



SWIM 2017

Our Blue Boat Home

**Lake Placid, Florida
December 26-January 1**

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SWIM's MISSION

Southeast Winter Institute in Miami is a one-week Unitarian Universalist intentional community, which provides religious, inspirational, educational growth oriented programming. SWIM was founded, and continues, to celebrate the spirit, to promote community, and to nurture connections among people of diverse ages, backgrounds, abilities, and interests. In so doing, SWIM strives to promote our Unitarian Universalist principles.

SWIM's VISION

SWIM is a gathering to form an intergenerational intentional community based on Unitarian Universalist principles and values. It nurtures open communication, inclusiveness, spirituality, and growth. It is an inspirational and safe place to play, grow, and take risks in a supportive environment, encouraging self-awareness and personal responsibility unhindered by limiting societal expectations.

SWIM is an all-volunteer organization of participants who are enthusiastic, talented, diverse, and committed to creating a joyous experience.

SWIM celebrates diversity both within and outside our community and expects all participants to demonstrate personal responsibility and respect for self and others as well as our environment.

SWIM offers a myriad of experiences and opportunities that are challenging and nourishing to mind, body, and soul. Some of our activities are workshops, trips, worship, art, dance, music, campfire, and athletics.



DIRECTOR'S MESSAGE

Whew! What a year!
We've seen far too much
bad this year --
elimination



of
environmental protections; a draconian health-care system (as of June 2017, when I'm writing this); increased violence and hate-speech toward anyone who is seen as "other."
This week, we SWIMmers will once again come together in our intergenerational intentional community, as we have for over forty years! We'll learn in workshops, go on outdoor adventures and/or offsite trips, play some sports (think kickball!!), make some music, perform at Coffeeshouse, participate in worship, chat with other SWIMmers, or just relax, all while living our UU values. But of course, that doesn't cover what I believe are the most significant gifts we receive from SWIM -- the close friendships we make and the transformational experiences we can have.
The facility -- Cloverleaf 4-H Camp, where SWIM met in both 2015 and 2016, has proved excellent for us, not only in terms of the facilities but also in terms of their wonderful staff. Please do look through this catalogue and see what all is of interest to you. Then register as soon as Registration is possible -- usually about mid-October. No matter your age, no matter your heritage or orientation or even whether you're Unitarian Universalist ... no matter what, you're welcome at SWIM! Join us!

Nancy K. Applegate
SWIM Director 2016-2017



PRESIDENT'S MESSAGE

Mindy Simmons, President



Hi SWIMmers!

We are planning a great SWIM experience this year and we all hope you will join us! We gather in Florida at the rustic, beautiful campus of the Cloverleaf 4-H Club. There's tent camping or cabins on the lake. Or you can bring your RV with hook-ups for service. We gather in UU community for a week of summer fun in the wintertime! Workshops for adults, youth and children programs for the young. Teens gather and celebrate being who they are as UUs moving from youth into their presence in the greater UU community. We end the week with a New Year's Eve dance and celebration before we hug and say goodbye and return to our regular lives. Sound sweet? Well indeed it is!! Come on y'all and experience winter like we do here in the Florida South!! Warm, fun and inviting! :)

LOCATION

We will again be at Cloverleaf 4 H Camp in Lake Placid, Florida. Cloverleaf is a picturesque and welcoming location.



http://florida4h.org/camps_/cloverleaf/

Cloverleaf 4 H Camp, 126 Cloverleaf Rd, Lake Placid, FL 33852



The camp is on beautiful Lake Frances, equipped with canoes and kayaks as well as a fire circle near the lake. Cabins are small and cozy; there are hook ups and a dump station for RVs (limited RV spaces assigned on the basis of registration date). Tent sites abound (no electricity or water) on grassy spots near cabins and bathhouses. There's an auditorium in addition to the comfortable, multipurpose dining hall.



Wi-Fi in the dining hall, fishing from the dock, swimming, kayaking and canoeing! What a camp! (BYO equipment and license.

<http://myfwc.com/license/recreational/freshwater-fishing/>)

Camp rules prohibit swimming/wading in the lake without a lifeguard present. A note of caution: Since we are on a lake, let's us all, please, be mindful of safety precautions, particularly regarding our children.

Lake Placid <http://www.lpfla.com/>, in southwest central Florida, boasts 27 lakes in the area, a clown school, numerous murals depicting local history and wildlife. Near-by Highland Hammock State Park has hiking trails and a tram ride (also camping, in case you're arriving early or staying after). Archbold Biological Station is a center for research on wildlife and the environment. And there are thrifts shops on nearly every block.

ACCESSIBILITY

All of Cloverleaf's buildings are accessible. There is a paved walkway from the dining hall past the cabins and bathhouses to the lakefront. While the camp is totally accessible, some trips may not be.

WEATHER INFORMATION

If you think Florida means shorts and tank tops year 'round, you might want to think again! Lake Placid is about 150 miles north of Miami, so it may be a bit cooler. Weather in Florida in December varies considerably, so we can never be sure what to expect. Prepare for both warm (75-80•) and cool (down as low as 45• and on rare occasions even lower). Be sure to bring long pants, a jacket, and a blanket with your bedding, and hope that you don't need them!

BOARD OF TRUSTEES

SWIM By Laws provide for a Board of Trustees, as pictured here. As always, there will be an election for new board members. **Nominations for board members are due to the secretary by noon on Day 2**, and the election will be held on Day 4. Board members are compensated for their hard work only through our appreciation and their love of SWIM.



Mindy Simmons
President



Nancy Applegate
Director



Jon Hoskins, Secretary,
Director Elect



Doug Hughes,
Treasurer



Candy Gale, Past Director



Paula Huesinkveld,
At Large



Trevor Juhl, At Large



Mikayla Yarbrough,
Teen Rep

**And YOU could be our next
board member!
Nominations due to
Jon Hoskin by noon of Day 2,
and elections
on Day 4.**

STAFF

Staff members do not receive remuneration for their efforts other than some reduction in SWIM expenses (except that the head cook receives an honorarium which is never enough!). SWIM is our labor of love, and our goal is to help us all on the way to finding joy and meaning in life.



Nancy Applegate
Director



Jerry Elsenrath
Registrar/Car Pool/
Lodging



Dan Resler
Registrar/SOAR
Guru



Paula Heusinkveld
Workshops/Store



Kathy Smith
Children/Teen Coordinator/
Teen Staff Coordinator



Elizabeth Norval
Children's Staff



Mindy Simmons
Serendipity/Evening Events
Coordinator



Fred Sidl
Assistant
Evening Events
Coordinator



Ernie Wilson
Trips



Marc Robinson
Off Site Adventures



Russell Patterson
Transportation



Terry Schneider
Gofer



Mary Ann Somervill
Ms. Info, Catalog
Coordinator



Marty Beech
Community Ass't
Coordinator



Stephanie Lowenhaupt
Community Time
Coordinator



Jenna Dutrow
Mugbook/NUUS

PICTURE YOURSELF HERE!

