



FARM & WILDERNESS

Dear Friend:

Thank you for inquiring about Family Camp at Farm & Wilderness.

Family Camp is unique at Farm & Wilderness in that the participants plan the activities and adventures together along with a small staff, with the aim of supporting the broad spectrum of hopes, needs and desires of the entire community. There are many activities that fill the days at Family Camp. These might include singing, dancing, playing music, skits, storytelling, beading, woodworking, tie-dye, swimming, weaving, crafts of all kinds, sunning, reading on the porch, napping in a meadow, puzzles, board games, running games, canoeing, saunas, hikes, strolls, caving, Frisbee, campfires, discussions, slide-shows, preparing meals and of course eating! There are trails to hike and gardens burgeoning with vegetables to harvest. An afternoon in the apple orchard could lead to baking apple pies or pressing fresh cider -- or playing games, sketching the lake or lying in the sun and watching the clouds go by. Visits to the farm animals and helping with morning and evening barn chores are always popular.

Family Campers choose to participate in activities either as individuals or as an entire family. A family that wants some time together might row off for a morning jaunt. A parent who could use a little "adult time" might go on a hike for the afternoon while their little one plays with a temporary guardian. Some ten-year-olds might want to find a mom or dad to play soccer with them. A teenager might ask one of the lifeguards to supervise a canoe outing to Ant Island. The real magic of this camp emerges as the group creatively becomes a community. Together we will take care of daily tasks, share bounties and blessings, and celebrate our achievements and accomplishments.

Family Camp 2010 has been extended so that you can spend a full week in the Plymouth Valley. It begins in time for dinner on Sunday, August 22nd, and finishes after the "Clean-O-Rama" on Saturday, August 28th by noon. The waterfront will have lifeguards, plus various boats and accessories. Farm & Wilderness cook staff coordinates meals, and feature fresh organic produce harvested from the gardens. Family Camp revolves around the Indian Brook lodge, where meals, announcements, and Silent Meeting take place. Family Campers stay in simple, rustic open cabins equipped with bunks, mattresses, and outhouses nearby. Campers stay on the Indian Brook campus and can expect to share a cabin with 1 other family.

In an effort to keep camp affordable and to foster a working sense of community among the participants, Family Camp runs on a skeletal staff. It is the campers who assume responsibility for carrying out the daily chores at camp. Chores include cook help, kitchen clean-up, running the dishwasher, cleaning pots, sweeping the lodge, building fires, setting tables, cleaning bathrooms, etc. Campers sign up to do a "balance" of different sorts of chores for the 7 days. **Each camper age 15+ is expected to assume responsibility for approximately one chore per day. It is important to take the chore commitment into consideration when deciding if Family Camp is right for you and your family.**

At all times, it is the parent's responsibility to guide their children in choosing activities that take into account the child's ability, and what they need to be safe for themselves and others. Parents and guardians carry full responsibility for supervising and caring for their children, even when they have temporarily delegated this responsibility to another person at camp. We recommend that single parents and parents of young children bring a mature person who can share childcare.

If you have any questions feel free to call the office at 422-3761. We hope to hear from you soon!

Sincerely,

Melanie Gander,
Assistant Program Director

FAMILY CAMP 2010

WHEN: Sunday, August 22nd (arrival 3-5:00pm) to Saturday, August 28th after breakfast and clean-up (approximately 12 noon).

WHERE: Indian Brook Camp at Farm & Wilderness, Plymouth VT.

COST:

The cost of Family Camp includes food, lodging and program for all five days.

There is NO fee for children 4 years of age and younger.

***Fee per child between 5 and 15 years of age: \$145.00 - \$215.00 (sliding scale)**

***Fee per participant age 16 years and older: \$295.00 - \$415.00 (sliding scale)**

*We have maintained low tuition costs for many years at Family Camp, although our expenses have increased. In an effort to keep Family Camp affordable to all, please pay according to the suggested sliding scale in a manner compatible with your family's income. Be mindful that the goal of this sliding scale is to keep tuition low for those who need it. Therefore, we suggest you pay the highest amount your family can afford. **The sliding scale for children is as follows: \$145.00 / \$170.00 / \$195.00 etc**
The sliding scale for adults is as follows: \$295.00 / \$320.00 / \$345.00 / \$370.00 etc

Refund Policy: If your application is withdrawn before July 1st, all payments will be refunded. After that date no refunds or credits for future use are given. It is not possible to make any reduction in the registration fee if you arrive late or leave early, except for withdrawal on account of serious illness or injury incurred while at F&W. There will be no refund if you are asked to leave camp during the week due to an infraction of camp rules or if you withdraw voluntarily.

