



Midwest Unitarian Universalist Summer Assembly

An annual intergenerational Unitarian Universalist retreat for fun, fellowship, and personal growth
YMCA of the Ozarks, Trout Lodge near Potosi, Missouri

June 28 - July 4, 2020 To Breathe on Purpose

Featuring Dr. Glen Thomas Rideout

Dear Friends,

As your Planning Council gets ready for camp, I am reminded of so much that brings us to camp!

MUUSA is for enjoying nature. Circle the lake, hike the woods, or walk the labyrinth our campers built. Watch for hummingbirds, bald eagles, and bats (my favorite). Step outside at night to see many, many stars.

MUUSA is for all ages. My adult children still talk about the friends and memories made by our programs for children and youth. My parents and aunt come, too, and we spend our evenings sharing stories from the day.

MUUSA is for exploration. Enjoy and perform at Coffeehouse, buy camper-made art for our scholarship fund, check out workshops, vespers, impromptu card games (my spouse lives to play Wizard), and more.

MUUSA is for connection. I wait all year to visit with camp friends--to celebrate and mourn all that has passed. I come knowing I get to be my authentic self and that I will leave with a sense of belonging to take back home.

I hope you will make MUUSA part of your summer and that you bring friends and family to see why you come each year!

See you next week!
Susan Stafford,
MUUSA President



About Our Theme

To Breathe on Purpose | Of singing, of speaking, of moving and meditation, the beginning is breath. To breathe with balance and meaning morphs the sigh quite literally into song. Time and time again, a single conscious breath unclothes a fight from its voracious heat, relaxes rage into reconciliation, makes space to hear the ideas that only live in patience, gives the heart back its health, reveals the voice of the spirit. The very word *spirit* passes to us from what our ancestors used for *breath*; so, too, passes the air you breathe. With every breath comes the power to bless and to curse, to preserve or pollute. To have breath is to be alive; only they who breathe on purpose, though, will learn to live. How, then, can the future live on in the wake of our inspiration? We are answering now. *By Dr. Glen Thomas Rideout.*

Brochure Credits

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Daily Schedule

6am		
7am		Early Morning Activities •Sunrise workshops •Early coffee •Early swim
8am	BREAKFAST 7:15-9:30	
9am		Morning Celebration
10am		Morning Activities •Children's Program, ages 0-5 starts before Morning Celebration •Morning Workshops
11am		
12 pm	LUNCH 11:15-1:30	
1pm		
2pm		Early Afternoon Activities •Children's Program •Early Afternoon Workshops
3pm		
4pm		Late Afternoon Activities •Late Afternoon Workshops •Volleyball
5pm		
6pm	DINNER 5:15-7:30	Dinner Discussions 6-6:45
7pm		Early Evening Activities •Geneva Square •Vespers •Ultimate Frisbee •Sunset Workshops
8pm		
9pm		Evening Activities •Coffeehouse •Club MUUSA •St. Vincent's Cafe
10pm		
11pm		

MUUSA Guiding Principles

Be respectful of fellow campers, Trout Lodge staff, and the beautiful natural surroundings of the Missouri Ozarks.

Make an effort to greet everyone you encounter and look out for the safety of our camp community, especially the young, and not-so-young.

MUUSA welcomes all people regardless of age, race, ethnicity, gender, sexual orientation, social class or ability.

Our Theme Speaker

Dr. Glen Thomas Rideout

In an address to the Unitarian Universalist Ministers Association, The Rev. Otis Moss III, senior pastor of the 8,000-member Trinity United Church of Christ, named Rideout "without a doubt one of the greatest ministers and gifts to this nation." Artist, theologian, teacher Dr. Glen Thomas Rideout is among Unitarian Universalism's most prolific worship leaders, an influential voice in worship and music craft in a season of fundamental culture shift faith-wide.

As Director of Worship and Music for First Unitarian Universalist Congregation of Ann Arbor, Rideout leads the uncommonly-collaborative, team worship planning process he created with the Rev. Gail Ruth Geisenhainer (GUISE-in-hayner) in 2014. During his tenure, Ann Arbor's worship and music ministries risen to a denominational leader in congregational singing innovation, ensemble spiritual practice, and liturgical imagination.



Headshot by Mike Halerz

Popular Offerings

MUUSA Central

Check out the MUUSA Central! We will carry bestselling books from the UUA for all ages on a wide variety of subjects. We will also feature CDs by our camp pianist Bonnie Ettinger. If there are particular books from the UUA you would like to recommend, please send your suggestions by June 1st to Lauren Lyerla at laureninstlouis@gmail.com.

Holly Jamison 5K Walk/Run

Led by Dave Gorman, Will Van Dyke. Join your fellow campers on Thursday at 7am for the 7th Annual MUUSA 5K (3.1 miles) Walk/Run, now named for its founder Holly Jamison (who may join us)! There will be prizes for everyone! All are welcome and no one is too fast or too slow, too young or too old. Be a part of a healthy annual tradition! Contact Will Van Dyke, wvd@sbcglobal.net.

