2014 CAMP QUIEN SABE FAMILY CAMP WEEKEND

Dear Family Camper:

Since you are registered for Family Camp Weekend, we feel some background information on the camp will be of interest to you. There will be about 125 other people of all ages in camp for the weekend. Camp Quien Sabe (CQS) is located at the Toro Regional Park Youth Overnight Area.

The camp is on an oak-studded knoll above the main park area at Toro Regional Park. The camp area is spacious and is completely separate and away from the day use facility at Toro Park.

The facilities include a kitchen and restrooms, a campfire area, and a swimming pool. Each campsite can accommodate one to three families. We will be happy to assist you in putting up your tent, if you would like. If you are borrowing one of our tents, it will be set up by the time you arrive. Tents are not essential because we rarely have bad weather, but are nice to have for young children. Campsites are assigned based on family size and ages of children.

The purpose of the camp is to provide a fun, simple, spontaneous camping weekend that can be enjoyed by the entire family. This has been a fun program over the years. The Family Camp Weekend is enjoyed by the campers as well as the camp staff.

Toro Regional Park is located on the Salinas/Monterey Highway about 15 minutes from Monterey towards Salinas; once at the park, follow directional signs to the Youth Overnight Area. The gate will be open for you from 5:00 to 8:00 p.m. on Friday evening. Dinner will be served at 6:45 p.m. ***PLEASE DO NOT ARRIVE BEFORE 5:00 P.M.*** If you are unable to arrive on Friday between 5:00 – 8:00 p.m. please plan to enter camp on Saturday morning. Camp will end Sunday at 3:00 p.m. **Participants are asked not to plan to leave the Youth Overnight Area during the weekend.**

Vehicles are not permitted in the camp areas and must be parked, after unloading, in the lower parking lot. We will shuttle you to and from your car as needed.

Attached is a list of the equipment needed for camp. Please keep in mind that the camp is meant to be a simple, uncomplicated activity.

If you have a camper who attends CQS the week prior to Family Camp Weekend, he/she will not be able to stay at camp the hours between the two programs and should be picked up at the Recreation Administration office at 3:00 p.m. on Friday.

Although there is a lake for boating, we do not allow fishing during the Family Camp Weekend.

Enclosed is a copy of the schedule of Family Camp activities.

Amy Reed, Director
Camp Quien Sabe

Susie Klinefelter, Director
Camp Quien Sabe

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1. Simple, WARM outdoor clothing:

   _____ a. Long pants and a pair of shorts.

   _____ b. Socks and underwear as needed for the weekend.

   _____ c. Several t-shirts and an extra t-shirt for children to wear who sunburn in the water.

   _____ d. Clean white t-shirts to be stenciled with camp name. Each summer we have a new Family Camp stencil. You won't want to miss this.

   _____ e. Good walking shoes or boots. Flip Flops, sandals, or old tennis shoes (that can get wet) for swimtime and the lake. We recommend closed-toe shoes, except during swimtime.

   _____ f. Parka or VERY WARM jacket (with hood if possible) or several sweaters or sweatshirts for morning and evening.

   _____ g. Warm hat for cold, windy evenings.

   _____ h. WARM pajamas or nightgown.

   _____ i. Swimsuit and sunscreen. Swim goggles (optional).

   _____ j. Sun hat or visor, sunglasses.

_____2. Toiletries - we provide soap and toothpaste.

_____3. Chapstick/Lip Balm.

_____4. CLOTH dinner napkins - the brighter the better (bandanas are good for this) - for each member of your group. We avoid using paper.

_____5. Washcloths, hand towels and swim towels - we have clotheslines and clothespins at each campsite.

_____6. Warm sleeping bag.

_____7. Ensolite or foam pads for sleeping. THESE ARE REALLY ESSENTIAL!

_____8. Extra blankets - two per bed is a safe guess depending on sleeping bag.

_____9. Pillows.

_____10. Porta-cribs are good for very little children.

_____11. Bring special food for very young children or for special diets, if needed.

_____12. Flashlights.

_____13. Musical instruments if you wish.

_____14. Beer, wine, or soda if you wish - we provide the refrigerator. Because we have limited refrigerator space, you may wish to bring a family ice chest for your campsite.

_____15. **Tent** - Please notify the Recreation Administration office if you need to borrow a tent (we have a limited number of loaner tents available) so please call early to put in your request (831) 646-3866. If you need help setting up your tent, CQS staff will be available to help you.

_____16. Personal water bottles with carriers.

_____17. Lawn chairs if desired.

_____18. **NO PETS ALLOWED. NO EXCEPTIONS, PLEASE.**

_____19. No bicycles, skateboards, scooters, roller skates, or in-line skates please.

GUIDELINES FOR QUIEN SABE FAMILY CAMP 2014

Welcome to Camp Quien Sabe's Family Weekend! We hope you enjoy your weekend. In order to ensure your safety and the safety of others and the environment, we ask that you follow these guidelines:

1. Please drive no more than 5 M.P.H. in the camp area.

2. Vehicles may be taken into the camp area to unload and should be immediately removed and parked in the lower parking lot. After parking your car, you can walk back up the hill or be shuttled up by one of our staff members. Please try to get everything out of your car that you will need for the weekend to avoid unnecessary trips up and down the hill.

