

PMC CAMPER GUIDE 2024



WELCOME TO CAMP!

We are all part of the Music Camp Community, and we hope that everyone will feel welcome and at home. Click [here](#) for our detailed Welcome Statement.

Click [here](#) for a description of the logo.

This guide will answer most of your questions about Presbyterian Music Camp (PMC) at Camp Kintail. There will be a few copies of this Camper Guide at the PMC 'office' – if you want your own copy, you can print it yourself, or make an electronic copy for your phone.

If you have any questions or comments about this guide or about PMC in general, please talk to a [Board member](#). Have a wonderful week!

We've tried to arrange the topics in this guide to match the order you'll need them. Throughout the guide there are internal and external links. Click on them to jump to that section of the guide, to the PMC website, or to email someone. And if you want to find something specific, try the [Index](#) at the end of the Guide.

If something in this guide is not correct, please let the Board know, so we can fix it for next year.



BEFORE YOU ARRIVE

- Check the [packing list](#). (It should be in your inbox.)
 - Be sure to bring a refillable water bottle and a coffee/tea mug.
 - Bring a candle and candle holder for the [Circle and Flame](#) at the beginning and end of camp.
 - If you have a music stand (or 2 or 3) please bring it/them.
 - Pack enough masks, hand sanitizer, wipes, and any other PPE that would make you feel more comfortable. You can estimate what you might need. Come prepared!
 - Rapid tests for Covid.
 - Bring a lockable container for your medications – and the medications you might need to put in it!
- If you have a favourite grace for mealtimes, please bring it, and sign up to lead it.
- Put your name on **everything**.
- Make arrangements for pet care. Pets are not permitted at PMC.
 - Note that some of the Camp Kintail staff who live full time on site will have dogs on leashes.
 - There may also be service dogs on site.
 - Please do not approach any animal on site without permission.

GETTING TO CAMP

Camp Kintail

85153 Bluewater Highway, R.R. #3, Goderich, ON, N7A 3X9

GPS: 85153 Bluewater Highway, Ashfield Colborne Wawanosh Township, Goderich, ON

Telephone: 519-529-7317 (Kintail office)

Public transportation options to camp are limited. If you need to take a bus or train, please arrange ahead of time for someone to pick you up.

EMERGENCY PHONE NUMBERS

First aid (Cynthia McMinn):	613-715-4705
First aid (Brenda Clarke):	613-292-5900
Board Chair (Peter Rosefield):	647-639-5083
Camp Kintail (Emergency):	519-955-3078.
Camp Kintail (Office):	519-529-7317

KINTAIL MAP

You will get a map at registration. For now, use this:



REGISTRATION

2:00-4:00 pm Sunday August 18, in MacDonald Lodge.

(If you arrive after 4:00 p.m., please find the Registrar, Cathy Whiteside. If you know you will arrive late, please contact [Cathy Whiteside](#) by August 16 to let her know.)

Things you will do at Registration:

- Pay any fees you still owe.
- Buy [tickets](#).
- Get your accommodation assignment.
- Make a nametag. Put it on. Wear it all week so we can learn each other's names. Feel free to include your preferred pronouns if you like.
- Sign up for [workshops](#).
- Sign up for [camp duties](#). (Hint – use the features of your Smart phone to remember what you signed up for – camera, reminders, notes, calendar – or all 4!)
- Get your family photo taken by the camp photographer. (FYI, you'll get your pre-ordered PMC Wear on Monday.)

PARKING

You can drive **on the gravel driveways** as close to your cabin as you want while you are moving in.

STAY ON THE DRIVEWAYS!

When you are done moving in, park in either the main [parking lot](#), or the lot at The Nest. (If the main parking lot is full, you can use overflow parking along the road between MacDonald Lodge and The Nest – don't block the road!)

Please do not use your car on the camp site during camp.

MOVING AROUND CAMP

Camp Kintail is a fairly compact site. The longest walk is about 10 minutes from the beach to MacDonald Lodge. Other than the slope to the beach, and the ravine on the north end of camp, the site is fairly level, and there are ramps to all locations.

- Be careful of the drop off at the side of the main roadway through camp.
- Don't use your car to get around camp; tell us if you need assistance.
- There is a golf cart available for transportation if walking is a problem. There are also wagons to access the beach if needed.

ACCOMMODATION

All water on site is tested and safe for drinking.

