



### EC Retreat: "Reflect & Respond: Redefining R&R"

*November 30<sup>th</sup> – December 1<sup>st</sup>, 2019*

Come be apart of our very first EC Winter Retreat. In this package you will find information regarding this year's theme, room information, pricing, a packing list, arrival instructions and our registration form. If you have any further questions, please don't hesitate to ask a member of ECLT committee or email us at [eclt@mvgchurch.com](mailto:eclt@mvgchurch.com).

### Our Theme - [ Reflect & Respond ]

Our busy lives often require us to book off time to rest and relax. There's nothing wrong with rest and relaxing, even God took a day off after He created everything. Resting often allows us a chance to free up our mental space and it allows us to spend more time thinking and reflecting. It's our goal to intentional unplug from our regular weekends together and not only reflect on what God has been doing in our lives, but to also respond how He is moving in our lives.



Through guided group-discussions, it is our goal to grow deeper with each other through fun activities and sharing time around our spiritual journey this year. We'll then intentionally spend time encouraging each other to hear from God and respond to His calling.

Please come join us as we...  
**R e d e f i n e R & R .**

### Our Location - Camp Evergreen

Only an hour and a half drive away from our church, the rustic Camp Evergreen offers the perfect retreat. Their facilities include a spacious meeting hall, several common areas, an archery range, horse stables, high and low rope courses, a zipline, and several acres of wilderness that are ideal for hiking. Cabins house 6 people comfortably. Best of all, meals are included in the pricing and they are prepared by camp staff.



# Price Rates

Prices are determined by the age of each participant. This year, there are a limited number of people who can register. There are only 24 spots available. Also make sure to note that our early bird rates end on **Thursday, October 31<sup>st</sup>, 2019**, so be sure to register sooner than later!

	<b>Early Bird Rate</b> Oct 6 <sup>th</sup> – Oct 31 <sup>st</sup>	<b>Regular Rate</b> Nov 1 <sup>st</sup> – Nov 17 <sup>th</sup>
<b>Adult</b> (Age 13 and up)	\$110	\$130
<b>Child</b> (Age 6-12) Children must be accompanied by a designated adult as there is no separate programing for children.	\$65	\$75
<b>Toddler/Baby</b> (Age 5 and under)	FREE	FREE
<b>Part-Time Rate</b> (No overnight)	\$45 per day	\$50 per day

## Notes 注明:

- 1) Should you require special arrangements for rooming, please speak to Mel Chan (eclt@mvgchurch.com) to discuss for special accommodations.
- 2) Full payment must be received by November 17th, 2019 in order to secure your spot.
- 3) NO refunds will be given after the final registration deadline (November 17<sup>th</sup>, 2019).
- 4) NO fees or forms will be accepted after the registration deadline.

## Questions?

Please don't hesitate to ask a member of the summer camp committee or email us at [eclt@mvgchurch.com](mailto:eclt@mvgchurch.com)





### EC Retreat: November 30<sup>th</sup> – December 1<sup>st</sup>, 2019

## Registration Form

Registration Deadline: Sunday, November 17<sup>th</sup>, 2019

Cash preferred, but cheques payable to: David Jones

Participant's Full Name	Email	Price Rate (\$)	Gender (M/F)	Age	Healthcare Card Number	Part Time Participation		Sign Up Date Office Use Only	Date of Payment Office Use Only
						Sat	Sun		

### Main Contact Information :

Full Name: \_\_\_\_\_ Daytime Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Address: \_\_\_\_\_

Email: \_\_\_\_\_ Evening Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

### Driving Arrangements:

- I will be driving myself
- I will be driving, but I would like to follow someone
- I will arrange my own ride
- I need help arranging a ride

If you are driving, would you be willing to drive other people?

- YES, my car can fit an extra \_\_\_\_\_ people  
(please write how many people you can drive in the blank)
- NO, sorry! My car is full.

**Comments & Food Allergies? If yes, please specify:**

**Emergency Contact:**

Full Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Address : \_\_\_\_\_  
Relationship : \_\_\_\_\_ Email: \_\_\_\_\_

**Participant Contract**

I release Mountainview Grace Church from any and all responsibilities and claims for accidents, sickness, or loss to myself and/or my dependents that might occur on this trip.

I have no objection to my/my family's image appearing in photographic or video promotional media used by Mountainview Grace Church without compensation, or any obligation to me.

