



Rainbow Family Camp

March 23 — 25, 2018

**Camp de Benneville Pines
Angelus Oaks, California**



March 6, 2018

Dear Rainbow Family Campers,

We are excited to confirm that you and your family are registered for Rainbow Family Camp, March 23-25, 2018, at Camp de Benneville Pines in Angelus Oaks in the San Bernardino Mountains!

Included in your camper packet are the following items:

1. Important Camp Information for our March Rainbow Family Camp
2. Camp de Benneville Pines Rules
3. What to Bring List
4. Nurse's Letter
5. Release and Emergency Information Form
6. Driving Directions
7. Winter Travel to Camp
8. Camp Map

Please take a moment to read through all the materials and familiarize yourself with important information, such as making sure to bring warm clothes and bedding in case it is *really* cold, rules about cabin noise and the supervision of your children. The camp schedule will provide you with an outline of all activities for the weekend. Pay special attention to completing the camp Release and Emergency Information form, which will be required upon your arrival to camp.

We are thrilled to report that we have a total of 35 families attending this year's camp. We have two 0-2 year olds, nine 3-5 year olds, twelve 6-8 year olds, fifteen 9-10 year olds, seven 11-12 year olds, two 13-14 year olds and three 15-18 year olds.

We look forward to seeing you on Friday, March 23 between 3-6 pm. If you are in the LA area, please note that Friday traffic heading up the mountain can be heavy, and we recommend trying to get to camp before dark to avoid confusion, which means ideally leaving no later than 3 pm (we suggest trying to leave between 1-2 pm). **If you will be arriving later than 6 pm, please contact me in advance which will prevent camp worrying about your whereabouts.**

You can contact me anytime with your questions at admin@uucamp.org or I can be reached by telephone up until the day before camp starts (Thursday, March 22) at 909-277-1574.

If you have questions the day you are traveling up to camp (Friday, March 23) you may call or text our Camp Manager, Janet James at 909-435-6298. When texting Janet, please include that you are attending Rainbow Family Camp in your text message.

We are looking forward to seeing you all soon!

Jill Lummus

Program Organizer

Camp de Benneville Pines

Important Camp Information

Arrival and Departure:

Friday's Arrival:

Camp Check-in will be from 3-6 pm on Friday March 23, and dinner will be served from 6 – 7pm. If you will be unable to arrive by 7 pm, please stop and eat along the way as the camp kitchen will be closed. The last stop for fast food is McDonald's in Mentone, located on Hwy 38 and Wabash Ave.

If when traveling to camp, you find you are running much later than you planned, please call or text the Camp Manager, Janet James at 909-435-6298 and let us know. Otherwise, we will worry and send out staff members to find you.

Sunday's Departure:

Brunch will be served on Sunday morning from 11:00 am until noon. After brunch, we will pack/pick up our cabins and depart by 2:00 pm.

De Benneville Pines Camp Policy:

Camp de Benneville Pines is dedicated to providing a safe and fun community for everyone at camp. Disruptive items and behavior that threatens the peace and safety of the community is not allowed. We have rules which we ask all campers and staff to live by. Everyone is expected to abide by these rules or they will be asked to leave. Safety rules will be discussed with the entire community on the first day of camp. A copy of the camp rules is included in this packet. Please familiarize yourself with the rules and speak with the camp staff if you have any questions or concerns.

Snow and Snow Chains:

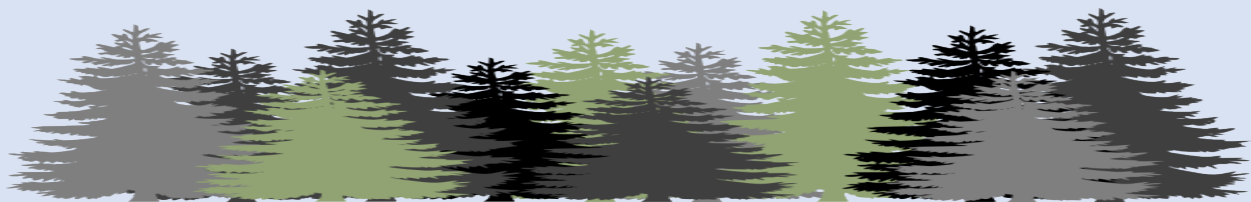
There is always a chance of snow this time of year in the San Bernardino Mountains. It is the responsibility of each driver to carry chains when driving in our local mountains October – May. It is also the responsibility of the driver to know how to install the chains. Please review the WINTER TRAVEL sheet included in this packet and be prepared!

Lost and Found:

Please bring only used or worn equipment to camp. Neither the camp or it's employees will be held financially responsible for any lost or stolen clothing, articles or money. Any **Lost and Found** articles are held at camp for four (4) weeks. Articles will be shipped to claimant after receipt of postage. All unclaimed **Lost and Found** items are donated to a local charity organization.

Camp Store:

Our camp store sells souvenirs, camp shirts, sweatshirts and snacks. The store will be open each day with hours posted on the camp store door.



Camp de Benneville Pines 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) 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 are not 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. Please keep the following numbers in your wallet or pocket while in Camp: Camp Manager Janet James' cell 909-435-6298; Maintenance Supervisor Frank Haahr's cell 760-600-6012. TEXT or CALL either number.



Winter Camp Packing List

What to Bring

- Warm, waterproof jacket(s)
- Mittens (several pairs)
- Knit cap(s)
- Scarf
- Snow pants
- Long pants
- Long-sleeved shirts
- Sweatpants
- Sweatshirts
- Warm PJ's
- Underwear and at least 6 pairs of warm socks (wool or acrylic)
- Two (2) pairs waterproof shoes/boots
- Sleeping bag
- Pillow
- Blankets
- Two (2) towels
- Dirty clothes bag
- Prescription meds in original med bottle
- Soap, shampoo, comb & hairbrush
- Toothbrush & toothpaste
- Lotion, sunscreen, lip balm
- Favorite music, musical instruments
- Funny hats & costumes
- Games, books and other resources for Cabin Time
- Nightlight for cabin
- Camera and fresh batteries
- Flashlight and fresh batteries
- Snow sleds
- **Bike helmet with camper's name on it**
- **CHAINS!** These are a must: The State of California requires that all cars carry chains for winter travels through our area mountains.

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

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

Camp Office (909) 794-1252 Camp Lodge (909) 794-8712

Camp email: uucamp@aol.com

Camp website: www.uucamp.org

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

2018 Rainbow Family Camp #1

Letter from the Camp Nurse



Hi! My name is Nancy Perez and I will be the nurse for the 2018 Rainbow Family Camp #1. Here's some important information about staying healthy and safe at camp.

Medications

By state law, all camper medications must be handed in at Check-in. Even those for adults. Prescription, over the counter, herbal, it doesn't matter. Since cabin doors do not lock, there is no way to safely secure the medications, other than locked in the infirmary. Once I have the medications, I will organize them, and set up "medication call" at meal times and at bedtime. Other times can be arranged, just talk to me at Check-in.

The only exceptions to this rule are Inhalers and EpiPens.

If your camper has a rescue-type inhaler (albuterol, or similar) they may keep it with them. The same is true of EpiPens for anaphylactic allergies. Make sure the inhaler/EpiPen is not empty, not expired, and is functioning. If you or your camper use a spacer with the inhaler, bring that too. If you or your camper have an inhaler, but haven't needed it for a while, it might be a good idea to bring it, just in case - exertion in cold, dry air can trigger an asthma attack.

Dehydration and Altitude

Please remember that camp is at an altitude of 6,800 feet. Just breathing can cause you to lose a liter of water a day, before you even break a sweat. Make sure you and your campers drink plenty of water. If you have a headache, or are feeling a little dizzy or lightheaded, the most likely culprit is dehydration. Other symptoms include dry mouth and fatigue. Mild altitude sickness can cause similar symptoms as well as poor sleep and poor appetite.

Snow play

Helmets are required for any kids sledding. This is also state law and non-negotiable. Also, snow ball fights can be dangerous and should be discouraged.

Emergencies

I can handle bumps and bruises, minor cuts and scrapes, sprained ankles and dispense over-the-counter medications (ibuprofen or acetaminophen for headaches and mild pain, allergy medications etc., and hot or cold packs).

More serious emergencies may require transportation down the mountain. EMS response time is long, so we tend to err on the side of caution, sending people to get checked before it becomes an emergency.

I will be available 24/7 during camp. Ask a staff member to radio for me. My cell number will also be posted in the lodge (but remember cell service is spotty at camp).

Let's have a safe and fun camp. See you there!

