



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.



## Youth Weeks

- Youth Week 1, June 13 - 20
- Youth Week 2, June 20 - 27

These weeks offer youth entering grades 7 through 12 time with peers to work and play while building community and lifelong friendships. The morning is spent on service projects like painting and landscaping that contribute to camp. Activities for the rest of the day center on enjoying time on the island: hiking, kayaking, sailing, canoeing, swimming, crafts, playing ping pong, volleyball or games, or just relaxing on the dock.

**Youth Week Registration is online.** There are two dates for registration:

- Returning Youth Week campers, defined as those who attended the same Youth Week in 2019 as they are registering for this year, may register beginning at noon on **March 8, 2020**.
- New Youth Week campers, defined as those who did not attend in 2019 or wish to apply for a different Youth Week, may register beginning at noon on **March 15, 2020**.
- The fee for Youth Week 2020 is \$490 per camper. Partial scholarships are available.
- **\*\*\*Looking Ahead to 2021\*\*\*** In an effort to accept more campers who wish to attend youth week, registration for next season (2021) will change to first come-first served. Returning campers will no longer have a registration advantage.

**To register for Youth Week, go to the Youth Week web page <http://www.campunistar.org/youth/registration>**

If you have questions about scholarships or registration, please email the Youth Week registrar, Abby Olson, at [youthweek@campunistar.org](mailto:youthweek@campunistar.org).

## Program Weeks

The week's leader-facilitated programming runs each day from 10 a.m. to noon. A children's program for ages 3 to 11 is provided during this time. Parents are responsible for their children at all other times.

Programming for youth ages 12 to 18 is planned each week to meet the interests of those attending. Activities may include games, evening campfires, baking, canoeing, kayaking, a trip to Cedar Island or overnight excursions. and more.

### June 6 - 13 .....Helping Hands

Program Leaders: JoAnne Berkenkamp, Sonja Blackstone, Bob Friedman, Katherine Little, and Steve Schreurs

*DISCOUNT: Reduced fees this week, plus additional discounts for young adults ages 18 to 35.*

A new dock for the new decade! As UniStar approaches its 60th anniversary as a UU camp, our new dock and other waterfront tasks will be our focus. We'll have projects for campers of all ages and abilities; no experience needed. In project teams, we'll do carpentry, plumbing, painting, electrical work, groundskeeping, and cleaning. Team leaders offer guidance and instruction. Join us for the week and try something new!

Although there is no formal program for children or youth, enthusiastic young workers are welcome. Mornings are spent on projects and afternoons are for recreation and relaxing. Join the UniStar family for Helping Hands 2020 to help with projects that will benefit camp, while making memories to cherish.

### June 27 - July 4.....The Birds and the Bods

Program Leaders: Linnea Rowse and Erik Evans

*DISCOUNT: Reduced fees for young adults ages 18 to 35.*

Join us for a week engaging with the natural environment on Star Island, learning about birds and their ecology. We'll focus on bird identification by sight and sound, survey different habitat types, learn about the current state of the birds, and talk about conservation actions you can implement in your community. We'll seek out warblers, vireos, raptors, and more. Beginners and experts welcome! Linnea is an avid birder who works for Michigan Audubon on avian conservation. She has conducted bird research in the US and beyond.

Pilates is a mind, body, and spirit exercise method designed to improve balance, flexibility, core strength, and stamina. Exercises only require a yoga mat and proper instruction. We'll also discuss the physiology of nutrition, sleep, and stress. Erik Evans is a master level Pilates instructor and certified personal trainer who currently teaches as Life Time Fitness.

