to be kind. We all have in us what we need to be who we want to be, and at camp... we celebrate that!

We are so excited to have you at camp! You will make new friends, have an amazing time, and get to express yourself in ways that may be new to you. We will provide you with opportunities to challenge yourself and try new things, and you will find that Camp de Benneville Pines is one of the most loving and supportive communities any of us can hope to be in. Take this opportunity and HAVE FUN!

Parents and Guardians, here are some important things for you to know BEFORE you get to camp:

WATER! Please make sure that your camper brings a refillable bottle, canteen, etc. with them to camp. We all have higher water consumption needs at higher elevations, and staff will proactively have campers drink water often.

Please do not send electronics with your campers. It is fine to bring something with which to listen to music at bedtime, but earbuds or headphones are needed. If your camper does bring something to listen to music at night, it will be put away in a counselor room during the day. No video games, cell phones, laptops, iPads, etc. will be allowed for any other purpose. We do encourage campers to bring an

actual camera, not phones for the camera feature.

No food is allowed in the cabins, including gum--not at all. Please don't send food with your camper or mail it to them during camp. If your camper has special dietary needs or may require additional snacks, please give those items to the camp nurse at check-in so your child will have access to it as needed.

The camp has a small store that sells snacks and souvenirs. NO MONEY will be accepted from campers during the camp, and having it is only a liability, so please don't send it. All campers will have a small credit in the camp store so they can buy a souvenir or something that catches their eye during the week. Parents and campers are encouraged to shop together in the camp store on check-out day.

Each camper will have a workshop in which to tie-dye something during the week. Please remember to send your camper to camp with one or two 100% cotton thing(s) which they can tie-dye during this annual camp activity. Please include a sealable plastic bag as well, so the wet item(s) can go home safely. Even if your camper says he or she doesn't want to tie dye, please send something just in case.

Secret Buddies is an optional activity that some campers really enjoy. Every camper who chooses to participate will be given the name of another camper who has also chosen to participate in a secret buddy exchange. It is appropriate to write poems, make crafty things, find cool stuff in nature, etc. to put in their secret buddy's mail bag each day. On the final day of camp, secret buddies will be asked to reveal themselves to one other. Campers will have the opportunity to talk to the Secret Buddy Coordinator and ask questions at check-in before making a commitment to sign-up.

Please take time to read over the enclosed Camp Covenant and discuss it with your camper(s). It contains some very important information about camp expectations and the community we intend to create. It will need to be signed by all campers and parents/guardians before any camper can be fully checked-in.

Check-in time is between 2pm and 5pm on Sunday, July 9th. Please give yourselves time to get acquainted with the property and get your camper all moved-in by 5pm. Once your camper is checked-in, you will be able to leave. Please allow at least 30 minutes for the check-in process, although at times a long line of can add to that time (this includes turning in paperwork, going to the cabin, making a camper name tag, etc.). Please do not try to check in prior to 2pm, we use Sunday pre-camper time for important staff training and won't be ready for check-in until 2pm.

These are the elements of a typical day at elementary summer camp:

Breakfast

Workshops (archery, pool, tie-dye, hiking, and worship planning)

Lunch

Workshops (arts and crafts, forest adventures, pool, archery, and more)

Snack, evening activity prep, and secret buddy crafts

Camper-planned worship

Cabin meetings and quiet time

Themed Dinner (dress-up is optional and encouraged)

Monday: Crazy Hat/Hair Tuesday: Backwards Wednesday: Dress your counselors

Thursday: Mix-and-Match **Friday**: Fancy clothes/Dress-up (also worn to the dance that evening)

Evening Activity (these may be subject to changes)

Monday: Game Night Tuesday: Carnival Wednesday: Campfire

Thursday: Variety Show Friday: Dance

Vespers

Return to cabins and lights out

You will notice the special themed dinners and evening activities. Please help your camper plan and pack for these special events as they can be an important part of the camp experience. They are also optional, so no pressure to have anything "crazy" or "fancy" – it's just for fun.

On Saturday morning, we will have a pajama breakfast before packing and cleaning camp. We will have a closing ceremony from 10-11am AND PARENTS ARE STRONGLY ENCOURAGED TO ATTEND. Final check-out will be between 11am and noon.