YOUNG CHILDREN AND CHAPERONES:

Children under 18 must come with their own parents or with an adult (21 or older) who agrees to assume responsibility for them. Parents of chaperoned children must complete a chaperone form. If you need a chaperone form, please contact the Main office. Family Campers should contact The Family Camp Director, John Porcino at (413)549-5448 if they are interested in bringing a child under the age of four.

REGISTRATION:

You can request a registration packet from Melanie Gander (802) 422-3761, via email melanie@farmandwilderness.org or download one at www.farmandwilderness.org

Family Camp is a very popular event. Unfortunately, we do not have enough space for everyone that is interested in attending. Again this year, the Family Camp Directors will utilize a lottery system to determine enrollment for the 2010 season. You must have your completed registration information and payment postmarked by March 31st, 2010 to be considered for the lottery. Folks will be notified in writing in late April with the lottery results. If you are not chosen for the lottery, you will receive a full refund of registration fees at that time.

Please mail in the following items to the Farm & Wilderness office: 263 Farm & Wilderness Rd, Plymouth VT 05056.

- **A completed registration form.**
- **A completed health form for each participant.**
- **Advance payment.**

You must mail in all three of the above items to be considered registered for the lottery.

If you have questions regarding the lottery process, please contact John Porcino (413) 549-5448 or john.porcino@cohousing.com.

IMPORTANT THINGS TO KNOW ABOUT FAMILY CAMP

Silent Meeting:

One of the beloved traditions at Farm & Wilderness is the gathering of all able staff and participants to share in Silent Meeting together each morning. In keeping with the Quaker tradition, Silent Meeting is held each morning for about 20 minutes and is one of the most treasured elements of Farm & Wilderness. Meeting is a time when the camp community gathers together for a period of contemplative quiet. It is a time when we sense most vividly that we are, indeed, united. If someone is moved to share a thought, they are free to speak. For many people Meeting is both calming and rewarding. It sets the pace for much of each day's activities and is, perhaps, the most important basis for the camp's sense of community. Children are a welcomed part of the Meeting, but each morning an adult offers an "alternative meeting" for those little ones for whom 20 minutes of sitting quietly may be too much. We strongly encourage people of all ages to join Meeting, even if it at first seems strange. For many it becomes a favorite part of the Family Camp experience.

Waterfront:

Lifeguards will be on staff during Family Camp. The Family Camp waterfront is suits-only swimming. **Bring your bathing suits!** There is no skinny dipping at Family Camp.

Gifts of Love:

Gifts of love are the daily chores and tasks that we share at Family Camp. One of the things that bring a special spirit to this camp is the sharing of the daily jobs of living as a community. These could include cooking and cleaning up after meals, child care, or leading activities. Everyone over 15 is asked to sign up for several tasks during the week. (Most of the younger children love to help out, too!)

Accommodations:

You will be housed in camper cabins. These cabins are rustic, open buildings with built-in bunks equipped with a foam mattress. You should expect to share a cabin with 1 other family. There is no electricity in the cabins. Outhouses (kybos) and cold water spigots are located near each cabin. Meals and general gatherings will take place at the main Indian Brook lodge, which is fully equipped with utilities. Hot showers are available in the two shower houses. (There is limited space available near the lodge for those who need facilities in close proximity to the dining hall.)

Wholesome Food:

To the greatest extent possible we raise our own food from our certified organic gardens or buy it from local organic producers. We serve as little processed food as possible. Special diet requirements can be noted on the registration form. A vegetarian choice will be served at every meal. Snacks are available for between-meal times.

General Ground Rules:

At Farm & Wilderness we strive to provide an environment that is safe and special, where we can leave behind some of the distractions of our everyday lives and gather in the beauty of nature and community.

Toward this end we ask the following:

1. Be responsible for yourselves; supervise your children, and your guests.
2. Children under 18 must come with their own parents or a chaperone over the age of 21. Chaperones may be responsible for no more than 2 children.
3. No pets. Please do not even ask. It puts our farm animals, the comfort of others and your pet at risk.
4. No tobacco, alcohol, drugs or firearms.
5. No electronic games, radios or boom boxes.
6. Understand and abide by the waterfront rules as follows:
 - A certified lifeguard must be on duty to swim at any time at the waterfront.
 - No child should be at the waterfront at any time without a parent or parent-designated adult.
 - Safety vests (PFDs, life jackets) must be WORN by each person in a canoe or boat.
 - A certified lifeguard must be present when people are canoeing.
 - Children under the age of 18 who can swim may only go boating with their parent or parent-designated adult.
 - No diving off docks.
 - Dipping (with both feet firmly on the bottom) is allowed if 2 people are present and one person present is an adult.



