

2016

UU Women's Spring Retreat



Camper Packet

Part 1 of 2



Camp de Benneville Pines 2016
18th Annual Women's Retreat
Spiraling Up! Life Transitions in Every Season

Dear UU's and Friends,

Our weekend retreat theme has to do with transitions—the natural cycles of our lives! We look forward to joining with you and 100 other women to explore the seasons of our lives. Rev. Sian Wiltshire of Orange Coast UU Church will be challenging us to dig deep inside and explore the seasons, transitions and natural cycles of life. Enjoy yourself as you spiral up to your next transformation and reflect on all of your journeys through the past seasons and those yet to come!

We are all in need of time to “get away” from business, kiddos, men, technology, taking care of others... A retreat at Camp is a time to meet up with acquaintances from last year's retreat, discover new friends of like mind and heart, and experience a new path or discover a hidden talent. Read, unwind, listen to the wind in the pines, belly dance, sing, hike, play, soak in the hot tub, enjoy a massage, nap! *Now, there is a concept.* Napping can be a great change of pace!

Please make note that our Keynote Address will be delivered on Friday evening at 7:45 pm. If you are going to be arriving late, please quietly enter the lodge and sit and enjoy the presentation. You can check-in after the keynote topic is finished. **Dinner will be served from 6 pm – 7:30 pm in Homet Lodge.** If you plan to arrive to camp after 7:30 pm, please pick up dinner along the way. The Redlands McDonalds, on Lugonia and Wabash, is the last diner before climbing up the mountain. Also, you will want to fill your car with gas before heading for the camp. From the filling station on the corner of Lugonia and Wabash, you are 40 minutes from camp.

Please use the packing list enclosed to ensure you pack everything needed for the weekend, and include the following: old books or CD's to share with others. We

have a table where you can place your books/CD's for others to take home to enjoy. Drop by several times during the weekend and find a book for yourself. Bring your favorite chocolate candies, cookies, or brownies to put on the chocolate table. The chocolate table will be available 24/7 throughout the weekend. Come on by and indulge! If you want to tie dye, bring something to tie dye...like a pillow case, t-shirt, or hankie. If you enjoy coloring, we will have plenty of new coloring templates for you to enjoy. Please bring your favorite crayons, pens, colored pencils. If you have not colored since youth, it is time to explore the magic of a more complicated design. Share your creations with others, or give your art away to a new friend.

Remember to dress in layers and to wear enclosed toe shoes. Mornings and evenings can be chilly. Bring a water bottle if you plan on hiking, and remember your sleeping bag/bedding and pillow. Most beds in camp are twin sized, but a few are doubles. We will let you know if you are in a double bed so you can pack the correct bedding. If you use the enclosed packing list as a guide you will be fully prepared for most any type of weather. After unloading your car at your cabin, you must park in the parking lot near the flag poles. The USFS does not allow parking at the cabins unless you have need to shuttle yourself around camp.

If you are arriving early on Thursday, you will find your room assignment posted in the lodge upon your arrival. Remember to check-in officially on Friday at 3 pm, and to pack your picnic foods. Friday dinner is our first meal together.

We look forward to having you in camp very soon. Our committee has been working hard to make this a meaningful retreat for all, and we can hardly wait to see you!

Sincerely,

The 2016 Planning Team
Women of Tapestry UU Congregation



Women's Retreat ~ 2016

Activities, Workshops & Meals

Life Transitions in Every Season

Keynote Speaker:

