



# Pilgrim Lodge

## 2009



## Parent & Camper Guide

This guide is for :

- Parents and guardians sending children to Pilgrim Lodge
- Children and youth attending camp at Pilgrim Lodge
- Attendees of adult sessions at Pilgrim Lodge
- Attendees of Family Camp and Grandparents' camp



# Our mission

is to help each other grow as Christians, through experiences in group living which involve: exposure to the world of nature; helpful caring relationships; experiences of sharing recreation, fellowship and worship; and purposeful programs to broaden our understanding of God and our world. Together we seek to overcome fears and frustrations, and to experience the joy of giving and receiving love. The camp community creates a life-style in accordance with Christian values, an openness to the Holy Spirit, and the grace of Jesus Christ.



Greetings Parents and Campers!

Thank you for considering sending your child, or yourself, to Pilgrim Lodge this summer. This guide has been developed to help parents prepare for their child's time at Pilgrim Lodge, to help adult and youth campers know what to expect and to help families prepare for family camp. It is very important that you take some time to sit down and read it carefully before registering your child, or yourself, for camp. This will help you and your child know what to expect and will

help prevent miscommunications on policies and procedures when camp time comes. We are always looking to improve our program and communication so if you have any suggestions please do not hesitate to contact me, or any member of the Outdoor Ministry Committee.

Faithfully,

Rev. Bryan S. Breault  
Director of Outdoor Ministries  
Maine Conference, United Church of Christ

Pilgrim Lodge  
Bryan Breault - Director  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345  
207-724-3200  
bryan@pilgrimlodge.org  
www.pilgrimlodge.org

**Registration questions:**

Karen Steelhammer—Administrator  
207-724-3200  
karen@pilgrimlodge.org

The guide is broken into five sections:

- Page 3 General Information –Required reading
- Page 10 Sessions for Children & Youth
- Page 17 Sessions for Families
- Page 21 Adult Sessions
- Page 25 Appendix: health forms, scholarship and counselorship applications
- Page 33 Schedule and Fees

## Section One: General Information

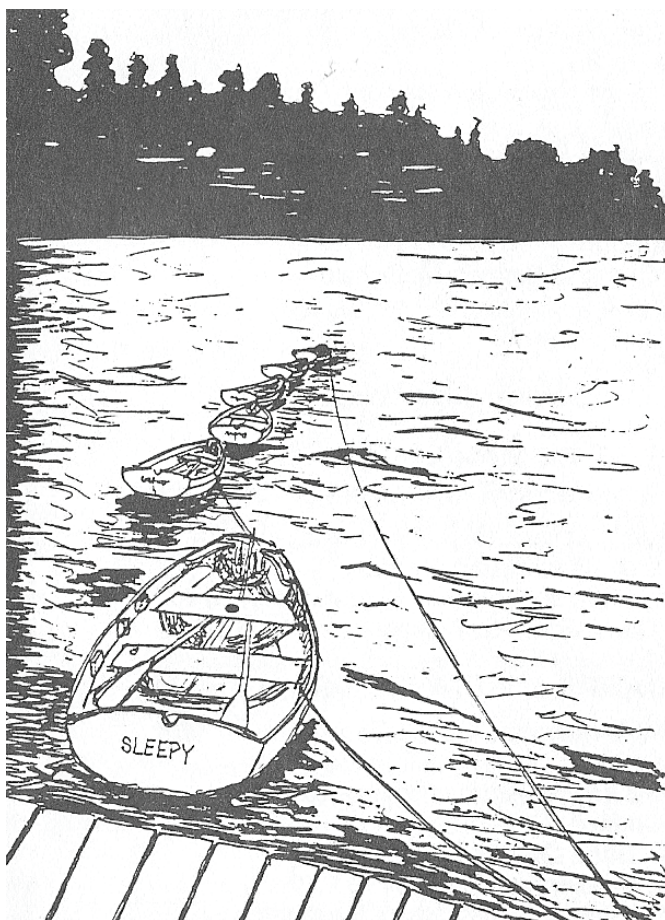
*Required reading for everyone attending or sending children to Pilgrim Lodge*

### **Registration Process Moves to West Gardiner**

If you're not registering online, your paper registration (found at the end of each appropriate section of this guide) will no longer be mailed to the Pennell Center in Yarmouth. As the result of staffing changes in Yarmouth, your mail will now be sent to the camp office in West Gardiner. (103 Pilgrim Lodge Lane, West Gardiner, ME 04345) Registration questions via email and phone will be handled by Karen Steelhammer at camp. karen@pilgrimlodge.org 207-724-3200

### **Sending email and viewing online photos**

Details are on page 5. Most of the feedback from parents and campers was positive concerning our relationship with bunk1.com. Many really enjoyed including email features such as puzzles and artwork. You will need a Bunk1.com account. This is separate from your registration account although if you sign up at the time of registration you can link the two accounts and use the same user name and password. If you have an account from last year you do not need a new one.



# Pilgrim Lodge Camp Philosophy



**Inspiration** is infused into lives through the power of love, nature, and God. Along the shores of Lake Cobbosseecontee, the Maine Conference United Church of Christ is blessed to nurture this ministry of inclusion. Amidst all the fun of summer camp, we teach stories from the Bible, as well as critical thinking. We find creative and fun new ways to bring meaning and enjoyment to worship. We celebrate and explore the awesome power of metaphor. We set the table for the feast God

offers, without the arrogance of assuming we have all the answers, or that everyone's experience of God is identical. We encourage and enable people to listen for God; we do not claim to speak God's voice. Often empowerment comes from recognizing the divine through healthy human connection: Christ is in the eyes and hearts of our brothers and sisters. In seeking, and finding that connection in one another, we recognize it within ourselves. Outdoor ministry has two foundational elements: community and creation. As our culture is increasingly withdrawing from community we believe that intentional periods of living together surrounded by the beauty of the earth, away from the stress and strain of ordinary, technology-centered routines, give our spirits a chance to be open to life in a real and vital manner.



# Stay in touch this summer with Online Photos, News, & Camper Email!

We are excited to tell you about our partnership with Bunk1.com! Bunk1's secure, easy to use, summer website services let you stay in touch with your camper all summer!

**RETURNING PARENTS:** If you had an account at this camp last summer, you can continue to use your old username and password. Simply sign in at the link below. The first time you visit the site you will be prompted to update your contact information and re-activate your account.

## GET STARTED TODAY

To set up a new account and visit our Online Community:

1. Go to our website at [www.pilgrimlodge.org](http://www.pilgrimlodge.org)
2. Hover over "Summer Camp" and click the "Photos" link
3. Click the flashing "Camp Photos / Camper Email" button \*
4. Click the "Register Now" link
5. Enter your Pre-Approved Registration Code: **[you'll get this when you register]**
6. Fill out all the required information
7. Pay the registration fee and purchase Bunk Note credits (you will need a credit card)
8. View camper pictures and send an email to your camper!

\* If you cannot find this button, go to [www.pilgrimlodge.bunk1.com](http://www.pilgrimlodge.bunk1.com) and continue on to the next step

\*\* For your camper's safety, please do not share the Pre-Approved Registration code.

## FREQUENTLY ASKED QUESTIONS

### Why do I have to pay a registration fee?

This fee goes to pay for the photographer, server space & bandwidth, website security (required by law), customer support, and helps us cover the cost of paper, ink, and labor. This frees us to do what we do best – be with your kids! Without this fee we would not be able to offer this service. **The registration fee is \$10.**

### How do I view pictures?

Follow the instructions above except, after registering, simply sign in and click on the Photo Gallery button. Photos are kept in folders found on the left side of the page below the words "Image Folders". Click on any folder to see the pictures within that folder. You can even purchase prints or other photo gifts (e.g., t-shirts, mugs) of your favorite pictures!

### How do I send a Bunk Note (one-way email) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct cabin, type your message, and hit the "Send" button.

### Can other relatives use these services?

Certainly. Once you have set up your account, you will be able to invite other people to access these services.

### Why do I have to pay to send Bunk Notes (one-way email)?

Each morning, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and labor. Bunk Note credits cost \$1 each and are purchased in packs of various sizes.

### Do I need multiple accounts if I have multiple campers?

No. You can use the same account for all the campers you have at this camp.

### What do I do if I lost my username and password?

You can get it online by going to [www.Bunk1.com](http://www.Bunk1.com) and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You will receive an email with your username and password within a few mi

## QUESTIONS OR PROBLEMS?

Please call Bunk1 at 1-800-216-9472 or go to [www.bunk1.com/contact.asp](http://www.bunk1.com/contact.asp)



# Pilgrim Lodge 2009 Mission Focus



*And Peter said to Jesus “Lord, you know everything; you know that I love you.” Jesus said to him “feed my sheep.”*  
~John 21:17b

**To feed a hungry neighbor:** One can't get much closer to the gospel than that. By supporting the Good-Shepherd Food-Bank we are feeding the hungry people of Maine. Even better, we are doing so efficiently. Good Shepherd supplies Maine's local food banks, shelters, and non-profit organizations with food and consumable products. In many cases the food that is used would have gone to waste! But Good-Shepherd's well constructed network gets it to people when it is still perfectly good.

This mission focus will allow us to explore and fulfill the Christian mandate to feed those in the most need. (Matt 25:40). During this recent economic climate, Mainers who never dreamed they would need help are turning to food banks. Agencies are becoming overwhelmed. This seems a perfect time to help.

A presentation on the work of the Good Shepherd Food-Bank will be made at each PL session this summer. An offering will be taken sometime during each event. We often accept donations for younger children at registration although as children enter middle school age we suggest they put money in their store account and make a decision about if, and how much, to give from those funds. We'll draw down on them during the week (we don't let them give more than is in their account). This requires children to think about their donation after the presentation. We encourage parents to be generous and for children, adults and youth to consider carefully how much they wish to offer.

Each session will work to incorporate the mission focus into the themes of their particular camp. You should watch for your deans' letter as it will address any particular plans or preparation you should make before arriving. Pilgrim Lodge is a member of Good Shepherd and often purchases food at low cost when it is available. This in turn subsidizes the greater mission of distributing the donations of food to the shelters and agencies throughout the state.

