



Camp UniStar

2020

Camp UniStar is a place of natural beauty and serenity nestled on Star Island, surrounded by the clear waters of Cass Lake. Here amidst the pine forests of northern Minnesota, Unitarian Universalists and like-minded friends gather to relax and regenerate. The dark, clear nights are perfect for star-gazing, while sunrises and sunsets invite meditation. Water activities abound and there are miles of trails through the quiet forest. Campers enjoy sailing, swimming, kayaking, canoeing, hiking, volleyball, horseshoes, crafts, card games, board games, conversing or quietly reading on screen porches... all on an island with no roads or commercial enterprise.

Established in 1961, Camp UniStar is a non-profit, volunteer-managed camp for people of all ages. Families and individuals come seeking personal growth, community, and friendship as well as a deeper connection to nature. They leave with changed lives, new friends, and lifelong memories of a magical place.



Program Registration

2020

PLEASE SUBMIT A SEPARATE REGISTRATION FORM AND DEPOSIT FOR EACH HOUSEHOLD.

Address _____ City, State, Zip _____

Adults:

Name _____ Cell # _____ E-mail _____

Name _____ Cell # _____ E-mail _____

Name _____ Cell # _____ E-mail _____

Children: Birthday _____ Birthday _____
 Name _____ / ____ / ____ Name _____ / ____ / ____

Name _____ / ____ / ____ Name _____ / ____ / ____

Congregation _____ Has your contact info changed since last year?

New to UniStar?

Deposit \$ _____
 (see page 5)

Week Preferences:

June 6 - 13 : Helping Hands

(May register for another week. Use separate form.)

June 27 - July 4: The Birds and the Bods (Birding/Pilates)

Preferred Good Acceptable

July 4 - 11: Island Origins

Preferred Good Acceptable

July 11 - 18: Bake Sail: Breads and Boats

Preferred Good Acceptable

July 18 - 25 : I Can See Russia From My Yoga Mat

Preferred Good Acceptable

July 25 - Aug 1 : Knife + Wood = ???

Preferred Good Acceptable

Aug 1 - 8 : The Stories We Live By

Preferred Good Acceptable

Aug 8 - 15 : Mixed Media: A Star Island Journal

Preferred Good Acceptable

Aug 15 - 22 : UUs Bridging Borders

Preferred Good Acceptable

Aug 22 - 29 : Who Writes the Songs? We Do!

Preferred Good Acceptable

Aug 29 - Sept 5: The "Dirt" on Our Soil (adults only)

Preferred Good Acceptable

Would you prefer to stay in: Cabin/Lodge Tent If 2 adults, would you prefer: 2 single beds Double bed

I understand that Camp UniStar is on a remote island with limited services, and I accept responsibility for the safety of my minor children and myself. In case of accident or injury, I agree to hold Camp UniStar blameless, and I hereby release Camp UniStar from liability for accident or injury resulting from my own actions. **Each adult please sign below:**

Signature(s) _____

GROUPS: If you wish to attend camp with another household, all households involved must agree on one short "group name" and must then write that group name on each registration form here: Group Name _____

Please send a separate check for each household. If you have a need for accessible housing, please attach a note.

Diet	Names	Food allergies that would require medical attention:	
		Allergen	Names
Vegetarian			
Vegan			
Gluten-free			
Dairy-free			

 All special diets need to be indicated when registering. If someone in your household has a limited diet, plan to bring sufficient food to meet their needs.

To pay by credit card, please provide: Card # _____ Exp _____ CVV code _____

Name on Card _____

July 4-11..... Island Origins

Program Leader: Sean Dunham

DISCOUNT: Reduced fees for young adults age 18 to 35.

Are you curious about the cultural and ecological history of the upper Midwest, especially the Chippewa National Forest and Star Island? With Sean and his special guests, we'll explore the history and archaeology of the local forest, the hydrological history of Cass Lake and the upper Mississippi River, and the fire history of Star Island before European settlement. Sean is the archaeologist at the Chippewa National Forest and has spent most of his career pursuing archaeology in the north woods of Minnesota, Wisconsin, and Michigan. His research emphasizes the relationships among people, culture, and environment. Sean will share that experience with you as we deepen our connection to Star Island. Sean is a member of the Headwaters Unitarian Universalist Fellowship in Bemidji, Minnesota.

July 11-18 Bake Sail: Breads and Boats

Program Leaders: Kathleen Busche, Ora Jewell Busche, and Sean Brown

Bread is baked all over the world and expresses itself in unique ways through the cultures and customs of the individuals who bake it. Whether it's focaccia in Italy, lohah in Somalia, or borodinsky in Russia, wheat, water, and salt are transformed to reflect the local environment and customs. We will also look close to home by using spent brewery grains, local heritage flour, and other local ingredients in our breads. Kathleen and Ora are co-owners of Liberation Bakery in Duluth, a micro-bakery specializing in naturally leavened breads.

Sailing is also on the menu this week! Whether you are a veteran or a beginner, Sean's patience and enthusiasm will help you reach your sailing goals. Sean has experience as an artist in residence, youth coach, wilderness leader, and UniStar sailing program leader. He also enjoys racing catamarans. The sailing program may vary in time and content each day based on weather conditions.

