

Improving the lives of burn survivors
and their families



MEMORIAL DAY WEEKEND
MAY 24 - 27, 2019

Canyon Creek Sports Camp
41600 Lake Hughes Road, Lake Hughes, CA 91532

Where a safe environment is provided for burn survivors and their families to have the opportunity to build confidence and independence, learn teamwork and develop problem-solving skills through diverse sports and camp programs while also providing forums for peer support."



WELCOME



We are excited to welcome you to the
15th Annual Burn Survivor Family Camp Weekend
This weekend is made possible by a grant from
Grossman Burn Foundation
and the sponsorship of
Children's Burn Foundation,
Firefighters Quest for Burn Survivors
and
So Cal Burn Ride



GROSSMAN
BURN FOUNDATION

Founded by Rebecca and Dr. Peter Grossman in 2006, The Grossman Burn Foundation provides medical, financial and emotional support to families who have suffered a burn injury and aids in the development of self-sustainable communities worldwide through public education, strategic partnerships, and teamwork.

SPONSORS



The Children's Burn Foundation's mission is "To prevent the pain and trauma of burn injuries to children, and to give children who have suffered severe burns the opportunity to reach their full potential, physically, psychologically, and socially." www.childburn.org

Firefighters Quest for Burn Survivors is an organization managed by firefighters and civilians who volunteer their services to raise funds and are dedicated to assist those who have been affected by burn injuries. www.firefightersquest.org



SoCal Burn Ride was founded in 2014 by a Harley-Davidson rider / Burn Survivor and US Marine Corps Captain, who approached Grossman Burn Foundation and Firefighters Quest about hosting a charity motorcycle ride to benefit burn survivors.

DONATIONS

Donations to the Grossman Burn Foundation from:
Molnlycke - Backpacks
Galpin Ford - Truck Rental

Thank you to all who help to make this event a reality.



IMPORTANT STUFF TO KNOW

WRIST BANDS—Burn Survivors are honored with a red wristband. All other guests will be identified with a yellow wristband... even if you are here for only one day. The wristband **MUST** be worn at all times. You will **NOT** be admitted to meals or activities without it. If you lose your wristband, go to registration.

NO SMOKING—Camp Policy states that **SMOKING IS NOT ALLOWED** except in your own private vehicle.

IN CASE OF AN EMERGENCY—The front of the Main Lodge serves as the main rendezvous point during emergency situations such as fire, flood, earthquake, or other unforeseen emergencies. Campers are to report to this location to receive further instructions.

MEDICAL EMERGENCIES—In all cases of medical emergencies, the camp nurse must be contacted immediately via walkie talkie. Remove the injured person from harm if appropriate, (i.e. non-head injury). Injuries that occur at camp must be reported to the camp nurse and camp director. If a parent or adult chooses to go to off-site medical care, the camp director and camp nurse are to be notified of their plan.

MEDICATIONS—Any medications brought to camp need to be secured. If campers need medications refrigerated or if any medications are brought to camp, to appropriately secure the medications, they should be brought to the health office and arrange access with the camp nurse. The camp nurse will not be dispensing the medication. The camp nurse will have a limited supply of over-the-counter medicine for coughs, colds, fever, pain, etc. for unexpected ailments. Campers under the age of 18 must be accompanied by a parent or guardian when seeking medical aid.

SOCIAL MEDIA — Please respect campers' privacy on social media. Do not post any pictures of campers 18 years or younger and always ask for permission before posting any adults. Grossman Burn Center and the foundations will post frequently with discretion and permission. If you follow them, you will be able to like or tag the photos.

CABIN LIFE

You most likely are sharing your cabin with another family. Please respect your fellow cabin mates' privacy and property. Do not lock your cabin door; if you have valuables that should be locked up, please leave them in your car. Please pick up your trash in and outside of your rooms. We will be doing cabin checks at the end of the weekend for room conditions and for left behind items.

Should there be issues with the facilities, please come to registration so that we can address them. Family Camp is about spending time together as a group. Make the most of these beautiful grounds and great opportunities; spend your time outside and at activities - not indoors.

FAMILY CAMP VALUES

We value trust and respect

- I treat others as I want to be treated.

We value positive attitudes

- I can do it; I can try

We value peer support

- Here people understand me

We value teambuilding and personal empowerment

- I feel good when I help others

We expect personal accountability and responsibility

- What I do and say can help or hurt others

We respect individuality and differences of opinion

- I am me; you are you. We are different and may not always agree and that's ok.

