

HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



August 2007

TO: All Club Advisors and Adult Members
FROM: Pauline Kawamata, Ecology Camp Chair
SUBJECT: High School Hikers' Ecology Camp & Fall Hikers Workshop 2007

Get ready for Ecology Camp and Fall Hikers Workshop 2007! It will be held at Our Lady of Kea'au in Makaha. Attached are the general information flier and registration forms. Please run off copies as needed and distribute to all hiking club members, adults and chaperones.

The registration forms for students and chaperones consist of:

- General Information Flier (includes the camp schedule)
- Guidelines for Student Behavior While Participating in Ecology Camp & Fall Hikers Workshop 2007
- Registration Form
- Statement of Understanding and Acceptance of Guidelines for Student Behavior (bottom of Registration Form)
- Individual Liability Form
- Statement Concerning Swimming by Participant
- Medical Information Form (2 pages)

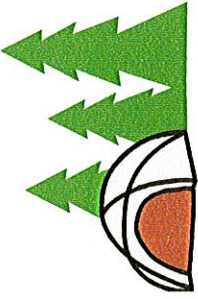
Additional sheets included in this package and for the advisors use include:

- Registration List
- Committees List (final list will be distributed to advisors by the end of August)
- Our Lady of Kea'au brochure

Reminders:

1. Distribute materials to your students as soon as possible to inform parents/guardians. Consider having a "Parents Night" to answer any questions they may have and to work out club logistics. Be sure to receive your school's approval of this activity by completing all forms, which are REQUIRED.
2. Each club will be allotted 10 student slots. Others will be placed on a waiting list. If additional slots are needed, advisors will be informed of space availability *based on the timely receipt of registration forms by each club*.
3. All students attending camp must complete ALL FORMS. All advisors and adult members, including chaperones, must complete the following three forms: registration, individual liability, and medical information. These are to be turned in with all registration forms.
4. Please make sure that all students attending this event understand that they will be required to participate in all the service projects and they must provide their own work gloves.
5. **IMPORTANT DEADLINES:**
 - ▶ All registration forms must be received by **MONDAY, OCTOBER 23.**
 - ▶ Checks can be submitted at the HSH meeting on Thursday, November 1.
 - ▶ **NO REFUNDS AFTER OCTOBER 31, 2007!**
6. Mail to: Pauline Kawamata
Hawaii Nature Center
2131 Makiki Heights Dr.
Honolulu, HI 96822

**HIGH SCHOOL HIKERS'
 ECOLOGY CAMP AND
 FALL HIKERS WORKSHOP
 NOVEMBER 10-12, 2007**



GENERAL INFORMATION

This year's Ecology Camp and Fall Hikers Workshop will be held at Our Lady of Kea`au in Makaha. Camping will be done in tents. There are showers, restrooms and dining facilities available at the secured campsite.

COST: \$30

(includes food, T-shirt, and facilities use fee)

- ▶ Space is limited so sign up early.
- ▶ All registration forms are due by **Monday, October 23.**
- ▶ No refunds after October 31.

In case of emergency, call:
 Your club advisor: _____

Our Lady of Kea`au: 696-7255

Tentative Schedule

Saturday, November 10

10:00 am
 Arrive at camp and set up.

Noon

Lunch - Bring own brown bag lunch.

1:00 - 4:00 pm
 On-site service project for the Sisters
 at Our Lady of Kea`au

5:00 pm
 Dinner

6:00 - 9:00 pm
 Fall Hikers Workshop

Sunday, November 11

7:00 am
 Breakfast

8:00 am - 4:00 pm
 All day service projects and educational
 field trips to Ka`ala Farms and Ka`ena Point
 Natural Area Reserve

5:00 pm
 Dinner

7:00 - 9:00 pm
 Eco Camp Challenge

Monday, November 12

7:00 am
 Breakfast

8:00 am

Camp evaluation
 Clean up and breakdown

Check out by 11:00 am

WHAT TO BRING
Label all belongings!

