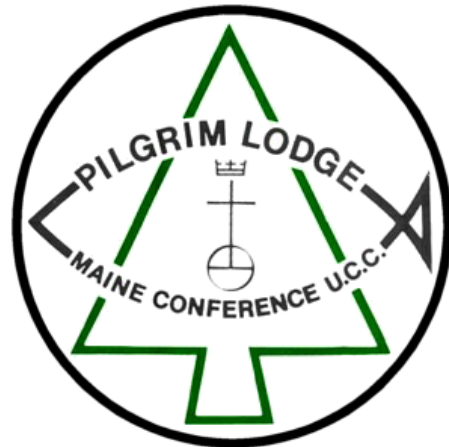


Pilgrim Lodge

2008



Adult Camper Guide

This guide is for adults attending one or more of the following events:
Men's Retreat, Women at the Well, Vintage Ventures, Edna's Points, Lighten Up-Loosen Up

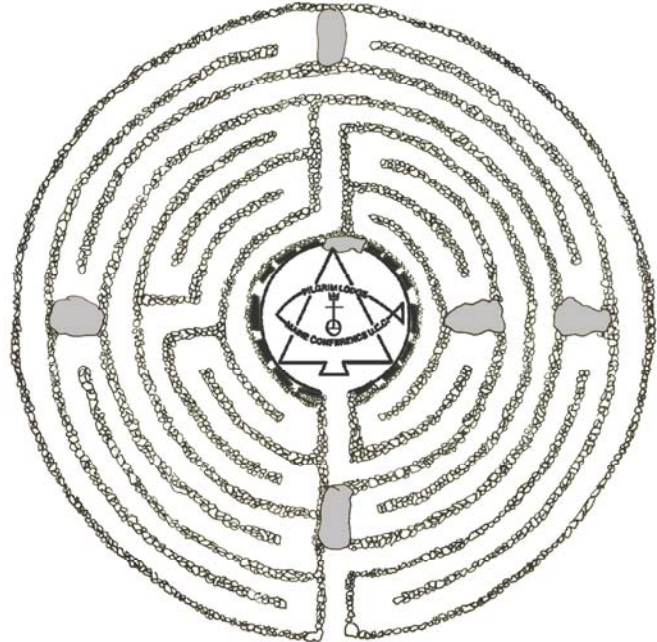
There are other guides available : one for parent's sending children to Pilgrim Lodge, and one for those attending family or grandparents camps.



PILGRIM LODGE

Greetings Camper!

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, 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,

A handwritten signature in black ink, appearing to read "Bryan S. Breault".

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:
Cathy Croudin - PL Registrar
PO Box 966
Yarmouth, ME 04096
207-846-5118
(within Maine: 1-800-244-0937)
cathycroudin@maineucc.org

CHANGES FROM PREVIOUS YEARS

Pilgrim Lodge is now accredited by the American Camp Association!

On-line Registration: Starting March 15 you can register for your event online using a credit card. The first time you go to register you will set up a family account and establish a user name and password. Your information is professionally secured and never sold or given away. We hope to use email to send letters and invoices, cutting the cost to administrate camp. Go www.pilgrimlodge.org for instructions.

Paper Registration: Those who choose not to make use of the on-line registration option can still register with paper. The registration materials are not included in this year's camp brochure however a form can be found in this guide on page 9. Please contact us using the contact information on page 2 if you have questions.

Password Protected Photos: While we are proud of our expanding adult ministry, we have an obligation to keep the children who come to PL safe. In the interest of children's security, the photos that have been available in recent years to anyone on the internet, now require a password. We have contracted with a company to provide this level of security and all our programs must go through this system. You will have the opportunity to set up an account for \$10 that will generate a password to access the on-line photos of your time at camp and have email sent to you. You will also have an opportunity to purchase prints of the photos if you choose. This new system will allow us to post *many more photos* than in previous years. CD-roms will still be available from the camp store. You can set up a photo/email account without using the on-line registration but you will need a credit card to do so.

E-mail at camp will now be using the same system as above. After setting up your photo/email account for \$10 (see above) you will be able to purchase 'bunk note credits.' 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. PL was among the first to offer email to campers but after multiple viruses and increasing costs we are converting to Bunk Notes. Senders are no longer limited to one email a day.

Addition To The 'Bring' List: We ask that everyone bring a sturdy, reusable water bottle with their name clearly written on it in permanent marker.

