Dear Camper,

Thank you for joining us for the Strength For the Journey Retreat, May 16-19, 2019. We are looking forward to a wonderful and exciting retreat. The SFTJ Planning Team and the Mingus Mountain staff are anxiously readying things for your arrival. Your camp deans are Joshua Warner & Linda Girard. They, along with the SFTJ Planning Team, have put together a great retreat for you. If you have questions regarding camp activities you may call Linda Girard at (520) 240-3565. The following things you will want to know before arriving at camp:

**Camp Registration and Check-in** time is from 1:00 - 3:00 pm on Thursday, May 16th, 2019. **Please do not come earlier than 1:00 p.m. or later than 3:00 p.m.**

1) **PLEASE** proceed to the Dining Hall for the start of your registration, 2) **THEN** to LaPointe Hall for the second part of registration, 3) **THEN** to your cabin assignment for unloading your car and 4) **THEN** to the designated parking area (by the camp entrance) to park your car.

**YOU MUST ARRIVE in camp and attend the 4:00 p.m. All Camp Orientation. This Orientation Time is not optional - even if you have attended the retreat before.** Your first meal in camp will be Thursday night dinner at 5:30 p.m.

**Camp ends** on Sunday, May 19th. at 11:00 a.m. We must leave the Retreat Center at this time. There are plenty of nice areas nearby if you wish to stay and enjoy the day.

**Transportation:** Bus transportation is provided to the retreat from Phoenix on a first come basis. If you need a ride or can give a ride, call Linda Girard at (520) 240-3565 and she will help make the necessary connection.

**Camp meals and special food needs:** Camp meals are wholesome, nutritious and taste good. If you have any diet restrictions (food allergies, diabetes, vegetarian, vegan, etc.) please let Linda Girard know before you arrive at camp. Special needs need to be addressed a week before camp.

**Camp Clothing:** Mornings and evenings are cool; days are cool to warm. It is a good idea to bring clothes that can be “layered” and gloves for your hands. May can bring a great deal of fluctuation in temperatures so be prepared with WARM jackets, hats and gloves. Also, open-toed shoes, sandals or shoes without heel support can be dangerous and are not recommended at Camp. It is best to bring tennis shoes which are safer for all the different activities you will be doing. Flip flops are optional for shower use. Check the weather forecast for nearby Jerome, Arizona.

**Emergency Number:** The emergency phone number for the Retreat Center is (928) 634-5273. However, we discourage the use of this phone except in the case of an emergency. First, call Linda Girard at (520) 240-3565. Most cell phone carriers have service at Mingus Mountain Camp.

**Camp Store:** For the convenience of our campers, the Camp operates a Camp Store. Items range in price. The average camper brings approximately $15.00 to $30.00 to camp to purchase desired items. You will be responsible for keeping your money and personal items safe. Bring valuables at your own risk.

**Ashes:** If you are a returning camper ---- remember to bring your ashes for your last retreat. If you are a new camper - Ashes and/or twigs will be available for your to add to the campfire in memory or honor of someone or something special. Keep the tradition!

Strength for the Journey Staff
What to bring to Camp

DO BRING:

- **Reusable Cold Beverage container** - In an effort to be environmentally sensitive, we no longer offer disposable beverage containers. We will have containers of water and other hot and cold beverages throughout the retreat. Please keep up with your container.
- **Any needed medications** - medication that needs to be refrigerated should be in a plastic zip lock bag or other container with your name clearly marked on the container.
- Layers of loose, comfortable clothing - long pants, shorts, t-shirts
- **WARM Jacket** or sweatshirt, hat and gloves for mornings and evenings (It can get very cold)
- Rain coat or poncho
- Extra socks and underwear
- Sturdy closed toed shoes
- ***Sleeping bag, twin bed in a bag or sheets, blankets and pillow** (Cabins have bunk beds with twin mattresses - no linens or pillows are provided. It can get very cold at night!)
- Towel, washcloth, soap, shampoo/conditioner, toothbrush, toothpaste and any other needed toiletries
- Sunscreen, chap stick, sunglasses
- Insect repellent
- Cap or hat
- Flashlight with new batteries and extra batteries
- If you are a light sleeper - you may want ear plugs. (If you snore - please bring Breathe Right strips)

Optional:

- Outfits/costumes for talent night and this year’s party theme is “County Fair”
- Pillow or cushion to sit on - cement benches at the campfire circle!
- Board/card games, sports equipment (baseball, gloves, etc)
- Musical instruments for talent night
- Reading material
- Most cell phone providers work in camp but there is no wifi. Cell phone charger!