There are a few staff positions still available, so, if you are interested, please contact Nancy Applegate director@swimuu.org

SPECIAL STAFF MEMBERS

This year's **Artists in Residence** are the modern-folk duo **Friction Farm**, known to SUUSI goers. Friction Farm is a husband and wife team of traveling troubadours. Aidan Quinn and Christine Stay, combine storytelling, social commentary and humor to create songs of everyday life, local heroes, and quirky observations. They have a big garden and a small orchard at the sustainable home they designed and built. Despite a busy international touring schedule, they make time to visit peculiar roadside attractions. They have been Kerrville New Folk Finalists, Falcon Ridge Emerging Artists, and South Florida Folk Festival Songwriter winners. From ballads to anthems each song is filled with harmony and hope.



Friction Farm

SWIM Chaplain



Jone Johnson Lewis, a clergy member in both the Ethical Culture Society and the UU church, is also a writer and teacher, focusing on topics related to a lifelong ethical journey, building a more humane world, women's history and more. She provides pastoral counseling, organizational consultation for both Ethical Humanist and UU groups and performs life passage ceremonies. She is a former minister of the Berrien (Michigan) UU Fellowship. Jone has a B.A. in Management from Mundelein College, and a M.Div. from Meadville/Lombard Theological School, where she studied humanism, social reform, the Transcendentalists (Emerson, Thoreau, Fuller etc.) and the history of women in the world's religions. Her experience includes serving as an adjunct faculty member at Meadville/Lombard Theological School, as a faculty member of the Humanist Institute, and as a training instructor and executive in the private sector. She taught about women in liberal religious history. She has participated in the women's movement and other social justice movements since the late 1960s.

CHILDREN'S PROGRAM (Ages 3–12 or 13)





Children's programming starts at 9:15 a.m., after Opening Circle, and runs until noon, then from 1 to 4. Typical activities include stories, songs, crafts, cooking, outside time and lots of games and play, all grounded in Unitarian Universalist values. *We also have the advantage of a Camp Activities Counselor who teaches archery and can take the children fishing.* Parents can also share activities at camp with their children or visit interesting places in the area as a family with other SWIM campers. Our staff, led by Elizabeth Norval, retired elementary school teacher, children@swimuu.org, are experienced adults who love children and have lots of ideas for fun times at camp! Some commonsense rules to keep in mind:

- There is a **mandatory** parents/guardians meeting at 7:00 on Registration Day in the Craft Building.
- Florida state law requires that parents provide car seats for children three and under.
- Sturdy shoes are a must for the safety of our children, and play clothes that can get dirty will give them freedom and comfort to enjoy the activities.
- Lake fun **only** when lifeguard is on duty.

CHILD CARE CO-OP



SWIM does not structure child-care outside of Children's Programming, but that child-care will happen if **you** (parents/guardians) work together to make it happen. Parents and/or guardians are encouraged to work cooperatively on child-care outside of Program hours. Children must be in the care of an adult at all times, but it need not be their parent or guardian. We suggest that adults make time on Registration Day to arrange an informal schedule of shared child-care so that all children are cared for, and all adults have the opportunity to participate fully in SWIM activities.

FAMILIES



Parents and guardians of young children (and individuals offering child care outside of the regular youth program schedule) should take the opportunity to meet one another on Registration Day during and after the 7 p.m. mandatory Youth Program Orientation in the Craft Building.



Families with children are housed in the same area, whether in cabins or your own tents. This arrangement makes it convenient to manage bedtimes, share and coordinate late-night child-care, and possibly hire care during times when parents are not able to be present outside of the program schedule.

Although SWIM does not provide specific programs for children under the age of 3, there are usually people willing to volunteer to provide a child care break for parents of very young children. But you must let it be known that you would appreciate their help.

GUARDIANS

If you chose to become a temporary guardian for any minor attending SWIM without a parent, we certainly appreciate your assistance to the SWIM Community and to that young person; however, you are also assuming responsibility for this minor. In awareness of this responsibility you should:

Limit the number of youth/teens for whom you are responsible.

Stay in touch with your charge/s each day during the week.

Attend any meetings pertinent to your charge/s and their activities.

Know where they are and let them know where you will be.

Exchange cell phone numbers for use at SWIM.

Have detailed contact information for the parents or legal guardians for yourself and available to SWIM in case contact with them is necessary.

Be aware that should illness, injury, or behavior require removal of your charge from SWIM, YOU MAY BE REQUIRED to accompany them back to their parents or guardians.



TEEN PROGRAM



The teen program, under the leadership of DRE, Kathy Smith, teens@swimuu.org, is varied and exciting! We include off-site trips as well as in-camp activities. Much of the schedule is planned in advance, but there is great flexibility during the camp week. We

may choose to add a field trip, drop a planned activity, or adapt our schedule to include an impromptu game or cookie-baking session, depending on what the teens request at our check-in meetings. Parents/guardians and the SWIM director are always aware of where we are going, but we can't predict our schedule in advance because of our need for input from those most involved, the teens themselves! Part of the excitement of the teen program at SWIM is how much involvement each individual teen has in planning our community and our activities. There's plenty of opportunity for water fun, but **only** when the lifeguard is on duty. Come be a part of a community YOU help plan and create!



The teen program runs 24/7 in their own teen cabin/s. Teens are housed with their staff, who are responsible for teens during the entire week. Parents and guardians **MUST** attend a mandatory meeting at 9:30 on Registration Day. And, of course, parents and guardians are expected to connect with their teens at least daily.

YOUNG ADULTS



Young adult programming at SWIM is loosely organized, largely determined by participants at the outset of the week. As many of our regular YA attendees are on staff, we'll try to arrange evening and late-night activities so our whole cohort can gather.

Those interested in participating in YA programming should meet in the YA cabin at 10 p.m. on Registration Day. (Although many YAs at SWIM choose to tent camp, we are

hoping to have a dedicated cabin as well.) We'll get to know one another and plan our SWIM!

Not sure if you qualify as a YA? Well, it's a challenging question. If you get lumped in with "Millennials" (whether you really are one or not), you're probably a YA for our purposes.

Some possible activities include: Midnight kayaking on the camp's lake; Karaoke at a nearby watering hole; Go-Kart racing; Moonlight Grill; and Thrifting. Got more ideas? Email youngadults@swimuu.org with your suggestions, and we'll see you in December!