## Directions to Pilgrim Lodge phone: 207-724-3200

**Traveling North on I-295:** Take **exit 51**, turn **Left** on Route **126**. Follow Route 126 about 2.5 miles. / at the blinking light turn **RIGHT** onto Spears Corner Road /continue straight for 4.3 miles (through 2 stop signs) to a third stop sign: **Careful: cross traffic does NOT stop at any of the three stop signs** / at that third stop sign turn **LEFT** onto Neck Road/ Pilgrim Lodge will be one mile ahead on your **RIGHT**

**Traveling North on I-95 (new shorter route):** Take **exit 86** and turn **LEFT** onto Route 9 / drive a mile and half and turn **RIGHT** on route 126 / in 10.8 miles at the blinking light with “Litchfield Country Store” on your right, Turn **LEFT** at **Batchelder’s Corner** (the post office should now be on your right) / in 2 miles bear **LEFT** on Neck Road /Pilgrim Lodge is 2 miles ahead on the **LEFT**

### **Traveling South on I-95**

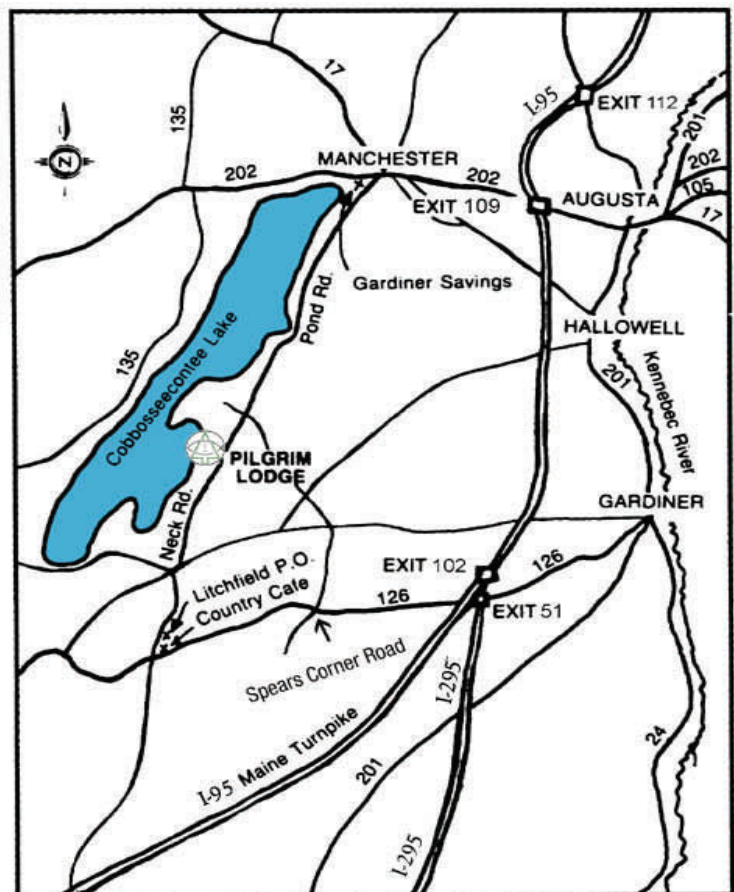
From **I-95**, take exit **109 B** onto **Route 202** west. Follow below

**Traveling West:** Travel through Augusta on **Route 202**, cross over **I-95**

*South and west continued:*

After 2.5 miles, (by the Manchester Citgo), at the stoplight where route 17 turns right (don’t turn right) and 202 goes straight (don’t go straight) turn **LEFT onto Pond Road** / proceed South for about 6.5 miles / Pilgrim Lodge will be on your **RIGHT**

**Traveling East:** Take 126 from Lewiston to Litchfield. At the blinking light with “Litchfield Country Store” on your right, Turn **LEFT at Batchelder’s Corner** (The post office should now be on your right) / drive 2 miles/ Turn **LEFT onto Neck road**/ Pilgrim Lodge will be in 2 miles ahead on your **LEFT**



**Open Registration:** Rules concerning acceptance and participation in all Maine Conference Outdoor Ministry events are the same for everyone without regard to race, color, sexual orientation, gender, or national origin.

**Payment & Refunds:** **There is no refund for campers sent home for illness, home-sickness, injury or discipline.** A non-refundable deposit of \$75 for week-long sessions and \$50 for shorter events is required with the initial registration. **The balance is due two weeks before the start of the event.** We do not accept payment at camp. If payment is not received on time, campers may forfeit their spot to others on the waiting list. If a camper withdraws more than one week before the start of a session the deposit will be forfeited, while any additional payments that have been made will be refunded. If a camper withdraws one week or less before the start of a session the parent (or adult camper) will be responsible for the full camp fee; no refunds will be made.

**Open Invoices:** Individuals with an unpaid balance from previous years will not be allowed to register until past balances are paid. Payments received will be used to pay open invoices from previous years and not toward registering for new events.

**Event Cancellation:** All events are subject to cancellation due to insufficient registration. If an event is cancelled, full refund of payments (including registration deposit) will be made. Confirmation notices will be sent after a registration is received and accepted.

**Behavior:** Certain behaviors which are deemed inappropriate, may result in a camper being sent home and the camper's minister being notified. These behaviors include, but are not limited to, fighting; hitting; biting; stealing; destruction of, or intrusion into, another's property; threatening another; defying a counselor or dean; refusal to eat; wandering from established program areas; sexual activity; possession or use of cell phones, possession or use of weapons, alcohol, or illegal drugs; misuse, distribution or concealing prescription or non-prescription medication. Any camper sent home will be reaccepted for an Outdoor Ministries event only after consultation with the Outdoor Ministries Committee and the Director of Outdoor Ministries.

**Deans' Letter:** Each session at Pilgrim Lodge is organized by volunteer leaders called deans. Most sessions have two deans who are responsible for recruiting their volunteer counselors and organizing the program and schedule. Because the deans and counselors are at PL as volunteers, for your event only, they bring a fresh and exciting feel to each session. Shortly before your session is to begin, you will receive either by email, or U.S. postal mail, a letter from your deans. This letter will describe the theme, outline special events, tell you special things to bring, and let you know of any deviation from information in this guide (for example, pick-up time.) Deans' letters are also posted online so if your event is getting close and you haven't received it, check online first, then give us a call. (207-724-3200)

**Alcohol and Drugs:** Alcohol and other drugs are not permitted at Pilgrim Lodge or Outdoor Ministries events. Drugs include inhalants such as gas or glue and the misuse of over the counter or prescription medicine. Anyone using or possessing alcohol or illegal drugs will be sent home immediately and the camper's minister will be notified

**Fireworks:** Fireworks are not permitted at Pilgrim Lodge or at Outdoor Ministries sponsored events. Anyone using or possessing fireworks will be sent home immediately and their minister will be notified.

**Scholarships:** Many local churches have their own camp scholarship program. Please ask your pastor if such a program is available in your church. Additionally, partial scholarships are also available from the Maine Conference UCC for members of Maine Conference UCC churches. Application for scholarships are on page 31 of this guide. Applications are due by May 15, 2009. Application received after May 15 will be offered only if funds remain after on-time applications have been considered.

**Publicity:** Photographs taken of campers may be used for promotion by the Maine Conference, including, but not limited to: future camp brochures, promotional slide shows, video presentations, CD-Roms sold to campers, and the Pilgrim Lodge website. Children's names are not listed with their photos.



**U.S. Mail to campers:** Letters from home are encouraged. Please keep letters upbeat and do not focus on how much you miss your camper. Do not mail candy or food. Do not send any mail after Thursday's pickup. Address letters this way:

Camper's Name, Cabin # [camper's cabin number]  
Name of session (ie: "Arts Alive")  
Pilgrim Lodge  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345

**Email to campers:** Please see page five.

**Phone Calls and Off Hour Emergencies:** Phones are available for use by campers only in case of emergency. The office phone number is 207-724-3200. If the office is closed and IN THE EVENT OF EMERGENCY ONLY you may call 207-724-3300. Please do not call the emergency line for administrative or non-emergency reasons.

**Insect Repellent and Sunscreen:** Lyme Disease and other insect-borne illnesses are a risk in any outdoor activity in the state of Maine. Campers need to bring and apply appropriate, non-aerosol insect repellent. There have been cases of Lyme Disease allegedly contracted at Pilgrim Lodge. Exposure to the sun also carries risk. Campers need to bring and apply sunscreen with an SPF factor of at least 30 before outdoor activities.

**Smoking:** Events sponsored by the Outdoor Ministries Committee are smoke-free.

**Why prices jumped this year:**

The Maine State Department of Labor has changed the status of non-profit camp workers. Those who work in the kitchen and on the maintenance staff can no longer be paid a daily rate but must be paid hourly, at minimum wage with overtime when working more than 40 hours per week. We estimate this change will cost us between \$20,000 and \$25,000. We have no other significant source of income except our camper and rental fees, and donations. This necessitates the 10% jump in fees. We are acutely aware of the current economic climate. Last year at Pilgrim Lodge we looked at the budget line by line and made significant cuts. We are pleased that we were able to make small changes that did not affect our campers' experience. We cut as much as we felt was possible and we did well. Although the increase is unfortunate, PL is still a low priced, high quality camp and remains the middle price range of UCC summer camps. We hope you will both continue to support Pilgrim Lodge directly and through your local church's scholarship efforts.



## Section Two : Sessions for Children & Youth

*(required reading for parents and guardians sending their children Pilgrim Lodge)*

**First read section one** “General Information for all sessions.” That material applies to children and youth camps as does this section.

**Theme and Curriculum:** Pilgrim Lodge will draw much of its program from the National Council of Churches “New Earth: Christian Resources for the Outdoors.” Some sessions rely more heavily on this curriculum than others depending on the volunteer leaders (or *deans*). This year the theme, “**Breakthrough**” refers to the manner in which people, after an encounter with Jesus, tended to breakthrough whatever held them back and see their life in a new way. The curriculum takes each theme and develops program ideas for age appropriate activities. Counselors are supplied with their own bible study and theological reflection. Usually these themes and Bible verses are used during worship planning and “family time.” Some deans weave the themes throughout the day. While a particular camp may or may not follow this structure closely the daily themes and Bible verses are:



Day	Title	Scripture	Focus
Sunday	Jesus Welcomes	Mark 10:13–16	Campers will hear about Jesus’ welcome for the children and explore ways they can welcome others into the camp community.
Monday	Jesus Listens	Mark 10:46–52	Campers will hear the story of Bartimaeus and explore the importance of listening to others.
Tuesday	Jesus Shows Com- passion	Luke 5:17–26	Campers will hear the story of the Paralyzed Man and consider the importance of having compassion for others.
Wednesday	Jesus Loves	Luke 10:25–37	Campers will hear the parable of the Good Samaritan and explore the risks and requirements of being a good neighbor.
Thursday	Jesus Transforms	Luke 13:10–17	Campers will hear the story of the Bent-over Woman and consider ways they can be agents of transformation.
Friday	Jesus Invites	Luke 14:12–24	Campers will hear stories about the Great Banquet and explore ways they can extend an invitation to others beyond the camp community.

**A Typical Day at PL:** No two days are exactly alike and no two weeks have the exact same schedule. There are, however, rhythms to the day around which most sessions drape their program.

