



Music in the Mountains

November 3—November 5, 2017

Camp de Benneville Pines

Angelus Oaks, CA

October 2017

Hello Music Maker,

Music in the Mountains is coming up November 3-5, 2017. We're so glad you're coming! The planning committee has been busy making this annual retreat an outstanding folk music gathering. We have over 60 participants registered and encourage you to invite your friends, family and other *lovers of music* to the event. We always appreciate a full camp, so please extend an invitation to others. Bring your instruments and your voices for a full weekend of singing, plunkin', listening and relaxing. We're looking forward to evening concerts both Friday and Saturday this year. Of course, jamming in the Coffee House is always an option. There will be choices of several interesting workshops on Saturday, including slide guitar, performance techniques, song interpretation, acting for singers, Mexican Songs and accompaniments, easy flamenco guitar, songwriting, a forum for using the lyric apps "Onsong" and "Songbook", a sharing session on taking a lead, and some great sing along sessions. There will also be lots of time for open jamming. Sunday morning is a time to gather together in *Songs of Meaning*. This is a time when you may share a song that has meaning to you. *Please print and bring the attached schedule with you.*

See all pages attached to this letter: Camp Map, Driving Directions (use the Driving Directions provided in this packet, if you rely on GPS you will arrive at the wrong camp!) Winter Travel Information, and Health Forms.

To make your stay comfortable, please see "Suggested Items to Bring". If you have never been to Camp de Benneville Pines before, be prepared for delicious, home-style cooking and clean cabins with a mountain rustic-style of furnishings. Most cabins have 4-6 bedrooms and 2 full baths per cabin. Please be considerate of others in your cabin and keep your shower time to a minimum – saving some hot water for the next camper. **Quiet time in all cabins is 10 pm.** If you want to play into the late hours, please join us in the Coffee House, Lodge or one of the other meeting rooms in camp. **PLEASE DO NOT PLAY MUSIC in the living rooms of CRAIG'S CABIN or CABIN 6 after 10 pm. Some folks go to bed by this time and the music will keep them awake.**

Bring bedding for a twin bed -- sleeping bags work great. Remember to bring your pillow too. If you paid for and received an upgraded room with double bed accommodations, you will receive a separate email telling you to bring bedding for a double bed. **If you paid for an upgrade and were not assigned an upgraded room, you will receive a full refund of the difference.** This is a very popular event each year and we have only a few rooms with double bed accommodations and/or upgrades available and they sell out early every year. If you are attending as a "couple", you will have your own room, even if you don't have a double bed.



The weather is going to be cooler in the mountains. Most days are crisp and sunny, but evenings can be chilly-chilly! Please be sure to bring warm bedding as well as a jacket and sweatshirt. Watch the mountain weather forecast on your favorite news channel or go to www.bigbearweather.com for online weather forecasts.

If you paid for the extra day, you may arrive Thursday after 12:00 pm. Remember to bring your own picnic-type food as there will be no meals served until the light dinner at 6:00 on Friday. Otherwise you may arrive and check-in after 3:00 pm on Friday. There will be a self-serve soup supper served from 6-8 pm on Friday in the Lodge. Please be available for the announcements at about 7:00 pm. Upon arriving, go to Homet Lodge to check in. You will turn in your **completed Health Form**, be given your cabin and room assignment, and a **Schedule of Activities and Meals**. **Your check-in will be quick and easy if you take the time to fill out your health form before arriving to camp!**

If you find yourself arriving after 8:00 pm, please catch a bite along the way. The kitchen closes at 8:00 pm. We will post room assignments on the window of Homet Lodge if you are going to arrive later in the evening. You may drive your auto to your cabin to unload. After unloading, you must return your vehicle to the main parking lot. **Back your car into a parking space so you are ready to leave quickly in case of a fire!**

To ensure a comfortable stay, please refer to the “What to Bring” list included in this packet.

IF YOU ARE PRONE TO ALTITUDE ILLNESS, PLEASE PACK SOME MEDICATION OR ARRIVE EARLY TO ACCLIMATE AND DRINK A LOT OF WATER UPON ARRIVAL WHICH WILL HELP IMMENSELY.

