

# **CPRS District 2 Awards**Hall of Honor

## Camp Sacramento

A Regional Treasure





October 1, 2014

Kelly Gonzalez, Chair CPRS District 2 Hall of Honor Nominating Committee 8820 Elk Grove Blvd. Suite 3 Elk Grove, CA. 95624

Dear Ms. Gonzalez

I am pleased to submit to the CPRS District 2 Hall of Honor Nominating Committee, the City of Sacramento Department of Parks and Recreation's nomination of CAMP SACRAMENTO as a Regional Treasure for the 2015 Hall of Honor Awards.

From its inaugural season in 1920, Camp Sacramento has provided life enrichment summer camping experiences for families, children, seniors, and people with disabilities as well the facilities for specialized group utilization - folk dancers, retreats, and outdoor education. Located in the El Dorado National Forest at 6,300 feet in El Dorado County, the Camp, while serving primarily residents of the City Sacramento, has welcomed guests from throughout California and generations of families. Some of the youngsters who have grown up at Camp can't wait until they are old enough to become seasonal employees, due to their love of the experience and memories they have created.

The Department of Parks and Recreation mission "Optimizing the Experience of Living" is consistent with the criteria for the Regional Treasure Category and the overall theme of the Hall of Honor Awards. Our nomination proposal reflects this synergy.

Alan Boyd, a former Camp Manager and a retired Operations Manager with this Department, coordinated the development of our nomination proposal. Should you have any questions, he can be reached at (916) 482-4915 or alanboyd@hotmail.com.

Thank you for the opportunity to submit our proposal for a true Regional Treasure – CAMP SACRAMENTO.

James L. Combs, Director

Sincerely

Department of Parks and Recreation

Parks and Recreation Department 916-808-5200 915 I Street, Third Floor Sacramento, CA 95814

### **District 2 Awards - Hall of Honor Application**

	rd applying for (check only one). Please clarify category with nomination selection committee chair prior orking on award submittal.
风	Regional Treasure Category   Professional Leadership Category   Legacy Category
Nam	e of Nominee or Regional Treasure <u>CAMP_SACRAMENTO</u>
	Nominee Phone 916-808-8526 Nominee Email JCOMBS @CITYDESACRAMENTO. ORG
Pers	on Submitting the Nomination
	Name JAMES L. COMBS Title/Position DIRECTOR
	Mailing Address CITY OF SACRAMENTO DEPT. OF PARKS AND RECREATION
	City/State SACRAMENTO, CA. Zip Code 95814
	Phone 916-808-8526 Email JCOMBS @CITYOFSACRAMENTO.ORG
Perso	on Submitting the Nomination should follow the steps below:
	Review successful application examples at www.cprsd2.com and the CPRS District 2 boundary map.  Review the complete category criteria (professional, etc.).  A Letter of Intent is "Recommended": Due August 1, 2014 if you need assistance in providing a complete application. On a separate sheet of paper: please provide your name and contact information, the name of the Nominee or Regional Treasure, category you are applying for, recognizing criteria within the category identify what information you can provide and what you may need assistance with. Please submit to Kelly Gonzalez at the address below.
4.	Application Filing Deadline: Friday, October 3, 2014 5:00 p.m. Select the "Category" and provide detailed information as applicable which will enhance the eligibility and merit of the nomination. Incomplete applications will not be accepted. Additional documentation and letters of support for the nomination are highly recommended. A hard copy and if possible a digital copy of the application and attachments would be appreciated. Successful award recipients will be required to submit electronically a copy of the application and 6 - 8 high resolution photographs with captions along with support materials. CPRS District 2 retains ownership of all documents associated with the application.
5.	If assistance or answers to questions are needed, Kelly Gonzalez, Chair of the Nomination Committee, can be reached at (916) 405-5343.
6.	The stated deadlines will be strictly adhered to by the Selection Committee.
	<ul> <li>Submit Letter of Intent, application and supporting information to:         <ul> <li>Name:</li> <li>Kelly Gonzalez</li> </ul> </li> <li>Address:</li> <li>8820 Elk Grove Blvd., Suite 3, Elk Grove CA 95624</li> <li>Email:</li> <li>kellygonzalez@csdparks.com</li> </ul>
	Applications reviewed and evaluated: October-November 2014.
	<ul> <li>Notification of results to applicant by December 2014.</li> <li>Presentation of awards: Spring 2015. Details of presentation and award ceremony will be discussed with award winners at time of notification.</li> </ul>
7.	Person submitting nomination additionally agrees to the following:
The	ereby give CPRS District 2 the irrevocable right and permission to copyright and publish photographs or other
dig	ital materials submitted for use in its printed publications, audiovisual presentations, and/or online presentations.
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### **BACKGROUND & HISTORICAL SIGNIFICANCE**

Camp Sacramento is a Family Camp and Conference Center operated by the City of Sacramento, Department of Parks and Recreation eighty-five miles east of Sacramento on Highway 50 at an elevation of 6,500 feet. Located in the Eldorado National Forest, the Camp is a permitte of the United States Forest Service.

Conceived in 1916, with the first guests in 1920, Camp Sacramento was one of the two original camps (Los Angeles being the other) to be operated by a municipality in California in response to a Federal Government initiative to increase usage of Forest Service Lands by governmental agencies and non-profit organizations. Original campers slept in tents, cut firewood, used power from the Camp's own hydroelectric plant and helped the staff with chores to reduce costs. Today, the

guests, 225 strong at capacity, sleep in cabins, with power service from Pacific Gas & Electric and they are free to engage in a variety of programs and activities or just RELAX.

The 19 acre Camp includes cabins (61) for sleeping (ranging in size from 2-6



people), common rest rooms and shower facilities, a dining hall, lodge and store with an outdoor patio, nurses office, outdoor volleyball, softball, basketball, horseshoe facilities, a campfire and archery range and direct access to a variety of hiking trails. The south fork of the American River flows through the camp permitting self-directed water play and fishing.

Initially operated as a ten week summer season for families, the camp now provides a variety of summer vacation options for families as well as specialized programs for seniors, people with disabilities, folk and square dancers, art camps, retreats, conferences and outdoor education in an extended season through late September.

Family camp activities include staff-led, age specific programs for various children groupings, (with names like Marmot, Minnow, Chipmunk). Activities include arts & crafts, nature and environmental related projects, small hikes and campfire and evening programs. Teens have their own set of programs and activities including all day hikes and a trip to one of the beaches at Lake Tahoe. Adults have many similar recreational opportunities including hikes, sporting events, and adult focused arts and crafts. The majority of the evening programs are family oriented including campfire programs, Bingo, and a variety show. One of the premier adult favorites is do nothing - stake out a lounge chair on the patio read a book, have invigorating conversations with fellow guests or catch-up on sleep. The staff supervised activities gives adults a rest from monitoring children and having no responsibility for the preparation or cleanup for meals provides for a true vacation for the entire family, particularly mom. The major highlight of each camp session is the quality of the food – pizza nights, barbecues, welcoming wine and cheese event, and ice cream socials all add their unique flavor to the camp experience.

Physically located within the nineteen county geographic boundaries of the CPRS District 2 Region, Camp Sacramento was one of the two municipalities that pioneered family camp opportunities in the State of California. While serving primarily residents of the City of Sacramento, the Camp has welcomed guests from throughout the region, as well as the State of California and beyond for almost ninety years.



