

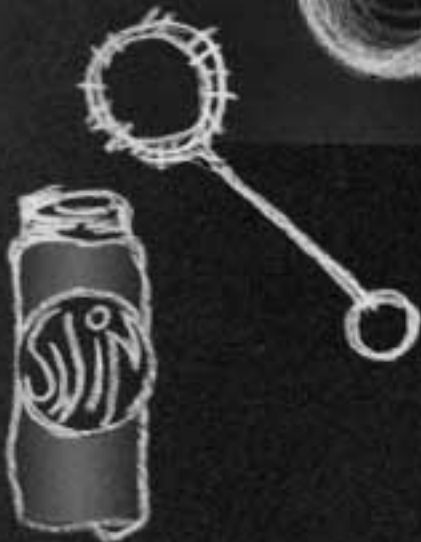
*between christmas  
and new year's day  
...there's s.w.i.m.*

*come imagine  
with us*

*December 26th, 2003 - January 1st, 2004*

**s.w.i.m.**

*southeastern winter institute in miami*



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**Kitchen Deity**  
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1 More Cook TBA

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**Kitchen Minions**  
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**Contact info for  
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305-247-9975  
This pay phone number is  
used for brief incoming  
calls for all participants, so  
you might not get through  
the first time.

\* Trustees

## SWIM Trustees for 2003

Britt Dunn, *President, At-Large Trustee through '04*  
Vonnie Hicks, *Director*  
Dee Medley, *Previous Director*  
Pepi Acebo, *Secretary, Director-Elect*  
Chuck Harty, *Treasurer*  
Mark Harris, *At-Large Trustee through 2003*  
Jenny Hamil, *At-Large Trustee through 2005*  
Jan Bosman, *Teen Rep through 2003*  
Pending, *Florida District Rep through 2004*  
Pending, *South Florida Cluster Rep through 2004*

## Election of Trustees

Candidates for the Teen Rep are nominated by attendees ages 13-19 and elected by the community at large for a one-year term. At-Large Trustees are elected for terms of three years and as needed to complete unexpired terms. All trustees must attend all January 1st Annual Meetings and all SWIMs during their terms, and should attend called meetings. Each candidate must be an active member of a UUA society and must have been a staff member or workshop leader during the past three years. The Florida District of the UUA and the South Florida Cluster of the Florida District of the UUA may also appoint one trustee each to the SWIM Board every two years. More information is available online.

Dec. 27th - Nominations due in writing to Secretary  
Dec. 28th - Nominations for teen rep due to Secretary  
Dec. 29th - Candidates publish views at SWIM  
Dec. 30th - Members of the SWIM community vote  
Dec. 31st - Election results are announced  
Jan. 1st - Annual Board of Trustees Election Meeting

## Council of UU Camps and Conferences

SWIM participates in this group, usually called CU2C2, which was formed to provide non-monetary support for our efforts in establishing and running programs for UU community. Each registration fee includes an assessment which is used as SWIM's membership fee in this organization.

## We Listened

*This year's brochure features more pages and larger print, a simplified, easier to read and easier to understand listing of Workshops and Outdoor Adventures, and new, easier to use registration forms. We welcome your feedback and suggestions. Please let us know how we can make SWIM, and this brochure, serve you better.*

## Director's Welcome

When John Lennon penned the song 'Imagine' we were at war in a foreign country that we had invaded for what proved to be bogus reasons; we were struggling socially with discrimination against and dehumanization of whole races, classes, genders, religions, sexual



preferences, and national origins of humanity; we had seen popular leaders murdered in acts of domestic terrorism, and we were learning that our own government was capable of acting in direct contradiction to the laws and constitution it's leaders were sworn to defend. The national agenda seemed controlled by religious zealots and the "military-industrial complex" who used

the media, fear (especially of nuclear war), prejudice and super-patriotism to distract the masses.

Mired in the darkness of our collective reptilian self-preservation instincts, we found the word "Imagine" turning on a light of hope. Lennon helped us visualize the way we might want things to be, unencumbered by the institutions and selfish motivations that had brought us to that point.

Imagination may just be the quality that sets humanity apart from the rest of the animal world. It is the muse of the writer, the vision of the artist, the hypothesis of the scientist. With imagination, we can see where we want to go and not just where we have been. We can know that the way things are now does not have to be the way things will always be. And we can part the clouds of fear to make a case for love.

"Imagine" was released on September 9, 1971. Two years and three months later a "Unitarian-Universalist Revival" was held by imaginative UU's at the Miami Church, and SWIM was born. As we begin our fourth decade, the need to imagine courageously has never been more compelling.

SWIM is a week-long gathering in the mild South Florida sun where individuals are allowed and encouraged to imagine – and to re-imagine their lives and their world. Won't you come imagine with us?

– Vonnie Hicks, Director  
S.W.I.M. 2003

## President's Welcome

As humans, we must imagine before anything can exist. The workings of an atom, the process of photosynthesis, the meaning of



a word: these things are out there, but to become items we can discuss, question, or embrace, they must be imagined. In order to enter our consciousness, they must be a product of an imagination before they ever become real to us.

No one has witnessed an atom, electrons bouncing about a cluster of forces – but we have all these great drawings, these imaginings of how it must be. To imagine is to open the self to creativity, to expand beyond what already exists into the world of what may exist. The lucky ones get paid to imagine – leaping from what is known into the world of theory, of possibilities.

The rest of us simply do it in order to survive.

– Britt Dunn, President,  
S.W.I.M. Board of Trustees

## The Principles of the UUA

*We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:*

- The inherent dignity and worth of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.
- The living tradition which we share draws from many sources:*
- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.
- Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

## SWIM's Mission

Southeast Winter Institute in Miami (SWIM) is a one week Unitarian Universalist intentional community which provides religious, inspirational, educational, growth oriented programming. SWIM was founded and continues to celebrate the spirit, to promote community, and to nurture connections among people of diverse ages, backgrounds, abilities, and interests. In so doing, SWIM strives to promote our Unitarian Universalist principles.

## SWIM's Vision

SWIM is a gathering to form an intergenerational, intentional community based on Unitarian Universalist principles and values. It nurtures open communication, inclusiveness, spirituality, and growth. It is an inspirational and safe place to play, grow, and take risks in a supportive environment; encouraging self awareness and personal responsibility unhindered by limiting societal expectations.

SWIM is an all volunteer organization of participants who are enthusiastic, talented, diverse, and committed to creating a joyous experience.

SWIM celebrates diversity both within and outside our community and expects all participants to demonstrate personal responsibility and respect for self and others as well as our environment.

SWIM offers a myriad of experiences and opportunities which are challenging and nourishing to mind, body, and soul. Some of our activities are workshops, outdoor adventures, worship, art, dance, music, campfire, and athletics.

## Community Responsibilities

The volunteers on SWIM's staff who make this week possible welcome you to South Florida to join our intentional community. Our camp can be fragile, both physically and spiritually, so we have some basic guidelines for our behavior:

Owaissa Bauer is an oasis of calm and beauty in a large metropolitan area – we keep it that way by controlling waste

and lessening impact on our surroundings.

In addition to everyone's volunteer jobs, we also need volunteers to assist with transportation to many of our activities. We ask that only safe, well-rested, and insured drivers volunteer, and that no driver consume alcohol or anything else that may impair driving.

Because we are an intergenerational community we all serve as surrogate parents when necessary, but parents must remember that they are responsible for their children outside of the regular youth programming times.

## We all volunteer at SWIM...

We are an ALL-VOLUNTEER organization. Every participant volunteers at least three hours. This reduces the cost of SWIM for everyone by about \$150 and helps to build our treasured sense of community at SWIM. Staff member do receive a discount off SWIM's registration fee, but please remember that they are volunteers, too!\*

All non-staff participants volunteer for three shifts serving food and beverages, doing set-up and clean-up, overseeing the Info table, and helping with the New Year's Eve festivities. All volunteer jobs are a chance to socialize while getting the work done. When you register, you'll see a place to indicate your volunteer preferences on the registration form. This year the kitchen jobs have been reduced in "length of time" (even though it does not look that way on the form). For meals on Sunday, we are in the excellent hands of our teen volunteers.

We will do our best to give you the jobs you ask for on a first-come basis. The Sup VolSup will also work to assign you a variety of tasks, if possible. Of course, you can also volunteer for any job that you see that needs to be done during the week. There's no restriction to the number of helpful things you can do. Also, there's no restriction to the number of hugs of thanks we will give.

\* *We will have two paid, professional Cooks overseeing the kitchen. Director, Teen, Youth, and Kitchen Staff usually receive a Food credit. Board members who are not on staff receive no discount. Staff pay for trips and workshop (except for ones*



they lead) and pay all expenses related to attending SWIM.

### First-Timers

*If it's your first SWIM, you'll be tempted to sign up for trips and workshops in every timeslot. Resist!*

*SWIM is full of spontaneous excursions, conversations, and late-night revelry. For your first SWIM, try to limit yourself to 5 or 6 workshops and/or trips so you can relax. You're on vacation, after all.*

### Costs

For all of SWIM participants ages 3 and up, we have a Registration Fee and a Room Fee (which includes a fee for daytime use of the facility) – plus a Food Fee for those eating at camp, which is almost everybody. A few Workshops and most Outdoor Adventures also have fees related to the expenses of individual activities. Optionally, there are area motels where you will find slightly more civilized accommodations, including your very own bathroom, but you will miss some of the excitement and joy of our community life. Our delicious meals may be purchased individually by those not sleeping on-site (\$5 for breakfast, \$10 for lunch, \$15 for dinner, half-price for those ages 18 and under). Meat and vegetarian options are always available. And the food is really good and really satisfying.

**Registration Fee** (includes this brochure, non-fee program expenses, and overhead)

Age	Before Dec. 1	After Dec. 1
3 – 12	\$40	\$60
13 – 17	\$60	\$80
FT Student 18+	\$80	\$100
18+	\$110	\$130



This Registration Fee includes programs, campfire, worship, Serendipity, and New Year's Eve celebration. Participants are expected to register for and participate in the entire week in order to share our intentional community.

SWIM is an intentional community and unregistered persons may not participate in our program. People who are not registered may not be at Owaissa Bauer during SWIM. After December 26th no new registrations will be accepted. This means that if you will arrive late, such as the morning of the 27th, you must send your registration in advance. If you have a question about this you may call **Vonnie Hicks**, SWIM's Director.

The only exception to the full registration fee is that unregistered friends may attend our New Year's Eve celebration for a fee of \$35. This is not a fee for food and drink. This fee only covers SWIM overhead for the evening and a light snack while available. It's our way to open SWIM up to friends and family who might have conflicting commitments this year but want a taste of SWIM for next year!

**Room Fee** (includes daytime facilities use)

Accommodations	Due at SWIM!
Ages 3+ Sleeping On-Site	\$70
Ages 3+ Sleeping Off-Site	\$40

The Room Fee for those sleeping on-site includes either a tent site or a bed in one of our dormitories, plus the use of our bathhouse and parking in a large lot away from the camping area. Both forms of lodging are assigned on a first come, first served basis. For safety and peace no cars are allowed in the camping area after late afternoon, December 26th.

The dormitories consist of six buildings, each divided into two areas, and each of these with a more private room which is normally reserved for staff. Each of the larger rooms has ten



cots. We are an intergenerational community, but we recognize that people tend to form closer friendships with others of similar age, so we do consider this when assigning space in our dormitories. If you have a number of people who would like to stay in one area, please contact **Jerry Elsenrath** and explain your needs.

Our camping area is limited and fills quickly, so be sure to send your registration early to get the accommodations you prefer. Up to eighty participants may camp in tents or small RVs along drives at the rear of camp. They pay all of the same fees as those who stay in the dorms. No electricity and no hookups are provided. RVs may not leave these sites after the evening of December 26th through New Year's Eve, and no cars may be parked in the camping areas.

