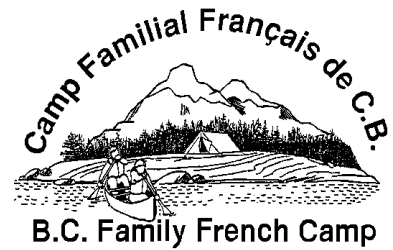


BC Family French Camp  
Shuswap Lake  
Pierre's Point Family Campground



**Bonjour et Bienvenue à BCFFC 2016!**

Welcome to the 33<sup>rd</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 Shuswap.

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 Personal Health Form for each child in program and one Consent, Assumption of Risks & Release 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 <http://www.bcffc.com/sl/downloads.html>. All forms MUST be handed into the Registrar at check-in prior to moving to your site. No child is permitted to begin program until forms have been received.**

Our groups will enjoy many sun-drenched activities. Changes from previous years reflect the continued challenging and exciting adventures that have come to be expected from BC Family French Camps. **All activities are considered age appropriate.**

**Pre Program** will be offered this camp year.

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

**Le Groupe Méli-Mélo (MM)** will not occur this year.

**Les Aventuriers (AV)** will be a 5-day, 2-night off-site adventure, which will include kayaking or canoeing, hiking, biking, river rafting, aerial trekking at Sky Trek, as well as, on-site water activities and games. Participants will require a bicycle (suitable for logging roads and trails) and a helmet.

**Les Coureurs des Bois (CB)** will be a challenging 5-day, 3-night off-site adventure, which will include a 2-night canoe trip, hiking, biking, and zip lining at Treetop Flyers. Participants will require a bicycle (suitable for logging roads and trails) and a helmet.

Our Shuswap programs may include aboriginal teachings as well. FUN you will never forget!!!

**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 directly with your child's group moniteur.**

## *BC Family French Camp – Shuswap Lake Newsletter – 2016*

### **Dates for Shuswap camps are as follows:**

Week 1        July 9<sup>th</sup> to 16<sup>th</sup>  
Week 2        July 16<sup>th</sup> to 23<sup>rd</sup>

### **Local Committee Members:**

Christine & Stephen Williams [slcoord@bcffc.com](mailto:slcoord@bcffc.com)  
Cathleen Martin [slreg@bcffc.com](mailto:slreg@bcffc.com)

Janice Tjaden & George Johnson  
Debbie Phillips & Alan Bates

Please remember that camp is run by volunteers who work hard to make BC Family French Camp possible. We do our utmost to make sure camp is safe and fun for all. Please contact us if you have any questions, concerns, or **would like to volunteer on the committee**. This year we are looking for new Camp Coordinators, Registrar, Treasurer, and Equipment Manager/Purchaser.

**How to get to Pierre's Point:** A printable map and detailed directions have been posted on the Shuswap section of our website <http://www.bcffc.com/sl/camp.html>

Situated 7.7 km west of Salmon Arm on the Trans-Canada highway (watch for the blue billboards), Pierre's Point Campground provides a variety of campsites and services for family enjoyment.

**Campsite Number:** This Shuswap Lake Newsletter is being sent by special email blast to all our confirmed campers. **Your family will receive their individual campsite number upon arrival at camp. All sites at Pierre's include power (15 amp minimum) and water. You will be contacted if your request for a 30 amp site cannot be met.**

**Check-In:** BCFFC registrars will be available at the entrance to the Pierre's Point campground **between noon and 5:00pm on Saturday** of your camp week. All campers and any trailer rental delivery persons are required to check-in at the BCFFC Registration table. If you are arriving after 5:00pm, check-in at the Pierre's Point office first and bring your necessary forms to the Camp Manager.