Camper Art Fair

Calling all artists! Join us for the 8th Annual MUUSA Art Show and Sale. Items sold must be original, handmade visual arts or crafts created by the artist attending MUUSA in 2020. Fill out an application online at www.muusa.org/artfair. Applications and images need to be submitted by April 1st. To find out if you qualify or to request a hard copy of the application, contact Karen Seymour-Ells at karen@karenworks.com. Thirty percent of the sale price is donated to the MUUSA Scholarship Fund.

Trout Lodge Offerings

YMCA of the Ozarks, Trout Lodge is located on 5,200 acres of pine and oak forest on a private 360-acre lake 75 miles southwest of St. Louis, Missouri, outside of Potosi. Accommodations are available for all budgets. See page 9 for details.

Your camper fee also includes:

Three buffet meals a day: All-you-care-to-eat buffet offers multiple entrees and sides, a children's buffet, a salad bar, and desserts. Vegan, vegetarian, and gluten-free options are available. Please specify dietary restrictions on registration form.

Free daily activities: Trout Lodge offers many fun activities at no additional charge! Favorites include: archery, biking, boating, fishing, geocaching, hiking, lawn games, shuffleboard, tennis, and volleyball. There are late afternoon activities each day for all ages.

The following special activities are available for a small fee payable in advance to Trout Lodge at the Waterwheel County Store:

Adventure Activities: Climb the 50-foot hourglass-shaped Alpine Tower, conquer the 20-foot Pines Peak climbing wall, or take on the obstacles built into the Summit Explore & Rappel course. Alpine Swing and Summit Zip also offer unique adventure experiences.

Triangle Y Ranch: Enjoy the working horse ranch and experience adventure on horseback! Trails are designed to delight both first-time and experienced riders. There are over 60 horses as well as professional full-time wranglers.

Arts & Crafts Center: Unleash your creativity! A daily craft project for children is offered. Artists of all ages may wish to try jewelry making, tie-dye, ceramics, scrapbooking, candle-making, and more.

Adventure Outdoors with Trout Lodge

MONDAY, 4:00–5:00 pm

Rock Climbing at Pines Peak: 10 participant max. \$7/person for one climb.

TUESDAY, 1:30-3:30 pm

High Ropes Course at Summit Explore: 8 participant max. \$15/person.

WEDNESDAY, 4:00-5:00 pm

Guided Hike: No participant max.

THURSDAY, 1:30-3:30 pm

Nature Hike: No participant max.

Sign up and pay at Country Store.

Activities

Enjoy a variety of activities sponsored by MUUSA and Trout Lodge including:

- **Biking:** Bring your own or borrow one free—first come, first served.
- **Club MUUSA:** Evening dancing with DJ.
- **Coffeehouse:** Live entertainment from fellow campers. Please share your talents!
- **Dinner Discussions:** Share a meal in discussion with a small group. Daily sign-ups on site.
- **Fee-based Activities:** Sign up and pay in advance for fun activities hosted by Trout Lodge. Sign up at Country Store. No refunds unless Trout cancels the activity.
- **Fourché Valley Golf Course:** Challenging 9-hole, par 36 course for a small fee. Five minute drive from Trout Lodge.
- **Geneva Square:** Daily after-dinner play time for all ages. Balloons, face painting, and more. Adult volunteers welcomed!
- **Intergenerational Events** Country Line Dance, Karaoke, All Ages Contra Dance *in memory of Jerry Hickman*, Pun-Off, Sing-Along, and more!
- **Morning Celebration:** Daily UU worship service led this year by Dr. Glen Thomas Rideout.
- **St. Vincent's Cafe:** Quiet conversation, board and card games (meets in the evening, but available all day).
- **Ultimate Frisbee:** Join a pick-up game near the tennis courts!
- **Vespers:** Unique half hour evening services after dinner.
- **Workshops:** Choose from workshops designed to

Children's and Youth Programs (Infant-12th Grade)

"Growing up at MUUSA helped teach me to be the best person I could be, how to love and be loved, and developed some of my most meaningful relationships!!" Ellie McCormick, 23 years old, Kalamazoo, MI

Children's Program

School age children are divided into groups based on their age at camp: 6- & 7-year olds; 8- & 9-year olds; and 10-years+. Each group will engage in a wide range of activities that are suited to their age. For all age groups, an emphasis will be placed on combining traditional camp fun with UU themes. Different learning styles and personalities of children are considered so no one feels left out or bored. Lifelong camp experiences start here!

Our attentive, caring **nursery** staff provide a safe and fun environment for our infants. **4- & 5-year olds** enjoy a range of fun and educational activities from crafts to being outdoors. For **6 year olds through incoming 6th graders**, experienced MUUSA and YMCA staff team up for teambuilding games, arts & crafts, outdoor activities, wall climbing, archery, swimming, hiking, boating, religious education, and much more. For more information, contact Tabitha Rasmussen (theviolinmommy@aol.com) or Greg Spahn (gspahn@sbcglobal.net).