### SIGNIFICANT CONTRIBUTIONS TO THE QUALITY OF LIFE

Camp Sacramento has made significant contributions to the quality of life in the region in the following categories:

### TREMENDOUS MULTI-GENERATIONAL IMPACT

Generations of families have made Camp Sacramento their summer home away from home often forgoing other vacations to attend Camp. Many individuals began their Camp experience as children visiting with their family, then as a teen working or volunteering on the staff, some have even met their future spouse and have returned to Camp with their families — and the beat goes on. We currently serve quite a few three and four generational family units who come and make their time at camp a family reunion, if you will.



### David W.

"As a child, Camp Sacramento was the best week of the summer. As a teenager, Camp Sacramento was the best job for the summer. As an adult, Camp Sacramento was one of the best parts of my life"

### PROFOUND INFLUENCE ON RECREATION & LEISURE OPPORTUNITIES WITHIN THE REGION

The vision and determination of Sacramento community leaders in establishing Camp Sacramento has had a profound affect in the diversification of recreation and leisure opportunities within the region. George Sim, the first recreation superintendent with the City was the impetus for making Camp Sacramento a reality. He brought his expertise in establishing the Los Angeles city camp to his role with the City of Sacramento. The concept of a municipality operating a recreation facility over eighty-five miles from its home base broadened the scope of recreation program possibilities for all communities. Similar residence camps for families or children, day camps, day trips to environmental and/or historic locales, snow trips all have become components of many recreation department's program offerings mostly at locales outside of the community.

For Sacramento residents, Camp Sacramento provides unique opportunities to experience the great outdoors in the majestic setting of the Sierra-Nevada mountains and forests. In addition to the family camp guests, programs focusing on Senior Citizens and People with Disabilities has exposed more diverse populations to the camp environment. The Friends of Camp Sacramento fund a Family Campership Program to allow working family groups, who would normally not be able to afford a vacation, an opportunity to attend camp as a family unit.

### WILL CONTINUE FOR GENERATIONS

Camp Sacramento will continue for generations for a variety of reasons:

- A meaningful and valued experience for diverse user groups;
- Financially and operationally, it is on a solid basis;
- Effective management;
- The enthusiastic participation and support from generations of users and future new users;

Perhaps the most significant catalyst for continued operation, is the pro-active participation of the Friends of Camp Sacramento and their support of camp. This non-profit organization provides financial support, physical labor for various Camp projects, marketing of the Camp, the before mentioned Family Campership Program and on-going advocacy for the Camp.



## CONTRIBUTED TO THE QUALITY OF THE DEVELOPMENT AND GROWTH OF INDIVIDUALS AND THEIR QUALITY OF LIFE

The FOCUS of Camp Sacramento has always been about the PEOPLE served and the quality of life experiences guests derive in the majestic setting of the Sierras. The inter-generational mix of guests as well as their varied life experiences, fosters a sense of community unique to the Camp setting. In a statement about the prime value of Camp Sacramento, Camp was described as the opportunity for people to meet and interact in an environment that tends to maximize their "human" status and minimizes their "social" status. This personifies the current mission of the Department of Parks and Recreation to "Optimize the Experience of Living." and is reflected in the Camp staffs approach to the guests, "they are reason for our work, not an interruption in it". These qualities and values all enhance a positive experience for individual campers as well as for the collective group experience and contributes to the quality of life for all. Guests have often likened the welcoming and synergetic environment of Camp as if they were guests in their own home.

### HAS RECEIVED RECOGNITION FROM OTHERS

Camp Sacramento has been an "unsung" Regional Treasure almost since its inception. Thousands of people, including Sacramento residents, annually pass the entrance to Camp on Highway 50 wondering about this Treasure. As Camp Sacramento is the trailhead for the Lover's Leap hike, many people stop in to inquire about the property and all that it has to offer. Our campers tell us constantly what a wonderful experience and how the environment and its accessibility for a broad range of people impact their quality of life.



Camp Sacramento has developed many partners as indicated not only in the **Letters of Support** that appear in this document but, in working with various community agencies and entities to serve more diverse populations as well as making physical improvements to the Camp.

Recognition of the impact of the Camp Experience on people's lives is reflected in **Feedback** received from Camp Guests and former staff members. Perhaps most importantly are the **Letters** received from the families that have been served through the Campership Program. These letters capture the essence of the Camp Sacramento experience.

### CONTRIBUTES TO THE ECONOMIC VITALITY OF THE REGION

As a thriving business, serving up to 150 - 225 people for over 100 days per year, the camp purchases goods and services from a myriad of businesses, particularly in the Lake Tahoe basin, as well as from Sacramento. When coupled with employee costs, over \$500,000 is spent annually in the region. Camp guests spend additional dollars for transportation, as well as day trips from the Camp, particularly to Lake Tahoe.



### **APPENDICES**

- **Letters of Support**
- Experiences...Reflections...Impacts (Guest Feedback)
- Letters from Campership Families
- Camp Brochure
- Camp Map
- ♣Guest Information Booklet

### Terri C.

"Summertime fantasy, still going on Camp Sacramento, another year strong Friendships and memories to last a lifetime long"

### LETTERS OF SUPPORT

Camp Sacramento and the City of Sacramento has partnered with a variety of organizations and entities to facilitate the development of the programs and services at Camp as well as improvements and enhancements to the physical components of the facility. Their collaborative support has enriched the total camp experience for all users.

We thank the following organizations for their contribution:

- Friends of Camp Sacramento
- ♣ Sacramento County Probation Department
- Cottage Housing Inc.
- Sacramento County Dance Society
- Eldorado National Forest Placerville Ranger District United States Department of Agriculture
- City of Sacramento Older Adult Services
- City of Sacramento Access Leisure
- ♣ Troop 394 Boy Scouts of America
- Permanente Medical Group



Friends of Camp Sacramento is a volunteer organization formed to support Camp Sacramento which is operated by the City of Sacramento, Department of Parks and Recreation under a special use permit on the Eldorado National Forest. We strive to increase public awareness and to provide financial support to enhance the outdoor experience for all campers.

E-mail: info@www.friendsofcamp sacramento.com

Web Site: www.friendsofcamp sacramento.com September 16, 2014

Kelly Gonzalez, Chair CPRS District 2 Hall of Honor Nominating Committee 8820 Elk Grove Blvd. Suite 3 Elk Grove, CA. 95624

Dear Ms. Gonzalez

I am pleased to submit this letter of support for the City of Sacramento, Department of Parks and Recreation's CAMP SACRAMENTO as a nominee in the Regional Treasure Category of the 2015 Hall of Honor Awards.

Our organization, Friends of Camp Sacramento, was founded in 1977 to help assist Camp Sacramento financially and physically, as well as create public support and interest in Camp. Over the years, we have worked to preserve the integrity of the camp, make updates as needed, and continue to increase the camping population visiting each summer. With a number of dedicated volunteers, all eager to continue their family's Camp tradition, the support within our organization has grown from 66 members in 2011 to over 220 members in 2014. Every year our organization organizes "Opening Weekend" where members assist the camp manager, and a skeletal staff prepare Camp for the upcoming season. At the end of the season, members again are organized through our organization during "Closing Weekend" where Camp is prepared for the long winter. During each of the 14 sessions throughout the season, "Friends of Camp Sacramento" sponsors a "Wine and Cheese Social" membership drive. A member from our organization is present to share information about "Friends" with campers and encourage them to show their support for Camp by joining our organization. Our biggest fundraiser of the year is Labor Day Weekend. During this weekend, volunteers work with a small number of staff to give our members a discounted visit to Camp Sacramento. Most of the money raised during the event goes into our general fund to help support Camp. We have another fund close to many of our board members' hearts. The "Boyd Family Campership Fund", which was named after Alan Boyd, a former Camp manager that began the fund 6 years ago, sends working class families in the City of Sacramento, to a mini-session at Camp.