COMMUNITY ASSISTANTS NEEDED



Part of being in Community involves a willingness to assist within that Community as needed. To keep our Community running smoothly, all SWIM participants are expected to contribute to our welfare through being responsible for a community assistant task at least one time during the week. We will need three assistants in the dining hall for each meal, to help with set up, serving, and clean up. We also need at least two assistants each night to help with Serendipity. In addition we need daily Karma Monitors (to clean bathhouses!) Be sure to sign up when you register and indicate which day and task you want to do. Other volunteer opportunities may come up. Just ask! comast@swimuu.org

SWIM NUUS

Each day at breakfast you will be greeted with a brand-new edition of the SWIM NUUS, full of schedules, reminders, human interest stories and humor - but only if you put it there! The first edition will be the Confirmation NUUS in your e-mail confirmation packet. We will collect all NUUS contributions at camp each day by 9:00 pm.

NUUS@swimuu.org

On Day 3, we feature the views of candidates for the SWIM board.

STORE

Attention SWIM Shoppers: The SWIM Store will be located in the auditorium and open 24/7, on the honor system.

SWIM 2017 t-shirts will be available in limited quantities. Please pre-order your SWIM wear when you register to guarantee availability.

Books, music, and handcrafts from SWIM artists will also be available at the store. SWIM receives 20% of all sales for scholarships.

MUGBOOK

All participants will receive an electronic copy of the SWIM Mugbook at no extra cost. You'll have pictures and contact information at your fingertips so you can keep in touch all year – or visit with SWIM friends while traveling. **Jenna Dutrow** is creating our Mugbook, so don't forget to stop at the mugging station during Registration so she can take your picture. Your Mugbook will be sent to your

email address soon after SWIM.

*Note: We do **not** share this information online nor outside the UU community.*



SCHEDULES

Registration Day Schedule ~ December 26

10:00 – 2:00 Staff Only for moving in prior to Set-up

1:00 Staff Meeting

1:30 Staff Registration

2:00 – 4:00 Arrive, Register, Move In

5:00 - 5:30 Ingathering: Meet Each Other and Share Important Information

6:00 – 7:00 Dinner

7:00 – 7:30 Children's Orientation with Parents / Guardians! Required!

7:45– 8:30 Welcome WORSHIP Service

9:30 – 10:00 Orientation, Teens & Parents / Guardians! Required!

9:00 – 11:30 Campfire

10:00 YA's 'organize'!

9:00 – 10:00 Early Serendipity

10:00 – 1:00 Serendipity & Games

SWIM Daily Schedule

All meals will be in the Dining Hall. Other large group activities will be in the Auditorium or outside.

7:30 – Yoga Meetup

7:15 – One Mile Walk

7:45 – 8:45 Breakfast / NUUS Distribution

9:00 - 9:15 Opening Circle



9:15 – 12:00 and 1:00 – 4:00 Youth Program

24/7 Daily Teen Program

10:00 – 12:00 Morning Workshops

12:00 – 1:00 Lunch

1:00-2:00 After Lunch Activities

1:00 Day 1 Puppet Show

1:00 – 2:00 Book Club with Friction Farm



1:30 -- 3:30 Open Swim

When lifeguard is present

2:00 – 4:00 Afternoon Workshops

4:00 – 5:30 Daily Community Time – games, music, several Meet Ups, and general fun!

4:30 – 5:00 SWIM's Lakeside Cocktail Hour

5:30 – 6:30 Dinner

5:30-until...~Day 2 Costume Night

7:00 – 7:45 Worship

7:45-8:45 ~ Day 2 Community Meeting

9:00-10:00 ~ Day 2 Star Gazing

8:00-9:00 ~ Day 3 Coffeehouse

8:00 – 9:00 ~ Day 4 Auction

9:00 – 10:00 Campfire Music (most evenings)

9:00 NUUS Deadline

9:00 – 10:00 Early Serendipity (most evenings)

10:00 – 12:30 Days 1 & 2 (and other days after events) Serendipity and Games

10:00-2:00 ~Day 5 NYE Extravaganza

Trip times vary. Check Catalog, Information Table, or White Board for departure times.

Schedule for January 1

Annual Meeting of the Board 12:30 – 12:55 am
(yep-am!)

8 am – 9 am Out of the Tents & Cabins! Camp
Clean Up!

9:15 – 9:30 Closing Circle!

11:30 On your way! Have a safe trip home.
We'll see you next year at SWIM!



DAILY EVENTS

In addition to the lists of Workshops, Trips and Activities in later sections of the catalog, and the various activities identified above, we have a number of daily events at SWIM.

Opening Circle 9:00-9:15

Our days begin with this brief time to come together and share a moment of inspiration, reconnect with the beauty of our natural setting and with each other, sing a song or two, and hear the announcements of the day.



Community Time 4:00 5:30 Between afternoon workshops and dinner, we'll gather for informal intergenerational fun. There will be games, music, athletic events, meet ups and more!

Worship

Registration Day: 7:45 – 8:30

Our first worship is a Welcoming Worship Service led by our director, Nancy Applegate, and friends.



Daily Worship, 7:00 – 7:45 pm on Days 1-5, is led by our Chaplain, SWIM staff, and others. Evening worship presents an opportunity for our entire community to draw together and focus on the spiritual elements of being at camp together.

chaplain@swimuu.org

Campfire 9-10 (Day 2, after Star Gazing) is a big favorite each night, except when Coffee House and Auction occur on Days 3 & 4. Bring your instruments, including voices and clapping hands. A great time to gather a group to perform at Coffee House.

Serendipity and Games 10-12:30, with Early Serendipity at 9:00 There are many who like to dance the night away at Serendipity. The music will be a mix of all your danceable favorites.

At the same time, there will be some enticing games of Bananagrams and bridge along with puzzles and board games. Both take place in the Auditorium.



SINGLEDAY/EVENING EVENTS

Puppet Show Day 1, 1:00 Elizabeth Norval will delight us with a puppet show suitable for all ages, entitled “Munyaradzi Goes to School in Zimbabwe.” A keen puppeteer since childhood, Elizabeth lived in Zimbabwe for 13 years. Her puppet stage will remain in the activity room throughout the week, with a box of puppets nearby. The SWIM community is invited to use these puppets to create their own plays. There will be a sign-up sheet for those who would like to perform for an audience.





Friction Farm in Concert, Day 1, 8-9

Our artists in residence, husband and wife team, Aidan Quinn and Christine Stay, will entertain and enlighten us with their music, wit, and insight. This is sure to be a memorable event!

Costume Night Day 2, 5:30 until...

We'll have a fun time dressing up. No particular theme—just let your creativity take over. We'll come to dinner in costume and continue that way through the evening.



Community Meeting Day 2, 7:45-8:45. Having spent two years at Cloverleaf, what's your thinking about this camp? What are we doing right, and what needs improvement? How can you get involved with a bigger and better SWIM? This is our annual Town Meeting. Do join us and bring your ideas.