- 7:00 Wakeup bell, optional swim
- 8:00 Breakfast
- 8:30 Cabin cleanup
- 8:45 Worship in the outdoor chapel
- 9:15 Morning watch (5 minutes for young children, 10-15 for older) quiet reflection
- 9:30 Family Time (small group) curriculum based, group building challenges, worship planning
- 11:00 Option time (swimming, boating, crafts, nature education, games in the lodge)
- 12:15 Lunch, singing & camp store open
- 1:00 Bunk Time (state mandated) nap or lay on the bed reading or writing; Mail delivery
- 2:00 Interest groups (small group activities led by counselors or staff)
- 3:15 Ice Cream time
- 3:30 All group program (large group activities)
- 4:30 Option time (swimming boating, crafts, Nature education, games in the lodge)
- 6:00 Dinner
- 6:30 Evening program
- 8:30 Snack
- 9:00 Vespers (earlier for younger campers)
- 9:30 Boardwalk Time (middlers and seniors) time for socialization on the boardwalk
- 9:00-10:30 Bed time (earlier for younger campers)

**Background checks:** Deans are responsible for recruiting counselors for their session. Counselors are then screened and trained by the Pilgrim Lodge staff. Background checks are performed on all adult deans, counselors and staff members. Counselors meet daily with the dean and a member of the PL staff to discuss camper issues and gain support for particular behavioral issues.

**Counselorships:** A \$75 discount is offered to parents who serve as a counselor (\$37 for the half-week session.) This discount is to be used in the same year as the counseling session and is to be used for immediate family members only. To apply for a counselorship simply mail in the form at the back of this guide (103 Pilgrim Lodge Lane, West Gardiner, ME 04345) or bring it with you.

**Supervision:** Campers are supervised at all times. At each interval campers know what their options are and where they are supposed to be. Sometimes the volunteer counseling staff is in charge and at other times (ie: 'option time') the summer staff are supervising. There are some periods of informal socializing in the lodge or on the boardwalk, but always with adults close by. Campers are not allowed to wander the camp alone or without supervision and can be sent home for defying this regulation. Most cabins have a shower installed within them, but for those that do not, set shower times are supervised by an adult of the appropriate gender sitting outside the shower house within earshot.

**Physical Exam and Health Form Requirements:** Health forms (in the back of this guide) are to be mailed to camp (not Yarmouth) at least two weeks prior to arrival. (103 Pilgrim Lodge Lane, West Gardiner, ME 04345). Health forms are available on-line, or will be mailed by request. (207-724-3200)

**EXAM:** A physical examination is required by a licensed physician within the previous two years.

**WHICH HEALTH FORMS?**

- *Parents* fill out **FORM 1** (3 pages)
- a *doctor's signature* is needed on **FORM 2**
- Only those with inhalers, epi-pens, or other medications that must be kept on their person must fill out **FORM 3**, signed by both a doctor and a parent (Maine State Law)

**USING LAST YEAR'S FORM:** If a camper has a health form on file, signed by a doctor in 2008, parents may update and re-sign last year's form upon arrival. If you are not dropping your child off yourself and using the form from last year for your doctor's signature, be sure to also send a new FORM 1, signed and dated by a parent. Please call 207-724-3200 if you are not sure if your child's health form is still valid.

**DOES MY CHILD'S SPORTS EXAM SUFFICE?** A physical form *signed by a doctor* within 2 years that clears the camper for school sports may be substituted **for form 2 only**. **Parents still must complete FORM 1.**

**Medications:** All medications (including non-prescription medicines) must be turned over to the camp nurse or designated trip leader at registration. **Failure to surrender medications to the nurse will result in a camper being sent home without refund.** Do not bring common over the counter medications such as Tylenol - these are available from the camp nurse. Medications should be in their original container and clearly marked with the camper's name, the name of the medication, and usage instructions. Unused medications are to be picked up at the end of the week. We recommend you *speak with your doctor* about your child remaining on medications prescribed during the school year while at camp.

**Disclosure of Medical Conditions:** In order for us to help your child have the best experience possible, the Camp Director needs to be aware in advance of any physical, emotional or behavioral needs a child may have. Special arrangements can be made. This information is shared only with those responsible for the care of your child.

**Screening:** A camp nurse or doctor will train staff members to perform a brief health screening upon arrival. This includes a few questions, and a check for evidence of head lice.

**Health Care:** A nurse is on duty during all youth camps, with standing orders from a doctor on call. We will attempt to reach parents if an illness or injury requires a visit to our on-call doctor's office or the emergency room. If we cannot reach parents, we will take the camper for treatment and continue to try to reach parents. Parents or guardians are responsible for health care costs should a camper need to be brought to our on-call doctor's office, pharmacy, or the emergency room. Invoices for such visits will be given to parents when they pick up their camper. Parents are responsible for payment directly to the health care provider. At the time the camper is picked up, parents will reimburse the Maine Conference for prescription medication purchased on a camper's behalf.

**Drop Off and Pick Up:** Drop off and pick up times are posted in the camp brochure and on-line. Most sessions register between 2 and 4 pm of the first day and pick up is usually at 10 am on the last day. Any changes will be reported in a deans letter.

**Dropping off late/picking up early:** Pilgrim Lodge desires to create a community with all of its participants. Arriving late and leaving early creates gaps in that community that affect all participants. Therefore **we expect campers to arrive at the designated time and to stay for the duration of the program.** If you cannot make this commitment please cancel or reschedule your camp experience by calling us at 207-724-3200. Deposits are non-refundable. A camper will be released for their own medical health or on the death or imminent death of a family member.

**Visitation:** Parents, family members and friends of campers are cordially invited to visit during registration and departure only. At other times campers will be fully occupied and family and friends are asked to please refrain from visiting or calling by telephone.

**Cell Phones:** Disconnecting from the world of electronics is a necessary part of camp community building. Youth campers are not allowed to possess cell phones or other forms of electronic communication at camp and may be sent home if found possessing a cell phone. Parents have access to an emergency number (207-724-3300). Using cell phones as a watch is not an acceptable excuse for possession of cell phones at camp. Aside from the fact that cell phones are expensive and can get lost or stolen and that the physical camp environment is not kind to such items, there is a fundamental problem with campers having cell phones at camp, and that is trust. When children come to camp they—and you—are making a leap of faith, temporarily transferring their primary care from you as their parents to us and their counselors. This is one of the growth-producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow and learn, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one important way your child develops greater resilience. Contacting you by phone essentially means they have not made this transition. It prevents us from getting to problems that may arise and addressing them quickly. Sending a cell phone to camp is like saying to your child that you as the parent haven't truly come to peace with the notion of them being away from you and in our care. We agree to tell you if your child is experiencing a challenge in their adjustment to camp. *You can help* by talking with you child *before they leave for camp* and telling them that there is always someone they can reach out to, whether it be their counselor, a trusted activity leader, a lifeguard, a dean, the camp nurse, or the director. We are all here to help. **Please don't give your child permission to break this rule: it is a confusing message and a precedent about how other rules apply to them.**

**Camp Store, Mission Offering, and Store Accounts:** The camp store sells postcards and stamps, Pilgrim Lodge T-shirts, hats, and flashlights, memorabilia, and necessary items such as toothbrushes, and film. All Pilgrim Lodge wear is certified sweat-shop and child labor free! All proceeds from the Pilgrim Lodge store go directly to support the ministry of Pilgrim Lodge. No cash is accepted at the store during the week. Parents set up camper store accounts upon arrival. The account is drawn down during the week. On Saturday you will receive any change due. During the week the store will open once a day for ice-cream sales (\$1.00 per cone) and once a day for other items. During the week campers will be presented with information on the camp's mission project and will be invited to make an offering to the project from their store/mission accounts.

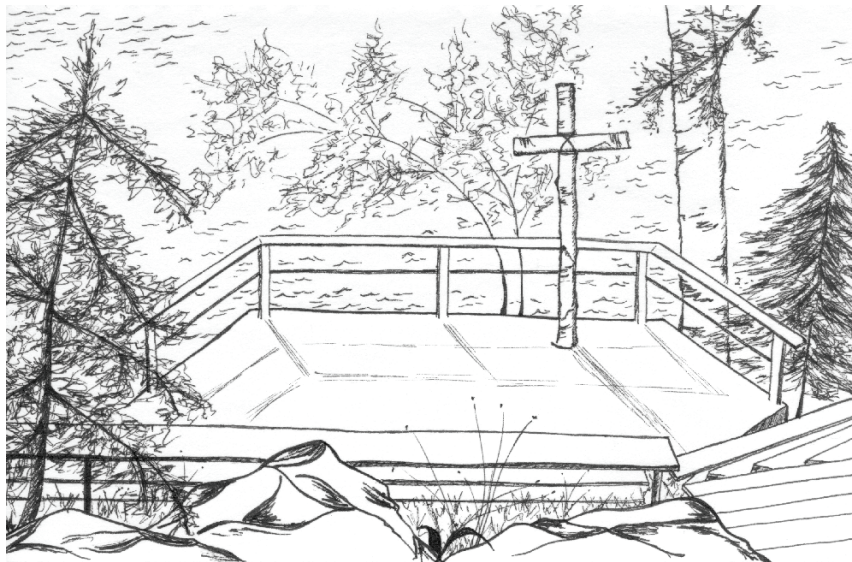
**Pre-camp Visits:** Parents concerned that their child is nervous or may become homesick can do some things to help the child prepare for camp. A visit to camp ahead of time is the best way for a child to know what to expect. **Please call before you visit.** Coming to camp with a friend is another good idea (although we do not house friends in the same cabin).

**Group Photos:** Every camper will receive an 8X10 photo of all the people in their camp. CD-Roms of digital photos from your camper's week can be purchased at the camp store. If you pre-order a CD at registration you will save the cost of postage because the disc will be waiting for you when you pick up your camper.

**Campers staying in the same cabin with friends from home:** We do not house friends from the same church together, nor do we grant requests for campers to be together. Our experience is that friends from home tend to relate to one another instead of getting to know new cabin mates. We hope campers will make new friends in their cabin. Cabin time is limited and there is ample time for friends to be together during camp.

**School Lunch Form:** Included in this guide is a form for the Federal School Lunch program. If you are applying online the questions are included in your family's online profile. This information is not required but it is very helpful if you will take the time to complete this one page (or screen) application. So far we have saved over \$6,000 through this program. Qualifications are different for camps than schools so you may qualify even if you do not qualify at school This information is kept locked and confidential. No one but the director and the administrator have access to these files and nobody at camp will know who qualifies and who does not. Thank you for your consideration. This will help lower costs for everyone.

