



30th ANNUAL
LAKE SEQUOIA RETREAT

Theme:

"IN GOD WE TRUST"

Speakers:

Ministers of the N. C. C. F.

Creed:

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.

Reverend S. Kato

1974-1975 LSR CABINET

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SUZANNA IRITANI
LINDA NAKAGAWA

INTEREST GROUPS

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ORGANIZED RECREATION

KENNY KAWAMOTO
MARTY IYOYA

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REV. TAKA ISHII (N.C.C.F.)
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BIBLE STUDY
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SPORTS & GAMES / NATURE STUDY
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SHARON KINOSHITA	BRAD SHIRAKAWA
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ELLEN SHIMAKAWA	ROGER MORIMOTO
EMI TAKIZAWA	MARTY IYOYA
CAROL SANBONGI	KENNY KAWAMOTO
LESLIE SHIRAKAWA	STUART TATSUNO

RULES:

1. Campers will make full settlements for damages before leaving.
2. Camper will see that camp is left as clean as it was upon arrival.
3. Campers will keep their cabins clean at all times.
4. Campers will not leave camp without clearance from an advisor.
5. Campers will park all motor vehicles in designated areas.
6. Campers will not deface camp property.
7. Campers will cooperate with cabinet in all activities and functions that must be carried thru.
8. No boating & swimming except at scheduled times with lifeguard on duty.
9. Camp Redwood boats will not be landed at other docks.
10. Standing & tipping of boats is prohibited.
11. Life jackets will be worn while boating.
12. No firecrackers. (Against US Forestry Regulations) and smoking only in designated areas. PLEASE!!
13. Decisions concerning discipline of campers unable to abide by camp rules will be brought to the cabinet for possible dismissal from camp.
14. No alcoholic beverages or drugs of any kind allowed at camp. If you are found in possession of, or if you have consumed alcohol or drugs in any amount or any form, not limited to (a- any amount: 1 gulp, sip, hit, etc.) and b-any form: beer, whiskey, grass, etc.) You will be brought before the cabinet for immediate expulsion from camp. There will be no refund of camp fees and you will not be allowed to return to camp the following year. LSR will provide transportation down to Fresno in the event you are expelled from camp. After you have left YMCA property, we are no longer liable. Letters will be sent to parents and to your church minister.

Don't be concerned about the outward beauty that depends on jewelry, or beautiful clothes, or hair arrangement. Be beautiful inside, in your hearts, with the lasting charm of a gentle and quiet spirit which is so precious to God

I Peter 3:3-4

RETREAT SCHEDULE


SATURDAY, August 9

- 1:30 Bus leaves Japanese Congregational Church
- 2:30 Registration begins
- 3:00 Cabin Counselors Meeting at Firepits
- 3:45 Work Group Leaders Meeting at pits
- 4:00 Cabin Meetings in respective cabins
- 4:30 Work Groups Meetings (meet in front of Hall)
- 5:00 Table setting
- 5:30 Dinner & Orientation
- 6:30 Clean up
- 7:00 Ice Breakers & Slide Show
in Dining Hall
- 9:00 Evening Vespers at Firepits
- 9:30 Check-in
- 10:00 Lights Out!

KEEP SMILING!

(It makes people wonder what
you've been up to!!)

SUNDAY, August 10

- 7:00 Get up and see the SON
- 7:30 Table Setters & Fire Starters
- 8:00 Morning Watch
- 8:30 Breakfast
- 9:15 Wash Dishes
- 9:45 Morning Talk
- 10:45 Discussion Groups
- 11:30 Camp Pictures SMILE! 
- 11:45 Table Setters
- 12:00 Lunch
- 1:00 Clean up
- 1:30 Interest Groups
- 2:30 Organized Recreation
Volleyball Clinic
- 3:30 Free Time
- 5:00 Set Tables
- 5:30 Dinner - Bar-B-Que!!
- 6:30 Clean up
- 7:30 Folk Dancing
- 9:30 Evening Vespers
- 10:30 Cabin Check in
- 11:00 Lights out

MONDAY August 11

7:00 Time to Get up
7:30 Set tables and fires
8:00 Morning Watch
8:30 Breakfast
9:15 Clean up
9:45 Morning Talk
10:45 Discussion Groups Talk!
11:45 Table setters
12:00 Lunch Time
1:00 Clean up
1:30 Interest Groups
2:30 Free Time
4:00 Prepare Dinner
5:00 Lakeview Hike
Evening Vespers
8:30 Homeward Bound, oh yes I'm.....
9:30 Refreshments in Dining Hall
10:30 Check In
11:00 Lights out

