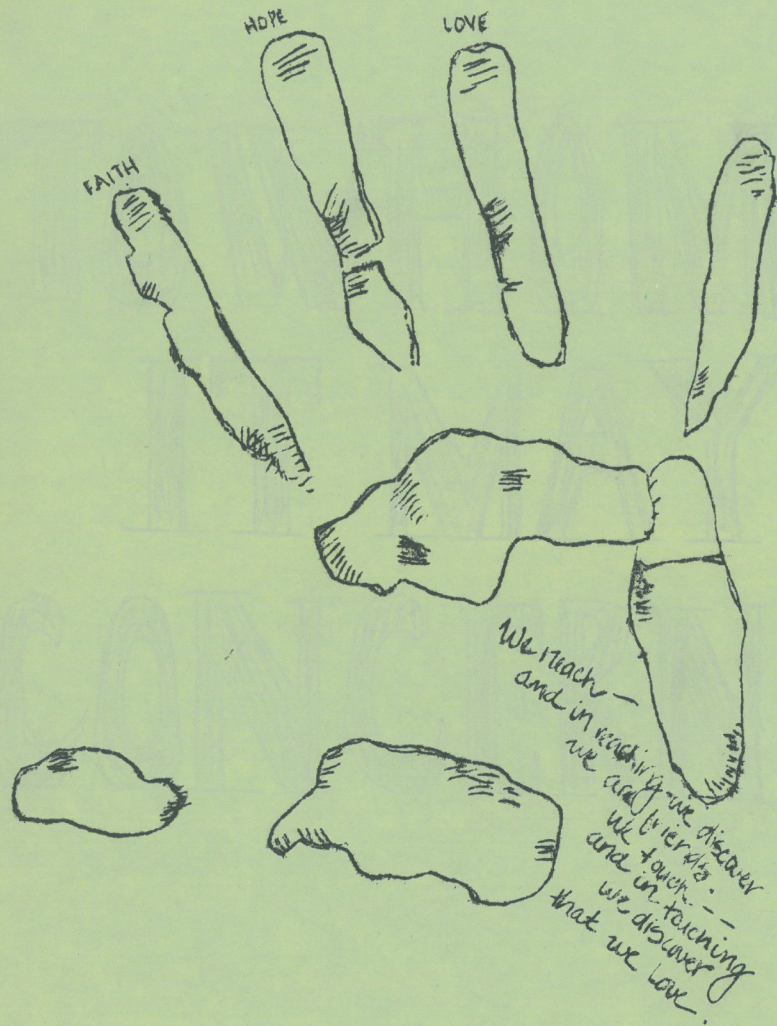


HOW SAD TO
LEAVE MY FRIENDS AT
CAMP. HOPE TO SEE YOU
ALL NEXT YEAR.



23th Annual

LAKE SEQUOIA RETREAT

Theme: "MELLOW YELLOW"

Speaker: Mr. Howard Yim

The purpose of the Young People's Christian Conference is to unite spiritual forces, to strengthen local organizations, to cultivate Christian leadership, and to forward the realization of deeper Christian living.

Rev. S. Kato

We are privileged to have

MR. HOWARD YIM

Howard Yim has his roots in Lakewood, Cal., drives a good ole VW Beetle, has a set of parents and a younger sister, Eileen. Howie is a regular speaker at the Clearwater Baptist Church in Gardena and the Gardena Valley Baptist Church also in, whereelse, but Gardena.

Also in where else but Gardena, Mr. Yim directs activities at a Christian drop-in center called the "FISH." Every Friday night there are rap sessions, kids sharing, guest speakers, and joyous singing. If you're ever in Gardena drop by the HOUSE OF HOPE - manned by Howie.

Howard has just completed seminary study at Talbot Theological Seminary in Pasadena and is currently completing his master thesis this summer. Howard R. Yim is working for the Japanese Evangelical Missionary Society (JEMS) as Youth Minister At Large.

Some of Howie's talents are making weird sounds with his hands and chin!? Ask for a free demonstration-- He can be seen always wearing corduroy pants.....

We are happy to have Mr. Howard R. Yim as an LSR speaker this year for he has much to share with you.

