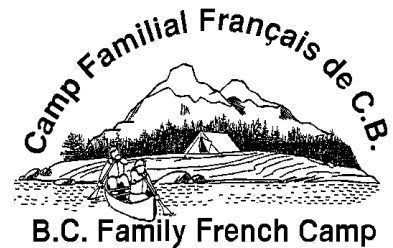


BC Family French Camp  
Okanagan Lake  
Newport Beach Recreational Park



**Bonjour et Bienvenue à BCFFC 2010!**

Welcome to the 27<sup>th</sup> summer of safe family fun in French! We hope you and your family are ready for an exciting, fun and adventure-filled week here in the beautiful Okanagan Valley. We have many activities planned. This newsletter will let you know what is happening during the week and will outline some essentials to bring along. **Please bring this newsletter with you to camp as a reference along with one Health Form for each child in program and one Informed Consent form per family. If you are bringing a guest child you MUST also bring copies of these two forms filled out by the child's family. Required forms are available for download on the BCFFC website at [www.bcffc.com/downloads.shtml](http://www.bcffc.com/downloads.shtml). All forms MUST be handed into the Registrar at check-in prior to moving to your site. This is extremely important as no child is permitted to begin program until these forms have been received.**

Our groups this year will enjoy many exciting sun-drenched activities. All changes from previous years reflect the continued challenging and exciting adventures that have come to be expected from Okanagan camp. **All activities are considered age appropriate.**

**Pre Program** will be an on-site ½ day morning program and available in Week 2 only.

**Regular Program (Post K to Grade 6)** will be primarily on-site but will include one full day off-site adventure.

**Les Aventuriers** will be a 5-day, 2-night off-site adventure, which will include kayaking or canoeing, hiking, cycling, horseback riding as well as on-site water activities, games and crafts.

**Les Coureurs des Bois (CB)** will be a challenging 5-day, 3-night off-site adventure, which will include canoeing, cycling, hiking and rock climbing.

**Le Groupe Méli-Mélo (MM)** will be a 5-day with a 1-night off-site opportunity, which may encompass several aspects of fine arts including crafts, improv, comedy and acting. Games and activities both in and out of water and horseback riding will keep the teens wanting for more. These three programs may include aboriginal teachings as well. So much FUN, FUN, FUN!!!

**Please note: BCFFC reserves the right to change program activities.**

**ALLERGIES:** We make every attempt to protect your child from any allergies they may be exposed to at camp. However, we cannot stress enough the importance of receiving this information during check-in on your 1<sup>st</sup> Saturday of camp. Please note on your child's Personal Health Form any information regarding your child's allergies or health and **do be sure to discuss any concerns with your child's counselor.**

**Dates for Okanagan camps are as follows:**

Week 1	July 10 to 17
Week 2	July 17 to 24

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## Local Committee Members:

Coordinator: Debra Pool [okcoord@bcffc.com](mailto:okcoord@bcffc.com)

Registrar: Shannon Fehr [okreg@bcffc.com](mailto:okreg@bcffc.com)

Treasurer: Julie Wiebe

Program Development: Sandra Sinclair

Equipment: Christine & Stephen Williams

**How to get to Newport Beach:** A printable map and detailed directions have been posted on the Okanagan section of our website [www.bcffc.com/ok/camp.shtml](http://www.bcffc.com/ok/camp.shtml)

The route from Kamloops takes you through Falkland and is a good route from the Lower Mainland. The route through Kelowna is good, but downtown Kelowna can be busy. The Westside Road route bypasses downtown Kelowna, but is a narrow winding road, challenging as well as slow going and not recommended if pulling a trailer. If coming from the east, turn south at Sicamous and travel through Armstrong.

**Campsite Number:** Our Registrar has provided your campsite number in the cover note email for this newsletter.

If you requested and paid for extra services or beach site with your camp application but we were not able to accommodate your request, please see the local Treasurer on her scheduled day at camp. Refunds may be available when checking in on Saturday so please feel free to ask if you know money is owed to your family.