Camp Sacramento has been around for generations and we see that during each session at Camp. Many families began coming when their children were small. Those children have grown up and are now bringing their children. It's common to see three generations of families camping together, and sometimes, even four. Camp is a special place to many generations because the traditions remain the same. There will always be the Camp bell, pajamarama breakfast, archery, ping-pong, horse shoes, hiking adventures, variety show, last dance, and so much more. Parents enjoy the peace and beauty of the wilderness while their children are engaged in fun and exciting activities with their recreation leaders. Meals are prepared by an amazing kitchen staff and adult activities are also available, but most take advantage of the quiet time and catch up on reading, cards, napping, or visiting with friends. Camp is a one of a kind place that truly deserves to be designated as a Regional Treasure.

Thank you for the opportunity to support this proposal for a true Regional Treasure – CAMP SACRAMENTO.

Sincerel

Martin Tomlinson

President, Friends of Camp Sacramento

(916)417-5875

FOCSpresident@gmail.com

September 28, 2014

To whom it may concern:

My name is Mark Brown. I am a Supervising Probation Officer with the Sacramento County Probation Department. I have been with the department for (31) years and I am currently assigned as the supervisor of the Juvenile Work Project program. This has been my assignment for the past (3) years.

The Sacramento County Probation Department and, more specifically, the Juvenile Work Project program has had a working relationship with Camp Sacramento for approximately (10) years. JWP has provided Camp Sacramento with our staff and participants to assist in opening and closing the camp each season. We have chosen to provide Camp Sacramento with our work crews due to the recreational services they provide to the residents of Sacramento County. Our experiences while working with the camp's staff and volunteers has always been positive. Our staff looks forward to participation in these work crews and our residents' feedback is positive. They work hard, but they seem to appreciate the importance of the service they are providing.

We look forward to a long, continued working relationship with the staff and volunteers of Camp Sacramento.

Sincerely,

Mark L. Brown, SPO



September 6, 2014

Kelly Gonzalez, Chair CPRS District 2 Hall of Honor Nominating Committee 8820 Elk Grove Blvd. Suite 3 Elk Grove, CA. 95624

Dear Ms. Gonzalez

Sacramento Cottage Housing Inc. pleased to submit this letter of support for the City of Sacramento, Department of Parks and Recreation's CAMP SACRAMENTO as a nominee in the Regional Treasure Category of the 2015 Hall of Honor Awards.

Our agency has two communities that provide supportive services, in a healing environment, for formerly homeless individuals and families with disabilities. For the last six years, Camp Sacramento has been instrumental in helping our participants to heal from the traumas of homelessness.

All too often people forget or have never known how to get or be centered, how to have fun in recovery or how to pursue personal growth. Camp Sacramento has provided a fun, relaxing, hope filled environment for our participants to get back on their feet! The Camp Sacramento staff are exceptional in making our experience the greatest and treat us like the most important people in the world! It is an honor and a privilege to be partners with Camp Sacramento and to take part in the life changing experiences that they provide us, and hundreds of other people, every year!!

Thank you for the opportunity to support this proposal for a true Regional Treasure – CAMP SACRAMENTO.

Sincerely,

Lorena Coen

Personal Development Coach

Sacramento Cottage Housing Inc.

lcoen@cottagehousing.org

## Sacramento Country Dance Society 5800 9th Ave. Sacramento, CA 95820

August 30, 2014

Kelly Gonzalez, Chair CPRS District 2 Hall of Honor Nominating Committee 8820 Elk Grove Blvd. Suite 3 Elk Grove, CA. 95624

Dear Ms. Gonzalez

The **Sacramento Country Dance Society** (SCDS) is pleased to submit this letter of support for the City of Sacramento, Department of Parks and Recreation's CAMP SACRAMENTO as a nominee in the Regional Treasure Category of the 2015 Hall of Honor Awards.

For over 20 years, SCDS has been holding a weekend event, the Echo Summit Dance Camp, at Camp Sacramento. Many dancers return year after year to enjoy the beautiful natural setting as well as the great lineup of musical talent who also love to perform at our Camp. Our dance camp community includes a mix of age groups, with some campers bringing their children, and other young people attending through our dedicated youth scholarship. We appreciate the opportunity to extend the legacy of our folk-dance and music traditions to the next generation. Other dancers come from a variety of influences and alternative family structures. The weekend long camp provides a venue for people to get to know each other, promoting understanding and tolerance across a broad cultural background as we come together to share the universal language of music and movement.

The Camp is always clean and well kept, and is situated in a singularly beautiful location among the pine trees and granite outcroppings. When not dancing, our Campers can hike along the nearby trails, or sit on the veranda to socialize. Besides the physical amenities, Camp Sacramento has the best staff and managers who make our weekend memorable. They often go out of their way to accommodate us: from moving equipment off the dance floor, to providing menus for all types of diets, to that afternoon latte that keeps us going way into the evening. People LOVE Camp Sacramento, and often volunteer to work there to staff the family camps, or to do special maintenance projects. A place that is so special to so many people surely deserves to receive this award.

Thank you for the opportunity to support this proposal for a true Regional Treasure – CAMP SACRAMENTO.

Sincerely,

Jeanne Sabin, President

Laura Leonelli, Echo Summit Registrar

FEIN 680261960

CORP# C3197563



Forest Service Eldorado National Forest Placerville Ranger District

4260 Eight Mile Road Camino, CA 95709 (530) 644-2324 (Voice) (530) 647-5344 (TTY)

August 28, 2014

Kelly Gonzalez, Chair CPRS District 2 Hall of Honor Nominating Committee 8820 Elk Grove Blvd. Suite 3 Elk Grove, CA. 95624

Dear Ms. Gonzalez,

The Eldorado National Forest, Placerville Ranger District is pleased to submit this letter of support for the City of Sacramento, Department of Parks and Recreation's CAMP SACRAMENTO as a nominee in the Regional Treasure Category of the 2015 Hall of Honor Awards.

The Eldorado National Forest and Camp Sacramento have been partners in recreation since 1920, providing high-quality outdoor recreation experiences to the visiting public. The U.S. Forest Service and the Ad Council have joined forces to develop the Unplug campaign to encourage families to unplug their televisions and other electronics and take themselves and their children outside to reconnect with nature and become closer as a family by sharing in healthy activities. Camp Sacramento offers this opportunity with scheduled activities including: archery, arts & crafts, family bingo, hikes, volleyball, softball, dances, BBQs, campfires, rock climbing on a climbing wall and star gazing.

Camp Sacramento is situated in the Sayles Flat area of the Eldorado National Forest. It sits on a 19-acre property owned by the U.S. Forest Service and leased by the City of Sacramento. There are 61 cabins of various sizes scattered throughout the property. These cabins have electricity and are rustic yet charming - most of them were built in the 1930s. Some of the cabins are wheelchair-accessible. Camp facilities also include a dining hall, a lodge, a camp store, a camp nurse's office, a softball diamond, a half basketball court, a volleyball court, a campfire pit, arts & crafts areas, ping pong tables, horseshoe pits, and the scenic American River. The camp typical operating season is early June to late October.

