

2018 Junior High Summer Camp Camper Packet



“Camp Common Ground”

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July 15 — July 21, 2018

Camp de Benneville Pines

Angelus Oaks, CA



July 2018

Dear Junior High Campers and Parents,

We are writing to you let you know all of what to expect before you get to camp! Deans of Jr High camp 2018: Kathleen is the Director of Children and Family Ministry at the Palomar UU Fellowship in Vista, CA where she creates a dynamic RE program for K-12th graders each week! Marianne has been an active member at PUUF in Vista, CA for 11 years and been on staff for elementary and junior high camps in the past 6 years! We are both eager to create an inclusive and creative space for all of our campers this July during our 5th Jr High camp deaning together!!

Our theme this year is “Camp Common Ground”! Connecting with people is a basic human need. One way of forming this connection is to find common ground. When you find common ground, it is possible to connect and is necessary in building bridges between us. With common ground comes common understanding. Each day we will explore the common ground in our lives and connect with each other through focusing on how we can make a difference in this world through our Unitarian Universalist principles and values. In small groups, we will find common ground together through nature, art, creating worship, yoga/meditation, having FUUN playing group games and what it means for each of us as individuals to be UU.

Campers should plan to bring props for themed dinners: Cosplay, Crazy Hair/Favorite t-shirt, Hawaiian, and Pajamas!! Campers will participate in all their camp favorites; dress your counselor night, movie night, HUUP groups (small discussion groups), hiking to Jenks Lake/canoeing, archery, Night Crossing (a nighttime version of “tag”), dance party, games, music, swimming, arts and crafts/tie dying, and Open Mic Night. We look forward to campers bringing their unique talents of all kinds; Music, Dancing, Singing, Magic, Comedy, Theater, Martial Arts or other (Kendama, Yoyo, Juggling, etc...)!!

IMPORTANT INFO TO KNOW BEFORE YOU GET TO CAMP!

Campers will be signing up for room assignments when they get to camp, so be there on time. If you want to room with a specific person, please make sure you are checking in at the same time. This was very successful the last two years!

VERY IMPORTANT...CELL PHONE/ELECTRONIC POLICY 2018:

CAMPERS AND PARENTS/GUARDIANS PLEASE READ AND SIGN THE ATTACHED POLICY. There will be zero tolerance for campers found using phones or other electronic devices (other than music/MP3 players or iPods in the cabins). We have faith that the campers will follow our updated cell phone policy! iPods are allowed for music only, not other apps or games.

Please take time to read over the enclosed *Camp Covenant* and discuss it with your camper. It contains some very important information about camp expectations and the community we intend to create. It will need to be signed by both camper and parent/guardian before any camper can be fully checked-in.

Please remember to bring: a reusable water bottle (we all have higher water consumption needs at higher altitudes, and camp staff will proactively have campers drink water often), good hiking shoes, items for tie dyeing (100% cotton pre-washed and please include a Ziploc plastic bag as well, so the dyed item can go home safely. Even if your camper says they don't want to tie-dye, please send

something just in case), dark colored clothes for Night Crossing, a flashlight, musical instruments or other props for Open Mic Night, dress clothes (optional) for the dance party, and fun props for Dress your Counselor Night!!

No food is allowed in the cabins, including gum. 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 all food supplements to the camp nurse at check-in so your child will have access to it as needed.

Check-in time is between 2:00 PM – 5:00 PM on Sunday, July 15th. Please give yourselves time to get acquainted with the property and get your camper all moved in by 5:00 PM. Once your camper is checked-in, you will be able to leave. Please allow at least 30 minutes for the check-in process, although sometimes longer lines move more slowly (the check-in process includes turning in paperwork, going to the cabin, making a name tag, etc.) Please do not check-in prior to 2:00 PM! Sunday is also staff training time and we are often setting up minutes before check-in opens.

REMEMBER: Campers will be signing up for room assignments when they get to camp, so be there on time. If you want to room with a specific person, please make sure you are checking in at the same time. This was very successful the last 2 years!

All parents/families picking up Jr High campers on Saturday the 21st are invited to join us at 10:00 AM for our Camp Closing Celebration and Bridging for 8th graders!! Final check-out is between 11:00 AM and Noon on Saturday, July 21st. There is NO supervision at camp after 12:00 PM on Sat the 21st, as site staff needs the camp empty to prepare for the next camp that arrives that evening. Thank you!!

