



SWIM  
Southeast UU Winter Institute  
Mid-Florida

**A UU camp in Lake Placid Florida, December 26-  
January 1**

**On a lake with canoes and kayaks, workshops,  
trips, worship, music, and great UU people!  
swimuu.org**

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**There are likely to be changes and updates between now and December 26.  
Please be sure to check the website and our Facebook page for current  
information.**

[swimuu.org](http://swimuu.org)

**Facebook.com (search for SWIM - Southeast Winter Institute Midflorida)**

### **SWIM's MISSION**

Southeast Winter Institute in Mid-Florida 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 that are challenging and nourishing to mind, body, and soul. Some of our activities are workshops, trips, worship, art, dance, music, campfire, and athletics.

**Jon Hoskin**  
**SWIM Director**



Welcome to SWIM 2019

This year's theme "Mindfully Renew, Refocus, Recharge" is at least in my mind a consistent if unnoticed theme at SWIM. All religions incorporate a Mindful emphasis which likewise brings in meditation and appreciation of nature. As such, SWIM is a perfect setting for Unitarian Universalism, whether it's a traditional UU worship or the

New Year's Eve Pagan service. A SWIM newbie may wonder about the Recharge possibilities given that they often fill their schedule for the first few years. With more experience, the no longer novice SWIMmer finds the workshop experiences can become initiators for personal growth. The seasoned or sometimes long term SWIMmer look forward to renewing acquaintances with lifelong friends and adding new ones. Although the SWIM experience could occur in a snow-covered chalet, many participants prefer a warm weather visit in the normally cooler season of winter. Of course, without snow, the workshop possibilities are also greater.

SWIM is also a volunteer organization. There was once a time when each person had to help by volunteering for some task(s). With a somewhat smaller group we have been able to dispense with that requirement although thankfully SWIMmers still volunteer. It's a time to get to know new friends, find out how SWIM works and what is required to bring off such a Celebration of Life. Hopefully this will be the beginning of your growth in SWIM and culminate in running for SWIM board. Part of SWIM growth is the addition of new participants which bring in new talents and skills and also allow for workshops never considered in the past. New ones may become mainstays in the future as we change to keep relevant and also to make up for the passing of leaders and ideas from the past.

This year is unusual in that for the past decade or so we have not raised prices. Unfortunately, we have to deal with an increase in cost for the Cloverleaf camp. While the raise partially pays for the increased camp cost, because of the new camp cost structure we would be able to return to the old SWIM cost if we simply doubled our participation. Keep that in mind as you mention SWIM to others that might also enjoy the experience.

But back to considering the 2019 version of SWIM. We have a talented and experienced board, with more experience than we have had for several years. This will no doubt lead to an even better event. But SWIM exists not because board members contribute their time and effort throughout the year but because you help when asked and get help when needed. We all look forward to seeing you at SWIM!

**Jon Hoskin, 2019 SWIM Director and all the members of the Board**

**Board President's Message**  
**SWIM Board President, Stephanie Lowenhaupt**



It has been an honor to serve as the Board president of SWIM, a great intergenerational intentional community based on Unitarian Universalist principles and values. In today's world, we need an opportunity to "Mindfully Renew Refocus Recharge." SWIM is a magical place where you can be yourself in a supportive nurturing environment. Relax, have fun participating in a variety of workshops, canoeing, kayaking, hiking and being out in nature.

Come join us for 6 full days of activities, stimulating discussions and relaxation away from your daily routine and the 24-hour news cycle. There is children's programming, that includes arts, crafts, music and fun activities. Teens will be together for activities as well. We join together for meals, late afternoon games, worship, music and of course a Gala New Year's Eve Party! Come refresh, renew and nurture your spirit for the coming year.

We look forward to seeing you!

**LOCATION**

We will again be at Cloverleaf 4 H Camp in Lake Placid, Florida.

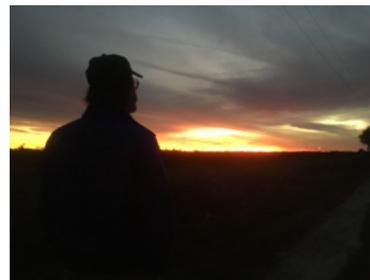
Cloverleaf is a picturesque and welcoming location.

[http://florida4h.org/camps/\\_cloverleaf/](http://florida4h.org/camps/_cloverleaf/)

Cloverleaf 4 H Camp, 126 Cloverleaf Rd, Lake Placid, FL 33852



The camp is on beautiful Lake Frances, equipped with canoes and kayaks as well as a fire circle near the lake. Cabins are small and cozy; there are hook ups and a dump station for RVs (limited RV spaces assigned on the basis of registration date). Tent sites abound (no electricity or water) on grassy spots near cabins and bathhouses. There's an auditorium in addition to the comfortable, multipurpose dining hall.



Wi-Fi in the dining hall, fishing from the dock, swimming, kayaking and canoeing! What a camp! (BYO fishing equipment and license.

