



Camp de Benneville Pines

41750 Jenks Lake Rd. West
Angelus Oaks, CA 92305

August 18, 2011

Hello campers!

Soon we'll be together in the tall pines, the cool breezes, the clean scents, the flowing water, the flowers, ready to renew old friendships and start new ones.

In order to make the most of your stay during PSWIRL's Summer Camp for Grownups you'll want to have brought with you the following:

- * completed medical form, if not sent in prior to camp;
- * any balance dues
- * refillable water bottle
- * ideas for talent show with costumes, if helpful;
- * items for auction;
- * bathing suit and wrap, plus sandals;
- * sturdy shoes for walking in the woods;
- * sleeping bag or sheets and blankets, plus pillow;
- * flashlight with extra batteries;
- * extra funds for momentos from de Benneville store;
- * lotion & sheet for massage;
- * personal dream notebook;
- * sweatsuit for exercise comfort;
- * skirt to swish while dancing;
- * fishing rod & tackle, if you have a CA fishing license;
- * camera to memorialize the beauty of place & people.

The AMENDED workshop schedule is enclosed. NOTICE that on Sunday camp starts at 3:30pm and dinner is at 5:30pm. Sunday after the mixer the workshop leaders will describe their plans for the week and sign-ups begin. There will be a lottery if too many sign-up for a class.

See you all soon! It will be fun to be together again!

Nancyann Leeder, dean

2011 F 2011 PSWIRL WORKSHOP & ACTIVITY SCHEDULE -- AMENDED

registration/Melissa	Sun	Lodge	3:30-5:30pm
medical form check/Tammy, ret. RN	Sun	Lodge	3:30-5:30pm
de Benneville orientation/Nancyann	Sun	Lodge porch	4:30-5pm
dinner, followed by mixer/Mac Downing	Sun	Lodge	5:30-7:30pm
discussion of workshops & activities	Sun	Lodge	7:30pm

WORKSHOP/ACTIVITY/LEADER	DAY	LOCATION	TIME	
Qi Gong/Leslie Levy	Mon - Fri	Lodge patio/coffeehouse	7-8:15am	open
Nature walk/ Marcia Harris	Mon - Fri	meet: Lodge porch	7-8:15am	open
Theme talk/Michael Dowd & Connie Barlow	Mon-Thurs	Amphitheater	9-10am	open
Talkback/Rev. Michael Dowd & Connie Barlow	Mon-Thurs	Lodge porch	10:15-noon	open
Dreamwork/ Betsy Walters	Mon-Thurs	Library	10:15-noon	committed
Yoga for Elders/Sher Heflin	Mon-Thurs	Craig's Cabin	10:15-noon	open
Releasing old self images/Barbara Reinhart	Mon only	Coffeehouse	1:45-3:15pm	open

page 2 of 3

Improv/Kellie Roundtree	Tues-Thurs	Coffeehouse	1:45-3:15pm	open
Creative writing/Karen Wilson Bell	Mon-Thurs	Library	1:45-3:15pm	committed
Crafts/Jeannine Schneider	Mon-Thurs	Craft area above Lodge	1:45-3:15pm	open
Massage/Justin Bell	Mon-Tues	PSWIRL room	1:45-3:15pm	open
Astronomy discussion/Peter Landecker	Wed	Craig's Cabin	1:45-3:15pm	open
Feldenkrais/Darcia Dexter	Mon-Thurs	Coffeehouse	3:30-5pm	committed
Brain Ed for Successful Aging/ Sher Heflin	Mon-Thurs	Library	3:30-5pm	open
Relating to each other/Len Harris	Mon-Tues	Craig's Cabin	3:30-5pm	open
Collage/Marcia Harris & Marsha Fenner	Mon-Thurs	Craft area above Lodge	3:30-5pm	open
Massage/Justin Bell	Wed-Thurs	PSWIRL room	3:30-5pm	open
Astronomy observatory trip/Peter Landecker	Thurs	meet: Lodge porch	1:30-5pm	committed
Sing-along at Happy Hour/Barbara Shields	Mon-Thurs	Lodge Patio	5:30-6:30pm	open
Folk & swing dancing/Marcia Fenner	Mon-Wed	Lodge	7:30-9pm	open
Astronomy/Peter Landecker	Mon-Tues	Parking lot	8pm-----	open
Videos	Mon-Wed	Library	8pm-----	open
Games	Sun-Thurs	Lodge	8pm-----	open