_____ Signature of Applicant / Guardian	_____ Print Name	_____ Date
_____ Signature of Applicant / Guardian	_____ Print Name	_____ Date
_____ Signature of Applicant / Guardian	_____ Print Name	_____ Date
_____ Signature of Applicant / Guardian	_____ Print Name	_____ Date
_____ Signature of Applicant / Guardian	_____ Print Name	_____ Date

**Waivers for both MVGC and Camp Evergreen must to be signed by a parent or legal guardian for those under 18 years old.**





## CAMP EVERGREEN ACKNOWLEDGEMENT OF RISK

The undersigned Guest acknowledges that the Guest Group will be responsible to satisfy itself that the participants of any "Activities" (as defined on the following page) at Camp Evergreen have the requisite skill, provide any necessary supervision by responsible persons and see that all individual safety requirements are observed by participants. For the purpose of this Acknowledgement of Risk, "Activities" includes, but is not limited to "Outdoor Activities" and "Equine Activities" as defined on the back of this form.

The undersigned Guest also acknowledges that Camp Evergreen, in the interests of safety, reserves the right, through its employees, to insist upon all appropriate safety rules and procedures to be observed by the Guest Group in the case of any use of Camp Evergreen facilities or in the participation in any Activities. Camp Evergreen may also insist on any degree of supervision that it considers advisable provided by the Guest Group, and Camp Evergreen may also limit or terminate the use of any facilities, or to discontinue any Activities as it may consider advisable.

Each Guest also acknowledges that he or she has read the lists of "Inherent Risks" on the back of this form, fully understands what these Inherent Risks are, fully understands that such Inherent Risks may cause **SERIOUS INJURY** and **POSSIBLE DEATH TO PARTICIPANTS**, and acknowledges the possibility of injury, accident, and loss of life that may result from participating in Activities.

The undersigned Guest acknowledges that in the event that he or she requires medication, X-ray, or any other medical treatment whatsoever beyond that which is possible at Camp Evergreen, then the undersigned Guest and Guest Group will be charged with the additional expense of transportation and special care. It is the responsibility of the Guest Group to notify the affected Guest's family.

The undersigned Guest also authorizes the administration of any first aid treatment necessary at Camp Evergreen, and in the case of medical emergency, gives permission to the Physician selected by Guest Group to hospitalize and secure proper treatment for the Guest.

The undersigned Guest has given permission to Camp Evergreen to use pictures or videos of the Guest for promotional purposes on our website, brochures or social media. (Social media includes, but is not limited to: Twitter, Facebook, Blogger, Vimeo, Instagram)

If you do not want Camp Evergreen to use pictures or video of the undersigned Guest, please check "no".       NO

Guests under the age of 18 years require the signature of a Parent or Guardian on this form in order to participate in Activities at Camp Evergreen.

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Name of Guest

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Signature of Guest

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Name of Parent/Guardian

*Required only if Guest is under 18 years of age.*

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Date this Agreement is Signed

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Signature of Parent/Guardian

*Required only if Guest is under 18 years of age.*

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“Outdoor Activities” at or organized by Camp Evergreen shall include any recreational or educational activities, including, but not limited to: equine activities, rock or wall climbing, bouldering, rappelling, canoeing, participation in activities in or near water (including swimming and boating), mountain biking, marksmanship (including the use of archery and sling shot equipment), use of the high- and low-rope courses and the zipline, outdoor cooking and camping, hiking, participation in team-initiative tasks, and participation in sports or games at or organized by Camp Evergreen.

“Inherent Risks” of outdoor activities shall mean those dangers or conditions which are an integral part of outdoor activities, including, but not limited to:

1. The effect of inclement weather on outdoor activities, causing hazardous conditions at activity sites, such as lightning, precipitation, temperature, cold weather, and the effects thereof.
2. Environmental risks unique to each activity, such as the presence of water and water hazards, trees and roots, loose rocks or holds, and fire. Activities are also performed at various heights and therefore contain some element of risk, regardless of safety measures taken.
3. The potential for equipment failure, even when used according to manufacturer’s guidelines.
4. The potential of a participant to act in a negligent manner in a group or individual activity that may contribute to injury to the participant or others, such as participating in activities in an unauthorized manner or without proper supervision, instruction, or safety measures and equipment.

“Equine Activities” at or organized by Camp Evergreen shall include any horse related activity, including, but not limited to: trail and pony rides, riding arena or trail lessons, wagon rides, breeding, training, cattle penning, roping, clinics, shows or gymkhanas, day- or week-long camps, boarding, leasing, horse sales and group programs.

“Inherent Risks” of equine activities shall mean those dangers or conditions that are an integral part of equine activities, including, but not limited to:

1. The propensity of equine to behave in ways that may result in injury, harm, or death to persons on or around them and/or damage to property in their vicinity.
2. The unpredictability of any equine’s reaction to such things as sounds, sudden movement, and unfamiliar objects, persons or other animals.
3. An equine’s response to certain hazards such as surface and subsurface objects.
4. Collisions with other equines, animals, people and objects.
5. The potential of a participant to act in a negligent manner that may contribute to injury to the participant or others, such as failing to maintain control over the equine or to act within his or her abilities.