ONE MORE THING: We have created a CLOSED Facebook Group for Families to see what's going on at camp during the week; staff will be uploading pics periodically! You will need to agree or opt out for this when signing the camp covenant. If you do not want your child photographed, then please make that clear when signing the covenant. Remember, the posts and photos can only be accessed by Jr High Camp Staff and families of Jr High Campers once parents ask to join and are accepted. Access to the group can be found at: **Camp de Benneville Pines Jr High Summer Camp 2018** at:

<https://www.facebook.com/groups/2018JrHigh/>

Please feel free to contact us about any specific questions you may have about Jr High Summer Camp! We are looking forward to seeing you soon :)

Your Jr High Summer Camp Co-Deans,

Kathleen Moscato kathleenmoscato@gmail.com (760-521-9757) and

Marianne Swift-Gifford mswiftgifford@yahoo.com (760-908-1799) call or text :)

2018 Junior High Summer Camp General Information

Arrival and Departure Times:

Check in will be from 2:00 PM to 5:00 PM on Sunday July 15th, 2018. 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 11:00 AM and 12:00 PM on Saturday July 21st, 2018. **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 21st so please feel free to pack a snack or lunch for your camper to enjoy in the car. Camp does provide snacks at check out. There will be no supervision provided after 12:00 PM 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 “Camp de Benneville Pines Youth Camp Rules and 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.

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 back at the owner's pre-paid expense. All unclaimed Lost & Found items will be donated to local low-income families.

Telephone Policy:

Please do not send electronics or phones with your campers. iPods and 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 cell 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 Geoff Anderla at 623-252-5619.

Camp Store:

The de Benneville Trading Post sells souvenirs, sundries, camp shirts and snacks. It will be open for a short time each day. The store will be open during check -in and check-out for the convenience of parents and campers. Camp T-shirts and sweatshirts can be purchased at that time. Campers will receive a camp photo upon check-out. The cost is included in the registration fee.

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

Camper Profiles

Camper Profiles are being collected electronically. It is very important that this online form is filled out and returned over the next couple of days so the adult leadership has plenty of time to review your youth's information. We want your youth to be as comfortable as possible while at camp, and the *Camper Profile* gives us insight into life changes, special issues, needs and fears.



Please fill out form at the link below:

<http://bit.ly/2018Profile>

CAMP DE BENNEVILLE PINES

YOUTH CAMP RULES AND BEHAVIOR POLICIES

1. All persons using the Camp facilities must comply with all federal, state and local laws.
2. Most camper housing is in single-gender cabins at this camp unless your youth has parental permission to be in the gender-neutral cabin.
3. Curfew is defined as the time after which all campers are to be in their own cabins.
4. Campers may not leave the campgrounds at any time during camp without the permission and supervision of adult staff.
5. 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, tools, power tools, camp machinery and/or wood burning stove requires the permission of the Camp Director and adult supervision. There is no use of the First Aid Station without the supervision of the nurse.
6. No visitors are allowed during camp.
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.**
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 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.
13. Campers may not engage in sexual activities while at camp.
14. PSWD Youth Camps are SMOKE FREE. Campers and staff may not smoke at camp. This includes vape pens and e-cigarettes.
15. No hair dye or permanent inks or hennas allowed inside cabin bedrooms, bathrooms or kitchens. Use only at the arts/crafts area.
16. In the event of an emergency, 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 Director for further instructions.
17. No weapons or guns may be brought onto the Camp premises.
18. No explosives, flammable liquids or poisonous substances shall be brought to Camp.
19. Camp dogs are never to leave the camp premises without permission of the Camp Director.
20. All crafts using spray paint, glitter, wax or plaster must be done outside. These projects are NOT allowed inside Camp buildings.
21. The burning of candles, lanterns or incense is NOT allowed inside any building or recreational vehicle on Camp property.
22. We DO ASSESS damage charges for graffiti, excessive wear and tear, chewing gum and other adhesives found in the carpet and furniture.
23. There is No WiFi access in Camp. It's time to unplug and enjoy Camp.
24. 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.

Disconnect to Reconnect: Cell Phone Policy for Jr High Summer Camp 2018

If you are viewing this on your cell phone, tablet or laptop, there is a slight chance you may not like the following, but please hear us out!