Rev. Sian Wiltshire OCUUC

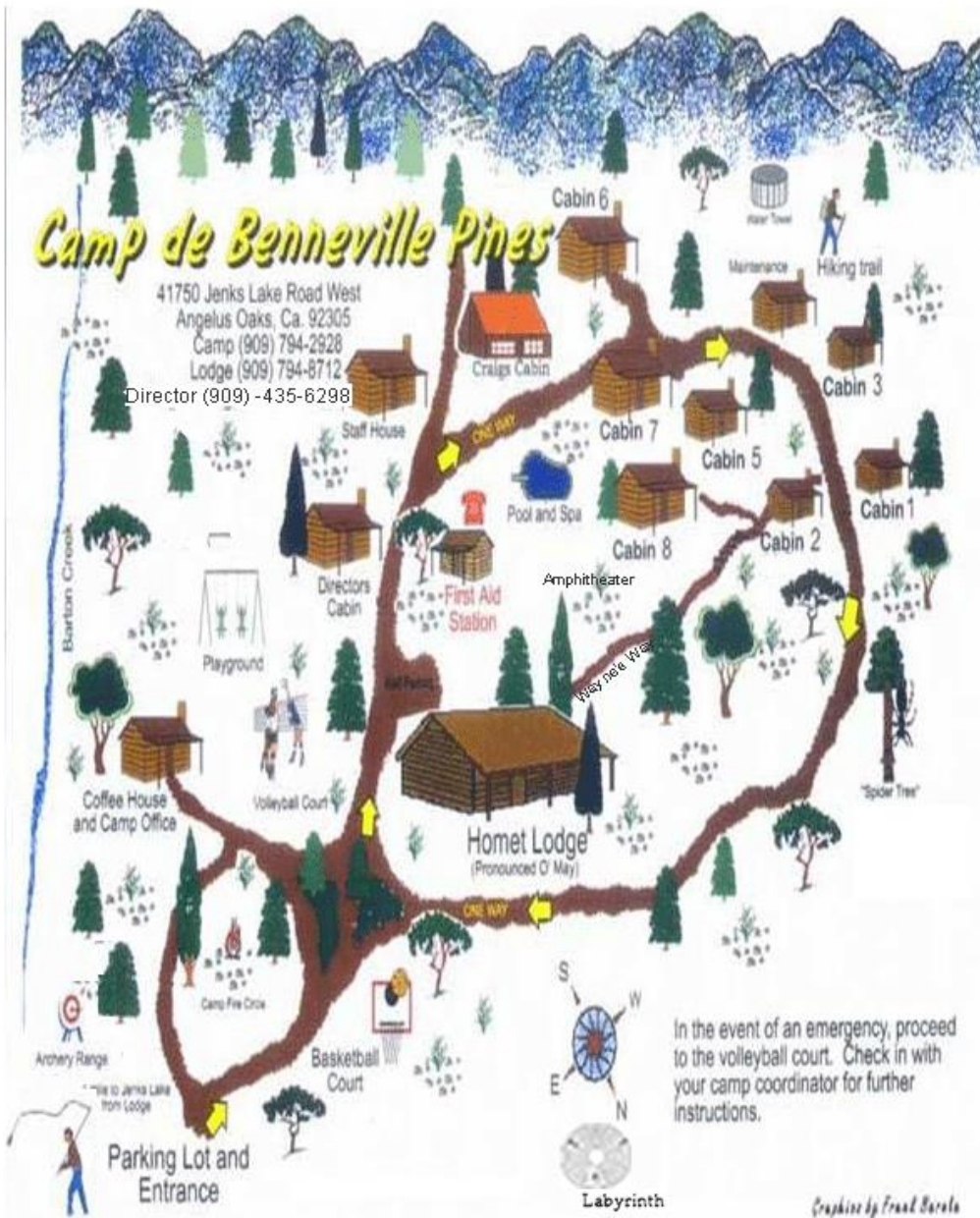


Organizers: Karen Nichols & Laura Jackson

Planning Team: Women of Tapestry UU Congregation

Musicians: Emma's Revolution

Emergencies: Janet James (Cell 909-435-6298)



