

Adult Program

Worship: A variety of small group worship opportunities are offered.

- *Worship sharing* is for those who prefer a quiet, deep time with a period of silence between each sharing and the next.
- *Worship discussion* is for those wanting to discuss the theme and queries more freely.
- *Worship with music* is for those wanting to worship in song.
- *Worship walking* is for those who want to consider the queries while walking silently in a group, pausing several times along the way for worship sharing or discussion.
- *Worship hiking* is for more vigorous hikers

Interest Groups & Inter-generational Activities: Gather with other interested folk Saturday afternoon for a variety of activities (discussions, hiking, games, crafts, etc). To offer an Interest Group put a check mark in the Interest Group box in online registration, then fill out and submit the online Interest Group form to let us know in advance. You may also post your own sign-up sheet in the dining hall.

Work Contributions: Everyone helping (who can) makes the weekend work smoothly and is an integral part of our experience together. There are a variety of opportunities, which are listed in the online registration. In particular consider the following:

Kid-Friendly Interest Groups as a work contribution opportunity: We're encouraging Friends to lead child-friendly interest groups during the latter half of Saturday afternoon (3:30-5 pm). What might you offer that would be attractive to both children and adults? If approved, leading such an interest group will serve as your work contribution, in place of working directly with the children's program or doing another chore. Some possibilities: beading, jewelry-making or other artistic activity; movement, kid-friendly yoga, or cooperative games; music-making; storytelling. The sky is the limit.

Process for applying: Please send your interest group proposal at least two weeks prior to Quarterly Meeting. Indicate how your activity could attract both children (what ages?) and adults.

Children's Program

Children age 0 through 8th grade: Age-appropriate activities and snacks will be provided during program times on Saturday and Sunday, beginning with an opening circle for ALL CHILDREN AND THEIR PARENTS at 8:30 Saturday morning. At other times, parents are responsible for their children.

If any of your children have food allergies or intolerances that would limit the type of snacks they can have, please be sure to note them on their registrations. Similarly, please list any plant or insect allergies they may have, and any activities that may be inappropriate for them. The Children's Program staff can make accommodations for these situations **only** if they know about them!

For younger children, please bring familiar toys, books, diapers, strollers, rubber boots, extra shoes, snugglies, etc. Remember to tag all clothes and other belongings with your child's name. If you have questions in advance, please contact **Karma Arslanian** karma.arslanain@gmail.com 970-599-3503 .

Activity groups within the Children's Program are: Infants and Toddlers (roughly, ages 0-2), Preschool (roughly, ages 3-5), Early Elementary (roughly, grades K-2), Upper Elementary (roughly, grades 3-5),

and Central Friends (roughly, grades 6-8). Assignment of children to activity groups is based on maturity and not necessarily chronological age or actual school grade. Two adjacent activity groups may be combined if the number of children is small in each of them.

If for any reason your child cannot be at a program session, please let the activity group leader or Children's Program Coordinator, Karma Arslanian, know in advance. All children are required to be under the supervision of their leaders during all scheduled sessions. Parents must drop off and pick up children who are younger than Central Friends, and sign them in and out.

All children through grade 8: Parents, please do not let your children wander around the site unsupervised at any time. When they are not involved in a Children's Program activity group, please supervise them. Allowing them to wander unsupervised is dangerous and sets a poor example for other children. It is also a violation of our contract with Lazy F Camp.

“Unaccompanied Minors” and Sponsors

Anyone under 18 who plans to attend without a parent or legal guardian must have an adult sponsor at Quarterly Meeting. A parent or guardian must complete the sponsorship form in duplicate for each such child, submitting one copy with the child's registration and giving the other copy to the child's sponsor. Links to the sponsorship and medical release forms are on the front page of pnqm.org site.

Junior Friends

Junior Friends (grades 9-12) meet and sleep in the Barn. Adult advisors are there to help and to chaperone. Everyone must bring his or her own sleeping bag, an extra blanket, more warm clothes than you think you'll need, and all the usual toiletries, etc. Junior Friends can expect a variety of activities like a small service project, worship sharing, meeting for business, helping with the Children's Program, and time for games or whatever. Usually Junior Friends work out the details of their schedule on the first night and then post it on Saturday morning. Friday evening snacks will be provided, but bringing a brown bag dinner or extra food is also recommended.

Code of Conduct: Several years ago, Junior Friends adopted a code of conduct which, after review and revision as needed, is ratified at each Quarterly Meeting. The current code requests that Junior Friends respect and participate in the group as a whole. In addition, Junior Friends have agreed on specifics:

- No drugs
- No sex
- No alcohol
- Respect others' feelings, belongings and sleep
- Help out and do your share of work
- Attend mandatory meetings
- Get enough sleep to participate in the program
- Abide by the guidelines of any specific location
- Be responsible for your own actions
- Avoid exclusive behavior

Violations of the Code of Conduct are dealt with by the Junior Friends Concerns Committee.

