

To transform underprivileged and minority communities and individuals into informed and vibrant members of society through civic, educational and personal development programmes.

UNITED SIKHS GURMAT CAMP 2009
10481 Camp Eberhart Rd,
Three River, Michigan 49093, USA
August 16 - August 22, 2009

This document contains the UNITED SIKHS CAMP 2009 Registration form, Parental Consent and Release form and Medical Record form and also provides detailed information regarding the UNITED SIKHS CAMP 2009 being held at the beautiful campsite of 10481 Camp Eberhart Rd, Three River, Michigan - 49093. Please be sure to read the entire document. Please submit all forms by July 19th 2009 to get discounted fees of \$175. Please call any of the following to submit the forms:

Jaswinder Kaur: 269-806-4293
Gurnam Singh: 269-349-5060
Toll Free: 1-888-243-1690
Fax: 810-885-4264

Email: camp@unitedsikhs.org, contact@unitedsikhs.org

MEDICAL

A two-part health form is enclosed. The Personal Health and Medical Record is to be completed by the parent/guardian and Medical Evaluation portion is to be completed by a physician in its entirety. All inoculations must be current. Refer to the Medical Record form for details. Any medications prescribed for your child and any special instructions concerning the health of your child should be left with the Camp Health Lodge Staff at the time of registration.

CAMP FEE

The camp is open to children the ages of 7 and up. The camp fee is \$175 per camper payable to "UNITED SIKHS". This fee is based on the fees we are required to pay. **The full camp fee along with the complete "Registration Form" and the "Parental Consent and Release Form" must be sent by the July 19th deadline.** Registration forms submitted after July 19th would cost \$220 per camper. Please make sure the forms are filled completely.

IMPORTANT NOTE:

- **Experienced adults will supervise this camp. So all the boys and girls will be under close supervision of adult volunteers.**
- **Parents may visit the camp and see the activities at the camp.**

WHAT TO BRING?

Please mark your child's clothing. The following items are a **MUST**:

- ✓ Kesari turbans for boys and Keshari chunis for girls
- ✓ White Kurta /Pajama sets for Boys to wear during Nitnem/Keertan
- ✓ Panjabi outfit (Suit-Salwar, Chuni) for Girls to wear during Nitnem /Keertan
- ✓ Pillow, pillow-cases & bed sheets
- ✓ 3 woolen blankets or a sleeping bag and one blanket.
- ✓ 1 comforter.
- ✓ Sweater & heavy jacket
- ✓ Towels & toiletry
- ✓ Extra pair of sneakers

Special Note: Musical instruments (Harmonium, Sitar, Tabla, Violin etc) for individualized training

OTHER ITEMS

- Slacks and jean
- Ground cloth
- Bug repellent
- Flashlight
- Towel & wash cloth
- Notebook & pencils
- Rain coat
- Handkerchief or tissues
- Socks & underwear
- Warm pajamas
- Laundry bag for dirty clothes
- Two pairs of sturdy shoes

Optional items: Sketchpad, compass, camera, tennis racket,

LIST OF PROHIBITED ITEMS :

Lanterns, candles, firecrackers, radios, DVD/CD players, IPOD, Song CD's. Use of mobile/cellular is not permitted during the class/lecture/presentation/Keertan

Be sure to bring enough clothes to last for the duration of the camp.

MEALS

Well-balanced and nutritious meals will be served. If your child has any other dietary restrictions please specify so on the Parental Consent Form. **Parents are requested not to bring/send any food articles for/with the campers .**

PROGRAM & ACTIVITIES

This year we will enjoy a real-life camping experience including sleeping **in well-maintained fully enclosed cabins** as well as numerous outdoor activities. In addition to activities such as regular classes in Sikh history, Gurus History, Gurbani Kirtan, Gurdwara maryada, turban tying, Workshops, Gatka Classes, Audio-Visual sessions, Special emphasis on the challenges faced by Sikh youths with BANA, Right To Turban, Equal Rights for Women, and Guest Lectures.

Camp theme: 'MIRI PIRI'

CAMP PHONE NUMBER

Please try not to call the campers unless it is an emergency. The camp number is: (269) 244-5000

CHECK-IN TIME IS 3.30 - 5.30 PM ON AUGUST 16th, 2009 AT THE Camp Site 10481 Camp Eberhart Rd, Three River, Michigan 49093, USA. IF YOU ARE GOING TO BE ARRIVING LATER THAN THAT – PLEASE LET US KNOW IN ADVANCE.