No more address lists: Due to increasing issues of information sharing, we will not distribute lists of camper's addresses. We will distribute a list of camper's names by cabins. Campers can swap their own contact information.

Health Forms: yes, adults need them too but no, you don't need a physical and you can just fill it out when you arrive at PL.

Payment & Refunds: A non-refundable deposit of \$75 (or other amount if indicated) is required with the initial registration. The balance is due two weeks before the start of the event. **We no longer accept payment at camp.** If payment is not received on time, campers may forfeit their spot to others on the waiting list. Campers with open invoices from previous years will not be allowed to register until such invoices are paid. If a camper withdraws one week or more 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 less than one week before the start of a session the parent (or adult camper) will be responsible for the full camp fee; no refunds will be made. **There is no refund for campers who leave due to illness or by choice.**

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.

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.

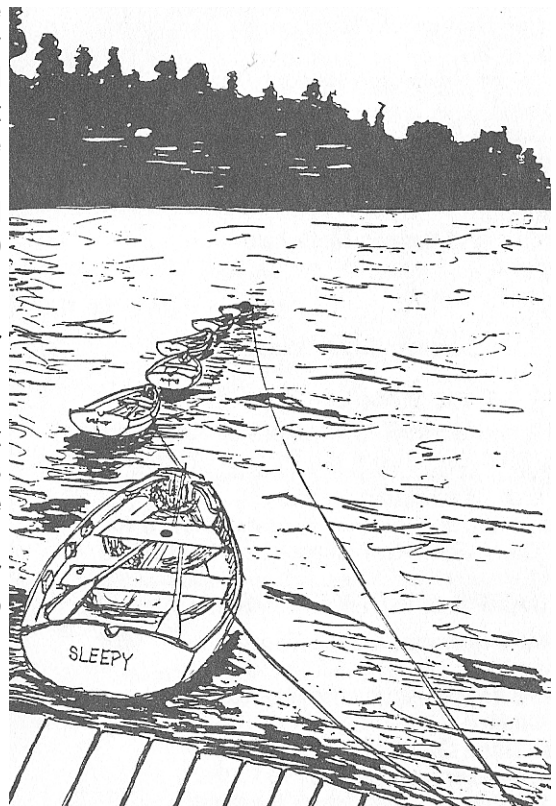
Health Care: There is no nurse on duty for adult camps with the exception of Vintage Ventures. Adults are responsible for their own health care. In the event of an emergency participants will be brought by ambulance or arranged ride to the Maine General Medical Center emergency room in Augusta.

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

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.

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 asked to leave the premises: no refund will be given.



Fireworks: Fireworks are not permitted at Pilgrim Lodge or at Outdoor Ministries sponsored events.

Scholarships: Scholarships are available from the Maine Conference UCC for members of Maine Conference UCC churches. Application for scholarships are available online or by request (see the contact information on page 2 of this guide). All applications must be mailed to the Yarmouth address. In addition, many local churches have their own camp scholarship program. Please ask your pastor if such a program is available in your church.

Publicity: Photographs taken of participants may be used for promotion by the Maine Conference, including, but not limited to: future camp brochures, promotional slide shows and video presentations, and the Pilgrim Lodge website.

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

U.S. Mail to campers: Letters should be addressed 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

E-mailing campers: See page 3 of this guide for information on new emailing procedures.

Cell Phones: 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 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.

Phone Calls: 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 let those to whom you give the emergency number know not to call this line for administrative or non-emergency reasons.

Camp Store, Mission, 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. Cash is accepted at the store during adult events. If you want to set up a store debit account to avoid the need for cash you are welcome to do so on-line. A credit card is required.



Pilgrim Lodge

Group Photos: Every camper will receive an 8X10 photo of all the people in their camp. CD-Roms of digital photos for most adult events can be purchased at the store. If you pre-order a CD on arrival you will save the cost of postage.

Campers staying in the same cabin with friends from home: 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 also need to make the request. When we have both requests, we will make the effort to lodge you in the same cabin.