Please have all your necessary forms ready: **Personal Health Forms and Consent, Assumption of Risks, and Release Forms** MUST be handed in to the Camp Registrar or Camp Manager on arrival at camp. Children will not be permitted to begin their program until all forms have been submitted. **It will also speed the check-in process and avoid the need for BCFFC volunteers to search you out. Thank you for your cooperation.**

## GENERAL CAMP INFORMATION

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**Campsites:** While most of the sites at Pierre's have shade and good tree coverage, tarps for sun protection may be necessary and there is always the possibility of rain. We suggest it may be a good idea to add a few tarps and poles in with your supplies. Tarps with reinforced corners and grommets are less likely to suffer damage from any wind. All campers will have 15 amp or 30 amp power plus water to each campsite. We have attempted to assign power amperage suitable to the camping unit you are using. However, campground limitations may require you to be in a site that has either more or less amps than you require. Reverse 15F/30M amp adapters are available through the campground office or consider adding this to your gear as well.

Campers are not allowed to bring wood from home for campfires. Firewood is available from Pierre's office. Please do not cut or climb the trees in the campground or the Adams Lake Indian band land adjacent to Pierre's. **Showers:** User-pay showers are in effect. The cost is \$1 for 2 ½ minutes.

**Family Sign Contest:** 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. Maybe YOUR family will win our annual Shuswap Lake Camp Sign Contest!

**Completed Paperwork Draw:** Campers that come prepared with all their necessary paperwork complete and ready for hand-in, will have their family name entered into a draw for a thank you gift. Completed paperwork speeds the check-in process and saves valuable volunteer time. Thank you in advance for your assistance.

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

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

**Pot Luck Dinner:** This gathering was quite popular with our families last year so there is a good chance we will continue with this fun and filling event. We hold it on our last evening of camp.

**Invite a Moniteur to Eat:** As this is how the moniteurs are 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 on Saturday night (at the Wine & Cheese) 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 as every child would enjoy the opportunity to have their moniteur for a meal. It's a great way to get know each other in a relaxed atmosphere.

**Extra Costs:** You will find there are some minor extra costs once you arrive at camp. These include: (a) Gift contribution for the Moniteurs: \$5.00 per child (collected at check-in if possible) and (b) Photos of your child's group: \$2.00 per photo (collected on photo day). Camp coffee is available each morning by donation. Flower sticks and glow balls may be available for purchase.

**Hike Day:** All children in the Regular Program will take part in a day hike that may include an outing to a local attraction. This will involve being off-site for most of a program day so please be sure to bring along comfy ‘real’ shoes and items suitable for a bag lunch in their day pack (see equipment list).

**CP Train:** The mainline CP train tracks border the fenced-in campground at Pierre’s Point. You will cross these tracks coming in and out of the grounds. **Please supervise your children at all times** and make sure they stay in the campground and away from the train tracks for obvious safety reasons. Do not play on or around the train tracks. We ask parents to please discuss the dangers with their children. There is a tall fence separating the campground from the tracks, but sadly this fence cannot shield us from noise. It is a busy train line which can be noisy at times (they go by fast, as often as 15 times a day and travel through at night also). **Light sleepers may want to consider using ear plugs to ensure a good night sleep!** If you find white noise helpful, packing a fan or something similar may be helpful.

**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. Many thanks 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 (Tuesday night). 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 the Coffee Tent 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.

**Beach Area:** At Pierre’s Point, **all children under 12 years of age must be supervised by an adult while at the beach area.** There are no lifeguards on duty. Please follow this rule and help keep our camp safe for everyone.

**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 swimming outside of program hours.**

**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. During non-program hours, children are not permitted to use kayaks or canoes 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 provided they have permission from their parents. BCFFC has 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. Please be aware that the weather on the lake can change suddenly so persons using watercraft should not venture further than 200 metres from shore. **All equipment must be back at camp by 9:00pm and must be properly stored.**

**Amount of Beach:** The amount of Beach in early July on Shuswap Lake is weather and run-off dependent. Lake levels vary as much as 5 metres during the year. 2016 is looking like a low-water (lots of beach) year. You can check [shuswaplakewatch.com](http://shuswaplakewatch.com) for daily lake levels.

**Mosquitos:** Shuswap Lake is a beautiful, mountainous and lush area with greater moisture than what you may be used to in the Okanagan. Some years will be drier than others and it is hard to predict what the mosquito population will do, so come prepared with supplies in any case. Bug spray is strongly recommended!