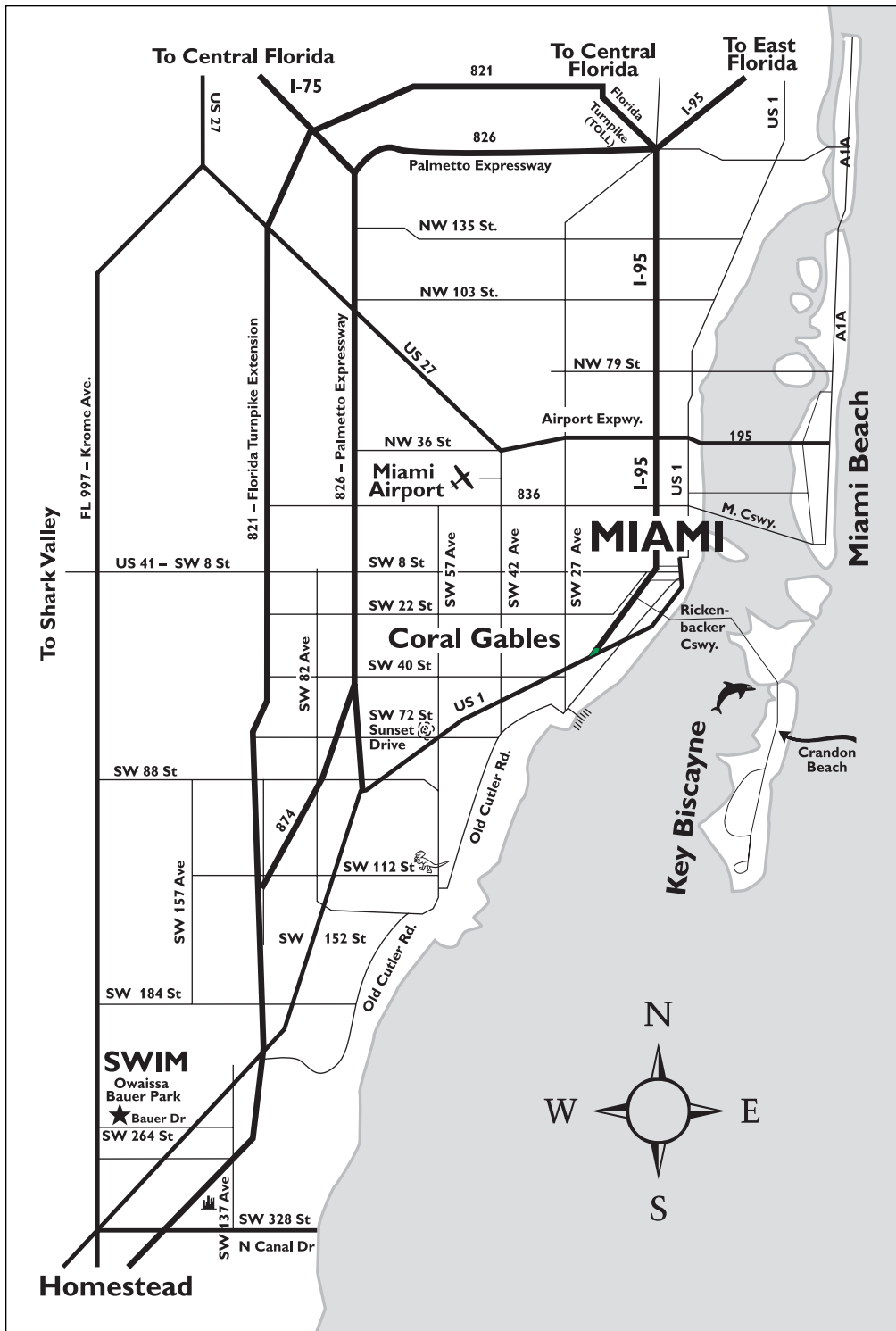
**Food Fee** (for 18 meals in our dining hall)

Age	Due at SWIM!
3 – 5	\$10
6 – 12	\$30
13 – 18	\$60
19+	\$120

The Food Fee covers three wonderful meals a day, starting with dinner on December 26th and ending with an extra late night snack on New Year's Eve. A pick-up breakfast of bagels with leftovers, coffee, and juice is available on New Year's morning. All of our food is prepared at camp by our wonderful staff of cooks with the assistance of participant-volunteers.

### Refunds

The first \$25 of the registration fee is non-refundable. Refunds of the remainder are available if notice of cancellation is sent to the registrar before December 1st. Fees for Outdoor Adventures are refundable until the close of registration on December 26th. After



Home hospitality costs \$8 per person per night. Please state your age and whether you have special needs, such as a bed rather than floor space for your sleeping bag. Much of our home hospitality space is shared floor space but we do have some volunteers able to share their homes with extra beds and bedrooms.

**Janice McArthur and Bob Jacober** will make arrangements based upon requests on registration form.

### Directions to SWIM

During SWIM, our address is 17001 SW 264 St., Homestead, FL and the phone number is (305) 247-9975. This pay phone is used for brief incoming calls for all participants, so you might not get through the first time.

#### **By air:**

You should fly into Miami International Airport. **Supershuttle** commercial service is available from the airport to the church (\$14), for Christmas Day arrivals who have arranged for home hospitality, or to camp (\$42). Please call 305-871-2000 to verify prices and arrange service. Prices decrease for multiple passengers.

SWIM provides limited transportation to camp – on December 26th only – for \$10 using our rented vans. You must call ahead or fill in the appropriate area on the registration form to arrange for this; we send the vans only if we know someone is waiting for them. The pickup times are **10am** and **2:30pm** on December 26th.

*Please meet any SWIM ride or van at the end of Concourse H, the “designated” SWIM pick-up area, outside the Delta and USAir departure area upstairs in fresh air and sunshine, not the baggage claim level.*

New Year’s morning, we combine van returns with shuttles to the airport. We will send vans to the airport at 9am and Noon. If you can drive one of these vans for us, please volunteer to drive when you send in your registration.

that refunds will be given only for trips which were canceled due to lack of attendance or poor weather or trips for which SWIM has incurred no expenses (e.g., sailing trips incur expenses so there are no refund for late cancellations).

### Before SWIM: Christmas Day (a.k.a. December 25th)

Owaissa Bauer is not available until December 26th, but many of us like to congregate in Miami a bit earlier. The Unitarian Universalist Church of Miami, with which we are affiliated, lets us join

them for a reception for our participants, a glorious turkey dinner, and home hospitality for overnight stays.

You must register in advance for dinner and accommodations. The dinner costs \$8 per adult and \$5 per child under 13 and must be included in your advance registration fee. It is held at the Miami church. From 826, take the Sunset Dr. (SW 72 St.) exit east. Turn right at the first street (SW 75–76 Ave.) at the small UU sign. Follow the road around the curves to the church at 7701 SW 76th Avenue.



**By car:**

*Unless you live in the Florida Keys you will be driving south! SWIM is south of Miami in Homestead.*

Take I-95 south, drive west and then south on SR 826. You can take SR 826 to the end, exit on US1, or take SR 874 to the Florida Turnpike Ext SR 821.

If you take I-75, you'll want to take the Florida Turnpike south, following the orange sun signs toward Key West. It's worth paying turnpike tolls. Finish your trip following the directions below for the turnpike.

From US1, turn right on 264 St. (Bauer Dr.) to Camp Owaissa Bauer, on the right just past 167 Avenue (Tennessee Rd.)

From the Florida Turnpike, take Tallahassee (SW 137 Ave.) north. Turn left (west) on 264 St. (Bauer Dr.) Turn right into Owaissa Bauer, just past 167 Ave.

**By carpool:**

December 5th, **Jerry Elsenrath** will email out a list of interested carpoolers as noted on registration forms. If you're emailless or for last-minute needs, call Jerry.

**After SWIM: Stop to Sleep!**

Yes, it will all come to an end on New Year's Day. We hope that you will leave Owaissa Bauer revitalized and refreshed but, for many of us, New Year's morning is not a time characterized by energy and wakefulness. Many members of our community live not far from the main roads we take to drive home. Some will offer their homes for much-needed sleep. At closing circle we will ask those who have homes to share to step forward.

We do not want anyone to drive when they are over-tired and sleepy, so please take advantage of their kindness! We have space on the registration form for you to volunteer your home, and we will post a list by December 30th so that everyone can make preliminary plans.

**Other Accommodations****4th Annual Motel SWIM**

Two motels next to each other on U.S. 1 (South Dixie Highway) in Homestead provide alternative housing experiences. The Ramada Inn, 305-247-7020, and Inn of Homestead (used last year), 305-248-2121, provide two levels of price and service. Anyone who wants to stay at one of these motels must make their own arrangements using a credit card. These rooms will fill early with the holiday rush, so call early! SWIM will help arrange some kind of van service or carpooling between the two motels and camp Owaissa Bauer for car-free participants. Off-site sleepers save only \$30 on Space Fee (what SWIM saves).

**RV Rentals**

In the past, a few families have arrived in rented RVs, which worked well for them. We just had to do a little finagling to run power to the RVs (since Owaissa Bauer has no RV hook ups). Even without power, RVs provide a touch of luxury.

If you need nicer accommodations than our bunkhouse cabins provide, you can rent an RV that accommodates 4-6 people in style for about \$900 to \$1,500 for 7 nights from national or local RV rental companies.

There is no discount for sleepers in RVs parked on site. Participants have found reasonably priced RV camps in the SWIM area with more facilities. Contact **Jerry Elsenrath** for suggestions.

**Accessibility**

Camp Owaissa Bauer is generally flat, and buildings, including bathrooms, are reasonably accessible for elderly and disabled persons. Offsite trips require transportation by standard vans or private vehicle and are thus subject to some limitations in accessibility. Offsite destinations vary considerably in the level of accessibility. If you are physically challenged but want to participate in SWIM, please contact **Vonnie Hicks** for

advice and help with planning by email at [vmhicks@aol.com](mailto:vmhicks@aol.com) or at 919-834-9049.

**Health Concerns**

SWIM makes every reasonable effort to provide a physically healthy and safe environment, and we have a number of our staff familiar with basic first aid. We have on our volunteer staff a first aid and safety coordinator who addresses issues of site and program safety and basic first aid, but we are not a health care provider and must stress that we are not in a position to support on site someone with serious medical illness. We cannot supply nor prescribe medication (some over-the-counter medications and sunscreen may be available through the SWIM Store).

There are hospitals and urgent care facilities in the area to which we can refer you if you are in need of such care, and we can transport you there if necessary. You must have your own insurance to cover such a contingency. Should you have asthma, serious allergies, or any chronic condition which might require emergency medication, please be sure that you have such medication with you and available on site and on trips, and that you have informed companions and trip leaders of the whereabouts and use of such medication in the event you are unable to do so.

If you are a minor at SWIM with special medical needs, you must carry on your person and provide staff a copy of pages 2-4 of our registration forms showing your medical needs, insurance, contact information for your parent or legal guardian, and authorization for emergency medical treatment (see registration forms).

Finally, we encourage you to use good common sense about pacing yourself, getting enough sleep, taking precautions with sun exposure, and drinking water. SWIM is most fun when you are healthy!



### Attention Swim Shoppers

The SWIM Store will be located in the dining hall and open daily. We'll have a variety of items likely to be forgotten when packing or lost in the bath house.

*Although SWIM 2003 T-Shirts (based on brochure cover art) will be available in limited quantities, please pre-order when you register to guarantee availability.*

Hand-Crafted Items created by SWIM artisans will also be sold at the SWIM Store. You will have the opportunity to select beautiful and unique items. If you want to sell anything, please contact **Mary Ann Somervill** (contact info inside front cover). SWIM receives 20% of the sales.

Thrift Shop Boutique is back by popular demand. No time to visit thrift shops in the area? Not to worry, as we bring the thrift shop to you. You are invited to bring used garments to sell, as well as to stop and shop. Please put clothes on hangers and tag them with price and your name. SWIM will benefit by getting 20% of the price.