A new trend at Camp de Benneville Pines PSWD Youth camps, staff have been talking to the tops of kids' heads more and more. With their faces pointed down they're missing out on an entire world of camp above and around them. An exaggeration of course, but not by much.

Having a phone nearby is like trying to ignore a new mosquito bite. Even if you're not scratching, you will do so subconsciously and that itch is always there. Comparing mosquito bites to cell phones, that's a new one.

For those returning to camp, you know that for years we've had a policy stating "no electronics at camp." We used to allow campers to have their cell phones for photo taking only. However, if the phones did manage to get checked in, they are often not used solely for photo taking and become a distraction during the week during programming and during cabin time.

Being a summer camp, it's our job to help kids connect with nature and each other. We want to build lasting skills and forge lifelong memories. This IS doable even if they aren't saved on Instagram. And to be good role models in doing such, as part of that initiative, we are no longer allowing campers to bring cell phones, laptops, tablets, ipads and other electronics at camp. If a camper would like a picture taken they can bring a digital camera/disposable camera, or use the camp camera we will have passed around during the week.

We strongly believe this will enhance your children's camp experience and provide a stronger community and a needed break from the devices that we all, ourselves included, rely on so heavily each day.

Please read the letter below adapted from another Camp that describes our position and plan with cell phones. If you have questions or concerns let Co-Deans Kathleen or Marianne know!

Cell Phone, WIFI and Small Electronics Camp Policy – (Adapted from French Woods Festival of the Performing Arts) <http://frenchwoods.com/cell-wi-fi-electronics-policy.htm>

Over the 5 years as Co-Deans at Jr High camp, parents contact us to voice their concerns that their children want to bring their iPhones, smart phones, ipads, iPods, kindles or laptop computers to camp.

Not only are cell phones and other electronics expensive and can get stolen or lost, but also their usage can interfere with and even sabotage a child's overall experience at camp – as well as others. A camper that spends so much time immersed in technology or communications may do so at the expense of getting to know fellow campers and counselors. Summer camp offers a great opportunity to learn about and navigate social situations while not being constantly connected to and immersed within a digital/virtual world.

In the past, we have tried to accommodate those requests but found that personal WIFI holds too much temptation and campers would be found checking emails and texting, using Instagram etc. during workshops, free time or evening activities. All of this is counterproductive to camp life and cannot be tolerated. Perhaps most importantly, a cell phone represents a tether to one's parents and friends from home and may serve as an impediment for a child to learn how to solve problems on their own in what might otherwise be a structured and supportive environment for growth and independence.

The phone or laptop or iPad becomes a vehicle for all sorts of online communication. Counselors monitor interpersonal social interaction at camp to prevent bullying and so forth. However, online bullying can occur and staff would have no way of monitoring the potential negative effects that could be brought into the camp world from the digital world.

This year, we enforce a no cell phone usage. Additionally, we understand that your children might be more comfortable having their own music close by for bedtime/cabin time and suggest an inexpensive MP-3 player or iPod.

To reiterate, we are, as strongly as possible, asking you to have your children leave this equipment at home. CAMP DE BENNEVILLE PINES PSWD JR HIGH CAMP CANNOT AND WILL NOT BE RESPONSIBLE, FOR ANY REASON, FOR THE LOSS OR DAMAGE TO YOUR CHILDREN'S ELECTRONIC EQUIPMENT including but not limited to cell phones, laptops, tablets, kindles, cords and chargers etc.

We all are looking forward to a fun-filled, safe, and productive week at Jr High camp without any of the worries. We sincerely appreciate your cooperation!

We hope you'll join us in unplugging from daily routines in hopes of reconnecting with the simple things. Disconnect to Reconnect at Camp Common Ground 2018. If your child expresses concerns of homesickness, reassure them that the counselors, program staff, deans, and chaplain are there to talk things through with your camper! Also, sending them a letter or post card ahead of time, helps them feel connected to family while away at camp and help alleviate any feelings of homesickness! Send mail to your camper at:

Camp de Benneville Pines
41750 Jenks Lake Road, West
Angelus Oaks, CA 92305-9789

*******We are asking you to agree to the above expectations in regards to cell phones and electronics (excluding MP3 players and iPods for listening to music in the cabins/for bedtime), sign and turn in this section at camp check-in.***** July 15, 2018**

Camper Signature: _____

Parent/Guardian Signature: _____

**Camp de Benneville Pines
Jr High Summer Camp 2018
Camp Covenant**

In the spirit of maintaining a healthy camp community, all campers and staff who participate in Junior High Summer Camp at Camp de Benneville Pines 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.