Please contact us if you have questions, need a health form or a registration form or to schedule a pre-camp visit.



# IT'S ALMOST TIME FOR CAMP!

A Quick Review for Children and Youth Camps



**Reminders:** (see previous pages for details)

## WHAT TO BRING:

- casual relaxing clothes
- warm clothes for cold days
- warm sleeping clothes
- rain gear
- shorts
- jeans
- sweatshirts
- Bible
- notebook or stationery and pen
- bathing suit
- beach towel
- beach footwear
- musical instruments
- 1 nice outfit (not *too* formal)
- bathroom items in an easy to carry bag or bucket (towels, washcloth, soap, toothbrush, floss, comb/brush etc.)
- sleeping bag or bedding
- pillow
- comfortable sneakers
- flashlight
- laundry bag
- insect repellent (non-aerosol please!)
- sunscreen (SPF 30 or more)
- water bottle with camper's name written on it
- items listed in your Deans' letter
- money for store/mission (look to the right)

### Personal items policy:

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the lodge), compact discs, and sporting equipment provided their name is written on the item. The Maine Conference, United Church of Christ is not responsible for lost, stolen or broken items.

### Mail: Please do not send food or candy

Camper's Name, camper's cabin #  
Pilgrim Lodge  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345

**Email and On-line Photos** require a \$10 per camper account set up on line. A credit card is needed. Email cost one credit, credits are available when you set up your account. See page five for details

## Epi-pens or inhalers:

In order to keep an epi-pen or inhaler with your camper new state regulations require special forms (in addition to the health form) signed by both parents and physicians. The form is available at:

[www.pilgrimlodge.org](http://www.pilgrimlodge.org) or by calling 724-3200

## Health Forms:

Your physician signed health forms should be mailed in to: Pilgrim Lodge, 103 Pilgrim Lodge Lane, West Gardiner, ME 04345. Call 724-3200 if you're unsure if your form from last year is still valid. Form 2 must be signed by a physician in 2008 or 2009.

**Head Check:** A health screening including a head check is being performed upon arrival. Thanks for your patience and understanding.

## Please do not Bring:

Cell Phones or other electronic communication devices (campers who bring cell phones may be sent home) alcohol or illegal drugs; weapons (including pocket knives); personal listening devices; electronic handheld games, pets; valuables; jewelry; beepers; computers; fireworks, SCUBA equipment, "healies" skate boards or in-line skates

## The Camp Store and Mission Offering

Upon arrival there will be a table where you can set up an account for the store. Cash is only accepted at the store during drop off and pick up, not during the week. During the week your camper will have an opportunity to make a donation to our mission offering from that account. Parents will make the decision for younger campers. Ice cream is \$1 per day.

**Photo CD's:** You can order a CD-Rom of photos of your campers week at the store for \$15 and it will be ready for you when your camper leaves. Photo CD's may be ordered after camp but a shipping charge is added.



THIS FORM IS ONLY FOR THOSE WHO DO NOT REGISTER ON-LINE

# 2009 PILGRIM LODGE YOUTH CAMP REGISTRATION

Use a different registration form for family/grandparents camp (p. 20) and adult sessions (p. 24)

Mail to: Karen Steelhammer-Registrar, 103 Pilgrim Lodge Lane, West Gardiner, ME 04345

Camper Name : \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Home Church \_\_\_\_\_

Church's town \_\_\_\_\_

Home Phone: \_\_\_\_\_

I am registering for the following session:

Date of Birth: \_\_\_\_\_

**First Choice** \_\_\_\_\_

Gender \_\_\_\_\_ Grade in autumn 2009 \_\_\_\_\_

**Second Choice** \_\_\_\_\_

Parent or Guardian Name \_\_\_\_\_

Work or Cell Phone \_\_\_\_\_

Parent or Guardian Name \_\_\_\_\_

Work or Cell Phone \_\_\_\_\_

Parent e-mail (kept private, for our use only) please print: \_\_\_\_\_

Camper e-mail (also kept private, for our use only) please print \_\_\_\_\_

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless/Certification of Agreement: **Each person signing below has read through all the rules, regulations and policies contained in the 2009 Pilgrim Lodge Parent-Camper Guide. Each person signing below further understands and agrees to abide by these rules, regulations and policies at all times.** Each person understands that participation in the Maine Conference of the United Church of Christ ("Maine Conference") program can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that Maine Conference, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) occurring during or arising out of participation in any Maine Conference program. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Maine Conference program. Each person signing below hereby releases and agrees to indemnify and hold harmless Maine Conference, its agents, officers and employees, from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) that may arise or occur during or in connection with said program. In addition, each person signing below is aware that a list of camper names is distributed to event participants at the end of camp. Each person signing below permits the Maine Conference to use images of me or my child taken at Pilgrim Lodge or its camp trips in promotion of Maine Conference programs, including, but not limited to, future camp brochures, promotional slide shows, video presentations and the Pilgrim Lodge website. Each person signing below is aware that minors are not allowed to bring cell phones to outdoor ministry events and that a child or youth camper may be sent home for possession or use of a cell phone.

\_\_\_\_\_ date \_\_\_\_\_

Parent or guardian's signature (required)

Total Amount Enclosed \$ \_\_\_\_\_ Please enclose checks payable to "Maine Conference, UCC"

A \$75 nonrefundable deposit required for registration (except for events under \$75, in which case the entire fee is due on receipt of this form)

**Important: please attach a separate page listing and medical, emotional, developmental or other issues that will help us make your child's week a Pilgrim Lodge more successful. Feel free include any parental 'gut instincts.' This information is only shared with the Director, Nurse and adults interacting with your child.**

## UPDATE ON THE SUMMER FOOD PROGRAM

The enclosed application for *free and reduced school meals* is vital to Pilgrim Lodge. In two years we received more than **\$6,000**. This money goes directly into our food operations budget. It is a key program that will help us keep the cost of camp down. The forms are confidential and the information will only be used to determine eligibility. No one at camp will know who is eligible and who is not. It is important to complete the form. Standards set for summer camps are different than public schools so many who do not qualify at school will qualify here. Thank you for taking the time to complete this form. It has made a great financial difference. Sincerely, Bryan S. Breault, Director.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

**FREE AND REDUCED PRICE SCHOOL MEAL APPLICATION – SY 2009**

F R D

1. For each household, complete, sign and return the application to the school. Please read the instructions. Call the school nutrition office @ 854-0800, ext. 305 if you need help completing this form.

Child's Last Name	First	M.I.	Grade	Room	School
_____	_____	_____	_____	_____	_____
Food Stamp Number	Letter	TANF Number	Letter	Foster Child Monthly Income	
_____	_____	_____	_____	_____	_____

Child's Last Name	First	M.I.	Grade	Room	School
_____	_____	_____	_____	_____	_____
Food Stamp Number	Letter	TANF Number	Letter	Foster Child Monthly Income	
_____	_____	_____	_____	_____	_____

Child's Last Name	First	M.I.	Grade	Room	School
_____	_____	_____	_____	_____	_____
Food Stamp Number	Letter	TANF Number	Letter	Foster Child Monthly Income	
_____	_____	_____	_____	_____	_____

Child's Last Name	First	M.I.	Grade	Room	School
_____	_____	_____	_____	_____	_____
Food Stamp Number	Letter	TANF Number	Letter	Foster Child Monthly Income	
_____	_____	_____	_____	_____	_____

2. TOTAL NUMBER IN HOUSEHOLD: CHILDREN & ADULTS \_\_\_\_\_  
 ALL OTHER HOUSEHOLD MEMBERS: List all household members, other than those listed above. List all income.

*MONTHLY INCOME CONVERSION: WEEKLY X 4.33, EVERY 2 WEEKS X 2.15, TWICE A MONTH X 2*

Names	Current Monthly Income				
All Other Household Members	Monthly Earnings from Work (Before Deductions) <b>Job 1</b>	Monthly Welfare, Child Support, Alimony	Monthly Payments from Pensions, Retirement, Social Security	Monthly Earnings from <b>Job 2</b> or any Other Monthly Income	Check if <b>NO</b> Income
1. _____	\$ _____	\$ _____	\$ _____	\$ _____	<input type="checkbox"/>
2. _____	\$ _____	\$ _____	\$ _____	\$ _____	<input type="checkbox"/>
3. _____	\$ _____	\$ _____	\$ _____	\$ _____	<input type="checkbox"/>
4. _____	\$ _____	\$ _____	\$ _____	\$ _____	<input type="checkbox"/>
5. _____	\$ _____	\$ _____	\$ _____	\$ _____	<input type="checkbox"/>

3. SIGNATURE: An adult household member must sign the application and list his or her social security number before it can be approved.  
**PENALTIES FOR MISREPRESENTATION:** I certify that all of the above information is true and correct and that the food stamp or TANF number is correct or that all income is reported. I understand that this information is being given for the receipt of Federal funds; that institution officials may verify the information on the statement and that the deliberate misrepresentation of the information may subject me to prosecution under applicable State and Federal laws.

**I do not have a Social Security Number**

Signature of Adult: \_\_\_\_\_ Social Security Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Printed Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**Home Address** \_\_\_\_\_ **Zip Code** \_\_\_\_\_ **Date** \_\_\_\_\_

**Privacy Act Statement.** Unless you list the child's food stamp or TANF case number, Section 9 of the National School Lunch Act requires that you include the social security number of the household member signing the application or indicate that the household member does not have a social security number. You do not have to list a social security number, but if a social security number is not listed or an indication is not made that the adult household member signing the application does not have a social security number, we cannot approve the application. The social security number may be used to identify the household member in verifying the correctness of information stated on the application. This may include program reviews, audits, and investigations and may include contacting employers to determine income, contacting a food stamp or TANF office to determine current certification for food stamps or TANF benefits, contacting the State employment security office to determine the amount of benefits received and checking the documentation produced by the household member to prove the amount of income received and checking the documentation produced by the household member to the amount of income received. These efforts may result in a loss or reduction of benefits, administrative claims, or legal actions if incorrect information is reported.

**For School Use Only:** Food stamp/FDPIR/TANF household categorically eligible free: [ ] Yes [ ] No

Total monthly income: \_\_\_\_\_ Approved Free: \_\_\_\_\_ Approved Reduced: \_\_\_\_\_ Denied: \_\_\_\_\_

Determining official: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Section Three:**  
**Sessions for Families**  
*required reading for those attending*  
**Family Camp, Grandparent's Camp and A Day At Camp**

**First read section one** "General Information for all sessions." That material applies to family camps (which include Grandparents camp and Day at Camp) as does this section.