### What to Bring

First, remember that our accommodations, both dorms and camping area, are rustic. There are no electrical hookups for tents, but dorms do have outlets. The beds will never be called "soft" thanks to the addition of sheet metal to the cots a few years back, so you will want extra padding to put under or over the thin mattress supplied by the campground – at least a sleeping pad. Better is a 3-foot wide, 7-foot tall sheet of 6" foam or your own small day bed or inflatable mattress. A good night's sleep, when you choose to sleep, is the key to a great time at SWIM.

You will need your own bed linens – sleeping bag, sheets, blanket – and towels and washcloths. Other items that may add to your comfort are mosquito repellent, sunscreen, a bathing suit,



casual clothing that can get wet and be layered as the weather changes, something fun to wear out to dinner or on New Years Eve, a folding chair, a light if you stay in the dorm, a flashlight for our unlit paths, your own toiletries in something you can carry back and forth to the bathhouse, and other things such as cameras, games, cards, musical instruments, sports equipment, books, etc. for fun. Space is somewhat limited, however, so leave the kitchen sink at home! Also leave Fido and Fluff at home – the only animals allowed are seeing eye dogs and the local wildlife.

*To meet the requirements of Florida state law, parents must provide car seats for children ages three and under participating in youth programs or off-site activities.*

### 3rd Annual Auction

Tuesday evening! Hosted by our own **Mark Evans**, this popular fundraiser, along with a spirit of volunteerism, will help us keep SWIM alive and reasonably priced. If you've got the goods or services to wow the audience, here's your golden opportunity to put them on parade for a great cause!

### Young Families

*Parents of young children should take the opportunity to meet other parents of young children in the Family Dorm at 9pm, Friday, December 26th, during the scheduled "Meet Your Cabinmates" time on the first evening of SWIM.*

Families with young children are generally assigned to the Family Dorm, which provides families the opportunity to arrange bed times, share and coordinate late-night childcare, and possibly hire needy teen babysitters during times when parents are not able to be present outside of the youth programs schedule. Although SWIM does not provide specific programming for youth under the age of 3, there are usually people willing to volunteer to



provide a childcare break for parents of very young children.

*By the way, to meet the requirements of Florida state law, parents must provide car seats for children ages three and under in SWIM youth programs or off-site activities.*

### Youth Program (Ages 3–13)

*Parents and guardians must attend a brief orientation at 7pm, December 26th, in the Crafts Room. Feel free to contact **Sue Baskin, Hannalies Bosman, or Mark Weathers**, Youth Coordinators, with any questions. SWIM's youth staff are adult UUs with experience working in UU camps and youth programs across the continent.*

Programming for the youngest of our SWIM community is a flexible combination of play, art, hugs, adventure, music, food, stories, games, and swimming. The group will gather every morning for the day's opening and then will be divided into like-age groups for many activities and mixed-age groups for some fun, whole-group experiences. Scheduled programming is from 9am to noon and then from 1:30 to 5:30pm. We will have at least one field trip and a possible overnight outside for some groups. Evening program may be added for some age groups a few nights during the week. The 12 and 13 year-olds will have a special coming of age celebration at the end of the week. Final planning depends on the number and ages of the participants, so please register early. All youth are invited to participate in the special activities including Children's Worship and Beach Day.

*Have we mentioned that parents must provide car seats for children ages three and under participating in youth programs or off-site activities to satisfy Florida state law?*

### Teen Program (Ages 13–18)

*Teens ages 13-18\* may choose to be part of the SWIM Teen Program, which means sleeping in the Teen Dorm and participating in Teen Program activities.*





*\* If you are 18, you may choose to be involved in either the Young Adult Program or the Teen Program, but not both at the same time.*

*Participants and their parents/guardians MUST attend the mandatory orientation in the Teen Dorm at 9:30 PM, Friday December 26th. Cash-strapped teens who would like to babysit for young families should stop by the Family Dorm at 9:00 PM the first evening of SWIM, just before the mandatory Teen Program meeting. If you have any questions about the Teen Program, feel free to contact the staff before SWIM.*

The SWIM teen experience is like none other you can imagine. We promote an attitude of absolute acceptance and ridiculous fun with everything we do. Be prepared to unravel from the outside world to a place where you can be your crazy, beautiful self with no holds barred. The teen program is a safe, supportive environment geared toward YOUR empowerment. So bring ideas, books, thoughts, games, activities to share, musical instruments, ideas for discussions, and all your input about how to make this a more fun and exciting experience. We'll be having a meeting on Friday to go over the schedule and brainstorm about any possible changes.

Here's what we've planned so far:

**Saturday:** *We'll be chillin at SWIM, making homemade clothes, shoes, you name it at our DIY Digs workshop, then we'll go sailing out under the stars.*

**Sunday:** *Volunteer Day! We'll be pitching in the kitchen and leaving the option open to go to King Mango Strut, a wacky parade in Miami's Coconut Grove, and then stretching our minds at a symposium that night.*

**Monday:** *We'll be kickin it at the Beach with the rest of SWIM and having our own Blue Hawaii party for all to join in. That night when we get back we'll do our traditional teen worship and then dance into the night at Serendipity.*

**Tuesday:** *Get ready to creatively gorge*



*yourself on Sushi Sculpture, the ultimate in fresh, delicious food. Then at night we'll go out to canoe by twilight.*

**Wednesday:** *We'll be thrift shopping and preparing to dance like mad at SWIM's totally fantastic New Year's Party.*

Feel free to sign up for other workshops and outdoor adventures, but bring an alarm clock if you're planning on waking up early. As always, it is very important to be prepared! Be sure to bring \$30-\$45 to pay for the Teen Night Canoe and Teen Sailing trips (and possible "spontaneous" Hot Tubbing trip) plus spending money for thrift shopping and milkshakes. Keep in mind that SWIM is a rustic environment by bringing tons of bedding, pillows, flashlights, sunscreen, toiletries, warm and cool clothing, bathing suit, and a clean towel or two. Also bring dancing clothes, costumes, worship materials, Frisbees, musical instruments, songbooks, candles, old clothes and bike tires for DIY Digs, knitting and crocheting supplies, skit ideas, supplies for dressing in drag, and any other fun and legal activity you can think of. We'll be going thrift shopping and out to get milkshakes, so be sure to bring some spending money. It's a good idea to leave fragile or valuable things at home because we tend to get piled on top of one another. Also remember that SWIM is a community, so don't bring any behavior that would be destructive.

*Note: The Teen Program schedule is subject to change (and probably will), but who cares? It's always a great time.*

*While it is not a major focus of our program, our teen experience usually includes an off-site, clothing-optional activity. This activity is led in the context of discussions on body-image issues in society at large and encourages a positive experience of one's body in a non-sexual setting within the atmosphere of respect and acceptance we promote within the program as a whole.*



*The Teen Program is guided by the UU principles and youth empowerment, and affirms people of every race, class, sexuality, gender, religion, and ability.*

### **Young Adults (Ages 18-28)**

*Interested young adults will meet for an orientation in the Young Adult Dorm at 10pm, Friday, December 26th. Contact **Vonnie Hicks**, the Director of SWIM, if you have any questions.*

*Some years ago, due to concern about preferential treatment in an intergenerational community, SWIM's Board decided to stop staffing a young adult program. Although well-intentioned, this change was perceived as a rejection of a grassroots program with YRUU/LRY heritage created by young adults for young adults. In our desire to build a cohesive intergenerational community, the Board has revisited this issue and recognized that decision was not a good one. When we deliberately stopped supporting age-focused programs for young adults, we lost a vibrant aspect of our community. We apologize.*

*Starting last year, our Board of Trustees (about half of whom are young adults) recommitted to building a vibrant Young Adult community, providing staff and dorm space to be filled first with young adults ages 18-28, then with folks ages 29-35 as space allows. Young Adults will collectively plan special trips and gatherings (as may any other groups of SWIM participants), and will function on an age-focused rather than age-exclusive basis at the discretion of the Young Adult Coordinator.*

All plans are open to changes once we get to SWIM. There will be "spontaneous" late-night young adult trips like night-swims at the beach and hot tubbing, mixed in with SWIM's regular fair of intergenerational trips. For your spiritual/personal growth needs, we'll do a reality check the first evening of SWIM for any additional activities or workshops that we might want to

## Registration Day Schedule

### **December 26th, 2003 (afternoon)**

- 11:00 – 1:30 Staff Only for Set-up  
1:30 – 4:00 Register and Move In  
4:45 – 5:00 Dinner Circle-Up for Announcements  
5:00 – 6:30 Dinner / SWIM NUUS Release  
7:00 – 7:20 Youth Program Orientation with Parents & Guardians! Required!  
7:30 – 8:30 Orientation & Welcome Service  
9:00 – 9:30 Cabin Time – Meet Your Cabinmates  
9:30 – 10:00 Orientations for Teens and their Parents & Guardians! Required!  
10:00 – 1:00 Serendipity, Campfire, Special Events

## Ultra-Basic Daily Schedule

### **December 27th – 31st, 2003**

- 7:30 – 9:00 Breakfast  
9:00 – 12:00 Youth and Almost Teen Programs  
10:00 – 12:00 Workshops – times vary  
12:00 – 1:00 Lunch / SWIM NUUS Deadline  
1:00 – 5:30 Youth and Almost Teen Programs  
2:00 – 4:00 Workshops – times vary  
4:00 – 5:30 Fonkey Tyme / Social Hour / Late Afternoon Workshops  
5:00 – 6:30 Dinner / SWIM NUUS Release  
7:00 – 7:30 Community Gathering / Music / Announcements / Sharing  
7:30 – 8:15 Worship  
8:30 – 10:00 Campfire / Community Event  
9:30 – 1:00 Serendipity / Community Event  
1:00 – 3:00 SWIM Film Festival (Sporadic!)

## New Year's Day Schedule

### **January 1st, 2004 (Morning)**

- 7:30 – 9:00 Breakfast & Left-overs for the Road  
9:00 – 9:30 Closing Circle  
9:30 – 12:00 Clean Up, Load Up & Head Out  
10:00 – 11:00 Closing Staff Meeting  
11:00 – 12:00 New Year's Day Board Meeting\*  
12:00 – 2:00 Staff check facilities and cleanliness

\* Meets on-site and is open to anyone.

arrange. Our schedule will be figured out this first night of SWIM. Feel free to sign up for any workshops or trips that interest you, since most of what we'll do will be outside of workshop and outdoor adventure times. In years past, our unofficial housing was labeled "Noisy Adult" and was quite cluttered with many of us up late every night, so feel free to pick "Quiet Adult" on your registration if you're a light (or grumpy) sleeper preferring non-YA housing.



## Social Hour/Fonkey Tyme

Just before dinner, we generally chill out in front of the dining hall and around the tree circle. This is just a good time to meet new people and reconnect with old friends. Some afternoons include spontaneous Fonkey Tyme activities. In years past, these have included new games and pie fights. Always expect the unexpected.

## SWIM NUUS

Every day, at dinner, you will be greeted with a brand new edition of the SWIM NUUS, full of schedules, reminders, thank you's, human interest and humor IF YOU PUT IT THERE! The editor will collect all the contributions each day by lunchtime. Monday/29th, we'll feature the views of candidates for the SWIM Board.

The first edition will be in your confirmation packet so, if you want to publish changes, welcomes, don't-forget-to-brings, or other important pre-SWIM information, please get a write-up to **Sharon Beecher** at [sharonbis@aol.com](mailto:sharonbis@aol.com) ASAP.

## Worship

Evening worship services bring us together a little while after dinner. Our services tend to be experiential, are frequently outdoors under the canopy of stars, and tend to span that range of religious traditions upon which we Unitarian Universalists draw. Teens and youth usually provide special worship services, as do ministers and other groups within the SWIM community. The worship themes and schedules are not set as of press time, but may be listed online.

## Nightlife

Evenings, after Worship, special nighttime events begin for each and every one of us. The logs in the...