WELCOME HOWIE!

1973 LSR CABINET

Co-chairmen: Carole Morita
Ted Hasegawa
Gary Imazumi

Recording/corres.
secretary: Vivian Nagata

Treasurer: Marilyn Ohama

Managers: Richie Eijima
Ted Ohashi

Advisors: Peggy Hiraoka
Eileen Yemoto

Communication
Leader: Beth Izumi

Interest leaders: Nancy Hidaka

Calligraphy: Rev. N. Ozaki

Crafts: Mary Jane Kusakai

Folksinging: Alan Tani

Nature study: Craig Morita

Newspaper: Robert Hanashiro
Brad Shirakawa

Japanese: Mrs. Mauko

Morning & Evening
Services: Nancy Morita

Organized Wreck: Steve Nakajima
Steve Shiozaki

Registrars: Jeri Endo
Mary Kusakai

Camp Nurse: Mrs. M. Takagi

Ministers:

Rev. Sadao Masuko
Christ Methodist
Fresno

Rev. Norio Ozaki
Fresno

Rev. Kay Sakaguchi
Sycamore Congregational
El Cerrito

Rev. Robert Shimoda
Japanese Congregational
Fresno

Rev. Alpha Takagi
Aldersgate United Methodist
Palo Alto

Others:

Rev. Dediteus
Rev. Harms
Rev. Pourre
Rev. Warren Furutani

COUNSELORS:

Girls--

Jeri Endo-- Montebello
Nancy Hidaka-- San Jose
Peggy Hiraoka-- Fresno
Shelley Hiraoka-- Fresno
Mary Kusakai-- Fresno
Beth Izumi-- Mountain View
Marsha Miyamoto-- San Francisco
Carole Morita-- Biola/Fresno
Vivian Nagata-- Fresno
Marilyn Ohama-- Fresno
Mrs. Tani-- Fresno
Eileen Yenoto-- Fresno

Boys--

Robert Hanashiro--Fresno

Steven Hayashi-- Berkeley
Peter Horikoshi-- Berkeley
Sterling Sakai-- San Francisco
Tom Yonemura-- Gardena

CAMP RULES

CAMPERS:

1. A. Will make full settlements for damages before leaving.
B. Will see to it that camp is left as clean as it was upon arrival.
C. Will keep individual cabins clean at all times.
D. WILL NOT LEAVE CAMP WITHOUT CLEARANCE BY ONE OF THE ADVISORS.
E. Will park all cars and motor vehicles in area designated for them.
F. No Firecrackers! It is against U.S. Forestry Regulations.

BOATING AND SWIMMING:

2. A. No boating or swimming except at scheduled times with the lifeguard on duty.
B. Boats will not be landed on other docks.
C. Standing in or tipping of boats is prohibited.
D. Life jackets will be worn while boating.
3. All decisions concerning campers who are unable to abide by the conference regulations will be brought before the camp cabinet for dismissal from camp.

4. No smoking, unless absolutely necessary,
and then ONLY at the established areas...
fire pits and the dining hall.
NO SMOKING IN THE CABINS, PLEASE!!

ALL rules are the rules of the YMCA.

to believe in god
is to drink
wine
it is to eat
bread
not by
yourself
but by some other magic

pinturo

RETREAT SCHEDULE

3:00 - 4:00 pm Registration
Cabin assignments
Settle into cabins

4:00 - 4:30 Counselor-Cabinet mtg.
(Dining Hall)

4:30 - 5:15 Go meet your counselors
and cabin mates. Cabin mtg

5:15 - 5:30 Clean-up; tablesetters!

5:30 - 6:30 First Dinner... be ready

6:30 - 7:00 Clean-up

7:00 - 9:00 ICEBREAKERS!!!!
(Dining Hall) lead by
Steve and Steve

9:00 - 9:30 Evening Vesper
(fire pits)

9:30 - 10:00 Clean-up & LIGHTS OUT!

SUNDAY, JULY 29

7:15 - 7:45 am Up and at em!!!
You've got to get up every
morning with a smile on
your face and show the
world...you're beautiful.