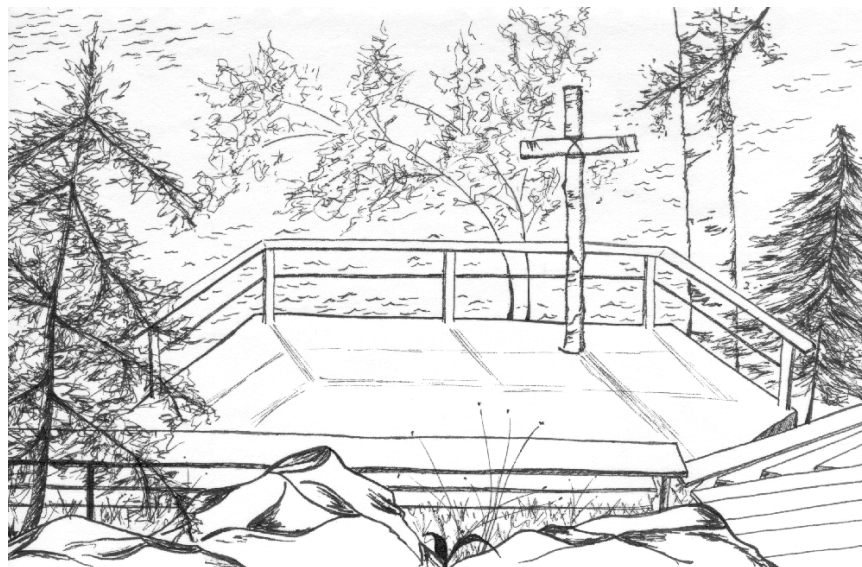
Waterfront and Boating: Swimming and boating are only allowed when the waterfront is opened by the Pilgrim Lodge lifeguard. Under no circumstance are adults to swim anywhere on the lakefront except on the waterfront with a Pilgrim Lodge lifeguard present. The waterfront is only open during daylight hours.

Registering for multiple camps: Adults can register for multiple 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.

Mission Project: Each year, the Outdoor Ministry Committee chooses one program to focus our mission theme on. This year the OMC has chosen **Camp To Belong of Maine**. This program offers a week of camp to foster or adopted siblings being raised in separate homes. During the week we will hear from the Camps staff and volunteers. We'll pray for those separated from family and at some point in the week, will accept an offering to help send kids to Camp To Belong. You should have a conversation with your child about what, if any, might be an appropriate gift range. This gift will be withdrawn from your child's store/mission account. To find out more visit our mission page on the PL website or Camp To Belong's national website at www.camptobelong.org. Our mission page also has information on how programs are chosen for those who have a worthy project to suggest for future years.

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!



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 (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

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:

You'll need to fill out page one of the health form 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

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

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. Each camper needs an account set up, but if a camper attends multiple events, one account per summer will suffice.

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



2008 PILGRIM LODGE ADULT CAMP REGISTRATION

Please request a different registration form for youth and family/grandparents camps.

Name : _____

Address: _____

Home Phone: _____

Cell _____ Work _____

e-mail _____

(kept private, for our use only) please print

Home Church _____

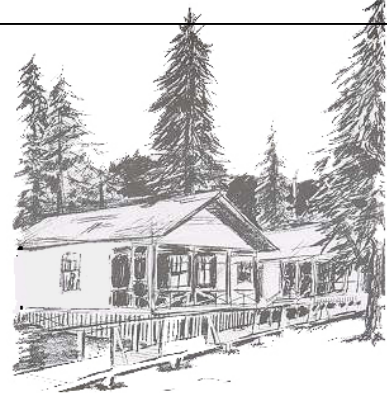
Church's town _____

Date of Birth: _____

Gender _____

I am registering for the following event:

- Men's Retreat (04)
- Women at the Well (05)
- Vintage Ventures (06)
- Edna's Points (07)
- Lighten Up, Loosen Up (24)



In case of emergency contact: _____

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless/Certification of Agreement: Each person signing below 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. Each person signing below has read through all the rules, regulations and policies contained in the Pilgrim Lodge 2008 Adult Camper Guide. Each person signing below further understands and agrees to abide by these rules, regulations and policies at all times. 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 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.

Participant's Signature (required) date _____

Please make checks payable to "Maine Conference, UCC" Total Amount Enclosed \$ _____

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)

**Mail to: Cathy Croudin - PL registrar,
Maine Conference UCC, P.O. Box 966, Yarmouth ME, 04096**

Directions to Pilgrim Lodge

Traveling North:

From the Maine Turnpike (Interstate 95) take **exit 102**, turn **Right** onto Route 126.

OR From **I-295** take **exit 51**, turn **Left** on Route 126.

Follow Route 126 about 2.5 miles. / turn **RIGHT** onto "Spears Corner Road at the blinking light) /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 South

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 about 2 miles/ Turn **LEFT onto Neck road**/ Pilgrim Lodge will be in 2 miles on your left.