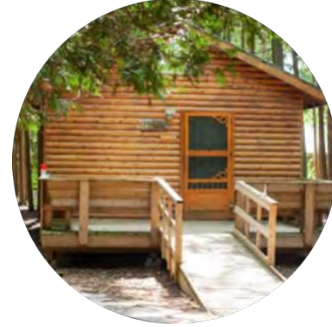
- Please bring your own linens or sleeping bag. (Camp Kintail has some items available if you forgot something.)
- All accommodations have electricity and heaters – you might need a multi outlet or power bar.
- Storage is limited; please come prepared with under bed storage or other options that work for you.
- There is a supply of toilet paper in each building – please take what you need.

MACDONALD LODGE, THE NEST, CABINS, YURTS



We try to place people in accommodations that best suit their needs. If there is an issue with your accommodations, please speak to the Registrar, Cathy Whiteside, and we will do our best to find a solution.

People may have needs that are not apparent to you.



You may be assigned to a space along with some other campers. For example, a single camper may be in a cabin with a group of single folks, or a family may have part of a larger cabin.

- Bring your own bedding and pillows.
- A fitted sheet on the plastic mattress cover helps make it less slippery.
- Camp Kintail has some extra bedding – if you forget something, please ask.



- Do not move furniture without permission.
- Leave your accommodation and common areas as clean (or cleaner!) than how you found it/them.
- Remember that Camp Kintail is a natural setting. If you must keep food in your cabin, please ensure that it is in animal-proof containers or a fridge to discourage visits from wildlife. There are refrigerators in rooms in MacDonald Lodge and The Nest. If you are in a cabin, use the fridge in The Nest basement kitchen, or the Harmony House kitchen, whichever is most convenient.

TENTS/TRAILERS

Tents/trailers can be set up outside MacDonald Lodge. There are electrical hook-ups available – bring your own extension cord. Potable water is available from a nearby tap. There is no sewage facility at Kintail – if you need to dispose of sewage during camp, you will have to go off site. If you indicated a tent/trailer on the registration form, you won't get a cabin unless you arrange this with the registrar ahead of time.

MEALS

Tables in MacDonald Lodge Dining Hall seat up to 10 people.

Meal service is buffet style. Service will be explained at the first meal by the Camp Kintail meal host.

When you use a buffet, please follow buffet etiquette, and make sure your children are supervised, or know buffet etiquette:

- If you touch something, it's yours. Don't touch things and then leave them.
- If you drop something on the table (or floor), leave it there. Staff will clean it for you.
- Leave serving spoons where they belong – using them for something else leads to cross contamination.
- If something makes you uncomfortable, speak to the Camp Liaison, Anne Audet, who will help you find a solution.



If you have food allergies or dietary restrictions, you should advise the Registrar as soon as possible before camp. If you need to talk to someone about this at camp, speak to the Camp Liaison (Anne Audet). The Kintail kitchen will work with you to accommodate your dietary needs. Note that Camp Kintail is a nut-free facility.

THE FIRST NIGHT

We'll have some "getting to know you" games and introductions, followed by our Opening Circle & Flame – the location will be announced at dinner. **Bring your candle.**

DAILY SCHEDULE

Details change from year to year, but the general format stays the same. The "final" schedule is emailed to you before camp, and is posted on the PMC website. There may be a few small changes after that; check the website for the latest version of the [schedule](#) and **listen for announcements at mealtimes.**

If you miss the announcements at mealtime, check the posted announcements for updates (on the board in the PMC office).

Use the [schedule](#) to plan your daily camp activities.

Remember that you are responsible for your children unless they are in a workshop; also remember that you might have to attend a workshop to assist, depending on the ages of your children and their needs.

Some highlights of the schedule that might need some explanation:

POLAR BEAR SWIM



The more days you attend, the better your award at the end of the week!

- 7:00 am at the beach.
- Wear (or bring) your water shoes!

HOLY MOTION

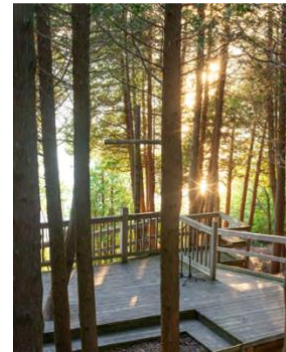
Every day starts with some singing and movement to wake you up and shake your sillies out.