Our partnership with Camp Sacramento is a great example of our continuing commitment to get kids outdoors and connected to the natural world around them. Thank you for the opportunity to support Camp Sacramento for a true Regional Treasure.

Caring for the Land and Serving People

Sincerely,

Duane A. Nelson

wan a. Riles

District Ranger





September 4, 2014

Kelly Gonzalez, Chair CPRS District 2 Hall of Honor Nominating Committee 8820 Elk Grove Blvd. Suite 3 Elk Grove, CA. 95624

Dear Ms. Gonzalez

It is my pleasure to submit this letter of support for the City of Sacramento, Department of Parks and Recreation's CAMP SACRAMENTO as a nominee in the Regional Treasure Category of the 2015 Hall of Honor Awards.

For over 25 years, the Older Adult Services section of the department has partnered with Camp Sacramento to provide adults ages 50+ an opportunity to spend a week in the mountains. For one week each summer *Classic Senior Camp* offers campfires, craft classes, talent shows and more for seniors well into their 80s. Some have dreamt a lifetime about what it would be like to go to summer camp; others are returning to Camp Sacramento after bringing their own young families to enjoy the annual tradition decades earlier. Once at camp, friendships are formed and new annual traditions set.

In response to the interests of active older adults, a second week at Camp Sacramento - Senior Adventure Camp — was initiated several years ago. Targeting adults who may have lost the spouse or friends who in earlier years joined them on adventurous outings, Adventure Camp brings together people from throughout California and beyond for kayaking, horseback riding, rigorous day hikes, paddle boarding, mountain biking and more. Camp Sacramento is the ideal venue, serving as "homebase" and a place to relax and meet others with shared interests. In-camp activities, including yoga, tai chi and art classes round out the week of renewal.

Camp Sacramento is an exceptional treasure. It is affordable, has all-inclusive amenities and offers a vacation opportunity for seniors who are without their own traveling companions. Older Adult Services provides the transportation. Over the years, hundreds of older adults with few out-of-town recreational opportunities have been

provided with a fun get-away to the mountains. For many it's the experience they most look forward to throughout the year.

Thank you for the opportunity to support this proposal for a true Regional Treasure – CAMP SACRAMENTO.

Sincerely,

Rosanne Bernardy,

Superintendent for Older Adult Services

DEPARTMENT OF PARKS AND RECREATION

ANNIE DESALERNOS PROGRAM SUPERVISOR



5735 47<sup>th</sup> Ave SACRAMENTO, CA 95824

PH. 916-808-3809 FAX 916-808-3559

CITY OF SACRAMENTO
CALIFORNIA

Kelly Gonzalez, Chair CPRS District 2 Hall of Honor Nominating Committee 8820 Elk Grove Blvd. Suite 3 Elk Grove. CA. 95624

Dear Ms. Gonzalez,

August 26, 2014

We are pleased to submit this letter of support for the City of Sacramento, Department of Parks and Recreation's, Camp Sacramento, as a nominee in the Regional Treasure Category of the 2015 Hall of Honor Awards.

The Access Leisure section of the City of Sacramento, Department of Parks and Recreation's mission Statement is as follows: "The mission of Access Leisure is to provide and facilitate recreation programs and services for people with disabilities so as to optimize the experience of living. "We are proud to be celebrating our 48<sup>th</sup> year of providing these services for the City of Sacramento and our surrounding communities.

We do this through a variety of programs such as creating opportunities for people with special needs to access competitive and recreational sports, camping and outdoor education, special events, and social and fitness programs.

Our annual camping trip to Camp Sacramento is an excellent example of our mission in action. The activities and skill taught at our Access Leisure programs serve as a catalyst for lifetime participation in sport, camping and outdoor education, physical activity, and the sustained quest for community social outings. Although these skills are necessary to participate in the activities, they are just a part of the meaningful outcome of participation.

The dedicated staff at Camp Sacramento is welcoming and inviting to all our campers with disabilities. The beautiful Alpine setting, the rustic and genuine camping experience that each camper enjoys, and the wonderful food and activities provided by the staff, help us to fill our camp to capacity each year.

For many of our clients, their participation in our Camp Sacramento trip may be the first time that they will be separated from families to engage in an organized camping experience. This serves to challenge them to accomplish daily living activities that their families or care givers usually provide for them. This independence fosters growth.

We thank you for the opportunity to submit this letter of support on behalf of Camp Sacramento in their quest to be the "Hall of Honor" award recipient for 2014.

Desalernos\_

Sincerely,

Annie Desalernos Program Supervisor

City of Sacramento, Department of Parks and Recreation

Access Leisure

August 27, 2014

Kelly Gonzalez, Chair CPRS District 2 Hall of Honor Nominating Committee 8820 Flk Grove Blvd. Sulle 3 Elk Grove, CA. 95624

Dear Ms. Gonzalez

I am pleased to submit this letter of support for the City of Sacramento, Department of Parks and Recreation's CAMP SACRAMENTO as a nominee in the Regional Treasure Category of the 2015 Hall of Honor Awards.

My relationship with Camp Sacramento has been ongoing since 1,990 and has covered involvement as a family and with youth groups. Each is explained below.

Family. My wife, son, and I went to Comp Sacramento for the first time in 1990. We skipped 1991 for the birth of my second son but in 1992 we started a family tradition that spanned 19 years. My boys grew up at camp. They learned to appreciate the outdoors and became knowledgeable outdoorsmen. I recall when my oldest son was about eight. On arrival he bounded out of the car to meet his friend who was already there. We rarely saw him for that session. Throughout the session, the two of them arrived at meals, their activities, and bed time without our input. I realized at that time that my son could be independent and responsible. Camp provided that atmosphere for him to learn independence and responsibility and do so in a way that is fun. My younger son went on to be part of the recreation staff at camp.

**Youth Group.** For several years, I took Boy Scouts to Camp twice a year to help open and close the facility. We cleaned, pointed, and repaired facilities. Most importantly, in the fall the boys constructed temporary features that would control erosion that often occurred during the winter snowmelt and spring rains. These activities helped stabilize the soil in Camp and kept the soil out of the river. The boys also learned about the outdoors and ways to reduce the human impact in the forest. Currently, there are four Eagle Scout projects in Camp.

There is no doubt in my mind of the positive impact Camp has had on my sons and the Scouts that came to Camp to work. Camp is not only a playing environment but also a learning environment that teaches responsibility and installs an appreciation of the word around us.

Thank you for the opportunity to support this proposal for a true Regional Treasure -- CAMP SACRAMENTO.

Paul Wisheropp

the Wisheropp Family and Troop 394, BSA

### The Permanente Medical Group, Inc.

6600 BRUCEVILLE ROAD SACRAMENTO, CALIFORNIA 95828-4691 (916) 688-2000 Alameda Antioch Campbell Clovis Daly City Davis Elk Grove Fairfield Folsom Fremont Fremont Fresno Gilroy Hayward Lincoln

Livermore

Manteca Martinez Milpitas Modesto Mountain View Napa Novato Oakland Park Shadelands Petaluma Pleasanton Rancho Cordova Redwood City Rohnert Park Richmond

Roseville Sacramento San Francisco San Jose San Rafael Santa Clara Santa Rosa Selma S. Sacramento S. San Francisco Stockton Tracy Vacaville Vallejo Walnut Creek

RICHARD S. ISAACS, MD, FACS Physician-in-Chief DEBORAH L. ROYALTY, MEd Medical Group Administrator

8/26/14

Kelly Gonzalez, Chair CPRS District 2 Hall of Honor Nominating Committee 8820 Elk Grove Blvd. Suite 3 Elk Grove, CA. 95624

Dear Ms. Gonzalez

I pleased to submit this letter of support for the City of Sacramento, Department of Parks and Recreation's CAMP SACRAMENTO as a nominee in the Regional Treasure Category of the 2015 Hall of Honor Awards.

