

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



Bonjour et Bienvenue à BCFFC 2018!

Welcome to the 35th summer of family fun in French! We hope you and your family are ready for an exciting, fun and adventure-filled week in the beautiful Shuswap.

This newsletter will let you know what is happening during the week and will outline some essentials to bring along. We apologize for its length, but it contains important information to ensure a terrific camp experience.

Our groups will enjoy many sun-drenched activities. **All activities are considered age appropriate.** Here are the program descriptions for the upcoming summer:

Pre-Kindergarten Program (full day) introduces French in a fun bilingual way.

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

Le Groupe Méli-Mélo (MM) will encompass several aspects of fine arts and may include crafts, improv, sculpture, and/or a creative team project. You will also be river rafting and overnighting at a unique hostel in the Shuswap!

Les Aventuriers (AV) will include two 1-night off-site adventures, which will include kayaking or canoeing, hiking, river rafting, aerial trekking at Sky Trek, as well as on-site water activities and games. (AV will not require a bicycle for out-trips this year.)

Les Coureurs des Bois (CB) will be a challenging 5-day, 3-night off-site adventure, which will include a 2-night canoe trip, and a hiking and biking 1-night out trip. Participants will require a bicycle (suitable for logging roads and trails) and a helmet.

FUN you will never forget!!!

Please note: BCFFC reserves the right to change program activities. Also, if your teen is in MM or AV, please bring the Adams River Rafting Ltd Waiver Form signed by a parent. If you are bringing a guest teen you MUST bring a copy of this form signed out by the child's parent. Forms are available for download on the BCFFC website at <http://bcffc.com/shuswap-lake/sl-downloads/>.

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 online registration or when arriving at camp. **Please be sure to discuss any concerns directly with your child's moniteur (counsellor).**

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Dates for Shuswap camps:

Week 1 July 7th to 14th
Week 2 July 14th to 21st

Local Committee Members:

Camp Coordinators & Treasurer: Christine & Stephen Williams slcoord@bcffc.com

Incoming Registrar: Michelle Weisinger slreg@bcffc.com

Outgoing Registrar: Holly Kallies

Equipment Manager/Purchaser: Russell Bennett

Program Planner: Tiffany Lombaert

Outgoing Program Planners: Debbie Phillips and Al Bates

Honourary member: Fiesta

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 Coordinator.

How to get to Pierre's Point: A printable map and detailed directions have been posted on the Shuswap section of our website <http://bcffc.com/shuswap-lake/sl-campground-info/>. 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: Registration will be occur in the parking lot adjacent to the entrance to the Pierre's Point campground **between noon and 5:00pm on Saturday**. 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 to let them know you are with BCFFC, ask for the registrar's campsite number, and then find the Registrar to get your campsite number.

GENERAL CAMP INFORMATION

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 with your supplies. 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 sign (wood, cardboard, or medium of your choice) 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 the Shuswap Lake Camp Sign Contest!

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, new friends, and the moniteurs. Bring your favourite bottle of wine to share as well as a cheese and cracker tray or any other easy snack item. This is an adult-only gathering.

Communal Dessert: On Sunday evening, each family brings a delicious dessert to share at the coffee tent. Remember to also 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: This is how the moniteurs are fed lunch and dinner, and we encourage you to bring along some extra food and invite your child's moniteur to share a meal 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 (\$20) will be available for purchase.

Off-Site Day: On Thursday, children in the Regular Program (K-6) will take part in off-site activities which may include a short hike. This will require parent drivers, and please be sure to bring along comfy 'real' shoes and items suitable for a bag lunch in their day pack.

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. 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 and they travel through at night as well. **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 camp experience. 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 sleep-out on 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 9:15 am 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 during program time. **Parents are responsible for children swimming outside of program hours.**

Camp Canoes and Kayaks: We will be providing a short 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. This year it looks like the lake has peaked and it will be an average beach year. You can check Shuswap Lake Watch <http://www.shuswaplakewatch.com/dailyaverage.php> for daily lake levels and trends.

Mosquitos: Shuswap Lake is a beautiful, mountainous and lush area with more moisture than 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 (especially in the evenings)!

