

When you arrive:

Go directly to the auditorium lobby to **register and pay** (checks are preferred). You **must** register before you go to a cabin or room, or set up your campsite. You will be assigned lodging on a first-come, first-served basis.

Pre-registration is available for those with limited mobility or a disability, please contact Bob Tebo (989-865-9965) in advance for a room that will meet your needs.

Registration begins at 4 PM Thursday Aug. 21, first come first serve basis.

Accommodations:

Dormitory-style rooms or cabins. Bring your own bedding and towels.

Electrical hookups are available at RV and tent sites. And public bathroom facilities are provided for those sites.

Covered wagons may be available for rustic camping with a water pump, a picnic table and an out-house on-site. If you choose this option, bring sleeping bags and warm clothing; it often gets cold at night.

A daily camp fee of \$8/person is assessed for Fri. & Sun. to those staying just for the day. No additional charge to those camping in covered wagons.



Activities: Canoeing on the lake or on the AuSable River, hiking and horseback riding, pontoon rides, swimming, softball, basketball, volleyball, horseshoes, and strolling around

the boardwalk. The Observatory may be open at times. And a go-cart race with friends is always on the must-do list!

- 1) Parents are responsible for their children at all times.
- 2) Liability waivers are required for horseback riding and go-carts. Consider your abilities and use good sense when participating in all activities.
- 3) Flotation vests and seats are required for canoe, sailboat and pontoon use.
- 4) Helmets must be worn by all bicyclists.
- 5) Pets are allowed on a 6-foot leash, and only in RV trailer area.
- 6) Please observe quiet times: 10:30 pm each night.
- 7) Please clean up your area before you leave camp.

Camp AuSable is a Seventh-Day Adventist camping and recreation facility located in northern Michigan on 800 acres. Beautiful Lake Shellenbarger comprises 100 acres of the facility and provides opportunities for numerous water activities. A series of hiking trails, including a boardwalk that completely encircles the lake, and one of Michigan's finest Nature Centers offer a chance to commune with God through the wonders of the natural world.

Directions to camp:

Camp AuSable is located just east of Grayling, Michigan. When traveling northbound on I-75, exit left at the Grayling exit. Proceed into town, then turn right on M-72 east. Watch for Camp AuSable sign on the right after passing under the I-75 overpass.



For more information about camp dates, times and activities please contact Jerry Sundberg at: 989-621-7729, email: jerryhsundberg@gmail.com.

**2014
DISTRICT 6
RETREAT AT
CAMP AU SABLE
GRAYLING, MICHIGAN
AUGUST 21-24
(THURSDAY THROUGH SUNDAY)**




Hello church family—it's that time again! Come and enjoy a weekend with family and church friends before the hectic fall/winter season begins. Enjoy the best nature has to offer up north at beautiful Camp AuSable before Michigan becomes a Winter Wonderland again.

Worship our wonderful Creator. Be inspired by our speaker, Vicki Griffen, as she teaches us how to create a new and healthy lifestyle, including diet, attitude, and relationships with God and others—topics from her "Fit & free! Series.

Our retreat will start Thursday at 5:30pm with a Chuck Wagon Supper and ends at 4 pm on Sunday—giving you time for one more swim, horseback ride or walk around the boardwalk.

2014 D-6 Spiritual Retreat
Guest Speaker
Vicki Griffin



Vicki Griffin, MS, Human Nutrition; MPA, is the Director of the *Lifestyle Matters Health Intervention Series* and the *Fit & free! Building Brain and Body Health Series*; the Director of Health Ministries for the Michigan Conference of Seventh-Day Adventists; and the Editor of *Balance* magazine and *Balanced Living* tract series.

Vicki has authored numerous books and teaching materials for community health education. Her books for the Lifestyle Matters series include *Diet and Stress: Is What you're Eating, Eating you?*; *Foods for Thought: Nutrition's Link with Mood, Memory, Learning, and Behavior*; and *Living Free: Finding Freedom from Habits that Hurt*. She has authored three cookbooks which feature easy, fast, economical and nutritious plant-based recipes. She is the editor of *Balance* magazine, a health education magazine developed in cooperation with Adventist Health Systems. *Balance* magazine is widely used in community health outreach programs and is presently used in hospitals, urgent-care clinics and doctors' offices for patient education.