## Campfire

...are lit at 8:30pm, illuminating an hour of song and story-telling led by our beloved leprechaun, **Pete Leary**. Pete is inviting all in-the-closet and out-of-the-closet performers to bring their voices, instruments, and talents to share with the gentle kindred spirits around the campfire. Besides some new songs, he may give brief Yodeling lessons. All are invited to experience this exciting and primal return to the ancient ways of community celebration.

After the warmth and coziness of the campfire the only thing to do is DANCE! 9:30 is the magic hour when Cinderella's pumpkin becomes a coach and our dining hall becomes...

## Serendipity

...It's what we call it and exhilarating is what it is. On most evenings, we'll gyrate rhythmically – from 9:30 pm til 1:00 am – to beats from around the world and throughout time. This is when we rediscover the dance moves genetically buried in our tired bodies and thrill as new combinations and energies emerge. Leap onto the dance floor or be drawn in aurally as the nightly beat goes on.

Each night, guest DJs (you!), under the gentle tutelage of one of our experienced SWIM DJs, will rip the air with dancable tunes, old and new, utilizing cutting edge MP3 technology. Don't miss a chance to be part of this nightly scene!

As well as this nightly explosion of entertainment there will be Special Events. Sunday night, we'll share talents at the annual **Coffee House**. Monday after Beach Day, the teens are hosting a **Blue Hawaii Dance Party**. Tuesday will bring our 3rd Annual SWIM **Auction Night**. Of course, wednesday is our annual **New Year's Eve Party**.

By 1am, some of us, too wired to go to sleep, will want to creep into the...

## Step 1: What Do You Want To Do At SWIM?

\* please make copies or additional printouts of this page (online at swimuu.org) for EVERY TWO participants!

My Name is...

My Email Address is...

While I'm thinking about it, I want to be sure to get...

- SWIM Mugbooks: The SWIM photo directory (\$5/each due at SWIM) I would like \_\_\_\_\_ SWIM '03 Mugbooks
- SWIM Long Sleeve T-shirts: I would like: \_\_\_ XXL \_\_\_ XL \_\_\_ L \_\_\_ M \_\_\_ S \_\_\_ XS (\$15/each due at SWIM)
- SWIM Short Sleeve T-shirts: I would like: \_\_\_ XXL \_\_\_ XL \_\_\_ L \_\_\_ M \_\_\_ S \_\_\_ XS (\$12/each due at SWIM)

Mugs & T's
\$

### Workshops & Outdoor Adventure Trips for Me

Number	Workshop or Trip Name	Days	Times	Fees
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$

Volunteer Jobs (Adults at SWIM do 1 job, assigned first-come, first-serve)

	Alt	Alt	Alt	Alt
--	-----	-----	-----	-----

Volunteer Job Codes Use these to mark your preference

Every adult works 1 volunteer job to help keep fees low.						
Volunteer Jobs & Times	Fri	Sat	Sun	Mon	Tue	Wed
Breakfast 7am - 10am		B1	Teens	B3	B4	B5
Lunch 11:30am - 2:30pm		L1		L3	L4	L5
Dinner 4:30pm - 7:30pm	D0	D1		D3	D4	D5
Serendipity 9pm - 1am	S0	S1	S2	S3	S4	S5
Serendipity 11pm - 2am	X0	X1	X2	X3	X4	X5
Serendipity Cleanup 1am+	C0	C1	C2	C3	C4	C5
Info Desk 9am - 12:30pm		M1	M2	M3	M4	M5
Info Desk 12:30 - 4:30pm		A1	A2	A3	A4	A5
Info Desk 4:30pm - 8pm	E0	E1	E2	E3	E4	E5

Activity Fee

Subtotal
\$

While I'm thinking about it,  I can help with trips!  I can drive on trips!

My Driver's License Number is \_\_\_\_\_

My Auto Insurance Company is \_\_\_\_\_

Please read the Refund Policy and watch for conflicting activities.

We want all participants to get the most out of their SWIM activities.

Activity Fees and Mugbook/T-shirt Fees will be totaled on page 4.

My Co-Registrant's name is...

Co-Registrant's Email is...

While I'm thinking about it, I want to be sure my friend/family member gets...

- SWIM Mugbooks: The SWIM photo directory (\$5/each due at SWIM) This person would like \_\_\_\_\_ SWIM '03 Mugbooks
- SWIM Long Sleeve T-shirts: This person would like: \_\_\_ XXL \_\_\_ XL \_\_\_ L \_\_\_ M \_\_\_ S \_\_\_ XS (\$15/each due at SWIM)
- SWIM Short Sleeve T-shirts: This person would like: \_\_\_ XXL \_\_\_ XL \_\_\_ L \_\_\_ M \_\_\_ S \_\_\_ XS (\$12/each due at SWIM)

Mugs & T's
\$

### Workshops & Outdoor Adventure Trips for My Co-Registrant

Number	Workshop or Trip Name	Days	Times	Fees
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$
				\$

Volunteer Jobs (Adults at SWIM do 1 job, assigned first-come, first-serve)

	Alt	Alt	Alt	Alt
--	-----	-----	-----	-----

While I'm thinking about it, this person...

can help with trips!  can drive on trips!

DL# is \_\_\_\_\_

Insur Co is \_\_\_\_\_

Activity Fee

Subtotal
\$

If offering to drive, please have your driver's license copied at registration.

**Step 2: Fill Out the Emergency Release Form & First Aid Information**

\* please make copies or additional printouts of this page (online at swimuu.org) for EVERY participant!

Please fill out a COPY of this page for EVERY participant – Adults & Children – making copies as needed  
Please fill out ALL SPACES on form – If a line is not Applicable, please write in “N/A”

**Emergency Release Form** – Please have form filled out and signed in all places for each participant

All registrants must complete this emergency release form and submit it with the completed registration.

Registrant’s Name: \_\_\_\_\_ Date of Birth (MM/DD/YY): \_\_\_\_\_

In case of emergency notify (someone not at SWIM):

Contact Name: \_\_\_\_\_ Contact’s Phone Number: \_\_\_\_\_

SWIM medical/nursing volunteers are authorized to provide or obtain medical treatment as necessary should I be ill or injured and unable to state my preferences. I hereby release SWIM from any liability associated with activities at camp or on SWIM sponsored trips.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Witness: \_\_\_\_\_ Date: \_\_\_\_\_

The breaking of alcohol, drug, and other local laws will not be tolerated. The carrying of firearms shall not be permitted. The staff and board are all committed to compliance with these laws and, in fact, may not allow violators to remain at SWIM. Please note that Florida law makes it illegal for persons under the age of 18 to possess tobacco products and also illegal for anyone older to provide such items for them.

I have read the paragraph above and I understand and agree with the policy stated therein.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Witness: \_\_\_\_\_ Date: \_\_\_\_\_

**First Aid Information Sheet** – Please have form filled out and signed in all places for each participant

This is for SWIM STAFF use in case of emergency. If any information changes, please make corrections during Registration on Dec. 26th.

Primary Physician: \_\_\_\_\_ Physician’s Phone Number: \_\_\_\_\_

Pharmacy: \_\_\_\_\_ Pharmacy’s Phone Number: \_\_\_\_\_

Insurance Company Name / Phone Number / Policy Number : \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

\_\_\_\_\_

Allergies: \_\_\_\_\_

\_\_\_\_\_

Medications: \_\_\_\_\_

\_\_\_\_\_

Any Other Medical Information (Attach Additional Sheets As Needed): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Step 3: Fill Out Releases For Minors

\* please make copies or printouts of this page (online at swimuu.org) for each participant under age 18!

Parent's Release For Children Under 18 Years of Age must be signed

Parents and guardians of teens ages 13 to 17 MUST attend orientation in the Teen Dorm at 9:30PM, December 26th.

Parent's Release For Children Attending SWIM with Someone Other Than A Parent must be notarized

Parents and guardians of children ages 3 to 12 MUST attend orientation in the Craft Room at 7PM, December 26th.

Parents Release For Children Under 18 Years of Age

I, \_\_\_\_\_ the parent/legal guardian of \_\_\_\_\_
(parent's/legal guardian's full name) (child's full name)

a minor, hereby grant my child/minor permission to participate and attend any and all activities associated with SWIM from December 26, 2003 through January 1, 2004. My child/minor has permission to participate in S.W.I.M. activities both on and off the camp Owaissa Bauer site, including, but not limited to the following: attendance at field trips anywhere in or outside of Miami-Dade County, Florida; participation and attendance in any and all sporting activities and games that include swimming and bicycling; participation and attendance at any and all religious or spiritual consciousness raising activities; and transportation to any of said activities by any means; provided that my child/minor will be under the care and supervision of a S.W.I.M. staff member while participating in said activities. I give my child/minor permission to participate in said activities regardless of whether such activities continue past local curfew provided that my child is under the care and supervision of a S.W.I.M. staff member. When my child/minor is not participating in said activities, he/she will be under the care and supervision of either myself or his/her guardian appointed by me. In giving this permission to my child/minor to participate in the activities associated with S.W.I.M., I realize that the risk of injury to my child/minor resulting from participation in said activities is minimal but that risk cannot be completely eliminated, therefore, I hereby release S.W.I.M. from any liabilities associated with my child's/minor's participation in said activities provided that such liabilities did not result from gross negligence on the part of S.W.I.M. or any of its staff in the supervision of my child/minor during the course of said activities.

Signature of Parent/Guardian State, Country & Date

Parent's Release For Children Attending SWIM with Someone Other Than A Parent

\_\_\_\_\_ is hereby authorized to act as guardian with full authority to act for health, medical,
(legal guardian's full name)
care, and deeds for my child/children \_\_\_\_\_

(child's/children's full name(s))
from December 26, 2003, through January 1, 2004, while attending SWIM activities for said child/children.

Signature of Parent/Guardian State, Country, & Date

Before me, \_\_\_\_\_ personally appeared and presented \_\_\_\_\_
(Parent's/Legal guardian's full name) (form of ID)

as identification or is personally known to me and did not take an oath, this day of \_\_\_\_\_, 2003.
(month & day)

Notary Public \_\_\_\_\_ My Commission Expires \_\_\_\_\_
(month, day & year)

I agree to be responsible for this child/children while attending SWIM. I am aware that this means that I will be entirely responsible for this child/ children in case of illness, injury, or dismissal from SWIM, and during any time when the child/children is not involved with planned SWIM activities.

Signature of SWIM Guardian State, Country, & Date

Before me, \_\_\_\_\_ personally appeared and presented \_\_\_\_\_
(Parent's/Legal guardian's full name) (form of ID)

as identification or is personally known to me and did not take an oath, this day of \_\_\_\_\_, 2003.
(month & day)

Notary Public \_\_\_\_\_ My Commission Expires \_\_\_\_\_
(month, day & year)

**Step 4: Who's Sending in the Form?** (Only one copy of this page per address)

Use separate Registration Forms for different address, but submit them together.

Your Name	Home Phone
Address	Work Phone
City/State/ZIP Code	Email Address

Are you willing to have weary travellers stay at your home January 1st? Yes / No

**Step 5: Who's Coming to SWIM together?**

This form has space for five people at the same address registering together. Please enter each participant's subtotals from Step 1.

Participants Names	1st SWIM?	Gender E/M	Dorm Choice	Food Choice	Birthday	Age on 12/26/03	Registration Fees	Activity Fees (step 1)	Room Fees	Meal Fees
							\$	\$	\$	\$
							\$	\$	\$	\$
							\$	\$	\$	\$
							\$	\$	\$	\$
							\$	\$	\$	\$

Dorms: (C)amping, (W)omen, (M)en, (Q)uiet Coed Adult, (N)oisy Coed Adult, (Y)oung Adult, (T)een, (F)amily  
 Food Choices: (V)egetarian, (M)eatavore, (O)mnivore

**Step 6: How Are You Getting To SWIM?**

On Dec. 5th, Jerry Elsenrath will compile all carpool info and email carpoolers. Call or email for last minute needs.

Carpool?  Need...  Offer... a ride between SWIM and \_\_\_\_\_.

