

ST. MARY OF THE VISITATION PARISH

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September 20, 2018

“Nerve to Serve”

Dear Parents and High Schoolers:

It is time once again for one of the most popular of Da Crew's activities - our Nerve to Serve Weekend at Camp Brebeuf. We are fortunate once again this year to be lead in our adventure by an experienced team from Camp Brebeuf, and we are looking forward to this time with our High Schoolers and being at Camp Brebeuf - a truly wonderful place.

This year we leave on *Saturday, October 13th at 8:00a.m. from our Parish Centre Parking Lot and will return at 2:30p.m. on Sunday October 14th*. Our transportation will be by school bus. The cost is \$45.00 per person which includes transportation, meals, weekend accommodation in a newly constructed, fully heated, cabin with indoor washroom facilities, as well as all the free fun you can have! We are limiting our weekend to 20 Da Crew members and look forward to a great weekend.

On the reverse, you will find a list of items which you are invited to consider bringing with you, keeping in mind the weather conditions, especially colder temperatures in the evenings. You will also find attached, the *permission form which you are asked to complete and return with registration fee no later than October 11, 2018.*

This will be an amazing weekend, and I really hope that you can join us!

Sincerely yours

Father F. Freitas
Pastor

Christian Ferraro
Youth Minister

THINGS TO BRING

CLOTHING EQUIPMENT

2 T-shirts/tops Flashlight & Batteries
2 Long sleeve shirts
1 Sweater
1 Heavy jacket (and mitts & toque)
1 Rain jacket & rain-worthy shoes (weather depending)
2 pair of jeans or pants 2 pair of shorts
3 pair of underwear
3 pair of socks
1 pair of running shoes
1 towel
1 pair of slippers or indoor shoes
old pair of running shoes (to be used for mud or water activities)

HYGIENE SUPPLIES

Chapstick
Soap & Container
2-3 Face cloths
2-3 Hand towel
Toothpaste & Toothbrush
Shampoo & Conditioner
Comb and/or Brush
Kleenex

BEDDING OPTIONAL EQUIPMENT

Sleeping Bag
1 or 2 Blankets
Pillow/pillowcase

Please dress for the elements as the majority of our time we are outdoors.

This experience is a retreat. Therefore, we request that electronic devices be left at home.

ST. MARY OF THE VISITATION PARISH LETTER OF PERMISSION

I _____ the parent/legal guardian of _____ hereby give permission for him/her to attend the Nerve to Serve Weekend at Camp Brebeuf, Rockwood, Ontario on the weekend of October 13 & 14, 2018, I agree that my and I child have read the following rules of conduct and have completed the health information below:

Rules of Conduct for Participants:

During your stay at Camp Brebeuf:

- 1 I am responsible for having a GREAT time and participating fully in all aspects.
- 2 I am responsible for the care of my sleeping area during my stay and I will not enter any sleeping area except my own for any reason.
- 3 I am responsible for taking good care of equipment or facilities I use. I will keep the washrooms and showers tidy and report any problems to Camp staff .
- 4 I acknowledge and agree to abide by Camp Brebeuf's smoke, drug and alcohol free environment.
- 5 During free time I will stay in designated areas unless accompanied by staff.
- 6 I am responsible for my own sleep and will Be Quiet at "Lights Out."
- 7 I understand that *during the weekend, a - 1:5 - Adult : Teen ratio will be present.*

CURRENT EMERGENCY INFORMATION

STUDENT'S NAME: _____ HEALTH CARD # _____
HOME CONTACT#: _____
EMERGENCY CONTACT NAME: _____ (other than parent)
EMERGENCY PHONE #: _____

CURRENT MEDICAL INFORMATION

- 1: Is your son/daughter allergic to any drugs, foods, medications/other? **YES:** _____
NO: _____ **IF YES, PROVIDE DETAILS:** _____
- 2: Does your child take any prescription drugs? **YES:** _____ **NO:** _____
IF YES, PROVIDE DETAILS: _____
- 3: What medication(s) should the participant have on hand during this trip? _____
- 4: Who should administer the medication? _____
- 5: Specify any other physical limitations your child has that may affect them from fully participation on this trip. Provide pertinent details or contact supervising adult leader(s). _____

I understand that reasonable precautions will be taken to safeguard the health and well-being of the participants in this activity and that I will be notified as soon as possible in the event of an emergency. In the case of sickness or an accident, I authorize and consent the Pastor, Youth Minister or other associated adult volunteers of St Mary of the Visitation Parish to obtain medical care from a licensed physician, hospital, or medical clinic for my son/daughter in the event that myself or other legal guardian(s) cannot be reached. I hereby do release and forever discharge any directors and or representatives of the Episcopal Corporation of the Diocese of Hamilton, St Mary of the Visitation Parish from all manners of actions, claims which I or the child named above shall or may have for any reason, arising during my child's attendance at this event. Unless other written instruction is submitted, I also consent to allowing my child's image to be recorded, either by photograph or video, and used during this event and or for future advertisement of St Mary of the Visitation Parish.

Parental/Guardian Signature _____

Participants Signature _____

Nerve to Serve 2018 – October 13 & 14, 2018

Saturday, October 13, 2018

8:00am – Leave St Mary's Parish Centre

9:00 – Arrive at Camp Brebeuf

9:30 – **Ice Breakers and Energizer Games**

10:35 – 'SELF' SESSION – Goal setting

11:35 – 'ENERGY' SESSION (intense large group game)

12:30pm - Lunch

1:00 – Rockwall

2:00 – 'ENVISION' & 'INITIATE' SESSION (low ropes and ABCs)

3:30 – **'REFLECT' SESSION** (Stations of the Cross Walk)

4:30 – 'COURAGE' SESSION (high ropes)

6:00 – Dinner

7:00 – Service Saturday Activity leads into Endurance Session

8:00 – **ENDURANCE' SESSION** (intense team competition)

9:00 – Hot Chocolate break

9:30 – (All) Campfire or Mission Impossible

10:30 – Closing prayer

11:15pm – **(Lights out)**

Sunday, October 14, 2018

7:45am – Wake up and pack – bring stuff up

8:30 – Breakfast

9:30 – **Parish Craft or Activity**

10:45 - Small group skit prep & snack

11:45- **Mass with Father Freitas and** present skits

Recap of Parish, Community and School - list of things to do in parish by Da Crew members to get more involved in parish life.

12:30pm – Lunch

1:00 – Clean up

1:30pm – Departure

2:30pm – Arrival St Mary's Parish Centre