

33rd Annual
LAKE SEQUOIA RETREAT
AUGUST 13-19
1978

Hello there...

Once again, it's time for the 33rd annual Lake Sequoia Retreat. (Funded in part by the NCJCCF) Below is all the info you'll need to register for camp.

Please note that LSR is only 7 days instead of the usual 8. Camp will begin on a Sunday, rather than Saturday.

This year's theme is "M.A.S.K.S." Hopefully, thru our talks and discussions, you'll learn about yourself and others, with emphasis on your asian identity.

Our speaker this year will be Grant Hagiya. Grant has been working with the Methodist youth camp the past few years, and will bring alot of skill and experiance to LSR. We think you'll find him very easy to relate to.

-----VERY GENERAL SCHEDULE-----

A usual day at LSR goes like this....Wake up, Morning Watch, Breakfast & Cleanup, Speaker's talk, Discussion, Lunch & Cleanup, Interest Groups, Organized recreation, Freetime, Dinner & Cleanup, Evening Activity, and Lights out.

-----WHAT TO BRING/WHAT WE DO-----

It gets pretty cold at night, and almost as cold in the morning. The afternoons are usually sunny and warm, jus what you'd expect on a summer's day in the mountains. We suggest informal grubby clothes for one week of dust, heat, and cold.

Our activities include volleyball, basketball, swiming, boating, and a dance. There are two short hikes, and alot of DUST!

Remember, you're gonna be at camp for 7 days, so pack accordingly.

Don't Forget;	Holy Bible	Fishing Gear
Bug Spray	Letters/Stamps	Swim wear
Sleepin Bag	Camera/Film	Soap/Shampoo/
Flashlite/batteries		Towels, etc..
Musical instruments		

Also, extra bucks for the camp picture (approx 2.75) and for the camp store (snacks, dry goods, etc) We DON'T RECOMMEND expensive jewelry or expensive sound equipment. LSR and the YMCA cannot be responsible for lost or stolen items.

-----REGISTRATION INFORMATION-----

Price for the entire week of camp is 85.00. We must receive your completed registration and medical form by AUGUST 1. Price for part time is 14.25 per day. (A flat rate that applies no matter when you come during the day or whether you eat all the meals) We absolutely must have your completed reg and medical forms by POSTMARK AUGUST 1. Any forms received on Aug 2 will be returned. Any forms brought to camp itself will be turned away.

Any INCOMPLETE FORM WILL BE RETURNED IMMEDIATELY.

We prefer that you send us a check (no cash thru the mail, please) rather than bringing it to camp. We feel that this is safer for us and you. Please try to cooperate with us on this point. Make all CHECKS PAYABLE TO LAKE SEQUOIA RETREAT.

IF YOU ARE UNSURE IF YOU CAN MAKE IT TO LSR due to a job or other commitments, check the "Possible" spot on the registration form. See the reg form itself for more details.

If you are 18 years old or younger, WE MUST have the signature of your parent or guardian. Don't forget to put your own signature on form, too. If we receive your form w/o these signatures, it will be returned.

MUCH MORE, turn over.....

From;

ALDRSGATE METHODIST CHURCH
c/o Lake Sequoia Retreat
4243 Manuela
Palo Alto, Ca 94306

This information for;

MORE INFO.....Transportation to LSR.....

There will be extremely limited transportation up to LSR and back.. Please make all efforts to find your own way up to camp. In other words, there aint no bus!! Please send in your form AS SOON AS POSSIBLE if you do need transportation. Seating will be first come first serve.

Also, remember that the first meal served at camp will be dinner, so bring a lunch if you come early. Transportation to LSR will leave from the JAPANESE CONGREGATIONAL CHURCH, 806 Collins, Fresno 209-264-6735. See the map on the rules & regulations sheet. Try to be there at 11:00.

Send reg & med form to;

Margie Yemoto
LSR Registrar
[redacted]
Fresno, CA 93728
[redacted]

In Oakland;
Wendy Hanamura
[redacted]

For special problems call our main man;

Roger Morimoto
Chairperson
[redacted]
Mtn View, ca 94040
[redacted]

In Seaside;
Rev. Nick Iyoya
[redacted]
Seaside, ca 93955
[redacted]

For general info in Stockton;

Ann Shimakawa
Worship
[redacted]
Stockton, Ca 95204
[redacted]

In Los Angeles
Jeri Endo
[redacted]
[redacted]
LA 90016
[redacted]

INTEREST GROUPS

Each of the following groups meets once a day (with the exception of CPR) Choose one plus an alternate and mark it on the reg form. If you don't make a choice, we'll have to make it for you....

A. Folksinging/Guitar workshop. Several fine guitarists will be on hand at LSR this year. (Peter Horikoshi, Alan Tani, Kyle Kashima, and Mike Okagaki) Primarily, guitar instruction for ALL levels of ability will be emphasized. Learning music provided by the instructors plus any music you would like to share with others. Other musicians and those who just want to sing are welcomed.

