

What is Golden Girls?

Golden Girls is a Lab tradition. This overnight adventure offers bonding time with the girls of the Lab, the youth staff, as well as learning about life in the outdoors. Through events such as 'Golden Girls,' teenagers are influenced through teaching, training, memories, and building strong relationships with each other. You will NOT want to miss it!!

Who is Golden Girls for?

- Sr. and Jr. high female youth:
- Friends are welcome, as well as those who do not attend Living Waters. We do however, have to be able to trust them in the sense that they are able to cooperate with fellow youth and youth staff.

What are we doing?

- We will be traveling to a campsite where we will chill out in the sun, swim, hike, explore the wilderness and just hang out having a good time.
- We will have teaching relevant to young women, focusing specifically on wisdom.

What are the dates & times?

- Friday, August 27th to Saturday, August 28th
 - Drop off @ Living Waters Church: Friday @ 8:00am
 - Pick up @ Living Waters Church: Saturday @ 7:00pm

What is the cost?

- Early registration on or before Sunday, August 8th is \$25
- Regular registration from August 9-15th is \$30
- Late registration from August 16-26th is \$35

This cost covers transportation, parking, and food.

Sibling Discount: Female siblings who register have a discount of 10% each

Note:

- Register ASAP. **There is limited space.** Those registering late will only be able to come if space is available.
- Registration is 50% refundable unless the trip is cancelled due to weather.
- Permission slip and payment **must** be handed in at the same time, only then will you be officially registered!

What do I need to bring?

Changes of clothes, Towel, Bug spray, Swim stuff, Walking/hiking shoes, Sleeping bag, pillow, Flashlight, Toiletries, Toilet paper, Water, Sunscreen, Bible, Small foamy, Garbage bag. (Speak to Whitney if you don't have a sleeping bag or small foamy and we will try to find one for you to use)

A snack to share (chips/candy/cookies if born on even day. Cans of pop/water/juice if born on odd day)

Camping supplies (tent, cooler, lantern, etc. If you have camping supplies please let us know so we can gather enough)

Safety

- Because of *nut allergies*, it is very important that no nuts or items containing nuts are brought on this trip.
- Also for safety do not bring lighters, matches, weapons, large knives, or anything else that could cause damage or harm.
- Drugs or Alcohol **will not** be permitted!

This trip is going to be awesome! We are looking forward to this adventure. This is a great way to finish off the summer months as we prepare to head back to school (*oops...sorry I brought it up*). Feel free to invite your friends along with us. If you have ANY questions or concerns, don't hesitate to contact us!

Sincerely,

Whitney Seiler, Living Waters Church

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WAIVER & MEDICAL RELEASE FORM

GOLDEN GIRLS CAMPING TRIP

Activity: Golden Girls Camping Trip

Date: August 27-28 2010

Chaperones: The Lab Youth Staff

Name of Child: _____ Age: _____

Address: _____ PC: _____

Phone: _____

Does your child have any severe allergies? (Bee stings, food, penicillin, other drugs) YES _____ NO _____

If yes, please explain: _____

Does your child have any life-threatening allergies? YES _____ NO _____

If yes, please explain: _____

Is your child bringing any medication with him or her? (Antibiotics, ventilator, Ritalin) YES _____ NO _____

If yes, please explain: _____

Does your child have any physical, emotional, mental or behavioral concerns or limitations that our staff should be aware of? YES _____ NO _____

If yes, please explain: _____

Precautions are taken for the safety and health of your child, but in the event of accident or sickness, *Living Waters Assembly*, its staff, and its volunteers are hereby released from any liability. In the event that your child requires special medication, x-rays or treatment, the parents/guardians will be notified immediately.

Your child must be covered by Provincial Health Insurance or equivalent medical insurance.

Provincial Health Insurance Number: _____

Parent/Guardian's Signature:

Date:

Camping Supplies that I can bring:
