



Camp UniStar

2019

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 15 - 22
- Youth Week 2, June 22 - 29

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

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 2018 as they are registering for this year, may register beginning at noon on **March 3, 2019**.
- New Youth Week campers, defined as those who did not attend in 2018 or wish to apply for a different Youth Week, may register beginning at noon on **March 10, 2019**.

The fee for Youth Week 2019 is \$480 per camper. Partial scholarships are available.

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.

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 8 - 15Helping Hands

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

DISCOUNT: Reduced fees this week, plus additional discounts for young adults (age 18 to 35).

Mornings are spent on projects that help rejuvenate UniStar's facilities while afternoons provide time for hiking, swimming, sailing, canoeing, kayaking, and relaxing. Team leaders will offer workshops on skills that are useful at home. Join a project team such as carpentry, plumbing, painting, electrical, grounds keeping, waterfront or more. No experience needed. We'll have projects for campers of all ages and abilities. Major goals this year are painting the camp kitchen and making electrical upgrades to the Lodge and Cabin 5.

There are no formal youth or children's programs, but enthusiastic young workers are welcome. Join the UniStar family and participate in projects that will benefit UniStar for years to come while making memories you can cherish forever!

June 29 - July 6.....Chocolate: Beans to Bars

Program Leaders: Steve Sternberg, Margaret Sternberg
In a UniStar first, this week will be dedicated to the joys of chocolate. Working with raw cocoa beans obtained by direct trade from the tropics, we will create chocolate by roasting the beans to bring out the chocolate flavors, grinding and winnowing to sort the nibs from the shells, and refining by mixing the nibs with cocoa butter and sugar. Finally, the chocolate is tempered and molded. We can add spices, herbs, nuts, or other items to make a chocolate your way, all while learning the science and art of this favorite food.

Steve teaches chemical engineering at the University of Minnesota Duluth and Margaret is a nurse and artist (pottery and dying textiles). They enjoy visiting national parks, mountain biking, and backpacking. They have developed a deep appreciation for good chocolate and love sharing it with others.

July 6 - 13 Games Inside & Out

Program Leaders: Richard Lau, Heather Farber-Lau

Get ready to laugh, learn, build community, and relax. We are excited to play our favorite indoor and outdoor games each day with you, including backgammon, Carcassone, kubb, Molkky, cornhole and more. We'll play traditional favorites and share newer games too, and we'll end the week with an all-camp game. We're planning games for both enthusiasts and those who enjoy playing games from their hammock. Let's play!

Heather has directed and led a resident camp, which included teaching others how to play games. She also trains people as part of her current day job, in addition to volunteer roles in Unity-Unitarian's religious education (RE) program. She serves as a Battle of the Books coach for her daughter's team in school. Rich was a teacher for several years in Japan, teaching English to middle-schoolers and adults. He currently teaches in Unity-Unitarian's RE program.

July 13 - 20 Bending the Arc: Deconstructing Race & Practicing Yoga

Program Leaders: George Thompson, Ray Phelps-Bowman, Kirsten Lakso

The journey to race equity begins with ourselves, and like physical health, requires practice. Program leaders George Thompson and Ray Phelps-Bowman will use personal experience, film, and discussion to illuminate and reflect on the construct of race, structural racism, and how to talk about and respond to race and racial injustice in our own families, workplaces and communities.

George is a self-described "Black man from the South," who has lived in a majority white community for most of his adult life, including as an industrial engineer for IBM and executive director of the Diversity Council in Rochester, MN. Ray is a White man who was raised in Nigeria, spent two years in Liberia in the Peace Corps and worked as a nurse at Mayo Clinic for 34 years. Over the last 20 years, Ray has worked in multiple roles promoting racial justice in Rochester and has led Rochester's Racial Justice Task Force.

Kirsten Lakso, a certified yoga instructor since 1992, is passionate about yoga and has been teaching it for over 25 years. Her class combines inspirational

readings, soothing music, stretching, strengthening and balancing poses, chakra alignment, laughter and more in a relaxed, light-hearted spirit. Folks of all levels of experience are welcome.