Star Gazing, Day 2, 9:00 (Rain Day, Day 3, 9:00)

All week we look around at the beauty that surrounds us at camp. Tonight, we will look up and take in an additional area of beauty. Kye Ewing, an experienced astronomer, will share telescopes and information. You are invited to bring your own telescope, if you wish.

Auction Day 3, 8:00-9:00 14th Annual Auction What a fun event this is! You don't need to bid to have a good time, though we welcome your additions to our scholarship fund. Home hospitality across the nation highlights the donations. Musical serenades, breakfast in bed... You never know what great surprises await you! So think about what **services** (not stuff!) you have to donate, either at SWIM or during the coming year, and tell us about them at Registration or early in the week.



Coffeehouse Day 4, 8:00-9:00

Ahhh.... The amazing talent to be found amongst us! This is your time to share your talent and our time to enjoy the various performances. Please sign up at Registration or at the Information Table. Coffeehouse is for all ages in our intergenerational community. Form groups with fellow SWIMmers or go it on your own. We always look forward to this event.



Puppet Show by Participants in Puppetry Meet Up, Day 5, 1:00

During the week, interested participants have been meeting and playing with puppets. They will show us the results of their play.

New Year's Eve Gala, Day 5, 10-2

Decking the hall begins usually on Day 1 and continues all week with special emphasis on Day 5. A host of volunteers, under the direction of Patric Leedom, magically turns the Auditorium into a glorious ballroom. Some come in fancy dress and some in shorts and t-shirts. Your call. What's important is that you be there and enjoy our last evening together at SWIM and the last evening of 2017. At SWIM we always bring in the New Year most joyously with great inspiration and expectation!



WORKSHOPS AND ACTIVITIES ON SITE

Please be aware that there is **no extra charge** for workshops unless a small materials fee has been added. Workshop attendance is included in your Registration Fee. There is a slight transportation fee for trips and in some cases a payment to the vendor. We try to keep your costs for SWIM to a minimum. Nowhere in south central Florida could you experience a week's lodging and meals plus workshops and trips at the rate we offer them at SWIM!

Code for Identification Numbers for Workshops and Trips

Workshops and Activities:

The first number indicates the day:

Day 1 – 100s – Wednesday, Dec. 27

Day 2 – 200s - Thursday, Dec. 28

Day 3 – 300s - Friday, Dec. 29

Day 4 – 400s - Saturday, Dec. 30

Day 5 – 500s - Sunday, Dec 31

Each workshop has its own unique number in the remaining two digits

Trips:

Day 1 - 600s - Wednesday, Dec. 27

Day 2 - 700s - Thursday, Dec. 28

Day 3 - 800s - Friday, Dec. 29

Day 4 - 900s - Saturday, Dec. 30

Day 5 - 1000s - Sunday, Dec 31

Please check <http://www.swimuu.org> for possible changes.

Athletics will be included within Workshops and Activities



WORKSHOPS ~ ACTIVITIES

We have workshops and activities for you to learn, grow, enjoy, play, and share while you are at SWIM. Adults and Teens are encouraged to sign up for workshops. Many workshops are intended for all ages, including children.

Included in our Workshops offerings are what we call “Meet Ups” and suggestions for meet ups. Meet Ups are informal, often but not always, leaderless activities. Some are planned and scheduled. In addition, people with a common interest are invited to join together to share that interest. It is not necessary to register for meet ups and you can move from one to another during the same time frame.

*****Please REGISTER for all non-meet up workshops and activities when you register for SWIM!*****

It is important that leaders know how many, if any, participants to expect. Cancellations and changes, if there are any, will be posted as soon as we become aware of them, here, on our website, and at the Info. Table at camp.

All of our workshop leaders are volunteers, so SWIM participants can experience fantastic activities at little or no cost. Leaders get lots of appreciation and hugs, and a free SWIM T-shirt.

If you have something you'd like to share next year, please contact our workshop coordinator, workshops@swimuu.org.

DAY 1 - Wednesday 12/27

EARLY MORNING

Yoga Meet Up

Gather with like-minded people to practice yoga.

7:30 am Ages: All

One-Mile Walk

Explore the area and get some exercise on a morning walk.

7:15 am Ages: All

MORNING WORKSHOPS (10:00-12:00)

101 Creative Writing

Bring a writing utensil, paper and a smile. Whether you are an experienced writer, or just starting, this workshop will spark your creativity. At the first meeting the group will determine other times during the week to get together to write.

Ellé Long comes to SWIM every year from California.

Ages: 14 +



102 Basic Canoeing Skills

Whether you are a beginner or just need to brush up on your skills, you can learn the basics right here at Camp Cloverleaf.

Marc Robinson has been leading SWIM canoe trips for many years.

10 am-12 pm Ages: Adults with some swimming ability

AFTER LUNCH (1:00-2:00 PM)

“Munyaradzi Goes to School in Zimbabwe,” Elizabeth Norval’s puppet show for all ages

AFTERNOON WORKSHOPS (2:00-4:00 pm)

103 Making the SWIM 2017 Theme Art, An Introduction to Free Gaphic Software

There are many free open source software packages that allow you to do anything the expensive ones can do. We will emphasize Inkscape (get it at inkscape.org), which is like Illustrator. We’ll also touch on Libre Office (like another Office), GIMP (think photo shop), Blender (3D graphic and video), Krita (painting) and Scribus (Desktop publishing). Load your laptop with the above software before SWIM if possible, especially Mac users. We will also provide a variety of tutorials so you can keep learning after SWIM.

COMMUNITY TIME (4:00-5:30)

Starting at 4:00 each afternoon, we gather for all kinds of intergenerational fun. There are many options, limited only by our imaginations.

Possible meet ups: Music, Scrabble, Bridge, Board games, Jigsaw puzzles, Bocce Ball, Ping-pong, Frisbee...You name it!

Singing Sea Shanties

Sea Shanties are work songs sung by sailors and dockworkers, primarily during the “age of sail” (19th century), though shanties and songs of the sea are still written and sung today. This workshop will provide a chance to lead, listen to, or sing the choruses of several shanties and fo'c'sle songs. Resource material will be available, including the *St. Pete Shanties Songbook*. No experience is required! Remember, the sailors on tall ships were not hired to sing, but to handle the riggings, haul lines, and turn the capstan. Some were good singers, but most were not.

Fred Seidl, a student of traditional music since adolescence, is the founding musical director (now retired), of the touring St. Pete Shanties.

All ages 4:00-5:00 pm



Bocce Ball Meet Up Limit: 16 at a time

Bocce is a cross between bowling, shuffleboard, and croquet. Fun for all ages. This is an introduction. The court will be up all week for you to enjoy. Carolyn and Steve Baker enjoy sharing this game with others.