We are so excited for camp! We will be contacting all camper families in the next couple of weeks to check-in and answer questions. Please feel free to contact us directly as well. We have seen many campers transformed by the de Benneville Pines camp experience, and this will truly be an amazing week for all of us.

In Love and Camp,

Danielle and Celeste Elementary Summer Camp Deans <u>elemcampdean@yahoo.com</u>

Arrival and Departure Times:

Check in will be from 2:00pm to 5:00pm on Sunday July 9th, 2017. Please be sure to bring all completed forms with you at that time.

If your camper is riding with another family, be doubly sure that all the forms are completed and that they arrive with your child. No one may remain in camp without all forms completed and signed by his/her parent or guardian.

Please pick up your camper between 11:00am and 12:00pm on Saturday July 15th, 2017. **Attending the camp closing is an important part of the camp experience. Please do not pull your camper out of the closing. Coffee and restrooms are available at the lodge if you arrive before the closing has finished.** The last meal served will be breakfast on the 15th so please feel free to pack a snack or lunch for your camper to enjoy in the car. There will be no supervision provided after 12:30 on the day of departure.

Arranging Transportation:

If your camper needs a ride to camp or you can offer another camper a ride, please send a message explaining your need or the area you can offer a ride to or from to the registrar in the camp office (909) 794-1252 or registrar@uucamp.org. They will be happy to send your request and contact information out via an email message to other campers attending from your area.

Health and Safety:

Enclosed are several forms. **The forms must be filled out completely.** No camper may check in without having **ALL** forms completed and signed by a parent or guardian. Please fill out the appropriate health form. Two choices are included in this packet. **NO EXCEPTIONS.** Campers without completed forms will not be allowed to stay at camp.

de Benneville Pines Camp Policy:

We are dedicated to providing a safe and fun community for youth and staff. Disruptive items and behavior threaten the peace and safety of the community. We therefore have rules that we ask all campers and staff to adhere to. Campers and staff are expected to abide by these rules or they will be sent home. Please review with your camper the "PSWD Youth Camp Behavior Policies" included in this packet, then have your camper read and sign the "Camp Covenant". The guidelines and rules will be reviewed on the first day of camp.

Registration Refund Policy:

Should your camper need to cancel prior to arrival for any reason, the \$75 deposit is non-refundable. If your camper needs to leave camp early for any reason, the full camp fee is non-refundable. In some instances, camp fees may be transferable to a future PSWD Youth Camp.

Theft and Missing Articles Policy:

Neither the camp, nor its employees will be held financially responsible for any lost or stolen clothing, articles, or money. Please send only used or worn equipment to camp. We encourage campers to leave valuable items and new clothing at home. Should your camper have a tendency to misplace things, please mark their name on all items. Any Lost & Found articles are held at camp for four weeks and will be shipped at the owner's expense. All unclaimed Lost & Found items will be donated to local needy families.

Telephone Policy:

Please <u>do not send electronics or phones</u> with your campers. MP3 players with headphones will be allowed at bedtime only. No video games, cell phones, laptops, iPads, CD players, etc. will be allowed. We UNPLUG at camp. Please have your campers bring actual cameras. We encourage photo taking, but since cells phones are not allowed, do not send a cell phone for its camera feature.

Please allow your camper to adjust to camp without phone calls from home. Campers are rarely near a phone and it can be difficult to locate them quickly. Non-emergency calls are highly discouraged. Please do not ask your camper to call home routinely and do not send your camper to camp with a cell phone. Unnecessary phone calls can disrupt your camper's emotional state and make him/her homesick. Encourage your camper to write postcards or letters and send them mail from home. If you have an emergency, please call the camp office at 909-794-2928.

Camp Store:

During elementary camp, the store is only open during check in and check out so please do not send your camper with any money.

If you have any questions or need clarification about the policies and procedures in this packet, please feel free to contact Geoff Anderla, the Camping Ministries Director at pswdcmd@gmail.com or 623-252-5619.