Jr High 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 others 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
- * Respect 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 camper about the covenant to ensure that expectations are understood
- * Be available to the Deans for phone conversations during the week of camp
- * Communicate openly with the Deans about specific needs of their camper and any concerns they may have about attending a sleep-away camp

We understand the covenant and agree to what it says. We know that there can be consequences when campers break the covenant, which may include time to sit out of an event or activity, a call home to a parent, or in more extreme cases, being sent home. We agree to be engaged in a 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: _____

I give my permission for my child to be photographed or videotaped participating in camp activities and for the photos/videos to be used in Camp de Benneville Pines/PSWD publications, promotions, and on the Closed (for Jr High staff and campers' families only) Facebook Group Camp de Benneville Pines Jr High Summer Camp 2018 at: <https://www.facebook.com/groups/2018JrHigh/>

Signature of parent/Guardian: _____

Date updated 6/28/18

Notes from the Camp Nurse

Hello Campers & Parents! Camp is almost here and here are some reminders:

- 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 the "Release Form".**
- 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.
- 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.
- 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.
- 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.
- 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.
- SPECIAL DIETS** – While Janet and her 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!
- 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

Emergency Information and Release Form for Youth Attending Camp de Benneville Pines

Name _____ DOB _____ Age at camp _____

Address _____ City/State _____ Zip _____

Custodial Parent _____ Phone #1 _____

Phone #2 _____ Email/SMS _____

Gender: Male ___ Female ___ Gender Neutral ___ Will you be out of town while your child is at camp? YES / NO

Additional Parent/Guardian or Emergency Contact (required) _____

Home Phone _____ Cell Phone _____ Email _____

If not available, Notify: _____ Relationship _____

Home Phone _____ Cell Phone _____ Email _____

Please initial each Release below and submit to camp as part of the Check-in process

Medical Release

_____(initial) Parent/Guardian Authorizations: The attached health history is correct and complete as far as I know. The camper described has permission to engage in all camp activities except as noted below. I hereby give permission to the camp to provide routine health care, administer prescribed medications, and seek 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 camp to arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the child named above. This complete form may be photocopied for trips out of camp.

Release of Liability

_____(initial) I waive and release all claims for damages for death, personal injury or property damage that may occur as a result of engaging in camp activities. This discharges in advance Camp de Benneville Pines, its employees and other agents from liability even though that liability may arise out of their negligence. I know that being in a forest retreat setting involves a risk of accidents, and I willingly assume the risk. This waiver, release and assumption of risk is binding on my heirs and assigns.

Release of Contact Information

_____(initial) I understand my contact information above will be shared with Camp so they can keep me in the loop on what's happening all year long. Camp will not share any information with third-party entities, ever.

Photo Release

_____(initial) I give permission and consent for all persons associated with my registration to allow photographs/video to be taken during camp session activities. I further give permission and consent that any such photographs may be published and used by Camp de Benneville Pines and its agents to illustrate and promote the camp experience, Camp de Benneville Pines, and its camp programs. Camp will not identify Campers by name without their permission.

Emergency Information

Medical Insurance Company _____ (attach a photocopy of front and back of health insurance card to form)

Policy # _____ Group # _____

Restrictions: Red Meat Pork Dairy Products Poultry Seafood Eggs (circle all that apply) Other _____

Explain any restrictions to activity: what cannot be done, what adaptations or limitations are necessary (use other side for additional information) _____

Known allergies to food, medication and/or anesthetics, environmental factors (use other side for additional information) _____

Describe reaction and usual management of reaction (use other side for additional information) _____

Signature _____ Date _____

Camp Dates _____

Cabin _____

Camper Name _____

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 medications** on a routine basis the camper **takes medications** as follows:

Med #1 _____ Dosage _____ Specific times taken each day _____

Reason for taking _____

Med #2 _____ Dosage _____ Specific times taken each day _____

Reason for taking _____

Attach additional pages for more medications

General Questions (explain "yes" answers below)

Has/does the camper:

- | | |
|--|---|
| 1. Had any recent injury, illness or infectious disease? Y / N | 16. Ever had a back problem? Y / N |
| 2. Have a chronic or recurring illness/condition? Y / N | 17. Ever had problems with joints (e.g. knees, ankles)? Y / N |
| 3. Ever been hospitalized? Y / N | 18. Have an orthotic appliance being brought to camp? Y / N |
| 4. Ever had surgery? Y / N | 19. Have any skin problems (e.g. itching, rash, acne)? Y / N |
| 5. Have frequent headaches? Y / N | 20. Have diabetes? Y / N |
| 6. Ever had a head injury? Y / N | 21. Have asthma? Y / N |
| 7. Ever been knocked unconscious? Y / N | 22. Had mononucleosis in the past 12 months? Y / N |
| 8. Wear glasses, contacts or protective eyewear? Y / N | 23. Had problems with diarrhea/constipation? Y / N |
| 9. Ever had frequent ear infections? Y / N | 24. Have problems with sleepwalking? Y / N |
| 10. Ever passed out during or after exercise? Y / N | 25. If female, have an abnormal menstrual history? Y / N |
| 11. Ever been dizzy during or after exercise? Y / N | 26. Have a history of bed-wetting? Y / N |
| 12. Ever had seizures? Y / N | 27. Ever had an eating disorder? Y / N |
| 13. Ever had chest pain during or after exercise? Y / N | 28. Ever had emotional difficulties for which professional help was sought? Y / N |
| 14. Ever had high blood pressure? Y / N | 29. Waived or missed any scheduled immunizations? Y / N |
| 15. Ever been diagnosed with a heart murmur? Y / N | |

Please explain any "yes" answers, noting the number of the questions: _____

Name of family physician _____ Phone _____

Name of family dentist/orthodontist _____ Phone _____

Use this space to provide any additional information you believe the camp staff should be aware of regarding the campers behavior and physical, emotional, or mental health: _____

Authorization to Treat During Transportation/Carpooling to Camp

Permission Form:

My child/ward has permission to travel to and from Camp de Benneville Pines near Angelus Oaks, California. I understand that the camp is not responsible for the safety of my child until my child has been properly checked in at the time of registration. Furthermore, once my child checks out of camp on the final day, the camp is no longer responsible for the safety of my child. Unless otherwise contacted by me, my child has permission to carpool to and from camp with the following adults (**please include names of all adults permitted to pick your child up from camp, including parents**):

Name _____ Hm Phone _____ Cell Phone _____

Name _____ Hm Phone _____ Cell Phone _____

Name _____ Hm Phone _____ Cell Phone _____

Name _____ Hm Phone _____ Cell Phone _____

Emergency Authorization to Treat:

I hereby give permission to the medical personnel selected by my child/ward's driver to order x-rays, routine tests and treatment for my child/ward; and in the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the driver of my child/ward to hospitalize, secure proper treatment for, and to order injection and/or anesthesia and/or surgery for my child/ward named above. This form may be photocopied. I recognize that neither de Benneville Pines, Inc., nor the Pacific Southwest District of the Unitarian Universalist Association is responsible for persons car pooling to or from camp.

Signature of parent/guardian _____ Date _____

During the times my child will be transported to and from camp, you should be able to reach me:

To Camp - Phone _____ Alternate Phone _____

From Camp - Phone _____ Alternate Phone _____



What to Bring

Please pack the following items to ensure your child has a safe and enjoyable time at camp:

- Hat with brim
- Sunglasses
- Long sturdy pants (2)
- Long-sleeved shirts (2-3)
- Shorts/skirts (3)
- Comfy pants (1)
- T-shirts/tank tops (6)
- Sweatshirt or jacket (evenings can get chilly!)
- Pajamas
- Clean underwear (8)
- Socks (6-8)
- Bathing Suit
- **Closed toed shoes suitable for hiking (2 pairs)**
- Sleeping bag or sheets and blanket
- Pillow
- Bug spray/repellant
- 2 towels—1 for swimming pool, 1 for personal use
- Dirty clothes bag
- Prescription meds (if needed) in original med bottle
- Soap, shampoo, comb and/or hairbrush
- Toothbrush and toothpaste
- **Sunscreen(at least SPF 30) and lip balm (with SPF)**
- Journal for drawing and reflections and 2-3 pens/pencils
- Flashlight/headlight and fresh batteries
- **Water bottle — refillable**
- Small-ish backpack for carrying water bottle, book, camera, journal, sunscreen, etc., around camp

Optional:

- Books, jokes, skits, stories, games
- Camera and fresh batteries
- Flip flops — ONLY for use at pool!
- Costumes, silly hats, etc., for themed meals
- Open Mic Night props, costumes, musical instruments, etc.