**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.

## **August 1-8 .....The Stories We Live By**

Program Leaders: Ted Tollefson and Garth Schumacher

At certain moments in our lives, we may discover that we have outgrown one set of stories and need to find new stories to guide our way. This workshop will provide opportunities to find and tell the stories that shape our lives. We'll look at children's stories, stories told about us, coming of age stories, stories of difficult transitions and stories that speak of encounters with something beautiful, amazing, and possibly sacred. Rev. Ted Tollefson has been serving UU congregations in Minnesota and Wisconsin since 1980, and was co-founder of Mythos Institute, which thrived on storytelling and dreamwork. The satiric stories of Mark Twain liberated him from his childhood faith. Garth Schumacher is an actor, vocalist, director, and educator and has a number of film credits to his name. His special gift is helping people "step in" to their stories. He also has many years of experience in men's work.

## **August 8 - 15 ..... Mixed Media: A Star Island Journal**

Program Leader: Westy Copeland

Find your inner artist in a casual, hands-on exploration of mixed-media techniques that you can use to illustrate your daily experiences. A blank white journal page can be daunting but we will coax our inner artists to come out from hiding. Brief discussions at the beginning of each day will help us to slow down, tune out, and ponder the words of other artists. We'll go on walks to find mindful, creative inspiration. We will let the island work its magic and guide us as we re-discover the power of play through art. Westy Copeland is a professional artist and teacher who still finds a blank page daunting. She has been painting and working in mixed media for forty years, and has been teaching for twenty.

## **Aug 15 - 22 .....UUs Bridging Borders: Sanctuary and Resistance**

Program Leader: Heidi Romanish

Given the grave injustices in our immigration system, what does it mean to seek and provide sanctuary? How is resistance integral to our UU values? We will explore these questions while learning about the 2008 raids in Postville, Iowa; the Release MN 8 campaign; and Sanctuary State policy change campaigns. Key to this exploration is understanding the role of Unitarian Universalists in this struggle, including the UU service Committee's involvement at the border and in Central America. Personal and community growth in sanctuary and resistance can humanize the immigration system and build our interconnections as one humanity across

the borders that divide us. Heidi Romanish is an activist with the Minnesota Immigrant Rights Action Committee, a citizenship class instructor, and a legal assistant at Puerta Grande Law. She has been part of the Sanctuary and Resistance team at First Universalist Church in Minneapolis since its beginnings in 2016.

## **August 22 - 29 .....Who Writes the Songs? We Do!**

Program Leaders: Joe Hart and Nikki Grossman

What makes a song great? And how can you apply that knowledge to songwriting and your everyday experience of music? This program will dig into the mechanics of lyrics, melody, and song structure with a focus on folk, country, acoustic, and other pop music.

We'll work on lyrics, melody, and music appreciation and have opportunities to collaborate and perform. Songwriters, musicians (bring your instruments), and music lovers are especially encouraged to attend! Joe and Nikki are seasoned songwriters for their country / Americana band, the Yellow-Bellied Sapsuckers ([www.sapsuckersmusic.com](http://www.sapsuckersmusic.com)). The couple share a deep knowledge and appreciation of a wide variety of musical forms, and their songwriting has earned them accolades including an official SXSW music showcase and a nomination for "Best Country Band" by the Wisconsin Area Music Association.

## **August 29 - September 5... The "Dirt" on the Health of Our Soil**

Program Leader: Jim Chamberlin

This week is reserved for adults (age 18+).

*DISCOUNT: \$40 discount per person for double (or more) occupancy; applies to cabin/lodge rooms and tents.*

Want to know how soil actually works to support life on Earth? This week we will learn about the science behind the soil-food web and how it affects both the environment and the food that sustains us. We will explore basic soil health principles and implications for backyard gardeners and commercial agriculture alike. Jim Chamberlin is program manager for Happy Dancing Turtle, a nonprofit organization based in Pine River, Minnesota, which focuses on sustainability. He has a degree in Natural Resource Management from Central Lakes College and holds certificates in Ecosystem Silviculture from the University of Minnesota and Agroforestry from the University of Missouri. Jim serves as district supervisor for the Crow Wing Soil and Water Conservation District and is past president of the Sustainable Farming Association of Minnesota.

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](http://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.)