FRIDAY – May 13

TIME	ACTIVITY	LOCATION	LEADER(S)
7 am – 12 m	Hot Tub Open	Hot Tub	Never go alone
2 pm Friday to noon Sunday	CD & Used Book Exchange	Table in Lodge	Check for new stuff frequently
3-6 pm	Check in & Cabin Assignments	Lodge	Jill Lummus, Camp Staff
3 - 5:30 pm	Nametag Creation	Lodge	Lauren Schmid
3 – 5:30 pm	Wrapped Bead Class	Lodge	Judy Clemmer
4 - 5:15 pm	Introduction to Belly Dancing	Coffee House**	Jody James
5:00- 6:00 pm	Social Hour-Snacks	Lodge	
FRIDAY DINNER			
5:45 – 5:55 pm	Meal/ Room set-up	Lodge	Craig's Cabin
6:00 – 6:05 pm	Meal Blessing	Lodge	Rev Sian Wiltshire
6:05 – 7:30 pm	DINNER	Lodge	Camp Staff
6:30 – 6:45 pm	Welcome/Updates	Lodge	Tapestry Ladies
EVENING PROGRAM & THEME KEYNOTE ADDRESS			
7:15 – 7:30 pm	Camp Orientation	Lodge	Janet James
7:30 – 7:45 pm	Room Setup	Lodge	Volunteers
7:45 – 9:00 pm	Opening Circle & Keynote Address	Lodge	Rev Sian Wiltshire & Tapestry Ladies
9:15	Dream Group Workshop Intro	Coffee House**	Becky McKnight
9 pm	Games, Puzzles, & Music	Lodge	All
10 pm – 7 am	Mindful Silence Please	Cabin Areas & Spa	Everyone

Delights Available All Weekend

Massage \$	Library	CairyI Gardner
Facial, Acupuncture, Mini Massage \$	PSWIRL	Jody James
Nap time – Cost included in Camp Fee	Your Room Under a Tree	You – Sweet Dreams

****No restrooms in Coffee House ++Sign Up Required +If weather permits**

SATURDAY – May 14th			
7:00 am – 12 m	Hot Tub Open	Hot Tub	Never go alone
7 – 7:50 am	T'ai Chi Breathing	Coffee House**	Carol Wheeler
BREAKFAST			
7:50 – 8 am	Meal/ Room set-up	Lodge	Cabin 5
8 – 9 am	BREAKFAST	Lodge	Camp Staff
8:30 - 8:40 am	Weekend Updates	Lodge	Tapestry Ladies
Workshop Session #1			
9 – 11 am	A Shamanic Journey into Spirit of Season	Coffee House**	Rev Sian Wiltshire
9 – 11 am	The Reality of Immigrants in Jail	Craig's Cabin	Karen Nichols Ellen De Young
9 – 11 am	Adult Coloring	Lodge	All
9 – 11 am	Name Tag Creation	Lodge	All
9 – 11 am	Archery Session 1 ++	Archery Range	Camp Staff
Workshop Session #2			
10 am – 12:30	Dream Group Workshop Part 2	Library	Becky McKnight
11:15 – 12:30	Tie Dye – \$5-10	Lodge Patio	Andrea McDonald
11:15 – 12:30	Hike with History	Lodge Deck	Anne Thorward
11:15 – 12:30	Henna Body Art	Lodge	Lauren Schmid
11:15 – 12:30	Tapping into Your Own Inner Spiral	Craig's Cabin	Sharon Goodlove
11:15 – 12:30	Archery Session 2 ++	Archery Range	Camp Staff
LUNCH			
12:30-12:40	Meal/ Room set-up	Lodge	Cabin 3
12:40-1:40	LUNCH	Lodge	Camp Staff
1:05 - 1:15	Weekend Updates	Lodge	Tapestry Ladies
Workshop Session #3			
1:30 - 3 pm	Visual Journaling	Coffee House**	Judy Westerfield
1:45-3:15 pm	Your Inner Artist	Craig's Cabin	Denise Legters
1:45-3:15 pm	Finding Harmony	Lodge	Emma's Revolution
1:45-3:15 pm	Living Green & Saving \$	Cabin 6	Leslie Reuter
1:45-3:15 pm	Archery Session 3 ++	Archery Range	Camp Staff
Workshop Session #4			
3:30 – 5 pm	Wrapped Bead Class	Lodge Patio +	Judy Clemmer
3:30 – 5 pm	Food As Medicine	Craig's Cabin	Jody James
3:30 – 5 pm	Hike to Jenks Lake	Lodge Deck	Janet James