PACIFIC SOUTHWEST DISTRICT YOUTH CAMP BEHAVIOR POLICIES

- 1. All camper housing is in single-sex cabins.
- 2. Curfew is defined as the time after which all campers are to be in their own cabins. Lights Out for Elementary youth camp is 9:00 PM To 7:30 AM.
- 3. Campers may not leave the campgrounds at any time during camp without the permission and supervision of adult staff. No group smaller than four people may leave the premises for any reason.
- 4. The water tower, staff housing, interior kitchen, pool pump room, maintenance buildings, propane tanks, sewer plant/leach fields and any construction sites are off limits to all campers. Use of a camp landline and/or wood burning stove requires adult permission and supervision. There is no use of the First Aid Station without the supervision of a trained adult staff member.
- 5. No visitors are allowed during camp. This includes unannounced family members, former campers, and former staff members. Any visits must be pre-arranged and approved by the Dean and/or Camping Ministries Director. All pre-arranged visitors must check-in upon arrival and wear a VISITOR BADGE while in camp.
- 6. Attendance at workshops, worships and meals is expected.
- 7. Campers are asked to respect each other and the belongings and privacy of other campers and staff. The campgrounds and camp equipment should be used in the intended manner. NO PRANKS.
- 8. Dangerous or disruptive behavior of any kind will not be tolerated; any camper engaging in such will be immediately sent home. This includes the use of rude and abusive language.
- 9. Closed toed shoes must be worn when a camper is outdoors. Open toed shoes are only permitted in showers and at the pool. Campers may walk to and from the pool in open toed shoes yet carry closed toe shoes with them in case of emergency evacuation, or schedule change.
- 10. No tree climbing or rock throwing.
- 11. No youth camper may use the hot tub at any time, under any circumstances. Proper swimsuit attire is required for swimming; no street clothes are permitted in the pool.
- 12. No one is allowed in the kitchen without a valid food handler's card.
- 13. No drugs, alcohol or weapons are allowed at camp. All prescription and over-the-counter medications must be turned in to our Camp Nurse during camp check-in. The use of all medications is to be monitored by the camp health professional and adult staff. Medications must be in their original packaging.
- 14. Campers may not engage in sexual activities while at camp.
- 15. PSWD Youth Camps are SMOKE FREE. Campers and staff may not smoke at camp. This includes vape pens and e-cigarettes.
- 16. No hair dye or permanent inks or hennas allowed inside cabin bedrooms, bathrooms or kitchens. Use only at the arts/crafts area.

Any camper unable to abide by these policies will be asked to leave camp immediately, without benefit of any refund, and may be restricted from participating in future PSWD events.

Camp DeBenneville Pines Elementary Summer Camp 2017 Camp Covenant

In the spirit of maintaining a healthy camp community, all campers and staff who participate in Camp DeBenneville Pines Elementary Summer Camp are asked to agree to the following expectations. We will refer back to this covenant throughout camp as necessary to ensure that we maintain a safe and loving space for everyone.

Elementary campers are expected to:

- Treat other campers and camp staff with respect
- Allow other campers to have the physical space they need to feel comfortable
- Talk to their counselors and/or the Deans if they feel uncomfortable
- Not physically hurt any other camper or staff member
- Respect the property of all other campers and not touch other people's things without permission
- Use kind and thoughtful language when expressing how they feel
- Stay within approved areas for camp activities
- Travel around camp in groups of three or more
- Ask for help if they need some time to themselves
- Listen to and follow the guidance of their counselors and other staff
- Challenge themselves to try something new every day

Camp counselors, program staff, and Deans will:

- Listen to campers when they have concerns
- Do everything they can to ensure the safety of all campers
- Respects campers' rights to privacy when sharing their feelings and concerns
- Speak directly to campers who have violated the covenant
- Remove campers from activities when they put others in physical or emotional danger
- Provide an inclusive and encouraging community to all campers

Camper parents/guardians will:

- Speak to their campers about the covenant and ensure that they understand the expectations
- Be available to the Deans for phone conversations during the week of camp
- Communicate openly with the Deans about specific needs of their campers and any concerns they or their campers may have about their campers attending a sleepaway camp

We understand the covenant and agree to what it says. We know that there can be consequences to campers for breaking the covenant, which sometimes includes sitting out of camp activities and even being sent home in extreme cases. We agree to be an engaged and compassionate camp community and to act in ways that are respectful to ourselves, to other campers, and to camp staff.