Please contact Janet James, Camp Manager, if you have any questions. You can reach her by email at director@uucamp.org or by cell at 909-435-6298. You can call the Camp Kitchen/Lodge starting Friday afternoon at 909-794-8712, also.

See you soon!

Janice Gelencser

Dean of Music
Music in the Mountains



For your comfort, please bring the following items :

Toiletries & **medications in ORIGINAL bottle**

Jeans and long-sleeved shirt

Sweatpants and Sweatshirt

Underwear and socks

Warm pjs

Warm jacket

Raingear for possible storms

Sleeping bag or flat sheets (2) + blankets to fit a twin bed and pillow

Bath towel

Hot tub towel

Swimsuit for Hottub

Sturdy shoes with enclosed toes

Day pack & water bottle

Travel clock or wrist watch

Flashlight with NEW batteries

Instruments

Music books

Exercise clothing

Reading material

Sunglasses/visor

Knit cap

Music in the Mountains - Schedule of Activities
November 3-5, 2017

Friday Activities

| | Lodge | Coffee House | Craig's Cabin | Cabin 6 |
|---------------|------------------------------|------------------------|---------------|---------|
| 3:00-6:00 pm | Check in, welcome, name tags | | | |
| 6:00-8:00 pm | Light Dinner | | | |
| 8:00-9:30 pm | Evening Concert (Emcee: TBD) | | | |
| 9:30-whenever | Jamming & Relaxation | Jamming and Relaxation | | |

Saturday Activities

| | | | | |
|----------------|------------------------------------|--|---|---|
| 7:00-8:00 am | | Gentle Mind Body Exercises Joel Zimmerman | | |
| 8:00-9:00am | Breakfast (Set up: cabins 1, 2) | | | |
| 9:15-10:15 am | Jamming | All Purpose Singalong Louise Dobbs | Song Sketches & Journaling T-Dan | Song Interpretation Brad Elias |
| 10:30-11:30 am | Jamming | Performance, Performance! John Zipperer | Easy Flamenco Guitar Joan Greenwald | Slide Guitar Ed Eberlein |
| 12:00-1:00 pm | Lunch (Set up: Cabins 3, 5) | | | |
| 1:15-2:15 pm | Jamming | Acting For Singers John Zipperer | Taking a Lead - Sharing Doug Kerr | Mexican Songs and Rhythms Annie Reeves |
| 2:30-3:30 pm | Jamming | Lyric App Forum (OnSong) Paul Jenkins & Bob Deville | Lyrics App Forum (Songbook) Doug Kerr & Andy Gelencser | |
| 3:45-5:30 pm | Organized Hike (about an hour) | Free | Time | |
| 5:30-6:30 pm | Dinner (Set up: Cabins 6, 7) | | | |
| 6:30-7:00 pm | Set up for concert | | | |
| 7:00-9:00 pm | Evening Concert (Emcee: Ron Bloom) | | | |
| 9:00 pm -???? | Jamming | Jamming and relaxation | | |

Sunday Activities

| | | | | |
|----------------|-------------------------------|---|---|--|
| 7:00-8:00 am | | Gentle Mind Body Exercises- Joel Zimmerman | | |
| 8:00-9:00 am | Breakfast (Set up: Cabin 8) | | | |
| 9:10-11:10 | | Songs of Meaning- Bring a song that has meaning to you | Songs of Meaning- Bring a song that has meaning to you | |
| 11:30-12:30 pm | Lunch (Set up: Craig's Cabin) | | | |
| 12:30-2:00 pm | Pack and clear out cabins | | | |
| 2:00-3:00 pm | Hang out and jam | | | |
| 3:00 pm | Safe Travels!! | | | |

If you go hiking at any time during the weekend, sign out in the lodge on the clip board by the camp store. Hike with a buddy and tell a friend to watch for your return. Enjoy the hot tub, but never hot tub alone. The camp nurse is Pat Spier. Janet James, the Camp Manager's cell is 909-435-6298. Music in the Mountains has been an annual tradition for over 25 years. Committee members for 2017's Music in the Mountains: Janice Gelencser- coordinator, Andy Gelencser, Bob DeVille, Doug Kerr and Linda Szitkar, Mary Hendricks, Janet James, and Steve Berman.

