

# CAMP SUMMER BREAK:

A Walk in the Woods with John Muir

## SUMMER 2016



CAMPER PACKET

CAMP DE BENNEVILLE PINES

July 31, 2016

Hello Happy Campers!

Very soon we will be together to celebrate John Muir's contribution to the conservation movement, learn about Teddy Roosevelt's whistle stop tour that changed America, sit with Rev. Tom and explore paths to your higher self, and enjoy the sacred space of de Benneville Pines and all the fun activities of "camp".

We have some new and creative workshops lined up, as well as old favorites. We are honored that Reverend(s) Tom and Carolyn Owen Towle will be with us to help guide us into our new version of adult camp. We expect nearly 50 people in attendance for our *Walk in the Woods* program, many of whom are attending adult camp for the first time. Both Cyndy and I are quite pleased to be your co-deans for the week, and we hope you find the camp to be as lovely as ever. Our camp director, Janet James, will be in camp to give you a big welcome hug.

### Things to Bring:

- Your completed medical form to turn in at check-in
- Medications in their original bottles
- Toiletries.... Shampoo, conditioner, body wash, etc.
- Towels & facecloth
- Bathing suit (required in pool and hot tub)
- Beach towel & wrap, sandals or flip flops
- Sturdy shoes for walking in woods and the labyrinth
- Sunscreen, sunglasses, hat/visor, water bottle, daypack if you might hike
- Layered clothing...cool nights, warm days
- Underwear, socks, bandana
- Bedding! Sleeping bag/sheets & blankets, pillows. ***Please bring bedding and mattress pad for single twin bed unless you are notified that you are in a double bed. You have been assigned a bottom bed unless you have been notified that you are in a top bed.***
- Sleep comfort – ear plugs, eye bag, **small fan for white noise and stuffy rooms**
- Jacket for cool weather and umbrella for afternoon showers
- Clothes for comfortable exercising – such as yoga, stretching, hiking, salsa dancing
- Phone charger for cell phone. Reception at camp is spotty.
- Flashlight with extra batteries
- Some sort of clock or timepiece
- Camera to record your memories
- Contributions of beverages for your enjoyment during the daily lodge porch social
- Paper/notebook, pen/pencil for writing, journaling, and notes
- Fishing gear with lures and license if you want to fish at the lake
- Art paper and supplies if you want to get into the woods to paint

**Day 1 Saturday:**

- **Registration opens on Saturday, August 13, 2016, at 1 PM.** This will give you plenty of time to settle in. Arrive anytime throughout the afternoon as it fits your schedule.
- Get to camp early enough in the day to relax, socialize, enjoy the pool, hot tub, tour the camp and acclimate to the altitude, or unpack and take a nap. It is an unstructured afternoon with time enough to decompress and find your bearings.
- Turn in your completed medical questionnaire with listing of all your current medications when you officially check-in.
- Park in the parking lot on Saturday when you arrive to camp. Walk to Homet Lodge to check-in and get your cabin/room assignment. You can drive to your cabin to unload, and then drive back to the parking lot. Park facing out--in case of an emergency you can exit in your car quickly.
- Plan to eat lunch along the way or bring a picnic lunch with you and enjoy eating your lunch with friends out on the lodge deck or at one of the many picnic tables in camp.
- Social hour is at 5:00 pm
- Dinner is at 6:00 pm. This is the only scheduled meal for day 1.
- After dinner stay for the mixer, camp guidelines, discussion, and activity leader's presentations of workshops.
- Afterwards sign-up for workshops. We believe we have plenty of workshops for everyone's enjoyment, but if it turns out that a workshop is over- subscribed, we will hold a lottery.

**All Week Long:**

Please wear your nametag during the week so we can call each other by our preferred name. Meal Set-Up Chart (by cabin) will be posted in the lodge. Any necessary announcements or changes to the schedule will be made during meal times.

Carry your keys with you at all times so that you are prepared to leave immediately if needed. Pack an extra set of car and house keys in your luggage.