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 dog park area of the campground, but NOT allowed on the public beach area nor on the Grassy Field. Your care and attention is greatly appreciated. The campground has waived the **\$5/day charge for pets** in the past, and we would like it to continue.

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, and specifically, we are to keep off the playground and beach area. 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. Adults at camp are expected to set a good example. **Teens in our CB program will be cycling on mountain trails 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 has recycling so campers are encouraged to keep recyclable materials out of the garbage. The campground will see that dumpsters are emptied as needed. 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 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.

Emergency Signal: If there is an emergency at camp, the Program Director will whistle and ride a bike through camp. Please immediately meet at the Coffee tent and wait for instructions.

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 has 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. 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 together. 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 supply. If you have anything in adult size, crazy or fun that you would like to donate please bring it along. Parents are encouraged to dress up for the Parent/Moniteur Sport Night (usually volleyball) so consider bringing a few unusual and 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 that provide family camping are dwindling within the province. We are happy to call the Shuswap our BCFFC home, and it is a popular tourist destination, 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 information: This newsletter contains most of the information we would like to share with our camp families. Further information can be obtained by reading through our website www.bcffc.com and by attending our morning parents meetings held daily (except Wednesday) at 9:15 am at the Coffee Tent.

CAMP ACTIVITIES TO LOOK FORWARD TO

(Download a daily schedule from our downloads page: <http://bcffc.com/shuswap-lake/sl-downloads/>)

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 Registrar. **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, explore, have a swim, 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 of teens meet with AV, CB, & MM moniteurs. Very Important!**
- 9:00pm Wine and Cheese at the Coffee Tent.

Sunday-Tuesday

- Regular Program hours are 9:00-11:45 am & 1:30-4:00 pm. Meet at the grassy field at 9:00 am and again at 1:30 pm. Campers **Grade 2 and under** should be escorted by parents to the grassy field and picked up by parents at 11:45 am for lunch and at 4:00 pm after program ends. Moniteurs will let you know where your pick up location will be.
- 9:15 am Daily parents' meeting at the Coffee Tent. **Please attend as important information is provided.**
- 11:45 am – 1:30 pm Children are home for lunch. Please be sure your children know their campsite number.
- CB camp off-site Sunday & Monday; MM & AV camp off-site Monday
- **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

- Regular Program hours are 9:00-11:45 am & 1:30-4:00 pm – meet at the grassy field at 9:00am and again at 1:30pm. Thursday is an off-site day requiring parent drivers.
- CB & AV camp off-site Thursday
- **Highlights:** Parent/Moniteur Sport Night, Games Night, Friday Night Finale

Saturday

- Checkout time is 10:00am – Please leave your site tidy for 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

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/off-site day.
- Proper real shoes for any scheduled hikes or out-trips.

Teen Programs (CB, AV, & MM) Equipment List

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

Forms

The following forms will be required for teens in BCFFC programs and our scheduled out-trip locations. Please be sure to download the required forms from our website <http://bcffc.com/shuswap-lake/sl-downloads/> 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** does not have any extra waiver forms this year.
- **AV** MUST bring the Adams River Rafting Ltd Waiver Form signed by a parent. Also, AV parents must fill out the Sky Trek Ltd Waiver online at <https://skytrekadventurepark.waiversign.com/?docId=5629499534213120#start:>
- **MM** MUST bring the Adams River Rafting Ltd Waiver Form signed by a parent.

Equipment

- **Cycling on mountain trails is a part of the CB 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 supply tents. **AV** will sleep under tarps for their off-site trip.
- **CB & AV Campers** will be canoeing, hiking and 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, and other personal gear in a compact fashion.**
- Warm sleeping bag and sleeping pad (**number of sleep outs: CB-3, AV-2, MM-1**)
- **CB & AV:** Unbreakable cup, bowl, plate, knife, fork, spoon, and water bottle(s)
- Small flashlight or headlamp, high SPF sunscreen, insect repellent. Since CB will be camping out in the environment shared with mosquitoes, ‘back woods’ bug repellent is 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, sandals, or old runners for use in the water is recommended.
- 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