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

Leave cell phones and electronic games at home!

Please LABEL every item you send to camp with your camper's full name

— it helps with lost and found!!



If you need to reach camp, here's some handy information:

Janet James, Executive Director:

Cell phone: (909) 435-6298 Email: director@uucamp.org

Geoff Anderla, Camping Ministries Director:

Cell phone: (623) 252-5619 Email: pswdcmd@gmail.com

Laura Chamberlin, Registrar:

Voice Mail: (909) 794-1252 Email: registrar@uucamp.org

Kathleen Moscato, 2018 Junior High Summer Camp Co-Dean:

Cell phone: (760-521-9757) Email: kathleenmoscato@gmail.com

Marianne Swift-Gifford, 2018 Junior High Summer Camp Co-Dean:

Cell phone: (760) 908-1799 Email: mswiftgifford@yahoo.com

Camp Office: (909) 794-2928

Camp Lodge: (909) 794-8712

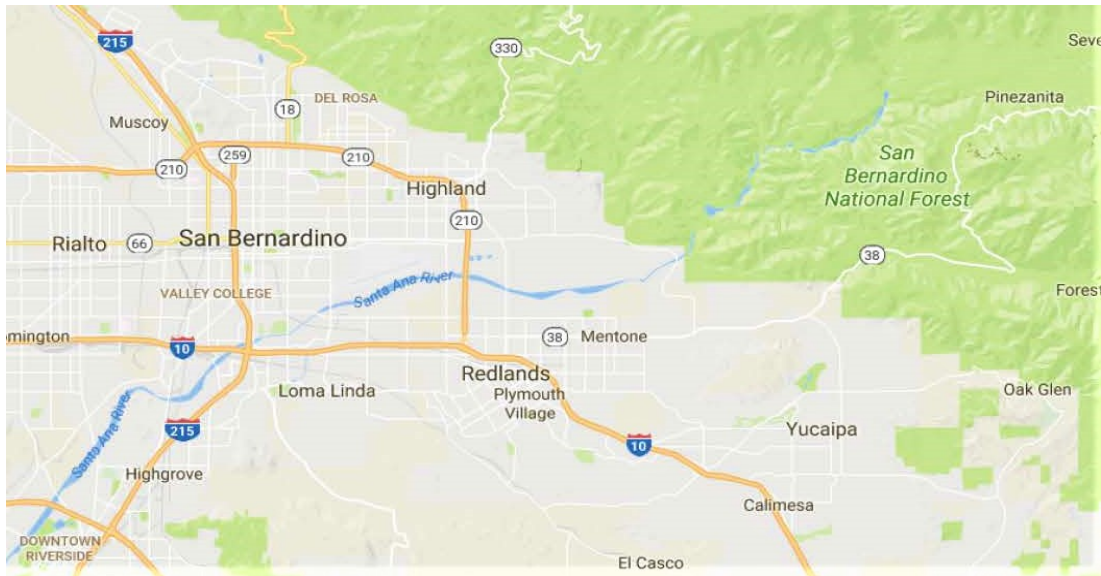
Camp Email: uucamp@aol.com

Camp Website: www.uucamp.org

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

Directions on website: <http://www.uucamp.org/about-2/directions-to-camp/>

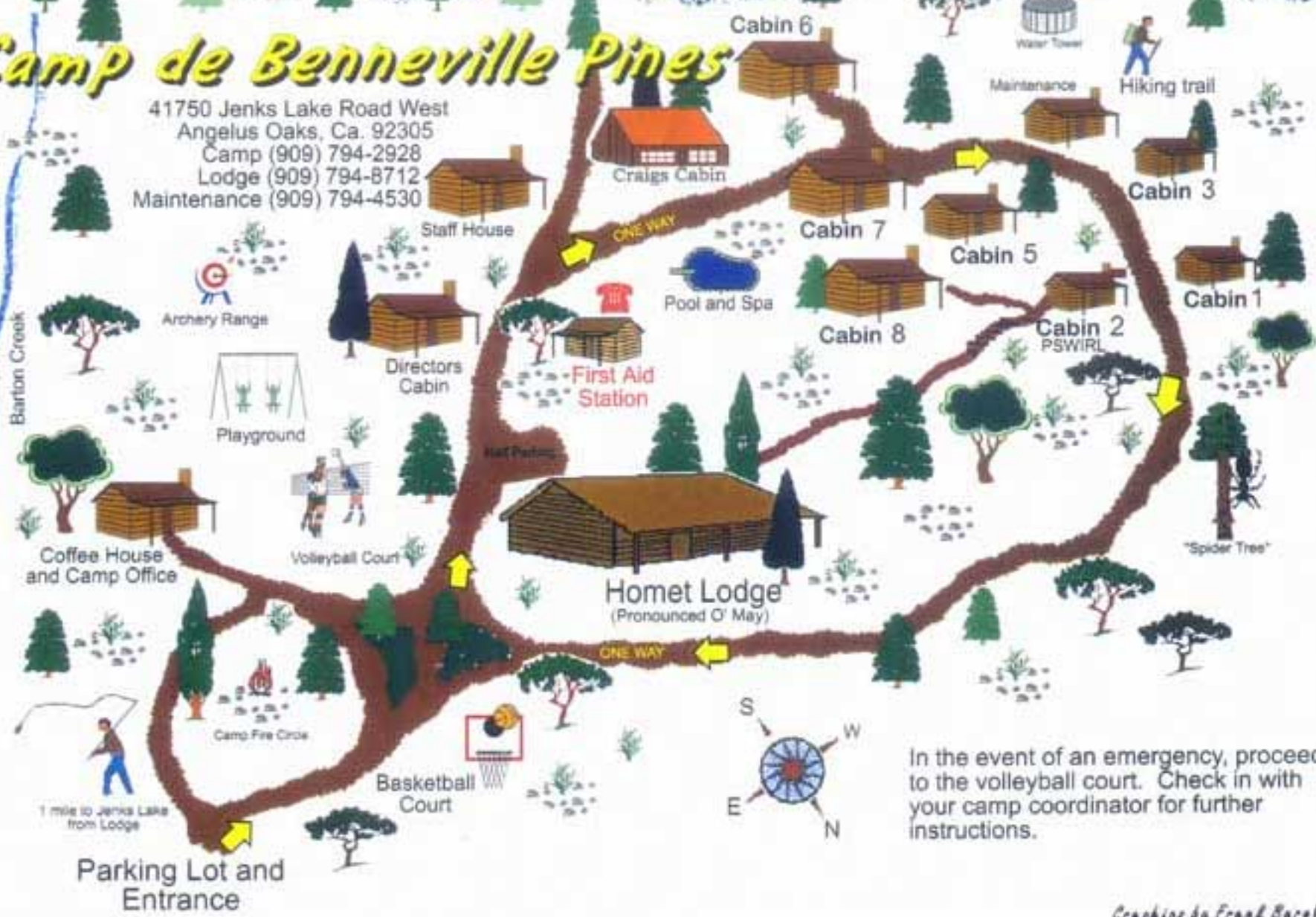
DIRECTIONS to Camp de Benneville Pines



- Arizona:** Take the I-10 West to Exit 85, 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 become the I-215 East toward San Bernardino. Take the I-10 East to Redlands. Follow the directions in **BOLD below** from Redlands.
- Las Vegas:** Take the I-15 South to San Bernardino. Take the 210 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 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 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 and follow the directions in **BOLD below** from Hwy 38.
- Ventura:** Get on US-101 and exit onto I-210 East. Continue on I-210 and exit at Live Oak Canyon Road. Turn left, 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.
- Redlands:** From I-10, take University exit. Turn left on University. Turn right on Lugonia/Hwy 38. Follow the directions in **BOLD below** from Hwy 38.
- From 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 5.5 miles. Turn right on to Jenks Lake Road, West. The sign for Camp de Benneville Pines will be on the right, approximately 1.5 miles up. (If you see the sign for Seven Oaks on Hwy 38, you have missed the Jenks Lake turn. Go back to Jenks Lake Road, West.

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



In the event of an emergency, proceed to the volleyball court. Check in with your camp coordinator for further instructions.