Workshop Descriptions

| | |
|---|--|
| <p style="text-align: center;">Organized Hike - Andy Gelencser</p> <p>Andy Gelencser will guide you in a moderate hike to Jenks Lake. Bring plenty of water, a hat, sunscreen and wear comfortable shoes. A walking stick is recommended. Meet at the Camp Store in the Lodge.</p> | <p style="text-align: center;">Slide Guitar - Ed Ebelein</p> <p>This is a workshop on the basics of slide guitar using alternative tunings. Participants please bring a slide (metal, bottleneck, or glass) to be able to fully participate</p> |
| <p style="text-align: center;">All Purpose Sing Along-Louise Dobbs</p> <p>We'll be singing (mostly recognizable) songs from the 50's, 60's and 70's - folk, rock, camp songs, and more. There will be a lot of singing, not much talk!! We'll have an open sharing circle in which everyone will have their moment to lead or request a song. Bring instruments and/or voices.</p> | <p style="text-align: center;">Gentle Mind Body Exercises - Joel Zimmerman</p> <p>This is a gentle stretching session using a combination of QiGung Yoga and Tai Chi techniques. Wear comfortable clothes. Gently warm up your body and mind as you start your day here at camp.</p> |
| <p style="text-align: center;">Taking a Lead - Sharing Workshop</p> <p>This workshop will have a facilitator but not an instructor. The purpose is for attendees to share their techniques for taking an improvisational solo during a jam. The facilitator will suggest a chord progression for participants to play while one person gets a chance to do a short solo. Then we'll stop and the soloist will briefly explain their thought process followed by a chance to try the technique. Then on to the next soloist. The facilitator will arrange to video record the workshop and post it on Youtube to aid our memories. The workshop is not limited to instrumentalists, vocalists can also participate.</p> | <p style="text-align: center;">Onsong and Songbook Forum: Kerr, Gelencser, Deville, Jenkins</p> <p>In this forum, attendees share their knowledge on the use of "Onsong" for ipads and "Songbook" for android tablets. Topics to be addressed may include: organizing songs within the database, short cuts, scrolling, aligning chords over words, editing songs, and retrieving songs from websites. Bring your tablet and share your knowledge while learning from others who use the same app as you. Please have the app already downloaded on your device. It would be helpful to hotspot your phone to your device since internet access is limited.</p> |
| <p style="text-align: center;">Lyrics Analysis - Brad Elias</p> <p>What was Dylan referring to when he wrote "the pellets of poison are flooding the waters"? When was "the day the music died"? What song inspired "This Land is Your Land"? This class obviously cannot interpret every song, but will provide tools to get into the writer's head and deepen your enjoyment of the songs we love. Bring songs to discuss.</p> | <p style="text-align: center;">Acting for Singers - John Zipperer</p> <p>In a playful atmosphere, we will learn some basic acting techniques and apply them to the art of singing in order to connect with songs and the audience. These techniques will inform song choice, address nerves, and the rehearsal process. Let's bring out the artist in you. Please have a song memorized to share and work through. Class limit 20</p> |
| <p style="text-align: center;">Performance Performance-John Zipperer</p> <p>In this session, we will delve into the world of capturing your audience. What do you focus on? What are your strengths? What makes your performance sizzle and grab an audience? How do you stand out? Have a song ready to perform. Class Limit 15-20. If you need to bring an accompanist they do not count against the class limit. A group performing counts as one student.</p> | <p style="text-align: center;">Easy Flamenco Guitar- Joan Greenwald</p> <p>Flamenco's haunting Spanish melodies and rhythms are fun to play.. They are perfect to familiarize players with sight reading and music notation. Egad, we've gotta read music on staff paper? Yes!-through familiar chords with simple melody and bass lines. Enjoy becoming more familiar with reading music's universal language through easy flamenco guitar pieces. For all levels..</p> |
| <p style="text-align: center;">Song Sketches: My Journey of Journaling Through Music T-Dan Hofstedt</p> <p>In my 33-years in animation, I helped create some memorable films, but my personal art was always songwriting. In this workshop, I'll share the process of how some of these songs came about. My approach is not rigidly technical, but rather organic and intuitive, focusing on thoughts, feelings, memories, relationships and images. I hope to encourage others to capture their own moments and put them into song.</p> | <p style="text-align: center;">Mexican Songs and Rhythms" Annie Reeves</p> <p>This is a workshop for intermediate-level guitar players. You'll learn to play "Malagueña Salerosa" with a dramatic intro and unique "huapango" strum; lilting "Los Ojitos" with a versatile intro and easy "ranchera" rhythm; and, if time permits, "Solamente Una Vez" using the exotic "bolero" accompaniment. Attendees will get song sheets for each along with translations and YouTube links to other songs that can be played with the same accompaniments.</p> |