I plan to leave on \_\_\_\_\_ at \_\_\_\_\_ AM/PM, and that can vary by \_\_\_\_\_ hours.

I think  I can/  I cannot...  I do/  I do not need... help driving. Vehicle \_\_\_\_\_ Spaces \_\_\_\_\_

Flying? Please expect me on  10am  2:30pm Dec. 26th SWIM Shuttle (\$10/person)  my own transportation

When I leave, please expect me on  10am  Noon Jan 1st SWIM Shuttle (\$10/person)  my own transportation

Arrive \_\_\_\_\_ Airline \_\_\_\_\_ Flight # \_\_\_\_\_ Depart \_\_\_\_\_ Airline \_\_\_\_\_ Flight # \_\_\_\_\_

Early, on December 25th? I would like to  Join the Miami UU Church for Christmas Dinner (\$8 adult, \$5 child)

Request Home Hospitality (Deadline Dec. 10th, \$8/person)  Offer Home Hospitality since I live in Miami

Do you have any special Home Hospitality needs? \_\_\_\_\_

While I'm thinking about it, I want to be sure to make a...

Contribution of \$ \_\_\_\_\_ to the SWIM Scholarship Fund to help others go to SWIM.

**Step 7: Checklist Before Mailing**

- I've filled out every space on this page and added up all totals.
- I've enclosed a check payable to SWIM for the **Total Due Now**
- Each adult has filled in workshop, adventure, t-shirt, mugbook, & volunteer preferences in Step 1
- Signed Parent's Release for ALL minors
- Notarized Release for Children Attending SWIM With Someone Other Than A Parent for each minor not attending with a parent
- Signed Emergency Release for ALL participants
- I've used separate forms for different addresses
- I'm mailing these forms so they will arrive before Dec. 20th
- For Priority Mail/FedEx, I've signed the "waiver of signature"
- Mail Registration Forms, with check, to... SWIM c/o Jerry Elsenrath, Registrar  
8708 N. Lynn Ave  
Tampa, FL 33604-1316

Activity Total	Room Total
\$	\$
Reg Total	Meal Total
\$	\$
Shuttle Fees	M/T (step 1)
\$	\$
Hosp Fees	
\$	
Contribution	
\$	
<b>Total</b>	<b>Total</b>
Due Now	Due at SWIM
\$	\$





## SWIM '03 Film Festival

...where a film of timely significance hosted by **Lyle Baskin** will be shown most nights at 1 am followed by a discussion sleeping.

And so, with this overheated description of nightlife, we welcome you all to be a part of it. We'll need your songs and instruments for campfire and coffee house. We'll also need your tapes, CDs, and MP3's for the nightly music-mix. And we'll need your DJ alter ego up on the music control deck.

Plus we'll need your decoration and fashion skills for the New Year's Party. And your enthusiasm and love to make it all work...

## New Year's Eve Celebration

On New Year's Eve, from 8pm to 10pm, the Dining Hall will be closed so that spontaneous volunteers and **New Year's Eve Decoration** workshop participants can continue decorating for the New Year's festivities. Doors open at 10pm and we'll ring in the New Year in style. Wear your New Year's best! Free champagne or Non-Alcoholic alternative for Winners of Best Costume and Best Sense of Style Contests at 11pm. Midnight snacks will be available while they last.

Unregistered guest of SWIM participants may attend our New Year's Eve celebration for a fee of \$35. This is not a fee for food and drink. This fee only covers SWIM overhead for the evening and a light snack while available. It's our way to open SWIM up to friends and family who might have conflicting commitments during SWIM this year but want a taste of SWIM for next year!

## Workshops

We have workshops of almost every description for you to learn, grow, enjoy, play, and share while you are at SWIM. Adults, children, Almost Teens, and



Teens are encouraged to sign up for workshops. Many workshops are intended for all ages. Workshops with age limits may be open to younger ages if accompanied by an adult (who may not have to be a parent – please check with instructor).

Workshops usually go smoother if the leader knows before hand how many people are coming. So, as a courtesy to workshop leaders, please pre-register if you think you'll go. Some workshops have limits and may fill up, so don't wait to register, you might not get in. You can also check the SWIM website (swimuu.org) for changes & additions.

All of our workshop leaders are volunteers. If you have something you'd like to share, either this year or next, contact our workshop coordinator, **Candy Gale**, at 813-931-7957, or email her at galec@aol.com. Workshop leaders get lots of appreciation and a T-shirt!

*This year, we've switched up our numbering system to try to make it more useful to first-timers and everyone else...*

*First digit indicates the day...*

*000's are the 27th/Saturday*

*100's are the 28th/Sunday*

*200's are the 29th/Monday*

*300's are the 30th/Tuesday*

*400's are New Year's Eve/Wednesday*

*Second digit indicates the time of day...*

*00's are all day*

*10's are in the morning*

*20's are in the afternoon*

*30's are in the late afternoon*

*40's are in the evening*

*Multi-day workshops are numbered according to the first time they meet.*

**Saturday, December 27th, Morning**

### **010 Morning Yoga**

Before SWIM's daily workshops begin each morning, come stretch with us for awhile. Light Yoga is designed for every "body". No advanced postures or difficult positions this early in the morning. Eat a light, early breakfast then



join us at 8:30 a.m. each day, or whenever you can make it. Some instruction will be offered for those unfamiliar with introductory yoga. These gentle sessions are just the thing for those a bit shy or intimidated by exercise or even the name "yoga". Bring a beach towel or mat, loose fitting clothes, water (optional but suggested).

**Grant Wilson, M. Ed.** Yoga student for 15 yrs., instructor for 5 yrs. in Tampa. Free. Daily, 8:30am–9:30am. All Ages

### **011 Koeksusters ("cake sisters")**

Koeksusters in the Afrikaans language, are braided dough strips deep fried in oil and immediately drenched in heavy syrup. Come and help braid the dough and consume this delicious South African confection!

**Elizabeth Norval** was born and raised in South Africa. Although of British descent, she became familiar with the Afrikaans culture and its delectable dishes. She will share her experiences of Africa while teaching the art of making koeksusters. Free. Sat 10am–12noon.

### **012 Facing Inner Fears**

Coming to an understanding of what fear is and how it can be an immobilizing or propelling force in one's life, living and choices; identifying your fear, embracing it and choosing to live with or without your fear. This workshop will examine the reasons behind fear, personality issues and methods of relieving anxiety and simplifying personal lifestyles. We will use discussion, questionnaires, exercises, meditation and audio/video media.

**Sharon Zens** has spent her lifetime pursuing sociological and psychological understanding of herself and others. Her background is as diverse as her interests. Professionally, she has been a computer programmer/analyst for over 20 years. She is also an ordained Spiritualist minister. Experience: Life, personal and professional. Sharon has inspired from the pulpit as well

27th/Sat	28th/Sun	29th/Mon	30th/Tues	31st/Wed
<b>All Day</b>				
505 Day Sail I 506 Shark Slough	605 Day Sail II 606 Florida Hike	It's Beach Day! <i>It's Beach Day!</i>	805 Manatee Canoe 806 Learn to Windsurf 807 Windsurf Rental Only	401 Decoration 905 Matecumbe Canoe 906 Matecumbe Kayak 907 Art Deco Tour
<b>Early Morning</b>				
010 Yoga	010 Yoga	010 Yoga	010 Yoga	010 Yoga
<b>Morning</b>				
011 Koeksusters 012 Facing Fears 013 Music 014 Diet	111 Jung 112 Tea 113 Writing 114 Beading	211 Living Wills <i>It's Beach Day!</i> <i>It's Beach Day!</i> <i>It's Beach Day!</i>	311 Wicca 312 Portraits 313 Universe 114 Beading	411 Poncho 412 Mormon Ritual
515 Long Pine Hike 516 Vizcaya 517 Thai Buddhist Monastery 518 Owaissa Bauer Walk	615 Butterflies	It's Beach Day! <i>It's Beach Day!</i> <i>It's Beach Day!</i> <i>It's Beach Day!</i>	815 Snorkeling 816 Glass Bottom 817 WRC Service Proj 818 Shark Valley Bike	915 Everglades Airboat 916 Castellow Hike 917 Everglades Bike
<b>Afternoon</b>				
021 Message 022 Aromatherapy 023 D.Y.I. Digs 024 A Wake	121 Juggling 122 Herbal 123 Tie Dyeing 124 Origins	<i>It's Beach Day!</i> <i>It's Beach Day!</i> <i>It's Beach Day!</i> <i>It's Beach Day!</i>	321 Everything 322 Sushi 323 Partners Yoga 324 Singing	421 Direct Action 422 Partner Acrobatics
525 Nine Mile Canoe 526 Russian Baths 527 WRC Tour 528 Alabama Jack's	625 King Mango	<i>It's Beach Day!</i> <i>It's Beach Day!</i> <i>It's Beach Day!</i> <i>It's Beach Day!</i>	825 Local Bike 826 Key Largo 827 Women in Water 828 Tour the Taps	925 Tropical Tour 926 Hot Tub
<b>Late Afternoon</b>				
031 Six Pack 032 Women's 033 Men's	031 Six Pack 032 Women's 033 Men's	031 Six Pack 032 Women's 033 Men's	032 Women's 033 Men's	031 Six Pack
<b>Evening</b>				
041 Cha-cha & Swing 545 Jamaican Food 546 Teen Sail	041 Cha-cha & Swing 645 Mexican Food 646 Night Sail	041 Cha-cha & Swing 745 Peruvian Food	041 Cha-cha & Swing 845 Cuban Food 846 Night Walk 847 Teen Canoe	Time to dress Up! <i>Time to get Down!</i> Time to Par-tay! <i>It's New Year's Eve!</i>
<b>Nightlife / Serendipity</b>				
TBA	Coffeehouse	Blue Hawaii Party	SWIM Auction	New Year's Eve Party
<i>Check online for updates and additions</i>				
<a href="http://www.swimuu.org">www.swimuu.org</a>				



as individual counselling. *Situational training: she is a certified advanced diver and has logged more than 30 solo hours in small aircraft.*

Free. Sat 10am–12noon. Ages 13+

### 013 Musical Workshop - Guitar

Guitar-based. Improving guitar technique, accompanying singers, and playing for group singing. This may happen on additional days.

*Lyle Baskin has been playing guitar for 40 yrs. Still trying to figure it out. Join him for some musical exploration.*

Free. Sat, 10am–12noon.

### 014 Staying Slim Easily by Counting Carbs

The Zone Diet.... Dieting for Big Eaters.... Counting those carbs... Why deprive yourself and be hungry just to lose weight? Limiting carbohydrates becomes a lifestyle choice easy to follow. Learn the rules and explore the endless options. “The Zone” improves health while keeping weight off.

*Elle Long is a long-time SWIMer who enjoys dining at SWIM.*

Free, Sat, 10am–12 noon.

Saturday, December 27th, Afternoon

### 021 The Joy of Massage

You’ll learn how to give a back massage that will have them melting in your hands! By the end of the workshop you’ll be able to locate the knots and tense spots and use hands, forearms, and elbows to relax muscles and ease pain. This is a great workshop for couples who want to learn to work on each other.

*Chris Roman, PhD, works for the Defense Department in Washington. But his real passion in life is massage therapy. This is the third year he has offered his workshop, which continues to draw a crowd. Chris graduated professional massage school in 2001 and got nationally certified in 2002.*

Free. Sat, 2pm–4pm. Ages 13+

### 022 Aromatherapy

How can smells affect our moods and



feelings? Come find out how this largely overlooked sense impacts our lives.

*Lara Dean Shephard is on teen staff at SWIM. By SWIM 2003, she will have completed 2/3 of the training required to be an official aromatherapist. She is going to share what she’s learned in this aromatherapy workshop.*

Free. Sat, 2pm–4pm.