Location will be announced at breakfast (weather may affect this).

MORNING & EVENING WORSHIP

Each worship time will be a little different (as there are several groups and individuals leading worship during camp) - worship may involve singing, prayer, reflection, and scripture centred on the theme. All worship services are family friendly – children have lots to say (and sometimes it's relevant!).

- After breakfast/dinner; **in the Chapel or as announced.**



WORKSHOPS

The schedule you receive before camp will provide the times, locations, and a short description of each workshop. Review the schedule before arriving at camp so you can sign up for workshops at registration. (You don't *have* to sign up for workshops; you can just show up on the first day, but it helps the leaders to plan their activities.)

Some workshops have age limits, or younger campers might need a grown up helper. Check the schedule and/or the description, and talk to the workshop leader if you have questions. Workshops are usually 1 period; some are longer or shorter – **check the schedule**. And workshops are often daily, but might be just a few times, or just once – again, check the schedule.

You may have some hard choices to make because of conflicts. The biggest challenge is to allow some free time during the day for relaxation, reflection, and rejuvenation. (Every year campers say "Next year I will leave 1 or 2 periods free." We never remember this.)

Note:

- There is no upper age limit for beginners.
- We are all learning together – your skills are unique, and that's OK.
- If you don't have an instrument, check with the workshop leader, or ask around. There may be something available.

INFORMAL ACTIVITIES

There are several informal groups that evolve through the week to meet particular needs. Examples are the knitting/crochet group, photography groups, and perhaps others. If you have

an interest you want to share with someone else, ask around (especially at Tuck time), **listen for announcements at mealtimes**, and make a plan.

MORNING SNACK

There is a snack at mid-morning every day, in case you can't make it to lunch (or missed breakfast).

- Coffee, tea, and water are available in MacDonald Lodge Dining Hall all the time.
- Fruit (and sometimes other snacks) is also available in MacDonald Lodge Dining Hall.

TUCK AND MERCHANDISE SHOP

The Tuck and Merchandise Shop is open for about ½ hour every afternoon for soft drinks, chips, chocolate bars, and candy, as well as PMC Wear and souvenirs.

You need 'tuckets' for the Tuck Shop. Tuckets are available at registration and also during Tuck Shop hours. 1 tucket = \$0.50. After covering costs, proceeds from the Tuck Shop support the [Alison Stewart-Patterson bursary fund](#).

- Between periods 3 & 4 at McKay Hall.

There is a **limited** supply of new items (clothing items were mostly pre-ordered), as well as camp wear and souvenirs from past years.

- Between periods 3 & 4 at McKay Hall.

EVENING PROGRAMS

The evening program is different every day. Details are on the [schedule](#), and additions or changes will be announced at mealtimes. Evening program ideally involves everyone at camp, as a participant, observer, cheering section, etc.

Evening snack is available for younger children at MacDonald Hall, so they can get their snack and go to bed. (Children staying for the whole evening program can have their evening snack with the adults when the program is completed.)

- 7:30 pm at various locations – **listen for announcements** at mealtimes.

LATE NIGHT



After the evening program, there are campfires (weather permitting) and fire tables in various locations for informal singing, conversation, and fun. There are also board games, cards, and puzzles in MacDonald Lodge Dining Hall. The basement of The Nest is another popular gathering place.

- Never leave a fire unattended; there should always be a designated person in charge of a fire.
- Extinguish all campfires thoroughly. Turn off fire tables.

AGAPE

“Agape” comes from Greek, and means “love feast”. The Agape ends with the closing Circle & Flame.

To wrap up the theme this year, we will be having a Banquet on Thursday night to celebrate the abundance and everlasting life that our relationship with God has provided us with. We invite everyone to wear whatever they feel comfortable in for this event, whether this be pyjamas or more formal attire, no pressure. We plan to include a feast, an element of communion and dancing so be sure to wear your dancing shoes.

More details about The Agape will be announced at camp.

LAST DAY

Just when you thought you had the schedule memorized – it changes!

- Friday morning: Worship & Camp Concert – to show off what you’ve learned during the week.
- Friday afternoon: Pack and go.

WORSHIP

Since we have a shorter camp this year, our worship service on Friday morning will be a shorter devotional service, followed by the Camp Concert.