CLOTHES:

- Long pants
- Shorts
- T-shirts
- Jacket
- Socks
- Underwear
- Hat (for sun)
- Rain gear
- Swimwear
- Hiking boots
- Slippers (for in camp use only)

PERSONAL:

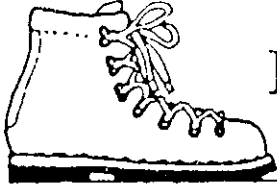
- Toothbrush/toothpaste
- Medication (includes over the counter medication like aspirin)
- Sunscreen (SPF 15+)
- Chapstick
- Mosquito repellent
- Towel(s)/washcloth
- Soap
- Feminine hygiene products
- Grooming equipment
- Sunglasses
- Spare glasses/contacts (optional)

EQUIPMENT:

- Sleeping bag
- Day pack
- Personal first aid kit
- Compass (optional)
- Air mattress or pad
- Work gloves (**A MUST!**)
- Two canteens or water bottles
- Flashlight w/ extra batteries
- Notebook and pen or pencil
- Plastic bag for wet clothes, etc.
- Mess kit w/ non-disposable eating utensils (plate, cup, fork, spoon, knife)

RECREATION:

- Games, cards, musical instruments, sports equipment
- NO electronic equipment (iPods, etc.)



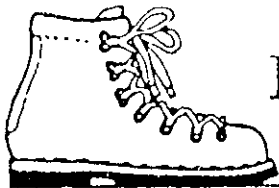
HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



GUIDELINES FOR STUDENT BEHAVIOR WHILE PARTICIPATING IN ECOLOGY CAMP & FALL HIKERS WORKSHOP 2007

1. Students who participate in the High School Hikers Program are expected to observe regulations set forth by the advisors and chaperones and in their respective school's student handbook.
2. The rules of common courtesy must be followed in order to have harmonious relationships during the camp:
 - Students will show consideration for others regarding personal property and privacy, undue noise during late hours, and the overall well being of the group. They will exercise the highest standard of conduct in order to reflect favorably upon themselves, their fellow campers, and their schools.
 - Students should not use improper language or be excessively boisterous and rowdy.
3. Chaperones play an important role in providing security, guidance, and coordination.
 - Students must realize that it is the duty of the chaperone to see that all rules and regulations are carried out and cooperate with them in this regard.
 - Students are to be courteous to all chaperones. Disrespect or insubordination will not be tolerated.
4. It is essential that students understand that rules regarding camping arrangements must be made so that the entire group may be accommodated.
 - Students will not leave the campsite at any time without permission of the chaperone. No student may travel away from the group alone at anytime.
 - There will be absolutely no coed visitations in tents at any time during camp.
 - Students must be in their assigned sleeping quarters by the end of the evening (lights out)
 - Students must not change tent assignments unless arrangements are made with the chaperone.
5. Students are prohibited from engaging in the following activities:
 - Possessing or consuming cigarettes, other tobacco products, alcohol, marijuana, or other illicit drugs.
 - Smoking or gambling.
 - Driving a vehicle at anytime without the permission of the chaperone.
 - Borrowing money from other students or chaperones.
6. Participation and punctuality are very important. Students are required to participate in all scheduled activities. Tents will be off limits during these times unless excused because of illness.
7. Friends or relatives may call for students and be responsible for their return only if arrangements have been made prior to departure for camp. Requests must be in writing and signed by parents.
8. Any illness is to be reported immediately to a chaperone.
9. **Do not bring valuables and/or large sums of money to camp.** The High School Hikers Program will not be responsible for lost or stolen items.
10. No visitors will be allowed—only registered Ecology Camp and Fall Hikers Workshop participants, guests, and resource speakers.
11. **Flagrant and/or frequent disregard for the rules by a student will necessitate a call to parents or guardians and an immediate return home at student's/parents' expense.**



HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



ECOLOGY CAMP AND FALL HIKERS WORKSHOP 2007

REGISTRATION FORM

OUR LADY OF KEA'AU

NOVEMBER 10-12, 2007

The High School Hikers Ecology Camp and Fall Hikers Workshop will be at Our Lady of Kea'au in Makaha. It is scheduled for the Veterans' Day weekend, November 10-12, 2007. The registration fee covers food, T-shirt, and facilities use fee. In addition to our forms each student must complete a School Field Trip Permission form. Please complete all forms and make your check payable to your school's hiking club. **No refunds after October 31!**

Name _____ Sex _____ Grade _____

School _____

Cost: \$50 (includes T-shirt)

Circle size: S M L XL XXL

(Size must be submitted by October 23 in order to guarantee a shirt by camp)

Vegetarian? _____ Yes

Each School Club Advisor will assign students to activities and service projects while at camp.