WE WOULD PREFER THAT YOU PICKUP YOUR CHILDREN FROM THE CAMP SITE ON SATURDAY 22nd AUGUST 2009, AFTER THE CLOSING CEREMONY AT 1 PM. IF SOMEONE ELSE IS COMING TO PICKUP YOUR CHILD INSTEAD OF YOU – YOU MUST INFORM US IN ADVANCE – YOU WILL NEED TO SIGN A RELEASE FORM AUTHORIZING THE PICKUP BY THE DESIGNATED PERSON.

UNITED SIKHS GURMAT CAMP 2009

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Three River, Michigan 49093, USA
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DRIVING DIRECTIONS

From South Bend: Take St. Rd. 23 into Michigan (St. Rd. 23 becomes M-62 at the state line). Take M-62 into Cassopolis and turn East on M-60. Take M-60 through Vandalia and Jones to Corey Lake Road. Turn left onto Corey Lake Road and continue 1 1/2 miles, through the stop sign at Jack's Pizza. Pass Corey Lake Marina and the Old Camp Road and continue on for 200 yards to the new camp entrance.

From Indiana, Illinois or Ohio: Take the Indiana Toll Road to the Middlebury exit (#107). Go left off the exit into Michigan. This is US 131. Take US 131 North through Constantine. At the traffic light where US 131 turns and goes right, continue straight ahead (on Young's Prairie Road) until it ends at M-60. Turn left on M-60 to Corey Lake Road. Turn right onto Corey Lake Road and continue 1 1/2 miles, through the stop sign at Jack's Pizza. Pass Corey Lake Marina and the Old Camp Road and continue on for 200 yards to the new camp entrance.

From Eastern Michigan: Take M-60 through Three Rivers towards Jones and look for Corey Lake Road. Turn right onto Corey Lake Road and continue 1 1/2 miles, through the stop sign at Jack's Pizza. Pass Corey Lake Marina and the Old Camp Road and continue on for 200 yards to the new camp entrance.

From Northern Michigan: Take US 131 South through Kalamazoo. Veer right onto M-60 after Three Rivers. Turn right onto Corey Lake Road and continue 1 1/2 miles, through the stop sign at Jack's Pizza. Pass Corey Lake Marina and the Old Camp Road and continue on for 200 yards to the new camp entrance.

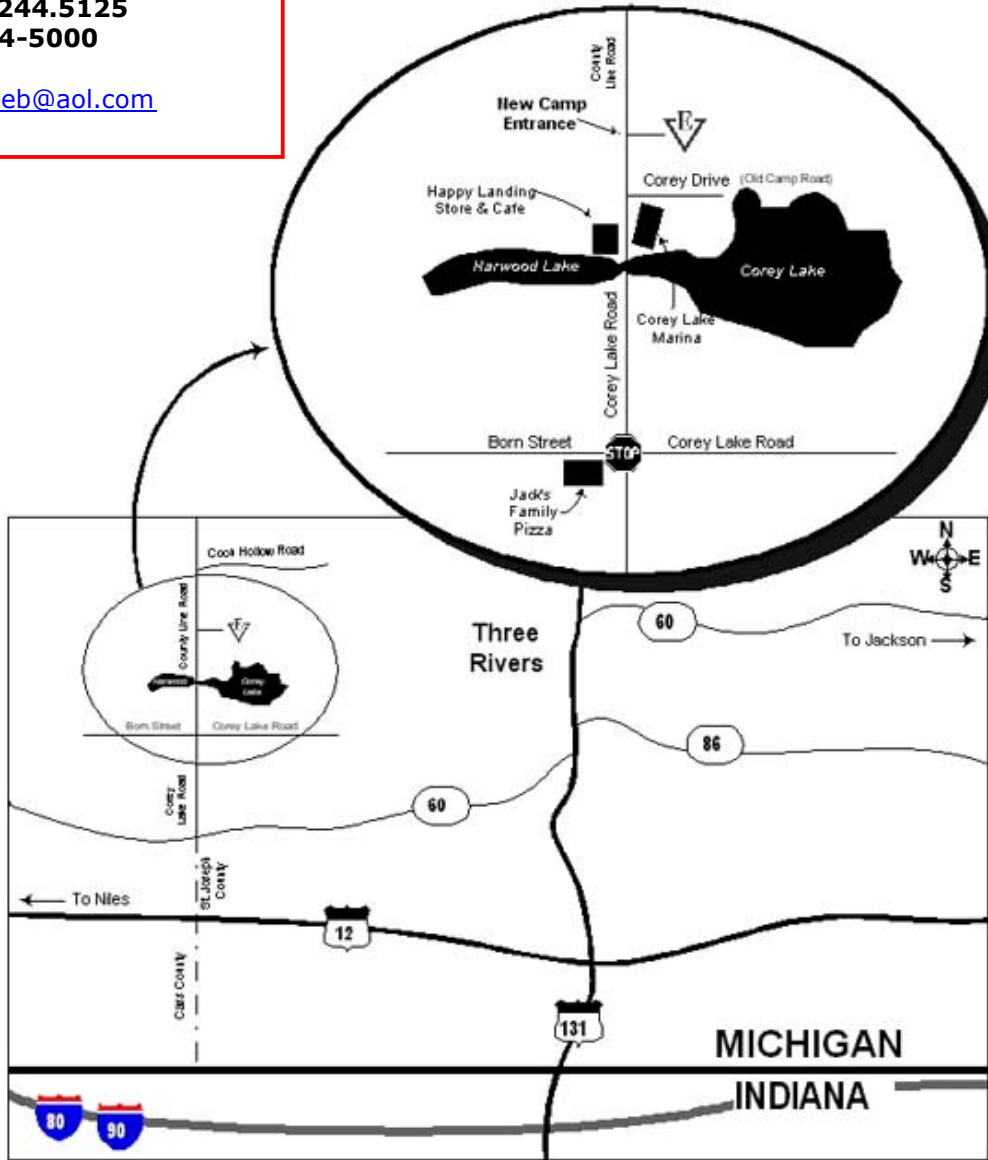
Camp Address:

**10481 Camp Eberhart Rd,
Three River, Michigan 49093**

Phone: 269.244.5125

Fax: 269-244-5000

E-Mail: officeeb@aol.com



UNITED SIKHS GURMAT CAMP 2009
Parental Consent and Release Form

**PARENTAL ACKNOWLEDGEMENT, MEDICAL AUTHORIZATION,
INDEMNIFICATION/WAIVER OF LIABILITY**

The above child/children are attending the UNITED SIKHS CAMP 2009 at 10481 Camp Eberhart Rd, Three River, Michigan 49093 with our consent.

I am aware that there are inherent risks involved both directly and indirectly in any camping program/activity. The camp administrators are authorized to arrange for emergency care as needed.

I am the parent/ legal guardian of the above child/children and on behalf of the above child/children, their next of kin, heirs, executors, personal representatives, successors and assigns, do hereby exempt, release, waive, discharge, indemnify and hold harmless for myself, the above child/children or any minor in my custody, Camp Eberhart, and UNITED SIKHS and their volunteers from any and all liability claims or cause of action whatsoever arising out of, or which may result from the above children attending the UNITED SIKHS CAMP 2009 whether resulting from the negligence of the camp staff, or volunteers.

I acknowledge that the above indemnification and waiver of liability applies to all visitors to the camp as well.

In addition to the foregoing paragraph, in no way shall Camp Eberhart, Three River, Michigan 49093 or UNITED SIKHS and their volunteers be responsible for any costs or legal fees associated in any way with any claims from the above attending the camp.

I am the parent/legal guardian of the above named children. I have read and agree with all of the above.

Date

Signature of Parent or Legal Guardian

HEALTH INSURANCE INFORMATION

Name of Policy Holder _____

Policy Number /Insurance ID Number _____

Insurance Carrier/Phone Number _____

Family Physician's Name and Telephone _____

Is the child allergic to any medications or food

The child/children listed on the back -side of this page are attending the UNITED SIKHS GURMAT CAMP 2009 at 10481 Camp Eberhart Rd, Three River, Michigan 49093 with our consent. The camp administrators are authorized to arrange for emergency care as needed. I hereby exempt, release and hold harmless Camp Eberhart and UNITED SIKHS and their volunteers from any and all liability claims or causes of action whatsoever arising out of, or which may result from the above child/children attending the UNITED SIKHS GURMAT CAMP 2009.

Date

Signature of Parent or Legal Guardian

If your child/children has/have asthma, you **must** alert the Health Lodge/Camp designated staff and **must** send along the appropriate medicine.

We would not encourage young children with asthma to attend the camp unless they are fully responsible with and trained in the use of their medical equipment