****No restrooms in Coffee House ++Sign Up Required +If weather permits**

3:30 – 5 pm	Archery Session 4 ++	Archery Range	Camp Staff
3:30 – 5:30 pm	Uncork your Inner Artist \$15 incl. wine	Coffee House**	Susan Rao
4:45 – 5:45 pm	Social Hour-Free Time Appetizers	Lodge & Deck	All
SATURDAY DINNER			
5:45 - 5:55 pm	Meal/ Room set-up	Lodge	Cabins 6 & 1
5:55 – 6 pm	Meal Blessing	Lodge	Rev Sian Wiltshire
6 – 7 pm	DINNER	Lodge	Camp Staff
6:30-6:40 pm	Weekend Updates	Lodge	Tapestry Ladies
7-7:10 pm	Room Set up	Lodge	Volunteers
Evening Program			
7:15 pm	Emma's Revolution Concert	Lodge	Intro by Anne Thorward
10 pm – 7 am	Mindful Silence	Cabin Areas	Everyone
SUNDAY- May 15			
7 – 7:50 am	Gentle Yoga	Coffee House**	Laura Jackson
BREAKFAST			
7:45 am	Meal/ Room set-up	Lodge	Cabin 8
8 – 9 am	BREAKFAST	Lodge	Camp Staff
8:30-8:40 am	Workshop Updates	Lodge	Tapestry Ladies
Sunday Workshop Session #5			
9:15 -10:45	Labyrinth Med Walk	Labyrinth	Laura Jackson
9:15 -10:45	You Are Your Spirit Guide	Coffee House**	Abbie Padgett
9:15 -10:45	Share n' Care	Craig's Cabin	Judy Westerfield
9:15 -10:45	Chair Massage Lesson	Cabin 6	Lauren Schmid
9:15 -10:45	Archery Session 5++	Archery Range	Camp Staff
SUNDAY Closing Ceremony and Festive Luncheon			
11am–12 n	Closing Ceremony	Lodge	Rev Sian & Tapestry Ladies
12-12:10	Meal/ Room set-up	Lodge	Cabin 7, et al.
12:10-12:15 pm	Meal Blessing	Lodge	Rev Sian Wiltshire
12:15-1:15 pm	Lunch	Lodge	Camp Staff
1:15-2:30 pm	Heritage Cottages Hike Beyond Camp	Lodge Deck	Janet James
CAMP CLEAN-UP AND CHECK OUT			
1 – 3 pm	Check Out	Lodge	Camp Staff
Please pick up in your room and collect trash throughout the Cabin. Note: Staff tip box is in Lodge on wall by double doors.			

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Part 2 of 2



General Camp Information: What to Expect at Camp de Benneville Pines

Camp de Benneville Pines is a beautiful and relaxing retreat site in the mountains, located at 6800 feet above sea level. Surrounded by tall pines, spreading oaks, and snow capped peaks, the camp boasts breathtaking alpine views and miles of trails to hike and explore. Camp de Benneville Pines is a home away from home—a place to rejuvenate your soul, a place to wander in the woods, a place to commune with others of like mind. We are so happy to have you contributing to the memories and spirit of camp.

CHECK-IN and PARKING: When you arrive at camp, please check-in at the Lodge. If you are an early-arrival, you can find your cabin and room assignment posted on a window in the Lodge. You may drive up to your cabin to unload, but please do not leave your car parked at your cabin! Park your car in the main parking lot, facing out. It is a good idea to keep your car keys with you at all times in case we have to evacuate quickly due to a forest fire.

SMOKING: No smoking on trails, in the woods or in the cabins. Use receptacles on the cabin porches for ashes and butts. Please do not flick ashes over the railings or onto the pine-needle-covered ground. The forest is tinder-dry after several drought years.