We respect other burn survivors and their families

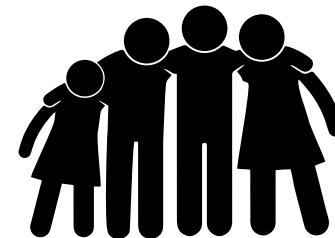
- I will not bully or make negative comments to others

We believe in providing a camp environment that empowers people to challenge themselves both physically and mentally.

We strive to provide an environment where people with common experiences and challenges can better realize they are not alone.

We believe in providing an opportunity for learning; that burn survivors are capable of anything and everything they want to try.

We believe in promoting positive attitudes and fostering peer support. Through peer interaction and role modeling, confidence can be gained to make the transition from being a victim to becoming a survivor and thriving in life.



MORE IMPORTANT STUFF

CANYON CREEK SPORTS CAMP IS GREEN

Please throw all trash into the trash cans provided throughout camp.

SUPPORT GROUPS - Connecting with others who have had the same experiences is the most powerful path to healing.

A number of sessions will be offered to you throughout the weekend.

PASS THE MIC - Led by burn survivor, Juan, this is a mealtime opportunity where you will be able to share your story with others. Tell us your thoughts on being a burn survivor...what this camp means to you...or even about the new friends you have made while you have been at camp.

MEALS - You don't want to miss the good food, great company, and announcements of the day's activities. Line up outside the main lodge before the meal times listed in the schedule.

Please remember to clean your table and put used dishes and flatware into the proper containers by the exit door.

The game room will be open for play after meals with volunteer supervision until we do Pass the Mic. All children will be asked to sit down during this time.

ONE LAST THING...SAFETY

Parents - **YOU** are responsible for your children.

Wear closed-toed shoes (no crocs) for the ropes & GoKarts.

Wear your helmet for scooters, bikes and skateboards, with wrist guards needed for use of the skatepark. - No hoverboards!

Campers 18 yrs and younger must adhere to state guidelines even at camp.

STAY ON THE TRAILS poison oak and stinging nettle grows abundantly on the mountainside, golf course and near the creek.

DO NOT GO INTO THE CREEK!

Remember that this habitat is home for many animals such as rattlesnakes and bears! **BE AWARE!**

.....▶ **CURFEW IS AT 12:00 MIDNIGHT** ◀.....



SCHEDULE OF WEEKEND ACTIVITIES

FRIDAY

Time	Meals	Meadowlodge Conference Room	Main Lodge/Chapel	Outdoor Activity	Outdoor Activity
12:30 PM	Lunch				
2:00 PM			Registration opens		
3:00 PM				Waterfall Hike (meet at registration)	
4:00 PM					Snow Cones Make Your Own Trail Mix
4:30 PM				Soccer Game	
5:00 PM					

Time	Meals	Meadowlodge Conference Room	Main Lodge	Outdoor Activity	Outdoor Activity
6:00 PM	Dinner / Pass the Mic				
7:00 PM					
8:30 PM		Campfire - Skits (Amphitheater)			
After Campfire	Snacks			Night Hike (meet at registration)	Teen Activity (until 11pm)

SATURDAY

Time	Meals	Meadowlodge Conference Room	Main Lodge Lounge	Main Lodge/Chapel	Dining Hall/ Game Room
6:00 AM	Coffee at the Shack				
7:00 AM					
8:00 AM	Breakfast/Pass the Mic				
9:30 AM		Massages (Sign up only) until 11:30 AM	Li'l Sports Camp (until 11:00 AM)	Kidz Group (Main Lodge Deck)	Adult - Art Trek (Dining Hall)
10:00 AM					Cooking w/ Camp Chef (Dining Hall)
10:30 AM					
11:00 AM					
11:45 AM	Group Photo *** Group Photo *** Group Photo *** (Soccer Field)				
12 Noon	Lunch/Pass the Mic				
1:30 PM		Massages (Sign up only) until 5:30 PM			
2:00 PM			Li'l Sports Camp (until 3:30 PM)		Art Trek for all (Dining Hall)
3:00 PM				Smoothies (Main Lodge Deck)	
3:30 PM					Teen Group - Art Trek (Dining Hall)
4:30 PM					
5:00 PM					
6:00 PM	Dinner / Pass the Mic				
7:30 PM		Movie for Lil' Kiddies	Kidz Group - Art Trek (Dining Hall) (until 9:00 PM)	Adult Support Group (until 9:00 PM)	Adult Support Group (until 9:00 PM)
8:00					
9:00-11:00 PM			Young Adult Activity		