The money to operate PMC and resource the various special funds comes from two sources:

- Camper fees paid to attend PMC;
- Donations to PMC.

During the worship service, you will have an opportunity to make an offering to PMC. Or you can donate on line at [Canada Helps](#).

You can direct your offering to some or all of the following funds:

THE ALISON STEWART PATTERSON FUND

This fund provides bursaries for people experiencing financial difficulty who want to attend camp.

THE MONCRIEFF MEMORIAL FUND

This fund provides musical equipment, instruments, and music books for PMC.

THE TOM GEMMELL BURSARY FUND

This fund provides bursaries for up to two clergy members, music directors, or certified clergy students to attend PMC for the first time.

THE GENERAL FUND

This fund supports the camp programs, activities throughout the year, and the special funds as needed. The General Fund also enables PMC to subsidize the fees for campers aged 5-12.

If you need to leave camp before the service and would like to make a donation to any fund, please speak to the Treasurer or to the Deans.
Receipts for Income Tax purposes will be mailed to you later.

WATERFRONT



SWIMMING

Swimming is permitted only at the beach, and only when the [Lifeguards](#) are present.

Anyone can use the beach at any time, but cannot enter the water. Children should be supervised when they are on the beach.

BOATING

Canoes, kayaks, paddle boards, and coracles are available at specific times - **listen for announcements** at mealtimes, and follow instructions about where to boat. You can use these items only when lifeguards are on duty.

SPORTS

Sports equipment is always available. There is equipment in:

- The box by the basketball court
- The box on cabin hill
- Beside each gaga ball pit

If you can't find what you're looking for, ask a staff member or check at the Kintail office. Camp Kintail staff will run an activity every day. **listen for announcements** at mealtimes

LABYRINTH

A Labyrinth is an ancient symbol of wholeness. The imagery of the circle and spiral combine into a meandering but purposeful journey. The Labyrinth represents a journey or path to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.

Please respect the people using the labyrinth and let them finish their meditation peacefully.

TEENS AND TEEN GUIDELINES

The PMC Board has worked this year to make PMC a safe and welcoming place for ALL our campers, especially teens and young adults. There have been some changes in the teen guidelines, so please review the following to see what's new.

Alicia Pilgrim will be the teen counsellor for PMC 2024. Reach out to Alicia, the Deans, or another trusted adult if you have an issue.

On the first night of camp, the teens will get together to meet each other and their counsellor.

There may be other meetings or activities planned for teens throughout the week, so **LISTEN FOR ANNOUNCEMENTS AT MEALTIMES.**

Parents/guardians know their children best, and know the best way to prepare them for camp. It is essential that you review the updated Teen Guidelines, the Covenant, and the Anti-Harassment Policy with your children before camp. If there is any information that would be helpful to the teen counsellors, please pass this along so we can be better prepared to help your teen participate in all that PMC has to offer.

Please remember that parents/guardians are ultimately responsible for ALL children in their care at camp. You should be aware (as much as possible) of what your children are doing and who they are with.

Because accommodation at Camp Kintail is different, we may have to make some adjustments to the ages in the Teen Cabin.

SLEEP & QUIET TIME

- Respect the needs and wishes of others, including for privacy and for sleep. (This may mean going somewhere else to socialize, or going to sleep yourself.) Note that space at the Kintail site may mean that there is no indoor hangout space specifically for teens.
- Please be quiet after 11:00 pm.
- If you are tired, you should consider sleeping. Although there is no evidence to support this, we have heard that an hour of sleep before midnight is worth two hours of sleep after midnight.
- If your parent(s) / guardian have rules, those are the rules for you.
- Sleep in your assigned cabin. No one can switch cabins without arranging it with the Registrar. This is the rule for all campers. In an Emergency, we need to know where everyone is.

WORKSHOPS

- If you join a workshop, you have committed to that workshop. You should attend every time it's offered.
- If you feel that a workshop is no longer right for you, talk to the workshop Leader. (Don't just disappear!)

LEAVING THE SITE

- Leaving the site is discouraged.
- If you are hiking outside the main camp area, get your parent's / guardian's approval (so we know where you are in an emergency).

SPECIAL NOTE

The rest of the camp notices you more than you think. Younger campers look up to you and follow your example, so please set a good one. If you have any problems or questions, feel free to talk to your Teen Counsellors, the [Deans](#), or any [Board Member](#).