Camper Printed Name:			
Camper Signature:	Date:		
Parent/Guardian Signature:	Date:		
give my permission for my child to be photographed or videotape photos/videos to be used in Camp DeBenneville Pines and/or PS\		•	
		Initials	Date

Notes from the Camp Nurse

Hello!

Camp is only a few days away and here are some reminders:

- 1. Remember to bring a copy of your child's complete immunization record (or waiver form) AND a copy of the front and back of your child's insurance card. These items must accompany "Health History Form & Authorization to Treat".
- 2. MEDICATION Please bring all prescription and over-the-counter medications in original, properly labeled containers. Bring medications with you to the registration table so they can be registered with the Camp Nurse and transferred to the infirmary. Rescue inhalers (Albuterol) may be kept with the camper, but please notify the nurse that the camper has the inhaler.
- 3. ALLERGIES If your child has an allergy, especially bee stings or peanuts, make sure you bring a supply of Benadryl® and an Epi-Pen (twin pak)®. The EMS response time is 30 minutes so each camper needs two (2) Epi-pens for safety.
- 4. ASTHMA & HAYFEVER Even if your child has not had to use their Albuterol inhaler or Antihistamine for some time, camp is the place they will probably need them. Inhalers can be kept with the camper or in the Infirmary. Antihistamine medication is kept in the infirmary.
- 5. BEDWETTING It happens! No worries. If your child requires special accommodations, please feel free to call me at the number below to discuss your camper's unique needs. And send along a plastic sheet to protect the mattress.
- 6. ADHD/MENTAL HEALTH NEEDS I recommend that campers continue medications for ADHD and mental health needs while at camp. We are quite busy at camp, with planned activities throughout the day and evening, so medications that are useful at school and home can also help your child be successful at camp.
- 7. SPECIAL DIETS While the fabulous kitchen crew can accommodate many dietary needs or preferences (i.e. vegan, vegetarian, gluten-free), it's always a good idea to send food items to camp to supplement a limited diet plan (i.e. Gluten free breads and cereals). These items can be stored in the kitchen and lodge refrigerator. Please don't send food to camp unless your child has dietary issues. We feed kids well! Multiple food allergies can be difficult to accommodate, so please send some favorite alternatives.
- 8. PHONE CALLS Please allow your camper to play and explore camp without having to check in with you each day. Keep cell phones at home, and we will call you if there is a problem.

And, speaking of calling.....during camp, please feel free to call me at the number below, from 7 am through 10 pm, Pacific Standard Time. If there is no answer, leave a message and I will call you back. If you would like to call me before camp begins, feel free to reach me from 7:00 am through 10:00 pm CST. I live in Wisconsin which is two hours ahead of Pacific Standard Time.

Thanks!

Rebecca Swenson, APNP, MSN, Camp Nurse Phone: 262-909-5415

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Cabin

Camper Name		Birthdate	Age at camp
Last F	irst Middle		
Address			
Street Address		City	ST Zip
Custodial Parent/Guardian		Home phone	
Cell phone		Business phone	
	Will you be out of town w	hile your child is at camp?	Y / N
Additional Parent/Guardian or Eme	rgency Contact (Required)_		
	, , ,		s phone
If not available in an emergency, n	•		
			ss phone
Home Phone	Ceii phone	Busines	ss prione
nsurance Information	s camper covered by family	medical/hospital insurance	? YES / NO
yes, carrier or group name		Gro	oup#
Attac	h photocopy of front and ba	ck of health insurance card	to form
IMPORTA	NT - These boxes mu	st be complete for att	endance *
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Health History Form & Authorization to Treat for children attending Camp de Benneville Pines

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Medications being taken

Please list ALL medications (including over-the-counter or non-prescription drugs) taken routinely. Bring enough medication to last the entire time at camp. Keep it in the original packaging/bottle that identifies the prescribing physician (if a prescription drug), the name of the medication, the dosage and the frequency of administration.