Outdoor Activity	Outdoor Activity	Outdoor Activity	Arts & Crafts Area	Outdoor Amphitheatre	Pool
Soccer, Softball, Basketball					
Go-Karts (leave after breakfast)	Teen Meet'n Greet (Until lunch)	Zumba			
Go-Karts - Kidz Group ONLY (leave at 10:15 AM)	Archery	Soccer	Arts & Crafts (until 11:30 AM)		Pool (until 11:30 AM)
Adult vs. Teen Softball Game (until 3:00 PM)	Archery		Arts & Crafts / Tie Dying (until 4:00 PM)		
Go-Karts (leave at 1:50 PM)					Pool (until 5:30 PM)
Young Adult Team Wall	Fishing				
Go-Karts (leave at 3:15 PM)	Soccer				
Young Adult Hike (meet at registration)					
	Night Hike/Stargazing			Teen Bonfire (until 11PM)	

SCHEDULE OF WEEKEND ACTIVITIES

SUNDAY

Time	Meals	Meadowlodge Conference Room	Main Lodge Lounge	Main Lodge/Chapel	Dining Hall/Game Hall	Outdoor Activity	Outdoor Activity	Arts & Crafts Area	Pool
6:00 AM	Coffee at the Shack					Soccer, Softball and Basketball			
7:00 AM									
8:00 AM	Breakfast/Pass the Mic								
9:00 AM or to follow breakfast						Ropes Course Kidz Group ONLY (until 10:30 AM)			
9:30 AM		Massages (Sign up only) until 11:45 AM	Li'l Sports Camp (until 11:00 AM)				Archery (until 11:30 AM)		Pool (until noon)
10:00 AM					Cooking w/ Camp Chef (in dining hall)	Family Photo Shoot (until lunch)	Zumba	Arts & Crafts / Tie Dying	
10:30 AM						Ropes Course (until Noon)	Fishing Kidz Group ONLY		
11:00 AM				Parent Support Group	Teen Support Group				
12 Noon	Lunch/Pass the Mic								
1:00 PM				Kidz Support Group - "Sharing Your Story"		Teen Activity	Waterfall Hike (meet at registration)	Arts & Crafts / Tie Dying (until 3:00 AM)	
1:30 PM		Massages (Sign up only) until 5:30 PM							
2:00 PM			Li'l Sports Camp (until 3:30 PM)			Ropes Course (until 3:30 PM)	Laser Tag (until 4:00 PM)		Scuba Diving (Group 1)
3:00 PM									Scuba Diving (Group 2)
3:30 PM						Ropes Course Teen Group ONLY (until 5:00 PM)			
4:00 PM				Spanish Language Support Group (until 5:00 PM)		Soccer	Snow Cones		Scuba Diving (Group 3)
4:30 PM									
5:30 PM	Dinner/Pass the Mic								
8:00 PM	Snacks	Cabin Skits/Talent Show - Amphitheater							
9:00 PM		Dance Party - Meadowlodge Conference Room							
To Follow		"Moonlight" Scrimmage (near Registration)							

MONDAY

Time	Meals	Outdoor Activity	Pool
6:30 AM	Coffee at the Shack		No Pool
8:30 AM	Breakfast/Pass the Mic		
After Breakfast	Flag Raising - Memorial Day Ceremony		
10:00 - 12:00 PM	Memorial Day Games & Races Golf Course		
12:00 PM	BBQ Lunch/Goodbye Unity Circle/Camp Evaluation		
2:00 PM	Camp Departure		



ACTIVITY DESCRIPTIONS



ART TREK -

Lead by Nan Young, Executive Director of Art Trek, located in Newbury Park, you will realize your inner

artist. No experience needed. All ages welcome although there are specific times for some groups. Challenge yourself in these guided fun projects

ARTS AND CRAFTS - Design your own jewelry, tie dye and novelty wood items at the Arts & Crafts shack. Show your creativity and at the end of the weekend take your creations home to enjoy.

CABIN SKITS/TALENT SHOW

- Two ways to show your creativity. Gather your cabin mates to sing, dance, or do a skit or show your own special talent at this Sunday evening opportunity. Camp Counselors are available for skit ideas and suggestions, props, and supplies. **Sign Up at Registration.**



FISHING IN THE POND

- Grab your fishing poles and meet at the pond. Bait is available at registration. Remember...CATCH and RELEASE the fish.