PMC DUTIES

Helping with duties is a great way to get to know other campers and build a feeling of community.

We all need to pitch in with duties so camp runs smoothly. Duties include things like:

- Leading grace at meals
- Starting or putting out the campfire
- Setting up common areas after evening programs
- Litter pick-up

Sign-up at [registration](#). You'll be asked to sign up for 2-4 duty slots (based on the number of campers).

PMC OFFICE

The PMC "office" is in the Dining Room alcove in MacDonald Lodge. There is a photocopier, and a variety of office supplies (tape, markers, paper, paperclips, stapler...). The announcement board is there as well.

If you need something, check here first.

PMC PEOPLE

Our staff are all volunteers who give their time and talent to PMC.

DEANS



Our Deans for 2024 are [Rae-Lynn Rosefield](#) and [Shannon Vanderstelt](#).

- A Dean is a person who has agreed to take on a leadership role at camp.
- Deans develop the theme for the week, organize worship services (either themselves or by recruiting others), and take responsibility for the general well-being of campers.
- Deans are the face of the PMC Board during camp. (It helps that they look alike!)

LEADERS

- Workshop Leaders are people who share their gift of leadership, love of music, and enthusiasm with the camp. We are fortunate to have many talented campers who joyfully take on these roles.
- Special event leaders share their gifts with the entire camp community.
- Many other people take on leadership roles at camp – things like camp liaison, property manager, and a thousand-and-one other tasks. You probably don't even notice them as they work behind the scenes.

CAMP LIAISON

- The Camp Liaison, Anne Audet, is our link between PMC and Camp Kintail.
- If you have any concerns about the facilities or supplies, please talk to the Camp Liaison who will communicate with Kintail staff.
 - Best way to contact the Camp Liaison is at mealtimes.

FIRST AID

- Cynthia McMinn (613-715-4705) and Brenda Clarke (613-292-5900) are our designated first aiders.
- Sarah Dupont and Shannon Vanderstelt are the back-up first aiders. Cynthia/Brenda will contact them as needed.
- All the Kintail staff have standard first aid and CPR Level C training.
- There are first aid kits in the major buildings, and at the program activities sites. Feel free to use a kit in an emergency. (The kits are reviewed /restocked regularly.)
- If it is a matter of basic first aid or personal health supplies, we ask that you deal with these matters as you would at home.
- Several of our campers, and some of the Kintail staff, have mental health first aid training.

KINTAIL STAFF

LIFEGUARDS

- The lifeguards are qualified individuals hired by Camp Kintail to provide lifeguarding services.
- Lifeguards are on duty at specified times during the day.
- Lifeguards are in charge at the beach – please follow their instructions.

ACTIVITIES STAFF

- These are people employed by Camp Kintail to run some activities. These activities can be used only when staff are present.
- **LISTEN FOR ANNOUNCEMENTS AT MEALTIMES** for locations and times.
- Follow staff directions for the activity.

CARETAKERS & CLEANERS

- Employees of Camp Kintail.
- They maintain the facilities and clean the common areas of camp, and the main washrooms and showers.
- Please give them your full co-operation by:
 - keeping the camp clean;
 - staying out of their way when they are working.
- If you have any questions or concerns regarding maintenance or cleaning, contact the Camp Liaison rather than approaching these people directly.

KITCHEN STAFF

- Employees of Camp Kintail.
- Please show them respect by being on time for meals, and cleaning up at the end of meals.
- If you have any questions or concerns regarding meals or mealtimes, contact the Camp Liaison rather than approaching these people directly.

BUILDINGS & SPACES

We use many buildings and spaces at Camp Kintail. The ones listed below are the main spaces. Please refer to your schedule and the [camp map](#) for the locations of activities and buildings. Also please note that some buildings and cabins are reserved for Camp Kintail staff and the Camp Kintail Day Camp.

MACDONALD LODGE (DINING HALL)



- MacDonal Lodge is open all day. This space is for:
 - Meals;
 - Coffee/tea/snacks;
 - Late Night Games.
 - Some workshops may be scheduled here, and this may be a rain location.
- Allow time before and after meals so the kitchen staff can set up and clean up. Also be aware that the Camp Kintail Day Camp will have lunch in MacDonal Lodge before our lunchtime.
- Leave MacDonal Lodge ready for the next activity or meal.
- If you move something in MacDonal Lodge, put it back when you're done.
- There is also some accommodation in MacDonal Lodge; please be aware of this when you are using the space, and keep the noise level down, so people can get their beauty sleep.