SPECIAL ACTIVITIES

Mixer/Kellie Roundtree	Sun	Lodge	6:30-7:30pm	
Auction/Lynn Smart	Mon-Wed	Lodge	noon-noon	
Picture/fire drill	Tues	Volleyball court	10am	
Closing ceremony	Fri	Amphitheater	9:30-10:30am	
Canoeing/kayaking/staff	Tues/Wed	meet: archery area	3:15-6:30pm	committed
Archery/staff	Mon/Thurs	Archery area	1:30-3:30pm	committed
Pool swimming	Mon-Fri	Pool	TBA	
Hot tub	Sun-Fri	Hot tub	TBA	

MEALS set up 15 minutes before meals -- see white board in Lodge for cabin assignments for set-up

breakfast	Mon-Fri	Lodge	8am	
lunch	Mon-Thurs	Lodge	12:30pm	
Happy hour	Mon-Thurs	Lodge porch	5:30pm	
dinner	Mon-Thurs	Lodge	6:30pm	
brunch	Fri only	Lodge	10:30am	
dinner	Sun only	Lodge	5:30pm	

Emergency Information Form – Adults at Camp de Benneville Pines

Name _____ DOB _____

Address _____ City _____ ST _____ Zip _____

Home Phone# _____ Cell Phone# _____

Medical Insurance Company _____ Phone# _____

Policy# _____ Group# _____

Emergency Contact (not at camp)

Name _____ Phone#1 _____

Phone#2 _____ Email/SMS _____

My immunizations are up-to-date YES NO Date of last tetanus shot _____

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

Known medical problems/conditions and medical treatment that may be needed at camp (use other side for additional information):

Please list all medications, OTC & RX that you will be taking while at camp (use other side for additional information):

I understand that if I become injured or ill while at camp, the Health Supervisor is authorized to determine if I require care outside the bounds of that available in our wilderness setting. Due to de Benneville's isolation and elevation, any camper remaining ill for more than 12 hours may be asked to leave camp, and may return only with authorization from a physician. I have been made aware that it can take 45 minutes or more for paramedics to respond to a 911 emergency call. If road conditions are icy or hazardous, it can take substantially longer. I agree to follow the safety rules of the camp.

This form is for use by the Health Supervisor during camp only. After camp, it will be shredded. We do not retain medical records for adult campers.

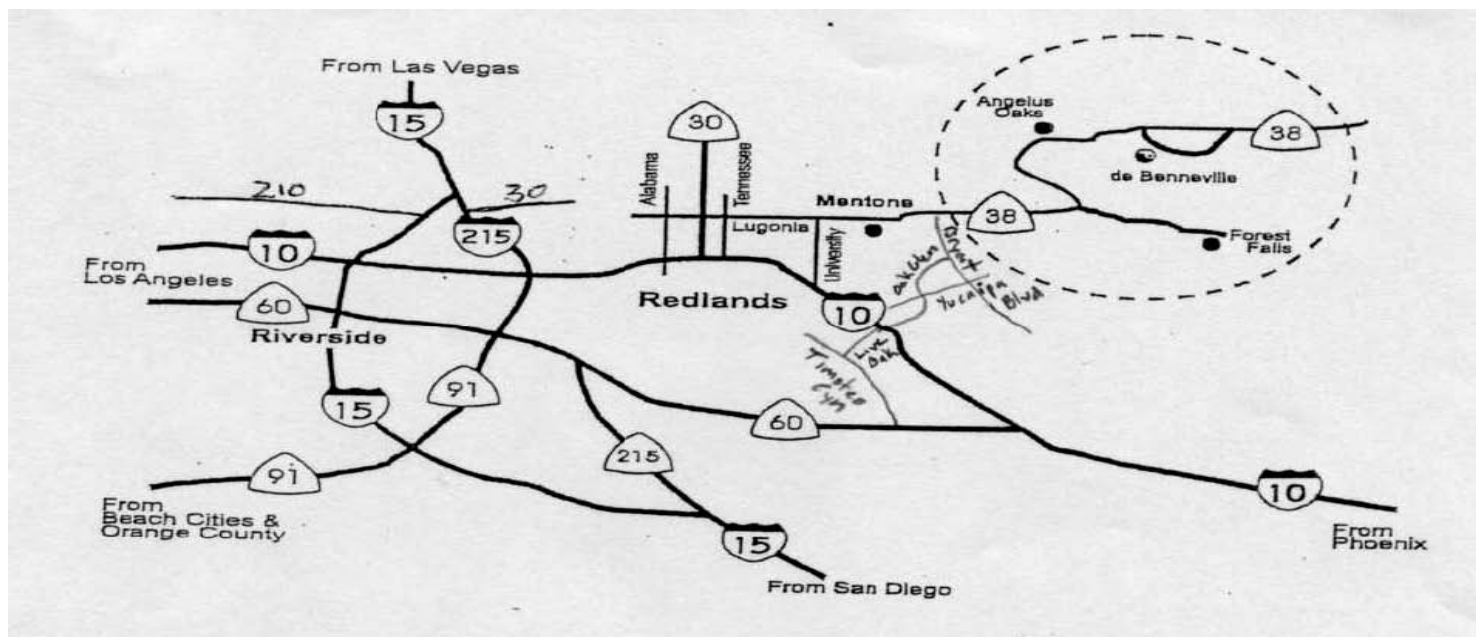
I hereby give permission for the camp first aid person to provide routine health care and emergency medical treatment, including ordering x-rays or routine tests. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. I give permission to the retreat organizers or the camp staff to arrange necessary related transportation. In the event of an emergency, I hereby give permission to the physician selected by the retreat organizers or camp staff to secure and administer treatment, including hospitalization.