### 023 D.Y.I. Digs

Why pay big bucks for mass produced mall fashions when you can make your own styles AND stick it to the man at the same time? We’ll be silk screening our own shirts, turning bike tires into bracelets, making headbands, armbands, rearranging old clothing, transforming seatbelts into belt-belts, and learning to knit. If you want to have your own screen printing set-up, bring a kit (most art stores carry them). Definitely bring, shirts for printing, socks with cool patterns, blown bike tires, old seat belts, yarn, and any well-loved clothes that are past their prime or “trash” that would look fabulous as an accessory.

*The SWIM Teens are adept at turning trash into treasure and are fully proficient in the pedagogy of being cool and having fun. We learn something new every year.*

Fee \$7. Sat, 2pm–4pm.

### 024 A Wake Before Death

In this friendly gathering we are going to take a playful look at the rituals and practices surrounding death and expand our view of personal options from purely practical concerns to community and spiritual rituals as the celebration at the end life. We will begin to explore what is important to each of us about our own death. What are your wishes to be carried out as you die and after you die, and have you told your loved ones? After a little thought provoking discussion we will creatively explore wishes and desires about our own deaths through art, writing and play. Avoiding death is not an option, so of the choices you do have-



what’s your pleasure? This will not be a serious death and dying workshop, not therapy, not about avoiding death or affording death and not about grief or fear of death. Bring your child heart and your old lady wisdom, we’re gonna have a wake before death. Bring a pillow, pad or comfortable chair if you wish.

*rebecca moon is a women’s health practitioner and mother of the beautiful Cody. She sees that often people fail to speak with loved ones about what is important to them concerning death. She believes that, if we creatively look at the rituals and practices surrounding death, death will become less fearful and more spiritual and meaningful for each of us.*

Free. Sat, 2pm–4pm.

Saturday, December 27th, Late Afternoon

### 031 Sampling the Sensual Six Pack

Is your beer an epicurean eyeful, does it titillate you tastebuds, or even cause an olfactory orgasm? If not help is available here and you might learn something about beer. Participants must bring 1 or 2 six-packs of lager, ale or barley wine (no big bland beers please), depending on your level of participation. Leader will explain beer and all its variations until serious philosophical discourse subdues the otherwise laid-back environment. Suggested Books: *Pocket Guide to Beer* by Michael Jackson (Simon and Schuster), or any of his other written works.

*Jon Hoskin is a home brewer with Ph.D. in Food Science, and a previous university faculty member in Dairy and Food Science Departments and member of nutrition programs. He has also evaluated beer for The World Beer Review (now out of print).*

Fee: a good six-pack and a sense of humor. Every day, except Tues. 4pm–6pm. Ages 21+

### 032 The Women’s Group

Join us in a relaxing and supportive atmosphere as we share our stories. Daily topics will come from the interests of the participants, and will reflect who we are and where we are going. We will offer to

one another courage for our journeys. **Janice McArthur** is a woman and has been one for a while.

Free. Fri-Tues, 4pm-6pm. Drop in. Ages 12+

### 033 The Men's Group

Join us in a relaxing and supportive atmosphere as we share our stories. Daily topics will come from the interests of the participants, and will reflect who we are and where we are going. We will offer to one another courage for our journeys.

**Bob Jacober** is a man himself and has been one for a long time.

Free. Fri-Tues, 4pm-6pm. Drop in. Ages 12+

*Saturday, December 27th, Evening*

### 041 Cha-cha and West Coast Swing Lessons

Learn to communicate and express yourself through the rhythms of the cha-cha and West Coast Swing. You will be lead patiently and thoroughly through the basic lead and follow of West Coast Swing and cha-cha. Please plan on attending at least 3 of the 4 sessions as each class will build upon the previous class.

**Jam Jenkins** is the Social Director of the Duke University Dance Team and recently took 2nd place in the Triangle Invitational Advanced West Coast Swing division.

Free. Nightly 8:15pm-10:15pm. Ages 13+

*Sunday, December 28th, Morning*

### 111 The Jung and the Restless

What Jungian psychology has to say about UUs and others.

**Ward Knights** is Minister Emeritus of the First Unitarian Church of Miami, has a doctorate in pastoral theology and counseling, and has studied at the C.G. Jung Institute in Zurich, Switzerland.

Free, Sun 10am-12noon.

### 112 Tea Tasting

Tea is the most popular beverage in the world, yet few people could tell you the difference between Orange Pekoe, Pouchong and a Pu-Erh. Participants will learn the basics of tea, tea tasting terms and how to taste. We will then spend most of the time tasting various teas (real tea, and only one flavored variety). We start with a few popular blends and move to the considerably more expensive "fine" teas. Suggested Books: *The Book of Tea* by Kakuzo Okakura.

**Jon Hoskin**, Ph.D. Food Scientist, previously

university faculty member in Dairy and Food Science Departments. Jon says "I am a long time tea drinker. You can't taste beer all the time!"

Fee: \$5. Sun 10am-12noon.

### 113 Free Writing

This will include free verse using some exercises from BIRD BY BIRD by Anne Lamont and practice for Coffeehouse. Gentle critique and coaching on reading your own written word aloud.

**Kate Couch** is a long-time SWIMer, has held almost every staff position at SWIM. And every year we learn once again that there is no limit to what she can do - as she teaches us that there is no limit to what we can do.

Free, Sun 10am-12noon.

### 114 Blessed Beading: Make a Treasure Necklace or Bracelet [Limit 8]

If you can guide a needle, you can make your own wearable art. Bring your treasures...beads, buttons, charms, old jewelry parts, anything with a hole in it that can be strung. Trade with others or use some of Sharon's collected treasures to create a necklace or bracelet. Base beads & string supplies will be provided. **Sharon Beecher** has been a crafty woman most of her life and a beadweaver for 5 years. She loves those little bits of colored light. Her joy is teaching others to love beads.

Fee \$5. Sun and Tues 10am-12noon. Ages 12+ or ages 9+ with an adult.

*Sunday, December 28th, Afternoon*

### 121 7-Cent Juggling

You'll learn how to make homemade juggling balls out of old tennis balls and then how to juggle them! They're called 7-cent juggling balls because you put 7 pennies inside the balls to weigh them down. Bring old tennis balls and pennies. **Teresa Kochis** is a visual and performance artist specializing in aerial dance. Trained in circus arts, she currently works as a social circus instructor for Cirque du Monde, Cirque du Soleil's outreach program.

Free. Sun, 2pm-4pm. All Ages.

### 122 Indian Herbal Medicine

Learn the use of herbal medicines as it has been handed down by indigenous peoples.

**Steve Baker** is a pharmacist who has

studied herbs for many years. He has a special interest in herbs used in Amerindian healing rituals and their stories.

Free. Sun, 2pm-4pm.

### 123 Tie Dyeing

It's not just for kids - it's for anyone creative of spirit and fashionable of soul. Learn not just how to make circles, but spirals, arrows, stripes, figures, and more. Learn what dyes are truly colorfast, bright and beautiful and how to permanently set them. Don't leave SWIM unadorned. Workshop fee covers enough dye for one t-shirt. For more items, or larger items, please bring an additional \$4 per item to the workshop. A small number of white t-shirts will be available at an additional charge. You should bring your own things to dye. **Allen Bergal** has been making and selling tie dyed shirts, and teaching tie dying at SUUSI and SWIM, for years.

Fee \$4. Sun, 1pm-4pm. All Ages.

### 124 Biological Origins of Religion

About three million years ago in Africa the human line is believed to have separated from other primate groups. Around 200,000 years ago modern humans probably separated from other human groups and evolved as a distinct species. Although this is still controversial to some paleontologists, modern humans are thought to have arisen first in Africa and spread from there to other parts. Modern humans have larger brain capacity than most other human groups and this is thought to have been crucial in their ability to evolve symbolic logic and language. The advent of modern humans in Europe which is comparatively recent is associated with the appearance of advanced tools and the ability to use materials other than stone for their formation. Modern humans also began to make art and to do so in contexts which are thought to have religious significance. We will discuss what a religion is ( a difficult definition) and how religion is believed to be useful to human survival and propagation. We will also discuss evolutionary theory and how this affects our religious beliefs.

Although this is a subject in itself worthy of a workshop we will briefly discuss some religious responses to what many

regard as the evolutionary challenge to traditional belief.

*Ernie Wilson has been part of the SWIM family for a long time. You may know him as Outdoor Adventure staff. This year he's taking us into another realm and exploring the biological origins of religion.*

Free. Sun, 2pm–4pm.

**Monday, December 29th, Morning**

### **211 Living Wills**

It's probably safe to say that most people think that having a living will is a good idea, but I suspect many of us have some questions about who, what, when, and how. Cay will help answer some of the questions you may have.

*Cay Cahalin is a Nurse Practitioner who works with elderly people and would like you to have the information to make some decisions that you and your family might be glad of in the future. Be forewarned that this is the only time during SWIM that Cay will be serious about anything.*

Free, Mon, 10am–12noon.

**Tuesday, December 30th, Morning**

### **311 Everything You always wanted to know about Witchcraft but were afraid to ask [limit 20]**

Actually, it's called Wicca, and it is a religion. It is both old and new, and has many parallels with UUism. Bring your questions. After some introductory material, the leaders will provide some memorable answers. See [uucfl.org/cuups](http://uucfl.org/cuups) for more information. Recommended Reading: *A Guide For the Solitary Practitioner*, Scott Cunningham, Llewellyn Publications, St. Paul Minnesota, 1992. *Drawing Down the Moon*, Margot Adler. Beacon Press, Boston, 1986.

*Kip Barkley is a founding member of the Moonpath CUUPS (Covenant of UU Pagans) chapter in Ft. Lauderdale (MoonpathCUUPS.org) and an Elder within the covenant of the Goddess (CoG.org). He refers to his Pagan Study Group as a coven of solitaires.*

*Mary Ann Somervill has been a UU for the last three decades and a Wiccan for the last one. A friend told her recently that she was getting witchier all the time. Mary Ann took that as a compliment.*

Free, Tues, 10am–12noon.

### **312 "Let's Face It" water color portraits [limit 10]**

Using watercolors and paper provided,



learn how to sketch a face and then render it in watercolor. Beginners will also get a brief intro to color mixing. Bring brushes if you have them.

*Emily Sokoloff has a BFA from Mass. College of Art and is a member of Miami Watercolor Society, Gold Coast Watercolor Society, and the Florida Watercolor Society. She is an active painter, has had watercolors accepted in many juried shows, and taught many beginners to paint successfully.*

Fee \$6. Tues 10am–12noon. Ages 12+

### **313 The State of the Universe**

What happened last year? How did the Universe begin? How will it end? Gravitational lensing of cold, dark, matter by galaxies. Rotation of black holes. Measurements of the microwave background of the universe made at the south pole upholds the "inflationary" era before the "big bang". Gravity wave detectors. Stationary light. Magnesium boride superconductors. Tiny, thermoelectric refrigerators. Neutrino observatories. A diamond as big as the Ritz. Solid helium. Ozone hole is bigger. Some new scientific toys – and much, much more!

*Ron Edge is a Distinguished Professor of Physics Emeritus at the University of South Carolina. Past President of the American Association of Physics Teachers. He has researched at Cambridge, Aarhus, Stanford, Sussex, Munich, Witwatersrand, the Australian National Universities, California Institute of Technology, Los Alamos, Oak Ridge, and the Army Materials and Mechanics Research Center. He also rings bells and plays the accordion, though not all at the same time.*

Free. Tues, 10pm–12noon. All ages.

**Tuesday, December 30th, Afternoon**

### **321 A Theory of Everything**

Ken Wilber's latest book all boiled down to two hours. You've heard of his research, now come get introduced to it. We will cover levels of consciousness, memes, how to grow your own



consciousness, a perspective on civil strife, understanding conflicts in your congregation and "political correctness." *Mark Evans was raised UU, has been using memes and levels of consciousness in everyday life for 10 years (as well as teaching them). He is a former therapist, NLP Trainer, Rationalist, and now an aspiring Mystic.*

Free. Tues 2pm–4pm. Ages 18+

### **322 Roll 'em, roll 'em, roll 'em, Sue-sheeee.**

Might want to take a light lunch before this workshop. Learn to make your favorite rolls (sushi that is) and then chow down.