B. Basketweaving. Bringing back a favorite will be Rev. Norio Ozaki. Rev. Ozaki has new ideas and new materials to tickle your basket weaving fancy. Bring 2.00 minimum. More for those of you who really get into it.

C. Disco/Social Dancing. For all you Fres Astaires and Ginger Rogers.... All the latest 'n greatest, some oldies but goodies (remember the Big Apple?) and a few you've never seen before. Wayne Yoshitomi and Eileen Yemoto trip the light fantastic.

D. Cardio Pulmonary Resuscitation. (CPR) Limit 10 persons. Instruction in maintaining a person who has suffered a complete cardiac arrest. Gordon Honda will lead this American Red Cross class. Will require several sessions outside of the normal time allotted interest groups. Cost 3.00 Upon completion you will receive an ARC-CPR Card.

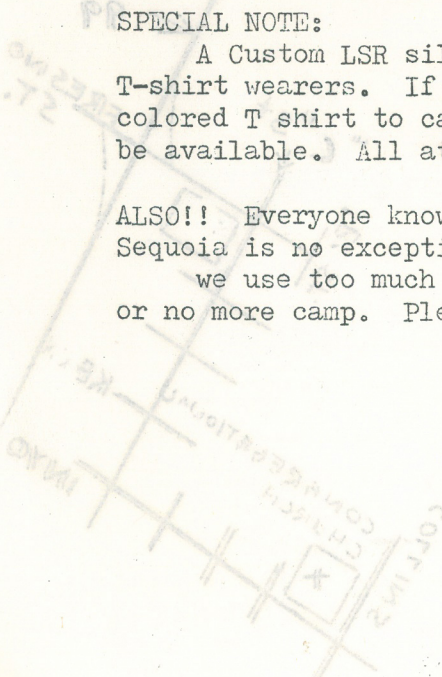
E. Nature Study. Extremely popular last year. Park ranger Scott Isaacson (We hope) will take you on and off the beaten path. Flora and Fauna to be explored.

F. Beginning Volleyball Instruction. Basic instruction for those who really want to learn correctly. Emphasis will be on technique rather than actual playing time. Spikin' Steve Shiozaki and Volleyin' Valerie Izumi will set you up.

SPECIAL NOTE:

A Custom LSR silk screened design will be available for you T-shirt wearers. If interested, bring a plain white or lightly colored T shirt to camp. If you forget, some blank T shirts will be available. All at a moderate cost.

ALSO!! Everyone knows that the ol H2O is short this year, and Lake Sequoia is no exception. Please use as sparingly as possible. If we use too much of the precious stuff, it's either no more water or no more camp. Please keep it in mind.



Church Address:
 808 Collins
 Fresno, CA 93706
 (209) 254-6732

PLEASE AT 11:00 AM!

READ WITH CARE!!
RULES!

- X 1. No alcoholic beverages or drugs of any kind allowed at Camp Redwood, Lake Sequoia Retreat. If you are found in possession of, or if you have consumed alcohol or drugs in any amount or form, not limited to 1. Any amount-One hit, gulp, etc. and 2. any form-beer, grass, wine, hash, etc, you will be brought before the cabinet for discussion of probable and immediate expulsion from LSR. There will be no refund of any fees, and you will not be allowed to attend Camp Redwood, Lake Sequoia Retreat the following year. (You may attend in two years) LSR will supply transportation to Fresno should you require it. LSR is not responsible for your actions once you leave YMCA property. Letters will be sent to your parents and minister, informing them of the situation.
- X 2. Campers will make full settlements before leaving YMCA property.
- 3. Campers will see that camp is as clean as it was upon arrival.
- 4. Campers will keep cabins clean at all times
- X 5. Campers will not deface YMCA property.
- 6. No boating or swimming at unscheduled times. Water sports allowed only with life guard on duty.
- 7. Camp Redwood boats will not be landed at other docks.
- 8. Standing or tipping of boats is prohibited.
- 9. No firecrackers or fireworks. Against U.S. Forestry rules.
- 10. SMOKING allowed only in designated areas.
- X 11. No CABIN SWITCHING without cabinet consent.
- X 12. Campers will not leave Camp Redwood boundaries without clearance from the cabinet.
- 13. Campers will cooperate with the cabinet in all activities that must be carried thru to operate camp.
- 14. Decisions concerning campers unable to abide by rules will be brought before the cabinet for possible dismissal from camp.

MAP to FRESNO JAPANESE CONGREGATIONAL CHURCH

North on 99-Take Fresno St. Exit.
Turn left at the top of the off-ramp. Turn left at the 2nd stop-light, and you should be on "C" St. Turn right on Inyo St. (About the 4th street down) Pass a few blind intersections and the church is on the right.

South on 99-Take Fresno St. exit.
Turn right at the top of the offramp. Left at the first stoplight, you should be on "C" St. Turn right on Inyo St. (About the 4th street down. Pass a few bling intersections and the church is on the right.

Church Address:
806 Collins
Fresno, CA 93706
(209)264-6735

Bus leaves at 11:00am!