4:00-5:00 Ages: 12+

SWIM's Lakeside Cocktail Hour

Note: *This replaces beer and wine tasting.* Meet for lively conversation, relaxation near the water and enjoy an adult beverage if you are so moved. You can bring beer or wine to share and request opinions regarding quality and accuracy of the container description. You can bring your favorite bottle for your own personal consumption. Or you can make donations for items as traditionally done at Serendipity; beer, wine, and soft drinks, but no cocktails. Please be aware that access to alcoholic beverages must be controlled and a mechanism for this will be provided by the workshop leader.



Jon Hoskin (Ph.D. in Food Science) has led over 150 beer and wine tastings at SWIM (but he is not as old as that sounds). The change in format from previous years reflects an attempt to reduce carbohydrate consumption (see the LCHF workshops). Free, but BYOB. Ages 21+ 4:30-5:30

EVENING ACTIVITIES

12-Step Meet Up Limit: None

Gather together for this support group. At the first session, the group will decide where and when to meet during the week. No registration necessary.

Free 6 pm-6:30 pm Ages: Adult

Friction Farm Concert 8:00-9:00

DAY 2 - Thursday 12/28

EARLY MORNING

Yoga Meet Up 7:30

One-Mile Walk 7:15

MORNING WORKSHOPS (10:00-12:00)

201 Thoreau, Spirituality, and Activism: Transcendentalist Roots

As 2017 finishes out the bicentennial of Henry David Thoreau's birth, our chaplain, John Johnson Lewis, will lead a colloquy on the lessons of Thoreau's work, from his *Civil Disobedience* to *Walden*, from his essay on John Brown to his essays on walking and wilderness. A colloquy is a participative dialogue that fosters listening and understanding of each other as much as of the topic. If you want to read any of his essays in getting ready for the dialogue, pick the one or more than appeal most to you or that challenge you -- but there's no prereading *required*.

202 Envisioning 2018 Limit 15

A vision board is a collage of words and pictures that represent your goals and dreams. Join us and we will each create our own vision board to take with us into 2018. Do some homework. Between now and SWIM visualize your ideal life, especially over the next year. We request that you bring old magazines, printed words and images to use and share at the workshop (not required).

Elle' Long and Rebecca Moon are perennial SWIMmers and big dreamers.



Materials cost \$3.00

Age: 18+

AFTER LUNCH (1:00 – 2:00)

Improvisational puppet theater meet-up with Elizabeth Norval's puppets

AFTERNOON WORKSHOPS (2:00-4:00)

203 Goldilocks and the Three Gifts; Why Complex Life May Be Uncommon in the Universe As a longtime amateur astronomer, I am frequently asked what I think the likelihood is of there being complex life elsewhere in the Universe. Our discussion, based on the book, *Rare Earth*, by paleontologist Peter Ward and astronomer Donald Brownlee, looks into ideas that while simple, microbial life is being found to be very widespread in the Universe, complex animal or plant life is extremely rare.

Kye Ewing has been seriously involved in the hobby of astronomy for more than 40 years. She was an Ambassador to the Solar System for NASA's Jet Propulsion Lab for 5 years and a planetarium show presenter for the Buzz Aldrin Planetarium, at the South Florida Science Museum, in West Palm Beach, Florida.

Ages 13+

204 Eat Fat to Lose Weight, Get Healthy, Live Longer (Low Carbohydrate/High Fat Lifestyle LCHF) Updated with additional information. If you want to die prematurely, this is not the workshop for you. Sound too good to be true? Our less healthy diet has resulted in one out of three adults being obese, approaching 50% before 2050. On a low carb/high fat (LCHF) lifestyle, the pounds naturally come off and more importantly you become healthier. Changing your diet reduces your chance of getting diabetes, heart disease, cancer and numerous other diseases.

Jon Hoskin has a Ph.D. in Food Science from Penn State and has led numerous chocolate, beer, wine, tea and other tastings. He has mostly given up beer as it's not consistent with a LCHF lifestyle. (A glass of dry red wine is acceptable – in case you are wondering.)

Ages 13+

COMMUNITY TIME (4:00-5:30)

Sea Shanties 4:00-5:00

Bocce Ball 4:00-5:00

SWIM's Lakeside Cocktail Hour 4:30-5:30

Other possible meet ups: Music, Scrabble, Bridge, Puzzles, etc.

Costume Day, 5:30 until...

EVENING ACTIVITIES

12-Step Meet Up

Community Meeting, 7:45 – 8:45

205 Star-Gazing with Astronomer Kye Ewing and her Telescope 9:00-10:00

Take advantage of this special opportunity to contemplate the wondrous night sky. If you have a telescope and would like to bring it, please do.

All ages **(Rain date: 9:00-10:00 Day 3)**

DAY 3 Friday, 12/29

EARLY MORNING

Yoga Meet Up 7:30

One-Mile Walk 7:15

MORNING WORKSHOPS (10:00-12:00)

301 Making Music from Lake Data on Climate Change

In keeping with this year's environmental theme, Dr. Evelyn Gaiser brings this special presentation to SWIM. Dr. Gaiser is a Professor of Biological and Environmental Sciences at Florida International University and Research Associate at the Archbold Biological Station in Lake Placid. She is also the Lead Principal Investigator for the Florida Coastal Everglades Long Term Ecological Research Program. Come find out whether making music from climate change data is like making lemons into lemonade, or is there actually some music being created here!

Ages: 12+

302 Tai Chi

Tai Chi is a Chinese martial art that can enhance our physical, mental, and emotional health. No prior experience needed.

Ron Phillips practices Tai Chi with a group of Unitarian Universalists in Tampa.

Ages: 12+

AFTER LUNCH (1:00-2:00)

Improvisational puppet theater meet up

AFTERNOON WORKSHOPS (2:00-4:00)

303 Music as a Prescription Drug

Music has a unique and profound effect on the brain. In addition to obvious effects, such as altering a mood, certain music can improve attention and memory, change energy and tension levels, and so much more. Let's use a little neuroscience to create individual soundtracks that help us through difficult times or tasks, increase our productivity, and boost our happiness.

Christine and Aiden from Friction Farm, SWIM Artists in Residence for 2017.

All ages.

304 The State of the World - 2017 Limit: None

Come join Joel Simon for a lively discussion of current affairs, ranging from political impasse in Washington to Brexit, North Korea, and more.

> Joel Simon wrote for the New York Times for many years. In his retirement, he continues to follow world events with his critical, analytical eye.

Free 2 pm-4 pm Ages: 15+

COMMUNITY TIME (4:00-5:30)

Sea Shanties 4:00-5:00

Bocce Ball 4:00-5:00

SWIM's Lakeside Cocktail Hour 4:30-5:30

EVENING ACTIVITIES

12-Step Meet Up

Rain date for Star-gazing

Coffeehouse, 8:00-9:00

DAY 4 - Saturday 12/30

EARLY MORNING

Yoga Meet Up 7:30

One Mile Walk 7:15

MORNING WORKSHOPS (10:00-12:00)

401 Introduction to REIKI and Energy Healing

REIKI is a Japanese technique for stress reduction and relaxation that also promotes healing. In this workshop you will learn how to apply the principles of REIKI to yourself or others to enhance spiritual, emotional, and physical well-being.