ALCOHOL: Alcoholic beverages are not provided or sold at camp.

WILDERNESS AREA: Camp de Benneville Pines is located in the San Bernardino National Forest and abuts the San Gorgonio Wilderness area. USFS hiking permits are REQUIRED when hiking into the wilderness area. These permits are available at the Mill Creek Ranger station on Hwy 38, on the way up the mountain. If you plan to hike other than on an officially led hike, please sign out before you leave camp and sign back in upon your return. You can find the sign-out sheet on a clipboard by the camp store in the Lodge.

ALTITUDE: The camp is located at an elevation of 6800 feet. Please take the time to acclimate. Drink plenty of water. You may find that you feel winded or dehydrated more easily than you do at home. You will also sunburn more easily. Hydrate, use sunscreen, and take it slowly until your body adjusts.

SEPTIC SYSTEM: Our septic system cannot handle the kinds of things that a big city system can. Please do not put paper towels, diapers, cleaning wipes or feminine products in the toilet.

CONSIDERATION OF OTHERS: You will be sharing a cabin and a bathroom with a number of people.

- 1) Please remember to be quiet in the cabin between 10:00 pm to 7:00 am
- 2) Use your flashlight instead of turning on the overhead light to find something in your suitcase
- 3) Limit your early morning bathroom time to 7 minutes or less
- 4) Schedule showers in a less busy time of the day
- 5) Use water wisely. Please save some hot water for those who follow you. We are on water conservation. Please save water by taking a very short shower or no shower at all.

CHECK-OUT: The event wraps up after lunch on Sunday. If you want to stay and hike or relax, please make sure your personal items are out of your room and stowed in your vehicle. Before you leave, please double check that you are taking home everything that you brought to camp. It is helpful if you pick up your cabin and leave it tidy and empty the trash cans into the large can on the cabin deck. Our cleaning crew will clean the cabins.

WE HAVE TRIED OUR BEST TO ACCOMMODATE ROOMING REQUESTS. BOTTOM BEDS ARE ALWAYS A PREMIUM, AND NOT EVERYONE WILL BE IN A BOTTOM BED.

YOU WILL BE NOTIFIED IF YOU HAVE BEEN ASSIGNED A DOUBLE BED SO THAT YOU CAN BRING BEDDING TO FIT. IF YOU ARE NOT NOTIFIED, PLEASE ASSUME YOU WILL BE IN A TWIN BED.

If you need to reach camp, here are some handy numbers:

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

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

Camp email: uucamp@aol.com Camp website: www.uucamp.org

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



WHAT TO BRING TO CAMP

- Check weather: Hold "Control" button down and click link below for weather in Angelus Oaks, CA
- <http://www.accuweather.com/en/us/angelus-oaks-ca/92305/weather-forecast/2167934>

Please pack the following items to ensure you have a warm and enjoyable time at camp.

- Waterproof jacket; fleece jacket
- Scarf/hat with brim/sunglasses
- Long pants/jeans
- Long-sleeved shirt
- Sweatpants
- Sweatshirt
- Warm weather possibility; sleeveless top and shorts
- PJs – for warm and / or cool cabin shared temperature settings; house slippers?
- Underwear and socks
- Closed toed shoes
- Sleeping bag or sheets and blankets
- Extra blanket if you get cold easily
- Pillow
- **Towels (2)**
- Bathing suit for the hot tub
- Dirty clothes bag or garbage sack
- Prescription meds in original bottle
- Ear plugs if you have trouble filtering noises while you are reading, resting or sleeping
- Hearing aids & fresh batteries
- Soap & shampoo
- Comb & hairbrush
- Toothbrush & toothpaste
- Lotion, sunscreen, lip balm
- Books, jokes, skits, stories, games
- Musical Instrument
- Flashlight & fresh batteries
- WATER BOTTLE which seals tightly, for use in Lodge & to accompany you all weekend
- Fanny pack or day pack, with pen & journal
- **See: What to Bring to Camp #2 – Special and Extra-Special Items**