-10-

CK

7:45 - 8:00 Start campfire and set
tables

8:00 - 8:30 Morning Watch

8:30 - 9:15 Breakfast Time

9:15 - 9:45 Clean-up
Camp ground, dining hall etc.

9:45 - 10:45 MORNING TALK
Howard Yim

10:45 - 11:15 Free Time! Get Acquainted
(Dining Hall)

11:15 - 11:45 Camp Picture SMILE!
meet in front of dining
hall. Order from Mary K.
afterwards.

11:45 - 12:00 Tablesetters to dining hall

12:00 - 1:00 Lunch

1:00 - 1:30 Clean-up mess

1:30 - 2:30 INTEREST GROUPS MEET
Calligraphy: Below dining hall
by fountain (Rev. Ozaki)
Crafts: Dining Hall
(Mary K. and Nancy Hidaka)
Folksinging: Chapel (A. Tani)
(M. Okagaki)
Nature Study: Front of D. Hall
(C. Morita)
Newspaper: Green Cabin (R.
Hanashito and B. Shirakawa)
Japanese: (Mrs. S. Masuko)

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2:30 - 3:30 Organized Recreation
(At the waterfront)
Led by Steve Nakajima &
Steve Shiozaki

3:30 - 5:00 FREE TIME!

5:00 - 5:30 Clean up & set tables

5:30 - 6:30 Dinner

6:30 - 7:00 Clean up

7:00 - 9:00 Psycho drama & discussion
(Dining Hall)

9:00 - 9:30 Folksinging
(Fire pits)

9:30 - 10:00 Evening Vesper
Warren Furutani

10:00-10:15 Check-in with counselor

10:15-12:00 Dining Hall & Pits open

12:00 LIGHTS OUT!!

MONDAY, JULY 30

7:15 - 7:45 (Rise and Shine)

8:00 - 8:30 (Morning Watch)

8:30 - 9:15 Breakfast

9:15 - 9:45 Clean up

9:45 -10:45 Morning Talk

10:45 -11:45 Discussion groups

11:45 -12:00 Clean up and set tables

12:00 - 1:00 Lunch

1:00 - 1:30 Clean up

1:30 - 2:30 Interest groups

2:30 - 3:30 Organized Rec
WORK GROUP VOLLEYBALL TOURNEY

3:30 - 5:00 FREE TIME!!

5:00 - 5:30 Clean up & set tables

5:30 - 6:30 Dinner

6:30 - 7:00 Clean up

7:00 -8:00 a rap with Howard
(Fire pits)

8:00 - 9:00 Folkdancing
(Dining Hall)

9:00 -10:00 Spontaneous skits

10:00-10:15 Check-in

12:00 Hall and pits close
LIGHTS OUT!!

TUESDAY, JULY 31

7:15 - 7:45 UP AND AT 'EM!
7:45 - 8:00 Tablesetters and
'mokey the Bears
8:00 - 8:30 Morning Watch
8:30 - 9:15 Breakfast
9:15 - 9:45 Clean up
9:45 -10:45 Morning Talk
10:45-11:45 Discussion groups
11:45-12:00 Clean up - set tables
12:00 -1:00 Lunch
1:00 - 1:30 Clean up
1:30 - 2:30 Interest groups
2:30 - 3:30 Organized Wreck
3:30 - 4:30 FREE TIME!!!
(Dining Hall)
4:30 - 5:00 Mid-week evaluation,
criticisms (Dining Hall)
5:00 - 5:30 Clean up
5:30 - 6:30 Dinner
6:30 - 7:00 Clean up

7:00 - 8:00 Simulation Games
(Dining Hall)
8:00 - 9:30 Moonlight Hike
9:30 - 9:45 Check-in
9:45 -10:15 Snacks
(Dining Hall)
12:00 LIGHTS OUT!!