July 18-25 I Can See Russia From My Yoga Mat

Program Leaders: Zosha Winegar-Schultz, Kate Noble, and Matt Rezac

Since the 2016 election, Russia has returned to the headlines along with a resurgence of Cold War tensions. We will rethink Russia through a crash course in Russian history, culture, and policies, from Russia's agrarian and Slavic roots to technological innovation and artistic experiments, examining Russia and its citizens beyond the headlines. Zosha has a BA from Macalester College in Russian Studies and Media & Cultural Studies, completed four years of graduate studies, and has university-level teaching experience.

The yoga and mindfulness program will introduce five complementary frameworks to help participants access their true nature: Effortless Mindfulness, Tantra Philosophy, Living Systems Design, Internal Family Systems, and Adult Stages of Development. Each day will integrate yoga and mindfulness practice. Life partners Kate and Matt are passionate about the connection between inner life and social change. Both are independent consultants who work with leaders, teams, organizations, and communities to foster positive social change.

July 25 - August 1 Knife + Wood = ???

Program Leader: Paul Linden

Come to camp to learn the traditional craft of woodcarving. We will explore the joys of carving using a woodcarving knife, a sharp tool designed specifically for this purpose. We will focus on learning various grips and techniques for safe and efficient carving. Absolute beginners and seasoned carvers alike can experiment with new styles of carving and complete a project. Beginners will make functional wooden spoons or decorative birds. Paul Linden has taught courses in sculpture, woodworking, and metalworking for over twenty years. He enjoys working with tools and teaching handcraft skills and techniques that empower creativity. Paul works in the Art Department at the University of Minnesota and teaches regularly at the North House Folk School, the American Swedish Institute, and the Milan Village Arts School.

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Volunteer Opportunities

UniCorps is the Camp UniStar volunteer program. By becoming a UniCorps volunteer, you can earn discounts on your Program week fees and UniStar will benefit from your volunteering efforts.

If you'd like to share your talents in cooking, maintenance, or help with other tasks at camp this summer, please visit <http://www.CampUniStar.org/volunteer> for more information.

Life at Camp UniStar is simple, rustic and comfortable. Campers share space in one of five cabins or in Anderson Lodge, or pitch a tent near the lakeshore. The cabins and lodge feature a common room, simple kitchenette, sleeping rooms for each family, and a bathroom with a tub. Campers bring linens/sleeping bags, blankets, and towels. Pillows are provided. The tent area has five tent platforms (bring your own tent, sleeping bags, etc.) with nearby bathrooms, showers, a kitchenette, and screened gazebo.

There is a communal dining hall serving three delicious, healthy meals a day. We provide vegetarian, vegan, gluten-free, or dairy-free dishes as needed. We cannot accommodate diets or preferences other than these. If someone in your household has a very limited diet, especially multiple food restrictions, you should bring sufficient food to meet their needs. For more information about dietary accommodation, visit our website at: www.CampUniStar.org/faq.


Camp Fees	Helping Hands		Youth Week	Program Week		Deposit Per Person
	cabin/lodge	tenting		cabin/lodge	tenting	
Adults 18 & over	\$400 *	\$300 *	—	\$570	\$465	\$200
Youth 12-17	\$305	\$225	\$490	\$425	\$350	\$150
Children 3-11	\$165	\$125	—	\$215	\$180	\$100

***Young Adult Discount:** For Helping Hands, the youth fees apply for 18 to 35 year-olds: cabin \$305, tent \$225. For the June 27 - July 4 and July 4 - 11 Program weeks, young adults may attend for the youth price (cabin \$425, tent \$350) if sharing a room/tent. Please write "Young Adult" after your name on the Registration Form.

Some suggestions for registration:

- Choose more weeks. Your flexibility helps us to accommodate more applicants.
- Choose weeks early and/or late in the season. The late July and early August weeks are the most requested.
- Send in your registration form in time to arrive before priority registration ends on March 7, 2020. Those whose registrations received after that date will have fewer weeks to choose from.
- If you want to attend with friends, try to keep your group small and choose more weeks.

If the weeks you select are oversubscribed, you may be placed on a wait list. If this happens, we'll notify you.

 Deposits are nonrefundable once you have received your registration confirmation, unless your spot is filled.

General Information:

- **IMPORTANT:** Campers drive to SailStar Marina and are ferried from there to Camp by boat. (See map on page 8.) There will be three trips to Camp each Saturday at approximately 2:30, 3:45, and 5:00 p.m. If you live in the Twin Cities or northern Minnesota please try to take the earlier trips, leaving room later for those coming from farther away.
- Campers arrive late Saturday afternoon and leave the following Saturday morning. Private boaters should follow the same schedule.
- First aid is available at camp. Medical emergencies are taken to the Cass Lake Clinic or North Country Regional Hospital in Bemidji.
- Canoes, sailboats, and kayaks are available. Campers may also bring their own boats, but no jet skis.
- A program for children ages 3-11 is available each day 10 a.m. to noon. Parents are responsible for their children at all other times.
- Pets are not permitted. Please notify the registrar if you are bringing a service animal.
- Financial assistance may be available. Please contact the Camp Registrar.
- Requests for a second week (not counting Helping Hands) may be submitted to the Registrar after March 7 or to the Camp Director after May 22. (See addresses on page 6.)