Check-in time is between noon and 5:00pm on Saturday.

All campers and any trailer rental delivery persons are required to check-in at the BCFFC Registration tables in the Newport Office before going to your site. Occasionally changes may need to be made plus we must collect your Health and Consent forms upon your arrival. Your parking pass and camp T-shirts will also be handed out at this time.

BCFFC registrars will be available in the office between noon and 5:00pm. After 5:00pm, please bring your necessary papers and check-in at the Camp Manager's site # 65 located on the beach near the Coffee Tent. It is very important to have all forms handed in prior to program start Sunday morning to avoid the need to send your child back to your campsite and delay the start of group activities. Thank you in advance for your cooperation.

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## GENERAL CAMP INFORMATION

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**Campsites:** As most of the sites tend to be sunny, it would be wise to bring extra tarps to provide protection from the sun (and in the hopefully unlikely case of rain). Consider throwing in some poles just in case your site has a shortage of trees. Some sites are susceptible to wind blowing off the lake. Tarps with reinforced corners and grommets are less likely to suffer damage from the wind. Campers assigned to power sites should note that most of these sites now provide 30amp power. Pack a Reverse 15F/30M amp adapter if your camping unit requires 15amp power.

**Family Sign:** Please have your family decorate a wood or cardboard sign with your family name. Be as creative as you like and bring it to Camp with you to display at your campsite.

**Poison Ivy:** There will information posted at the Coffee Tent along with a sample to show you what the plant looks like. The campground makes every effort to eliminate this danger but please let your children know that they should not play in the brush areas around the campground and keep your pets away from these areas as well – they can get poison ivy too!

**Camp Canoes and Kayaks:** We will be providing a workshop for adults on the proper use and care of the canoes and kayaks. Parents **must** attend this workshop if they wish to use the canoes or kayaks during non-program hours. Children are not permitted to use kayaks or canoes during non-program hours unless accompanied by an adult who has taken the training. Teens that have previously taken the CB program are permitted to use kayaks and canoes during non-program hours. BCFFC does have life jackets available and **ALL persons using watercraft must wear a personal floatation device**. As an added safety measure, campers must also let someone know when they are venturing out in any watercraft and when they have safely returned. Campers should not attempt to cross the lake in watercraft. The other side of the lake is private property and is further than it looks. Additionally, be aware that the weather on the lake can change suddenly so persons using watercraft should not venture further than 5 minutes from shore. **All equipment must be back at camp by 9:00pm and must be properly stored.**

**Communal Dessert:** Sunday evening each family brings a delicious dessert to share at the grassy field. Remember to bring a plate and fork to enjoy this popular event.

**Extra Costs:** You will find there are some minor extra costs once you arrive at camp. These include:

- Gift contribution for the Moniteurs: voluntary, \$5.00 per child (collected at check-in if possible)
- Photos of your child's group: about \$1.00 per photo (collected on photo day)

**Invite a Moniteur to eat:** As this is how the moniteurs get fed, we encourage you to bring along some extra food and invite your child's moniteur to share lunch or dinner with you or help out by providing a bag lunch on the days when they are traveling off-site. The sign-up sheet is posted under the Coffee Tent Saturday night and will remain there for the rest of the week for reference. Sign up early so you don't miss out and please remember to share the moniteurs with other families. Each group has a minimum of 8 children and every family would enjoy the opportunity to have their son/daughter's moniteur for a meal.

**Hike Day:** All children in the Regular Program will take part in either a day hike or trip to Allan Brooks Nature Centre during their week at camp. This will involve being off-site for most of a

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program day so please be sure to bring along comfy ‘real’ shoes and items suitable for a bag lunch, including water, in their day pack (see equipment list).

**Parent Volunteers:** Volunteers operate our camp and all parents must give a few hours of their time to spread the workload and to ensure that everyone can enjoy their holiday. A big thank you in advance to all our parents who give up part of a day to help out their children by driving for hikes and off-site activities, supervising water activities, helping with program activities, or supervising the late night sleep-out hours. The list of activities requiring parent volunteers is long but most tasks are quite small. Your Camp Manager will be sure to let you know which areas need assistance at the brief morning parent meetings held at 9:15am at the Coffee Tent. Further information will also be posted at that location.