Signature of Adult Camper/Participant _____ Date _____

Although I understand that my medical information is being requested only so that medical treatment can be provided in case of an emergency, loss of consciousness or inability to make a decision on my own, and that not having this information may make it impossible for the Health Supervisor to provide appropriate medical care, I wish to decline to provide the requested medical information.

Signature of Adult Camper/Participant _____ Date _____

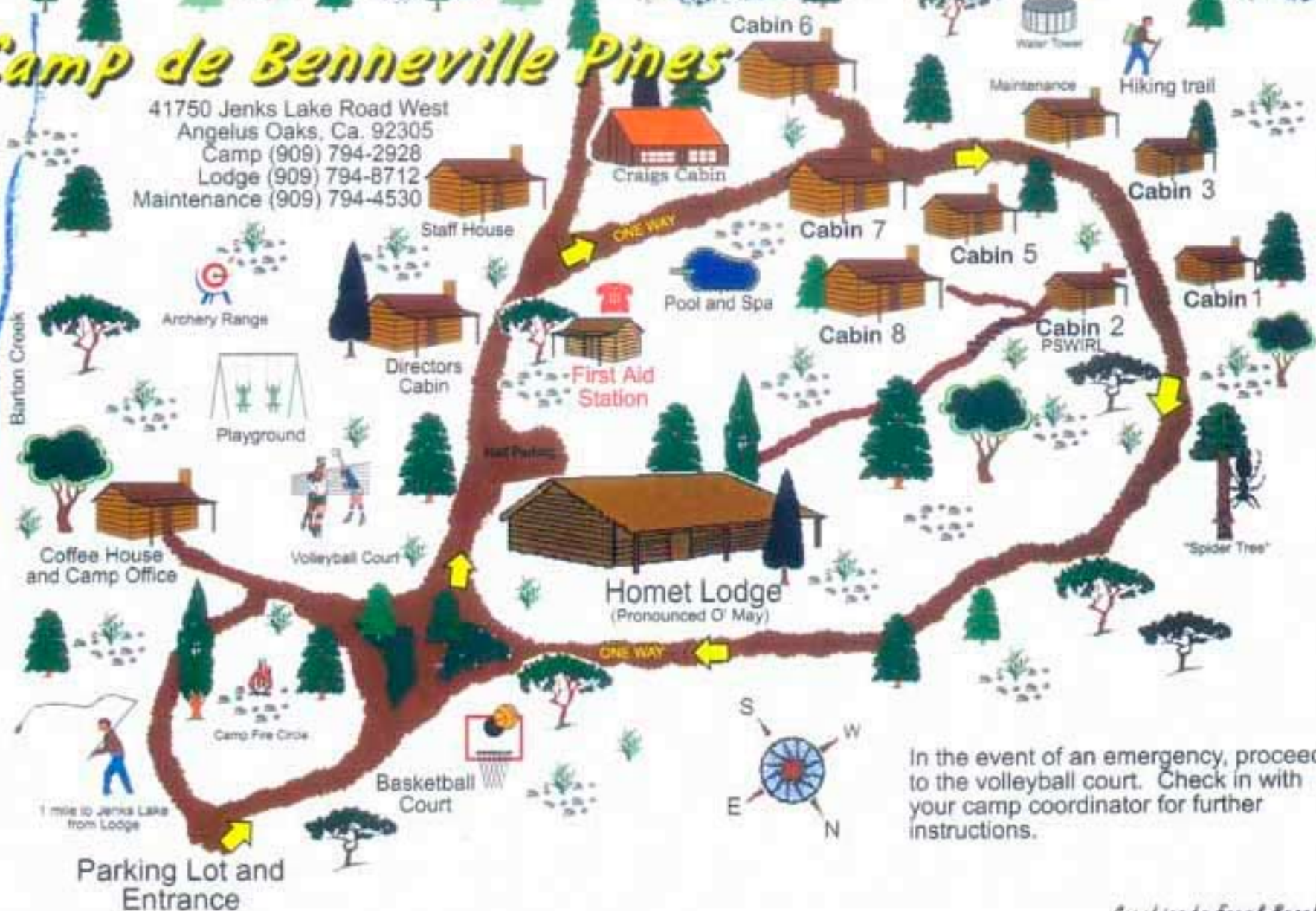
DIRECTIONS



- Arizona:** Take the I-10 West to Oak Glen/Live Oak Canyon Rd. Turn right on to Oak Glen Rd. Follow the road across Yucaipa Blvd and continue to Bryant St., turn left and go to Hwy 38. Turn right. Follow the directions **IN BOLD below** from Hwy 38.
- Orange Co:** Take the 91 Freeway toward Riverside until it becomes the I-215 East toward San Bernardino. Take the I-10 East to Redlands. Follow the instructions **IN BOLD below** from Redlands.
- Las Vegas:** Take the I-15 South to San Bernardino. Take the 210 (formerly Hwy 30) East to Redlands. Exit at San Bernardino Ave. Go through the light to the next street, Lugonia/Hwy 38. Turn left and follow the directions **IN BOLD below** from Hwy 38
- San Fernando Valley:** Take the 101 East to the 134 East to the 210 East. In Redlands, exit at San Bernardino Avenue. Go through the light to the next street, Lugonia/Hwy 38. Turn left. Follow the directions **IN BOLD below** from Hwy 38.
