



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, dark room photography, crafts, card games, board games, conversing or quietly reading in screen porches... all on an island with no roads or commercial enterprise.

Camp UniStar was established in 1961 when the Anderson family of Houston, Texas generously donated the land and rustic buildings to the UU Prairie Star District. It is a non-profit, volunteer-managed camp with affordable fees. Families and individuals of all ages come seeking personal growth, community and friendship as well as a deeper connection to nature. They leave with changed lives and lifelong memories of a magical place.



*by Dan Zimmermann*

## Program

### June 6 - 13 ..... Work Week

Work Week is a wonderful time for campers new and old to join together in readying camp for the upcoming season. This year will include many upkeep tasks such as housekeeping, grounds maintenance, waterfront/boat work, and of course waking up the lodge and cabins after their long winter nap. There's also plenty of time each day to relax and play. Work Week is a favorite of bird watchers and wildflower lovers, so bring your binoculars. There's no program for children or youth, but young workers are welcome. Fees are reduced for Work Week, and participants may also apply for a regular Program Week.

### June 13 - 20 ..... Youth Week 1

### June 20 - 27 ..... Youth Week 2

These weeks offer youth entering grades 7 - 12 time with peers to work and play while building community and lifelong friendships. There are morning work projects that contribute to camp and then the afternoon is dedicated to having the kind of fun only Camp UniStar can offer. See the registration page for transportation options.

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**June 27 - July 4.....Drumming the Soul Awake**

Program Leader: Jaime Meyer

Drumming is a communal, meditative, fun, spiritual experience meant to open your sense of wonder and bring joy and stress relief. Learn African and frame drumming, hear stories from the Celtic shamanic tradition, and meditate in nature. No drumming experience is needed and drums will be provided. Jaime Meyer is a playwright and drummer who holds a master's degree in theology and the arts from United Seminary of the Twin Cities. He has led a popular drumming circle at First Universalist Church in Minneapolis for seven years.

**July 4 - 11 .....Freeing Your Voice**

Program Leader: Mary Bohman

Discover the power and potential of your voice. This program will cover basic vocal technique and performance tips to enhance your speaking and singing abilities. UU songs, chants, and part-songs will be taught. Opportunities for group and individual coaching will happen in a supportive group environment. Bring your instruments, poems, readings, stories, and songs. All levels of musical experience are welcome and you can participate as an instrumentalist, speaker, or singer. Mary Bohman is trained in music therapy, and has been a voice teacher, ensemble director, and performer for over 20 years.

**July 11 - 18 .....Wind, Breath, Spirit: Sailing & Kundalini Yoga**

Program Leaders: Sean Brown, Joyce Paxton, & Wes Cutter

Let the summer wind blow away your worries and cares. Whether you are a veteran or a beginner, Sean's patience and enthusiasm for sailing will help you reach your sailing goals. Sean is a youth coach, wilderness leader, and commodore of the Lake Waconia Sailing Club.

Yoga is not a religion, but it can help deepen your own religious experience. Kundalini Yoga is a dynamic form of yoga that awakens awareness. It includes physical postures and movements, meditation, breath work, and chanting. Kundalini yoga is taught in historic "sets" of exercises (kryias) with eyes closed whenever possible. Wes and Joyce have been teaching yoga together for a few years at Unity Church-Unitarian.

**July 18 - 25 ..... An Unfair Society: Inequality in the US**

Program Leader: Diane Pike

Many of us see the effects of differences in social class, race, and gender on a daily basis in our jobs and on the city streets. What systems and ideas keep this inequality in place? How might we better understand the unfairness we encounter? Share your experiences and gain insights into this complex aspect of contemporary society. Diane Pike teaches sociology at Augsburg College and spent 3 enjoyable summers at UniStar in the 1990s.

**July 25 - Aug. 1.....Birds of Star Island**

Program Leader: Joanne Eckles

It's bird fledging time on Star Island. Observe nests of Phoebe, Purple Martin, Eagle, and Robin. Learn bird songs and explore several good bird habitats. Work on basic identification and find out more about bird biology, migration, feeding, and citizen science projects concerning birds. Bring your binoculars, if you have a pair, and your curiosity. Joana works for Minnesota Audubon on Project BirdSafe, dealing with bird/window collision issues.