**Change in Fee Structure for Family Camps:** You will note that instead of a separate fee for children and adults, we have found an average fee for all participants. Our hope is to simplify the registration process and be as fair as possible to participants in family camps. The new structure may be a few dollars more or less depending on the number of adults and children you bring. Please see page 3 for more information on the 2009 price structure.

**Supervision of Children:** **Children are not to be allowed to wander the camp without adult supervision.** Family camp events are designed to be time for families to be together. As such, adults are responsible to supervise the children they have brought with them. There may be occasions when the camp staff organizes activities and will make it clear that it's OK for adults to send children without attending themselves. At the conclusion of such events, adults will resume supervision.

**Waterfront and Boating:** Swimming and boating are only allowed when the waterfront is opened by the Pilgrim Lodge lifeguards. Under no circumstance are children or adults to swim anywhere on the lake except on the waterfront with a Pilgrim Lodge lifeguard present. The waterfront is only open during daylight hours.

**Health Form Requirements:** Health forms (in the back of this guide) are to be mailed to camp (not Yarmouth) at least two weeks prior to arrival. (103 Pilgrim Lodge Lane, West Gardiner, ME 04345). Health forms are available on-line, or will be mailed by request.

**Who needs what form?**

**Grandparent's Camp:**

**Minors** need **FORM 1** completed by PARENTS *not grandparents* and **FORM 2, including a doctor's signature.** Only if the child carries an inhaler, epi-pen or other medication on his or her person is **FORM 3** signed by a doctor *and* parents needed in addition to Forms 1 & 2. If your grandchild has a form on file signed by a physician in 2008 or 2009, we can use that form, just give us a call at 207-724-3200 to find out. Please mail forms two weeks prior to the start of camp.

**Adults** complete a single page **FORM 4.** No doctor's signature is needed. You can fill this out prior to camp or when you arrive at camp. Mail it or bring it with you.

**Day at Camp:**

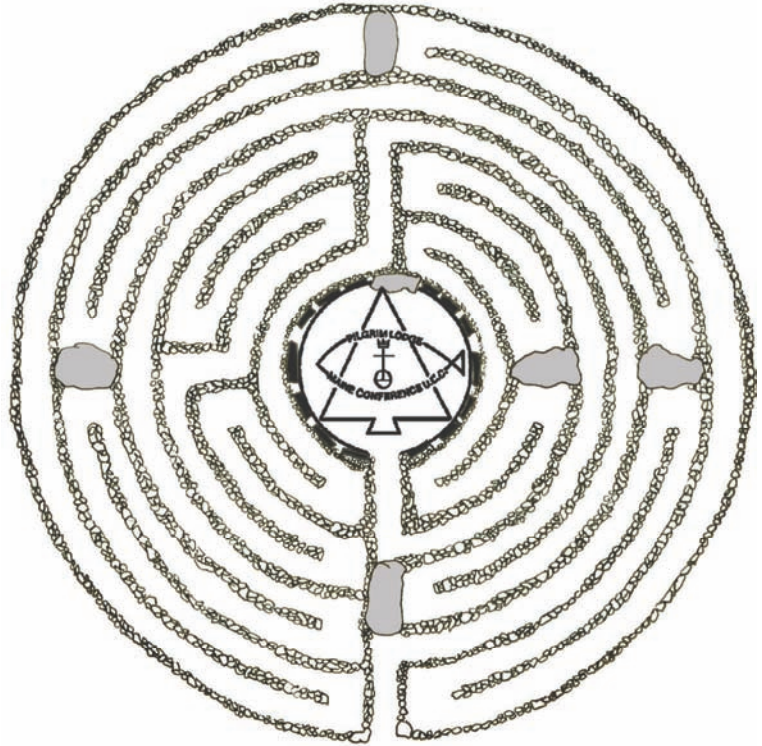
No forms are needed **unless** you are bringing a minor that is not accompanied by a parent or legal guardian. If you are bringing a minor that is not accompanied by a parent or legal guardian, have the parent or legal guardian complete and sign form 1 only, and if necessary form 3. Ignore forms 2 & 4

**Family Camp:**

No forms needed **unless** you are bringing a minor that is not accompanied by a parent or legal guardian. If you are bringing a minor that is not accompanied by a parent or legal guardian, that child needs **FORMS 1, and 2,** (and 3 if he or she has carries and inhaler or epi-pen) with appropriate parent and doctor's signatures.

**Cell Phones:** Disconnecting from the world of electronics is a necessary part of camp community building.

- **Children and Youth:** Youth campers are not allowed to possess cell phones or other forms of electronic communication at camp and may be sent home if found possessing a cell phone. Please don't give your child permission to break this rule: it is a confusing message and a precedent about how other rules apply to them.
- **Adults:** We recognize that adults may have family and business requirements that require them to make contact. Please do not use your cell phones in the company of others. Please set your phone to vibrate or silent if you must carry it with you. If you must carry your phone with you, please let voice mail answer the phone and retreat to an isolated place to check the message and return the call. The best option is the leave the phone at home. The next best option is to turn it off, leave it in your belongings at camp and check it occasionally or use it only if need be. Third, If you must carry the phone with you at camp, please honor the above guidelines.



**Camp Store:** The camp store sells postcards and stamps, Pilgrim Lodge T-shirts, hats, and flashlights, memorabilia, and necessary items such as toothbrushes, and film. All Pilgrim Lodge wear is certified sweat-shop and child labor free! All proceeds from the Pilgrim Lodge store go directly to support the ministry of Pilgrim Lodge. At family camp events the store *will accept cash* whenever it is open during your session. Store accounts are not necessary during family camps. During the session the store will open once a day for ice-cream sales (\$1 per cone) and once a day for other items.

**Photos:** Every camper will receive an 8X10 photo of all the people in their camp session. CD-Roms of digital photos from your camper's week can be purchased at the camp store. If you pre-order a CD on arrival you will save the cost of postage.

**Registering for multiple camps:** You may register for as many family or adult camps as you please. Children may only register for one youth camp (until June 1) but they may register for family camps in addition to their one youth camp.

**School Lunch Form:** Included in this guide is a form for the Federal School Lunch program. (p. If you are applying online the questions are included in your family's online profile. We do not need these forms for adults, only for minors. This information is not required but it is very helpful if you will take the time to complete this one page (or screen) application. So far we have saved over \$6,000 through this program. Qualifications are different for camps than schools so you may qualify even if you do not qualify at school. This information is kept locked and confidential. No one but the director and the administrator have access to these files and nobody at camp will know who qualifies and who does not. Thank you for your consideration. This will help lower costs for everyone. This form is found on page 16.

# IT'S ALMOST TIME FOR CAMP!

A final review for Family Camps



## WHAT TO BRING:

- casual relaxing clothes
- warm clothes for cold days
- warm sleeping clothes
- rain gear
- shorts
- jeans
- sweatshirts
- Bible
- notebook or stationery and pen
- bathing suit
- beach towel
- beach footwear
- musical instruments
- 1 nice outfit (not *too* formal)
- bathroom items (towels, washcloth, soap, toothbrush, floss, comb/brush etc in an easy to carry bag or bucket)
- sleeping bag or bedding
- pillow
- comfortable sneakers
- flashlight
- laundry bag
- insect repellent (non-aerosol please!)
- a good book
- sunscreen (SPF 30 or more)
- water bottle with camper's name written on it
- items listed in your Deans' letter
- money for store/mission

## Personal items policy:

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the lodge), compact discs, and sporting equipment provided their name is written on the item. The Maine Conference, United Church of Christ is not responsible for lost, stolen or broken items.

## Health Forms:

See page 17 of this guide to determine which portion of the health form needs to be submitted. Minors at Grandparent's camp, and minors who are not accompanied by a parent or legal guardian must have a doctor's signature and a parent or legal guardian's signature.

## Please do not Bring:

Alcohol or illegal drugs; weapons (including pocket knives); personal listening devices; electronic handheld games, pets; valuables; jewelry; beepers; computers; fireworks, "healies," SCUBA equipment, skate boards or in-line skates

## The Camp Store and Mission Offering

The camp store will accept cash during family camp events. campers. Ice cream is \$1 per day. A mission offering will be taken to support Camp To Belong.

**Photo CD's:** At the camp store you can order a CD-Rom of photos of your time at camp and it will be ready for you when you leave. Photo CD's may be ordered after camp but a shipping charge is added. (note: photo CD's are not offered at "A Day At Camp")

Be sure to review you deans' letter. Check online if you haven't received one or call. 207-724-3200

## Mail: Please do not send food or candy

Camper's Name, camper's cabin #  
Pilgrim Lodge  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345

**Email and On-line Photos** require a \$10 per camper account set up on line. A credit card is needed. Please see page 5 for details. Email cost one credit, credits are available when you set up your account. See page five for details.



THIS FORM IS ONLY FOR THOSE WHO DO NOT REGISTER ON-LINE

# 2009 PILGRIM LODGE FAMILY CAMP REGISTRATION

For children and youth sessions use page 15. For adult camps use page 24.

Mail to: Karen Steelhammer, 103 Pilgrim Lodge Lane, West Gardiner, ME 04345

We're Registering For	
Grandparents 1	<input type="checkbox"/>
Grandparents 2	<input type="checkbox"/>
A Day at Camp	<input type="checkbox"/>
Family Camp	<input type="checkbox"/>

**Contact - one adult (include this contact in the chart below please)**

**Name :** \_\_\_\_\_ Number of adults: \_\_\_\_\_

**Address:** \_\_\_\_\_ Number of Children \_\_\_\_\_

Home Phone: \_\_\_\_\_ Deposit is \$50 per person (\$15 for Day at Camp)

Cell Phone \_\_\_\_\_ Amount enclosed:

Home Church (include town) \_\_\_\_\_ Email address \_\_\_\_\_ \$ \_\_\_\_\_  
 \_\_\_\_\_ kept private, our use only

If children are attending without legal parents (ie: Grandparents camp) please offer Parent's information here. Use other side for multiple parents.

Name \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address \_\_\_\_\_ Cell or Work Phone \_\_\_\_\_

\_\_\_\_\_ Email address \_\_\_\_\_  
 \_\_\_\_\_ kept private, our use only

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless/Certification of Agreement: **Each person signing below has read through all the rules, regulations and policies contained in the 2009 Pilgrim Lodge Parent & Camper Guide. Each person signing below further understands and agrees to abide by these rules, regulations and policies at all times.** Each person understands that participation in the Maine Conference of the United Church of Christ ("Maine Conference") program can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that Maine Conference, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) occurring during or arising out of participation in any Maine Conference program. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Maine Conference program. Each person signing below hereby releases and agrees to indemnify and hold harmless Maine Conference, its agents, officers and employees, from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) that may arise or occur during or in connection with said program. In addition, each person signing below is aware that a list of camper names is distributed to event participants at the end of camp. Each person signing below permits the Maine Conference to use images of me or my child taken at Pilgrim Lodge or its camp trips in promotion of Maine Conference programs, including, but not limited to, future camp brochures, promotional slide shows, video presentations and the Pilgrim Lodge website.

