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## PMC 2023



### DATES

**Sunday, August 20**, in the afternoon to **Friday August 25**, after lunch.

### FEES

Fees for PMC will be:

Adults - \$525.00 **until June 1**; \$550.00 after June 1; Youth (aged 5-12): \$300.00 anytime. Daily fee will be \$100 for adults, \$50 for youth.

### REGISTRATION

There has been a bit of movement on the waiting list. If you want to be on the waiting list, contact the registrar, [Cathy Whiteside](#), who will give you the current information. PMC will take people from the waiting list depending on overall space and accommodation needs.

*Waiting List*

The early bird deadline is **June 1, 2023**. After that date, fees go up. Pay soon!!

## Transportation

We really are still working on this...honest...



## Merchandise

**Time is running out for ordering PMCWear 2023.** Non-clothing items will be available at camp, on a first come, first served basis. Please see the last page for instructions on how to pre-order your **clothing** items so we can ensure we order the right sizes and quantities. The deadline for pre-orders is **June 6**.

## Book Club!

Here's a message from [Liz Gautreau](#) and [Lindsay Weidelich](#):

We are excited to be hosting PMC's first book club this year! We have chosen books from a variety of genres, so there should be something for everyone. We'll be discussing one book each day at camp, so read one of our selections or read them all and come join us as many days as you'd like! Discussion schedule TBD :)

Young Adult/Dystopian: **Scythe**, by Neal Shusterman

Contemporary Fiction: **Someone Else's Shoes**, by Jojo Moyes

Indigenous and Canadian Voices: **Five Little Indians**, by Michelle Good

Historical Fiction: **The Nightingale**, by Kristin Hannah

If you don't already own these titles, or you don't have any more space on your bookshelves to buy more books (we may be speaking from experience...), then we highly encourage the use of your local library for hard copy, audiobook, and ebook borrowing! Don't forget about apps like Libby and Hoopla that allow you to borrow ebooks and audiobooks from your library to your phone/tablet, Audible if you feel like purchasing the audiobook, and the various iBook/Kobo/etc., apps if you want to buy an electronic copy. If you have any questions about book club, please reach out to us. Happy reading!

## Caring Community Initiative

CCI presented 22 recommendations to the PMC Board. We are happy to report that these recommendations were all accepted, and even happier to report that they are all either completed, or in progress. The entire list of recommendations is available from [Alison Cooper](#) if you want to see them all.

Most of the recommendations are things that happen “in the background”, but there are two things that might affect you:

- We are asking that all parents of teens review the Welcome Statement, Covenant/Code of Conduct, Anti-Harassment Policy, and Teen Guidelines with their children before camp. These are all in the Camper Guide, and will be sent to the email address for you registration.
- There will be 2 Mental Health Workshops on the 2023 schedule, led by a mental health professional, Tom Roes. Tom is a friend of Rae-Lyn Vanderstelt and Peter Rosefield, and will be at camp with his family.

## Mental Health Links

One of the recommendations from the CCI is providing online Mental Health resources to the Teen Counsellors and other interested PMC Community members. Please note these 3 important things:

- The emergency number referenced in the resource on self-harm is not yet active in Canada. Use the KidsHelpPhone - 1-800-668-6868

- You'll need to set up a free account to access the Sanctuary video. You will be on their mailing list, but you can unsubscribe.
- Total time to review all the resources is about an hour.

Panic Attack	<a href="https://www.youtube.com/watch?v=HcVAuHxEQfQ">https://www.youtube.com/watch?v=HcVAuHxEQfQ</a>
Self Harm	<a href="https://www.youtube.com/watch?v=Qg-xrQKx1Pg">https://www.youtube.com/watch?v=Qg-xrQKx1Pg</a>
How to talk to someone about self harm	<a href="https://www.youtube.com/watch?v=tFc_l_oNS4o">https://www.youtube.com/watch?v=tFc_l_oNS4o</a>
Greening out on marijuana	<a href="https://darta.net.au/wordpress-content/uploads/2017/03/YPA-2017-LOOKING-AFTER-GREENING-OUT.pdf">https://darta.net.au/wordpress-content/uploads/2017/03/YPA-2017-LOOKING-AFTER-GREENING-OUT.pdf</a>
Mental Health in general	<a href="https://portal.sanctuarymentalhealth.org/the-sanctuary-course/session-01">https://portal.sanctuarymentalhealth.org/the-sanctuary-course/session-01</a>
De-escalation Techniques	<a href="https://institute.crisisprevention.com/Refresh-De-Escalation-Tips.html/">https://institute.crisisprevention.com/Refresh-De-Escalation-Tips.html/</a>

# PMC 2023 Clothing Orders

- The merchandise shop is going to feature a number of new items this year, including stuffed animal keychains, mugs and caps. We will have some caps for sale at camp, however, clothing will **ONLY** be available by pre-ordering
- This year's shirt/hoodie colour is **ROYAL BLUE** with our logo embroidered on the upper, left chest and our hat colour is **STONE**, with our logo embroidered on the front, centre
- Go to <https://www.mygildan.com/store/ca/> for further info including sizing for shirts, hoodies etc
- For hats, go to <https://portagepromo.ca/product/garment-washed-cotton-chino-twill-cap/>
- Email the registrar, Cathy Whiteside at [pmcregistrar@gmail.com](mailto:pmcregistrar@gmail.com) with your order (be sure to include sizes)
- You will pay for and receive your item(s) at camp
- All orders must be received by: **June 6, 2023**

<u>Item</u>	<u>Gildan #</u>	<u>Available Sizes</u>	<u>Price</u>
Cotton ball cap in "Stone" (light beige)	---	Children / Youth / Adult 54cm / 56cm / 58cm	18.00
Sweatshirt (adult, unisex)	18000	S / M / L / XL / 2X / 3X	30.00
Sweatshirt (youth)	18000B	S / M / L / XL	26.00
Hoodie (adult, unisex)	18500	S / M / L / XL / 2X / 3X	37.00
Hoodie (youth)	18500B	S / M / L / XL	33.00
Zippered sweatshirt (adult, unisex)	18600	S / M / L / XL / 2X	45.00
Zippered sweatshirt (youth)	18600B	S / M / L / XL	40.00
T-Shirt (adult, unisex)	2000	S / M / L / XL / 2X / 3X	15.00
T-shirt (ladies fit)	2000L	S / M / L / XL / 2X	15.00
T-shirt (youth)	2000B	XS / S / M / L / XL	13.00
T-shirt (toddler)	5100P	2T / 3T / 4T	10.00
V-neck t-shirt (adult, unisex)	64V00	S / M / L / XL / 2X	18.00
V-neck t-shirt (ladies fit)	64V00L	S / M / L / XL / 2X	18.00
Tank top (adult, unisex)	2200	S / M / L / XL / 2X	16.00
Long-sleeved t-shirt (adult, unisex)	5400	S / M / L / XL / 2X	20.00
Long-sleeved t-shirt (youth)	2400B	S / M / L / XL	17.00