Last weekend represented the fourteenth consecutive year that The Permanente Medical Group, Inc. in the Sacramento area has taken over Camp Sacramento for a weekend. It presents a safe environment for children to play and explore nature, their parents to interact and get to know each other in an informal setting away from work, and families to really be together in a worry-free, uplifting environment. There are families that look forward to seeing each other again after no or little contact for an entire year. Children have grown up excited, looking forward to the next year to see a friend they have made, or maybe catching their first fish in the river.

This annual event is a cornerstone in trying to maintain the wellness of our physicians and their families.

Thank you for the opportunity to support this proposal for a true Regional Treasure – CAMP SACRAMENTO.

Sincerely,

Evan D. Bloom, M.D.

TPMG, Inc.



## **EXPERIENCES.....REFLECTIONS.....IMPACTS (Guest Feedback)**

Former and Current Camp Guests and staff have shared with us their experiences, remembrances and reflections on their connection to Camp Sacramento and the impact it has had on they and their families.

### Justene L.

"I have been coming to Camp Sacramento for 38 years. First with my children, now added a Mini Week with grandchildren and now they look forward to bringing their children. I come three times each summer: once with grandchildren, once with friends who have come the same week in August for years and for Senior Week. Wonderful memories with family and friends. We love our Camp Sacramento and its great staff."

### Larry C.

"Our family has been attending Camp since the summer of 1981. Our 4 children all worked on the Camp staff for several years. Camp Sacramento provides a truly unique and invaluable experience for families. A few weeks ago our whole family, including grandchildren, attended camp together. The experiences of seeing the children run and play until they were tucked away at night rekindled memories of their parents doing the same things. The children's activities in their age groups are great opportunities for them to meet new friends, learn new skills and play independently. The campfires are priceless experiences where generations of campers sing songs together, watch the staff skits and roast marshmallows. If you were a millionaire with a beautiful private cabin, you'd still be hard=pressed to create the wonderful family experience that Camp Sacramento affords. There is nothing like it to bring families together."

### Chrisy J.

"Camp Sacramento is an honored family tradition. Both my family and I attended camp as kids and late we both worked on camp staff where we met and began our courtship. When we began our family we knew we wanted to take our children to camp. One of our boys grew up and worked on camp staff as well. We have been with our family and friends every summer for many years. It is a tradition that is an absolute treasure. Someday we hope to be attending with our grandchildren."

### Phil B.

"In the early 1930's my mother, Frances Foley, stayed at Camp Sacramento and took the all-day hike that ascended Ralston Peak. Ralston Peak towers 2,800 vertical feet over Camp and the view, while magnificent, is paid for in sweat, dust and blisters. My mom told the story of how all she could think of slogging up the trail was the delicious lunch promised by camp crew for the hikers once she reached the top...and disappointed she was to get a meager PB&J sandwich. Forty years later her son is leading weekly hikes to Ralston and other peaks as a member of the Camp staff...but remembering his mom's childhood story, all day trekkers on these hikes, while offered the traditional PB&J also enjoyed semi-legendary stacked roast beef, lettuce, tomato and red onion delights."

### Linda M.

Camp Sacramento has been a treasured yearly vacation for our "Family" for 40 years...We have brought our 4 children, their spouses and our 21 grandchildren, the oldest of which is now married, and soon to be great grandchild. We will continue to come "every year". We start planning and anticipating the moment we drive away on the last day of Camp...This is "OUR" Camp!!! ...Also: My 86 year old dad drew the original "Marmot" when the Friends of Camp Sacramento first started and it has become their logo and symbol.



### **LETTERS FROM CAMPERSHIP FAMILIES**

The Friends of Camp Sacramento established the Boyd Family Campership Fund and Program to enable working families whose income levels are low to attend a mini-session at Camp. The Camp Manager works with Cottage Housing a non-profit agency that works with the homeless population. They work to get families from homelessness to working and therefore meets criteria of the Fund that it be used for "the working poor."

The words reflected in their letters are heartfelt and express the greatest of the camp experience.



August 16, 2013

Dear Friends of Camp Sacramento,

I cannot begin to express my gratitude for the opportunity that you gave my family this past June. It was such an honor to be given a scholarship for our family to attend the session one mini family camp. It was the very first vacation that we had ever been on together as a family.

Coming from homelessness just a few years ago to homeowners just last year, it has taken every dime that we make to keep our dreams alive. We had talked on many occasions about what kind of vacation we would want someday and although everyone in the family had their own vision of what/where that vacation would be the subject of money always dismissed the ideas. This year, thanks to you, we were able to find out that Camp Sacramento is the perfect family vacation destination!

From the moment we arrived everyone was so friendly and helpful. The activities and different groups for the kids were outstanding. Actually, helf the time I didn't even know where they were. But I was never worried because I knew they were with your incredible staff. It was wonderful to see them interacting with other kids their own age and getting close with nature. My buys spend so much time with electronics now days that I almost thought we might have a problem because I didn't let them bring them. I was pleasantly surprised when they didn't even ask about them the entire time we were there.

It was amazing to watch my 11yr old engage with other kids his age. He is quite shy and reserved but I was able to see a different side of him that week and every week since. Thank you!

The trip allowed my significant other and me some quality time that we don't usually get and the family time that we desperately needed. It was awcsome to watch all the kids, just be kids, without all the restrictions that everyday life can put on them.

We built some new and wonderful memories this year that we will cherish forevert. We spoke with Tim about our love for the place and he spoke of his love for us and helped us make payment arrangements on the cabin for next year! We are so excited and are hopeful to make memories at Camp Sagramento for years to come!

Thanks again for your generosity and for giving our family so much more than just a vacation! We feel blessed and are excited to see you again next year!!!

Sincerely,

Lorena Coen & Mike Conlan, Sean & Michael

	Dear campsacramento
Visit Director (Springer Community	nav s myour pron
	I had a great time! I hope you did towne of my
	favorit things are that every year camps ocramente has a
autorio respuesta si tra	different themeothe 2013 theme was Disnot worder towart
	It will be next yeard kother cool thing is the adjustes There
	are activities like archert, and other kup state. I'll see
	you next year.
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Dear Camp Sacramento,

Having the opportunity to attend this year was the most exciting thing all summer. I enjoyed every bit of the camp. With your wide range of activities and the nature itself was just a blessing to get away from it all. All the drama and problems of life and to be able to just sit, relax, and enjoy my own company and the company of other as well as my family was very amazing.

I made a whole plethora of friends and I am so excited to see them again next year. The staff is very friendly and they create an atmosphere of acceptance which I loved. I got along with them so well and the activities they put on for us were well match with my age. I thoroughly had a great experience all throughout the week.

I have also learned about an opportunity for a job at Camp Sacramento and would love to experience the work force there. To have an opportunity to work in such an environment would be such a unique experience.