**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 amazingly beautiful dog park area of the campground, but NOT allowed in or on the public beach area. Your care and attention is greatly appreciated. The campground may uphold a **\$5/day charge for pets**. They will be responsible for collecting this fee.

**Grassy Field and Ball Field:** BCFFC will have access to the ball field area next to Pierre’s Point for the duration of camp. This area is being rented from the Adams Lake Indian Band and we will be restricted to the upper, grassy ball field area. We are excited by the opportunity to enjoy the connecting property. Absolute respect for this space at all times is paramount so please follow any and all rules regarding the use of this property. No tree climbing allowed or damaging/littering the area. We are required to keep off the other areas that connect to the ball field and we are not allowed on the beach or other areas next to the ball diamond. More detailed information will be supplied at camp.

**Bike Helmets:** Camp children may bring their bikes for riding around camp if they wish. 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 AV and CB programs will be cycling this year.**

**Tie-dye:** Each child in program will receive a camp T-shirt that you may wish to tie-dye during the week. A tie-dye workshop will be given early in the week to help teach parents the secret workings of creating an original t-shirt masterpiece! Parents should note that tie-dye is an after-program activity for parents to do with their children. **Children are not allowed to tie-dye without adult supervision.** It is suggested that children tie their shirts and parents do the dipping. **Please respect the ‘light to dark and no backwards’ rule to protect the dye for all.**

**Garbage & Refundable items:** Pierre’s Point campground does have an area for recycling so campers are encouraged to keep recyclable materials out of the garbage. 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 may have the containers attended to before the next week’s campers arrive at the campground. BCFFC will also have a station set up near the Coffee Tent for families to bring and sort their refundable containers. Parent volunteers with trucks or vans will be needed to return refundables to the bottle depot late in the week.

**Wildlife:** Another good reason to keep your campsite tidy! Wildlife can be anywhere and everywhere so it is best to be prepared and keep your food put away. Our campers have not experienced any larger animals in the campground but certainly magpies, crows, and other little critters like to get into things and can wake everyone far too early in the morning. Please keep this in mind before retiring for the night. The campground will let us know if any bears have been seen in the area and your Camp Manager will also advise if there is any information in this regard.

**Personal Property:** Families are strongly advised to protect their personal property. Though Pierre's Point is a relatively secure campground we will be sharing the grounds with numerous outside campers of which we have no control over. Please do not leave valuables out in the open and secure or move bicycles into a safe location on your site while you are occupied with other activities. Please report any suspicious activity to the campground and your Camp Manager. Please be aware that Pierre's does have a night patrol person in the late evening.

**Campfires/smoking:** Unfortunately some years we are not able to have campfires due to dry weather but this is dependent on conditions when our time at camp arrives. Should campfires be allowed, firewood is available for purchase through the Pierre's Point office. 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.

**Water balloons are also NOT allowed.**

**Alcohol:** Please do NOT bring open alcohol to any group gatherings. We will not be checking your coffee cups or drinking glasses but children and other adults should not be seeing any liquor bottles or cans when we gather on the grassy field. Your care and attention is greatly appreciated. Open alcohol within your campsite is permitted, but please remember that Pierre's Point is a family campground, and partying that disrupts other campers will not be tolerated. Please drink responsibly and please be mindful of noise levels and respect quiet time rules.

**Costumes:** The moniteurs are always looking for costumes to add to their "Tickle Trunk". If you have anything in adult size, crazy or fun that 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. You are not required to take part in any games and may just prefer to watch others and enjoy a few good laughs.

**Salmon Arm:** Waterfront locations able to provide the camping fun we enjoy are dwindling within the province. We are happy to call the Shuswap our new home and thank our families for continuing the BCFFC journey. The Shuswap is a popular tourist destination and outdoor recreation area in British Columbia, especially for camping and houseboat enthusiasts. The city of Salmon Arm is beautiful and has much to offer our campers in terms of activities, amenities and water recreation. Pierre's Point staff and the Adams Lake Indian Band have been so welcoming to our organization. We are grateful for their support.