Circle	one:	the camper takes NO medic	cations on a ro	outine	basis the camper <i>takes medications</i> as follows	:				
	Med #1		Dosage Specific times taken each day							
	Reasor	n for taking	g							
Med #2		_Dosage	Dosage Specific times taken each day							
	Reasor	n for taking								
Conor	al Ouasti	ODS (symlain "yma" angusara halayy)	Attach addit	ional pa	ages for more medications					
_		ons (explain "yes" answers below)								
1		ecent injury, illness or infectious disease		16	Ever had a back problem?	Y				
2		ronic or recurring illness/condition? hospitalized?	Y / N	17	Ever had problems with joints (e.g. knees, ankles)?	Y				
3	Ever been	'	Y / N Y / N	18	Have an orthotic appliance being brought to camp? Have any skin problems (e.g. itching, rash, acne)?	Y				
5		uent headaches?	Y / N	20	Have diabetes?	Y				
6		a head injury?	Y / N	21	Have asthma?	Y				
7		knocked unconscious?	Y / N	22	Had mononucleosis in the past 12 months?	Y		N		
8		ses, contacts, or protective eyewear?	Y / N	23	Had problems with diarrhea/constipation?	Y				
9		requent ear infections?	Y / N	24	Have problems with sleepwalking?	Y				
10		ed out during or after exercise?	Y / N	25	If female, have an abnormal menstrual history?	Υ				
11	-	dizzy during or after exercise?	Y / N	26	Have a history of bed-wetting?	Υ	/ 1	N		
12	Ever had s	<u> </u>	Y / N	27	Ever had an eating disorder?	Υ	/ 1	N		
13	Ever had	chest pain during or after exercise?	Y / N	28	Waived or missed any scheduled immunizations?	Υ	/	N		
14	Ever had I	nigh blood pressure?	Y / N			· · ·	, .			
15		diagnosed with a heart murmur?	Y / N	29	Ever had emotional difficulties for which professional help was sought?	Y	/ 1	N		
Please	explain a	ny "yes" answers, noting the n	umber of the	quest	ions:					
Name	of family	physician			Phone					
Name	of family	dentist/orthodontist			Phone					
USE III	is space i	o provide arry additional irriorni	ation you bell	eve u	ne camp staff should be aware of regarding the campers b	enav	/101	anu		
		Authorization to	Troot Duri	na 7	Fransportation/Carpooling to Camp					
My ch camp once conta	is not res my child o cted by m	orm: has permission to travel to and sponsible for the safety of my cl checks out of camp on the final	from Camp d hild until my c day, the cam carpool to and	e Ben hild ha p is n I from	neville Pines near Angelus Oaks, California. I understand as been properly checked in at the time of registration. Fu o longer responsible for the safety of my child. Unless oth camp with the following adults (please include names of	ırthe erwi:	rmo se	ore,		
<mark>Name</mark>	<u> </u>		Ho	ome F	Phone Cell Phone					
Name	·		Н	ome F	Phone Cell Phone	Cell Phone				
Name)		———	ome F	Phone Cell Phone					
Name					Phone Cell Phone					
I here my ch of my name the U Signa During	by give poild/ward; or child/ward; or child/ward above. Initarian Unitarian	and in the event I cannot be read to hospitalize, secure proper This form may be photocopie niversalist Association is response to the control of the contro	reached in an er treatment for d. I recognize on sible for per	emer or, and that sons	Date If be able to reach me:	d by my ovest	the chil Dis	drive d/ward strict o		
					Alternate Phone					
From	Camp - F	Phone			Alternate Phone			_		

Camp de Benneville Pines

What to Bring

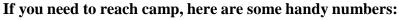
Please pack the following items to ensure you have a safe and enjoyable time at camp:

- Hat with brim, sunglasses
- Long pants
- Long-sleeved shirts, T- Shirt
- Comfy pants
- Sweatshirt, sweater, jacket
- PJ's
- Tank top/ Shorts/ Skirts
- Clean underwear
- At least 6 pair of socks
- Two pairs of closed toed shoes suitable for hiking
- Sleeping bag or sheets & blanket
- Pillow
- Bug Spray/ repellant
- Talent show items
- Dress-up clothes for Friday dance

- 2 towels- 1 for swimming pool
- Bathing suit
- Dirty clothes bag
- Prescription meds in original med bottle
- Soap, shampoo, comb & hairbrush
- Toothbrush & toothpaste
- Sunscreen and lip balm
- Books, jokes, skits, stories, games
- Camera and fresh batteries
- Flashlight and fresh batteries
- WATER BOTTLE- to refill
- Flip flops for pool
- Costumes, silly hats, etc for themed meals

Bring two (2) all white 100% cotton items in large ziplock baggie for tie-dying.

