

2009 Independence Family Camp

WELCOME to Cascades Camp! We pray that this will be a great experience for your family, which you will add to your family traditions. Our speakers are Rev. Gary Walter, President of the Evangelical Covenant Church of America, Rev. Greg Asimakoupoulos, Senior Pastor of Mercer Island Covenant Church, and Rev. Mark Novak, Superintendent of the North Pacific Conference. Worship music is provided by our own talented Cascades Camp Summer Staff. The activities and services are also provided by our Summer Staff from all over the country. Enjoy getting to know them during your stay. Please let us know how we can enhance your enjoyment of Family Camp!

MEAL PLAN participants will be asked to show their color coded wrist bands at entry to the dining room for 8:00 breakfast, 12:30 lunch, and 5:30 dinner. EVERYONE gets to enjoy Thursday Beef BBQ and Sunday Salmon BBQ. Sunday's pancake breakfast cookout signup is on Saturday. Meal tickets can be purchased at the canteen.

Espresso opens at 7:30 am, and closes during mealtimes and meetings.

Gift Store opens after breakfast, and closes during mealtimes and meetings.

Canteen 10-noon, 1-5 pm, and after the evening meeting. *Pine cars, model rockets, day guest meal tickets, pancake tickets, & BBQ tickets.*

KIDS GROUPS during meetings:

-Bring **babies** to the conference room above the espresso stand in Nisqually.

-2-3 yrs (beyond diapers) to Lakeside.

-4yrs.-Kdg, 1st-3rd, 4th-6th grades, & Jr. High leave mid-service and return to the meeting at closing. **High Schoolers** meet at the flagpole after each evening meeting.

TRAILRIDES: at 10:30, 1:00, 2:30, and 4:00 for riders 10 years old, and 15 years old for extended rides. Sign-up sheets for each day's rides will be posted at 8:45 a.m. at Nisqually Center. Pony rides for kids under 10 yrs. will be at 10:30-11:45 (no sign-up).



SAFETY RULES

- » Please respect and obey Cascades staff operating all activities.
- » Swimming is permitted only when lifeguards are on duty, at 10:45-12:15 & 1:15-5pm. PARENTS, watch children please.
- » Boats Children 10 & under must be accompanied by an adult when in boats or swimming. All boaters must wear lifejackets.
- » The Bob, Blob, Waterslide, & Climbing Tower min. height is 48".
- » Paintball & Rubicon age minimum is 13 years old,
- » Horse Trailrides age min. 10 years old, and 15 for extended rides. Riders must wear long pants (no capri's) hard shoes (no sandals) with closed toe and heel, and must be able to mount unassisted from the ground.
- » Bikes stay on the roads, not on trails. Wear your helmets.
- » Fires only in existing fire circles (sorry, no above-ground fire pits).
- » NO FIREWORKS please.
- » Speed Limit is 15-20 mph. We have horses, kids, bikes on the roads.
- » Campground: pets must be kept on leash and quiet, & may not enter buildings. Please clean up after your pet.

THANK YOU!

SCHEDULE

Wednesday, July 1

- 7:00 Rev. Gary Walter
- 8:30 Hayrides at Nisqually Center
S'mores campfires: at Lakeside, Liberty Ridge camp areas, and the Amphitheater
- 11:00 All quiet, please

Thursday, July 2

- 8:45 Trailride sign-ups
- 9:00 Rev. Greg Asimakoupoulos
- 10:00 Family Options
- 1:30 Extended Hike to Fossil Rock
-meet at flag pole
- 2:30 Challenge Elbow Lake Trail Ride (sign up)
- 4:00 Across the Lake Swim (sign-up)
Camp-wide Activity Hunt, Brightwood
- 5:30 Flank Steak Beef BBQ on West Lawn
Adults' Carriage Rides, kids' Pony Rides
- 7:00 Rev. Gary Walter
- 8:30 Tiki Party Carnival Luau
- 11:00 All quiet, please

Friday, July 3

- 8:45 Trailride sign-ups
- 9:00 Rev. Greg Asimakoupoulos
- 10:00 Family Options
- 1:30 Extended River Hike (meet at flag pole)
- 2:30 Challenge Elbow Lake Trail Ride (sign up)
- 4:00 Decathlon (team sign-ups)
- 5:30 Parents' Night Off (kids on meal plan eat at Brightwood Station)
- 7:00 Rev. Mark Novak
- 8:30 Hymn Sing in Nisqually Center
Family Camp Late Show in Rainier Center
- 11:00 All quiet, please

Saturday, July 4

- 8:45 Trailride sign-ups
- 9:00 Rev. Greg Asimakoupoulos
- 10:00 Family Options
- 1:30 Extended Fossil Rock Hike (at flag pole)
- 2:30 Challenge Elbow Lake Trail Ride (sign up)
- 4:00 Pine Car Show & Race, Rainier Center
Model Rocket Launch at Ball Field
- 7:00 Rev. Mark Novak
- 8:30 Parade on Rainier Vista Dr.
- 9:30 Fireworks Show at waterfront
- 11:00 All quiet, please

Sunday, July 5

20th Anniversary Celebration!

- 8-9:00 Pancake Cookouts (sign-up)
- 10:00 Worship Service, Mark Novak
(Please check out of Cascades lodging prior to service.)
- 12:00 Salmon BBQ
- 1:00 Camp ends -Please come again!