**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 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.

## CAMP ACTIVITIES TO LOOK FORWARD TO

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### Saturday

- Check in between noon and 5:00pm at the registration tables and Pierre's Point Office. After 5:00pm, check in with the Camp Manager. **Please be sure to bring one Personal Health form per child and one Informed Consent form per family 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 **All parents meet with your child's Moniteurs. Very Important!!!**
- 9:00pm Wine and Cheese for adults only at the Coffee Tent.

### Sunday-Tuesday

- Regular Program hours are 9:00 to 11:45am & 1:30-4:00pm. Meet at the grassy field at 9:00am and again at 1:30pm. Campers **Grade 2 and under** should be escorted by parents to the grassy field and picked up by parents at 11:45am for lunch and at 4:00pm after program ends. Moniteurs will let you know where your pick up location will be.
- 9:15am Daily parents' meeting at the Coffee Tent. **Please attend as important information is provided.**
- 11:45am – 1:30pm Children are home for lunch. Please be sure your children know their campsite number. Pre-K children do not have program after lunch.
- **Highlights:** Communal Dessert, Québécois Night & Sleep-out under the Stars

### Wednesday

- Day off to explore the Shuswap 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.
- **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.

Activities & times above are subject to change and will be announced daily at the Coffee Tent.
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## PROGRAM EQUIPMENT LISTS

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

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

### Aventurier (AV) & Courier de Bois (CB) Equipment List

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

#### Forms

- The following forms will be required for ALL teens in BCFFC programs and our scheduled out-trip locations. Please be sure to download these forms (or fill out online for Sky Trek) 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** MUST bring: Personal Health Form, Consent, Assumption of Risks & Release Form and Treetop Flyers Waiver Form signed by a parent.
- **AV** MUST bring: Personal Health Form, Consent, Assumption of Risks & Release Form, Adams River Rafting Ltd Waiver Form signed by a parent. Fill out Sky Trek Ltd Waiver online at <https://skytrekadventurepark.waiversign.com/?docId=5629499534213120#start>:

#### Equipment

- **Cycling on trails is a part of the CB and AV program this year.** Teens may also wish to bring their bikes to ride around camp. Helmets are required.
- **CB** will need to share tents or sleep under tarps. A tent will provide better mosquito protection, so bring a small tent if you have one. BCFFC will provide tarps, but we don't have tents.
- **CB & AV Campers** will be canoeing or kayaking, hiking and/or otherwise exposed to the elements for long periods of time. Proper sun protection, a broad brimmed hat, clothing that limits exposure to the sun and high SPF sunscreen is a must. **CB will be canoeing for their 2-night overnight trip** and may want water proof bags for their gear or camera. CB & AV teens will be having their overnight packs transported.



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- **All teen campers 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.**
- Warm sleeping bag and sleeping pad (**number of sleep outs: CB-3, AV-2**)
- Unbreakable cup, bowl, plate, knife, fork, spoon in a mesh bag plus water bottles - two 1L bottles is recommended
- Small flash light, high SPF sunscreen, insect repellent. Since CB will be camping out in the environment shared with mosquitoes, ‘back woods’ bug repellent is strongly advised.
- Bag lunches for out-trips – food and cooking equipment is provided for teens during overnight excursions but your child will still need a lunch on the day of departure for each out-trip, plus you may wish provide additional snacks. Your teen moniteurs will discuss food requirements further at the parent meetings.

### Footwear

- Hiking boots or shoes (broken in) with sufficient foot/ankle/arch support for hiking over uneven and unstable terrain. Skate shoes and sandals are NOT suitable for teen activities outside the campground. Proper footwear is very important for the comfort of your teen on these trips. Avoid blisters by preparing in advance.
- 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 (for warmth), bathing suit, towel, broad brimmed sun hat. (If cold weather is forecasted, toque and mitts or gloves may be comforting.)

### 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 and/or toilet paper, tooth brush and toothpaste, wet-ones, personal toiletry items, possibly small hand sanitizer.

Moniteurs will discuss all details of each excursion with parents and teens. Every teen camper will be given a list for each trip that may contain additional items or, some listed here may not be required. Please go through this list and the list obtained at camp with your child. He/she could be very uncomfortable if items are forgotten.

Safe travels and see you soon!

*BCFFC Shuswap Lake Committee*