**Aug. 1 - 8 ..... The Simple Power of Drawing**

Program Leader: Lou Ferreri

Learn to draw as a way to observe the world, express yourself, and engage in a visual conversation. Bring your inexperience or skills, your adulthood inhibitions or childhood spontaneity. In this week of drawing and doodling, Lou will offer inventive exercises to get your pencils moving – or your charcoal, ink pens, color markers, or watercolor brushes. Bring your choice of tools for experimenting and play. Subject matter will be as large as your imagination and as varied as the island's natural elements. Lou Ferreri is an artist and teacher, in life-long pursuit of drawing experiences.

**Aug. 8 - 15 ..... Across the Great Divide**

Program Leader: Jane Esbenson

We will look at each of our seven UU principles, using the country of Sweden as our framework. Unlike the staid Scandinavians of the past century, modern day Sweden is not only vibrant and expansive but, at its core, also bears a remarkable resemblance to UUism. As we embark upon a new era in this nation, we will take this opportunity to look more closely at a country that puts into active practice our own UU principles and purposes, and consider the opportunities and barriers to doing likewise in the US. Jane Esbenson is an ordained UU minister who has spent the past 3 years living and working in Sweden.

**Aug. 15 - 22 .....Open Water, Open Page: Sailing & Writing**

Program Leaders: John Weiss & Karen Hering

Sailors with all levels of experience can discover the art and science of the power of the wind, refresh their maritime skills, and get that last tenth of a knot of boat speed. Discuss safety and seamanship, boats and sailing theory, and wind and weather. John Weiss races A scows, E scows, and Lasers.

Taoism notes the fertile terrain found along the line between yin and yang where differences meet, where word touches silence, and wave meets the shore. We'll explore this creative ground using free association writing and reading, awakening our senses, and listening to the stories within. Karen Hering is a writer and assistant literary minister at Unity Church-Unitarian.

**Aug. 22 - 29 .....Scandalous Dances!**

Program Leader: Demi Miller

The Waltz, the Tango, and Jazz/Blues dancing shocked the polite establishments of their day. Learn some of the dances that students, artists, and political activists of earlier generations found to be revolutionary. By week's end we will be gliding, bouncing, prowling, whirling, and in general enjoying close dancing with another human being. Bring soft-soled shoes and some dance party outfits for evenings. Demi Miller is well known in local UU and Quaker circles as a teacher and performer of folk and partner dances from every corner of the globe.

**Aug. 29 - Sept. 5 .....Create, Collage, Converse**

Program Leader: Teresa Thomas-Carroll

Join us each day for a reflective, creative activity and good conversation. Create your own mini-journal, build a memory box to hold found objects from your nature walks, or make a photo frame to display a favorite memory from Camp UniStar. Then design your own "merit badge" to recognize what you have done, discovered or learned this week. Receive as little or as much guidance as you need. Teresa Thomas-Carroll is the founder of Purple Crayon Factory.

Life at Camp UniStar is simple, rustic and comfortable. There is a communal dining hall serving three truly delicious, healthy meals a day. Campers share space in one of five cabins, Anderson Lodge, or pitch a tent in a designated area near the lakeshore. Each cabin features a fireplace in a common room, simple kitchen with electric burners and refrigerator, sleeping rooms and a bathroom with tub. There are also two shower houses. Campers bring sheets, mattress covers, pillowcases and towels. Pillows and blankets are available.

There are five tenting platforms for those who like to sleep near the sound of waves. Nearby are bathrooms, showers, a kitchen and a screened gazebo. Bring your own tent, sleeping bags etc. For questions or more information about the facilities go to our website at: [www.CampUniStar.org](http://www.CampUniStar.org).

Camp Fees	Program Week		Work Week	Youth Week	Deposit Per Person
	cabin/lodge	tenting			
Adults 18 & over	\$455	\$355	\$355	—	\$200
Youth 12-17	\$335	\$255	\$310	\$360	\$150
Children 3-11	\$150	\$120	\$150	—	\$75

**Camp is always oversubscribed! Some suggestions for increasing your chance of attending camp:**

- Register on time.
- Be willing to stay in a tent, cabin, or the lodge.
- Choose more weeks. Your flexibility makes it more likely there will be a place for you.
- Choose weeks towards the beginning or end of the season. The middle weeks are the most requested.