*Britt Dunn, Jenny Hamil, and teens.*

Fee \$5. Tues 2pm–4pm.

### **323 Partners Yoga**

Have you ever practiced yoga with someone as a partner. Light yoga stretching using beginning yoga postures are modified so that two people must interact together in order to achieve them. Sometimes called couples yoga, this exercise program is perfect for friends as well as significant others and spouses. Come with a partner and experience an enjoyable two hours with us. Bring: beach towel or mat, loose fitting clothes, tights, shorts, water.

*Grant Wilson, M. Ed. Yoga student for 15 yrs., instructor for 5 yrs. in Tampa Diana Stevens Yoga student for 18 years. Assistant instructor for 5 years in Tampa.*

Free. Tues 2pm–4pm.

### **324 Singing, chanting, meditation and basic songwriting**

The title says it all. For a taste, go to [www.annhoffman.com](http://www.annhoffman.com)

*Ann Hoffman is an amazing treasure in our community.*

Free. Tues 2pm–4pm.

**Wednesday, December 31st, All Day**

### **401 New Year's Eve Decoration**

Learn the secrets the pros use to magically transform an ordinary space

into something special. You will learn how to create a mood with light, color, theme and planning. We'll also transform our dining hall in a New Year's Eve dreamscape...

*Nancy McDermott and Lyle Baskin have been transforming spaces at SWIM and professionally for decades.*

Free. Wed, All day. Drop in. All Ages.

**Wednesday, December 31st, Morning**

### **411 Poncho's Never Ending Workshop**

This is one of SWIM's most popular workshops. Come with an empty string and gather pearls of wisdom from Poncho and your fellow swimsters. It's a great close for an old year to get ready for an even better new one.

*Poncho Heavener doesn't like to brag about himself, so he hasn't given us any biographical information in years, but we love him anyway.*

Free. Wed, 10am-12noon. Ages 13+

### **412 Ritual of the Mormon Temple Ceremony**

In this workshop we will analyze how the Mormon faith uses ritual to grow what literary-turned-religious critic Harold Bloom calls "The American Religion" into one of the most watched religious phenomena of our day. We will look at the origins of this most sacred of Mormon rites as well as its development over time and how its content has changed over time to accommodate political and social pressures. We'll focus on how the Mormon religion uses its temples to solidify its membership into a cohesive unit and discuss what other groups can learn from the Mormon experience.

*David Cox was a sixth-generation Utah Mormon who left the faith formally called "The Church of Jesus Christ of Latter-day Saints" in 1998 and soon thereafter discovered Unitarian-Universalism. David, who had been a lay leader at some of the highest levels of the lay-led faith, now views Mormonism as a classical fear-based cult. This workshop will build on concepts discussed at David's last workshop on the Mormonism given at SWIM in 2000.*

Free. Wed, 10am-12noon.

**Wednesday, December 31st, Afternoon**

### **421 Direct Action**

What exactly was Ghandi and Martin

Luther King doing and how does it work? Can it still work today? Yes. Come and learn what is going on in the forefront of direct action. What it can do and what it can't. How to go to jail in support of a cause and how to make sure you don't.

*Mary Adams is a long-time UU and activist. She has actually served time for non-violent civil disobedience at the Oak Ridge National Lab weapons plant.*

Free. Wed, 2pm-4pm, Ages 14+

### **422 Partner Acrobatics**

The most fun two people can have outside the bedroom. Come see what Theresa has up her sleeve.

*Theresa Kochis is a visual and performance artist specializing in aerial dance. Trained in circus arts, she currently works as a social circus instructor for Cirque du Monde, Cirque du Soleil's outreach program.*

Free. Wed, 2pm-4pm.

## Outdoor Adventures

We have planned many exciting things for our community to do in the greater Miami area, which includes Everglades National Park, the Florida Keys, and Biscayne Bay. Some of these trips are quite adventurous while others are quite tame—be sure you read the descriptions carefully to be certain the trip matches your abilities. Some of our trips require advance reservations, and others may fill because of their popularity. You should register early for your Outdoor Adventures to ensure that you have a place and that your trips are not cancelled. You may add a trip any time the Outdoor Adventures staff is working (not in the shower or at dinner!) up to the time the trip leaves.

We will be in South Florida in December—this means that the weather will be either wet or dry and the temperatures will probably be somewhere between 32° and 90°. We expect sunshine in the 70's, but we can't promise. So you should bring clothing which can be layered for warmth and for protection from wind and rain if necessary, and which can be shed as the temperature and your physical efforts increase.

Most trips will require shoes. For most hiking and water adventures you should wear shoes that don't mind

getting wet. Flip-flops and loose sandals may be great for the beach, but they are dangerous when they are worn on a swamp walk. Sturdy tied shoes are needed for hiking! On swamp walks, you can count on your shoes getting soaked.

With the exception of trips that specify that you must bring money for meals, any adventure that extends over meal times at Owaissa Bauer will include culinary delights packed by our excellent kitchen staff.

We rent vans which are used by our entire community for their programs. Outdoor Adventures uses these when they are available, but many of our trips must carpool. We need volunteers to drive on those trips! Yes, you are on vacation, but so are we, and when we ask for volunteer drivers, we hope you will volunteer for the good of SWIM. In the event a van is NOT available for an offsite trip, we are happy to reimburse approved volunteer carpool drivers a preset amount per person (approximately equivalent to \$1 per 15 minutes of driving time to the destination). In this case, if you wish to get reimbursed for driving your own car and taking others with you, you must get a voucher from **Bruce Wheeler** prior to the trip. Volunteer drivers in carpools must refrain from the use of alcohol and must provide their license number and proof of insurance.

Outdoor adventures leave on time – or even early! Come to the dining hall porch 10 minutes before your trip is scheduled to leave with all required clothing, equipment, water, and any extras you may find useful. Once we have counted heads, written checks for outfitters, and given away space in the vehicles, your chance to go is over!

Children are welcome on many of our trips. Age restrictions are included in the trip descriptions. If you are leaving children at camp, they must be under the care of a responsible adult. If your trip will extend beyond the times for youth programming you must arrange for their care and supervision.

*This year, we've switched up our numbering system to try to make it more useful to first-timers and everyone else...*

*First digit indicates the day...  
500's are the 27th/Saturday*





600's are the 28th/Sunday  
 700's are the 29th/Monday  
 800's are the 30th/Tuesday  
 900's are New Year's Eve/Wednesday  
*Second digit indicates the time of day...*  
 00's are all day  
 10's are in the morning  
 20's are in the afternoon  
 30's are in the late afternoon  
 40's are in the evening

*Saturday, December 27th, All Day*

**505 Day Sail I – Clothed [limit 20]**

Sail the warm, protected waters of Biscayne Bay on large (30'–48') sailboats with experienced sailors. Lie back and enjoy the sun or try your hand at the wheel and trimming the sails. We'll anchor for lunch and a swim break. This trip is "Clothed"; 205 on Sunday will be "Clothing optional." We will stop for beer, wine, soft drinks, and munchies on the way to the docks. Bring snacks \$\$.

Lunch provided.  
 Fee \$38. Sat, 8:30am–5pm. Ages 13+

**506 Shark Slough Adventure [14]**

Take a leisurely trip to see the best of Everglades National Park and the mysterious Big Cypress Preserve. Ranger Bob will be your guide. Alligators, wading birds and wildlife plus a stop at Clyde Butcher's Big Cypress Gallery. Bring water, snacks, camera, binoculars. Bring snack \$\$.

Lunch provided.  
 Includes tram ride.  
 Fee \$22. Sat, 7:30am–4pm. Ages 7+

*Saturday, December 27th, Morning*

**515 Long Pine Key Hike [limit 14]**

Hike in the Everglades on an interpretive tour with Ernie Wilson, SWIM's favorite botanist. The 4-mile hike will be on the Old Ingraham Highway research road (hard surface).  
 Fee \$6. Sat, 7:30am–Noon. Ages 10+

**516 Vizcaya [limit 14]**

Enjoy a guided tour of the winter residence of industrialist James Deering.

Designed and built to look like a home that had been in a family over four centuries, it contains one of the finest collections of 16th through 19th century decorative arts. Bring \$\$ for lunch and snacks.  
 Fee \$18. Sat, 9am–1:00pm. All ages.

**517 Thai Buddhist Monastery [14]**

We'll visit a local Buddhist temple for a period of meditation and conversation with the monks. This monastery is about 10 minutes from Owaissa Bauer.  
 Fee \$2. Sat, 9:30am–12noon. Ages 13+

**518 Owaissa Bauer Walk [no limit]**

At SWIM, there is a lot to see in our own back yard! A naturalist will take us on a trek through the tropical hardwood hammock, the pinelands, the poisonwood areas, and the "solution holes" or "bear caves" on the camp property. You'll be amazed at the incredible diversity of plant life that thrives in our corner of S. Florida. Great Family Trip.  
 Fee \$3. Sat, 8:15am–10am. All Ages.

*Saturday, December 27th, Afternoon*

**525 Nine Mile Pond Canoe [16]**

A great trip for the not-too-experienced canoeist, although ingenuity and resourcefulness may be required. Some paddling instruction will be included. Nine Mile Pond is an excellent spot for alligators and bird life. Beyond, the trail twists and turns through a maze of mangrove clumps in the saw grass glades...not your ordinary trail. Bring wettable shoes, sunscreen, mosquito repellent. Lunch provided.  
 Fee \$20. Sat, 12noon–5pm. Ages 13+

**526 Russian Baths [limit 14]**

Relax in luxury at "The Schvitz", where the old guard meets the new in eucalyptus-scented Turkish steam rooms and aroma baths bolstered by marble columns. This spa, a national historic landmark located at a Miami Beach hotel, offers a Russian Radiant Room,

Aromatherapy Steam Room, Turkish Room, Redwood Sauna and Swedish Showers. Topless permitted. Additional services (massage, etc.) available at additional cost. Bring \$\$ for snacks.  
 Fee \$24. Sat, 1:30pm–5:30pm. Ages 13+

**527 Wildlife Rehab Center – The Tour! [no limit]**

The WRC is dedicated to the care, medical needs, and housing of abused and injured animals, specializing in large felines including over 15 panthers. We'll learn some of the stories of specific animals from the staff. We'll also stop at Robert Is Here on the return trip for fruit and milkshakes. Our fee includes donation. Bring snack \$\$.  
 Fee \$6. Sat, 1pm–4pm. Ages 13+

**528 Alabama Jack's [no limit]**

Join the local folks for a good time – conch fritters and chowder, drinks, live country music, dancing/clogging and lots of fun. It's in an open-air, rustic setting on Barnes Sound next to Card Sound Bridge. Bring \$\$ for food and beverages. Fee is for transportation only.  
 Fee \$4. Sat 1pm–6pm. Ages 13+

*Saturday, December 27th, Evening*

**545 Jamaica Me Crazy! [limit 14]**

We'll visit a local (Homestead-area) restaurant where we'll enjoy an authentic Jamaican meal! Red Stripe, anyone? Bring \$\$ for dinner (\$12–\$20). Fee is for transportation only.  
 Fee \$4. Sat, 6pm–10pm. All ages.

**546 Teen Night Sail [teens only]**

See the stars aboard a beautiful sailboat (30'–48') with experienced sailors.  
 Fee \$15. Sat, 6pm–Midnight. Teens.

*Sunday, December 28th, All Day*

**605 Day Sail II – Clothing Optional [limit 20]**

Sail the warm, protected waters of Biscayne Bay on large (30'–48') sailboats with experienced sailors. Lie back and enjoy the sun or try your hand at the

wheel and trimming the sails. We will anchor for lunch and a swimming break. This trip is "Clothing optional"; 105 on Saturday will be "Clothed." We will stop for beer, wine, soft drinks and munchies on the way to the docks. Bring snack \$\$.