July 20 - 27 If I Had a Song

Program Leaders: Dave Welo, Gail O'Kane

Do you love to play music and sing? Have an instrument you love to play--even one you haven't played in a while? Do you love to sing--even if you don't think you sing very well? Or do you just like to listen? Come join us for a fun week of playing and singing in a group and maybe singing around the campfire at night, performing at happy hour and/or the talent show. The program will be appropriate for all experience levels, and the emphasis will be on making music and having fun! We will primarily use the Rise Up Singing and Rise Again songbooks available at camp or any music you wish to bring.

Dave is a retired RN and lives in Madison WI where he is a member of the First Unitarian Society. He has been playing the guitar and leading group sing-a-longs for many years in Madison and at UniStar. Gail took up the ukulele just two years ago. She is looking forward to making sure all music-lovers feel welcome during the program, whatever their experience level.

July 27 - August 3..... Family Ties: Unpacking the Myths that Bind Us

Program Leader: Rev. Karen Gustafson

Whether or not you are or have ever been a parent, the myths of the Good Mother, the Good Father, the Good Son or Daughter have shaped who you are in the world. These myths are cultural and come at us through personal example, advertising, fiction, and news stories. As parents and as children we either consciously or unconsciously react to the expectations and subsequent disappointments that these myths carry. This week offers an invitation to unpack these myths and open up the possibility for greater authenticity in our relationships to both our children and our parents, living or dead.

Karen is Minister Emerita of the Unitarian Universalist

Continued on next page...

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.

Congregation of Duluth, MN. She also served the First Unitarian Society of Madison, WI and the Michael Servetus UU Fellowship of Fridley, MN. Karen has been offering some form of this workshop for the past 35 years. It has expanded and evolved through her experience as a mother of two sons and a daughter, a single parent, a stepmother, a mother of adult children, a grandmother and the daughter of deeply influential parents now long dead. She is presently in a humble and committed relationship of over 30 years with the children's father and their stepfather.

August 3 - 10This Lens is Made by You & Me
Program Leaders: Jerry Nagel, Kathy Jourdain

Each of us has a worldview that strongly affects how we see and interact with events, situations and other people. When long-held ideas or opinions are challenged, conversations that begin as friendly or well-meaning can quickly go awry as our worldviews collide. Jerry and Kathy will share a framework for understanding how this happens and strategies for improving the outcome of predictably challenging conversations or relationships using the Worldview Intelligence™ model they've developed and used with private, public and not for profit organizations; in rural, urban and suburban settings; and in culturally specific circumstances, including work with adjacent White and Native American communities wanting to bridge cultural worldviews and change the nature of their relationship.

Jerry Nagel, PhD, is president of the Meadowlark Institute. Kathy Jourdain, MBA, leads Shape Shift Strategies Inc. and is the author of two books. Both are practitioners of the Art of Hosting Conversations That Matter, and they have partnered on consulting and training work since 2011.

August 10 - 17 Everyday Joy: Dance, Music & Story
Program Leaders: Maria Genné, Elinor Anderson-Genné, Parker Anderson-Genné

Do you love to move and dance or are you afraid to bust a move because you don't know the right step? Do you love to sing with people, or in the shower? Do you love stories and to dive deep into folktales? Are you interested in connecting to yourself and others in an artistic way? Join Maria, Elinor and Parker Genné for community dancing, singing, storytelling and yoga, designed for all ages and abilities. We will explore many ways of dancing together as we weave in song and stories to create a week of community art-making! Maria is a dancer and educator and founder/director of Kairos Alive, which transforms lives through dance, music and story. Parker is a dancer, singer, actor and

educator, and an Artistic Director of the musical storytelling troupe Impossible Salt. Elinor is a dancer, visual artist, and yoga/pilates teacher.

Aug 17 - 24Light, Likenesses & Leaves
Program Leaders: Dan Zimmerman, Kim Christensen

At its core, photography is all about capturing light. We'll explore taking pictures from this perspective, using the portrait as our framework. We will focus on photography basics and how to take better pictures with your camera, phone, or tablet. This week will help you develop your understanding of how to translate what you see into a captured image and make the most of your photography.

Another way to capture the beauty and variety of UniStar is to use the natural tannins and colors present in the leaves and plants on the island. Bring fabric or clothing you would like to dye. Linen, wool, cotton, and silk all work well.

Dan is a technologist, artist and photographer in Minneapolis. Kim is a fiber artist in Minneapolis. She has been exploring the nuances of plants in the dye pot and will guide you in collecting dye stuff on the island to permanently dye fabric. She will bring the dye pots; the island will supply the plants.