Jr. High

Entering 7th, 8th or 9th grades

Waiting Speedboat! In the Junior High Program, or "Meyer," junior highers live together in a cabin with their hardworking counselors who create a safe place for sharing, learning their own boundaries and building a fantastic community. Our young teens submerge in team-building initiatives, mystery solving, pun-offs, games, dancing, and workshops focused on creating change and growth, personally and community wide. All Meyer activities are designed to support emotional and spiritual growth, and empower junior high youth. We are also sure to have plenty of fun, like it's a vacation or something! For more information, contact Ben Krueger (benjkrueger@gmail.com) and Trevor Smith (trevorsmith7224@gmail.com).

Sr. High

Entering 10th, 11th or 12th grades

In our Sr. High program, which we call "Burt," we create a community where we love and support everyone no matter what, become courageous and responsible, discover ourselves, make life-long friends, and have a ton of fun. We do this through required and optional activities such as daily small groups, nightly youth-led worship, a ropes course, and much more. "Burtoids" live together in a Camp Lakewood cabin with the help of a caring and dedicated staff. Each year we delve into how UU principles can guide us to make a positive difference in the world around us. For more information, contact Abe Marsh (abemarsh@gmail.com) and Nukahh Hlaban (mynameisnukahh@gmail.com).

Sponsoring Young Campers

Campers under 18 must either be accompanied by a parent or guardian, sponsored by a relative, or sponsored by someone from the church they attend. Adults may sponsor up to two non-family campers per family unit. If these conditions are not met, camper registration will be contingent upon approval of the program coordinators, no later than a week

prior to the start of camp. Sponsors are responsible for the youth under their care during camp week, and should youth be asked to leave their programming due to rule violations or illness, they will stay with their parent or camp sponsor. If the parent/guardian does not have appropriate housing, they must arrange for the youth to stay with another camper who has signed off on the arrangement. Sponsor name and contact information must be listed on the registration form.

Young Adults (YAs)

We are an awesome collection ages 18-35, who plan our own late-night worships, do tie-dye and zip-line paintball, lead and attend workshops, and hang out! We have YA-specific cabins in Camp Lakewood (priority for YAs under 21), but our community is all over the camp. Contact Heather Pechtl (heather.pecht@gmail.com).

Adults

This brochure is full of activities and workshops of all varieties. Workshops run about 2 hours on topics from spirituality, crafts, music, dance or outdoor activities. If you're a parent, workshops are at the same time as children's programming. MUUSA and Trout Lodge provide other informal adult programming as well. For more information, contact Carolyn Hildebrandt (Carolyn.Hildebrandt@uni.edu).

Morning Celebration (8:45 am—9:45 am)

Each morning, Dr. Glen Thomas Rideout will lead a multi-generational service on the theme topic “To Breathe on Purpose.” Services include children’s stories and choral music from the Awesome Choir, led by Pam Blevins Hinkle and accompanied by Bonnie Ettinger.

MUUSA Workshops

Workshops offer opportunities for learning, personal growth, and fun. They are an excellent way to get to know other campers in a small group setting and to benefit from the wonderful talents, skills, and insights the workshop leaders have to offer. Workshops are filled on a first-come, first-served basis based on the date you sign up online or the date your mailed application is processed by the Registrar. You will be enrolled in workshops in the order of your listed preferences, providing workshops are not filled. You may enroll in multiple workshops in the same time slot if they are offered on different days. There is no additional cost to participate in workshops, unless a materials fee is noted (which is payable to your workshop leader on the first day of the workshop).

Sunrise Workshop (6:00-7:00 am)

SR-1 Wake Now, My Senses: Dawn Photo Walk

Led by Roger Easley. Dawn is a magical time to take photos on the shores of our camp’s lake. Will we have mist over the water, or golden reflections? We may see wildlife as we walk to the dam. No lecture, but the leader will answer questions. Bring your own camera. **1 Day: T. Limit: None. Fee: None.**

Morning Workshops (10:00-11:50 am)

M-1 Yoga, Meditation, and Sound Healing

Led by Ruth Day. Class begins with yin yoga poses, flowing through vinyasa poses, and finishing with stretching & seated or guided meditation. There will be music during class and several instruments (tuning pipes, singing bowls, ocean drum) to open & close the practice & to aid meditation. Some yoga experience is suggested, but all are welcome to come and practice. To meet each student’s experience & needs, modifications for greater ease or challenge will be offered. **5 days: M-F. Limit 40. Fee: None.**