Winter Travel to Camp

When you have to drive on unfamiliar mountain roads during the winter, there are important things every driver should know. Before beginning a trip to camp please review the following suggestions offered by CalTrans and the California Highway Patrol to help promote safe winter travel:

When planning a trip – Before you leave you should know where you are going. Check on the road conditions. Plan your route. Make sure your car is winterized. Buy or rent the correct sized chains to fit your vehicle. Check antifreeze for colder temperatures, brakes, windshield wipers, defroster heater and exhaust system. Make sure your tires have good tread for added traction on icy roads.

Emergency items – Consider carrying the following items in your vehicle: flashlight with good batteries, deicer or ice scraper, gloves, and old jacket should you need to be on the ground installing chains, a plastic garbage bag to kneel on, a small broom to brush snow from your car, a shovel, sand or kitty litter for traction, warm blanket, thermos with hot beverage and a few candy or snack bars.

Driving tips – Be especially observant of road conditions. Watch out for snow removal equipment, and never attempt to pass snowplows in the unplowed lanes. Safe speeds on dry roads can be deadly on icy and snowy roads. Adjust your speed to match conditions. Observe speed limits. Chain control speed limit is 25 MPH except where posted. Highway 38 from Angelus Oaks to camp can be very icy. Much of the highway is shaded in the late afternoon, so ice can form on the road before nightfall. Allow plenty of drive time. Keep your gas tank full in case you experience delays or need to make unexpected detours. When stopping on winter roads, never apply brakes suddenly. Pump them gently to avoid locking the wheels. Use a lower gear if possible to slow down. Leave plenty of stopping room between you and the car in front of you. Always make sure everyone in the car has their seat belt buckled.

Chains are a fact of life – You must stop and put on chains when highway signs indicate that chains are required. There is about a mile between the “*Chains Required*” sign and the check point where you will be required to stop to install your chains. Failure to install the chains is a citable offense. Conversely, when you are removing your chains, drive beyond the “*End Chain Control*” sign to an appropriate pull-off area. Try to install chains on a flat or level surface.

If you use the services of a chain installer, make sure you get a receipt and then write the installer’s badge number on it. Chain installers are independent business people and are not employed by CalTrans. They set their own rates, which generally run between \$20-\$25 per vehicle. Chain installers are not allowed to sell or rent chains, so be prepared with chains prior to driving up into the mountains. Many stores sell chains (Pep Boys, Wal-mart, Auto Zone, etc.)

It is a good idea to practice installing your chains before leaving home.

Remember: Put chains on front tires for front-wheel drive cars, rear tires for rear-wheel drive cars.

DO NOT ATTEMPT TO ENTER THE CAMP’S DRIVEWAY WITHOUT CHAINS IF THE “Chains Required” SIGN IS POSTED AT THE ENTRANCE. Only four-wheel drive vehicles can make it up the driveway without chains. Do not install chains in the camp’s driveway. Please do not block traffic. **Chain Requirement Code – R2:** Chains required on all vehicles except four-wheel drive vehicles. All two-wheel drive vehicles must install chains. Four-wheel drive vehicles with mud-and-snow tires may proceed as long as they are carrying chains. **R3:** Chains required on ALL vehicles. No exceptions. This is a rare occurrence in the San Bernardino Mountains, but be prepared!