## Program Registration Notes - Please Read!

- **Priority Registration ends March 7** for all Program weeks. The Registrar must receive your form with deposit by this date. Postmark does not apply.
- After March 7, you may still apply to attend. Please check the website, [www.CampUniStar.org](http://www.CampUniStar.org), or contact the Registrar (until May 22) or the Director (after May 22) to find out which weeks have space available.
- Make checks payable to Camp UniStar. See bottom of registration form to pay by credit card.
- Registration confirmation letters will be sent in late March. They will include a statement of your balance due, more information about camp, and in some cases additional information about the program. Your balance will be due by the Friday of the program week you attend.
- If you require accessible housing or have other special needs, please attach a note.
- We make every effort to accommodate groups who wish to attend camp together. Please see "GROUPS" instructions on the registration form. Please use a separate form and deposit for each household.

### Helping Hands Notes:

- To assist with the planning of housing, those applying for Helping Hands and wishing to arrive late or leave early are asked to enclose a letter with their application stating the exact dates and times they wish to arrive and leave.
- Campers who apply for Helping Hands may also apply for another Program week at the same time. Please use a separate registration form and provide a separate deposit for the additional week.

Mail registration forms with deposit check or credit card information to:

**Chris Bremer, Registrar**  
6001 Ewing Ave. S.  
Edina, MN 55410-2739

Phone: 612-399-6116

E-mail: [Registrar@CampUniStar.org](mailto:Registrar@CampUniStar.org)

After May 22, additional requests go to:

**Director, Camp UniStar**  
25816 Star Island SE  
Cass Lake, MN 56633-3339

Office hours are 9:00 AM - 5:00 PM

Phone: 218-335-2692

E-mail: [Director@CampUniStar.org](mailto:Director@CampUniStar.org)



# 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.

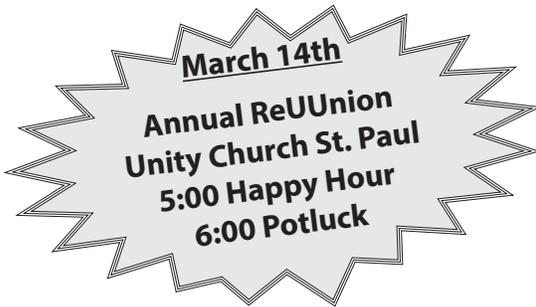
Diet	Names	Food allergies that would require medical attention:	
		Allergen	Names
Vegetarian			
Vegan			
Gluten-free			
Dairy-free			

 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 \_\_\_\_\_

Camp UniStar  
c/o Chris Bremer, Registrar  
6001 Ewing Ave. S.  
Edina, MN 55410-2739



**Priority Registration ends March 7, 2020**



Camp UniStar Foundation is a 501(c)3 organization serving the MidAmerica Region, Unitarian Universalist Association

## Camp UniStar

### MISSION

The mission of Camp UniStar is to nurture intergenerational community that lives Unitarian Universalist principles while promoting personal and spiritual growth and love of nature.

### VISION

Belonging at Camp, Cherishing the Island, Inspiring Action in the World.

### OPERATING PRINCIPLES

1. Camp UniStar operates consistent with UU principles for the enjoyment and enrichment of Unitarian Universalists and like-minded people.
2. Camp UniStar offers programs, activities and opportunities for all ages that enhance personal and spiritual growth, group involvement, and appreciation of nature. Campers are encouraged and expected to initiate and facilitate camp activities of interest to them.
3. Camp UniStar facilities are developed and maintained to provide simple, communally-shared accommodations which blend with the camp's surroundings, and have a minimal impact on the area's natural environment.
4. Camp UniStar's finances are managed prudently. Fees are established with the goal of being both affordable to most campers and adequate to ensure the perpetuation of the camp. Therefore, the camp will continue to depend heavily on volunteer help, financial donations and other contributions.
5. Camp UniStar has limited rules and regulations. Those that are established are primarily for the purpose of satisfying legal requirements, concerns for safety, protection of the rights of others, and protection of the camp's natural surroundings.