M-2 Contra Dancing for Serious Fun and Community

Led by Ken Sharp & Laurel Spahn. Contra dancing has been thriving since the 1700s. The music is foot-tapping energetic, and a caller gives instructions during the dance. You and your partner interact with other dancers during a variety of moves and patterns. Participants generally can’t stop smiling. No partner necessary for enrolling. **5 days: M-F. Limit 40. Fee: None.**

M-3 Awesome Choir

Led by Pam Blevins Hinkle. Sing fabulous music in a variety of styles, provide musical support for Morning Celebrations, and have BIG fun! All experience levels (including no experience at all) and all voice types

welcome; participants choose what section they want to sing in (soprano, alto, tenor, bass). Note: In addition to the morning workshop time slot, the Awesome Choir also meets at 8 am, Tu-F, prior to Morning Celebration. **5 days: M-F. Limit 50. Fee: None.**

M-4 Tai Chi

Led by Nan Fox Come join us in this beautiful moving meditation done to music. We’ll practice Huang style Tai Chi and we’ll incorporate Chi Gong warm-up exercises as well. Both beginners and more experienced students are welcome. **5 day: M-F. Limit 50. Fee: None.**

M-5 Getting Older Ain’t for Sissies

Led by Terri Gaitskill. Looking at many aspects of ageing, from physical changes, emotional challenges, healthy lifestyles and the impact on health, Advance care planning - the practical knowledge, not financial or legal, addressing ageism, introduction to Dr. Atul Gawande’s book - Being Mortal. **5 days: M-F. Limit: 30 Fee: None.**

M-6 Writer’s Workshop

Led by Deidre Sheets. A workshop for experienced writers, novice writers, and everyone in-between. In a respectful, weeklong writing community we will work to find forms of expression, bring together fragments and ideas, and practice listening as well as offering feedback. This workshop will provide structure and guidance for both exploratory writing and the development of ongoing projects. We will practice writing and revising as well as sharing, listening, and responding. By the end of the week everyone should have inspiration, momentum, and pages filled with the fruits of their labor. **5 days: M-F. Limit: 16. Fee: None.**

M-7 Why NeoPagan?

Led by Melissa Rockenfield. A definition and outline of Neopagan practices and what it means to be a UU NeoPagan. **2 days: T, Th. Limit: 30. Fee: None.**

M-7 It's Not Easy Being Green

Led by Melissa Rockenfield. A discussion of Green considerations for death, and burial. **1 days: W. Limit: 40. Fee: None.**

Early Afternoon Workshops (1:45-3:35 pm)

EA-1 Sailing Intro: The Closest You Can Come to Being a Bird

Led by Carole Womeldorf. Sailing is wonderful: part technical, part physical, and part nature. It's a bit of adventure combined with the grace of flying on the water. Don't let fear of flying hold you back! With practice you'll learn to connect yourself to the sails and the wind. Join us for a new adventure. We'll start on land with some explanations, laughs, and lots of hands-on water and wind experience on stable Hobie Bravos hosted by the Y. Beginners welcome. Come learn to fly with us! **5 days: M-F. Limit: 14. Fee: None.**

EA-2 Making Your Mark: A Fabric Journey

Led by Stephanie Robertson. Dyeing fabric connects us to the cloth and can be mindful and meditative. Come explore several fabric dyeing and printing techniques including indigo, rust and eco-dyeing, and silk painting! **3 Days: M, W, F. Limit: 15. Fee: \$30.**

EA-3 Improv for Everyone

Led by Tom Robertson. Participatory workshop providing an introduction to short form improv through exercises and games, and how the principles of improv apply to everyday life. Participants will explore the "Yes, and" philosophy, practice listening skills, learn how to make strong choices, develop characters, and techniques to overcome being stuck in a scene. No prior performance experience is required, and participants do not consider themselves to be natural comedians. New games and exercises will provide past participants with new elements in the class. **5 days: M-F. Limit: 18. Fee: None.**

EA-4 The Five Invitations: Discovering What Death Can Teach Us About Living Fully

Led by Ann Kamman. Frank Ostaseski, a Buddhist teacher and leader in end-of-life care, suggests these 5 invitations to participate fully in life and avoid regret: 1) Don't Wait; 2) Welcome Everything: Push Away Nothing; 3) Bring Your Whole Self to the Experience; 4) Find a Place of Rest in the Middle of Things; 5) Cultivate Don't Know Mind. We'll approach this as a kind of book review - one chapter each day. **5 Days: M-F. Limit: 10. Fee: None**

EA-5 Dance Master

Led by Alex Enersen. Come learn how to swing dance with ya boi Alex. It's an hour of dance lessons with a social dance afterward. No need to bring a partner; you'll get to dance with everyone. Bring your friends, and leave with more! **3 days: M, W, F. Limit: 20. Fee: None.**

EA-6: #LivingMyBestLife

Led by Jamie Shepherd. Through exploration of purpose and meaning, #LivingMyBestLife empowers participants to maximize their potential and live their best lives. Going beyond passion to consider purpose, participants explore how they can utilize their gifts and talents in service to something bigger than themselves. This workshop will be especially beneficial to Young Adults who are considering what major or career to pursue, but it is also a great opportunity for adults of all ages to re-focus through career and life transitions. Bring a notebook or journal. **4 days: M-F except day of Float Trip. Limit: 25. Fee: None.**

EA-7 Play and Sing!