If the weeks you select are oversubscribed, you may be placed on a waiting list. If this happens, please be patient. There are usually cancellations.

Deposits are nonrefundable once your registration has been accepted. Refunds for cancellations will be considered only if your spot can be filled by another registrant.

 **General Information:**

- **IMPORTANT:** Campers drive to SailStar Marina and are ferried from there to Camp by pontoon. (See map on page 6.) There will be three trips to Camp on Saturday at **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.
- Canoes, sailboats, and kayaks are available. Campers may also bring their own. But no jet skis.
- Campers arrive late Saturday afternoon and leave the following Saturday morning. Private boaters should follow the same schedule.
- Program for children ages 3-11 is available each day 10 a.m. to noon. We ask that parents be responsible for their children at all other times.
- Pets are not permitted.
- Smoking is limited to outdoors only.
- First aid is available at camp. Medical emergencies are taken to the Cass Lake Clinic or the North Country Regional Hospital in Bemidji.
- Single registrants may be asked to share a room.
- Financial assistance may be available. Please contact the Camp Registrar.
- Requests for a second week (not counting Work Week) may be submitted to the Camp Director after May 31. (See address on page 5.)

**Work Week Notes:**

- To assist with the planning of housing, those applying for Work Week 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 Work Week may also apply for a program week upfront. Please use a separate registration form and deposit for the additional week.

# Youth Week Registration

2009

**Youth Information:** (All youths listed MUST be related to parent/guardian below.)

**One family per registration.**

Name First & Last	Grade in Fall 2009	Gender M/F	Youth Week 1 or 2		Bus:	Twin Cities to Camp	Camp to Twin Cities
			1st Choice	2nd Choice			
_____	_____	_____	_____	_____		<input type="checkbox"/> \$20	<input type="checkbox"/> \$20
_____	_____	_____	_____	_____		<input type="checkbox"/> \$20	<input type="checkbox"/> \$20
_____	_____	_____	_____	_____		<input type="checkbox"/> \$20	<input type="checkbox"/> \$20

Number of Youth \_\_\_\_\_ x \$150 = **Deposit \$** \_\_\_\_\_

**Parent/Guardian Information:**

First & Last Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Congregation/Church \_\_\_\_\_

Acceptance notifications will be e-mailed to address given below.

E-mail \_\_\_\_\_

Interested in becoming a counselor? E-mail _____
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I understand that Camp UniStar is a remote island with limited services. 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 child's actions/my actions.

Parent/Guardian Signature (or camper, if over 18): \_\_\_\_\_



**Youth Week Registration Notes - Please Read!**

- The Youth Week Registrar must receive the registration with deposit by **March 21**, via mail or in person. Postmark does not apply. Late registrations will be put on a waiting list.
- Make checks payable to Camp UniStar. Deposits are not refundable, except if space is unavailable.
- Youth Week has a separate registration form, separate deposit fee, and a **separate address** to send registrations to. Do NOT combine Youth Week and program week registrations or deposits.
- Mark your first and second choice weeks on the form and note if you have a pressing reason for your choice. We will do our best to honor your requests but cannot guarantee that space will be available in a given week. Note that most youth return to the same week each year. Priority is given to returning campers.
- Acceptance notification will be sent in April. Required health form, transportation form, and remaining balance due must be returned to the Youth Week registrar by **May 1** to reserve your spot at camp.
- Scholarships are available for youths requiring financial assistance. To apply, include a note with your completed registration form.
- Tax-deductible DONATIONS are always gratefully accepted, and go to help support Youth Week resources and programs. If you are interested in VOLUNTEERING to help with Youth Week in any way, please contact us.
- Questions? Please contact: Carrie Rice, at 507-388-5709 or e-mail YouthWeek@CampUniStar.org.