<http://myfwc.com/license/recreational/freshwater-fishing/>)

Camp rules prohibit swimming/wading in the lake without a **lifeguard** present. A note of caution: Since we are on a lake, let's us all, please, be mindful of safety precautions, particularly regarding our children.

Lake Placid <http://www.lpfla.com/> in southwest central Florida, boasts 27 lakes in the area, a clown school, numerous murals depicting local history and wildlife. Near-by Highland Hammock State Park has hiking trails and a tram ride (also camping, in case you're arriving early or staying after). Archbold Biological Station is a center for

research on wildlife and the environment. And there are thrifts shops on nearly every block.

**The only pets allowed at camp are service animals.** However, there is a very nice kennel quite close to camp. If you're interested, contact <http://dawghouseressort.net>. They have roomy accommodations and caring personnel. Reserve early.

### ACCESSIBILITY

All of Cloverleaf's buildings are accessible. There is a paved walkway from the dining hall past the cabins and bathhouses to the lakefront. While the camp is totally accessible, some trips may not be.

### WEATHER INFORMATION

If you think Florida means shorts and tank tops year 'round, you might want to think again! Lake Placid is about 150 miles north of Miami, so it may be a bit cooler. Weather in Florida in December varies considerably, so we can never be sure what to expect. Prepare for both warm (75-80•) and cool (down as low as 45• and on *rare* occasions even lower). Be sure to bring long pants, a jacket, and a blanket with your bedding, and hope that you don't need them!

### BOARD OF TRUSTEES

SWIM By-Laws provide for a Board of Trustees, as pictured here. As always, there will be an election for new board members. **Nominations for board members are due to the secretary by noon on Day 2**, and the election will be held on Day 4. Board members are compensated for their hard work only through our appreciation and their love of SWIM!



Stephanie Lowenhaupt  
President



Jon Hoskin  
Director



Carolyn Baker  
Secretary



Doug Hughes  
Treasurer



Jerry Elsenrath  
At Large



Russ Patterson  
At Large

## STAFF

Staff members do not receive remuneration for their efforts other than some reduction in SWIM expenses (except that the head cook receives an honorarium which is never enough!). SWIM is our labor of love, and our goal is to help us all on the way to finding joy and meaning in life.



Jon Hoskin  
Director



Elizabeth Norval  
Off Site Trips  
Children Coordinator



Paula Huesinkveld  
Workshops



MaryAnn Somervill  
Ms. Information  
Catalog



Russ Patterson  
Transportation



Terry Schneider  
Gofer



Dan Resler  
SOAR Guru



Stephanie Lowenhaupt  
Community Assistants



Jerry Elsenrath  
Registrar/Car Pool/  
Lodging



Trevor Juul  
Campfire/DJ



Marc Robinson  
Canoe Trips

***PICTURE YOURSELF HERE!***

There are a few staff positions still available, so, if you are interested, please contact Jon Hoskin at [director@swimuu.org](mailto:director@swimuu.org)

### **SPECIAL STAFF MEMBERS**



**Jone Johnson Lewis  
Chaplain**

Back with us for her third year is Jone Johnson Lewis, a minister in the UU church and the Ethical Culture Society. She is a former minister of the Berrien, Michigan, UU Fellowship. Jone has a B.A. in Management from Mundelein College, and a M.Div. from Meadville/Lombard Theological School, where she studied humanism, social reform, the Transcendentalists and the history of women in the world's religions. Her experience includes serving as an adjunct faculty member at Meadville/Lombard Theological School, as a faculty member of the Humanist Institute, and as a training instructor and executive in the private sector. She taught about women in liberal religious history. She has participated in the women's movement and other social justice movements since the late 1960s.

Elaine Mahon has written a collection of songs that evoke a sense of wonder while inspiring hope and offering empowerment. Mahon's songs reflect her perspective as an astronomer, while remaining deeply rooted in the natural world we all live in. Add to that a sweet, resonant voice capable of expressing a wide range of emotion and you have a winning combination. Victoria Parks of WGRN in Columbus, Ohio sums it up by saying: "Elaine writes honest folk songs with an uncommon, simple beauty."

**Elaine Mahon, Artist in  
Residence**



### **FAMILIES, CHILDREN, TEENS**

SWIM prides itself in being an intergenerational camp. Where some camps are intergenerational only in that they have separate programs for all ages - age groups which are each separate from one another, SWIM has people of all ages spending time together. Many of the on-site workshops and on and off site trips are open to all ages, though often with the requirement that young people must be accompanied by an adult.



Programming for children and teens will depend on the number of children and teens who register for SWIM. Register your children and teens, and we'll provide programming for them, but if none, or very few are registered, we'll take a more informal approach. Although there may be no formal Children's Program and Teen Program this year, Elizabeth Norval, a retired elementary school teacher who has spent many years on Children's Staff at SWIM and who did the children's music program at SUUSI this year, will be on hand to lead a Children's Program if we have enough children or to interact with children, teens, and their parents and guardians and to work with them to plan possible activities and trips for them. Register early with your children and teens so that we can plan the most appropriate option for them.