STRENGTH FOR THE JOURNEY IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS!
We encourage campers to take responsibility for their belongings, in all the excitement of camp, it’s not uncommon to misplace some items. Please put your name on the back of your cell phone. Valuables and meaningful items should be kept home. Check with the staff for lost and found.

NOT ALLOWED IN CAMP:

- Pets, weapons, alcohol or illegal drugs (possession of these items may be cause for dismissal from camp)
Directions to Mingus Mountain Camp

From Flagstaff / Cottonwood:

• From I-17 South take a cut-off road to get to Cottonwood.
• The first option (and less mileage) is to take exit 293 and drive West through Cornville.
• The second option is to take Hwy 260 at Camp Verde and drive West to Cottonwood.
• Follow Hwy 89A to Jerome.
• Drive 9 miles beyond Jerome on 89A and you’ll see signs for Mingus Recreation Areas.
• At the crest you’ll find the “summit picnic area/paved parking lot” and see a row of mailboxes at the turn-off on the left. Turn LEFT and follow signs to Camp Mingus – 2 miles.
• At 1.5 miles you’ll come to more signage indicating a right turn for Cherry/Mingus Springs. Continue STRAIGHT, following signs to Camp Mingus. Pass a large wildlife meadow on the left, a small fishing pond on the right and you’ll find our camp on the left.
• Take the second entry road and further signage will indicate where to check-in or unload.

From Phoenix:

• Take Interstate 17 North to the Route 69, which is at the Cordes Junction exit.
• Take Route 69 toward Prescott/Prescott Valley.
• (If you do not need food or supplies): As you travel Route 69 toward Prescott/Prescott Valley, you will come to Fain Road in Dewey. (At the Fain intersection is a new Maverick service station on the left.) At the Hwy 69/Fain intersection (lighted), turn right. Drive 9 miles to the lighted intersection of Hwy 89A and turn North, right.
• (If you need food or supplies, continue to Prescott Valley on Rt. 69): From Prescott Valley, turn on to Glassford Hill Road. Go 3.5 miles to Hwy 89A. Turn right on to Hwy 89A. In approx. 4 miles turn left at the lighted intersection of 89A, Robert & Fain Rd. You will now be on 89A North.
• Travel approx. 9 miles on 89A, following the MINGUS RECREATION AREAS signs as you travel the last few miles before the summit. The summit (where you will turn, is located between mile markers 336 and 337).
• Turn right at the Mingus Summit Picnic Area. This is a large paved USFS parking/picnic area. You will see 4 mailboxes on your right (one for the camp), immediately after turning.
• Follow the Forest Service dirt road (#104) straight up 2.5 miles to the Mingus Mountain United Methodist Camp. Signage indicates CAMP MINGUS 2 miles. DO NOT follow signage to Mingus Springs Camp.
• Our Camp is on the left side of the road just beyond a small fishing lake. You will be directed to the second entry road and an information kiosk will explain where to check-in.

Emergency Camp Manager Telephone: (928) 634-5273
Strength for the Journey Retreat  
Mingus Mountain May 16 - 19, 2019

This form is required to attend the retreat.  
Save time and fill it out as much as you can and bring it with you.

The following information is kept confidential

Name: _______________________________  Nickname: _______________________________

Address: ______________________________________________________________________

City: _____________________________  State: _________  Zip Code: _________________

Phone: (_____) _________________________  Birth Date: __________________________

EMERGENCY NOTIFICATION  
(Person not at the retreat):

Name: _______________________________  Relationship to you: ______________________

Address: ______________________________________________________________________

City: _____________________________  State: _________  Zip Code: _________________

Phone: (_____) _________________________  Phone: (_____) _________________________

(Person at the retreat to notify): Name: _______________________________

INSURANCE PROVIDER (please have insurance card ready for nurse):

Insurance Company: _____________________________  Policy # ______________________

____________________________________________________________________________

PHYSICIAN:

Name:_______________________________________   Phone: (_____) _________________

DIETARY NEEDS / RESTRICTIONS/FOOD ALLERGIES (check all that apply):