3. Please, no fires or smoking in the bed areas. Smoking only on the cement slab in the kitchen area. Ashtrays are available at kitchen.

4. Wear shoes at all times (children and adults) except in the sandy volleyball or pool areas.

5. Boats/pool/lake areas:
   a. Boats and the pool may be used during designated hours. See your program for specific times. The pool will have supervision when it's open.
   b. Life jackets must be worn by everyone including adults and should be secured for younger children by an adult.
   c. Please do not swim in the lake. Playing at the edge of the lake is allowed.
   d. Please stay out of the bushy area between the lake and the road due to risk of rattlesnakes and to protect that environment.

6. At night, please use a flashlight and travel through camp via the road or dam only, <u>not</u> the beachfront due to risk of rattlesnakes.

7. First Aid supplies are available. Please see a staff member for assistance.

8. Please keep the noise level down before 7:00 a.m. and after 10:00 p.m. Lights out and a quiet camp at 10:30 p.m.

9. For safety reasons, the back room/office and kitchen are off limits to campers.

10. Organized hikes are provided for adults and children each day. If adults want to hike independently, please notify a Director of your intended destination and expected time of return.

11. The Crafts Director will be happy to supply you with needed craft items. Due to the limited space inside the Craft Shack, we ask that all campers please remain outside.

12. CQS has a long established KP process, the details of which will be presented to you by your table staff person at dinner Friday night. All people should participate in this community effort. Children are encouraged to participate with their parents.

13. Please plan on staying for the entire weekend.

WHAT YOU NEED TO KNOW ABOUT COUGARS

Given that the camp is located in the California foothills where the cougar population has been increasing and cougar sightings have become more common; we recommend the following precautions:

1. When you are in charge of your children in the camp premises, especially young children, please stay in close proximity to them.
2. Cougars hunt most often between dusk and dawn (but not always).
3. When your children are with our staff, please know that our staff is trained in how to handle cougar encounters.
4. If you encounter a cougar, please do the following:
   a. Face the cougar. Make eye contact and DO NOT BREAK IT.
   b. Without bending (although it may be awkward), moving quickly, or breaking eye contact, pick up young children and place them on your shoulders to make yourself appear taller. Bending or crouching causes humans to resemble four-legged animals which cougars prey on.
   c. Bring additional children slowly in toward you so you are standing in a group.
   ★ d. You and the group extend your arms to make yourselves look bigger. Coats can be spread over your arms to attain the appearance of size.
   e. Do not approach the cougar. Retreat backwards slowly unless the cougar is obviously in an attack mode (ears back, clear visual contact).
   f. Throw stones, branches, etc. if you can get them without bending or crouching.
   g. Speak slowly and loudly.
   h. ***Above all, DO NOT RUN OR ALLOW CHILDREN TO RUN FROM THE COUGAR!***
   i. If the cougar attacks, become physically and verbally aggressive without turning your back. Protect your head and neck. Many attacks have been aborted by fighting back.

Please note that young children, because of their quick movement, high-pitched voices, and small size, are most attractive to cougars. Cougars seem to know that children are vulnerable.

We recommend that you do not hike alone. Know that you are at risk if you are running, and you are further at risk when you bend down to tie your shoes or crouch low for some other reason. Carry a sheath knife while in cougar territory. If you injure the animal, it will usually leave.

This is not meant to alarm you but to increase your awareness of a growing concern. Although we know Toro Park has cougars, we have never had a cougar encounter in camp or on a trail; however there have been cougar sightings.

If you have any questions regarding cougars or the Family Camp Guidelines, please contact a Director. We would be happy to answer your questions.

Amy Reed, Director
Camp Quien Sabe

Susie Klinefelter, Director
Camp Quien Sabe

2014 FAMILY CAMP SCHEDULE
(Please bring this to camp with you and PLEASE label everything!)

FRIDAY

5:00-6:00 p.m. Main Toro Regional Park gate will be open. Speed limit in Toro Park is 15 mph. Please observe this, as Rangers will cite speeders.

Once in camp, please check with a staff person for sleeping areas. Cars may be driven to most sites to unload. Please drive slowly, 5 mph. All vehicles must be moved to the lower parking area after unloading except for physicians on call or emergency personnel who may park in the upper lot. Feel free to ask questions of the staff. Please get your nametag. Place your napkins at the table of your choice.

DUE TO FIRE HAZARD, SMOKING IN THE KITCHEN AREA ONLY, PLEASE!

5:30 p.m.
K-S-H
Counselors are available for supervision, building of campfire and getting ready for tonight's program. There will be snacks in the kitchen area.