There will be a **mandatory** meeting with Elizabeth for all parents/guardians of **children** at 7:00 on Registration Day in the Craft Building. The purposes of the meeting are to

- Get to know one another, as we're all involved with children and seeing to it that our children have a fun and safe time at SWIM, and that we, too, will be able to enjoy what SWIM has to offer.
- To do some general planning for activities on and off site for children.
- To learn the rules and policies regarding children, such as:
  - Parents/guardians must know the whereabouts of their children at all times.
  - Parents/guardians are encouraged to share supervisory time, so that the adults can enjoy kid-free time for parts of SWIM.
  - Florida state law requires that parents provide car seats for children three and under.
  - Sturdy shoes are a must for the safety of our children, and play clothes that can get dirty will give them freedom and comfort to enjoy the activities.
  - Lake fun **only** when lifeguard is on duty.

During this meeting, parents/guardians are strongly encouraged to create a schedule of shared child care. An adult must be responsible for each child at all times, though it need not be that child's parent/guardian. Ideally, the adults can create a schedule at this meeting of who will be responsible for whom at what times during the week.

Families with children are housed in the same area, whether in cabins or your own tents. This arrangement makes it convenient to manage bedtimes, share and coordinate late-night child-care, and possibly hire care during times when parents are not able to be present outside of the program schedule.

Grownups: this is your opportunity to take care of yourself by sharing child care with others!



**Teen care** is a bit trickier than child care, but still a necessity. Parents/guardians of teens **and their teens** are required to attend a meeting with Elizabeth at 9:00 in the Craft Building.

The purposes of this meeting are essentially the same as those for the children's meeting. Teens, of course, are more independent, yet still in need of supervision while at SWIM. A parent or guardian or shared care adult must be aware of where the teen is, both on and off site. Planning of activities and possible trips for teens will also be a part of this meeting.

## **GUARDIANS**

If you chose to become a temporary guardian for any minor attending SWIM without a parent, we certainly appreciate your assistance to the SWIM Community and to that young person; however, you are also assuming responsibility for this minor. In awareness of this responsibility you should:

Limit the number of youth/teens for whom you are responsible.  
Stay in touch with your charge/s each day during the week.

Attend any meetings pertinent to your charge/s and their activities.  
Know where they are and let them know where you will be.  
Exchange cell phone numbers for use at SWIM.  
Have detailed contact information for the parents or legal guardians for yourself and available to SWIM in case contact with them is necessary.  
Be aware that should illness, injury, or behavior require removal of your charge from SWIM, YOU MAY BE REQUIRED to accompany them back to their parents or guardians.

**Young adult programming at SWIM** is self-organized and determined by participants at the outset of the week. Those interested in participating in YA programming should meet in the Craft Building at 10 p.m. on Registration Day. We'll get to know one another and plan our SWIM!

Not sure if you qualify as a YA? Well, it's a challenging question. If you get lumped in with "Millennials" (whether you really are one or not), you're probably a YA for our purposes.

Some possible activities include: Midnight kayaking on the camp's lake; Karaoke at a nearby watering hole; Go-Kart racing; Moonlight Grill; and Thrifting. Got more ideas? Email [youngadults@swimuu.org](mailto:youngadults@swimuu.org) with your suggestions, and we'll see you in December!

### **COMMUNITY ASSISTANTS NEEDED**



Part of being in Community involves a willingness to assist within that Community as needed. To keep our Community running smoothly, all SWIM participants are expected to contribute to our welfare through being responsible for a community assistant task at least one time during the week. We will need three assistants in the dining hall for each meal, to help with set up, serving, and clean up. We also need at least two assistants each night to help with evening events. In addition, we need daily Karma Monitors (to clean bathhouses!) Be sure to sign up when you register and indicate which day and task you want to do. Other volunteer opportunities may come up. Just ask!  
[comast@swimuu.org](mailto:comast@swimuu.org)

## STORE

Attention SWIM Shoppers: The SWIM Store will be located in the auditorium and open 24/7, on the honor system.

SWIM 2019 t-shirts will be available in limited quantities. Please **pre-order** your SWIM wear when you register to guarantee availability.

Books, music, and handcrafts from SWIM artists will also be available at the store. SWIM receives 20% of all sales for scholarships.

## MUGBOOK SWIM 2018 Mugbook and Hitchhiker's Guide



It's About Everyone!



All participants will receive an electronic copy of the SWIM Mugbook at no extra cost. You'll have pictures and contact information at your fingertips so you can keep in touch all year – or visit with SWIM friends while traveling. Don't forget to stop at the mugging station during Registration so we can take your picture. Your Mugbook will be sent to your email address soon after SWIM.

*Note: We do **not** share this information online nor outside the UU community. To protect the rights of SWIMmers, you are not allowed to share the Mugbook.*

## SCHEDULES

### Registration Day Schedule ~ December 26

10:00 – 2:00 Staff Only for moving in prior to Set-up

1:00 Staff Meeting

1:30 Staff Registration

2:00 – 4:00 Arrive, Register, Move In

4:00 Optional tour of camp for newcomers, with ample time for Questions - Meet at the flag pole. A seasoned SWIMmer will be your guide.