Steve Baker, a familiar face at SWIM, is a licensed REIKI practitioner.

Ages 14+

402 Thanatos: a Look at Death

We will discuss different culture / religious practices regarding dying. Also we will explore what we have to do as individuals to get ready.

If you know Cay Cahalin, you know that despite its seriousness, this workshop will be fun as well as informative. Cay, a geriatric nurse practitioner and Desmond Daily, a certified hospital chaplain, will co-lead this workshop.

AFTER LUNCH (1:00-2:00)

403 Spanish Conversation

Come and chat in Spanish with some English as needed.

Paula Heusinkveld taught Spanish at Clemson University for 30 years. That's almost as long as she's been coming to SWIM!

Ages: 13+

Improvisational Puppet Theater Meet Up Book Club

AFTERNOON WORKSHOPS (1:00-2:00)

404 Volunteer Opportunities Overseas

This will be a shared experience workshop with slides and a Q & A session, based on the experiences of the leader in Sueños Compartidos in Santa Lucia, the Eco Tourism Lodge in Ecuador, and Thailand. She was also with the Peace Corps in the Dominican Republic.

Chris MacCormack, on SWIM's children's staff, has volunteered and traveled extensively. She looks forward to sharing her experiences with you.

Ages 13+

405 Orwell's 1984 vs. Trump's Make America Great Again

George Orwell wrote *1984* in 1948, during the difficult years of post-World War II, with knowledge

of Hitler's Nazi Germany and Stalin's brutal police state. Now in 2017, there has been a surge of sales of Orwell's classic novel. Are we living in a totalitarian world or a #Resist world? What similarities do you find between Orwell's fictional police state and our current administration?

Terry Schneider will lead the discussion on how Trump's rise to power, with all the lies and bullying, reflects and resembles elements of *1984* as well as Hitler's rise to leadership of the Nazi party. How can we discern between the truth and "fake facts" or "alternative facts"? What can we do to resist? Recommended reading:

Orwell's *1984*, *Fahrenheit 451* by Ray Bradbury, and the movie *Brazil* (1985), directed by Terry Gilliam.

COMMUNITY TIME (4:00-5:30)

Sea Shanties 4:00-5:00

Bocce Ball 4:00-5:00

SWIM's Lakeside Cocktail Hour 4:30-5:30

Other Meet Ups

EVENING

12-Step Meet Up

Coffeehouse, 8:00-9:00

DAY 5 - Sunday 12/31

EARLY MORNING

Yoga Meet Up 7:30

One-Mile Walk 7:15

MORNING WORKSHOPS (10:00-12:00)

501 Poncho's Never Ending

501 Poncho's Never Ending Workshop

Poncho Heavener has been leading this workshop since 1976 and has changed many lives for the better. Come see what the magic is all about!

Ages: All

502 Tai-Chi

AFTER LUNCH (1:00-2:00)

**1:00-2:00 Presentation by the improvisational puppet theater group
Book Club**

AFTERNOON WORKSHOPS (2:00-4:00)

503 Service Project #1: Decorate the Hall for New Year's Eve

Come join in the fun! Work with other SWIM folks to convert our SWIM auditorium into a magical, wondrous space for our gala New Year's Eve party.

With SWIM's "Master Decorator" Patric Leedom, you will glean new ideas and learn how to take party decoration to a new level.

504 Service Project #2: Pack Up the Kitchen

A clean kitchen will help to assure that SWIM can return to Camp Cloverleaf next year. So please come and help pack up the kitchen to close camp. This is a great opportunity to work with others and give back to SWIM.

Ages: All

505 Kumihimo with Sharon Beecher Limit 10

Sharon has added a new jewelry making skill called Kumihimo to her bag of tricks. This traditional Japanese braiding technique (an 8 strand round warp called **Kongoh gumi**) can be used to make beautiful and practical **CORDS**. Put your favorite pendant on it, choose a charm from Sharon's stash, your SWIM name tag, tie back your tent flaps or your hair!

No prior crafting experience required. If you can tell right from left and up from down you can Kumihimo.

Sharon will provide all materials and equipment for \$3 per participant. There is an optional choice to take your Kumihimo braiding disk home to create more cords for \$4. Come play with color and texture; Have fun!

Ages: 12 and older Materials Cost: \$3 Optional: buy a Kumihimo Disk: \$4

COMMUNITY TIME 4:00-5:30

506 Individual Tarot Readings Limit: 12

The last day of 2017 is a good time to look at the cards to see what may be in store as you move into 2018.

Mary Ann Somerville is often amazed at the insights that people gain from these pretty little cards. Sign up when you register or early in the week for a time slot.

4:00-5:30 Ages: 13 +

Decorating for New Year's Eve Gala Party (continuation of workshop 503)

Other Meet Ups

EVENING ACTIVITIES

12-Step Meet Up

New Year's Eve Gala, 10-2

TRIPS

There are trips planned to acquaint you with a part of Florida that may be new to you. Explorations into nature on foot or by canoe are included as well as trips to Lake Placid and nearby Sebring and Arcadia to sample what these small towns have to offer.

*****SAFE TRIP BOX*****

No sandals/flip flops or Crocs on canoe trips. Cheap water shoes or anything that can be tied or closed securely with Velcro will be allowed.

Required for all Outdoor Trips: Water, proper shoes, towel and dry change of clothes (if you get wet), bug repellent, sunscreen, raincoat/poncho

Helpful: Sunglasses, hat, bird/plant identification book, camera, layered clothing, binoculars, a sense of adventure.

Day 1, Wednesday, Dec. 27

MORNING

601 Archbold Biological Station Green Building, Landscaping and Art Tour Limit 11 8:00-12:00

We will tour the new (2012 built) environmentally friendly Learning Center and Lodge. The Archbold education coordinator will explain the green building design which won the platinum certificate from the U.S. Green Building Council. We will also learn about the use of native plants in the landscaping around the building, and Archbold's work with local artists to create exhibits and art lessons that educate and promote nature conservation.

This tour requires a minimum of 10 people. We can still go to Archbold if we have less than 10 but we will not be able to take the tour. We can walk the nature trails after seeing their interpretative film.

\$25.00 ages: all

AFTERNOON

602 Thrifting in Lake Placid Limit: 11
12:30-3:30

For a small town, Lake Placid has lots of thrift shops. Do you need something for costume night or finery for New Year's Eve or just something to add to your wardrobe? You can probably find it at one of the shops.