Tuesday, August 12

7:00 Get up
7:30 Table Setters and fire starters
8:00 Morning Watch
8:30 Breakfast
9:15 Clean up
9:45 Morning Talk
10:45 Discussion Groups
11:45 Table Setters
12:00 Lunch
1:00 Wash dishes
1:30 Interest Groups
2:30 Organized Recreation
TUG-O-War/Boat Sink
3:30 Free Time
5:00 Set Tables
5:30 Din-din
6:30 Clean up (Work on Skits)
7:30 Psychodramas
9:30 Evening Vespers
10:30 Check In
11:00 Lights Out

WEDNESDAY, August 13

7:00 Time to get out of bed
7:30 Set Fire and Tables
8:00 Morning Watch
8:50 Breakfast
9:15 Clean up
9:45 Morning Talk
10:45 Discussion
11:45 Set Tables
12:00 Gochiso!!!!
1:00 Clean up
1:30 Interest Groups
2:30 Organized Recreation
 Volleyball Tourney!!!!!!
3:30 Free Time
 (Skits are tomorrow)
5:00 Set Tables
5:30 Chow Chow Chow!!!!
6:30 Clean up
7:00 Moonlight Hike!!!
 Meet at Dining Hall
 Evening Vesper
8:30 Refreshments in Dining Hall
10:30 Check In
11:00 LIGHTS OUT!

THURSDAY, August 14

7:00 Wake up
7:30 Set table and Fires
8:00 Morning Watch
8:30 Breakfast
9:15 Clean up
9:45 Morning Talk
10:45 Discussions
11:45 Set tables
12:00 Lunchtime
1:00 Clean up
1:30 Interest Groups
2:30 Organized Recreation
 Volleyball Tourney...
3:30 Free Time
5:00 Set tables
5:30 Dinner
6:30 Clean up
7:00 Skit Preparation
7:30 SHOWTIME!!!
9:00 Evening Vespers
9:30 Dance
11:30 Check-in
12:00 Lights Out

FRIDAY, August 15

7:00 Here comes the sun....
7:30 Set tables & start fires
8:00 Morning Watch
8:30 Breakfast
9:15 Clean up
9:45 Morning Talk
10:45 Discussions
11:45 Prepare tables for noonday meal
12:00 CHOWTIME!!
1:00 Clean up
1:30 Interest Groups
2:30 Organized Recreation
"Surprise!" Come and see!!
3:30 Free Time
5:00 Set tables for 5:30
5:30 Dinner
7:00 Clean up
7:30 Folksinging at Firepits
8:30 Faggot Service at Waterfront; 1975-76 Installation
11:30 Check in
12:00 LIGHTS OUT & QUIET!! PLEASE!!!!

SATURDAY, AUGUST 16

7:00 Morning Has Broken.... (get up!!)
7:30 Tablesetters & Firestarters
8:00 Morning Watch
8:30 Breakfast (The last one!!)
9:15 Clean up & begin packing bags for departure.
9:45 Morning Talk
COMMUNION SERVICE
10:45 Clean up & continue packing, sweeping, etc.
11:45 Tablesetters
12:00 Lunch
1:00 Clean up & complete packing, sweeping, etc.
1:30 Friendship Circle in front of Dining Hall
2:00 Campgrounds clear

Yesterday need not be forgotten
because memories never fade.

ACKNOWLEDGEMENTS

SONGBOOKS

GORDON HONDA

SLIDE SHOW

ROBERT HANASHIRO
GORDON HONDA
ALAN SANBONGI
BRAD SHIRAKAWA

SOUND SYSTEM (SLIDE SHOW & DANCE)

ERNIE KAZATO
BRAD SHIRAKAWA

LUNCHEON

MRS. CHIAKI TAKIZAWA
CHAIRPERSON
& HER CREW

REJUVINATION OF LOUDSPEAKER

TED HASEGAWA

JAPANESE CONGREGATIONAL CHURCH
FOR USE OF ITS BUILDING AND
MIMEOGRAPH FACILITIES

NCCF CHURCHES

FOLKDANCING

LESLIE "TWINKLETOES" SHIRAKAWA
EILEEN "LEFT FOOT" YEMOTO
MARILYN "FOOT STOMPIN'" OHAMA
CAROL "KNEE SLAPPIN'" SANBONGI

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BRAD SHIRAKAWA
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