THE NEST

This building is used for accommodations and workshops.



Families with small children will be in this space; small children nap during the day and go to bed early. Please be aware of this and keep the noise down.

There are washrooms and showers here for use of people in cabins or trailers. There are also some common spaces, including a large basement area with some separate rooms. Some workshops may use these spaces every day or on rainy days.

The basement of The Nest is a place for late night gatherings – keep the noise down.

HARMONY HOUSE / MCKAY HALL / BLUEVALE DECK



This building and the deck behind it is used for crafts, tuck, merchandise, and some workshops.

Be aware that Kintail staff live on the second floor – find another place for late night activities.

CHAPEL

An outdoor worship space.



REC HALL



A main gathering place and the location for several workshops.

WASHROOMS & SHOWERS

There are washrooms in various locations around the camp, and showers in MacDonald Lodge and The Nest.

- Several washrooms around camp are designated as “all genders welcome”. Look for these signs, if this designation is important to you.
- There are family / all gender wheelchair accessible washrooms in MacDonald Lodge and in The Nest.
- Washrooms in Harmony House are individual private bathrooms suitable for any gender.

EMERGENCY PROCEDURES

Camp Kintail has good mobile phone coverage, and Wifi throughout the site, although there are some areas with poor or no coverage. You can likely use your cell phone at any time, but you may have to move to get good reception.

If you need to call 911, please do that FIRST.

An Automated External Defibrillator (AED) is located in the alcove of MacDonald Lodge, near the fireplace.

Get a message to the Board Chair, Peter Rosefield, **1-647-639-5083** and the Camp Kintail emergency coordinator Johnathon Lee, **1-519-955-3078**. They will:

- Ensure you get help, including first aiders and the first aid kit;
- Send people to provide directions for emergency responders;
- Control bystanders;
- Notify any emergency contacts necessary (at camp or elsewhere);
- And anything else required.

Be prepared – put these contact numbers in your phone now so you'll have them if you need them.

The Kintail office number is: **1-519-529-7317**

The most senior person from Camp Kintail and/or PMC is in charge. These people have the authority to implement the Emergency Response plan and take any other action they deem necessary.

The emergency siren is 3 consecutive blasts of an air horn.

The Muster Point is the grass in front of The Nest.

If the emergency is a weather event, the Muster Point is The Nest basement.

IF YOU HEAR THE EMERGENCY SIREN DURING THE DAY (8:00AM – 10:00PM):

- Go immediately to the Muster Point and wait for instructions
 - During workshops, stay with your workshop group and proceed together to the Muster Point.
- When you arrive at the Muster Point, find your family or the people you came with.
- Do not leave the Muster Point until instructed by the Chair or Deans.
- Parents or guardians are responsible for ensuring that their children know the emergency signal and Muster Point.
- Watch for emergency vehicles using the camp roadways.

IF YOU HEAR THE EMERGENCY SIREN AT NIGHT (10:00PM – 8:00AM):

- Stay in your cabin/room if it is safe to do so – if you aren't in your cabin/room when you hear the siren, go there immediately if it is safe to do so.
- Ensure that everyone in your cabin/room is accounted for, and report this to the person who comes to complete a head count – be patient, this may take some time.
- Stay in your cabin/room until notified that you can leave.

- Campers who have been asked to help with an emergency will have separate instructions. You will know if this applies to you.

HEALTH AND SAFETY

- Do not swim, use watercraft, or participate in program activities while under the influence of alcohol, or drugs.

SMOKING

- Smoking is allowed only in the main parking lot, by the dumpster. Please use the butt container when you are finished.
- Smoking is not permitted in any other areas of the camp.
 - This includes vaping.

CANNABIS

- Camp Kintail permits the use of cannabis products if you have a prescription.
- Smoking cannabis (with a prescription) is allowed only in the main parking lot, by the dumpster.

ALCOHOL

- Alcohol can be consumed only in personal accommodations (cabins, tents, trailers).
- Alcohol can be consumed only by those who have attained the appropriate legal age in Ontario.
- Please ensure that glass bottles are not taken into public areas.