DEADLINE FOR ALL FORMS AND PAYMENT TO HIKING CLUB ADVISOR IS

(fill in)

***NOTE: Deadline for all forms to Ecology Camp Registration Chair IS
October 23, 2007!***

STATEMENT OF UNDERSTANDING AND ACCEPTANCE OF GUIDELINES FOR STUDENT BEHAVIOR WHILE PARTICIPATING IN ECOLOGY CAMP AND FALL HIKERS WORKSHOP 2007

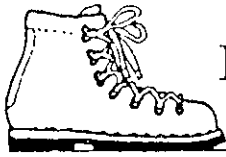
We have reviewed the "Guidelines for Student Behavior While Participating in Ecology Camp and Fall Hikers Workshop 2007" and agree to uphold them.

(Student's Signature)

Date _____

(Parent's/Guardian's Signature)

Date _____



HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



**ECOLOGY CAMP AND FALL HIKERS WORKSHOP 2007
OUR LADY OF KEA'AU
NOVEMBER 10-12, 2007
INDIVIDUAL LIABILITY FORM**

Acknowledgment of Outing Member Responsibility, Express Assumption of Risk, and Release of Liability

I understand that during my participation in the Sierra Club High School Hikers Ecology Camp and Fall Hikers Workshop 2007, on November 10-12, 2007 at Our Lady of Kea'au in Makaha, the Department of Land and Natural Resources Natural Area Reserve System, Ka'ala Farms, and nearby areas, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outing. These inherent risks include, but are not limited to, the dangers of serious personal injury, property damage, and death ("Injuries and Damages") from exposure to the hazards of travel and the Sierra Club has not tried to contradict or minimize my understanding of these risks. I know that Injuries and Damages can occur by natural causes or activities of other persons, animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved in adventure travel such as Sierra Club High School Hikers Outings and I appreciate that I may have to exercise extra care for my own person and for others around me in the face of such hazards. I further understand that on this Outing there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration for my acceptance as a participant on these Outings, and the services and amenities to be provided by the Sierra Club High School Hikers in connection with the Outings, I confirm my understanding that:

- I have read any rules and conditions applicable to the Outing made available to me; I will pay any costs and fees for the Outing; and I acknowledge my participation is at the discretion of the leader.
- The Outing officially begins and ends at the location(s) designated by the Sierra Club High School Hikers. The Outing does not include carpooling, transportation, or transit to and from the Outing, and I am personally responsible for all risks associated with this travel. This does not apply to transportation provided by the Sierra Club High School Hikers during the Outing.
- If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Sierra Club arising from that decision. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against the Sierra Club arising from that decision.
- This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.
- To the fullest extent allowed by law, I agree to WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY the Sierra Club, its officers, directors, employees, agents, and leaders from any and all liability on account of, or in any way resulting from Injuries and Damages, even if caused by negligence of the Sierra Club its officers, directors, employees, agents, and leaders, in any way connected with this Outing. I further agree to HOLD HARMLESS the Sierra Club, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant on the outing. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outing.
- I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to participate in the Outing.

Name: _____

Signed: _____

Date: _____

If you are a minor (under age 18), your parent or legal guardian must sign this Agreement on your behalf.

I hereby agree and consent to the foregoing Agreement on behalf of the minor below.

Name and Age of Minor: _____

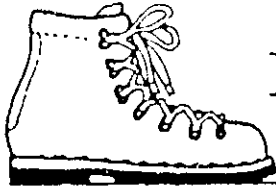
(Please Print)

(Age)

Signature of Parent or Guardian: _____

Date: _____

Please complete and return this form and return it to your Club Advisor.



HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



ECOLOGY CAMP AND FALL HIKERS WORKSHOP 2007 STATEMENT CONCERNING SWIMMING BY PARTICIPANT

After the day activities your child may have the opportunity to swim. Swimming will be allowed only with a certified lifeguard present plus one adult observer for every 10 students; and only during designated times.

Student _____

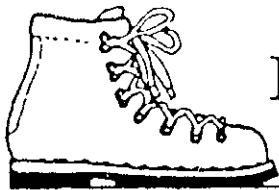
has my permission to swim at Ecology Camp and Fall Hikers Workshop 2007.

Check one: Yes No

I expressly agree not to hold the Sierra Club High School Hikers Program responsible for supervision of participants who enter into the above activity and I expressly agree to hold the Sierra Club High School Hikers Program harmless for any injury, death or loss arising from the above activity.

_____ Date _____
(Student's Signature)

_____ Date _____
(Parent's/Guardian's Signature)



HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



MEDICAL INFORMATION FORM

Name: _____ Social Security # _____

Address: _____

City, State: _____ Zip: _____

Phone: _____ Gender: _____ Birth Date: _____

Height: _____ Hair Color: _____ Eye Color: _____

Allergies: _____

Recent Illness: _____

Operations, Serious Accidents: _____

Current Medications: _____

Please note if you have had an occurrence of any of the following. If you checked YES for any of the below, please explain present condition on a separate sheet.

<u>YES</u>	<u>NO</u>		<u>YES</u>	<u>NO</u>	
_____	_____	Asthma	_____	_____	Diabetes
_____	_____	Heart disorder	_____	_____	Anemia
_____	_____	Mental illness	_____	_____	Epilepsy
_____	_____	Other lung disorders	_____	_____	Pneumonia
_____	_____	Other medical conditions	_____	_____	Tuberculosis

Ability to do moderately strenuous physical work: _____ YES _____ NO

Do you have an unreasonable or undue fear of heights or exposed places: _____ YES _____ NO

Are you allergic to any medication, or suffer from harmful side effects with particular medications:
_____ YES _____ NO

If YES, please indicate which medication(s): _____

**MEDICAL INFORMATION FORM
HIGH SCHOOL HIKERS
SIERRA CLUB, HAWAII CHAPTER
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Full Name of Parent(s) or Guardian(s): _____

Address (include city, state, zip) of Parent(s) or Guardian(s) if different from page 1:

Daytime Phone: _____ Evening Phone: _____

Pager #: _____ Cellular Phone: _____

NOTICE: The following is required. Participants will not be accepted without it.

Is participant covered by medical insurance? YES NO

If YES, insurance provider and policy #: _____

Name of Physician: _____ Phone: _____

Name of Preferred Hospital: _____

Date of last tetanus shot: _____

If not within ten years, a booster should be obtained before participating at camp.

TO THE BEST OF MY KNOWLEDGE, ALL INFORMATION ON THIS FORM IS CORRECT AND CURRENT. I AUTHORIZE THE TRIP LEADER(S) TO GIVE OR ARRANGE FOR ALL NECESSARY MEDICAL CARE FOR THE PARTICIPANTS IN CASE OF ILLNESS OR INJURY WHILE ON THIS TRIP. I UNDERSTAND THAT MEDICAL EXPENSES INCURRED DURING THE TRIP ARE THE RESPONSIBILITY OF THE PARTICIPANT. IN SIGNING BELOW, I ACKNOWLEDGE ON BEHALF OF THE PARTICIPANT AND/OR THEIR GUARDIAN THAT I UNDERSTAND AND WILL COMPLY WITH THE ABOVE STATEMENTS.

Signature of Participant: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

**SIERRA CLUB HIGH SCHOOL HIKERS
 ECOLOGY CAMP AND FALL HIKES WORKSHOP 2007
 OUR LADY OF KEA'AU
 NOVEMBER 10-12, 2007**

REGISTRATION LIST

School: _____

Advisor: _____

TOTAL PAYMENT: _____

NAME	Gr.	Sex	T-Shirt Size	Reg. Form	Liability Form	Swim Permit	Med. Info.	Paid \$50
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								

ADVISORS:

Make one check payable to "High School Hikers."
 Mail in registration list, copies of all signed forms, and payment to:
 Pauline Kawamata, Hawaii Nature Center, 2131 Makiki Heights Dr., Honolulu, HI 96822.