5:00 - 5:30 Ingathering: Meet Each Other and Share Important Information

6:00 – 7:00 Dinner

7:00 – 7:30 Children's Orientation with Parents / Guardians! Required!

7:45– 8:30 Welcome WORSHIP Service

9:00 – 10:00 Orientation, Teens & Parents / Guardians! Required!

9:00 – 11:30 Campfire  
10:00 YA's 'organize'!  
10:00-12:00 Serendipity  
9:00 – 1:00 Games and Hanging Out Together

### **SWIM Daily Schedule**

*All meals will be in the Dining Hall. Other large group activities will be in the Auditorium or outside.*

7:30 –Yoga Meetup  
7:15 – One Mile Walk  
7:45 – 8:45 Breakfast  
8:50 – 9:00 Opening Circle



10:00 – 12:00 Morning Workshops  
12:00 – 1:00 Lunch  
1:00 – 2:00 After Lunch Workshops  
1:30 -- 3:30 Open Swim When lifeguard is present  
2:00 – 4:00 Afternoon Workshops  
4:00 – 5:30 Daily Community Time – games, music, several Meetups, and general fun!  
4:30 – 5:30 SWIM's Lakeside Cocktail Hour  
5:30 – 6:30 Dinner  
7:00 – 7:45 Worship  
8:00-9:00 ~ Day 1 Concert by Elaine Mahon, Artist in Residence  
8:00-9:00 ~ Day 2 Community Meeting  
8:00-9:00 ~ Day 3 Auction  
8:00 – 9:00 ~ Day 4 Coffeehouse  
9:00 – 10:00 Campfire Music (most evenings)  
10:00 – 12:00 Days 1 & 2 (and other days after events) Serendipity and Games  
10:00-2:00 ~Day 5 NYE Extravaganza

\*\*\*Trip times vary. Check Information Table, or White Board for departure times.\*\*\*



### **Schedule for January 1**

Annual Meeting of the Board 12:30 – 12:55 am (yep-am!)  
8 am – 9 am Out of the Tents & Cabins! Camp Clean Up!  
9:15 – 9:30 Closing Circle!  
11:30 On your way! Have a safe trip home.

### **DAILY EVENTS**

In addition to the lists of Workshops, Trips and Activities in later sections of the catalog, and the various activities identified above, we have a number of daily events at SWIM.

#### **Opening Circle 8:50 – 9:00**

Our days begin with this brief time to come together and share a moment of inspiration, reconnect with the beauty of our natural setting and with each other, sing a song or two, and hear the announcements of the day.

Jon Hoskin, and friends.

Daily Worship, 7:00 – 7:45 pm, led by our Chaplain, SWIM staff, and others. Evening worship presents an opportunity for our entire community to draw together and focus on the spiritual elements of being at camp together. [chaplain@swimuu.org](mailto:chaplain@swimuu.org)

**Community Time 4:00-5** Late afternoon we'll gather for informal intergenerational fun with games, music, athletic events, meet ups and more!

#### **Worship**

Registration Day: 7:45 – 8:30

Welcoming Service led by director,



**Campfire 9-10** is a big favorite each night, except when Coffee House and Auction occur on Days 3 & 4. Bring your instruments, including voices and clapping hands. A great time to gather a group to perform at Coffee House.

**Board/Table Games 9-12:30** This year we're putting out more games and puzzles to enjoy each evening. There will be some enticing games of Bananagrams and bridge along with puzzles and board games. If you have favorites, please bring them to share.



**Serendipity 9-12** For those more interested in music and dancing than in puzzles and games, Serendipity will be happening each evening.

### **SINGLE DAY/EVENING EVENTS**

**Concert, Day 1, 8-9** Our artists in residence, **Elaine Mahon** will sing and play her original songs for us. This is sure to be a memorable event!

**Community Meeting Day 2, 8:00-9:00.** Having spent three years at Cloverleaf, what's your thinking about this camp? About SWIM in general? What are we doing right, and what needs improvement? How can you get involved with a bigger and better SWIM? This is our annual Town Meeting. Do join us and bring your ideas. Also, it would be great if you'd bring a commitment to make SWIM 2019 even bigger and better.

**Michael Moore Movies and Discussion Days 2 and 4, 9:00**  
*Fahrenheit 11/9* on Day 2 and "**Where do we invade next?**" on Day 4.

**Auction Day 3, 8:00-9:00** SWIM Annual Auction. What a fun event this is! You don't need to bid to have a good time, though we welcome your additions to our scholarship fund. Home hospitality across the nation highlights the donations. Musical serenades, breakfast in bed, Sharpie art... You never know what great surprises await you! So think about what **services** (not stuff!) you have to donate, either at SWIM or during the coming year, and tell us about them at Registration or early in the week



### **Coffeehouse Day 4, 8:00-9:00**

Ahhh.... The amazing talent to be found amongst us! This is your time to share your talent and our time to enjoy the various performances. Please sign up at Registration or at the Information Table. Coffeehouse is for all ages in our intergenerational community. Form groups with fellow SWIMmers or go it on your own. We always look forward to this event.

