

Girls Camp Registration

August 6-9, 2018

Cost \$115 Per GIRL

Dear Parents and Campers,

It is that time of year! Girls camp is around the corner and it's time to register for Camp Shalom 2018. You will find a checklist of things to bring for camp, information about "Pinecone Pals", and a registration form. This information is to provide the campers and their parents with pertinent information about Girls Camp. Registration forms are due June 30, 2018. Please return completed form to your YW President or a member of the Stake YW Presidency.

Camp begins on August 6, 2018 and ends THURSDAY Aug. 9, 2018.

Cabin Mom's, Aunt's, Camper 4's, YCL 1's, and YCL 2's will meet up at Camp Shalom between 9 and 10am. They will need to provide their own transportation to camp.

Campers 1st, 2nd & 3rd year girls will meet at the **Stake Center at 10:30AM**. Level 1, 2 & 3 year campers will leave on the bus promptly at **11am**. If your child misses the bus, it will be the parent's responsibility to get the child to Girl's Camp.

Camp will end on THURSDAY Aug 9 at 1:00pm! You may pick up your child at Big Bear Camp Shalom at 1:00pm OR there will be an option, for the girls, to take a bus, from Camp, to the Stake Center on Thursday, if needed. Please mark on the registration form if your child will need transportation from Camp, on Thursday, to the Stake Center Parents or other authorized adults must provide transportation. Parents are responsible to arrange transportation from the Stake Center home, on Thursday. The bus should arrive between 2:30 and 3pm. Youth are not allowed to provide transportation for themselves or others, to, from or during camp. **The cost of camp is \$115.00 this year.** Checks should be paid using the church tithing/donation form. Write "Girls Camp money" in the section that says other and make sure you have your campers name on the slip and the check.

Camp Shalom is in Big Bear, California. Directions to camp and the mailing address for letters to the girls are as follows:

Physical Address for GPS: 39649 Big Bear Boulevard Big Bear Lake, CA. 92315

Mailing Address for letters:

(Name) C/O LDS CAMP

P.O. Box 3810

Big Bear, CA. 92315

(Anything mailed after Monday WILL NOT reach the campers)

Camp Emergency Phone #: (909) 866-9896

Camp Rules

Each Young Woman is expected to abide by the rules of Camp! She **MUST** agree to uphold the standards of the church as outlined in the "For the Strength of Youth" pamphlet

(including dressing modestly, NO SHORTS, and shirts must cover the shoulders and stomach and body piercing will consist of one pair of earring).

All young women who register for camp will be expected to attend camp the entire week of camp, unless arrangements have been made with Sister Rex, Stake YW President. By following the guidelines above, we can accomplish the goals of camp and have a positive camping experience.

Camper Health

Camp Shalom can be a dusty place. It is common for the girls to exhibit asthma and allergy symptoms while up at camp. If any camper is prone to these types of symptoms, or any other ailments, please make sure it is noted on the form and that proper medications are sent up to camp with your daughter.

Precautions to help reduce many health concerns associated with camp:

- Drink plenty of fluids
- Wash hands frequently
- Bring all prescribed/needed medication to camp
- Do **NOT** share any personal items (towels, combs, makeup, hats, etc...)
- Get adequate sleep
- Limit junk food
- Eat fruits and veggies for fiber
- DO NOT DRINK FROM STREAMS

In case of medical emergency, no young women will be able to be admitted to a hospital facility without a copy of her insurance card! Please attach a copy of your current ID card with the enclosed medical release form!

Please indicate if you DO NOT have medical insurance!!

First aid needs at camp will be handled in the following manner:

1. Minor first aid will be treated and the girls will be sent back to their cabin with their adult supervisor to rest if necessary. Parents may be notified.
2. Flu, fever, or other contagious symptoms will be evaluated and monitored. Parents may be called to pick up their daughter from camp and take them home until they are feeling better. They may return to camp with a Doctors release.
3. Emergency treatment will be taken directly to a local hospital and parents will be notified to pick up their daughter.

We hope that this information is helpful to you. We are excited about camp and look forward to another great year! If you have any further questions or concerns, please call one of us personally.

Sincerely Yours,

Kathy Rex
Stake YW President
(951)205-9203

Mindy Heckroth
Stk Camp Director
(714)717-3582

Marla Onto
Asst. Stk Camp Director
(951)756-1742

Megan Stapley
Asst Stk Camp Director
(951)204-3681

Girls Camp 2018 Registration Riverside, California Stake

Permission and Medical Release

Activity: Camp Shalom, Big Bear, California	Start Date: August 6, 2018	End Date: August 9, 2018
Camper or Leader Name:	Date of Birth:	Camper Level(circle one): 1 2 3 4 YCL 1 YCL 2 Grade (going into): _____
Camper's Parent /Guardian:	Home Phone:	Parent's cell #: Camper's cell#:
Address:	City: Zip Code:	Are you LDS:(circle one) Yes No Ward:
Emergency Contact:	Relationship:	Phone:

Do you have medical Insurance? YES NO

Medical Insurance Company: _____
Policy Number: _____

A Copy Of Your Insurance Card Must Accompany This Release: Please Attach

Family Doctor or Clinic: _____
Up to date Tetanus Shot: Yes _____ No _____

Does the participant have, or being treated for any of the following? Circle all that apply:

- Special Diet Allergies Chronic/ Recurring Illness
- Surgery or Serious Illness in the past Year Psychiatric Condition
- Physical Conditions that Limit Activity Other

Explain: _____

List Medications your child take daily:

I give permission for my child/self to participate in the activity listed above and authorize the leaders supervising this activity to administer emergency treatment to the above – named participant for any accident or illness and to act in my stead in approving necessary medical care. This authorization shall cover this activity and travel to and from this activity. I also give my consent for my child/self to receive, if needed, the following over-the-counter medication, or their generic equivalent, according to the recommended dosage listed on the medication.