Individual's Name	Birthday	Gender	Relationship to above (son, grand-daughter etc)	Camper Signature attesting to above "Certification of Agreement"	PARENT of minor attesting to above "Certification of Agreement" Required.

Please fill out the school lunch form for children only (page 16)

In the last two years PL has received over \$6000 in funding from the school lunch program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

## Section Four: Adult Sessions

*Required reading for adults attending one or more of the following:*



- *The Men's Weekend*
- *Women at the Well*
- *The Women's Autumn Weekend*
- *Edna's Points*
- *Young Adult Weekend*
- *Vintage Ventures*
- *GLBTQI Weekend*
- *Lighten Up, Loosen Up*

Greetings Men and Women of the Maine Conference and beyond!

Who says camp is just for kids? Not us! Adults need time apart too. Time to relax, to change the routine, to listen for God and to make new and renewed connections with others. Throughout life's journey these are basic needs and Pilgrim Lodge is a place to help meet them. This guide is designed to help you prepare for your time at PL and to know what to expect. It is my hope and my prayer that you will join us this summer and let the stress of daily life melt for just a short while to reveal the profound, fun, and often neglected camper that needs to sit on a porch and read, jump in the water, sleep, walk alone in the woods, or stay up late connecting with others. And when the time comes to return home, my hope is that you will have tapped that deep well that gives purpose and meaning to living, and gained new perspective that brings a tangible sense of the divine to all facets of your life. Welcome.

Faithfully,

Rev. Bryan S. Breault  
Director of Outdoor Ministries  
Maine Conference, United Church of Christ



**First read section one:** “General Information for all sessions.” That material applies to adult sessions as does this section.

**Health Form Requirements:** No medical examination is required for adults. Adults must sign and submit a one page health form (**FORM 4**) authorizing 'permission to treat' in the event of emergency and list emergency contacts. Either mail the health form in before hand or bring it with you. We'll have some on hand when you arrive but it's best to get this out of the way beforehand. Form 4 is in the back of this guide.

**Medications:** During adult-only events at Pilgrim Lodge, adults may keep medications (prescription or non prescription) with their belongings. We ask that you be discreet and keep medications out of site.

**Health Care:** There is no nurse on duty for adult camps with the exception of Vintage Ventures. Adults are responsible for their own health care. In the event of an emergency participants will be brought by ambulance or arranged ride to the Maine General Medical Center emergency room in Augusta.

for everyone without regard to race, color, sexual orientation, gender, or national origin.

**Visitation:** Please do not arrange visits from non-participants during your event.

**Cell Phones and other communication devices:** Disconnecting from the world of electronics is a necessary part of camp community building. We recognize that adults may have family and business requirements that require them to make contact. Please do not use your cell phones and other communication devices in the company of others. Please set your phone to vibrate or silent if you must carry it with you. If you must carry your phone with you, please let voice mail answer the phone and retreat to an isolated place to check the message and return the call. The best option is the leave the phone at home. The next best option is to turn it off, leave it in your belongings at camp and check it occasionally or use it only if need be. Third, if you must carry the phone with you at camp, please honor the above guidelines.

**Camp Store:** The camp store sells postcards and stamps, Pilgrim Lodge T-shirts, hats, and flashlights, memorabilia, and necessary items such as toothbrushes, and film. Pilgrim Lodge wear is certified sweat-shop and child labor free! All proceeds from the Pilgrim Lodge store go directly to support the ministry of Pilgrim Lodge. Cash is accepted at the store during adult events.

**Group Photos:** Every adult camper will receive a photo of all the people in their camp.

**Staying in the same cabin with friends:** If you have a request of whom you might like to stay with, please let us know. Also let your friend know that he or she will need to make the request too. When we have *both* requests, we will make the effort to lodge you in the same cabin.

**Waterfront and Boating:** Swimming and boating are only allowed when the waterfront is opened by the Pilgrim Lodge lifeguard. Under no circumstance are adults to swim anywhere on the lakefront except on the waterfront with a Pilgrim Lodge lifeguard present. The waterfront is only open during daylight hours. If you have your own boat or kayak and would like to use it feel free to bring it but be sure to confer with the lifeguards.

**Registering for multiple camps:** Adults can register for multiple events.

# IT'S ALMOST TIME FOR CAMP!

A Quick Review for Adult Camps



## WHAT TO BRING:

- casual relaxing clothes
- warm clothes for cold days
- warm sleeping clothes
- rain gear
- shorts
- jeans
- sweatshirts
- Bible
- notebook or stationery and pen
- bathing suit
- beach towel
- beach footwear
- musical instruments
- 1 nice outfit (not *too* formal)
- bathroom items (towels, washcloth, soap, toothbrush, floss, comb/brush etc in an easy to carry bag or bucket)
- sleeping bag or bedding
- pillow
- a good book
- comfortable sneakers
- flashlight
- laundry bag
- insect repellent
- sunscreen (SPF 30 or more)
- water bottle with camper's name written on it
- items listed in your Deans' letter
- money for store/mission

## Personal items policy:

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the lodge), compact discs, and sporting equipment provided their name is written on the item. The Maine Conference, United Church of Christ is not responsible for lost, stolen or broken items.

## Mail: Please do not send food or candy

Camper's Name, camper's cabin #  
Pilgrim Lodge  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345

## Health Forms:

You'll need to fill out and sign FORM 4 in the back of this guide and list emergency contacts. You can do this when you get to camp, or mail in the form which is available on line.

## Please do not Bring:

Alcohol or illegal drugs; weapons; pets; valuables; jewelry; computers; fireworks, SCUBA equipment, skate boards or in-line skates.

## Please be discreet

about cell phones and medications.

**Email and On-line Photos** require a \$10 per camper account set up on line. Incoming email only. There's no wi-fi; let it go for the weekend. A credit card is needed. See page five for details.

**Think** about how you will make this experience prayerful.



THIS FORM IS ONLY FOR THOSE WHO DO NOT REGISTER ON-LINE



# 2009 PILGRIM LODGE ADULT CAMP REGISTRATION

Please use a different registration form for youth (p. 15) and family/grandparents camps (p.20)

Name : \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell \_\_\_\_\_ Work \_\_\_\_\_

e-mail \_\_\_\_\_

(kept private, for our use only) please print

Home Church \_\_\_\_\_

Church's town \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender \_\_\_\_\_

I am registering for the following event:

- Men's Retreat
- Women at the Well
- Vintage Ventures
- Edna's Points
- GLBTQI Weekend
- Women's Autumn Weekend

- Lighten Up, Loosen Up:
- LULU arrival      \_\_\_\_\_ Monday
- \_\_\_\_\_ Wednesday
- \_\_\_\_\_ Thursday

In case of emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless/Certification of Agreement: **Each person signing below has read through all the rules, regulations and policies contained in the 2009 Pilgrim Lodge Parent-Camper Guide. Each person signing below further understands and agrees to abide by these rules, regulations and policies at all times.** Each person understands that participation in the Maine Conference of the United Church of Christ ("Maine Conference") program can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that Maine Conference, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) occurring during or arising out of participation in any Maine Conference program. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Maine Conference program. Each person signing below hereby releases and agrees to indemnify and hold harmless Maine Conference, its agents, officers and employees, from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) that may arise or occur during or in connection with said program. In addition, each person signing below is aware that a list of camper names is distributed to event participants at the end of camp. Each person signing below permits the Maine Conference to use images of me or taken at Pilgrim Lodge or its camp trips in promotion of Maine Conference programs, including, but not limited to, future camp brochures, promotional slide shows, video presentations and the Pilgrim Lodge website.

\_\_\_\_\_ date \_\_\_\_\_  
Participant's Signature (required)

Please make checks payable to "Maine Conference, UCC" Total Amount Enclosed \$ \_\_\_\_\_  
A \$50 nonrefundable deposit required for registration

**Mail to:      Karen Steelhammer,  
                         Registration Form  
                         103 Pilgrim Lodge Lane  
                         West Gardiner, ME 04345**



# Pilgrim Lodge Camper Health History for CHILDREN, FORM 1

(page 1 of 3) To be completed by parents.  
(Children also need form 2 to be completed by a licensed physician)

Developed and reviewed by *American Camp Association American Academy of Pediatrics Council on School Health & Association of Camp Nurses*

Mail at least two weeks prior to event to:

**Pilgrim Lodge - Health Form**  
**103 Pilgrim Lodge Lane**  
**West Gardiner, ME 04345**

Dates attending camp: from \_\_\_\_\_ to \_\_\_\_\_

Camper Name: \_\_\_\_\_

Male  Female Date of Birth \_\_\_\_\_

To Parent(s)/Guardians(s): Attach additional information if needed.

- 1) Complete pages **1, 2, & 3** of this form (Form 1) and **make a copy**
- 2) Send the original, signed **FORM 1** to camp two weeks before arriving.
- 3) Complete the top of FORM 2 (Camper Health Care Recommendations) and provide the copy of FORM 1 With FORM 2 to your child's health care provider for review and completion
- 4) If your child carries an **inhaler, epi-pen** or other medication on his or her person, fill out the bottom section of FORM 3, have the physician fill out the top section.
- 5) Return Form 2 (and if applicable FORM 3) completed and signed by your child's health-care provider, camp at least two weeks before arrival.

Camper Home Address: \_\_\_\_\_  
Street Address City State Zip Code

**Parent/guardian with legal custody to be contacted in case of illness or injury:**

Name: \_\_\_\_\_ Relationship to Camper \_\_\_\_\_ Preferred Phones (\_\_\_\_) \_\_\_\_\_, (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Address: \_\_\_\_\_  
(if different from above)

**Second parent/guardian or other emergency contact:**

Name: \_\_\_\_\_ Relationship to Camper \_\_\_\_\_ Preferred Phones (\_\_\_\_) \_\_\_\_\_, (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Address: \_\_\_\_\_  
(if different from above)

**Additional contact in the event parent(s) or guardian(s) cannot be reached**

Name: \_\_\_\_\_ Relationship to Camper \_\_\_\_\_ Preferred Phones (\_\_\_\_) \_\_\_\_\_, (\_\_\_\_) \_\_\_\_\_

**Allergies:**  No known allergies  This camper is allergic to:  Food  Medicine  Environmental agents  
*(please describe below what the camper is allergic to and the reaction seen.)*

**Diet, Nutrition:**  This camper eats a regular diet.  This camper eats a regular vegetarian diet.  
 This camper has special food needs *(Please describe below, continue on back if necessary)*

- I have reviewed the program and activities of the camp and feel the camper can participate without restrictions  
 I have reviewed the program and activities of the camp and feel the camper can participate with the following restrictions or adaptations  
**(Please describe, continue on back if necessary.)**

**Medical Insurance Information:** This camper is covered by family medical/hospital insurance  Yes  No  
*Include a copy of your insurance card if appropriate; copy both sides of the card so information is readable.*

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

Subscriber \_\_\_\_\_ Insurance Co. Phone No. (\_\_\_\_) \_\_\_\_\_

**Parent/Guardian Authorization for Health Care:**

This health history is correct and accurately reflects the health status of the camper to whom it pertains. The person described has permission to participate in all camp activities except as noted by me and/or an examining physician. I give permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to the health of my child for both routine health care and in emergency situations. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for this child. I understand the information on this form will be shared on a "need to know" basis with camp staff. I give permission to photocopy this form. In addition, the camp has permission to obtain a copy of my child's health record from providers who treat my child and these providers may talk with the program's staff about my child's health status.