Illicit drugs are not permitted at Presbyterian Music Camp or at Camp Kintail.

MEDICATION

- Keep all medications in a locked container (e.g., fishing tackle box), to keep them away from children.
 - This includes prescription and over-the-counter medications.

SIGN OUT/IN

So that we know who is present in an emergency:

- Please **sign out** on the list at MacDonald Lodge before you leave the camp property.
- **Sign in** when you return.
- If you realize you forgot to sign out, please call someone to let them know. And if you forgot to sign in, DO IT NOW!

HEALTH CONCERNS/OUTBREAKS

Camp Kintail will establish an Outbreak Management Team if circumstances warrant this. If necessary, Camp Kintail will contact the Huron Perth Public Health Unit.

KINTAIL SITE USE GUIDELINES

SITE CARE:

- Please take care of the site; throw out all garbage and recycling in the bins provided.
- Please do not obstruct/harm the nature surrounding Camp Kintail.
- Please note Camp Kintail is a nut-free facility. Please do not bring nuts onto the site.



EMERGENCIES AND FIRST AID:

- In the case of an emergency, please inform a Kintail staff member as soon as possible.
- Every building on site contains fire extinguishers and first aid kits.
- An AED is located in the alcove of MacDonald Lodge, near the fireplace.

ABOUT PMC

Presbyterian Music Camp is part of the Synod of Central, Northeastern Ontario and Bermuda within the Presbyterian Church in Canada. (We intend to review this affiliation.)

PMC BOARD

The PMC Board meets regularly throughout the year. Their jobs are:

- Confirm the theme;
- Decide on workshops and schedule;
- Arrange for staff;
- Attend to the 1001 details of camp.

If you have questions, problems, suggestions, **or compliments**, just speak to any member of the Board.

The Board welcomes new members! If you are interested in joining us, please speak to one of the Board Members.

2023-2024 BOARD MEMBERS

Name	Position
Anne Audet	Camp Liaison
Marilyn Broadhead	Administration/Procedures
Taras Broadhead	Member
Arminta Carmichael	Member
Hannal Carmichael	Youth Representative
Alison Cooper	Secretary
Sarah Dupont	Member
Erin Eisner	Member
Jesse Fegelman	Staffing/Scheduling
Liz Gautreau	Social Media
Doug Kendall	PCC Representative
David Linderman	Member
Ian MacCready	Member
MJ Perry	Member
Alicia Pilgrim	Mental Health
JD Robertson	Youth Representative
Peter Rosefield	Chair
Debi Vanderstelt	Treasurer
Rae-Lynn Vanderstelt	Dean
Shannon Vanderstelt	Dean
Lindsay Weidelich	Member
Cathy Whiteside	Registrar & Merchandise

LOGO



A cross, a music note, a tree, and a lake, surrounded by a circle for the fellowship and unity of the Christian community, with a rainbow for the diversity of God's creation.

PMC STATEMENT OF PURPOSE

At Presbyterian Music Camp, music is central to our celebration and praise of God. We welcome all families and individuals who come together to experience inclusive Christian community in a natural outdoor setting.

PMC WELCOME STATEMENT

The Presbyterian Music Camp community endeavours to be a safe and welcoming place for everyone, from newborns to seniors. Where you are coming from, or where you're headed to; your past experiences, your dreams for the future; your deepest fears, and your highest hopes, are all a part of who you are and you are welcome in the community that is music camp.

You are welcome with your unique background, heritage and culture. Black Lives Matter. Every Child Matters. Indigenous Peoples and People of Colour are part of our community. We celebrate our diversity which is a reflection of our Creator.

You are welcome if you are single, married, divorced, separated, widowed; whether you live in a family formed by birth, by chance or by choice; whether you have children or not; if you bring children or not; if your children are clinging to your leg all week or you have to tear them away from their new camp family at the end of the week. This is a family camp and families come in all forms.

You are welcome if you are lesbian, gay, bisexual, transgender, queer, intersex, Two-Spirit, asexual, pansexual, cisgender, non-binary, or are just learning what most of those terms mean. People of all sexual orientations, gender identities, and gender expressions belong in the PMC community.

You are welcome with all of your physical, emotional and intellectual needs. We consider accessibility in all its forms, and we strive with all our creativity to meet your needs within the rocky forest setting that we love.

