

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



## Bonjour et Bienvenue à BCFFC 2019!

Welcome to the 36<sup>th</sup> 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 contains important information to ensure a terrific camp experience and we thank you for taking the time to read it thoroughly.**

**Please note that this newsletter is available online at**

<http://bcffc.com/shuswap-lake/sl-downloads/>

Here are the brief program descriptions for the upcoming summer camp:

- **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 amazing moniteurs (songs, games, arts & crafts, and fun) but will include one full-day of off-site adventure.
- **Le Groupe Méli-Mélo (MM)** Unfortunately, we did not have enough applicants for this program this year. Therefore this program will not run.
- **Les Aventuriers (AV)** will include two 1-night off-site adventures, which may 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).**

## *BC Family French Camp - Shuswap Lake Newsletter - 2019*

### **Dates for Shuswap camps:**

- Week 1 - July 6<sup>th</sup> to 13<sup>th</sup>
- Week 2 - July 13<sup>th</sup> to 20<sup>th</sup>

### **Local Committee Members:**

- Incoming Camp Coordinators & Treasurer: Maclean & Kristina Stefanek slcoord@bcffc.com
- Outgoing Camp Coordinators & Treasurer: Steve & Christine Williams
- Registrar: Michelle Weisinger slreg@bcffc.com
- Outgoing Equipment Manager/Purchaser: Russell Bennett
- Outgoing Equipment and Trailer Storage: George Johnson
- Program Planner: Tiffany Lombaert

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 a new Equipment Manager/Purchaser, and a new location to store our 5 or 6 trailers of equipment until next year's camp.

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

**Campsite Number:** Your family will receive its campsite allocation upon arrival at camp. All sites at Pierre's include power (15 amp min.) and water. We make every effort to ensure that your site meets your needs. If upon arrival you feel that there has been an error, please contact the registrar or camp manager and we will attempt to place you in an appropriate site.

**Check-In:** Registration will occur in the parking lot adjacent to the entrance to the Pierre's Point campground **between noon and 5:00 pm 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 5:00 pm, 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 adding a few tarps and poles to your supplies. All campsites will have 15 or 30 amp power and water. 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 to rent through the campground office or consider adding this to your gear as well. Please don't bring firewood from home. 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.

**Wristbands:** New for Shuswap this year, campers will be given wristbands upon check-in. This will allow campers to identify fellow campers at a glance, and there will be space to print important info such as site number. Committee members will have differently-coloured wristbands to allow for easy identification for asking questions, etc.

**Family Sign Contest:** We encourage all families to create a family name sign for their site. Originality, humour, and artistic quality are just some of the ways you can stand out from the crowd. The Shuswap Lake Camp Sign Contest is judged by our lovely Moniteurs.

**Parents' Wine and Cheese:** After our Welcome Gathering on Saturday evening, *put the kids to bed*, and come unwind at the Coffee Tent at around 9pm (until late). This is your chance to meet the moniteurs and some of the other parents who have the same great taste in summer French camp fun that you do. Please bring a bottle of wine to share as well as a cheese and cracker plate (or other easily shared snack plate). This is for adults only.

**Communal Dessert:** On Sunday evening, each family brings a dessert to share at the coffee tent. Remember to bring your dishes and cutlery.

**Potluck Dinner:** On Friday evening, all families are invited to bring leftovers and other things to share as we celebrate the end of camp. Remember to bring plates, bowls and cutlery to enjoy this popular event.

**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 to know the Momos in a relaxed atmosphere.

**Extra Costs:** You will find there are some minor, optional extra costs once you arrive at camp. These include: photos of your child's group: \$2.00 per photo (collected on photo day); Camp coffee, available each morning by donation; Flower Sticks (\$20) and *new this year*, BCFFC Stainless Steel Insulated Stemless Wine Glasses (\$17) will be available for purchase.

## *BC Family French Camp - Shuswap Lake Newsletter - 2019*

**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 sleep!**

**Parent Volunteers:** Volunteers operate our camp and all parents are encouraged to give a few hours of their time to spread the workload and to ensure that everyone can enjoy their camp experience. Some volunteer positions include drivers for 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 Sunday morning parent meeting 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, French conversation, yoga, dance, or comedy sessions, bocce/cornhole competitions 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 be in life jackets while in water deeper than 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 Personal Floatation Devices available and **ALL persons using watercraft must wear a PFD.** 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.

## *BC Family French Camp - Shuswap Lake Newsletter - 2019*

**Mosquitoes:** 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 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 - 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 (lids off, empty, straws out and rinsed). 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, a gong alarm will be sounded. Please immediately meet at the Coffee Tent and wait for instructions.

**Personal Property:** Please secure all personal property. Though Pierre's Point is a relatively secure campground, we will be sharing the grounds with numerous campers outside of our organization. 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

## *BC Family French Camp - Shuswap Lake Newsletter - 2019*

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. Please consider others when smoking (tobacco or otherwise) as the campsites are in close proximity to one another and your neighbours may not appreciate the smell and second-hand smoke.

**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 any fun or silly adult sized clothing or props that you would like to donate please bring it along. Parents are encouraged to dress up for the Parent vs. 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](http://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

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- Check in is between noon and 5:00pm at the registration tables in the parking lot adjacent to the grassy field, just past the entrance to Pierre's Point Campground (follow the signs). After 5:00pm, check in with the Campground to be directed to the Registrar's site.
- Register. Set up your campsite, 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 and CB moniteurs. Very important!**
- 9:00pm Wine and Cheese at the Coffee Tent.

### Sunday-Tuesday

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- 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; AV camp off-site Monday
- **Highlights:** Communal Dessert (Sunday), Québécois Night & Sleep-out Under the Stars (Tuesday)

### Wednesday

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

### Thursday – Friday

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- 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

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- 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.

## PROGRAM EQUIPMENT LISTS

### Regular Program (Post K – Grade 6)

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

### Teen Programs (CB & AV)

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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>:

#### 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 waterproof bags for their gear or camera. CB & AV teens will be having their overnight packs transported.
- **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**)

## *BC Family French Camp - Shuswap Lake Newsletter - 2019*

- **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, 'backwoods' 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 to provide additional snacks. Your teen's 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 pairs (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 a good idea.)

### **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 balm, tissues and/or toilet paper, toothbrush and toothpaste, personal toiletry items, and any other items you cannot live without.

Moniteurs will discuss all the 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. The more prepared you are, the more comfortable and enjoyable your experience will be!

*Safe travels and we look forward to welcoming you to camp soon!*

*- BCFFC Shuswap Lake Committee*