### **New Year's Eve Gala, Day 5, 10-2**

Decking the hall begins usually on Day 1 and continues all week with special emphasis on Day 5. A host of volunteers magically turns the Auditorium into a glorious ballroom. Some come in fancy dress, some in costumes, and some in shorts and t-shirts. Your call. What's important is that you be there and enjoy our last evening together at SWIM and the last evening of 2018. This will be our big dance party event! At SWIM we always bring in the New Year most joyously with great inspiration and expectation!



### **WORKSHOPS ON SITE**

Please note that there is **no extra charge** for workshops unless a small materials fee has been added. Workshop attendance is included in the Registration Fee. We try to keep costs for SWIM to a minimum. Nowhere in south central Florida could you experience a week's lodging and meals plus workshops and trips at the rate we offer them at SWIM!

Please check <http://www.swimuu.org> for possible changes.

## Identification Numbers for Workshops

Workshops and Activities:

The first number indicates the day:

Day 1 – 100s – Day 1, Thursday, Dec. 27

Day 2 – 200s – Day 2, Friday, Dec. 28

Day 3 – 300s – Day 3, Saturday, Dec. 29

Day 4 – 400s – Day 4, Sunday, Dec. 30

Day 5 – 500s – Day 5, Monday, Dec 31

### Day 1 FRIDAY DECEMBER 27 EARLY MORNING

#### **101 One-Mile Walk** Limit: None

Explore Camp Cloverleaf and the surrounding area with Stephanie Lowenhaupt. Get some exercise and stimulating conversation on a morning walk. Meet at flag pole.

7:15 AM – 8 AM Ages: All

#### **Yoga Meetup** Limit: None

Gather with like-minded people to practice yoga. No experience necessary.

7:30 AM – 8:30 AM Ages: All

### MORNING WORKSHOPS (10:00 am – 12:00 pm)

#### **111 Creative Writing** Limit: 15

Each year **Ellé Long** travels all the way from California to SWIM, bringing new writing prompts and helpful suggestions to this ever-popular workshop. Whether you are an experienced writer or just starting, you will gain new insights and may be amazed at your own creativity. Simply bring a writing utensil, blank paper, and a smile.

10 AM -12 noon Ages: 14+



#### **112 Basic Canoeing Skills** Limit: 12

Whether you are a beginner or just need to brush up on your skills, you can learn the basics right here at Camp Cloverleaf. **Marc Robinson** has been leading SWIM canoe trips for many years.

10 AM-12 noon Ages: Adults with some swimming ability

### AFTER LUNCH ACTIVITIES (1:00-2:00 pm)



**132 Basket Weaving with Candy      Limit 12**

Come down to the lake and weave a round reed basket with **Candy Gale**. Gather as needed to complete your basket. Candy has taught kids from age 6 to 86 how to weave baskets. No experience necessary. 1:00-2:00 PM **\$5.00 materials fee**. All ages.

**AFTERNOON WORKSHOPS (2:00 pm – 4:00 pm)**

**131 Novel Circle      No limit**

*A Man Called Ove* by Fredrik Backman (2013.) A charming story about a grumpy yet loveable man whose solitary world is turned upside down when a boisterous young family moves in next door. Readers report that this “little jewel of a novel” (on the New York Times’ Best Seller list for over 40 weeks) is guaranteed to make you laugh and cry.

**Paula Heusinkveld** will lead the discussion. 2:00-4:00 PM      Age 14+

**132 Make a Beaded Lanyard      Limit: 12**

In just two hours you can create an attractive beaded lanyard to hold your SWIM name tag, or any other name tag in the future. **Dee Medley** continues to amaze us with her artistic skills and creativity. She is a patient teacher for beginners. Materials fee: \$10. 2:00-4:00 PM      Ages: All

**COMMUNITY TIME-Late Afternoon**

**Starting at 4:00 PM** each afternoon, we gather for all kinds of intergenerational fun. For example,

**Bocce ball** is a cross between bowling, shuffleboard and croquet. This is an introduction to a game that is fun for all ages. The court will be up all week for you to enjoy. If there is enough interest, we will organize a tournament later in the week.

**Carolyn and Steve Baker** enjoy sharing this game with others. Ages: 12+

**Meetups**

There are many possible Meetups, limited only by our imagination: Ping-pong, Scrabble, Bridge, Jigsaw puzzles, Frisbee....You name it! If you would like to organize a Meetup, simply announce it at our morning circle and designate a place to meet. Bingo! You will meet others who share your interest. All Meetups are drop-in activities, so you can wander freely from one activity to another throughout the week.

### **SWIM Lakeside Cocktail Hour**

Limit: None Come join us at this ever-popular cocktail hour: drinkers, non-drinkers all. Gather at the lake's shore to socialize and enjoy the view. You are welcome – but not required – to bring a beverage of your choice.