FARM & WILDERNESS

Family Camp Registration Form. Summer 2010

If you are planning to attend Family Camp with another family, please communicate with each other and send in one registration form that includes the names of both family members. You should definitely fill out one form if you do not wish to attend unless both your family and the second family are accepted to Family Camp. Each family may pay separately.

Name: _____

Address: _____

City/State/Zip: _____

Phone Number(s): Home () _____ Cell() _____ Work () _____

Email address: _____

Participants: List all participants below. Please include age in August 2010 for all attendees under 18

_____	_____	_____
_____	_____	_____
_____	_____	_____

Check here if you will be bringing a child under the age of 18 who is not an immediate family member.

Check here if you will be bringing someone under the age of 18 to supervise your children.

Check here if you/your family are new to F&W Family Camp.

Check here if you/your Family have been at F&W Family Camp before. What year(s) were you at Family Camp? _____

*Do the campers wish to be considered: ___ African American, ___ Asian American, ___ Caucasian, ___ Latino/a, ___ Native American, ___ Foreign Citizen, ___ Multi-Racial, ___ Other

*We ask only to assist us in creating a multicultural community at Family Camp.

Arrival time and date: _____ Departure time and date: _____

I am a/We are _____ participant(s) who would like to register for Family Camp. Enclosed is my/our payment of \$_____. I/We understand that this is an informal event without structured programming. I/We are responsible for supervising children under my/our care, and look forward to contributing my/our energy and ideas to make this temporary community come alive.

Special requests or requirements: _____

Please turn the page and complete the backside of the registration form



Acknowledgement of Risks and Release of Claims

The safety and well being of each participant at Family Camp is of paramount importance to staff of Farm & Wilderness Foundation. All reasonable care and precautions are taken to ensure a fun and creative community-building experience takes place. The following acknowledgment and release form is both a requirement of our insurance coverage and an important reminder to you as a parent, chaperone or participant to be sure you and the children are properly prepared.

I agree to abide by the following guidelines during my stay at Farm & Wilderness:

1. No tobacco, drugs, alcohol, or firearms allowed.
2. No open flame inside any of the buildings.
3. Quiet hours begin at 10pm and end at 8am.
4. I will participate in the community tasks associated with this event including meal preparation and cleanup.
- 5. I will leave my pets at home.**
6. No electronic devices (tape players, electronic games, etc.)
7. I agree to abide by the waterfront rules.

I understand that Family Camp takes place in rocky, mountainous and forested terrain on and around Farm & Wilderness lands and that waterfront activities may be a part of the experience. The following potentially hazardous activities, as well as others not mentioned, may be undertaken: rustic living, hiking, swimming, canoeing, rock climbing, cooking, and doing barn chores. These activities can cause personal injury, property damage, illness or death. I realize that Farm & Wilderness does not provide childcare or adult supervision for children under the age of 18. Childcare and adult supervision is the responsibility of the parents and chaperones.

In recognition of the potential hazards, I, or my children, my heirs and assigned, do hereby release Farm & Wilderness and its employees from any and all liability, actions, causes of action, debts, claims and demands of every kind and nature whatsoever, and specifically including any claim for negligence or negligent acts, arising from my participation in Family Camp. I further agree to hold harmless and indemnify F&W and its agents for all defense costs, including my attorney's fees and any other costs resulting in connection with my participation.

Please have every person over 12 years old read and sign this acknowledgement of risks and release of claims statement.

Signature:	Print name	Parent / guardian signature (if participant is under 18)
_____ / _____ date	_____	_____ / _____ date
_____ / _____ date	_____	_____ / _____ date
_____ / _____ date	_____	_____ / _____ date
_____ / _____ date	_____	_____ / _____ date
_____ / _____ date	_____	_____ / _____ date
_____ / _____ date	_____	_____ / _____ date

****Please mail your registration form(s), health form(s), and payment to the Farm & Wilderness office at: "Family Camp": 263 Farm & Wilderness Rd, Plymouth VT 05056**

Family Camp Health History Form

Dear F& W event participant:

Please be sure to fill out this **health form for each member** of your family who will be **attending the event**.