Signature of Custodial Parent/Guardian \_\_\_\_\_ Date: \_\_\_\_\_ Relationship to Camper: \_\_\_\_\_

*If for religious or other reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.*

Camper Name \_\_\_\_\_

(For Camp Use) Cabin \_\_\_\_\_

# CAMPER HEALTH HISTORY FORM 1

Developed and reviewed by: American Camp Association, American Academy of Pediatrics Council on School Health, & Association of Camp Nurses

Camper Name: \_\_\_\_\_  
 First Middle Last

Birth Date: \_\_\_\_\_  
 Month/Day/Year

**Immunization History:** Provide the month and year for each immunization. Starred (★) immunizations must be current. Copies of immunization forms from health-care providers or state or local government are acceptable; please attach to this form.

Immunization	Dose 1 Month/Year	Dose 2 Month/Year	Dose 3 Month/Year	Dose 4 Month/Year	Dose 5 Month/Year	Most Recent Dose Month/Year
Diphtheria, tetanus, pertussis ★ (DTaP) or (TdaP)						
Tetanus booster ★ (dT) or (TdaP)						
Mumps, measles, rubella ★ (MMR)						
Polio ★ (IPV)						
Haemophilus influenzae type B (HIB)						
Pneumococcal (PCV)						
Hepatitis B						
Hepatitis A						
Varicella (chicken pox)	<input type="checkbox"/> Had chicken pox Date: _____					
Meningococcal meningitis (MCV4)						

Tuberculosis (TB) test Date: \_\_\_\_\_  Negative  Positive

**If your camper has not been fully immunized, please sign the following statement:** I understand and accept the risks to my child from not being fully immunized.

Signature of Custodial Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_ Relationship to Camper: \_\_\_\_\_

**Medication:**  This camper will not take any daily medications while attending camp.  
 This camper will take the following daily medication(s) while at camp:

"Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins & natural remedies. ***Please review camp instructions about required packaging/containers. Many states require original pharmacy containers with labels which show the camper's name and how the medication should be given. Provide enough of each medication to last the entire time the camper will be at camp.***

Name of medication	Date started	Reason for taking it	When it is given	Amount or dose given	How it is given
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		

The following non-prescription medications may be stocked in the camp Health Center and are used on an as needed basis to manage illness and injury. ***Cross out those the camper should not be given.***

- |   |   |
|---|---|
| Acetaminophen (Tylenol)                                   | Ibuprofen (Advil, Motrin)                                     |
| Phenylephrine decongestant (Sudafed PE)                   | Pseudoephedrine decongestant (Sudafed)                        |
| Antihistamine/allergy medicine                            | Guafenesin cough syrup (Robitussin)                           |
| Diphenhydramine antihistamine/allergy medicine (Benadryl) | Dextromethorphan cough syrup (Robitussin DM)                  |
| Sore throat spray   | Generic cough drops   |
| Lice shampoo or cream (Nix or Elimite)                    | Antibiotic cream  |
| Calamine lotion   | Aloe  |
| Laxatives for constipation (Ex-Lax)                       | Bismuth subsalicylate for diarrhea (Kaopectate, Pepto-Bismol) |

# CAMPER HEALTH HISTORY FORM 1

Developed and reviewed by: American Camp Association, American Academy of Pediatrics Council on School Health, & Association of Camp Nurses

Camper Name: \_\_\_\_\_  
First Middle Last

Birth Date: \_\_\_\_\_  
Month/Day/Year

**General Health History: Check "Yes" or "No" for each statement. Explain "Yes" answers below.**

Has/does the camper:

- |   |   |
|---|---|
| 1. Ever been hospitalized? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                   | 11. Had fainting or dizziness? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                         |
| 2. Ever had surgery? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                         | 12. Passed out/had chest pain during exercise? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No         |
| 3. Have recurrent/chronic illnesses? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No         | 13. Had mononucleosis ("mono") during the past 12 months?... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Had a recent infectious disease? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No          | 14. If female, have problems with periods/menstruation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. Had a recent injury? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                      | 15. Have problems with falling asleep/sleepwalking? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No    |
| 6. Had asthma/wheezing/shortness of breath?..... <input type="checkbox"/> Yes <input type="checkbox"/> No   | 16. Ever had back/joint problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No                       |
| 7. Have diabetes? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                            | 17. Have a history of bedwetting?..... <input type="checkbox"/> Yes <input type="checkbox"/> No                       |
| 8. Had seizures? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                             | 18. Have problems with diarrhea/constipation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 9. Had headaches? ..... <input type="checkbox"/> Yes <input type="checkbox"/> No                            | 19. Have any skin problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No                             |
| 10. Wear glasses, contacts, or protective eyewear? <input type="checkbox"/> Yes <input type="checkbox"/> No | 20. Traveled outside the country in the past 9 months?..... <input type="checkbox"/> Yes <input type="checkbox"/> No  |

**Please explain "Yes" answers in the space below,** noting the number of the questions. For travel outside the country, please name countries visited and dates of travel.

**Mental, Emotional, and Social Health: Check "Yes" or "No" for each statement.**

Has the camper:

1. Ever been treated for attention deficit disorder (ADD) or attention deficit/hyperactivity disorder (AD/HD)? .....  Yes  No
2. Ever been treated for emotional or behavioral difficulties or an eating disorder?.....  Yes  No
3. During the past 12 months, seen a professional to address mental/emotional health concerns?.....  Yes  No
4. Had a significant life event that continues to affect the camper's life?.....  Yes  No  
(History of abuse, death of a loved one, family change, adoption, foster care, new sibling, survived a disaster, others)

**Please explain "Yes" answers in the space below,** noting the number of the questions. The camp may contact you for additional information.

**Health-Care Providers:**

Name of camper's primary doctor(s): \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_  
Name of dentist(s): \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_  
Name of orthodontist(s): \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

**What Have We Forgotten to Ask? Please provide in the space below** any additional information about the camper's health that you think important or that may affect the camper's ability to fully participate in the camp program. **Attach additional information if needed.**

**Parents/Guardians: STOP here. The rest of this is form is completed when the camper arrives at camp. Keep a copy for your records.**

**CAMPER HEALTH-CARE RECOMMENDATIONS  
by LICENSED MEDICAL PERSONNEL FORM 2**

Developed and reviewed by: American Camp Association,  
American Academy of Pediatrics Council on School Health, &  
Association of Camp Nurses

Mail this form to the address below by \_\_\_\_\_ (date)

**To Parent(s)/Guardian(s): Complete this section and give this form (FORM 2) and a copy of your completed CAMPER HEALTH HISTORY FORM (FORM 1) to your child's health-care provider for review.**

Dates will attend camp: from \_\_\_\_\_ to \_\_\_\_\_  
Month/Day/Year Month/Day/Year

Camper Name: \_\_\_\_\_  
First Middle Last

Male  Female Birth Date \_\_\_\_\_ Age on arrival at camp \_\_\_\_\_  
Month/Day/Year

Camper home address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Custodial parent(s)/guardian(s) phone: (\_\_\_\_\_) \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_

**Parent(s)/guardian(s) stop here. Rest of form to be completed by medical personnel.**

The following non-prescription medications are commonly stocked in camp Health Centers and are used on an as needed basis to manage illness and injury. **Medical personnel: Cross out those items the camper should not be given.**

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)
- Phenylephrine (Sudafed PE)
- Pseudoephedrine (Sudafed)
- Chlorpheniramine maleate
- Guaifenesin
- Dextromethorphan
- Diphenhydramine (Benadryl)
- Generic cough drops
- Chloraseptic (Sore throat spray)
- Lice shampoo or scabies cream (Nix or Elimate)
- Calamine lotion
- Bismuth subsalicylate (Pepto-Bismol)
- Laxatives for constipation (Ex-Lax)
- Hydrocortisone 1% cream
- Topical antibiotic cream
- Calamine lotion
- Aloe

**Medical Personnel: Please review the CAMPER HEALTH HISTORY FORM (FORM 1) and complete all remaining sections of this form (FORM 2). Attach additional information if needed.**

**Physical exam done today:**  Yes  No (If "No," date of last physical: \_\_\_\_\_)  
Month/Day/Year

ACA accreditation standards specify physical exam within last 24 months.

Weight: \_\_\_\_\_ lbs Height: \_\_\_\_\_ ft \_\_\_\_\_ in Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

**Allergies:**  No Known Allergies

To foods (**list**):

To medications: (**list**):

To the environment (**insect stings, hay fever, etc.—list**):

Other allergies: (**list**):

**Describe previous reactions:**

**Diet, Nutrition:**  Eats a regular diet.  Has a medically prescribed meal plan or dietary restrictions: (**describe below**)

**The camper is undergoing treatment at this time for the following conditions: (**describe below**)**  None.

**Medication:**  No daily medications.  Will take the following prescribed medication(s) while at camp: (**name, dose, frequency—describe below**)

**Other treatments/therapies to be continued at camp: (**describe below**)**  None needed.

**Do you feel that the camper will require limitations or restrictions to activity while at camp?**  No  Yes

**If you answered "Yes" to the question above, what do you recommend? (**describe below—attach additional information if needed**)**

**"I have reviewed the CAMPER HEALTH HISTORY FORM (FORM 1), and have discussed the camp program with the camper's parent(s)/guardian(s). It is my opinion that the camper is physically and emotionally fit to participate in an active camp program (except as noted above.)"**

Name of licensed provider (please print): \_\_\_\_\_ Signature: \_\_\_\_\_ Title: \_\_\_\_\_

Office Address \_\_\_\_\_  
Street City State Zip Code

Telephone: (\_\_\_\_\_) \_\_\_\_\_ Date: \_\_\_\_\_

# Pilgrim Lodge Camper Health History FORM 3

For children (minors) required to carry Epi-pens, inhalers or other emergency medication. All others may disregard this form. Mail this form with Health History Forms 1 & 2

Mail two weeks prior to the start of event along with form 1 & 2 to:

Pilgrim Lodge Health Form  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345



Camper Name: \_\_\_\_\_ DOB \_\_\_\_\_

The State of Maine has passed a law that affects all minor campers who are medically required to carry at all times and to self-administer emergency medication while at camp. These are campers who have been diagnosed to be at risk for a potential medical crisis such as asthmatic attacks or allergic reactions. The medications include, but are not limited to, an asthma inhaler or an epinephrine (epi) pen.