If anyone is interested in leading fitness sessions, French conversation sessions, yoga, dance or anything else that parents might enjoy, please see the Camp Manager.

**Parents’ Wine and Cheese:** After our Welcome Gathering on Saturday evening at the grassy field, come and enjoy some stimulating conversation between old friends, meet new friends and the moniteurs for 2010. Bring your favourite bottle of wine to share as well as a cheese and cracker tray or other easy snack item. Sorry but this is an adult only gathering. We’ll meet at the Coffee Tent at 9:00pm.

**Swimming:** The moniteurs will always assume that all children are non-swimmers, and will see that all children will be in life jackets while in water over their shoulders. **Parents are responsible for children outside of program hours.**

Newport Beach Campsite rule is that **all children under 12 years of age must be supervised by an adult while at the beach area.** Please follow this rule and help keep our camp safe for everyone.

**Dogs:** If you are bringing your ‘quiet’ furry friend along with you to camp, we ask that you clean up after your pet at all times. Your dog is welcome to swim at the marina area of the campground but NOT allowed in or on the public beach area. Your care and attention is greatly appreciated.

**Bike Helmets:** Helmets are required for bike riders so remember to bring this important item along if you are packing any bikes. Any child caught without a helmet will lose the privilege of riding. Adults at camp are expected to set a good example. Teens in our Aventurier and CB programs are required to have a properly fitted helmet in good condition for cycling activities and/or horseback riding. Teens in our MM program will also require a helmet for horseback riding.

**Tie-dye:** Each child in program will receive a camp T-shirt that you may wish to tie-dye during the week. You may like the white but it’s hard to resist the temptation once you see all the beautiful colours. Tie-dye is an after-program activity for parents to do with their children.

**Children are not allowed to tie-dye without adult supervision.** A tie-dye workshop will be given early in the week to help teach adults the secret workings of creating an original t-shirt masterpiece. Please respect the ‘light to dark and no backwards’ rule to protect the dye for all.

**Garbage & Refundable items:** The campground will see that dumpsters are emptied as needed. We would like to encourage camp families to begin clearing their campsites of garbage prior to check-out day so that the campground has the opportunity to have the dumpsters attended to before the next week’s campers arrive at the campground. BCFFC will also have a station set up

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near the Coffee Tent for families to bring and sort their refundable containers. Parent volunteers will be needed to return these to the Vernon bottle depot late in the week.

**Wildlife:** Another good reason to keep your campsite tidy! Although we have not had any instances of bears visiting campsites during our camp, there have been times over the years where we hear of early morning sightings of the furry critters on the out-skirts of the campground, going down to the lake for a drink and then heading back to where they came from. The campground is always sure to let us know if any bears have been seen in the area. Your Camp Manager will advise if there is any information in this regard.

We do however, have magpies or other little critters that like to get into things, especially food items that are left out, so do keep this in mind before retiring for the night. Those little visitors get up very early in the morning and they will be sure you do too.

**Personal Property:** Families are strongly advised to protect their personal property. Though Newport Beach is a relatively safe campground, BCFFC and Newport have little control over the possibility that outside persons may enter the grounds undetected during the evening hours or during times where most camp families are involved in group events. Please do not leave valuables out in the open and consider securing or moving bicycles into a safe location on your site while you are occupied with other activities. Please report any suspicious activity.

**Campfires/smoking:** Unfortunately some years we are not able to have campfires due to dry weather but this is dependent on conditions when summer arrives and we will advise you once you reach camp. Should campfires be allowed, firewood is available for purchase through the Newport Beach store or Marina. We ask campers to make sure fires are extinguished prior to leaving your campsite or retiring for the night. Additionally, if you smoke, we ask that you are extremely cautious and extinguish into a water container if possible. Please do not leave cigarette butts on the campground floor.