CARRY CHAINS !!!!!

. For current road conditions, call (800) 427-7623 or log on to www.dot.ca.gov/hq/roadinfo/

Camp Phone numbers: OFFICE: (909) 794-2928 LODGE: (909) 794-8712

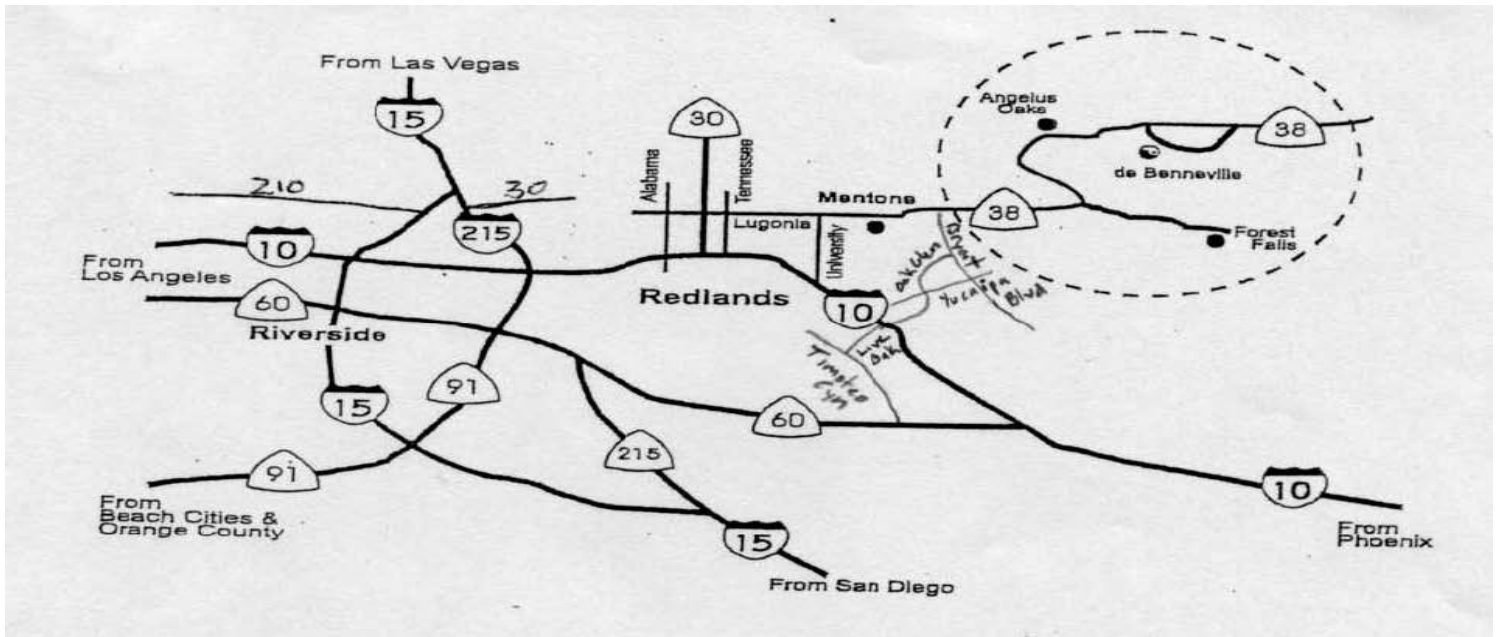
Manager: (909)435-6298 (cell)