\$10.00 ages: all

Day 2, Thursday 12/28

ALL DAY

701 Fisheating Creek Canoe Limit 11
9:00-5:00 pm

Water level and weather permitting, we will take a shuttle ride upstream, then meander through forests, pastures, and marshes as Fisheating Creek makes its way towards Lake Okeechobee (the Big Lake). It is the only body of water remaining that flows naturally into the Big Lake. Much of the river and land around it remains untouched. This is Florida at its most natural and you may encounter a variety of wildlife, including swallow-tail kites, bald eagles, deer, wild boar, river otters, and alligators. Black bears and Florida panthers roam freely in the park. Alligators are abundant in Fisheating Creek and swimming is not recommended here! If time allows, there is a spring fed lake at the campground where we can swim at the end of the trip. A picnic lunch will be provided. Wear bathing suit and SEE Safe Trip Box

\$30.00 Ages: All, though children 14 and under **must be accompanied** by parent or guardian



Day 3, Friday 12/ 29

ALL DAY

801 Canoeing Trip – Peace River Limit 11

8:30 am – 5 pm

The Peace River winds through cypress swamps, shady hammocks, and hardwood forests. The “black water” is darkly colored by tannins from surrounding oaks trees but the water is clear and the bottom is white sand. The sand and current create beaches and islands where we will stop to play, swim, have lunch, and hunt for fossils. The Peace River is famous for the fossils found on its bottom and embedded in its high bluffs. Enjoy the serenity of floating down this river as we view the abundant wildlife, including alligators, hawks, wood storks, sand hill cranes, osprey, and possibly wild hogs. A picnic lunch will be provided. Wear bathing suit and SEE Safe Trip Box.

\$30.00 Ages: All, though children 14 and under **must be accompanied** by parent or guardian.

AFTERNOON

802 A Visit to Arcadia Limit 11

12:30-4:30

Arcadia is a small town west of Lake Placid with a flavor of Old Florida and ranch life in this area. It boasts a large Goodwill and a lovely tea room. We will visit the Goodwill and then drop in for afternoon tea and a snack at the tea room. 10.00 All ages

Day 4 Saturday 12/30

MORNING

901 Bird Watching at Lake June-in-Winter Scrub State Park

8:00-10:00 Limit 11

This nature park is close by. There is an interesting nature trail running between a bay head and the scrub. In the scrub a flock of Florida Scrub Jays can often be seen. They are extremely curious and will often come near to see who you are. This bird is unique to the Florida scrub. Other birds that can sometimes be seen here are the Sandhill Crane and the Bald Eagle.

\$10.00 all ages

Day 5 Sunday 12/31

MORNING

1001 Henscratch Farms Vineyard & Winery Limit 11

10:00-12:00

This unique Florida Farm and Winery grows native muscadine and scuppernon grapes, has a hydroponic strawberry production system and a blueberry patch (in season) as well as over 100 free range chickens that supply the country store with fresh eggs. Stroll around and take the self-guided tour, pick some berries, sample the wine and shop in the country store and gift shop and have one of their famous 'shakes'.

\$10.00 plus money for purchases ages: all

COSTS

In our ongoing efforts to keep SWIM costs as low as possible while still being able to pay our bills, we are happy to announce that there will be **NO INCREASE** in the cost of SWIM yet again! Plus there's a \$40 per person reduction for all persons camped in tents or RVs all week.

There is no cost for workshops except for an occasional materials fee. Trip costs include transportation and what we must pay to vendors.

\$490 for adults ages 18 and over

\$328 for teens 13-17

\$216 for children ages 3-12

FREE for infants and children under 3 years of age

Sleeping offsite deduct \$100

Eating offsite deduct \$100

One Day & Night including lodging and 3 meals: \$85

One Day only: \$10 plus meals*

*To register for One Day only, please send an email regarding which days you will attend, and or come for Registration day. Send you email to Jerry Elsenrath, Registrar, at registrar@swimuu.org

There will be a reduction of \$40.00 **per person** for all paying tent campers and those staying in RVs. In order to qualify for the reduction, you must be camped in either tent or RV for the entire week.

Meals:

Breakfast \$9.00

Lunch \$11.00

Dinner \$15.00

New Year's Eve Party only: \$55.00 per Adult (Includes dinner, party, and overnight camp fee. You must be the guest of a SWIM participant.)

UU Ministers: We would love to have you share in our special community. So we are inviting you for one day as our guest. We are also extending a 50% discount for any time at SWIM beyond that single day.

SCHOLARSHIPS

First priority will go to first time requests and those willing to help out during SWIM as able. Please make your request as early as possible, since we want to respond soon. If you are requesting a scholarship or more information, please contact any member of the scholarship committee: Nancy Applegate, Stuart Dodd, and Mary Ann Somerville. Also be aware that staff positions carry a discount of varying amounts, and at this time there are still **staff positions** available

HOW TO REGISTER



SOAR (SWIM Online Activity Registration) will open in the fall.

We prefer that you register online. Go to our website and click on the link for SWIM Online Activity Registration, SOAR. It is not necessary to complete the online registration in one sitting. Take as much or as little time as you choose. If you are a **new staff member**, please register **NOW!** We need to have your email address in the system asap. Then later you can take all time you need with the full registration. If you prefer, you can contact our Registrar, Jerry Elsenrath at 813-270-7430. Jerry will get your information into SOAR, and you will be ready to go! He is also happy to talk with you and work out any problems.

Changes and additions to the information in this catalog will also be posted here, on the website, and in SOAR, so that is clearly the best way to register!

Remember, RV hookups are limited. The best way to guarantee having one is to register early.

SWIM COMMUNITY BEHAVIORAL EXPECTATIONS

SWIM has long asked participants to sign a brief statement regarding appropriate behavior at SWIM. The following is an expansion of that statement. Our behavioral expectations are for the entire community, with specifics for teens.

SWIM is an intentional community. We expect behavior that contributes to the spirit of community rather than detracting from it.

Drug use by anyone and alcohol use by minors will not be tolerated. Florida law prohibits use of tobacco by minors and distribution of tobacco to minors.

Distribution of drugs to anyone, and of alcohol to minors is unacceptable. Firearms are not permitted at camp.

Sexual harassment is demeaning, abusive of our community, and is thus not tolerated. Violation of these behavioral expectations, depending on the severity of the infraction, may result in removal from SWIM.

In addition, all gathering places and entrances are smoke free.

A detailed version of our behavioral expectations and policies may be found linked to our website at www.swimuu.org. We request that you sign the statement in our registration forms or in our online SOAR registration program to acknowledge that you are aware of and willing to abide by these expectations.

Our Teen Program, too, is grounded in a community of love and respect.