- San Diego:** Take the I-15 North to the I-215 East toward San Bernardino. In Moreno Valley take the 60 East to the Redlands Blvd exit. Turn left and go North on Redlands Blvd until it dead ends at San Timoteo Canyon Rd. Turn left and continue approximately 1 mile to Live Oak Canyon Rd. Turn right and continue over the 10 Fwy, where the name changes to Oak Glen Rd. Continue through Yucaipa to Bryant St. Turn left, continue to Hwy 38. Turn right. Follow the directions **IN BOLD below** from Hwy 38.
- Ventura:** Take the 26 East to the 5 South to the 14 East. Exit for Pear Blossom Hwy/138 East. Go to the I-15 South, taking the 210/30 East to Redlands. Exit at San Bernardino Ave. Go through the light to the next street, Lugonia/Hwy 38. Turn left. Follow the directions **IN BOLD below** from Hwy 38.
- Redlands:** From I-10, take the University exit. Turn left on University. Turn right on Lugonia/Hwy 38. **Follow Hwy 38 toward Big Bear, up into the mountains. At the road to Forest Falls, bear to the left, continuing on Hwy 38. At the top of the mountain, pass through the town of Angelus Oaks and continue another 5 ½ miles. Turn right on West Jenks Lake Road. The sign for Camp de Benneville Pines will be on the right approximately 1 ½ mile up. (If you see the sign for Seven Oaks on Hwy 38, you have missed the Jenks Lake turn. Go back to West Jenks Lake Road.)**

Camp de Benneville Pines

41750 Jenks Lake Road West
Angelus Oaks, Ca. 92305
Camp (909) 794-2928
Lodge (909) 794-8712
Maintenance (909) 794-4530



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