From,

Conlan ...

Comban C.

July 18, 2013

To whom it may concern:

I actually cried when I got the call and discovered that this year I would be able to experience camp Sacramento with my girls. I was so excited. Things like this don't usually happen to me, and this is something I have wanted for so long.

For the last faw years, I've dreamed of registering for Camp Sacramento, but haven't been in a financial position to make this dream a reality. I grew up in camp (in southern California) and some of my best formative memories are associated with camp; the freedom, the outdoors, the friendships, the guided or structures activities and fun around the campilire. I have wanted all of that for my children, and have been researching scholarships for sleep-away camps for several years in preparation for a time when they can go away to camp without me. The idea of family camp was relatively new to me when I stumbled across the Camp Sacramento website a few years ago. I was so excited by the prospect of sharing camp with my children (I'm a single mother, relsing a 7 year old daughter and 7 year old niece).

But I have not had the financial resources to afford camp fees. Comparatively, we, as a family are actually doing really well right now. After a rough period where we were homeless in 2005, and years struggling with poverty wille surviving only with the help of transitional housing programs and government assistance. I became self-sufficient in 2011 and graduated with a Master's Dagree in Social Work this May. Of course, our budget is still tight, but we have everything we need and can now begin to save towards building the life I envision for Us.

I can't begin to express my gratitude for the generosity of Friends of Sacramento who made this year's session possible for us. Our time at Camp Sacramento was even better than t've imagined it would be, I

felt such loy watching my girls absorb the experience. Everyone was so welcoming and friendly and open and the girls fell into such easy friendships with the other children. At the same time, Camp Sacramento gave me ample opportunities to relax, socialize and enjoy myself, knowing that the girls were in good hands with excellent counselors and structured activities.

It was inspirational to watch the interactions between the counselors and the rhipmunks. It can't say chough about my impression of Camp staff and counselors and their influence on my girls. It was such a relief to watch my girls emulate and cherish this group of wholesome, fun loving, enthusiastic teens and young adults. It is my hope that continued exposure to camp staff will redefine what my children think is "cool." Because Camp Sacramento counselors are the role models I would choose for my children.

I could write a much longer letter praising the merits of our time at Camp Sacramento. It brought us closer together as a family and provided a window into another life, where my kids could grow up camp kids, and, under that positive influence become adults who reflect the values and spirit shared by others who have benefitted from long-term exposure to this great place. For now, we will continue to sing the silly songs we learned around the campfire and we will plan for session one-next year, when we will return to our little cable. I hope to make this an annual event.

Thanks again for this remarkable experience.

My fre Blu- 7/1/13

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Dear. Camp Sacramento

My name is phoenix. I am seven years old. I love everything about Camp Sacramento and I'm coming next year. I liked playing with all the kids at the park and in the lodge. I made so many friends. I loved our cabin, I got the top bunk! My favorite was doing archery and going to the dance. My counselor was fun to be with and his name was Thomas or Tommy. The Campfires were super fun, especially the songs. Next year, I plan to save money so I can have a camp Sacramento sweatshirt.

Thanks you very much for this great trip. It was good for my family. From your friend,

Phoenix



Hello

Brianna

I am Brianna and I want to say that Camp
Sacramento was so fun. We saw a bear on our hike
and the Campfire songs were awesome. I can't wait
for next year at Camp when I will be eight years old.
I liked the dance and the trip to the lake. I loved
playing ping pong and hide and seek with my new
friends. It was so great to be able to go to the store
and hang out in the lodge with just kids. I had my
own key to the cabin and that was cool. And I loved
the food with all the hot chocolate and ice cream. I
wish I could go 2 times this year.
I can't wait to see everyone again

Brianna









### CAMP SACRAMENTO FAMILY CAMP

ROBIN 2000 COUNTR

This packet includes some new and exciting information about camp this summer:

- Theme Information
- 2. Basic information about camp and its programs
- 3. What to bring to camp
- Schedule

Check out www.campsac.org to view a camp map, directions, schedules, prices, photos and more.

Please read all of this packet. If you have questions, feel free to give us a call at (916) 808-6098. Thank you and we will see you up at camp!



For the most up to date information on Camp Sac

Like us on



Follow us on



### 2014 Theme

Camp Sacramento is proud to announce that the theme for 2014 is..... SHERWOOD FOREST!

Sherwood Forest is a classic Camp Sacramento theme, and it has finally come back around! The home and hideaway for Robin Hood, Sherwood Forest is a magical place that constantly brings fun and excitement....so why not bring all that fun and excitement to Camp Sacramento!

With the help of Robin Hood, Little John, Maid Marian, Prince John, Alan-A Dale, Friar Tuck, Sir Hiss, the Sheriff of Nottingham... and more, we plan to make this summer in the Sherwood Forest unforgettable!

Pack your bags, grab your costumes and cabin decorations and meet us in Sherwood Forest, Campers!

PS: Don't forget themed items for the Family Dutch





### Just a reminder!

### **KEYS**

We do <u>not</u> take key deposits at check in.

Please return all keys to the Lobby at the end of your visit. If you lose a key the fee will be \$10.00 per key.



### **SWIMMING**

Swimming in the South Fork of the American River is NOT supervised by camp staff. The water is about 4 feet deep, swift and very cold. Please watch your children.

### MAIL

Deposit letters/postcards in mailbox in Camp Store. Check out our Camp Sac postcards!

If you are expecting mail, please have the cender address the en-

valopa sa followa:

(Yourname, yourcabin#)

Camp Sacramento P.O. Box 81



### CHILDREN

Parents or Guardians are responsible for their children at all times. While a child is on a camp supervised activity, we will be responsible for them, but when the activity is completed or the child leaves the activity, parents again assume responsibility for their care, welfare and behavior.

### FISHING

The South Fork of the American River runs through camp. A California fishing license is required for persons 16 years of age or older. A fish cleaning sink is located at the south end of the generator room. After cleaning, you can bring your fish to the kitchen to be wrapped and stored in our freezer. If you like, we will cook your fish for breakfast, or you can take them home.

Please limit your catch to no more than three (3), so others may enjoy this experience.



### IMPORTANT: Dietary Needs

Our Kitchen staff would like to know about any dietary needs before you arrive at camp.

We will try to do everything we can for your dietary restrictions. We recommended you

email us at campsacramento@cityofsacramento.org ASAP, no later than two weeks prior to your arrival at camp

and title your email "Dietary Needs". We will do our best to accommodate you and your family.



### What to Bring and Expect

We want to welcome you to Camp Sacramento. We have a busy and exciting scheduling for

you and we invite you to join in the activities and have a great time. Remember, this is YOUR VACATION, so you may do as much or as little as you choose. We are here to help you have the best stay possible, so if there is anything we can do for you, just let us know.

### WHAT TO BRING

- \*Sleeping bag/bedding
- \*Pillow
- \*Flashlight
- \*Water bottle/canteen
- \*Towels
- \*Toiletries
- \*Personal items, prescriptions
- \*Comfortable hiking shoes
- \*Warm casual clothes
- \*Cool casual clothes
- \*Jacket/coat/sweater
- \*Swimsuit
- \*Backpack
- \*Mosquito spray
- \*Sunscreen

### OPTIONAL ITEMS

- \*White cotton T-shirt for tie Dye
- \*Musical instrument
- \*Fishing pole, gear
- \*Camera
- \*Softball glove
- \*Beach toys
- \*Sandals, flip-flops, water shoes
- \*PJ's for Pajamarama Breakfast
- \*Beach chairs
- \*Life preserver or floaties for nonswimmers
- \*Costumes/props/music for Variety Show & Dance

### CHECK INVOUT

Check in time <u>begins</u> at 12:00 PM (NOON) on arrival day and

check out time is by 10.00am on departure day. Always check in/out through the lobby desk.