The information on this form would be necessary for Farm & Wilderness staff in emergencies when you are injured or ill and not able to give us critical information about allergies, medications, medical history, or significant personal challenges. Social security numbers are required for treatment at Dartmouth Medical Facility, our nearest regional hospital and trauma center.

As parents, your permission for emergency medical treatment is also important should you be absent at the time of an accident. There is no need for you to make a doctor's appointment or to have a check-up; simply record the medical information and return the health form to us along with the registration form.

If you have any questions regarding health forms please contact the main office. (802/422-3761)

Name _____ Birth date ____/____/____
Last First Middle Initial

Home address _____
Street address City State Zip

Phone: _____ - _____

Social security number of participant _____ Gender: Male Female

Custodial parent/guardian (if participant is under the age of 18)

Name _____

Home Address _____
 (if different from above) *Street address City State Zip*

Phone (____) _____ Cell (____) _____

Business address _____
Street address City State Zip

Business phone (____) _____

Emergency contact

Name _____ Relationship to participant _____

Address _____
Street address City State Zip

Phone (____) _____ Business address _____

(Please turn the page and complete the backside of the form (insurance information))

Insurance Information (Event health history form continued)

Is the participant covered by family medical/hospital insurance? Yes No

If yes, indicate carrier of plan name _____

Group # _____

Name of insured _____

Relationship to participant _____

Social security number of policy holder or insurance ID number _____

Permission to Provide Necessary Treatment or Emergency Care
These boxes must be completed for attendance*

Important-

I hereby give permission to the medical personnel selected by the camp director to order X-rays, routine tests, and treatment; to release any records necessary for insurance purposes; and to provide or arrange necessary related transportation for me or my child. In the event I cannot be reached in an emergency,

I hereby give permission to the physician selected by the camp director to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips outside of camp.

Signature of participant or parent/guardian _____ Date ____/____/____

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

Chronic/Current Condition(s): Please list and describe any chronic or current condition(s) that might affect your participation in the event.

Allergies: List all Known:

Medication allergies (list)

Describe reaction and management of the reaction.

Food allergies (list)

Other allergies (list)-include insect stings, hay fever, asthma, etc.

Participant signature: This health history is correct and complete as far as I know.

Signed _____ Printed _____ Date ____/____/____

Parent/guardian authorizations: This health history is correct and complete as far as I know, and the person herein described has permission to engage in all camp activities except as noted.

Signed _____ Printed _____ Date ____/____/____



DIETARY RESTRICTIONS

Name: _____

- | | |
|---|---|
| <input type="checkbox"/> lacto/ovo vegetarian | <input type="checkbox"/> vegan |
| <input type="checkbox"/> no red meat | <input type="checkbox"/> lactose intolerant |
| <input type="checkbox"/> no wheat | <input type="checkbox"/> no nightshades |
| <input type="checkbox"/> no melons | <input type="checkbox"/> no refined sugar |
| <input type="checkbox"/> no nuts | <input type="checkbox"/> other/ food allergies (please specify) |

Name: _____

- | | |
|---|---|
| <input type="checkbox"/> lacto/ovo vegetarian | <input type="checkbox"/> vegan |
| <input type="checkbox"/> no red meat | <input type="checkbox"/> lactose intolerant |
| <input type="checkbox"/> no wheat | <input type="checkbox"/> no nightshades |
| <input type="checkbox"/> no melons | <input type="checkbox"/> no refined sugar |
| <input type="checkbox"/> no nuts | <input type="checkbox"/> other/ food allergies (please specify) |

Name: _____

- | | |
|---|---|
| <input type="checkbox"/> lacto/ovo vegetarian | <input type="checkbox"/> vegan |
| <input type="checkbox"/> no red meat | <input type="checkbox"/> lactose intolerant |
| <input type="checkbox"/> no wheat | <input type="checkbox"/> no nightshades |
| <input type="checkbox"/> no melons | <input type="checkbox"/> no refined sugar |
| <input type="checkbox"/> no nuts | <input type="checkbox"/> other/ food allergies (please specify) |

Name: _____

- | | |
|---|---|
| <input type="checkbox"/> lacto/ovo vegetarian | <input type="checkbox"/> vegan |
| <input type="checkbox"/> no red meat | <input type="checkbox"/> lactose intolerant |
| <input type="checkbox"/> no wheat | <input type="checkbox"/> no nightshades |
| <input type="checkbox"/> no melons | <input type="checkbox"/> no refined sugar |
| <input type="checkbox"/> no nuts | <input type="checkbox"/> other/ food allergies (please specify) |