4:30-5:30 PM Drop in Age: 18+



## **EVENING**

### **151 Twelve Step Meeting** Limit: None

Gather together for this support group. At the first session, the group will decide where and when to meet during the week. No registration necessary.

6 -6:30 PM Ages: Adult

**Worship with Chaplain, Jone Lewis 7:00**

**Concert with Artist in Residence, Elaine Mahon, 8:00**

## **DAY 2 SATURDAY December 28**

### **EARLY MORNING**

**201 One-Mile Walk** See 101.

**202 Yoga Meetup** See 102

### **MORNING WORKSHOPS**

#### **211 The Neuroscience of Ethics** Limit None

Your Brain on Ethics: Neuroscience is adding to our knowledge of what helps us or hinders us in treating each other well, i.e. behaving ethically towards one another. Why do we sometimes fail to treat each other as beings of inherent worth? What makes it more likely that we will, especially in times we're most challenged? In this workshop, **Jone Lewis** will present some basics of the science of ethical behavior, and suggest some practices that can help us to become more consistently ethical people, even in situations where it is a challenge to be empathetic and compassionate.

## **212 Tai Chi**



Limit: None

Tai Chi is a Chinese martial art that can enhance our physical, mental, and emotional health. **Ron Phillips** practices Tai Chi with a group of Unitarian Universalists in Tampa. In this workshop he will explain the benefits of this ancient art and will teach a simple sequence of tai chi movements. No prior experience needed.

10:00 AM -11:30 AM      Ages: 12+

## **AFTERNOON WORKSHOPS**

### **231 – Illustrated History of Submarines**    Limit: none

**Patrick Leedom** served on 23 different submarines, including the Nautilus, the first nuclear submarine in the U.S. Navy. As quartermaster, he navigated his submarine on a historic voyage under the polar ice cap. Come hear Patrick's fascinating stories.

2:00 PM-4:00 PM      Age limit: none

### **232 Envisioning 2020: New Year's Vision Boards**    Limit 15

At first dreams seem impossible, then improbable, then inevitable. In this fun, friendly, creative workshop, we will each make a vision board. No experience necessary. We

encourage you to start collecting images that reflect your goals and dreams for the new year from magazines, calendars, -- anywhere you can find them – and **bring them to SWIM**. We will bring extra magazines and will furnish all supplies. **Ellé Long** brings joyful creative energy to everything she does.

2:00 PM - 4:00 PM      Ages: 12+

### **COMMUNITY TIME (4:00 PM- 5:30 PM)**

#### **Americana sing-along with Paula Heusinkveld**

If you enjoy singing the “Oldies” like “Bicycle Built for Two” or songs of the 60s like “Puff, the Magic Dragon,” this sing-along is for you. Bring your guitar, penny whistle, or whatever instrument your heart desires. We’ll do some fun songs especially for the children and young at heart. Lyrics provided for most songs.

4-5 PM

**Bocce ball** on the lawn with Steve and Carolyn Baker \*

**Various Meetups \***

**SWIM Lakeside Cocktail Hour \***

**\*See descriptions for Day 1.**

### **EVENING**

#### **251 Twelve Step Meeting**

See description from Day 1.

6:20-6:50 PM

Ages: Adult

#### **9:00 (Or immediately after town hall meeting)**

**Movie: *Fahrenheit 11/9* with Michael Moore. (2 hours and 10 minutes)**

Discussion led by Elle Long

#### **7:00 Worship**

#### **8:00-9:00 Community Meeting**

### **Day 3    Sunday December 29**

#### **EARLY MORNING**

**301 Early Morning Walk (See description for 101).**

**302 Yoga Meetup (See description for 102).**

### **MORNING WORKSHOPS (10:00 AM to 12:00 noon)**

**311 How to Run a Political Campaign**

Limit: none

Want more UUs and progressives in office? Then RUN yourself! **Russell Patterson** will give you the tools to put a campaign into action. We'll go over planning, messaging, and finances. This workshop is also useful for people who want to volunteer for a candidate.

10:00 AM -12:00 noon      Ages: 14 +

### **312 Bag dye a silk scarf! With Dee Medley**

This fast, fun, simple method of dyeing silk scarves creates lovely results with no artistic anxieties. Please preregister so that I can order enough scarves for everyone who wants one. \$10 per scarf. Limited to the number of scarves available.

10:00 AM - 12:00 noon      No age limit.

## **AFTERNOON WORKSHOPS**

### **331 Living Longer: An ongoing project**      No limit

Every year we hear about the latest elixir for better health and longer life. The sheer volume of new information can be daunting, often conflicting with previous "wisdom."

**Jon Hoskin** brings the latest information available on low-carb diets, vitamins, nootropics, exercise, mindful living, meditation, and other related topics. Come learn from others and then share your own tips for healthy living. Jon Hoskin has a Ph.D. in food science; he is passionate about the topic of healthy aging.      2:00 PM – 4:00 PM  
Ages 14+

### **332 The Genius of Creativity**      No limit

SWIM's Artist in Residence, **Elaine Mahon**, will share her secrets on what makes the creative juices flow. Learn how to use your imagination and think outside the box.