WEDNESDAY, AUGUST 1

7:15 - 7:45 DOODLE-DO-COCKLE
7:45 - 8:00 Tablesetters and
Woodchoppers,
Get to work!
8:00 - 8:30 Morning Watch
8:30 - 9:15 Breakfast
9:15 - 9:45 Clean up
9:45 -11:45 Group Projects in creation;
meet in chapel
11:45 -12:00 Clean up - set tables
12:00 - 1:00 Lunch !!!
Prepared by mothers,
Chairman: Mrs. Kimura
1:00 - 1:30 Clean up

1:30 - 2:30 Interest groups
 2:30 - 3:30 Organized Wreck
 3:30 - 5:00 FREE TIME!!!!
 *Skits tomorrow night!
 5:00 - 7:00 Lakeview Hike and Dinner
 7:30 - 8:00 Evening vesper
 8:00 - 9:00 Homeward Bound
 9:00 - 9:15 Check-in
 9:15 -10:15 Snacks
 12:00 Campgrounds closed
 LIGHTS OUT!!

THURSDAY, AUGUST 2

7:15 - 7:45 MORNING HAS BROKEN....
 7:45 - 8:00 Campfire & tables
 8:00 - 8:30 Morning Watch
 8:30 - 9:15 Breakfast
 9:15 - 9:45 Clean up
 9:45 -10:45 Morning Talk
 Howard Yim
 10:45-11:45 Discussion groups

11:45 -12:00 Set tables - clean up
 12:00 - 1:00 Lunch
 1:00 - 1:30 Clean up
 1:30 - 2:30 Interest groups
 2:30 - 3:30 Organized Wreck
 3:30 - 5:00 FREE TIME!!!
 *Skits tonite!
 5:00 - 5:30 Clean up and set tables
 5:30 - 6:30 Dinner
 6:30 - 7:00 Clean up
 7:00 - 8:00 Treasure Hunt
 8:00 - 9:30 SHOWTIME!! (Skits)
 LSR's AMATEUR HOUR
 9:30 - 9:45 Evening Vesper
 (Fire pits)
 9:45 -10:00 Check-in
 10:00-12:30 DANCE!
 12:30 Please, lights out...

FRIDAY, AUGUST 3

7:15 - 7:45 SUNRISE!
 7:45 - 8:00 Fire & Table

7:45 - 8:00 Fire and Tables
 8:00 - 8:30 Morning Watch
 8:30 - 9:15 Breakfast
 9:15 - 9:45 Clean -up your mess
 9:45 - 10:30 Morning Talk
 Ken Kudo
 10:30 - 11:45 FREE TIME!!!!!!!!!!!!
 11:45 - 12:00 Clean up and tables
 12:00 - 1:00 Lunch
 1:00 - 1:30 Cleanup mess hall
 1:30 - 2:30 Interest Group
 2:30 - 5:00 Free time and Organized Wreck
 5:00 - 5:30 Clean up and Tables
 5:30 - 7:00 Dinner Time
 7:00 - 8:00 Clean up
 8:00 - 9:00 MULTI-MEDIA PRESENTATION
 Guests speakers in D. Hall
 9:00 - 10:00 Candlelight Faggot Service
 Installation @ the shores of
 Lake Sequoia--of 1974 LRS Cab.
 10:00 - 10:15 Check in with counselors
 12:30 Please, lights out, or at least
 keep the noise down. -18-

SATURDAY, AUGUST 4 Final Day

7:15 - 7:45 Get Up Get Up Get out of bed!
 7:45 - 8:15 Personal Meditation
 8:15 - 8:30 Clean up and Tablesetters, DO
 YOUR THING!!!
 8:30 - 9:15 Breakfast SNAP, CRACKLE, POP
 9:15 - 9:45 Clean up for one last time
 10:00 - 11:00 COMMUNION SERVICE
 11:00 - 12:00 CLEAN UP EVERYTHING!!!
 "God left this for you, please
 leave him only footprints."
 Don't leave anything behind.
 12:00 1:00 Lunch
 1:00 - 1:45 Clean up
 Final going over or grounds
 1:45 - 2:00 Friendship Circle
 2:00 Campgrounds cleared, head
 for home.

This is not primarily the place
where we have to be,
it is the place where we are.

This is not our prison but our home.
It is the road we must walk
and the walking of it is called life.

Because we will walk it only once,
then how important it is that we should
walk it with some purpose that we can
call our own.

-anonymous-

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"You never really leave a place
that you love.
A part of it you take with you
leaving part of you behind."

anonymous