Leave cell phones and electronic games at home!



Janet James, Camp Manager, cell phone (909) 435-6298

Randy Carroll-Bradd, Camp Caretaker, cell phone (210) 216-6125

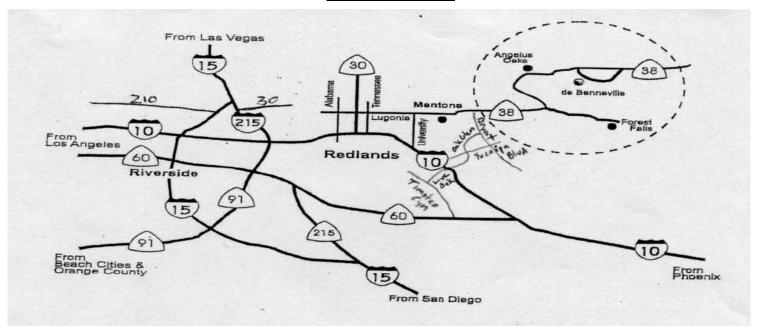
Camp Office (909) 794-2928 Camp Lodge (909) 794-8712

Camp email: <u>uucamp@aol.com</u> Camp website: www.uucamp.org

Directions on website: http://www.debenneville.org/Information/Directions2Camp.html

Camp Address: 41750 Jenks Lake Road-West, Angelus Oaks, CA 92305

DIRECTIONS



Arizona: Take the I-10 West to Oak Glen/Live Oak Canyon Rd. Turn right on to Oak Glen Rd. Follow the road across Yucaipa Blvd and continue to Bryant St., turn left and go to Hwy 38. Turn right. Follow the

directions IN BOLD below from Hwy 38.

Orange Co: Take the 91 Freeway toward Riverside until it becomes the I-215 East toward San Bernardino. Take

the I-10 East to Redlands. Follow the instructions **IN BOLD below** from Redlands.

Las Vegas: Take the I-15 South to San Bernardino. Take the 210 (formerly Hwy 30) East to Redlands. Exit at

San Bernardino Ave. Go through the light to the next street, Lugonia/Hwy 38. Turn left and follow the

directions IN BOLD below from Hwy 38

San Fernando Valley: Take the 101 East to the 134 East to the 210 East. In Redlands, exit at San Bernardino Avenue. Go through the light to the next street, Lugonia/Hwy 38. Turn left. Follow the directions **IN BOLD below** from Hwy 38.

San Diego:

Take the I-15 North to the I-215 East toward San Bernardino. In Moreno Valley take the 60 East to the Redlands Blvd exit. Turn left and go North on Redlands Blvd until it dead ends at San Timoteo Canyon Rd. Turn left and continue approximately 1 mile to Live Oak Canyon Rd. Turn right and continue over the 10 Fwy, where the name changes to Oak Glen Rd. Continue through Yucaipa to Bryant St. Turn left, continue to Hwy 38. Turn right. Follow the directions **IN BOLD below** from Hwy 38.

Ventura:

Take the 26 East to the 5 South to the 14 East. Exit for Pear Blossom Hwy/138 East. Go to the I-15 South, taking the 210/30 East to Redlands. Exit at San Bernardino Ave. Go through the light to the next street, Lugonia/Hwy 38. Turn left. Follow the directions **IN BOLD below** from Hwy 38.

Redlands: From I-10, take the University exit. Turn left on University. Turn right on Lugonia/Hwy 38.

Follow Hwy 38 toward Big Bear, up into the mountains. At the road to Forest Falls, bear to the left, continuing on Hwy 38. At the top of the mountain, pass through the town of Angelus Oaks and continue another $5\frac{1}{2}$ miles. Turn right on West Jenks Lake Road. The sign for Camp de Benneville Pines will be on the right approximately $1\frac{1}{2}$ mile up. (If you see the sign for Seven Oaks on Hwy 38, you have missed the Jenks Lake turn. Go back to West Jenks Lake Road.)