Be sure to sign out if you leave camp for any recreational or medical reason; a hike, a trip to Big Bear, walk to Jenks Lake, a drive to the pharmacy, etc. The "Sign Out" clipboard is located on the counter on the north side of the lodge (deck side).

We are so fortunate that we are will be together soon in a place that has been held dear in the heart of our movement since 1961. Please bring all your loving energy to share with one another and the choir campers who will be sharing our camp with us this year.

See you soon!

Barbara and Cyndy Leigh  
2016 Summer Adult Camp co-deans

**Health Forms included:** Use Family Form if more than one person is attending camp from your family. Use Adult Form if coming alone.

## 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.

## 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.

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 at 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 \_\_\_\_\_

Camp Dates

Cabin

Family Name

**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 \_\_\_\_\_

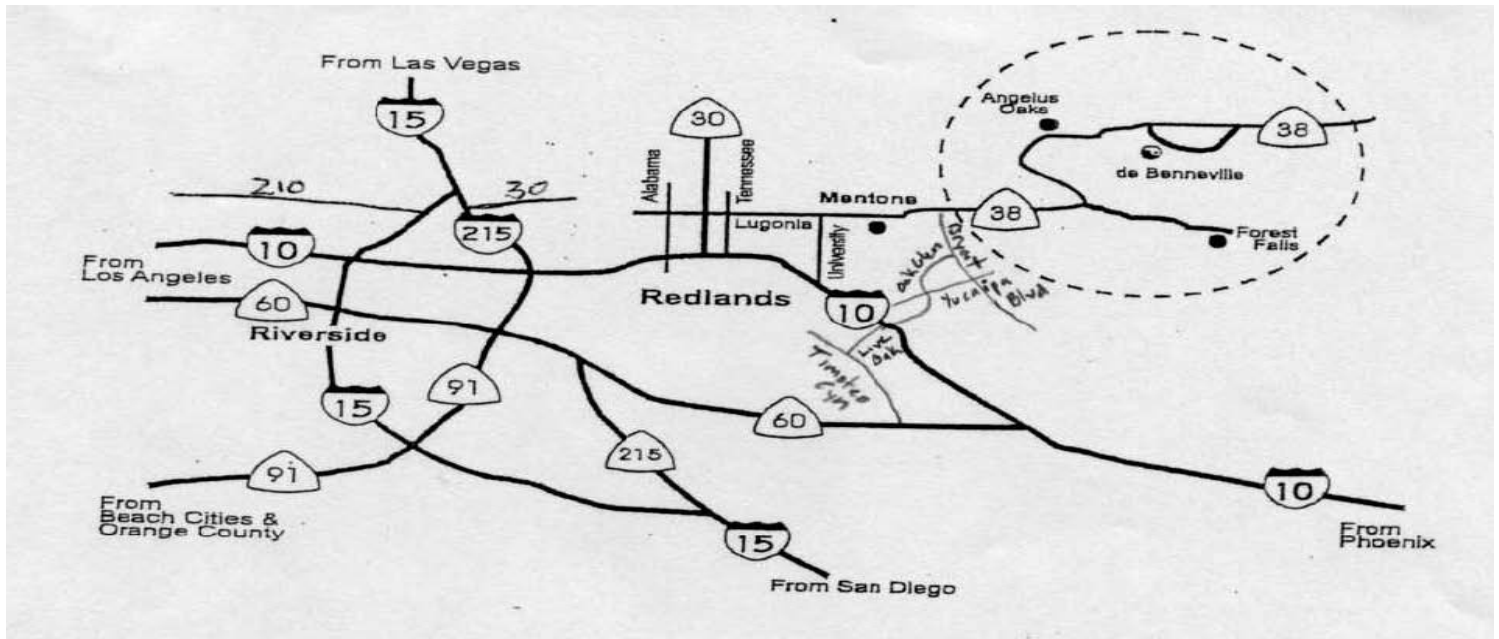
**Option 2**

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 \_\_\_\_\_



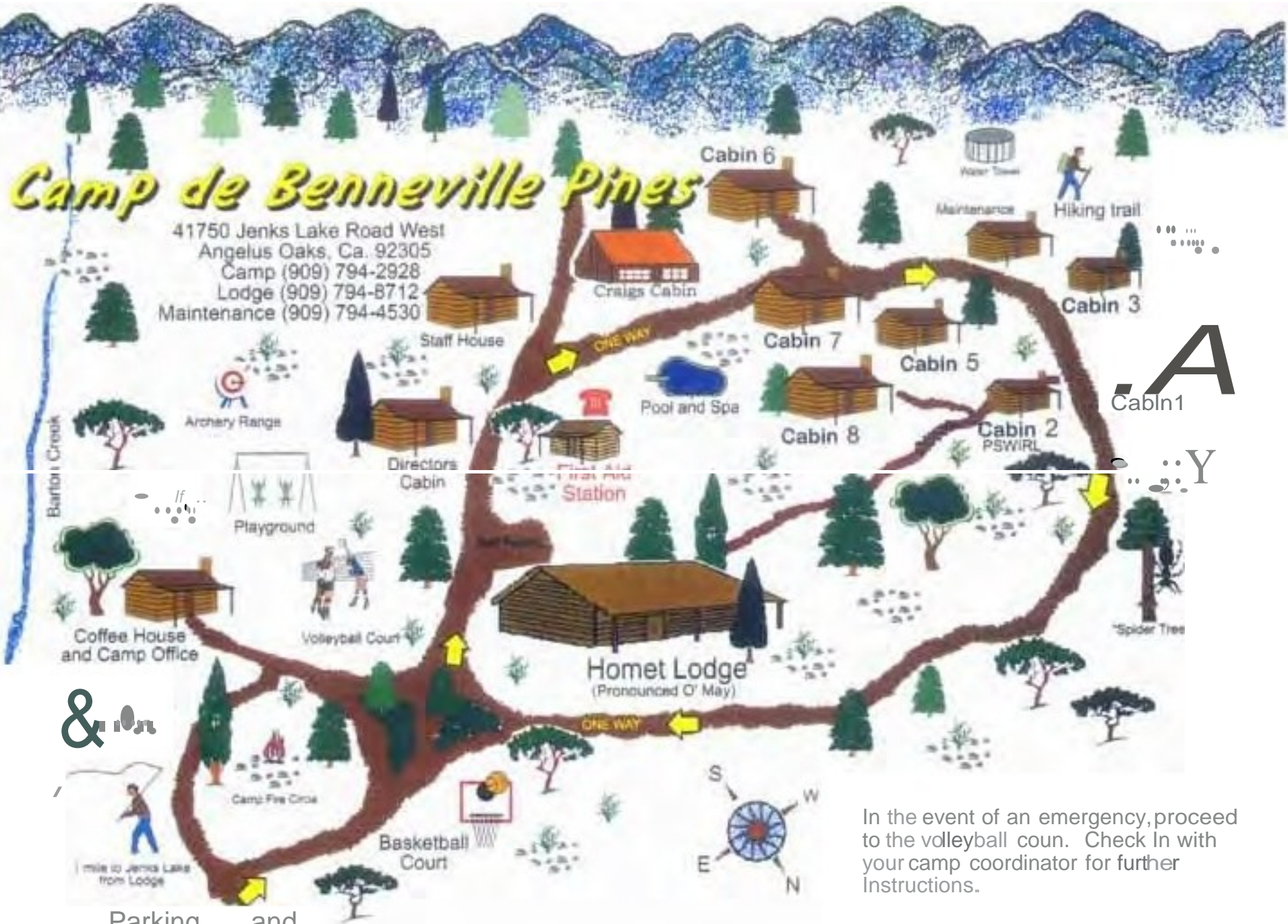
## DIRECTIONS



- 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.)**

# 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



Parking and Entrance

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

Graphics by Frank Barula