6:45 p.m.
A
Dinner and brief introductions. Wearing nametag for this first dinner will help us all to get to know each other. Everybody helps with KP and dishes!

7:45 p.m.
C-S
Flag down

7:55 p.m.
S-H-C
Campfire. This usually lasts until about 9:00 p.m. Children sit on campfire benches with their parents or with their counselor.

8:00 p.m. Toro Park main gate closes for the evening.

9:00 p.m.
(or after campfire)
Bedtime for children or adults that are tired.

Campers who wish to may meet in the kitchen area when the kids have settled, for refreshments, etc.

10:00 p.m.
H-S-A
Please begin to return games and dishes to kitchen. Please, no noise in bed areas and kitchen area should be fairly quiet after this time.

10:30 p.m.
H-S-A
LIGHTS OUT FOR ALL!!! NO NOISE IN CAMP.

SATURDAY

7:00 a.m.
A
PLEASE MAINTAIN A QUIET CAMP BEFORE 7:00 A.M.

7:00-8:00 a.m.
H-K-C-S
For early risers there will be cereal, granola, and milk in the kitchen area prior to breakfast. There will be coffee, decaf and tea.

8:00 a.m.
H-S-K-A
KP's to kitchen area to set tables for breakfast. Please sit at the table where you sat last night and where your napkins are.

8:15 a.m.
H-S-K-A
Breakfast.

9:15 a.m.
C-S
Flag up - adults too; kids like to show off their new skills. Activity announcements made here.

9:45 a.m. Meet in kitchen area for hikes.

10:00 a.m.
S-H-C-L
Activity Time
a) Adult Hike.
b) Crafts and activities for kids, including hike and snack. Counselors take charge of children here if you wish, regardless of age.

12:15 p.m.
H-K-A
KP'S TO KITCHEN FOR LUNCH SET UP.

12:30 p.m.
K-H
Lunch
REST TIME – Boating is closed until 2:00 p.m. Children should be with their families at this time. There are books to look at in the craft area. A generally quiet camp is advised here.

2:00-3:30 p.m.
H-C-S-L
Activity Time
Swimming, boating, Frisbee, etc. There will be supervision at the pool and lake.

3:00-4:00 p.m.
C-S-H
Stenciling of T-shirts, crafts.

3:30 p.m. K-C-H	Fruit and vegetable snacks in the kitchen area.
4:00 p.m. H-S	Folk dancing for children and adults. Kids really like to do this with parents and staff members. Staff participates too.
4:30 p.m. C-S-H	Flag down.
4:40 p.m. S-H	Campfire preparation for parents and kids. We would like an adult skit tonight as well as kid skits and and songs.
5:45 p.m. H-S	KP's to kitchen for dinner set-up.
6:00 p.m. S-H	Dinner, KP AFTER DINNER - Finish preparing for campfire-adults and kids.
7:15 p.m. S-H	Campfire - marshmallow roast
9:00 p.m. H-S	Bedtime for tired children and adults.
	Activities in kitchen area.
10:00 p.m. H-S-C	Quiet in the bed areas and kitchen area. Please begin to return dirty dishes and games to kitchen.
10:30 p.m. H-S-C	**LIGHTS OUT. QUIET IN CAMP.**

SUNDAY

A	**PLEASE MAINTAIN A QUIET CAMP BEFORE 7:00 A.M.**
7:30-8:15 a.m. K-A	Cereal & granola for early risers. KP set up for breakfast
8:15 a.m. H-C-S-K	Breakfast and camp organization - we encourage you not to roll beds or break camp yet. You will have plenty of time in the p.m.
9:15 a.m. C-S-H	Flag up and down. Announcements.
9:45 a.m. H-S-C	Activity Time a) Short hike for adults and children who wish. b) Activities for kids begin in the craft area.
10:45 a.m. S	Animal program.
12:15 p.m. H-K-A	KP set-up for lunch.
12:30 p.m. K-H-A	Lunch in the kitchen area. Take your napkins with you after lunch. Check refrigerator for your leftover items. Remember to check lost and found.
1:30-2:30 p.m. L-S-C	Pool and lake open with supervision.
2:00-3:00 p.m. H-S-C	Pack up time. Walk or ask staff for a shuttle to bottom of hill to get your car. Drive carefully to bed sites. Check beach area for sand toys.

- Please leave your area looking “better when you go than it was when you arrived”.
- Get crafts at Craft Shack.
- Return camp loan equipment to office area. Leave clotheslines and mirrors in your area.
- Check BR's for toiletries.
- Check Craft Shack for stenciled shirts.

PLEASE RETURN ALL BORROWED ITEMS INCLUDING TENT STAKES.

NOTE: Young children should not to go to the lake or dock area without an adult supervisor. All boaters need lifejackets hooked closed by an adult.

See you again next year! The Quien Sabe Staff

Legend: C – Crafts S - Counseling Staff K – Kitchen H – Handiperson L – Lifeguard A – All Staff