. **Email:** uucamp@aol.com **Website:** www.uucamp.org

Camp de Benneville Pines Camp RULES

1. All persons using the camp facilities must comply with all federal, state and local laws.
2. There is no smoking inside buildings or along trails. Smoking is only allowed on cabin decks or inside enclosed cars. Use the green cigarette containers to dispose of butts.
3. Do not bring non-prescription or recreational drugs (including marijuana) on to Camp.
4. Wear enclosed shoes or boots at all times, unless at the swimming pool.
5. After unloading at your cabin, park your car in the main lot with the back end of your car pointing into the woods. This will help you to leave camp quickly in an emergency. Keep your car keys on you at all times. Bring a spare key and keep in luggage.
6. In the event of an emergency situation, an alarm will sound. Evacuate your cabin immediately and gather in the area behind the lodge kitchen (volleyball court). Check-in with the Camp Dean or Camp Manager for further instructions.
7. Camp dogs are never to leave the camp premises without permission of the Camp Manager.
8. No weapons or guns may be brought onto the camp premises.
9. No explosives, flammable liquids or poisonous substances shall be brought to camp.
10. Please keep any recorded or amplified music played in the Lodge turned down for background music only, unless it is being used for a workshop or talent show presentation.
11. Persons under the age of 18 may not use the Lodge or Coffee House between midnight and 6 am unless supervised by a person 25 years or older.
12. No one shall use tools, power tools or camp machinery without the permission of the Camp Management. This would include tools needed for craft projects.
13. All crafts using spray paint, glitter, wax or plaster must be done outside. These projects will not be allowed inside Camp buildings.
14. Camp vehicles will not be used for the transportation of campers except in an extreme medical emergency. Campers and staff must wear seat belts while riding in camp vehicles.
15. The burning of candles, lanterns or incense is not allowed inside any building or recreational vehicle on Camp property. Some exceptions may be made in the Lodge for workshop purposes.
16. **DO NOT BRING YOUR PET TO CAMP. THE ONLY EXCEPTION WE MAKE IS FOR CERTIFIED AND TRAINED ASSISTANCE ANIMALS (such as a Seeing Eye Dog).**
17. **There is very limited WiFi access in camp. We are on a shared broadband system, and using the system to download music, movies or games is not allowed. When we exceed our allowed usage, the broadband is slowed down to dial up speed. Time to unplug and enjoy camp and all the fun activities! Leave your computer work for when you get back home. Hike a trail, go canoeing, read a book—unplug!**
18. We DO ASSESS damage charges for graffiti, excessive wear and tear, chewing gum and other adhesives found in the carpet and furniture. We want to keep things in good order for the next group.
19. Please close all cabin doors to keep the heat in and the critters out!
20. Carry chains October – May while traveling in the San Bernardino Mountains.
21. Bring all prescription medications in their original bottle and keep out of reach of children.
22. Keep an eye on your children while in camp. They are always your responsibility. Know where they are playing and what they are doing.
23. **Swimsuits are required at the pool and hot tub.**
24. No one under the age of 14 may ever be in the hot tub.
25. Never use the hot tub alone. No glass containers or alcoholic beverages allowed at the hot tub.
26. Please keep the following numbers in your wallet or pocket while in camp: Camp Manager's cell 909-435-6298; Maintenance Supervisor's cell 210-216-6125. TEXT or CALL either number.

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 ½ miles. Turn right on West Jenks Lake Road. The sign for Camp de Benneville Pines will be on the right approximately 1 ½ 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.)**

Camp de Benneville Pines

41750 Jenks Lake Road West
Angelus Oaks, Ca. 92305
Camp (909) 794-2928
Lodge (909) 794-8712
Maintenance (909) 794-4530



A Cabin 1

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Parking Lot and Entrance

Graphics by Frank Barata

Emergency Information Form – Adults at Camp de Benneville Pines

Name _____ DOB _____

Address _____ City _____ ST _____ Zip _____

Home Phone# _____ CellPhone# _____

Medical Insurance Company _____ Phone# _____

Policy# _____ Group# _____

Emergency Contact (not at camp)

Name _____ Phone#1 _____

Phone#2 _____ Email/SMS _____

My immunizations are up-to-date YES NO Date of last tetanusshot _____

Know n allergies to food, medication and/or anesthetics, environmental factors (use other side for additional information):

