

Hidden Treasures of the Heart

40th Annual NORTHWEST SUFI CAMP Youth Guide

August 13 to 20, 2017 Camp Adams, Molalla OR

INFORMATION for YOUTH CAMPER PARENTS & GUARDIANS

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MANDATORY YOUTH PROGRAM ORIENTATIONS

TEEN/PARENT/GUARDIAN PROGRAM MEETING: after **Sunday evening program** in the main hall; bring completed Medical Authorizations and Temporary Guardian (if applicable) forms.

CHILDREN & TWEENS PROGRAM MEETING: **Before Monday morning class at 8:20am** there will be a parent/child-tween check-in for all families and guardians. We will gather outside the dining hall. Please bring completed Medical Authorizations and Temporary Guardian (if applicable) forms.

Northwest Sufi Kids and Tweens 2017
Hidden Treasures of the Heart - Toward the Fun!

Dear Parents and Guardians,

Welcome! We are so glad you will be with us at camp this year. Our staff this year is all experienced, and ranges from former kids now grown, to parent, grandparent, dervish, and experienced teacher energies. Bittin and Karima Alison will lead activities for Tweens (10-12) and Kids (3 or 4 to 9).

For 3 year olds, we ask that you devote at least part of the first morning class to seeing how comfortable your child is (and of course, older siblings make them more at home!). Tinies and toddlers (0-2) should join us according to their own needs, along with an adult or teen able to assist them one on one, with naps, diapers, and sudden desires for a parent! Sometimes they will love our activities and sometimes... nope. Please contact Karima (aloren.k@gmail.com) with any questions, or special needs. We look forward to creating a safe and wonderful experience together with your children.

DAILY RHYTHM

Morning - We meet with the whole camp in the main hall for the first morning dance. As the dance ends, a magical tunnel forms as a passageway towards Hope Cabin. Our 6 day week is loosely organized to begin with beginnings, move through Earth, Water, Fire, Air and finalizing activities, nurturing inner beings as well as appealing to a child's imagination and movement energy. At lunchtime, we bring the children to the dining hall, to meet you. Be prepared for requests to eat with their friends as the week goes on :).

Afternoon – To the swimming hole! We meet at Hope cabin and walk through the woods together. Afterwards, we have activities in the camping field until dinner when we meet again at the dining hall.

Evening - Quiet activities in the Hope Cabin will conclude at 9:00 p.m., when the children will be brought into the Main Hall.

Children and tweens are welcome and encouraged to join in the adults' evening program. For daytime classes, please ask the teacher of the class.

FOOD

We provide morning and afternoon snacks. The kitchen prepares special food for the kids and tweens. Please email Karima (aloren.k@gmail.com) about food allergies or special diets.

KIDS/TWEENS CHECKLIST Please label everything!

___ Comfy clothing for cool mornings, hot afternoons and chilly evenings

___ At least two pairs of comfy shoes, warm socks, jacket, cap, sunhat

___ Swimsuit and safety vest or flotation device for challenged swimmers

Please note: Children under 8 must wear a life vest in the deep water

___ Remember SUNBLOCK and non-aerosol insect repellent

___ Two towels, so one may always be dry

___ Flashlight and extra batteries

___ Optional: blanket, stuffies, daypack for hikes, musical instruments, field game gear

___ Any toys or games that your child is willing to share

We appreciate you and your beautiful, precious children. We will be glad to see you at the Monday morning meeting when we can give you more detailed information and you can give us the mandatory filled out forms.

Bless us All, Bittin and Karima

Northwest Teens 2017
Hidden Treasures of the Heart

Dear 2017 Northwest Sufi Camp Teens & Parents/Guardians,

Greetings and Welcome! We look forward to another year of Northwest Sufi Camp at Camp Adams and especially the Teen Camp. If you are new to camp or to the Teen Program, thank you for your willingness to add your unique energy to the community. To those who are returning, we look forward to seeing you once again. We are ever grateful for the beautiful sense of kinship that you have helped create just by being yourselves!

The Teen Program is open to all camp participants, ages 13-19 years. Our designated teen space, Waverly Cabin, is an ideal place for us to create a container of safety, to learn about ourselves and others, and to connect through an experiential program that we will co-create. Codirecting this year are **Sam Lee Zemke** and **Miriel Waldman**, who will be working with 6 additional staff members to help make the Teen Program fun and honoring of each person.