Nancy

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

Parent (Primary Insured) at Camp _____ DOB _____

Address _____ City/State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____ Gender _____

Second Parent at Camp _____ DOB _____ Gender _____

Child Camper _____ DOB _____ Gender _____

Child Camper _____ DOB _____ Gender _____

Child Camper _____ DOB _____ Gender _____

List additional family members on reverse

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

Medical Release

_____(initial) I understand that if a family member or 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.

_____(initial) 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 for myself or family members. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes.

_____(initial) 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 family members.

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.

_____(initial) I agree to follow the safety rules of camp and assume responsibility to ensure my children also follow the rules.

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.

If family is covered by medical/hospital insurance, attach a copy of your card to this form. If you have no insurance, please provide social security numbers for each family member at camp on a separate piece of paper so care can be obtained at County Hospital.

Emergency Contact (not at camp)

Name _____ Phone #1 _____

Phone #2 _____ Email/SMS _____

Known allergies to food, medication and/or anesthetics, environmental factors. Indicate which family member and describe reactions (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).

Signature _____ Date _____

Camp Dates _____

Cabin _____

Family Name _____

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

Name _____ DOB _____
Address _____ City/State _____ Zip _____
Home Phone _____ Cell Phone _____
Email _____ Gender: Male _____ Female _____ Gender Neutral _____

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

Medical Release

_____(initial) 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.

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_____(initial) 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.

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.

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Emergency Information – all information below will be shredded after camp. We do not retain medical records for adult campers.

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 _____

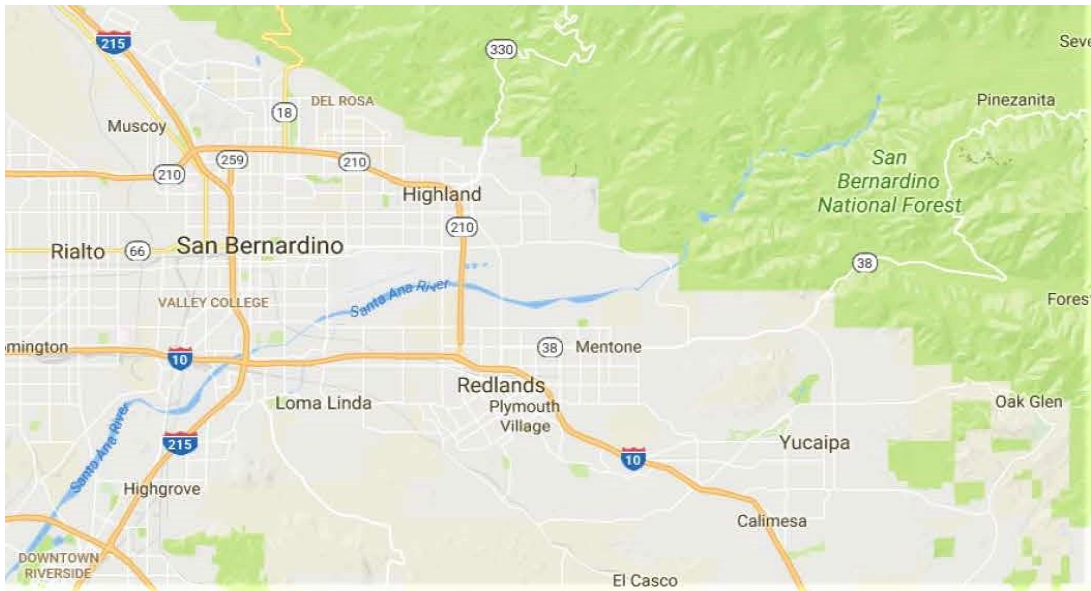
Known allergies to food, medication and/or anesthetics, environmental factors (use other side for additional information)

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)

Signature _____ Date _____

DIRECTIONS to Camp de Benneville Pines



- 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 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 83:** 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.

Winter Travel to Camp

Before beginning a trip to camp, please review the following suggestions offered by Cal Trans 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, an 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 snackbars.
- ❖ **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 limit 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 of 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 Cal Trans. They set their own rates, which generally run between \$20 and \$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.