Know n medical problems/conditions and medical treatment that may be needed at camp (use other side for additional information):

Please list all medications; OTC & RX that you will be taking while at camp (use other side for additional information):

I understand that if I become injured or ill while at camp, the Health Supervisor is authorized to determine if I require care outside the bounds of that available in our wilderness setting. Due to de Benneville’s isolation and elevation, any camper remaining ill for more than 12 hours may be asked to leave camp, and may return only with authorization from a physician. I have been made aw are that it can take 45 minutes or more for paramedics to respond to a 911 emergency call. If road conditions are icy or hazardous, it can take substantially longer. I agree to follow the safety rules of the camp.

This form is for use by the Health Supervisor during camp only. After camp, it will be shredded. We do not retain medical records for adult campers.

Option 1

I hereby give permission for the camp first aid person to provide routine health care and emergency medical treatment, including ordering x-rays or routine tests. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. I give permission to the retreat organizers or the camp staff to arrange necessary related transportation. In the event of an emergency, I hereby give permission to the physician selected by the retreat organizers or camp staff to secure and administer treatment, including hospitalization.
Signature of Adult Camper/Participant _____ Date _____

Option 2

Although I understand that my medical information is being requested only so that medical treatment can be provided in case of an emergency, loss of consciousness or inability to make a decision on my own, and that not having this information may make it impossible for the Health Supervisor to provide appropriate medical care, I wish to decline to provide the requested medical information.
Signature of Adult Camper/Participant _____ Date _____

Emergency Information Form - for Families attending Camp de Benneville Pines

This form is required to be completed and on file with the Medical Supervisor during camp only. After camp, the form will be shredded. Camp policy does not include retaining medical records for adult or family campers.

Camp Dates

Parent (Primary Insured) at Camp _____ Birthdate _____
Last First Middle

Address _____
Street Address City ST Zip

Second Parent at Camp _____ Birthdate _____
Last First Middle

Child Camper _____ Birthdate _____ Age a camp _____
Last First Middle

Child Camper _____ Birthdate _____ Age at camp _____
Last First Middle

Child Camper _____ Birthdate _____ Age at camp _____
Last First Middle

Please include any additional family members on the back

Please be sure to have your health insurance card with you and accessible to the Health Supervisor at camp

Insurance Information Is family covered by medical/hospital insurance? YES / NO

Carrier/Group _____ ID or Group# _____

Family Physician _____ Phone# _____

If you have no insurance, please provide Social Security numbers for each family member at camp so that care could be obtained at the County Hospital emergency room

Emergency Contact not at camp: _____ Relationship _____

Home Phone _____ Cell phone _____ Business phone _____

Restrictions (indicate which family member is affected)

Does not eat: Red Meat Pork Dairy Products Poultry Seafood Eggs Other (describe) _____

Explain any restrictions to activity (what cannot be done, what adaptations or limitations are necessary)

Allergies & Illnesses - List all known Describe reaction and usual management of reaction

Current Medications (OTC & RX)

If a family member requires an epi pen available at all times, please bring one to camp

I understand that if a family member or I become injured or ill while at camp, the Health Supervisor is authorized to determine if we require care outside the bounds of what is available in our wilderness setting. Due to de Benneville's isolation and elevation, any camper remaining ill for more than 12 hours may be asked to leave camp and may only return with authorization from a physician. I have been made aware that it may take 45 minutes or more, for paramedics to respond to a 911 emergency call. If road conditions are icy or hazardous, it may take substantially longer.

I hereby give permission for the camp Health Supervisor to provide routine health care and emergency medical treatment, including ordering x-rays or routine tests to myself and my family members listed above. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. I give permission to the retreat organizers or the camp staff to arrange necessary related transportation. In the event of an emergency, I hereby give permission to the physician selected by the retreat organizers or camp staff to secure and administer treatment, including hospitalization to myself or my family members. I agree to follow the safety rules of the camp and will ensure that my children also follow the rules.

Signature of Parent at Camp _____ Date _____

Signature of Second Parent at Camp _____ Date _____

Family Name