2:00 PM – 4:00 PM      Ages 14+

## **COMMUNITY TIME (4:00 PM – 5:30 PM)**

### **341 Music of the Americas**

Jorge Medina and Paula Heusinkveld will present a new 45-minute program highlighting various styles and rhythms of Latin American music. Come ready to tap your feet to the beat of the Brazilian samba, the Mexican bolero, the Cuban cha cha, and others. Paula and Jorge have presented this program in several venues over the past year, including UU coffee houses and The Mountain Retreat and Learning Center.



**Bocce ball** on the lawn with Steve and Carolyn Baker \*

**Various Meetups** \*

**SWIM Lakeside Cocktail Hour 4:30-5:30 pm** \*

\*See descriptions for Day 1.

**EVENING**

**351 Twelve Step Meeting** 6:20 -6:50 PM Ages: Adult

**Worship 7:00**

**Auction 8:00-9:00**

**DAY 4 MONDAY December 30**

**EARLY MORNING**

**401 One-mile walk** (See description for 101.)

**402 Yoga Meetup** (See description for 102.)

**MORNING WORKSHOPS**

**411 Partner Yoga** No limit

**Grant Wilson and Diana Stevens** bring decades of experience teaching various types of yoga to people of all ages. In this workshop, Diana and Grant will patiently teach you gentle yoga poses to be practiced with a partner, designed to enhance balance, strength, flexibility, endurance, and overall well-being. All poses can be adapted to one's ability level. Beginners welcome. 10:00 AM – 12:00 noon All ages

**412 The Non-Novel Circle** No limit

This year's discussion of a work of non-fiction will focus on *The Hacking of the American Mind: The Science Behind the Corporate Takeover of our Bodies and Brains* by Robert Lustig (Random House, 2017). This provocative New York Times #1 Best Seller will really make you think! **Jon Hoskin** will lead the discussion.

10:00 AM-12:00 noon Ages: 14+

**AFTER LUNCH**

**420 Spanish Conversation** Limit: None

Come and chat in Spanish with some English as needed. Paula Heusinkveld taught Spanish at Clemson University for 30 years. That's almost as long as she's been coming to SWIM!

1:00 PM-2:00 PM Ages: 13+

**AFTERNOON WORKSHOPS**

**431 The 8<sup>th</sup> UU Principle: An initiative by UUA to combat racism?** A hot topic at GA this year, **Terry Schneider** brings the most recent information on the UUA pledge to end racism. He will discuss the GA proposal that may add an anti-racism pledge as an 8<sup>th</sup> UU principle.



**432 Introduction to Tarot** Limit: None  
Tarot cards hold many stories and can be used in many ways. We'll take a look at the cards, their meanings and uses. If you have a deck, bring it. Several decks will be available. **MaryAnn Somervill** has been reading cards at SWIM for many years.  
2:00-4:00 PM Ages: Adult

## COMMUNITY TIME (4:00 -5:30 PM)

**Bocce Ball \***

**Meetups \***

**SWIM Lakeside Cocktail Hour \***

**\*See descriptions for Day 1.**

## EVENING

**451 Twelve-step program 6:20-6:50 PM Adults**

**Worship 7:00**

**Coffee House 8:00-9:00**

**9:00 - 11:00 PM Movie: "Where do we invade next?"** with Michael Moore  
Discussion led by Elle Long

## DAY 5 TUESDAY December 31

**501 One-Mile Walk - See 101**

**502 Yoga Meetup - See 102**

**511 Poncho's Never-Ending Workshop Limit: None**

**Poncho Heavener** has been leading this personal growth workshop at SWIM every year since 1976 and has changed many lives for the better. Folks, that is 43 years and counting! What is amazing is that each year is a little different, and we keep coming back for more. Come see what the magic is all about!

10 AM -12 noon                      Ages: All

### **512 Canoe/ Kayak Meetup**

Take advantage of Florida's beautiful weather and enjoy paddling with others, right off our own pier. Morning is a lovely time to observe herons and other waterfowl, as well as the abundant water lilies that thrive in Lake Francis.

10:00 AM -12 noon    Adult    Limit: 12

## **AFTERNOON**

### **531 Decorate the Hall for New Year's Eve**    Limit: None

Come join in the fun! Work with master decorator **Patrick Leedom** and other SWIM folks to convert our SWIM activity room into a magical, wondrous space for our gala New Year's Eve party. You will likely glean new ideas from Patrick on how to take party decoration to a new level. Come when you can and stay as long as you want.    Ages: All

### **532 Service Project: Pack up the kitchen and camp**    Limit: None

A clean kitchen will help to assure that SWIM can return to Camp Cloverleaf next year. So please come and help pack up the kitchen and help with general clean up to close camp. This is a great opportunity to work with others and give back to SWIM.

2 -4 PM                      Ages: All

## **COMMUNITY TIME 4-5:30 PM**

### **541 Individual Tarot Readings**              Limit: 10

The tarot deck is rich with universal symbols that date back for centuries. The last day of 2019 is a good time to look at the cards to see what may be in store as you move into 2020. **Mary Ann Somervill** has years of experience with tarot. She is often amazed at the insights that people gain from these pretty little cards. Sign up early in the week for a time slot.