<p>Mail completed registration forms to:  <b>Carrie Rice</b>  <b>115 Allan Court</b>  <b>Mankato, MN 56001-1719</b>  <i>Phone: 507-388-5709</i>  <i>E-mail: YouthWeek@CampUniStar.org</i></p>
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# Program Registration

2009

ONLY ONE HOUSEHOLD PER REGISTRATION FORM. Total # in your party \_\_\_\_\_ Deposit \$ \_\_\_\_\_

Adult Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone \_\_\_\_\_

Congregation/Church \_\_\_\_\_ E-mail \_\_\_\_\_

*Attach same information if registering additional adults. Visit [www.CampUniStar.org](http://www.CampUniStar.org) to print additional forms.*

Children: B-Day M/F B-Day M/F  
Name \_\_\_\_\_ /\_\_\_/\_\_\_ \_\_\_\_\_ Name \_\_\_\_\_ /\_\_\_/\_\_\_ \_\_\_\_\_

Name \_\_\_\_\_ /\_\_\_/\_\_\_ \_\_\_\_\_ Name \_\_\_\_\_ /\_\_\_/\_\_\_ \_\_\_\_\_

Number of vegetarians in your party \_\_\_\_\_ New to UniStar?  Has your contact info changed since last year?

Week Requested (Write dates in order of preference below.)

1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_ 3rd Choice \_\_\_\_\_ 4th Choice \_\_\_\_\_

Additional Choices \_\_\_\_\_

**IMPORTANT:** If you wish to attend camp with another family, all families involved must agree on one "group name" and must then write that group name on each registration form here: Group Name \_\_\_\_\_

Would you prefer to stay in: Cabin/Lodge  Tent  If 2 adults, would you prefer: 2 single beds  Double bed   
Please indicate any special needs regarding housing. We will try to accommodate your request, but it may not be possible.

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:

Adult 1 \_\_\_\_\_ Adult 2 \_\_\_\_\_

## Program Registration Notes - Please Read!

- Registration Deadline: **March 21** for all weeks. The Registrar must receive the registration with deposit by this date, via mail or in person. Postmark does not apply. Late registrations are processed first-come first-served.
- Make checks payable to Camp UniStar.
- Youth Week has a separate registration form, separate deposit fee, and a separate address to send registrations to. Do NOT combine Youth Week and program week registrations or deposits.
- Acceptance letters will be sent out in April. They will include a statement of your deposit, more information about camp, and specific information about the program. Your balance will be due on Friday of the program week you attend.
- If you have any special requests due to limited mobility etc., please attach a note.
- We make every effort to match up families who indicate they wish to spend a week together. However, there is no guarantee.

Mail completed registration forms to:

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

*Phone: 952-926-8542*

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

After May 31, 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](mailto:Director@CampUniStar.org)*

Camp UniStar  
Prairie Star District UUA  
122 West Franklin Ave, Suite 303  
Minneapolis, MN 55404

## Return Service Requested

**Deadline to Process Applications: March 21, 2009**



Camp UniStar is a totally owned qualifying organization of Prairie Star District, Unitarian Universalist Association

## Camp UniStar

### MISSION

Camp UniStar is a beautiful yet rustic island retreat in northern Minnesota for open minded outdoor-oriented individuals and families. Established in 1961 as a nonprofit, volunteer-managed camp of the Unitarian Universalist Prairie Star District, it seeks to promote personal growth, an appreciation of nature, and to initiate and expand friendships while offering a variety of physical, reflective and restful activities for intergenerational groups and individuals of all ages at fees that are affordable to most.

### GOALS

1. Camp UniStar will be operated, consistent with UU principles, for the enjoyment and enrichment of Unitarian Universalist and other like-minded people.
2. Camp UniStar will offer programs, activities, and opportunities for adults and children which enhance personal growth, group involvement, appreciation of natural surroundings, and/or knowledge and skills of campers. Campers will be encouraged/expected to initiate and facilitate nonscheduled camp program activities of interest to them.
3. Camp UniStar facilities will be 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 ecology.
4. Camp UniStar finances will be managed prudently, limiting camp fees to rates which are sufficient to ensure the perpetuation of the camp. Therefore, the camp will continue to depend heavily on volunteer help and financial donations and other contributions.
5. Camp UniStar will have few rules and regulations. Those that are established will be the result of legal requirements, concern for safety, protection of the rights of others, and the camp's natural surroundings.

REV. 2/2000