Lunch provided.  
Fee \$38 Sun, 8:30am–5pm. Ages 18+

### **606 Florida Trail Hike [limit 14]**

The Florida Trail in the Big Cypress National Preserve is fantastic! It is home to cypress trees (of course), bromeliads, orchids, snakes, etc. National Park Ranger, resident naturalist, and past SWIM Director Bob Merkel will lead the hike. Wear shoes that don't mind water. Lunch provided.

Fee \$6. Sun, 8:30am–4:30pm. Age 13+

### *Sunday, December 28th, Morning*

#### **615 A Butterfly and Insect Walk [no limit]**

South Florida at the edge of the tropics has some of the most beautiful butterflies in the continental United States. Ernie Wilson will help us look for these as well as the food plants they depend on. We will also see what other insects we can find in our own South Florida backyard. Wear sturdy shoes. Bring water, mosquito repellent.

Fee \$3. Sun, 9:00am–11:00am. Ages 7+

### *Sunday, December 28th, Afternoon*

#### **625 King Mango Strut [no limit]**

*Absolutely All Ages!* A SWIM favorite: Miami's most out-rage-ous, mock-parade provides a surreal and comical all-ages afternoon of entertainment. Bring your kazoos and craziness! Maybe you'll see someone you know. Maybe you'll even be *in* the parade...

Fee \$5. Sun 12:30pm–5:30pm. All Ages!

### *Sunday, December 28th, Evening*

#### **645 Mexican Dinner [limit 14]**

We'll visit a local (Homestead-area) restaurant where we'll enjoy an authentic Mexican meal! Bring \$\$ for dinner (\$12–\$20). Fee is for transportation only. Fee \$4. Sun, 6pm–10pm. All ages.

### **646 Night Sail [limit 20]**

Sailing at night is very different; the sea is black, the stars are bright, the world is quiet. Bring your musical instruments and strong voices and we'll fill the air with sing-alongs, storytelling and laughter. We'll be aboard comfortable

(30'–48') sailboats with experienced sailors. Munchies stop on the way to the docks. Bring \$\$ for snacks.

Fee \$38. Sun, 6pm–Midnight. Ages 18+

### *Monday, December 29th, All Day*

## **It's Beach Day!**

**"The beach be one of the best things we got."**

– Jonathon Richman

We at SWIM have come to realize that coming together as a community for a day is one of the very best things we can do with our time. We all bring our own perspectives, biases, talents, gifts, likes and dislikes to camp, and on Monday, December 29th, you are invited to bring all of those elements with you to the beach for our 7th annual community picnic and celebration. You may also wish to bring your bathing suit, towel, sunscreen, portable music makers, a good book, a deck of cards, your camera, frisbee, and, most importantly, your sense of play. As we did last year, we'll rent a large shelter by the beach available for shade. Monday morning, our wonderful kitchen staff will provide us with beach picnic fixin's to brown bag. (Anyone staying on-site should also pack a lunch.) Please volunteer to drive a carload if you can. We only have enough van space for the children and teens. There will be a sign-up for volunteers at the registration table. There is a small toll charge for taking the Rickenbacker Causeway to Key Biscayne and a small parking fee for Crandon Park. In the event of inclement weather, a suitable and amazing substitute community activity will be arranged! Can't handle beaches? No problem. We'll have information on alternative Self-Guided trips at the Info Desk. Or, perhaps, a day of rest and relaxation onsite at Owaissa Bauer instead of going with the SWIM gang to the surf and sand. Of course, Crandon is one of the world's most beautiful beaches...

Free. Mon, time varies by carpool. We'll gather near the dining hall and leave camp at about 10:00am. We'll leave the beach at about 3:00pm to return to camp. All Ages.

### *Monday, December 29th, Evening*

#### **745 Peruvian Dinner [limit 14]**

Ceviche, Andean potato dishes, and much more...it's a whole 'nuther cuisine

and a whole 'nuther culture. Fee covers cost of transportation only. Bring \$\$ (\$12–\$20) for dinner.

Fee \$4. Mon, 6pm–10pm. All ages.

### *Tuesday, December 30th, All Day Long*

#### **805 Manatee Bay Canoe [limit 14]**

We'll glide out onto the Bay. Water will gurgle, fish will jump, birds will bound, and wind will sigh. Wear bathing suit. Bring wetttable shoes, sunscreen, mosquito repellent. Lunch Provided.

Fee \$20 Tues, 8:30am–3:00pm. Ages 13+

### **806 Learn to Windsurf!**

**[Limit 10 students]**

#### **807 Windsurf! Rental Only**

**[Limit 10]**

Mark Harris has many, many years of experience teaching this fun and rewarding sport. It does not require great physical strength or balancing skills. You should be able to stand up, sail off and back by the end of the lesson – if you know how, you can come along and just rent, too! Wear bathing suit and wetttable shoes. Bring sunscreen – and lots of it! Bring snack \$\$.

Lunch provided.  
Fee \$40 Tues, 9am–3pm. Ages 13+

### *Tuesday, December 30th, Morning*

#### **815 Snorkeling [limit 14]**

On this fantastic snorkeling trip, enjoy the undersea habitat of many different species without having to be certified in anything. Participants must be competent swimmers (pun not intended) in deep water. All equipment is included in the price. Bring waterproof sunscreen. Wetsuits available for an additional \$6. Lunch included.

Fee \$32. Tues, 8am–2pm. Ages 10+

### **816 Glass Bottom Boat [limit 14]**

Discover the fascinating undersea world of tropical plants and fish aboard a glass bottom boat at John Pennekamp underwater park. Bring waterproof sunscreen. Lunch included.

Fee \$32. Tues, 8am–2pm. All Ages.

### **817 Wildlife Rehab Center – SWIM Service Project! [no limit]**

This non-profit center cares for the housing and medical needs of injured and abused panthers, monkeys, tigers, birds. The Center needs volunteers for a multitude of tasks involving the animals. Last year we pulled weeds and stretched fencing for the tiger play area! This

project is limited to adults only. Bring gardening gloves if possible. Stop at Robert Is Here on the return trip for fruits and milkshakes. Bring snack \$\$\$. Free. Tues, 8am–Noon. Ages 18+

### **818 Shark Valley Bike [limit 15]**

Bike on a paved trail (15 miles round trip) to an observation tower in the scenic heart of the River of Grass. Learn South Florida geography, birds, wildlife. Bring camera and day pack if possible. If you don't have a bike, you can rent one for approximately 3 hrs at \$5.00/hr – not included in fee. Helmet required. Lunch provided.

Fee \$5. Tues, 7:30am–1:45pm. Ages 13+

*Tuesday, December 30th, Afternoon*

### **825 Local Bike Tour [no limit]**

Self-guided tour from Camp Owaissa Bauer heading first to Knaus Berry Farm, the German Baptist bakery and market. (Try their cinnamon buns or maybe a strawberry shake.) Continue to the Fruit and Spice Park. You supply the bike or maybe you can borrow one from a friend at camp! Bicycle helmet required. Great Family Trip.

Fee \$1. Tues, 1pm–4pm. Ages 9+, younger if riding in a child seat (not provided) on back of adult's bike

### **826 North Key Largo Botanical Preserve [limit 14]**

Have you ever wondered what the Keys looked like before the Overseas Highway and railroad? Our trip to North Key Largo Preserve will show you. Although the area has been affected by both man and hurricanes, the forest that regenerated is much like what the early Spanish explorers saw and contains many rare plants and animals. Bring mosquito repellent!

Fee \$4. Tues, 12:30pm–5:30pm. Ages 13+

### **827 Women in Water [limit 12]**

Relax in the congenial company of SWIM women while enjoying a lovely pool/hot tub at the home of a local SWIM friend. For women only. Clothing optional; privacy assured.

Fee \$4. Tues, 1:30pm–4:30pm. Ages 13+

### **828 Touring the Taps [limit 13]**

We'll taste and compare a variety of fresh ales and lagers. Our trip will cover micro-breweries and brew pubs. A designated driver will go with us. Fee covers

transportation only. Lunch provided. Bring \$\$ for beer.

Fee \$10. Tues, 12noon–6pm. Ages 21+

*Tuesday, December 30th, Evening*

### **845 Cuban Dinner [limit 14]**

Treat your taste buds to an authentic Cuban dinner as you can find only in South Florida. This is a can't miss meal! Bring \$\$ for dinner (\$12–\$20). Fee is for transportation only.

Fee \$4. Tues, 6:00pm–10pm. All Ages.

### **846 A Night Walk [no limit]**

Ernie Wilson will lead us on a brief walk in the dark into the back of Owaissa Bauer to give us a view of the place outside the range of the lights. We attempt to discover what the real night is like in the real Florida and what is out after dark. Wear sturdy shoes. Bring water, mosquito repellent.

Fee \$3. Tues, 8:00pm – 9:30pm. Ages 7+

### **447 Teen Night Canoe [teen program only]**

Fee \$15. Tues, 11pm–Wed 4am. Teens.

*Wednesday, December 31st, All Day*

### **905 Matecumbe Canoe**

### **906 Matecumbe Kayak [limit 14 for both]**

As we paddle over to our favorite keys, you are likely to see starfish, stingrays and small sharks. Bring wettable shoes, sunscreen, mosquito repellent, snorkel equipment (if possible), and a change of clothes. Lunch provided!

\$20 for Canoe, \$30 for Kayak. Wed, 8pm–5pm. Ages 13+

### **907 Art Deco Tour [limit 14]**

Miami Beach's Art Deco district has become a major attraction. More than 800 buildings in the 1930's style have strong lines, porthole windows, lots of chrome and etched glass and pastel paint jobs. Our guided walking tour of the district will lead to a leisurely restaurant lunch – Bring \$\$\$. (Fee is for transportation only) After lunch, free time to explore on your own: go to the beach, the Wolfsonian Museum, shopping.

Fee \$11. Wed, 8:30am–5pm. All ages.

*Wednesday, December 31st, Morning*

### **915 Everglades Alligator Farm Airboat Ride [limit 14]**

Not only will you go on a “fast and

furious” airboat ride into the Glades but you'll also see wildlife exhibits, an alligator show and other shows at this nearby facility. Learn the differences between alligators & crocs and what's really involved in alligator farming. Caution: Airboat speed may make contacts uncomfortable. Optional gift shop \$\$. Fee \$20. Wed, 8:30am–12noon. Ages 7+

### **916 Castellow Hammock Hike [limit 14]**

Experience the jungle, as the early explorers must have seen it. Ernie Wilson will lead you through this West Indian hardwood park. Wear sturdy shoes. Bring water, mosquito repellent.

Fee \$3. Wed, 8:30am–12:30pm. Ages 7+

### **917 Everglades Bike Tour [limit 14]**

Bring, beg, or borrow a bike so you can join Ranger Bob for a delightful morning pedaling through the pinelands and finger glades of Everglades National Park. You'll see wildflowers, endangered tree snails, and (just conceivably) a panther on this (level) 12-mile round trip. Wear sturdy shoes. Bring water, hat, snack, mosquito repellent, and a bike. Helmet required!

Fee \$10. Wed, 8:30am–12:30pm. Ages 13+

*Wednesday, December 31st, Afternoon*

### **925 Tropical Tour [limit 14]**

We'll leave from Owaissa Bauer for a tour of the Redland Agriculture area. We will stop at Robert Is Here fruit stand (bring \$\$), visit an orchid nursery, and explore an organic farm where we will gather seasonal fruits to share with the SWIM community. Bring \$\$. Fee \$15. Wed, 1pm–5pm. All ages.

### **926 Hot Tubbing [no limit]**

Our most popular trip! We will return again to Magic Waters, a lavish and immaculately maintained hot tub center. Tub rooms accommodate 6–8 people; the “executive” tub holds 12 and has a sauna adjacent. Magic Waters provides towels, cool showers, hair dryers, and stereo music. No glass containers, soap, shampoo, or oils allowed. Bathing suits optional and unlikely. Bring \$\$ for snacks.

Fee \$25. Wed, 12noon–5pm. All 18+

We can't wait to see you there! :)