Led by Guy Loftman & Eve Loftman Cusack. Would you like to develop your guitar and ukulele skills? Would you like to sing and learn great folk and pop songs? Here's your chance to do both. The first hour will be instrument teaching/learning/practicing. Eve plays ukulele. Guy plays guitar. All instruments are welcome. We'll have chords and words for most any song. The second hour will be a sing along for anyone who wants to join us, and we'll put some of those new accompaniment skills to good use. Come to one or both hours. **5 Days: M-F. Limit: 20. Fee: None.**

EA-8 Photography for Everyone

Led by Roger Easley. Today's cameras and smart phones make it possible for everyone to take photos. You can learn techniques for getting better photos that you are proud to share. We will cover tips on engaging compositions, posing people, and editing basics. **3 Days: M, W, F. Limit: 20. Fee: None.**

Late Afternoon Workshops (4:00-5:30 pm)

LA-1 Introduction to Long Form Improv

Led by Tom Robertson. Two-day participatory workshop providing an introduction to long-form improv, specifically, The Harold, through games and exercises. Some previous improv or performance experience helpful but not required. **2 days: T, Th. Limit: 12. Fee: None.**

LA-2 Laugh In

Led by Guy Loftman. A crowd sourced happening. Share stuff you think is funny. Jokes, riddles, odd experiences, etc. Family Friendly. Humorous contributions appreciated, but not required. **3 days: M, W, F. Limit: 30. Fee: None.**

LA-3 Starting & Sustaining Your Non-Profit

Led by Charles Wallner. Interactive workshop in developing or maintaining nonprofits. Topics: 1- the process in starting a nonprofit; 2 - steps in obtaining state and federal recognition; 3 - due diligence issues in governance; 4 - financial reporting, 5 - available local resources, Participi-

pants are encouraged to bring information about the proposed or existing nonprofits they are involved with. Individual coaching provided at camp. **5 Days: M-F. Limit: 10. Fee: \$10.**

LA-4 Dungeons & Dragons, Running the Game

Led by Rob Miroballi. This is a workshop for Dungeon Masters who want to learn more about running the game. We will cover rules, managing the game, creating worlds and creating one shots. **3 days: M, W, F. Limit: 12. Fee: None.**

LA-5: Essential Oil Make & Take

Led by Nicole Nichols. Come to learn about essential oils and make a roller bottle or spray on day one. We'll try out bath salts or other remedies on day two. **2 days: T, Th. Limit: 20. Fee: \$15.**

Sunset Workshops (7:00-8:50 pm)

SS-1 Taste the Rainbow—A World of Beers

Led by Nate Warner. There's much more to the world of fermented liquids than wine and yellow fizzy stuff; let's appreciate some of it! Come check it out if you'd like to participate in a discussion, learn a bit, and appreciate a lot of flavors. And when class is out, most times some folks will stick around for a little community building! Heck, there might even be a field trip again! **3 days: M, W, F. Limit 25. Fee: 6-pack of beer—something unique to share.**

SS-2 5th Ed. D&D One Shot

Led by Rob Miroballi. A custom D&D Adventure with pre-made characters. No prior experience is needed. Spectators are welcome. **2 days: T, Th.. Limit: 8. Fee: none.**

River Float Trip

Tuesday, 9:45 am - 5:00 pm.

Led by Dan Hermann, Jeff Teppema. Join us for a day floating down the Huzzah River. Transportation, rafts, and lunch are provided. After a 30-minute bus ride, plan for 4-6 relaxing hours on the river. Rafts hold 4 to 6 people, ages 8 and older. Each child under 18 must attend with a parent or designated adult; one child per adult. Refunds are granted if we cancel for low participation. If the resort must cancel for unsuitable conditions, MUUSA gets no refunds, and will reschedule the trip in a subsequent year. Cancellations with a full refund are accepted until June 15. **Cost \$55/person, limit 60.** We can add participants during the week of camp but the fee increases to \$65.