**Water spraying & other projectile toys:** While the weather may be cooking hot and toys that spray water may seem like a fun way to cool everyone off, these items are not allowed at group gatherings and may not be appreciated by your camp neighbours.

It is also important to note that children and adults are not permitted to use gun type toys that shoot plastic pellets or any other projectile that may cause injury to persons, wildlife or litter the campground floor and lake.

**Costumes:** The moniteurs are always looking for costumes to add to their "Tickle Trunk". If you have anything in adult size you would like to donate please bring it along.

Parents will do some dressing up too if they opt to be involved in the weekly parent game or the Parent/Moniteur Sport Night so consider bringing a few unusual & fun things for yourself.

**Parent Game:** Our Program Director may create a game for parents intended as both an icebreaker and opportunity for the grown-ups to have a little fun too. The parent game is completely voluntary and includes various simple and creative tasks. Parents should feel comfortable attending parent meetings even if this is not your forte. You are not required to take part in any games and may just prefer to watch others and enjoy a few good laughs. The Parent Game takes place following presentation of the other valuable camp info at our morning parent meetings.

**Other general info:** This newsletter contains only a portion of the various info items we would like to share with our camp families. Further information can be obtained by reading through the

# BC Family French Camp – Okanagan Lake – 2010

content on our website [www.bcffc.com](http://www.bcffc.com) and by attending our morning parents meetings held daily (except Wednesday) at 9:15am under the Coffee Tent.

# BC Family French Camp – Okanagan Lake – 2010

## CAMP ACTIVITIES TO LOOK FORWARD TO

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### Saturday

- Check in between noon and 5:00pm at the Newport Office. After 5:00pm, check in with the Camp Manager on the beach near the Coffee Tent. The Manager's site number will be posted at the office. Please be sure to bring your children's medical and consent forms as they **MUST** be handed in before program begins.
- Set up and explore, check for your child's group/moniteur at the Coffee Tent
- 7:00pm Welcome Gathering of all families and moniteurs on the grassy field
- 8:30pm CB program parent's meeting. **All CB parents must attend.**
- If meetings are required for Aventurier and MM parents, this will be announced at the 7:00pm Welcome Gathering.
- 9:00pm Wine and Cheese at the Coffee Tent (adults only please)

### Sunday-Tuesday

- Regular Program hours are 9:00am to 4:00pm – meet at the grassy field at 9:00am and again at 1:30pm. **Parents of Post K age children** should escort your child to the field and pick up for lunch break and after program end. Please check the posted activity schedule under the coffee tent to determine where your pick up location will be.
- **Pre parents** – Please bring your child to the grassy field at 9:00am and pick up your child at the grassy field at 11:45am or as advised by your group moniteurs.
- Daily parents' meeting 9:15am at the Coffee Tent. **Please attend as important information is relayed.**
- Children are home for lunch from 11:45am – 1:30pm. Please be sure your children know their campsite number.
- **Highlights:** Communal Dessert, Campfire Québécois, Kids' Sleep-out

### Wednesday

- Day off to explore the Okanagan or relax at camp! No parent meeting.

### Thursday – Friday

- Program hours are 9:00am to 4:00pm – meet at the grassy field at 9:00am and again at 1:30pm. PRE groups meet and pick up as above.
- **Highlights:** Parent/Moniteur Sport Night, Games Night, Friday Night Finale

### Saturday

- Checkout time is 10:00am – Please leave your site tidy for the new families arriving.

Times of activities are posted at the Coffee Tent and will be announced daily.
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# BC Family French Camp – Okanagan Lake – 2010

## PROGRAM EQUIPMENT LISTS

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### PRE Program Daily Equipment List

- Small backpack, water bottle, bathing suit, towel, hat, snack
- Waterproof sunscreen, insect repellent – Parents please apply sunscreen prior to program start.
- Sleeping bag and foamy if planning to sleep out on Tuesday night
- Pre program runs for ½ day only from 9:00 am 11:45am. Parents must deliver and pick-up Pre program children at the grassy field.
- Pre children may also go on a brief hike so do come prepared with proper footwear.