The teens are offered activities throughout the day, which may include: yoga, young women's circle, young men's circle, etc. Teacher's Tea (1:45pm-2:45pm daily) has become one of the highlights of the program: it's an opportunity for us to host our fantastic main camp teachers in our own atmosphere at the teen cabin. Also, we will provide various crafts, games, snacks, hiking & swimming opportunities, late night zikr and plenty of time to simply hangout and be in each other's company. Bring your drums and other instruments.

PLEASE NOTE:

1. The Teen Cabin is not a sleeping cabin, and camp staff do not supervise teens overnight. Teen Cabin hours are 9:00am-1:00am. Parents and guardians are solely responsible for their teens outside of these hours. While teen activities may run late, teens are not allowed to sleep in the teen cabin. So, this is to remind **parents and guardians that you must make sleeping arrangements for your entire family during registration**, and must ensure that your teens know that these arrangements are for them, as well as for you.
2. At registration, everyone, including **teens, needs to sign up for karma yoga**, a daily activity that assists with the camp and helps keep costs down. In the past, teens have provided great support to the kids/tweens and helped with lunch or dinner set up. If you are a late riser, best to stay away from activities related to breakfast.
3. There is a mandatory **orientation meeting on Sunday evening**, immediately following the all camp meeting. All teens and their parents/guardians should stay in the main hall and we'll spend about 15 minutes introducing the staff and sharing

important announcements. The Teen Program is contained within the entire camp and has special considerations that need to be communicated to both the teens and the parent/guardian.

4. If you have any food allergies please let us know. You might also consider bringing your own snacks.
5. Returning this year, after great success in 2016, Nate Matthews will facilitate a Consent and Communication Workshop with the rest of our staff. This Workshop will examine how we can create communities that prevent sexual assault/create healthy boundaries, and how to best support survivors of sexual assault, given that well-meaning people often get those things wrong because of common misconceptions. We will not talk explicitly about specific acts of sex or sexual violence. Instead, the workshop will emphasize how consent cultivates respect and protects the Love, Harmony and Beauty in others and ourselves, no matter what we are doing, sexual or otherwise.

Nate has taught dozens of consent workshops for Peer Health Exchange and the Boston Area Rape Crisis Center over the last three years.

We ask that **parents/guardians sign the AUTHORIZATION TO PARTICIPATE IN CONSENT WORKSHOP form if you give permission to participate in the discussion.**

Sam and Miriel

PLEASE COMPLETE THE FORMS BELOW IF RELEVANT!
THANK YOU!



NORTHWEST SUFI CAMP
Parent Consent
AUTHORIZATION
for MEDICAL TREATMENT

CHILD/TEEN NAME: _____

The undersigned _____

Who Resides at _____ in the

State of _____

Authorizes Northwest Sufi Camp staff into whose care the minor has been entrusted to consent to any X-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care to be rendered to the minor under the general or special supervision and on the advice of a licensed physician and surgeon, and to consent to an X-ray examination, anesthetic dental or surgical diagnosis or treatment and hospital care, to be rendered to the minor by a licensed dentist.

PARENT OR GUARDIAN
SIGNATURE _____

DATE _____



NORTHWEST SUFI CAMP

**REQUIRED FORM for MINORS (YOUNGER THAN 18)
WHO ATTEND WITHOUT THEIR PARENT/LEGAL GUARDIAN**

TEMPORARY RELEASE to GUARDIAN

Name(s) _____

I will not be attending the Northwest Sufi Camp held at Camp Adams, Molalla, OR during **Aug 13 – 20, 2017**, but I wish my minor child (ren)

to attend. I understand that I must designate a temporary guardian for my child (ren) to be allowed to attend. This temporary guardian:

GUARDIAN'S NAME: _____ has my complete trust and authority to perform in "loco parentis," that is, as parent in my absence, and is authorized to act as such in any necessary capacity.

----- PLEASE PRINT -----

PARENT'S NAME _____

ADDRESS _____

PHONE # _____

SIGNATURE _____ DATE _____



NORTHWEST SUFI CAMP

REQUIRED FORM for TEENS TO PARTICIPATE IN CONSENT WORKSHOP

AUTHORIZATION TO PARTICIPATE IN CONSENT WORKSHOP

As parent/guardian, I give

Teen Name(s) _____

Permission to participate in the Consent Workshop led by Nate Matthews at Northwest Sufi Camp 2017.

----- PLEASE PRINT -----

PARENT'S NAME _____

ADDRESS _____

PHONE # _____

PARENT OR GUARDIAN

SIGNATURE _____ DATE _____