General Information

Site: Lazy F Methodist Camp and Retreat Center is set in a narrow valley outside Ellensburg with spacious grounds, a small brook, a pond, a swift creek, and nearby hiking trails. The contact number for EMERGENCIES ONLY is 509-962-2780.

Meals include vegetarian options. Please indicate any dietary needs on the registration form.

Lodging: Rooms are located in heated cabins and lodges furnished with bunk beds and mattresses. Some rooms share bathroom facilities in the same building; others are served by a nearby bathroom building. There are also tent sites and RV sites without hookups. **Note to campers:** use restrooms in the dining hall located at the west end of the camping area.

Bring: Bedding, towels, toiletries, warm clothes, ear plugs, flashlights, musical instruments, games for Friday/Saturday evenings, good humor, your checkbook, and song books (**Rise Up Singing** and/or **Worship in Song**) with your name written in them.

Don't bring: Alcohol, smoking materials, illegal drugs, or pets (service dogs, defined by the ADA, are not pets, and are welcome at Lazy F. See <http://www.ada.gov/qasrvc.html>).

Lost and Found: Lost articles will be accumulated near the check-in table in the Trading Post, and any unclaimed ones will be brought to the following QM session.

Registration Information

The online registration system has been designed to simplify and streamline registration. If you attended the previous Quarterly the system will let you fill in most of the blanks for the upcoming Quarterly with a single button click by simply using the same email address and password. Access the online system by clicking the "Register Here" link at pnqm.org.

We prefer payment online by card for your convenience. Although we use PayPal to handle these transactions, you can scroll down on the PayPal page linked from registration to directly use your card.

If you prefer checks make them payable to "PNQM" and send to our Treasurer, Jonathan Brown:
Jonathan Brown, PNQM Treasurer / 3433 E Florence Ct / Seattle, WA 98112.

For our planning purposes and Lazy F's, it is important to know well in advance who will be attending. We offer a **\$10.00 Early Discount** per form if your registration is entered online prior to the start of the "normal registration" period (*prior to March 16th*).

We assess an **additional \$25.00 Late Fee** per form for registrations after the end of normal registration, (*after April 9th*), no matter what your Chosen Family Fee.

Late Registration Warning: We provide enough teachers and volunteers for all the children who are registered by the Deadline, *April 9th*, but we will not add teachers to accommodate those who register late. If you register late and your child's class is already full, the Registrar will tell you that your child cannot come. Similarly, there may not be enough indoor lodging for late registrants, although there is always plenty of tent space. Last minute adjustments to the food supply can be made so there will be enough to go around, but special diets cannot be accommodated for late registrants.

Quarterly Meeting Fees

Pacific Northwest Quarterly Meeting, Monthly Meetings, and Worship Groups are enriched by each person who attends Quarterly Meeting. Cost should not be a barrier to attendance, so Friends are expected to pay whatever they can easily afford in accordance with their own financial situation. No questions, no explanations. Just put your amount on the Chosen Family Fee line on the Registration form. This is our **“Pay What You Can”** Policy.

We offer the following suggested amounts, based primarily on our costs, for full-time participation:

- Adults \$130
- Junior and Central Friends \$70
- Children age 2 through Upper Elementary \$55
- Staying in tent or RV Subtract \$20 per adult

We need to average these amounts in order to meet our expenses. Therefore, payments greater than these guidelines by those who can afford it are very much appreciated, and will help others feel comfortable coming even though they pay less than the fees suggested above. If you will be participating for only part of the weekend, or are sleeping off-campus. please make whatever adjustment seems appropriate to you on that account, as well as considering your personal financial situation.

Driving Directions to Lazy F Camp & Retreat Center:

From Seattle & western Washington, take I-90 East to Thorp Exit #101. Turn RIGHT at stop sign. Proceed 1.9 miles, and turn RIGHT onto Cove Road. Proceed 4.3 miles, to 2nd stop sign. Turn RIGHT onto Manastash Road. Drive up the canyon 6.9 miles; Lazy F is on left.

From eastern Washington, Yakima & Idaho, take I-90 West to Canyon Road Exit #109. Turn RIGHT at end of exit ramp. Turn LEFT at Subway onto Umptanum Rd. Proceed to Manastash Road, and turn RIGHT onto Manastash Road. Wind up the canyon 10 miles to Lazy F on left.

From Wenatchee and points north, take Highway 97 South to Perkins Restaurant. Turn RIGHT and cross over I-90. Turn LEFT at KOA onto Thorp Highway. Turn left at Hanson Road (.3 miles). Proceed to Cove Road and turn LEFT. Proceed to Manastash Road and turn RIGHT. Wind up Canyon 6.9 miles to Lazy F on the left.

Lazy F Camp & Retreat Center is one mile before the paved road ends. You will see “Lazy F” on the barn - take the second driveway (by the main camp sign). The Trading Post (location of registration check-in) is the 2nd building on the right.