FORMS DUE MONDAY, OCTOBER 23.
PAYMENT DUE THURSDAY, NOVEMBER 1 AT THE HSH MEETING.
NO REFUNDS AFTER OCTOBER 31.

**SIERRA CLUB HIGH SCHOOL HIKERS'
ECOLOGY CAMP AND FALL HIKERS WORKSHOP 2007
OUR LADY OF KEA`AU
NOVEMBER 10-12, 2007**

COMMITTEES AND RESPONSIBILITIES

(updated 8/10/07)

- Chair:** Pauline Kawamata
Secure campsite; make arrangements for use; check with and assist all committee chairs.
- Program:** Pauline Kawamata, Jim Yuen, Bob Keane,
Select program activities and speakers; plan agenda; give names and addresses of resource people to Thank You Chair.
- Registration:** Pauline Kawamata
Create packet for schools including all required forms; collect Registration List and fees from school advisors; transmit fees to treasurer; duplicate Registration List for chairs needing names of all participants (T-shirt, First Aid, and Program); give total student and adult count to Food Chair; keep in contact with neighbor island clubs; and create activity groups based on participants' requests.
- Camp Logistics** Jim Yuen
Plan camp layout; prepare site map, post camp site signs for each club.
- Workshop Activities:** Jim Yuen, Pauline Kawamata
Plan, organize and coordinate Fall Hikers Workshop activities.
- Security:** John M. Cummings III
Provide camp security in the evening and ensure safe surroundings for all campers.
- First Aid:** Fred Nakaguma
Secure first aid supplies; administer first aid when needed; receive Registration Lists and Health and Indemnification Forms from Registration Chair.
- Thank You's:** Adaline Kam
Purchase and present thank you gifts; write letters of appreciation to guest resource people.
- Evaluation:** Vanessa Escajeda
Create a formal evaluation survey; distribute and collect responses; write summary report.
- Food/Snack:** Nylen Takahashi, Darryl Nishimoto, Sandra Nakagawa
Organize meal schedules and request of needed equipment. Plan all meals and prepare a work schedule to serve and clean up after each meal. Plan, purchase, prepare, and serve evening snacks; get total student and adult count from Registrar. Purchase all needed food and cleaning supplies (work with KP chair).
- Photography:** Carrie Joy Lash
Create a visual record of Ecology Camp and prepare a presentation for the end-of-the-year Banquet.
- T-Shirts:** Sandra Nakagawa
Determine T-shirt design; order and distribute shirts; get list from Registrar.
- Clean-Up:** Jeannette Keane
Organize clean-up of entire camp area by scheduling a duty roster; provide cleaning supplies to school advisors for daily cleaning of common areas. Provide Food Chair with list of student helpers for each meal and the final clean-up.

All committee chairs MUST submit a brief report emphasizing recommendations to improve the next ecology camp. All adults are encouraged to volunteer and assist with camp security, clean-up, and facilitating activities.

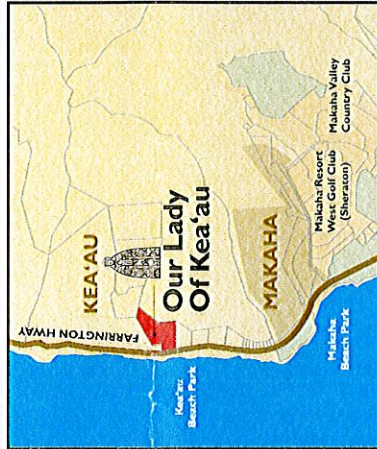
Our History

Blessed Marianne Cope and six Sisters arrived in the islands in 1883, answering pleas from Hawaiian officials to minister to the abandoned patients afflicted with Hansen's Disease on Oahu and at Kalaupapa on Molokai. The Sisters expanded their healthcare services to the poor and disadvantaged by opening St. Francis Hospital in 1927 and went on to pioneer services such as home care, hospice, kidney dialysis, organ transplantation, and cancer rehabilitation for Hawaii's people.