Please Circle all that apply: *Tylenol *Advil *Pepto Bismol *Antihistamine *Antacid
***Laxative *Cold Tablets *Teen Midol *All Listed Medication * No Listed Medication**

**Signature Parent/
Guardian** _____ **Date:** _____

***GIRLS - Please **Initial** next to each of the items that **you should not bring**. Please also **initial next to** “For the Strength of Youth” guidelines and standards for Girls Camp, that you agree to uphold.**

DO NOT BRING

- _____ Propane or Liquid Fuel Lanterns
- _____ Money
- _____ Inappropriate Reading Material

Follow For The Strength Of Youth

- _____ **Dress and Appearance**-Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? ... The temple of God is holy, which temple ye are.
- _____ **Entertainment and Media**-If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.
- _____ **Friends**-In as much as ye have done it unto one of the least of these my brethren, ye have done it unto me.
- _____ **Honesty and Integrity**-Thou shalt not steal. Thou shalt not bear false witness.
- _____ **Language**-Let no corrupt communication proceed out of your mouth, but that which is good.
- _____ **Sexual Purity**-The sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife.

Safety Waiver (Circle One): YES NO

Camp Participant may take part in strenuous and challenging activities, including, but not limited to, hiking, repelling and canoeing, while at camp.

CELL PHONES may be brought to camp, if used appropriately. Riverside Stake will not be held responsible if a cell phone is lost or damaged or go beyond your plans minutes. We will also confiscate a cell phone if used inappropriately or has inappropriate content, being shared. In the case of confiscation, the cell phone will be labeled, with child’s name, and placed in a secure location. You will need to claim the cell phone at the end of camp.

I have Read and Understand the Parent and Camper Letter. I Agree to abide by ALL Camp Rules and Church Standards During This Activity.

Signature of Camper or Leader:	Date:
Signature of Camper’s Parent:	Date:

T-shirts, all camp participants & Sweatshirts, for Level 4 Campers and older

Name _____ WARD _____ LEVEL _____

Camp Shirt Size (Adult Sizes) ALL CAMPERS PLEASE CIRCLE ONE

XS	S	M	L	XL	XXL
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Level One Use Only: List Four Young Women That You Would Like To Stay With At Camp. (There will Be No Guarantees)

1.	2.
3.	4.

Level 4 and Adult Leaders: Would you like a camp sweatshirt? Note: If you are a level 4 and want to receive your sweatshirt at the end of camp this year you must order it now.

Circle the type and size and include your payment.

Type : Please Circle one and then circle size:

Pullover	S	M	L	XL	\$ 20.00
Zip Up	S	M	L	XL	\$30.00

ALL Campers!!!

Please indicate if you will be need to ride the bus , from Camp, to the Stake Center on Thursday, Aug 9, at the end of camp.

YES NO

Girl's Camp Essentials Checklist

- A Positive Attitude
 - Sleeping Bag, Pillow, Warm Blanket, Sleeping Pad
 - Scriptures, Journal, For the Strength of Youth Pamphlet, Personal Progress Book, pen or pencil
 - Flashlight and Batteries
 - Pajamas (Warm)
 - Modest Length T-shirts (shirt length must cover waist of pants-at all times)
 - No low cut tops
 - Jeans, long pants, or shin length Capri Pants (NO SHORTS)
 - Underwear and Socks (for 4 days)
 - Backpack
 - Jacket and/or sweatshirt (it can be COLD)
 - Modest Exercise Apparel
 - Toiletries
 - Towel and Washcloth
 - 1 Pair of Tennis Shoes with tread,
 - 1 pair of flip flops only to be used during shower and water activity!
 - Water Bottle
 - Chapstick
 - Kleenex
 - A modest swing suit or clothes for a water day and extra towel
 - Pinecone Pal Gifts (See attached memo for detailed instructions)
 - Writing Materials (Paper, Pen, Envelope, Stamps)
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- Camp Address-P.O. Box 3810 Big Bear, CA. **92315**
 - Note: Letters and packages sent after ***Monday*** will NOT reach the camper.

Pinecone Pal Activity

Each young woman at camp will become a secret “pinecone pal” for another young woman. This activity provides an opportunity for the girls to give service, make new friends, and develop an attitude of love by giving to others and being a gracious receiver.

The pinecone pal assignments are given to everyone at camp on Monday. Everyone should be prepared to perform a service or act of kindness for her pal each day of camp. Here are a few ideas.

1. Write a note to your pal and tell her 10 things that make her special.
2. Sneak into her cabin and make her bed and leave a treat or nice note.
(Bring a Friend along as a lookout)
3. Write a short story or poem about her.
4. Observe her needs and be a friend without letting her know you're her secret pal.
5. Send her a singing telegram (have friends sing her a song you wrote).
6. Send her on a treasure hunt with a surprise at the end.
7. Send her a letter for her to receive during mail delivery.
8. Give her a hand made craft or gift.

Be creative in finding ways to be a good pinecone pal. Everyone likes to make new friends at camp. We will learn to love one another while we serve one another.

You will need to bring a small memento or hand made gift to be given to your pinecone pal on Friday. Please keep in mind that extravagant or costly gifts are **not appropriate for the pinecone pal activity. Keep it sweet and simple. Make sure you show your appreciation to your pinecone pal when they are revealed on Thursday.**

There will be opportunities for all the camp leaders to be pinecone pals, for another leader, if you wish to participate. We will make that assignment at camp.