Spice Up Your Dinner

NEWCOMER DINNER

Monday, 6:00-7:00 pm

First time at MUUSA? Join Ajay and Carolyn for a fun meet-and-greet with other new campers. Get the inside scoop on exciting things to do at MUUSA! *Hosted by Ajay Rao and Carolyn Hildebrandt.*

SPEAKEASY SOCIAL CLUB

Monday-Friday, 5:00-6:00 pm

Wander over to the Trout Lodge patio before dinner to socialize with friends and soon-to-be friends. Share adventures of the day and partake of boxed wine & lemonade (provided by your Speakeasy hosts) and any other libations/snacks which participants care to share. *Hosted by Julie Enersen.*

GRUMPY OLD MEN OF MUUSA

Tuesday, 6:30-7:30 pm

Elder males eat, drink and gripe together. Other folks are welcome, to keep us more or less honest. Participants drop off drinks, get food in dining hall and return to gathering area. *Hosted by Guy Loftman.*

BEER CHOIR

Thursday, 6:00-6:50 pm

An informal dinner gathering, BYOB (or other adult beverage) and prepare to sing from a collection of songs from the MUUSA Beer Choir Book of Song! *Hosted by Connie Loftman.*

PRINCIPLES OF BURNING MAN & UU-ISM

Thursday, 6:00-7:00 pm

Burning Man gatherings are based in principles UU's can embrace, such as Radical Inclusion, Communal Effort and respect for the environment. There are regional events that make it possible to experience a Burning Man community without traveling to the Nevada desert. *Hosted by Roger Easley*

Vespers Memorial Service

Wednesday, 7:00-7:30 p.m.

Led by Ruellen Fessenbecker. We will be remembering MUUSA campers who passed away this year. Please contact Ruellen (rfessenb@indiana.edu) for further information.

**"I love that I started the week not knowing anyone except my children,
but ended the week with lifelong friends." Geeta Palumbo, Kansas City, MO**

Gender Neutral Bathrooms

We are delighted to announce that Trout Lodge YMCA has agreed to designate two bathrooms in the Lodge as gender neutral. This means that there are now gender-neutral bathrooms in almost all public buildings and spaces. Many thanks to the YMCA for working with us to make MUUSA a welcoming space!

Polly Schaad Fund for Directors of Religious Education

The Polly Schaad Fund is available to support camp costs for one Director or Minister of Religious Education (DRE/MRE) who has not yet attended MUUSA. The goal of the funding is to spread the word about MUUSA to congregations that may not yet have a large presence at camp.

Do you have a DRE or MRE in mind? Please contact Carolyn Hildebrandt (Carolyn.Hildebrandt@uni.edu) by March 1st.

MUUSA Scholarship Fund

If finances are tight and MUUSA doesn't quite fit into your budget this year, we hope you will apply for a scholarship. These funds strengthen our community and we want to be sure you know they are available. To learn more, including how to apply, please visit muusa.org/index.php/scholarship. Direct additional questions to the Scholarship Committee Coordinator, Sarah Lensink (littleirishsarah@gmail.com).

Learn how to donate to the fund on page 11.

MUUSA Verde

Help us keep MUUSA “green” by recycling and using reusable water bottles and coffee mugs. Are you able to take glass home from camp to recycle? Are you interested in organizing other MUUSA Verde actions? Contact Ajay Rao (ajedegreat@gmail.com) or indicate your interest on your registration form.

Housing Options

Please consider sharing a room with as many others as possible to reduce your cost and make optimum use of housing. Pictures & floor plans are posted at www.muusa.org

In Sunnen Center

The Sunnen Center Lodge is newly refurbished! This is where you will find most workshops, dining, games, lounge areas, outdoor patios, and nursery. The Lodge has the best options for those requiring rooms accessible to those with physical challenges.

Loft Suites (LOF)

- Enter on 5th floor of Sunnen Center.
- 19 air-conditioned rooms each have 2 levels and stairs.
- Guests enter the loft suite on the upper level.

Upper level:

- Room includes a sofa, roll-away bed, sink and vanity, table and chairs, and small refrigerator.

Lower level:

- Stairs in the loft suite lead down to the lower level, 2 queen beds, a bathroom with separate vanity area.
- Walkout balcony has a view of the lake.

Loft suites are recommended for 3 or more adults choosing to share housing or families of 5 or more.

Guest Rooms (GST)

- Enter on 1st through 3rd floors of Sunnen Center.
- 60 air-conditioned guest rooms are available.
- Room includes 2 queen beds, rollaway bed, a bathroom with separate vanity area, table, and chairs.
- Walkout balcony or patio has a view of the lake.
- More rooms now available with disability access! Please notify the Registrar if you have special needs or need a refrigerator for medical needs.

On Trout Lodge Property

These options require more walking to reach workshops and dining, but are closer to Jr. and Sr. High cabins, waterfront, Children's programming, and Morning Celebration.

Lakeview Cabin Rooms (LAK) - near waterfront; 20 air-conditioned bedrooms

- Two private rooms with 1 full bed, 2 bunk beds (1 top and 1 bottom), and a designated private bathroom with a shower.
- Private bathroom and shower in each room
- Common living area with sofa, table and chairs, stone fireplace, and small refrigerator, stone fireplace
- Extra sleeping space with 2 roll-aways and a crib
- Screened wrap-around porch.

Forestview Cabin Rooms (FOR) - on a hill near Morning Celebration; lower and upper units; 20 air-conditioned bedrooms

- Floor plans are same as above for Lakeview Cabins but nestled into woods: a bit more secluded, less foot traffic.

