** “THE RIPPLE EFFECT”**

 **Bay of Quinte (ECOR) UCW Weekend**

**At Camp Quin-Mo-Lac, September 9, 10, 11, 2022**  **Hosted by Lakeridge UCW**

**Cost: $175 – Please Register between April 30th and July 31st, 2022.- Limited to first 100**

**All Attendees must be fully Covid Vaccinated all local Public Health guidelines in effect will be adhered to**

Saturday day only spots may be available for $85 after July 31st, space permitting

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Presbyterial: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Postal Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**First Time UCW-Quin-Mo-Lac Camper Yes\_\_\_\_\_\_ No\_\_\_\_\_\_**

**Emergency Contact during Weekend: Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Accommodation Request: Lodge\_\_\_\_\_\_\_\_ Cabin: (no water/no electricity) \_\_\_\_\_\_\_\_ No Preference: \_\_\_\_\_\_\_\_\_**

**Do you wish to room with a friend? Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (we will do our best)**

**Any special physical needs or issues we should know: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Any special dietary needs, essential for health and safety? Please be specific: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WORKSHOPS: Choose two workshops (1, 2) and two alternatives (3, 4)**

\_\_\_\_\_ Drumming \_\_\_\_\_ Senior Fitness (Standing) \_\_\_\_\_ Senior Fitness (Sitting)

\_\_\_\_\_ Tie Dying \_\_\_\_\_ Card Making \_\_\_\_\_ Kindness Rocks

\_\_\_\_\_ Suiseki (Meditation) \_\_\_\_\_ Bible Study \_\_\_\_\_\_Choir

**WAIVER: (must be signed) Athletic** activities (polar dip, walking on uneven ground, night walks, etc.) present certain elements of risk. Injuries may occur related to these and all activities during this weekend event, through no fault of the Quin-Mo-Lac Camp Committee or the facility where the event is being held

I have read and understand the above information. **Date: \_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PHOTO CONSENT:** I understand that submitting this registration is permission that may photo and/or video images of me taken by event organizers or participants may be used as a memory or promotional material in various UCW or United Church of Canada print and electronic resources **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**THIS IS A NUT AND SCENT FREE EVENT! NO DRUGS OR ALCOHOL ARE PERMITTED AT Camp Quin-Mo-Lac**

**Cost $175 – FULL WEEKEND, SEPT. 9, 10, 11**

**PAY BY E-TRANSFER – E-MAIL** **lakeridgeucw@gmail.com** **Password: qml2022 Or by cheque payable to: Lakeridge Presbyterial UCW, with note QML-UCW weekend 2022. Mail to: Kay Moore, 8 Rehder Ave., Bowmanville, Ont. L1C2A1 For Confirmation and agenda, please provide: EMAIL ADDRESS or stamped SELF ADDRESSED ENVELOPE UCW Policy is that there will be no refunds. If you cannot come, please send an alternate.**

 **Some QUIN-MO-LAC WEEKEND HIGHLIGHTS**

**Resource Room - Fair Trade and Grand River Books** Opportunity to buy books/resource materials and Fair Trade items during free time

**Prayer Box- Dining Hall -**available Friday evening until Saturday 3:00pm

**Saturday Workshops**

**Choose 2 (with 2 alternates) -**Most materials will be provided. Anything you need to bring is listed in the workshop description.

1. Drumming- Leader-Michelle Adams- During the workshop we will come together to make some “Rhythmic Vibrations” by combining the sounds of the drums with other rhythm instruments. We will learn some basic rhythms and then end with a meditative drumming experience as we let the rhythms ripple through body, mind and spirit
2. Senior Fitness (Standing)-Leader- Connie Tabbert
3. Senior Fitness (Sitting) - Leader- Connie Tabbert
4. Tie Dying – Leader-Liz Wade Please bring a washed item such as a t-shirt, hat or? to be dyed
5. Greeting Card Making -Leader-Bev Crane. Everything will be supplied and precut to make nature themed greeting cards.
6. Kindness Rocks-Leader-Jo Gatenby - The Kindness Rocks Project, founded by Megan Murphy, author of A Pebble for Your Thoughts, is based on the profound truth that one kind message at the right moment can change someone's day, their outlook, and their whole life. The Kindness Rocks Project encourages people to create inspirational rocks and leave them for others to find. Sometimes the world gives us a small sign of encouragement, right when we need it the most.  Come and create your own Kindness Rock!
7. Bible Study -Leader-Lee Torvi. Discussing Scripture not simply in terms of what it means to us today, but what it meant at the time it was spoken and understood.
8. Suiseki (meditation)- Leader- Joan Greenway- Suiseki (abbreviation for “*san-sui-kei-jyo-seki*“, or “landscape scene stone”) are natural, unmodified stones that are admired  and collected around the world, and helpful with meditation. Samples will be displayed, explained and one example will quickly be made. Please bring with you a palm size, uncut rock that you admire or connects with you. In general, weathered dark-colored stones of medium hardness are preferred, with no jagged “new” edges.
9. Choir- Leader -Lois McLeod-please bring Hymn Books

**Morning Polar Dip:** Hot Chocolate available for Polar Dippers outside lower level of Kanata House

**Saturday Evening Options: Fellowship Activities-** bring Cards or Board Games if you wish

 **Night Canoe Ride on Moira Lake** (Weather Permitting)

 **Night walk with Trevor White** (Weather Permitting)