WHAT TO BRING TO CAMP – List #2

Extras to bring to make the weekend even more enjoyable~



BOOK AND CD EXCHANGE TABLE

Bring old books and CDs to exchange with others



CHOCOLATE TABLE

Bring your favorite chocolate candies, cookies or brownies



TIE DYE

Bring pillowcase, t-shirt, scarf or hankie



COLORING

Bring your favorite crayons, colored pencils,
and pretty glitter and gel pens

Emergency Information Form – Adults at Camp de Benneville Pines

Name _____ DOB _____

Address _____ City _____ ST _____ Zip _____

Home Phone# _____ Cell Phone# _____

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 tetanus shot _____

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

Known 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 aware 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.

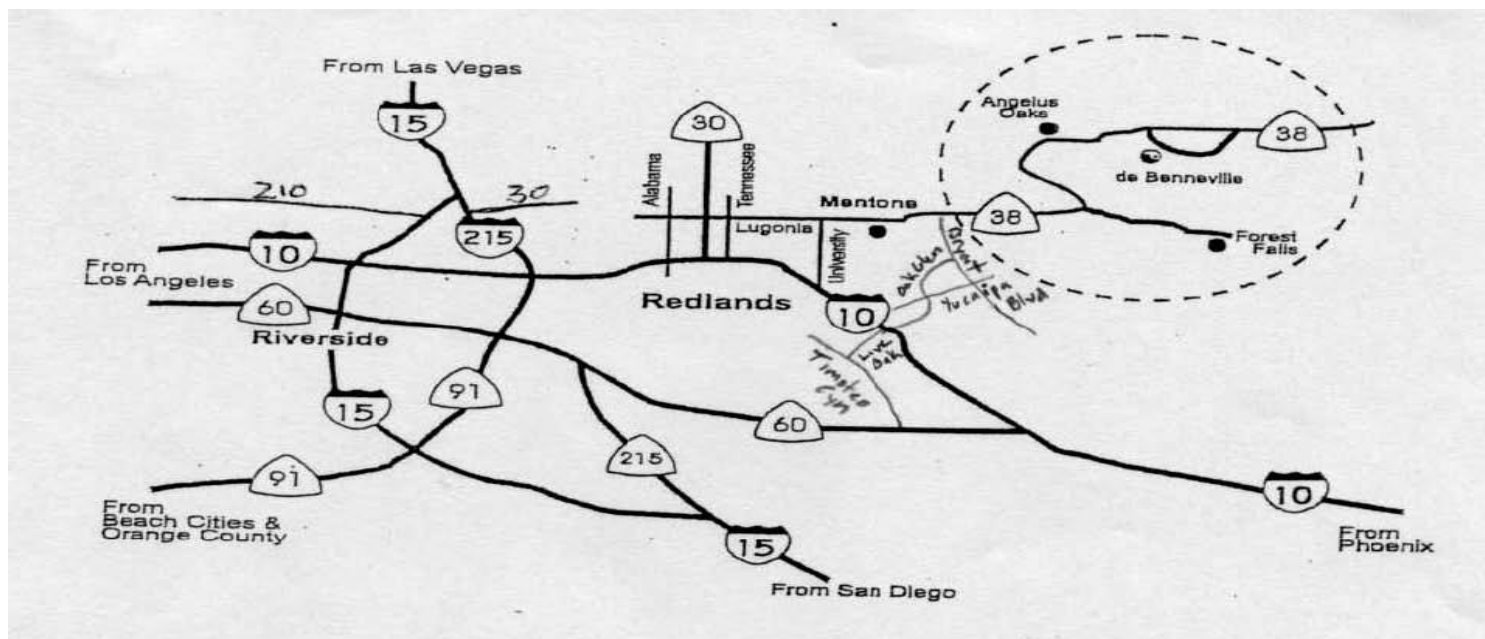
Signature of Adult Camper/Participant _____ Date _____

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 _____

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.)**