PERMISSION FORM: Approval for carrying self administered medication

## FOR THE PHYSICIAN:

As the primary health care provider for \_\_\_\_\_, I order the carrying and self-administering, as medically necessary of the following medications by the above named camper: (Circle all that apply or list other emergency self-medication device.)

- a. Asthma Inhaler      b. Epinephrine Pen

Further, I confirm that this camper has the knowledge and the skills to carry and safely self-administer the indicated emergency medication in camp.

\_\_\_\_\_  
Primary Healthcare Provider signature

\_\_\_\_\_  
Date

## FOR THE PARENT OR LEGAL GUARDIAN

### USE OF SELF-ADMINISTERED EMERGENCY MEDICATION

As the parent or guardian of (camper's name) \_\_\_\_\_ I approve of the carrying and self-administering, as medically necessary of the medications listed above by my child:

Further, I confirm that my child has the knowledge and the skills to safely carry and self-administer the above listed emergency medication in camp.

\_\_\_\_\_  
Parent or Legal Guardian signature

\_\_\_\_\_  
Date

**Pilgrim Lodge Camper Health History for ADULTS (FORM 4)**  
(page 1 of 1)  
This is the only health form adult campers need

Mail at least two weeks prior to event or bring it with you to:

**Pilgrim Lodge ~ Health Form**  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345

Dates attending camp: from \_\_\_\_\_ to \_\_\_\_\_

Camper Name: \_\_\_\_\_

Male  Female Date of Birth \_\_\_\_\_

For adult campers: you can mail this in, bring it with you or fill one out at camp. Thank you.

Camper Home Address: \_\_\_\_\_  
Street Address City State Zip Code

**Person to contact in case of emergency:**

Name: \_\_\_\_\_  
Relationship Preferred  
to Camper \_\_\_\_\_ Phones (\_\_\_\_\_) \_\_\_\_\_, (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Address: \_\_\_\_\_  
(if different from above)

**Allergies:**  No known allergies  I am allergic to:  Food  Medicine  Environmental agents (insect stings, hay fever, etc.)  
*(please describe below what you are allergic to and the reaction seen.)*

**Diet, Nutrition:**  I eat a regular diet.  I eat a regular vegetarian diet.  
 I have special food needs *(Please describe below, continue on back if necessary)*

I have reviewed the program and activities of the camp and feel I can participate without restrictions  
 I have reviewed the program and activities of the camp and feel I can participate with the following restrictions or adaptations  
**(Please describe, continue on back if necessary.)**

**Medical Insurance Information:** I am covered by medical/hospital insurance  Yes  No  
*Include a copy of your insurance card if appropriate; copy both sides of the card so information is readable.*

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

Subscriber \_\_\_\_\_ Insurance Co. Phone No. (\_\_\_\_\_) \_\_\_\_\_

**Authorization for Health Care:**

I hereby give permission to the camp to provide, seek, and consent to routine health care, administration of prescribed medications, and emergency treatment for me, as may be necessary, including, but not limited to X-rays, routine tests and treatment, and/or hospitalization. I also give permission for the camp to arrange related transportation. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. Further, it is my intention that the appropriate representatives of the camp be treated as "personal representatives" for the purposes of disclosing protected health information pursuant to the privacy regulations promulgated pursuant to the Health Insurance Portability and Accountability Act of 1996. I hereby agree (pursuant to 45 CFR § 164.510(b)) to the disclosure to camp representatives of the protected health information of the person herein described, as necessary: I) to provide relevant information to the camp representatives related to the person's ability to participate in camp activities. In the event I cannot communicate in an emergency, hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips out of camp.

Signature of Adult \_\_\_\_\_ Date: \_\_\_\_\_  
Camper \_\_\_\_\_

*If for religious or other reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.*

Camper Name \_\_\_\_\_

(For Camp Use) Cabin \_\_\_\_\_

Check this box and use the other side of this sheet to record any additional information that camp staff should know, or should share with a doctor in the event you are unable to communicate

# Pilgrim Lodge 2009 Scholarship Application



**Due: May 15, 2009**  
**Send this completed form to:**

Pilgrim Lodge Scholarship Request  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345

Please check with your local church pastor to see if a PL scholarship is available from the church.

Page two of this application is the Federal School Lunch Program form on page 16 (If you have already completed a school lunch form for 2009 please write 'submitted with registration' on top of the school lunch form). Thank you!

All applications must be signed by a Maine Conference minister (unsigned or incomplete applications will be returned without being processed. If the application is re-submitted and received after May 15 it will be considered a late application.)

Scholarships received after May 15 will be considered only if any funds remain after all on-time applications have been processed.

There are a limited amount of funds for distribution. Please apply only if you are truly in need in order to attend camp. The amount of scholarship offered will be dependent on the number of applications received by May 15. Scholarships do not exceed one third of the camp fee.

Number of household members: \_\_\_\_\_

\_\_\_\_\_  
Camper Name

Annual Household income: \_\_\_\_\_

\_\_\_\_\_  
Street Address

Other scholarships applied for:  
Summer champs, local church etc.

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Church (include town name)

\_\_\_\_\_  
Church of program

\_\_\_\_\_  
Session and Date of session

\_\_\_\_\_  
Amount requested or granted from above

\_\_\_\_\_  
Signature of Maine Conference UCC Pastor (required)

\_\_\_\_\_  
Amount of Request from Maine Conference

\_\_\_\_\_  
Parent/Guardian, or Adult camper signature (required)\_

**Please complete , the federal school lunch form. Found on page 16.**



# Request for a Pilgrim Lodge Counselorship

**Thank you!** Our program would not exist if not for the incredible gift of time offered by our counselors. Thank you for valuing the ministry at Pilgrim Lodge enough to offer your time.

**About Counseling:** If you would like to counsel but are not sure how to begin, start by contacting us at camp. (karen@pilgrimlodge.org or 207-724-3200) We'll ask you if you have particular weeks in mind. Your information will then go to the deans of those camps who will contact you about whether or not they are in need of counselors. You'll be asked to read a short book on counseling and take an on-line exam and print out the certification of completion (only the first time you counsel.) You'll also need reference forms and a background check authorization, available online or from your dean. You will be asked to attend a few meetings before camp and to arrive a day before where you will receive training more specific to Pilgrim Lodge.

**Counseling when you child is at PL:** Some parents hope to counsel when their child is at camp. You know your child, and whether or not this is a good idea for them. We find that for some younger children it works out fine. Middler and Senior High campers usually tend to do better given their own time and space at PL. Unless there are extraordinary circumstances, we will not place your child in your cabin. It is difficult to step out of the role of parent and trying to be a camp counselor to your own child.

**Counselorships:** If you have an immediate family member attending camp this summer, you can receive a \$75 Counselorship (\$37 for the half-week long session) toward his or her camp fee. Please, immediate family only. Counselorships are not offered to CIT's and are not to be used for oneself. Counselorships must be applied in the same year that you counsel.

Date: \_\_\_\_\_

Counselor Name: \_\_\_\_\_ phone \_\_\_\_\_

I am counseling for this session: \_\_\_\_\_

Please apply my Counselorship to (camper's name) \_\_\_\_\_

attending this session: \_\_\_\_\_

This camper is my: (son, sister etc.) \_\_\_\_\_

Counselor's signature: \_\_\_\_\_

You can mail this form (103 Pilgrim Lodge Lane, West Gardiner, ME 04345) or bring it with you to camp. If you're counseling after you camper's session, it is helpful to us to have this form *before* the camper's session begins.



# Pilgrim Lodge 2009 Schedule

<u>Dates</u>	<u>Grade or Age</u>	<u>Event</u>	<u>Cost</u>
April 24-25	Adults & Youth 6th Grade and Older	Jump Start Work Days	\$ 0
April 25-26	Jr. & Sr. High Youth Groups	Youth Group Overnight (free for JSW workers)	25
May 29-31	Men, 20 years and older	Men's Weekend	115
June 5-7	Women, 20 years and older	Women at the Well	115
June 9-12	Adults, 55 years and older	Vintage Ventures	149
June 12-14	16 or 17 Years Old	Counselor In Training Event	50
June 12-14	Young Adults, 19-30 yrs	Edna's Points	115
June 21-23	Grandparents, children at least 5 yrs.	Grandparents & Grandchildren 1	75
June 24-27	Entering 3rd-5th grade	Faith Foundations	185
June 28-July 4	Entering 8th-12th, '09 HS grads	Arts Alive!	369
July 5-11	Entering 7th-9th grade	be.lov.ed.comm.unity	369
July 12-18	Entering 4th-5th grade	Planting Seeds, Growing Hope	369
July 19-25	Entering 6th-7th grade	Community of Caring	369
July 26-Aug. 1	Entering 10th-12th, '09 HS Grads	Wilderness Awakenings Trip Camp	369
July 26-Aug. 1	Entering 8th-9th Grade	Middler Spirit	369
Aug. 2-8	Entering 6th-8th	Middler Impact	369
Aug. 9-15	Entering 10th-12, '09 HS Grads	Senior High Camp	369
Aug. 16	Kindergarten-Entering 2nd & family	A Day At Camp	15
Aug. 17-22	Adults, 21 years and older	Lighten Up, Loosen Up	160
Aug. 19-22	Entering 8th-12th, '09 HS grads	Manitou Island Camp (tent camping)	125
Aug. 23-25	Grandparents, children at least 5 yrs.	Grandparents & Grandchildren 2	75
Aug. 25-28	Feb.Honduras youth trip participants	Honduras Trip Orientation	125
Aug. 28-30	GLBTQI ADULTS, 18 years and older	Rainbow Camp	115
Sept. 4-7	Families of all configurations	Family Camp	90
Sept. 18-20	Women, 20 years and older	Women's Autumn Weekend	115
Oct. 31	Adults & Youth 6th Grade and Older	Fall Work Day	0

Event descriptions are available online and in the 2009 PL Brochure  
go to [www.pilgrimlodge.org](http://www.pilgrimlodge.org) or call 207-724-3200