### REGULAR Program (Post K – Grade 6) Daily Equipment List

- Small backpack, water bottle, bathing suit, towel, hat, snack
- Waterproof sunscreen, insect repellent – Parents please apply sunscreen prior to morning & afternoon sessions.
- Sleeping bag and foamy if planning to sleep out on Tuesday night
- Bag lunch required for hike day.
- Proper shoes for any scheduled hikes or out-trips.

### Aventurier, CB, and MM Campers Equipment List

The following list is *essential* and should be considered a minimum.

#### Forms

- Additional forms are required for our scheduled teen out-trips. Please be sure to download these forms from our website and bring them with you to camp. **This is especially important for Guest Teens as their parent(s) MUST sign and send these to camp with host families.**
- **CB Campers** MUST bring: BCFFC Health Form, BCFFC Informed Consent Form and Skaha Rock Adventures Waiver Form signed by a parent.
- **Aventurier and MM Campers** MUST bring: BCFFC Health Form, Informed Consent Form and End of Trails Waiver Form signed by a parent.

#### Equipment

- **CB & Aventurier Campers** need a mountain bike in **good working order** and a **bike helmet that is properly fitted**. Parents are advised to have bikes serviced in a bike shop making sure that the brakes, gears and tires are in good working order. If your teen's bike is not in good condition he/she may miss out on some of our exciting camp challenges. **MM campers will not require bikes but will need a properly fitted helmet for horseback riding. Aventurier teens will also require helmets for horseback riding.**

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- **CB & Aventurier Campers** will need to be familiar, comfortable with their bike and have their bike properly fitted to them, as the rides may be long and over un-serviced pathways.
- **CB & Aventurier Campers** will be canoeing or kayaking, biking, hiking and/or otherwise exposed to the elements. Proper sun protection including a broad brimmed hat, clothing that limits exposure to the sun and an adequate supply of high SPF sunscreen is a must. While teens won't be transporting their packs and camp gear on the water or cycling, they will need a day pack to keep items required en route plus a waterproof boat bag to protect items such as cameras.
- **All teen campers** including **MM** will need a day pack plus a backpack that is large enough to contain and attach, clothes, sleeping bag, sleeping pad, groundsheet, other personal gear in a compact fashion. Since teens will be camping out in the environment shared with mosquitoes, 'back woods' bug repellent is strongly advised.
- Warm sleeping bag and sleeping pad (**number of sleep outs: CB-3, Avent-2, MM-1**)
- Unbreakable cup, bowl, plate, knife, fork, spoon and water bottle(s) – 2 litres capacity is recommended.
- Small flash light, **high SPF sunscreen, back woods insect repellent**
- Bag lunches for out-trips – food is provided for teens during over night excursions but your child will still need a lunch on the day of departure for each out-trip.

### Footwear

- Hiking boots or shoes (broken in) with sufficient foot/ankle support for hiking, cycling or climbing over uneven and unstable terrain.
- Water shoes or old runners for use in the water
- Socks, at least 3 pair (wool is a natural insulator)

### Clothing

- Rain gear or poncho – light weight and waterproof
- 1-2 pair long pants, shorts, 2 t-shirts, sweatshirt or fleece, bathing suit, towel, broad brimmed sun hat, toque and mitts or gloves (in case it gets rainy or cool)

### Toiletries

- Small towel, wash cloth
- Band-aids, medication if needed - **Parents should be sure to discuss their child's medication needs with the group moniteur(s).**
- Soap, shampoo, sunscreen, lip salve, Kleenex or toilet paper, tooth brush and toothpaste, wet-ones, personal toiletry items, small hand sanitizer (Purell).

Moniteurs give each teen camper a list for each trip; please go through it with your child. He/she could be very uncomfortable if items are forgotten.

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This newsletter is posted in the download area of our website ([www.bcffc.com/downloads.shtml](http://www.bcffc.com/downloads.shtml)) in the event you misplace your copy.

Safe travels and see you soon!

*BCFFC Okanagan Committee*