SWIM TEEN POLICY

All Youth and Teens at this event must follow the “Big Four Rules”, as observed at most UU youth events:

1. No use of illegal or controlled substances is allowed. Over-the-counter medications may only be used with permission and used as directed on the package. Youth may only take a prescription drug if listed on her or his registration forms.
2. No engaging in sexual relations. Sexual relations are defined as inappropriate sexualized or intimate touching that is disrespectful to the community or event goals.
3. No bringing or using weapons, such as firearms, knives, fireworks, or any object that is intended to be a weapon.
4. No use of violence in words or action.

If there is reasonable suspicion of a violation of the Big Four, the youth’s personal belongings are subject to search by their parent or guardian. If evidence is found that the youth violated one of the Big Four, a spirit committee consisting of the SWIM staff, director, chaplain, and/or teen advisors will determine the consequences up to and including immediately sending the youth home at the cost to the parents.

Parents/guardians are expected to discuss with their teens SWIM behavioral expectations and their own expectations regarding appropriate behavior at SWIM.

PRINCIPLES OF THE UNITARIAN UNIVERSALIST ASSOCIATION



At SWIM, we subscribe to the Principles of the Unitarian Universalist Association, which form the basis for our concept of a loving, supportive community. The values and behavioral expectations of our community stem from these principles.

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

The inherent worth and dignity of every person;
Justice, equity and compassion in human relations;
Acceptance of one another and encouragement to spiritual growth in our congregations;
A free and responsible search for truth and meaning;
The right of conscience and the use of the democratic process within our congregations and in society at large;
The goal of world community with peace, liberty, and justice for all;
Respect for the interdependent web of all existence of which we are a part.

We live out these within a “living tradition” of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience. These are the six sources our congregations affirm and promote:

Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
Wisdom from the world's religions which inspires us in our ethical and spiritual life;
Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

GETTING TO SWIM

Driving?
Cloverleaf 4 H Camp,
126 Cloverleaf Rd,
Lake Placid, FL 33852



Cloverleaf Road runs west off US Highway 27, a north-south highway in the center of the state. Lake Placid is a small town south of Sebring and north of Moore Haven. From the south, drive north about 1 ½ miles past Lake Placid to Lake June Road. Turn left and wind around the lake for about 2 ½ miles to Cloverleaf Road, where you'll take a right. The camp is on the left.

From the north, turn right on Cloverleaf Road, 7.7 miles south of the intersection of 98 and 27. Continue till you get to the camp on the right.

Or you could always enter the address (above) into your GPS! Or Google it! Or...

Arriving Early? We will **not be allowed on site** until December 26, however, there are motels in Lake Placid and Sebring. If you're camping, Highlands Hammock State Park has overnight camping and there are other campgrounds in the area. **FOR MOTELS AND CAMPSITES, MAKE YOUR RESERVATIONS EARLY!**

Carpooling?

Great idea! Save resources while you get to know some SWIM folks! Follow the directions above. To find people from your area who are attending, contact our Registrar/Car Pool Coordinator, Jerry Elsenrath. He can help connect you with folks in your area.

Flying?

Well, the bottom line is that there is no Lake Placid International Airport! There are a number of major and small airports in the Central Florida area, but you'll be on your own from airport to camp... **Except if you fly into Tampa (TPA)**. There will be some transportation between TPA and Cloverleaf. Contact our Transportation Coordinator, transportation@swimuu.org. We will have a 12-passenger van to help transport you to Lake Placid, tentatively departing Tampa International Airport at NOON. The cost will be \$30 per person one way with a limit of \$60 per family to offset gasoline and van rental. You can also make arrangements at that time for a return trip to Tampa International Airport from Cloverleaf on January 1. The van will leave camp at NOON that day, so schedule your flight accordingly. Cost will be the same: \$30 per person for the return trip and \$60 per family. **MAKE THESE ARRANGEMENTS EARLY** as it will be on a first come first served basis.

If you fly into Miami, Fort Lauderdale, or West Palm Beach, you will be complicating your travel. It is possible to get to Sebring from these locations by train, but it may not be easy! Check it out at <https://tickets.amtrak.com/itd/amtrak>.

By Rail?

It's slower, but less costly and provides an opportunity to relax and see the country. There is an Amtrak Station in Sebring, about 20 minutes north of camp. Depending on the need, we may be able to provide limited shuttle service at \$10.00 per person one way with a limit of \$20 per family. And there are cabs. If there's a need, we may be able to provide a shuttle back to the train station on Jan. 1 at the same rate. To request a ride from the train station to camp, contact Transportation Coordinator, transportation@swimuu.org.

WHAT TO BRING

Bring your own towels, pillow & bed linens. Remember that while we're still in Florida, it will be cool at night (and possibly even during the day), so a blanket and jacket are recommended. Even Florida gets cold in the winter on occasion. A few warm items of clothing would be a good idea. December is not our rainy season, but you never know! Think of the Boy Scout motto and Be Prepared!



Other items of clothing that may add to your comfort and fun are casual clothing that can get wet and be layered as the weather changes, and maybe some costumes and dressy clothes to wear on costume night and New Year's Eve.

Other useful items: a folding chair, a flashlight, your own toiletries in something you can carry to and from the bathhouse, musical instruments and games, etc.

Don't forget to bring any trip-required gear and workshop-related materials.

And unfortunately, no pets! (For information on a highly recommended nearby kennel, contact info@swimuu.com)

To meet the requirements of Florida state law, parents must provide car seats for children ages three and under.

Of course, all weapons and illegal items are strictly prohibited.

For tent campers~Tents will be in a level, grassy area near the cabins with no electrical hookups. You will need all the usual camping gear, like air mattress, sleeping bag, sheets, pillows, blanket, bathroom tote, chairs, flashlight, etc. You are limited only by your travel space and your creativity.

Suggested Packing List

This Catalog (Print your own!)

Emergency contact information

Signed forms for minors

Confirmation NUUS (Print...)

Mugbook (Print your own!)

Prescription meds

Clothing for warm and cool weather

Costumes

New Year's Eve Ball Attire

Special diet needs

Water bottle

Sunscreen

Flashlight & Extra Batteries

Bed linens, Pillows, Blankets
Towels, Shower items, Toiletries
Insect repellent
Folding chair
Musical Instruments
Snacks
Game
Favorite drinks

Add to this list as you sign up for trips & workshops and as you think of something else you want to be sure to remember to bring.

AFTER SWIM STOP TO SLEEP

We've had a fun week, and quite a busy one. And we've ended the week with a late night New Year's Eve party. Yes, we've had a fantastic time, but that fantastic time used a lot of energy and may have left us pretty worn. Keep that in mind as you leave camp on January 1 to begin your trip home. *If you're too tired to drive, don't drive!* There are members of our community who live along the way home and who are willing to make their homes available to weary travelers. We'll ask them to identify themselves at Closing Circle. Please take advantage of home hospitality along the way.

SEE YOU AT SWIM 2018!