As a science writer, her special area of interest and research is lifestyle stressors and simple stress solutions; that is, the relationship between diet, lifestyle, stress mechanisms, and brain health. She has conducted numerous nutritional labs worldwide and specializes in economical, easy, plant-based recipes.

Vicki has a Master's degree in Human Nutrition, a Master's degree in Public Administration; and a Bachelor's degree in Social Work. She is a member of the Academy of Nutrition and Dietetics; the American Diabetes Association; and the American College of Nutrition.



Schedule of Activities

Note: There will be a special Time of Prayer at 7:00 AM in the Main Auditorium. Devotional and Breakfasts are at 7:45 AM. Lunches are at 12:30. Quiet Time is 10:30 PM.

Thursday

5:30 PM—Wagon Train Chili Supper
7:30 PM—Campfire Vespers at Wagon Train

Friday

9:30 AM—Canoe trip (3 hours) or other activities
1:30-4:30—Swimming, pontoon, canoeing on lake
3-5 PM—Camp Store open, Horses, other activities
5:30 PM—Supper

7:30 PM—Evening Program: Vicki Griffin— "How Urgent is This Message?"

Sabbath

9:30-10:30 PM—Sabbath School
11-12—Sacred Service: Vicki Griffin—"Engineered for Success"
12:30 PM—Optional Potluck Fellowship Lunch . *We will be eating at the picnic tables outside Dining Hall*
2pm-5 PM—Nature Center Open; Treasure Hunt
2-3 PM—Music Listening Session (in Observatory)
3:30-5:30 PM—Bus Trip to Hartwick Pines (need 10+ people, catch bus in main parking lot)
6:00 PM—Supper (in Dining Hall)

7:00 PM—Evening Program: Vicki Griffin—"Thank you Power"

8:30 PM—Wagon Rides to Fort and Campfire

Sunday

Note: Check-out is at 12:00 Noon , please remove your belongings from rooms and clean up your area for arriving campers. You still may use main bathrooms.

9:30-10:30 AM—Morning Program: Vicki Griffin—"Hearts on Fire" (Diet and Nutrition)

10:30-Noon—Horses, Pontoon Boat Rides, Swimming, Go-Carts; Camp Store Open

1-4 PM—Activities: 2nd Canoe Trip*, Pontoon Boat Rides, Swimming, Horses, Go-Carts; Camp Store

4:00 PM—Farewell to Camp

***Following lunch there will be cleaning assignments for dining hall and auditorium**



Bed & Board Rates (per night)

Cabin—\$20, \$40, \$60, or \$80 for 1, 2, 3 or 4 people.
Family Rate (with 3 or more kids): \$64.

Tent, Trailer, RV Site— \$20/night, up to 5 people.

Auditorium Room—\$30, \$50, \$70, or \$90 for 1, 2, 3 or 4 people. Family Rate (with 3 or more kids): \$74.

Wagon Train—A rustic adventure for those who may be otherwise unable to attend camp due to lodging expenses. Eight people per wagon (bunk beds). Bring warm clothing and sleeping bag; it can get cold at night. Call Bob Tebo for details; limited spots available so call early (989-865-9965).

*Family = 1 or 2 parents with dependent children living at home or school.

*For children ages 3-12 add \$8.00 per child per night to single or double occupancy rate, up to but not exceeding family rate. No charge for children younger than 3 years.

*Single parents with 3 or more children subtract \$5.00 total per night from all rates.

*Seniors, 60 and older, subtract \$10.00 per night per room from all rates, excluding family rate.

*Auditorium: All rooms sleep up to 4 people.

Meals: \$5.00 per meal ages 13 and above
\$3.00 per meal ages 3 to 12

Other Fees: **Go-Carts:** \$2 per ride
***2nd Canoe Trip:** \$10 per canoe