### RESTROOMS / SHOWERS AND LAUNDRY:

Restroom facilities are located throughout camp. There are washers & dryers in the laundry room. Hot water is always available in the shower and laundry areas. Your help is asked in conserving water & energy.

### DINING HALL:

Opens daily at 6:30am for coffee/tea, 7:00am for continental breakfast. Open evenings until midnight for cards, games, reading, etc.





### CAMP BELL / MEAL HOURS.

Wake-up Bell 8:00 am Breakfast 8:30 am Lunch 12:30 pm Dinner 5:30pm or 6:00pm

### IDENTIFICATION (ID) WRISTBAND

As a registered guest, you and each member of your family or group will be issued an ID wristband upon arrival at Camp. We appreciate your cooperation. by wearing the ID wrist bands for the duration of your stay.



### LODGE:

Please observe quiet hours (10pm-8am) if you are in the lodge at this time. Restrooms always open. Store and lobby hours will be posted.

### WEATHER:

- Cool nights/mornings
- Mid to upper 80's most days
- Snow and rain have been known to fall during all camp sessions. BE PREPARED!!!



### TELEPHONE:

Camp Office: (530) 659-7202 Sacramento Office: (916) 808-6098



### MEDICINE:

Medicine that needs to be refrigerated needs to be taken to the nurse's station, located next door to the office in the lodge. Please inform the nurse of special medical information at the beginning of camp.



### IMPORTANT: Family Dutch Auction!

Family Dutch Auction is a reverse-scavenger-hunt-like event taking place on night 1 of every session. Campers will be given time to gather items that they think would show up on our secret list, and are given points based on accuracy. This is a Camp tradition, and items will be theme/camp based!

#### REMEMBER:

- -NO Firearms are allowed on Camp property.
- -NO Fireworks/Incendiary devices are allowed in El Dorado County, or on Camp property.



### SHOES:

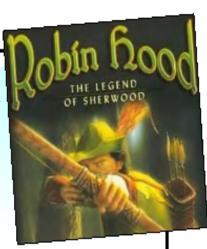
We recommend that parents have their children wear shoes at all times (even in the water) to prevent injuries.

### MISCELLANEOUS.

The horseshoe pits, children's playground, volleyball court and basketball court close at 10:00pm every night. All guests are requested to observe quiet hours from 10:00pm to 8:00am daily for the benefit of all. NOTE: Some scheduled recreation activities last past 10:00 pm, but we will try to keep the noise level down. No pets are permitted on the campgrounds.



If we have a fire, we ask that you gather your family and walk to the campfire area and receive instructions from staff. DO NOT DRIVE! We will ring the bell continuously and announce over the public address system to signify a fire in camp. Our staff has been trained



### 

Here are a few important sun protection measures that can help all campers:

- Use sunscreen with SPF of at least 30 on all exposed skin.
- Apply sunscreen about 20 minutes before exposure to the sun. Reapply after showering or swimming.
- Try to wear clothing that covers skin.
- Wear sunglasses with UV protective lenses.
- Avoid long periods of direct sun exposure.
- Sit or play in the shade.



Camp Sacramento Office 2450 Meadowview Road Sacramento, CA 95832 916-808-6098

Camp Sacramento is a permittee of the Eldorado National Forest. 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.)







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City of Sacramento Kevin Johnson, Mayor City Council

Angelique Ashby, District 1

Alan Warren, District 2

Steve Cohn, District 3

Steve Hansen, District 4

Jay Schenirer, District 5

Kevin McCarty, District 6

Darrell Fong, District 7 Bonnie Pannell, District 8

John F. Shirey, City Manager

James L. Combs, Director Elizabeth Anderson, Operations Manager Sylvia Fort, Recreation Program Manager Laura Bjornsen, Superintendent Tim Holland, Camp Manager

### MINI FAMILY CAMP SCHEDULE

#### DAY 1 SUNDAY / WEDNESDAY

12:00	Arrival and Check-in
12:00 - 2:30	Lunch
3:30 - 4:30	Minnow / Chipmunk / Marmot / Teen / Adult Camp Tour & Name Tag Making
4:30 - 5:30	Welcome to Camp Sacramento Socia presented by Friends of Camp
	Sacramento (Dinning Hall Patio)
6:00 - 7:00	Dinner
7:30 - 8:30	Family Dutch Auction (Campfire)
8:45 - 9:30	Welcome Campfire
9:45 - 11:30	Teen Thing (Lodge)

### DAY 2 MONDAY / THURSDAY

8:15 - 8:45	Pajamarama Pictures (Camp Bell)
8:30 - 9:30	Pajamarama Breakfast
10:00 - 12:15	Minnows – Minnow Play
	Chipmunks – Archery
	Marmots – Tie dye
10:15 - 12:15	Adults & Teens - Lovers Leap Hike
10.13 - 12.13	Adults & Teens - Arts & Crafts
12:30 - 1:30	Lunch
2:00 - 3:00	
2.00 - 3.00	Minnows – Bug Catching
	Chipmunks – Puppy Love Hike
	Teens – Rock Wall
	Adults – Archery
2:00 - 4:00	Marmots – Lover's Leap Hike
3:30 - 5:00	Minnows – BBQ Decorating
	Chipmunks – Arts & Crafts
	Teen & Adults – Tie Dye
4:00 - 5:00	Marmots – Archery
5:30 - 6:30	Barbeque (Pope Beach Signup)
7:00 - 8:30	Co-ed Volleyball - Guests vs. Staff
8:00 - 8:30	Crazy Campfire
8:30 - 9:00	All Camp Brownie Surprise (Dining Hall)
9:00 - 10:00	Family Bingo (Dining Hall)
9:45 - 11:30	Teen Thing (Lodge)
10:15-10:45	Star Gazing (Meadow)

### DAY 3 TUESDAY / FRIDAY

8:30 – 9:30 10:00 – 11:15	Breakfast Minnows – T-shirt Decorating Chipmunk – Tie-Dye Marmots – Arts & Crafts Teens – Archery Adults – Arts & Crafts
40.00 4.00	
12:00 - 4:00	Pope Beach (Sign up in Lobby)
12:30 - 1:30	Lunch
2:00- 2:30	Sandcastle Competition Judging (Pope
	Beach)
2:00 - 3:15	Minnow / Chipmunk / Marmot – Meadow
	Activities
	Teens – Arts & Crafts
	Adults – Arts & Crafts
4:30 - 5:30	Family Fun Carnival (Quad)
6:00 - 7:00	Dinner
6:15 - 7:15	Ice Cream Social
8:00 - 9:00	Closing Campfire
9:15 - 11:00	Farewell Dance (Lodge)

#### DAY 4 WEDNESDAY / SATURDAY

8:30 - 9:30	Breakfast
9:30 - 9:50	Minnows / Chipmunk / Marmot - Camp
	clean-up, and farewell to staff
10:00	Check-out and Departure

\*\*ACTIVITY TIMES AND ACTIVITIES ARE SUBJECT TO CHANGE\*\*

Pre Sign-Up Every Day
7:30 - 8:00am - Early Bird Hike*
8:00 - 8:30am - Sunny Side Stretch*

Sign up is required by 9:00pm in Lodge on the Sign-up Board the night before. \*Minimum of 3 people needed for program.

### Activities Available for Each Age Group:

Minnows (3 - 5 years): Meets on the steps of the lodge.
Activities include: nature journal, nature crafts, meadow games,
BBQ decorating, t-shirt decorating, Minnow play, bug catching,
outdoor education, age group socialization, and more.

Chipmunks (6 - 9 years): Meets at the campfire pit. Activities include: nature journal, sand jewelry, meadow games, archery, hikes, tie dying, lanyards, friendship bracelets, outdoor education, age group socialization, and more.

Marmots (10 - 12 years): Meets on the store patio.

Activities include: nature journal, leather craft, meadow games, archery, hikes, tie dying, lanyards, friendship bracelets, outdoor education, age group socialization, and more.

Teens (13 – 17 years): Meets at the volleyball court. Activities include: archery, hiking, leather craft, tie dying, lanyards, friendship bracelets, outdoor education, age group socialization, and more.

Adults (18 years and up): Meets at the camp bell.

Activities include: archery, hiking, crafts, leather craft, tie dying, lanyards, friendship bracelets, gourd painting, jewelry making, witty banter, outdoor education, socialization, power-lounging, and more.

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Check <u>Daily Activity Board</u> on the Dining Hall Patio for activities for each age group. Next day activities will be posted by 9pm each night and announced on P.A. System.

### WEEKLY FAMILY CAMP SCHEDULE

MONDAY	
12:00 12:00 - 2:30 3:30 - 4:30	Arrival and Check-in Lunch Minnows / Chipmunks / Marmots / Teens / Adults Camp Tour & Name Tag Making
4:30 - 5:30	Welcome to Camp Sacramento Social presented by Friends of Camp Sacramento (Dining Patio)
6:00 – 7:00 7:15 – 7:30 7:30 – 8:30 8:45 – 9:30 9:45 – 11:30	Dinner Teens /Parents Meeting (Lodge) Family Dutch Auction (Campfire) Welcome Campfire Teen Thing (Lodge)
TUESDAY	
8:15 - 8:45 8:30 - 9:30 10:00 - 12:15	Pajamarama Pictures (Camp Bell) Pajamarama Breakfast Minnows – Minnow Play Chipmunks – Archery Marmols – Tie Dye
10:15 - 12:15 12:30 - 1:30 2:00 - 3:45 4:00 - 5:00 4:00 - 5:00	Teens & Adults - Lovers Leap Hike Lunch Co-ed Softball - Teens & Adults vs. Staff (Meadow) Softball Social (Store Patto) Kids Social/Scavenger Hunt Skit and Variety Show Practice-
5:30 - 6:30 6:45 - 7:00 7:00 - 8:00 8:15 - 8:45 9:00 - 10:00 10:15 - 10:45 10:45 - 11:30	Minnow / Chipmunk / Marmots (Lodge) Dinner All Day Hike Planning Meeting (Store Patio) Family Kick Ball Crazy Campfire Family – Game Night (Dining Hall) Star Gazing (Meadow) Teen Capture the Flag
WEDNESDAY	
8:30 - 9:30 9:35 - 2:40 9:15 - 2:30 10:00 - 12:00	Breakfast All Day Hikers Depart Teens Depart for South Lake Tahoe - Bike Ride Minnows – T-Shirt Decorating Chipmunks – Tie Dye Marmols – Archery Teens & Adults — Arts & Crafts
12:30 - 1:30 2:00 - 3:00 2:00 - 4:00	Lunch Minnows – Bug Catching Teens & Adults- Archery Chipmunks - Puppy Love Hike
3:30 - 5:00	Marmots—Lover's Leap Hike Minnows – Decorating for BBQ Marmots – Still on Lovers Leap Hike
4:00 - 5:00 5:30 - 6:30 7:00 - 8:15 8:30 - 9:00 9:00 - 10:00 9:45 - 11:30	Teens & Adults- Tie Dye Chipmunk- Archery/Arts & Crafts Barbeque (Pope Beach Signup) Co-ed Volleyball – Teens & Adults vs. Staff Brownie Surprise (Dining Hail) Family - Bingo (Dining Hail) Teen Rock Wall (Lodge)
THURSDAY	
8:30 - 9:30 10:00- 5:00 12:30 - 1:30 2:00- 2:30 5:30 - 6:30 5:45- 6:45 7:00 - 7:45 7:15 - 8:45 8:00- 9:30 11:30	Breakfast Pope Beach South Lake Tahoe Lunch at Pope Beach Sandcastie Competition Judging Dinner Ice Cream Social Campfire Teen Sunset Hilke Family Movie Night Teens Overnight Lock-In (Lodge)

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8:30-9:30	Breakfast
10:00 - 12:00	Family Activities
	Minnow/Chipmunk- Supervised Activities
10:00-12:00	Adults- Horseshoe Tournaments (Self-Led)
12:30 - 1:30	Lunch
2:00 - 2:30	Skit and Variety Show Practice-
	Minnow/Chipmunk/Marmots (Lodge)
3:00 - 4:30	All Camp Camival (Quad)
5:30 - 6:30	Dinner
7:00 - 8:30	Starlight Lounge Variety Show (Lodge)
9:00 - 10:30	Farewell Dance (Lodge)
SATURDAY	
8:30 - 9:30	Breakfast
9:30 - 9:50	Camp Clean-up and farewell to staff
10:00	Check-out and Departure

#### \*\*ACTIVITY TIMES AND ACTIVITIES ARE SUBJECT TO CHANGE\*\*

Pre sign-up Every Day	V
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7:30 - 8:00am Early Bird Hike\* 8:00 - 8:30am Sunny Side Stretch\*

### Event Sign up:

Wednesday Teen Bike Ride \*

Adult All Day Hike\*(5 Person Minimum)

Thursday Variety Show

Sign up is required by 9:00pm in Lodge on Sign-up

Board the night before.

\*Minimum of 3 people needed for program.

### Activities Available for Each Age Group:

Minnows (3 - 5 years): Meets at on the steps of the lodge. Activities include: Nature journal, meadow games, BBQ decorating, t-shirt decorating, minnow play, bug catching, outdoor education, age group socialization, and more.

Chipmunks (6 - 9 years): Meets at the campfire pit. Activities include: Nature journal, sand jewelry, meadow games, archery, hikes, tie dying, lanyards, friendship bracelets, outdoor education, age group socialization, and more.

Marmots (10 - 12 years): Meets on the store pato.

Activities include: Nature journal, leather craft, meadow games, archery, hikes, tie dying, lanyards, friendship bracelets, outdoor education, age group socialization, and more.

Teens (13 – 17 years): Meets at the volleyball court. Activities include: Archery, hiking, blike ride, leather craft, tie dying, lanyards, friendship bracelets, all day hike, outdoor education, age group socialization, and more.

Adults (18 years and up): Meets at the camp bell. Activities include: Archery, hiking, crafts, leather craft, tie dying, lanyards, friendship bracelets, gourd painting, jewelry making, wity banter, outdoor education, socialization, power-lounging, and more.

Check Daily Activity Board on the Dinning Hall Patio for activities for each age group. Daily activities will be posted by 9pm each night at the Dining Hall Patio and announced on the P.A. System.

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