August 24 - 31Natural Balance
Program Leaders: Dianne Rowse, Velma Wagner

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

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

Join Dianne for guided nature walks and Shinrin-yoku, a Japanese health practice featuring restful, stress-reducing strolls in the woods. Shinrin-yoku is a sensory and mindful experience. Dress for the weather, and plan to meander about a mile on uneven trails for each walk. Dianne Rowse is a retired professional naturalist who worked for Three Rivers Park District. She enjoys botanizing, birding, wilderness canoeing, and playing the Celtic harp. Dianne has led many nature weeks at UniStar over the years.

Join Velma for fun, fantastic, familiar and foreign yoga poses. Our focus will be on stability, stretch, balance and integration. Sessions will be geared to all levels of ability and experience, as well as to all body types. Bring your yoga mat if you have one, or use one of UniStar's. Weather permitting, we will do yoga outdoors, so a hat and sunglasses are recommended. Velma is a certified Iyengar Yoga Instructor who has taught for over 30 years and studied in India at the B.K.S. Iyengar Yoga Institute. Velma loves sharing her passion and enthusiasm for yoga, fitness and well-being.

Life at Camp UniStar is simple, rustic and comfortable. Campers share space in one of five cabins, 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, shower, a basic 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	\$390 *	\$290 *	—	\$560	\$455	\$200
Youth 12-17	\$295	\$215	\$480	\$415	\$340	\$150
Children 3-11	\$155	\$115	—	\$205	\$170	\$100

***Young Adult Discount:** For Helping Hands, the youth fees apply for 18 to 35 year-olds: cabin \$295, tent \$215. 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 before priority registration ends on March 2, 2019. Registrations received after that date will have fewer weeks to choose from.

If the weeks you select are oversubscribed, you’ll be placed on a waiting list. If this happens, we’ll notify you.

Deposits are nonrefundable once you have received your registration confirmation.

 **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 2 or to the Camp Director after May 25. (See addresses on page 6.)

Program Registration Notes - Please Read!

- **Priority Registration ends March 2** for all Program weeks. The Registrar must receive your form with deposit by this date. Postmark does not apply.
- After March 2, you may still apply to attend. Please check the website, www.CampUniStar.org, or contact the Registrar (until May 25) or the Director (after May 25) to find out which weeks have space available.
- Make checks payable to Camp UniStar. Contact the Registrar 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 may include 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 Program registration form. Please use a separate form and deposit for each family.

Helping Hands Notes:

- To assist with the planning of housing, those applying for Helping Hands and wishing to arrive late or leave early must 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 deposit for the additional week.

Mail completed registration forms to:

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

Phone: 612-399-6116

E-mail: Registrar@CampUniStar.org

After May 25, additional requests go to:

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

Phone: 218-335-2692

E-mail: Director@CampUniStar.org



Program Registration

2019

ONLY ONE HOUSEHOLD PER REGISTRATION FORM.

New to UniStar?

Address _____ City, State, Zip _____

Adults:

Name _____ Phone _____ E-mail _____

Name _____ Phone _____ E-mail _____

Name _____ Phone _____ E-mail _____

Children: Birthday _____ Birthday _____

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

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

Congregation _____ Has your contact info changed since last year?

Deposit \$ _____
(see page 5)

Week Preferences:

June 8 - 15 : Helping Hands
(May register for another week. Use separate form.)

July 27 - Aug 3 : Family Ties
Preferred Good Acceptable

June 29 - July 6 : Chocolate
Preferred Good Acceptable

Aug 3 - 10 : This Lens is Made by You & Me
Preferred Good Acceptable

July 6 - 13 : Games Inside & Out
Preferred Good Acceptable

Aug 10 - 17 : Everyday Joy
Preferred Good Acceptable

July 13 - 20 : Bending the Arc
Preferred Good Acceptable

Aug 17 - 24 : Light, Likenesses & Leaves
Preferred Good Acceptable

July 20 - 27 : If I Had a Song
Preferred Good Acceptable

Aug 24 - 31 : Natural Balance (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 "group name" and must then write that group name on each registration form here: Group Name _____

If one party is paying for the group's deposit fees, please write a separate check for each household.
If your group has special housing needs, 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.

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

Priority Registration ends March 2, 2019



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.