The Sisters have always embraced their mission of going where they are most needed. Today, this renewed mission is placed on pre- and post-acute care services. Their newest venture, Our Lady of Kea'au, a subsidiary of St. Francis Healthcare System of Hawaii, is in keeping with the work of St. Francis of Assisi, founder of the Franciscan Order, to assist the homeless and the disadvantaged and to promote health and healing of mind, body and spirit.

Vision Statement

We envision Our Lady of Kea'au to be a place of spiritual and physical nourishment and care. We will respect and care for each other, the lands, its fruits and the animals that God has given us. We hope to be a new splendor for the Church.



Our Lady of Kea'au



A subsidiary of
St. Francis Healthcare System of Hawaii

83-300 Farrington Highway
Waianae, HI 96792
Phone: 808-696-7255
Fax: 808-696-5672

2,500

Our Lady of Kea'au



A Franciscan Place
of Prayer, Refuge & Recreation

Our Lady of Kea'au

A Franciscan Place of Prayer, Refuge & Recreation

Located on 58 acres in Kea'au along Oahu's scenic Waianae Coast, Our Lady of Kea'au is nestled at the foot of a hillside, offering breathtaking views and a peaceful and pastoral setting conducive to wellness, spiritual reflection and contemplation. Thirty-two acres are devoted to open space. Originally built in the 1970s, the facility was dedicated as Our Lady of Kea'au in October 2005.

Our Lady of Kea'au is committed to:

- Encouraging spiritual lifestyles
- Providing services to the homeless
- Promoting healthy lifestyles
- Offering Franciscan hospitality
- Establishing a "Tau Shop"
- Developing a Hawaiian Healing Center

One of the unique features at Our Lady of Kea'au is an outdoor, natural labyrinth. A solitary walk on the meditative path to the labyrinth's center provides an opportunity to communicate with God and encourages healing, clarity and peacefulness.

Reaching Out to the Homeless

Research has shown that today's healthcare crisis is caused to some extent by homelessness. By serving the people who are homeless in the community, Our Lady of Kea'au's goal is to be a part of the solution. It provides outreach at parks, sharing food and assessing individuals' needs and skills as well as offering clothing and household items from donations. When fully operational, Our Lady of Kea'au will provide homeless shelters and offer transitional and transformative services to help individuals

develop their vocational and homemaking skills in preparation for independent living.

Preserving the 'Aina

At Our Lady of Kea'au, preservation of harmony between God and the earth is in practice:

- Farming the land for food
- Sheltering and caring for animals
- Caring for the 'aina (land)
- Being environmentally sound by proper use of resources, such as solar heating, water preservation, recycling, and xeriscaping



Franciscan Hospitality

With a fully equipped commercial kitchen, meals and food services can be arranged. Groups may also bring their own catered foods. Adjacent to the kitchen are an outside covered dining area and barbecue pit.



Recreational amenities for guests' use include a swimming pool, tennis courts, basketball court, baseball field, playground set, ping pong table, shuffleboard, and croquet sets. With its expansive grounds and refurbished

facilities, Our Lady of Kea'au extends its Franciscan hospitality to organizations and the local, surrounding communities for meetings, retreats and celebrations. The facilities are ideal for:

- Business meetings
- Conferences
- Organization retreats
- Hermitage and spiritual retreats
- Prayer groups
- Birthday, graduation and retirement parties

Our Lady of Kea'au is a smoke-free and alcohol-free facility.



Overnight Accommodations

Our Lady of Kea'au currently features five A-frame wood bungalows, cozily furnished and decorated with country living in mind. Each bungalow includes a living room, patio, bedroom, bathroom, loft for extra sleeping area, and a kitchenette with breakfast nook, built-in cabinets, mini-refrigerator, microwave oven, and tea set.

Individuals and groups may also pitch their own tents and camp on the grounds.

For more information on rental rates for any of the facilities, call: 808-696-7255.