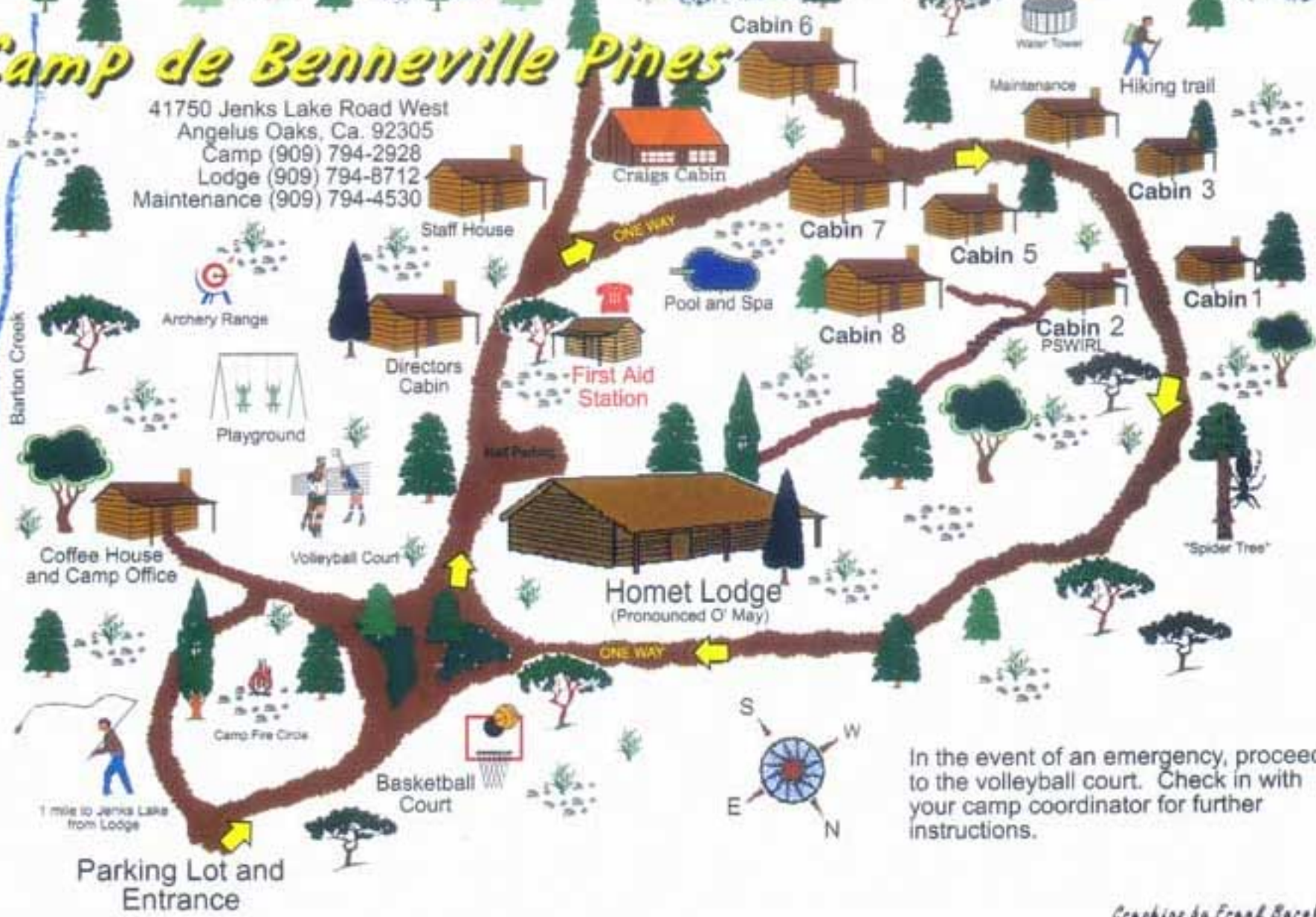
Remember to put chains on front tires for front-wheel drive vehicles, rear tires for rear-wheel drive vehicles.

DO NOT ATTEMPT TO ENTER THE CAMP’S DRIVEWAY WITHOUT CHAINS IF THE “CHAINS REQUIRED” SIGN IS POSTED AT THE ENTRANCE INTO CAMP. *Only four-wheel drive vehicles can make it into camp 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, come prepared! **CARRY CHAINS! CARRY CHAIN TENSIONERS!**
- ❖ For current road conditions, call 800-427-7623 or log-on to www.dot.ca.gov/hq/roadinfo/
- ❖ Camp telephone numbers: Office: 909-794-2928 Lodge: 909-794-8712 Camp Director: 909-435-6298
- ❖ Camp Director’s email address: uucamp@aol.com Camp website: www.uucamp.org

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.