You are welcome whether or not you are Presbyterian, if you don't like "organized religion", if you bring with you another religious tradition, if you have no faith background, or if you can't remember the last time you were in a place of worship. We are all on a journey, and we are glad that you have chosen to walk with us for a time.

You are welcome if this is your very first music camp or you have been coming your whole life; whether you make your living in music, or your musical ability is mostly wishful thinking; whether you can carry the whole section, or can't carry a note in a basket. Music can be enjoyed by everyone.

You are welcome if you prefer shopping bags to sleeping bags, cuddling your teddy bear to a morning dip in the lake, and milk foam in latte to marshmallows in cocoa.

We welcome tree huggers, banjo players, bagpipers, seekers, doubters, bleeding hearts... and YOU!

PMC ANTI-HARASSMENT STATEMENT

Presbyterian Music Camp (PMC) is committed to providing a safe and inclusive environment, free from discrimination and harassment, where all people are treated with respect and dignity. Harassment is illegal under Canadian and Ontario law. PMC maintains a zero-tolerance policy* for harassment on any basis, including age, ancestry, colour, race, citizenship, ethnic origin, place of origin, creed/religion, disability, record of offences, family status, marital status, sex, gender identity, gender expression, sexual orientation and socio-economic class. PMC's policy includes zero tolerance* for any form of violence.

This policy applies to all participants of PMC, including board members, staff, volunteers, campers, visitors and guests. Preventing harassment is the obligation of everyone in the organization. This policy applies to all behaviour that is in some way connected to PMC, including during off-site meetings, special events, excursions (e.g., Tim Hortons runs) and on-site social gatherings. This also applies to PMC's virtual activities, including online communications and all video/voice/chat platforms (e.g., Zoom and Discord).

*Zero-tolerance policy means that all harassment complaints involving PMC participants will be treated seriously and handled in a timely manner with due diligence, compassion, respect and confidentiality. Consequences of confirmed incidents will depend on the nature of the incident and the involved parties. The PMC Board's response will be proportional to the incident, and in some situations may include removal from camp.

PMC BLACK LIVES MATTER STATEMENT

Presbyterian Music Camp (PMC) affirms unequivocally that Black Lives Matter. Racism and systemic injustice in any form is antithetical to PMC's purpose and values. PMC promises to do our best to, and to continue to learn how to, be a part of the work to eliminate structural racism and white supremacy in all of the spaces of our camp and the rest of our lives.

PMC COVENANT (CODE OF CONDUCT)

By participating in PMC, I agree to:

1. Live by the spirit and intent of the Welcome Statement. If I am struggling with any aspect of the Welcome Statement, I will speak to a PMC Board member;
2. Treat others as I would like to be treated, both online and in person;
3. Resolve conflicts in a peaceful way;
4. Help create a safe, inclusive and fun environment for all;
5. Treat Site staff and PMC volunteers with respect and appreciation;
6. Respect the privacy and security of other campers' cabins and other campers in my cabin;
7. Be mindful of other campers' need for quiet and sleep;
8. Demonstrate care and respect for instruments, equipment, property and the physical and natural environment;
9. Report anything that concerns me to a PMC Board member or trusted adult.

GODERICH INFORMATION

LAUNDRY FACILITIES

PMC Campers can use the laundry facilities in MacDonald Lodge.

- Please be aware of the accommodations in the lodge and avoid using the laundry after 10 p.m.
- Please bring your own detergent if you plan to use the laundry on site.
- [Goderich Laundromat](#), 72 Hamilton Street, Goderich (519) 524-8735

PHARMACY

- [Pharmasave Michael's Pharmacy](#), 181 Cambria Road North, Goderich (519) 524-2242 (opposite the hospital)
- [Rexall Pharmacy](#), 67 Kingston Street, Goderich (519) 524-8121
- [Zehr's Drugstore Pharmacy](#), Zehr's Plaza, 35400D Huron Road (Highway 8), Goderich (519) 524-2227

HEALTH CARE

- [Alexandra Marine and General Hospital](#), 120 Napier Street, Goderich (519) 524-8323

MUSIC STORE

- [Ernie King Music](#) (1993) Ltd., 37 West Street, Goderich (519) 524-4689

CAFFEINE

- [Tim Hortons, 80 Victoria Street South](#), Goderich
- [Cait's Café](#), 168 Courthouse Square, Goderich

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