Cabins are ideal for families to share space with other families, but still preserve some privacy.

Tent Camping (TEN)

- On-site camping is located in North Valley, a flat, grassy clearing surrounded by trees and available to all attendees.
- Bathrooms with showers are available in adjacent North Hall.
- Campers provide their own tents and other equipment. Need to borrow a tent? We have some regular campers willing to share their tent with you (limited number first-come, first-served). Please notify Registrar if you need to borrow a tent.

Housing Options (cont.)

On Camp Lakewood Property

Rustic accommodations at reduced prices. 10-15 minute walk to dining and most workshops. **Alcohol and smoking are strictly prohibited.**

Camp Lakewood Cabins (CLW)

- Rustic air-conditioned cabins in the adjacent Camp Lakewood are offered as a lower cost option.
- Include large bedrooms with bunk beds that sleep 8-10, individual or shared bathrooms and a common room. In addition to the Jr. High staff, cabins will be available to adults and families.
- Cabins are very rustic and do not have locks. The rooms are not private, but single gender dorm rooms will be available.

Young Adults (YACL)

- These 3 cabins are primarily used by YAs ages 18-21, but welcome to all who participate in YA programming.
- Bunk beds, shared bathrooms and a shared living room.

Jr. High (JRHI) and Sr. High (SRHI)

- Air-conditioned cabins in the adjacent Camp Lakewood will be designated for Jr. High and Sr. High campers.
- Each cabin has large bedrooms with bunk beds, shared restrooms and a large great room with a fireplace and kitchenette.
- Jr. High and Sr. High campers are under the care of experienced counselors who will stay in the same buildings and provide supervision.

Registration Policies

Register online at www.muusa.org or mail the attached registration form. Only online or mail registration is accepted. Please do not email or fax your application.

Online Registration Benefit: Campers are encouraged to register online at www.muusa.org so that they can select their own room using the online room selection tool. When camp is nearly full, room selection will be closed. If room selection is closed, please contact the Registrar who will assist with room selection.

Campers are encouraged to pay their balance before camp. Balances can be paid before camp through the website via PayPal or by check to the Registrar. All checks should be mailed by June 15, 2020. **Please consider helping save MUUSA expenses by paying by check.**

Early Arrivals: You are welcome to arrive on Saturday, June 27 although you may need to stay in a different room Saturday night. Note also that MUUSA activities and the MUUSA menu will not begin until Sunday evening and all children under 18 must be under the care of an adult. Rates for early arrival are \$140/person over age 12 and \$50/child ages 5-12. Contact the Registrar (registrar@muusa.org) to coordinate an early arrival.

Late Departures: Contact Trout Lodge directly if you would like to check out after July 4th.

Commuters: We will accept commuters once camp is full at the discretion of the Registrar. Contact the Registrar at registrar@muusa.org to sign up for the commuter wait list.

Part-week Campers: Pro-rated rates may be available for overnight or partial weeks (less than 5 nights) at the discretion of the Registrar and only in the event that camp is not full. Contact the Registrar (registrar@muusa.org) for more information. Late registration fees apply.

Day-passes and drop-in visitors: Visitors staying longer than 2 hours must register. Fees range from free (for children under 6) to \$85/person depending on age and meal plan. A \$20 late fee will be assessed for in-camp registration. Contact the Registrar at registrar@muusa.org to register your day pass ahead of camp. Visitors and day passes may attend workshops with the leader's permission.

Our cancellation policy has changed:

- **Cancellations on or after April 15:** Campers who cancel on or after April 15 forfeit their deposit.
- **Cancellations on or after June 1:** Campers who cancel on or after June 1 will be charged 50% of their total camp fee.

The executive committee may use its discretion to waive cancellation charges in cases of serious illness or other unavoidable circumstances. Please notify the registrar immediately as soon as cancellation is known.

If you have any questions, please **contact Registrar Adrienne Prairie Cruise directly at registrar@muusa.org** and copy Carolyn.Hildebrandt@uni.edu and John Sandman at muusatreasurer@gmail.com.

Do you require assistance or have needs of which the Registrar should be aware?

Let us know about disability access, refrigerator for medicines, service/companion animals, or other accommodations.

Registration, Rates, and Payment

MUUSA 2020 Camper Fees					
	Trout Lodge, Lakeview, Forestview	Camp Lakewood	Tent	Commuter (2 meals/day)	Commuter (3 meals/day)
Children <6*	\$100	\$100	\$100	\$100	\$100
Age 6 to 6th grade (entering)*	\$375	\$375	\$242	\$200	\$225
Jr. and Sr. High	not applicable	\$525	not applicable	not applicable	not applicable
Young Adult (YA) <21	See adult rate		\$360	\$325	\$390
Adult, 4 or more per room*	\$725	\$580	\$385	\$360	\$420
Adult, triple occupancy*	\$780				
Adult, double occupancy*	\$850	not applicable			
Adult, single occupancy	\$1,700	not applicable			

***Please count children 6th grade and under in room occupancy.**

Roommate preferences for cabins and Trout Lodge must be made in advance. Contact the Registrar (registrar@muusa.org) to share your roommate preferences or for help arranging a roommate. The Registrar will assume you want a roommate (double occupancy) unless you indicate otherwise, and will arrange a roommate for you if you do not have a preference.