❍ None  ❍ Vegetarian  ❍ Gluten  ❍ Other _______________________________________

DRUG ALLERGIES: ___________________________________________________________

ACTIVITY RESTRICTIONS: _____________________________________________________

ARE YOU A CAREGIVER TO A PERSON AT THE RETREAT?  If YES, please explain:

____________________________________________________________________________
HEALTH HISTORY:

HIV Status:  ○ Positive  ○ Negative

Are you taking any medicines or supplements:  No  ○ Yes  ○ If Yes, WHAT? (Attach list if more space is needed) _________________________________________________________
____________________________________________________________________________

We cannot provide prescription medications at the retreat. We cannot obtain medications if you forget to bring your own!

CURRENT PHYSICAL / HEALTH PROBLEMS: ___________________________________________
____________________________________________________________________________

IMMUNIZATION: Have you been immunized against:

TETANUS:  ○ No  ○ Yes, If yes, Date of last shot: ________________________________

TUBERCULOSIS: When was your last Tuberculin Skin Test? Date: ____________________
Results: ___________________________________________________________________

When was your last Chest X-Ray?  Date: ______________________________
Results: ___________________________________________________________________

SPECIAL HEALTH NEEDS: Do you experience:
Shortness of breath:  ○ No  ○ Yes,  Fainting:  ○ No  ○ Yes,  Seizures:  ○ No  ○ Yes

If you have any health questions or concerns at the retreat, please contact Linda Girard, R.N. (520) 240-3565 or find a staff member to locate Linda.

AUTHORIZATION FOR RELEASE OF PROTECTED HEALTH INFORMATION

I, ____________________________, hereby authorize Linda Girard, RN and/or Strength for the Journey to release this health information form to medical personal during the retreat May 17 - 20, 2018 in the event of a medical emergency or perceived medical emergency.

I understand that by signing this authorization:
• I authorize the use or disclosure of my individually identifiable health information as described above for the purpose listed.
• I have the right to withdraw permission for the release of my information. If I sign this authorization to use or disclose information, I can revoke that authorization at any time. The revocation must be made in writing and will not affect information that has already been used or disclosed.
• I have the right to receive a copy of this authorization.
• I am signing this authorization voluntarily and treatment, payment, or my eligibility for benefits will not be affected if I do not sign this authorization.
• I further understand that a person to whom records and information are disclosed pursuant to this authorization may not further use or disclose the medical information unless another authorization is obtained from me or unless such disclosure is specifically required or permitted by law.

________________________________________ _____________________________
Signed by Camper  Date
SFTJ Retreat Confidentiality and Privacy

Respect and confidentiality for each person's journey and story will be expected!

In this age of social networks and digital information where stories about or pictures of us can be shared widely we need to take caution. We need all campers and staff to be cautious in their use of social media during, after, or in relation to, the retreat. Please do not post or share any photos on your personal social media sites where people can be identified in them unless you have that person's consent. It is fine to post photos of the Retreat Center, photos where people can't be clearly identified or to post "selfies".

You may share pictures from your experience at camp in our secret Facebook group. [https://www.facebook.com/groups/SFTJAZclosed/](https://www.facebook.com/groups/SFTJAZclosed/). This secret group and all of the posts there are only visible to people in the group that have attended a SFTJ retreat or are involved in the retreat. Please only post photos without any text or sticker overlays.

Please respect other people's privacy and do not share anything posted in this group with others. We would like to use this group to stay in touch throughout the year and share our experiences and memories from the retreats. If you are not a member and wish to be send an email to hivministries@dscumc.org and put your name, phone number and "Add me to the SFTJ Secret Facebook group" in the message.

Please join our Public Facebook group [https://www.facebook.com/SFTJAZ](https://www.facebook.com/SFTJAZ) but remember all posts on this page are public so anyone can see what you share on that page.

Photos of and from the retreat may be used to promote the event or for use within the United Methodist Church, grant requests or other uses by the event organizers while respecting our campers privacy.

**A Safe Environment**

As part of maintaining a safe community, the Retreat must at all times be maintained as a drug and alcohol-free environment. Substance abuse will not be tolerated. Persons who "choose to use" or are inappropriate during the Retreat may be asked to leave. Medical marijuana is prohibited on the Mingus Mountain Camp grounds. With individuals sharing retreat cabin space, respect of others, privacy and space is essential. Discretion is expected.