PLEASE... NO FISHING WITHOUT AN ADULT PRESENT.

GO-KARTS (7 to 15 years ONLY) - The Canyon Creek Go-Kart Speedway, one of our campers' favorite activities, is a 1/4-mile track of twists and turns. Younger children may ride with camp counselors ONLY. Please make sure to read the GoKart information sign at Registration. Saturday ONLY. **Sign Up at Registration.**



KIDS' MOVIE NIGHT - A little kids' movie will be shown on Saturday night. Child Care and snacks will be provided. Parents, this will give you the opportunity to attend the support group.

KIDZ GROUP (7 to 12 years ONLY) - A program to bring kids of these ages together in activities specially designed for them. **Sign Up at Registration.**

LAZER TAG (5 years+) Join a fun friendly, fast paced game of afternoon laser tag with other campers.

"LI'L SPORTS" CAMP (2-6 years) - Under the leadership of a Child Life Specialist, this program which is focused on the smaller family members, giving them their own special camp experience. Parents do not need to be present. **Sign Up at Registration.**



MASSAGES - Handle with Care Burn Scar Massage Therapists are back to offer Burn Survivors a 30-minute massage on Saturday or Sunday. If extra spaces are open, we will make a waiting list for one family member per burn survivor. **Sign Up at Registration.**



ROPES COURSE (ages 7+ years/groups of 25) - With many different elements to choose from, this challenging course builds self-confidence and trust. Give it a try! Sunday ONLY.

Sign Up at Registration.

HIKES Hiking is a great way to explore nature. There are hikes scheduled throughout the weekend. Meet your hiking guide at registration 10 minutes prior to leaving. **WATERFALL** - With all of the rain this year, hikers will be able to enjoy a 2 hour hike to a waterfall. Look for a detailed poster at registration to include wearing closed toe shoes with some traction, being able to swim and over 7 years of age.



SUPPORT GROUPS -This is a powerful way to connect with your peers. Whether you are a survivor or supporter, there is a group for you. Find it in the weekend schedule in the center of this book. There are groups for Adults, Kidz, Parents, and those held in Spanish. Try one or attend to help out your new camp friends.

TEEN CAMPFIRE (ages 13-19 years) - Meet other teens, make new friends, and hear about the YABSS Group (Young Adult Burn Survivors and Supporters) Saturday night at the amphitheater.

Check your schedule for other Teen-Only activities at registration!

TIE DYE - Bring a white cotton item to be dyed. Fold the material into a pattern, tie it with rubber bands, then form designs by applying assorted colors of dye to different sections of the wet fabric. Rinse the material and the dye is set. Take your tie dyed clothing home to wear and enjoy.





FRIENDS TO KEEP IN TOUCH WITH...

NAME: _____
 PHONE: _____
 EMAIL: _____

NAME: _____
 PHONE: _____
 EMAIL: _____

NAME: _____
 PHONE: _____
 EMAIL: _____

NAME: _____
 PHONE: _____
 EMAIL: _____

NAME: _____
 PHONE: _____
 EMAIL: _____

NAME: _____
 PHONE: _____
 EMAIL: _____

ACTIVITY

TIME

[illegible][illegible]

QUESTIONS?
WHO SHOULD YOU ASK?



WHO'S WHO?

LEADERSHIP AND VOLUNTEERS - THE BLACK SHIRTS

Camp Directors	▶ Elaine Rojas Juan Azcarate
Camper Coordinator	▶ Carolyn Greco
Activities Coordinator	▶ Nathan Osadchey
Volunteer Coordinators	▶ Sandra Correa
Camp Nurse	▶ Shurene Dunbar Brian Cross Vilma Fredrick
Li'l Sports Camp (Ages 2 - 6)	▶ Linda Garcia Joanne Putman
Kidz Group (Ages 7-12)	▶ Oates Family Mann Family
Teens (Ages 13-19)	▶ Marc Osadchey Emily Frank
Young Adult (19 to 25+)	▶ Chris James
Pass The Mic	▶ Juan Azcarate
Arts and Crafts	▶ Lourdes Heredia
Support Groups	▶ Linda Garcia
Tie Dye	▶ Linda Lessis
Photography	▶ Kate Voda



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