Important Dates

February 1: Workshop registration and scholarship applications open. Housing selection and changes open to all campers who have paid their deposit.

April 15: Deadline to cancel without forfeiting deposit.

May 15: Scholarships granted and applicants notified of awards

May 31 Deadline to cancel and not forfeit 50% of camp fees.

Housing Abbreviations

GST = Guest Room	LOF = Loft Suite
FOR = Forestview Cabin	LAK = Lakeview Cabin
TEN = Tent	CLW = Camp Lakewood
JRHI = Jr. High	SRHI = Sr. High
YACL = Young Adult Camp Lakewood	

Frequently Asked Questions

How can I help others with camp costs?

Campers with financial limitations are eligible for scholarships. We ask those of you who can afford to help to consider a gift of \$10 or more to the scholarship fund. A place is provided on the registration form to note your optional donation.

Whom do I call with Trout Lodge questions?

Carolyn Hildebrandt is MUUSA's designated liaison to Trout Lodge...please contact her at Carolyn.Hildebrandt@uni.edu rather than calling Trout Lodge directly.

What are the communications and amenities like?

Wireless internet access is offered throughout Trout Lodge and Camp Lakewood. Cell phone reception is best for AT&T customers. Other providers may have limited coverage. Rooms and cabins do not provide telephones, televisions, or hair dryers.

Camp Is What We Make It!

Would you like to organize an informal activity or group during the week of camp?
Seeking fellow drum players for a drum circle? Hoping to play Cards Against Humanity with other campers?
Contact Carolyn Hildebrandt (Carolyn.Hildebrandt@uni.edu) to arrange space.

Registration Form – MUUSA: June 28 - July 4, 2020

Household Information

(Please provide information for additional campers on attached additional page if needed)

Home Address: _____ City: _____ State: _____ Zip: _____
 Family Name: _____ Church/Fellowship/Society: _____

Names		Date of Birth mm/dd/yy	Grade-Fall 2020	Pronoun (He, She, They, Any, Xe, Ze, Other, None, Ask Me)	Housing Choice <i>For adults/YAs</i>			Roommate Choice <i>For adults/YAs</i>	Email Address & Phone for Camp Roster <i>Must be legible. If in doubt, please add a page with typed ad- dresses</i>
Last	First				1st	2nd	3rd		

You may enroll in multiple workshops for the same timeslot if they are offered on different days. List all in your choices.

Participant First name from above	Workshop Choices										Volunteer Choices Codes at right			
	Sunrise	Morning			Early Afternoon			Late Afternoon				Sunset		
		1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd				

Volunteer Codes

1=Bookstore
 2=Babysitting Co-op
 3=Baggage Assistance
 4=Opening/Closing Celebra-
 tions
 5=Check-In
 6=Nursery
 7=Morning Celebration
 8=MUUSA Verde
 9=St. Vincent's Cafe

Scholarships are Available!

Details are at
www.muusa.org
 Check if you are applying for
 a Scholarship:
 ___ yes ___ no

Dietary Restrictions

Indicate number of campers:

___ vegetarian
 ___ gluten-free
 ___ vegan
 ___ other (describe)

Adult Sponsors

for Jr./Sr. High camper(s)
 attending without a parent:
 Youth Name Sponsor

Tent Sharing

___ can loan a tent
 ___ need a tent

Calculate amount due now:

Deposit \$200 for individual, \$400 for families/households \$ _____

Late fee, effective June 1 for each camper age 12 and over # ___ X \$30 = \$ _____

River Float Trip (Page 3) # ___ X \$55 = \$ _____

Scholarship Fund Donation (Optional)
 Suggested amount ≥ \$10/adult # ___ X \$10 = \$ _____

*If you have not already paid your deposit.

Amount due now: \$ _____

Make checks payable to: MUUSA, Inc.
 Mail check and this form by May 31, 2020 to
 MUUSA, Inc.

6348 Meis Ave Cincinnati, OH 45224

or

Register online (PayPal optional) at www.muusa.org

Remaining balance is due June 28 at check-in

For faster, smoother check-in please consider paying
 in full by check before June 15, 2020.

Come vacation with your friends
and other US
June 28 - July 4, 2020

Where you are welcomed to
a warm and loving community.
Where children are safe and treasured.
Where you'll always be accepted.
Where others share your values.
Where your spirit will be
renewed!
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Featuring Dr. Glen Thomas Rideout
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www.muusa.org