4:00-5:30 PM              Ages: 13 +

**Bocce Ball Tournament! Show your skills in a friendly competition.**

**Decorate the Hall for New Year's Eve! (See 531)**

**Help pack up the kitchen! (See 532)**

**Meetups - Last chance for 2019!**

## **EVENING ACTIVITIES**

**Twelve-step Meetup**

**6:20-6:50 PM**

**7:00 PM SWIM's annual Wiccan ritual of transition with Mary Ann Somervill.** Meet at the flagpole to process to the fire circle, or meet us at the campfire.



**10:00 PM – 2:00 AM NEW YEAR'S EVE GALA PARTY AND DANCE!  
OFF-SITE TRIPS**

There are trips planned to acquaint you with a part of Florida that is less touristy than the coasts. Explorations into nature on foot or by canoe are included as well as trips into Lake Placid and nearby Sebring and Arcadia and even Moore Haven and Lake Wales, to sample what these small towns have to offer. There is a slight transportation fee for trips and in some cases a payment to the vendor.

**\*\*\*SAFE TRIP BOX\*\*\***

No sandals/flip flops or Crocs on canoe trips. Cheap water shoes or anything that can be tied or closed securely with Velcro will be allowed.  
Required for all Outdoor Trips: Water, proper shoes, towel and dry change of clothes (if you get wet), bug repellent, sunscreen, raincoat/poncho  
Helpful: Sunglasses, hat, bird/plant identification book, camera, layered clothing, binoculars, a sense of adventure.

**Off-site Trips:**

Day 1 - 600s - Friday, Dec. 27

Day 2 - 700s - Saturday, Dec. 28

Day 3 - 800s - Sunday, Dec. 29

Day 4 - 900s - Monday, Dec. 30

Day 5 - 1000s - Tuesday, Dec 31

**Day Friday**

**All Day**



**600 Solomon's Castle** 9:30 -4:00 Limit: 22

We'll visit the home, galleries and workshop of renowned artist, Howard Solomon, who made art from found objects. We'll tour the castle and trails, and an additional tour of the last ten years of his work and his antique cars then lunch at the Boat in the Moat Restaurant.

Cost: \$26.00 plus money for lunch. You may take a packed lunch from SWIM if you prefer, but lunch in the Boat in the Moat is an engaging experience.

All ages. This will be a field trip for the children. **People with respiratory issues** are advised not to participate. One hour drive from SWIM.

**Day 2 Saturday**

**Morning**

**700 Thrifting in Lake Placid and Sebring**

9:00 - 12:00

Limit: 15

For a small town, Lake Placid has lots of thrift shops. And Sebring has a new and remarkable Goodwill. Do you need something for costume night, finery for New Year's Eve, or just something to add to your wardrobe? You can probably find it at one of the shops.

\$10.00 (plus \$\$ for shopping) Ages: all, but children must be accompanied by an adult.

**701 Lake Placid Mural Tour and Clown Museum Tour**



9:00-12:00 All ages.

Participants will be walking a total of about a mile between different murals. There are benches to rest, but most of the time you will be on your feet.

Limit: 15 Cost: \$10

The first murals were painted in Lake Placid in the early 1990s. Today the town boasts over 40 murals depicting local history or wildlife. We'll begin our tour at the Chamber of Commerce where we'll view a short film and see miniatures of the murals. Mural booklets are available there for \$4.00. After looking at many murals, we will visit the Clown Museum, where magic tricks are available for purchase. This trip is part of the children's program

### **Afternoon/evening**



**702** (or 802, Day 3, if clouds or rain are predicted on Day Two)

### **Archbold Biological Station hike and evening with astronomer Kye Ewing**

We will start this event with a hike through Archbold Biological Station with scientist Mark Deyrup, an exceptional guide who has worked at Archbold for many years. Then we will go to the home of Kye Ewing for a vegetable dinner from her garden. Kye, her husband and son, built their home with primary consideration of not disturbing the wild environment where it was being placed, with maximum possible resilience to weather events, within their limited budget. After dinner Kye will take us to her enormous telescope for her identification and description of what we can see in the night skies. Closed shoes and long pants are necessary to combat chiggers and ticks as we hike. Also the ability to go up and down a few stairs is essential.

2:00 - 9:00 p.m. Limit 7

Age: Teens and above

### **Day 3 Sunday**

#### **Morning**

#### **800 Go to church and lunch with Mary Ann**

Before moving to Asheville, Mary Ann was very active in the Unity Congregation nearby. (There is no UU congregation for many miles!) She intends to go to their service and invites any who choose to join her. It's a nice friendly, liberal group. After church, we'll have lunch at one of the restaurants near camp. All ages, but children must be accompanied by an adult. Cost: \$6 plus money for lunch Limit: 7

#### **Afternoon**

### **801 Henscratch Farm**

2:00 -3:30

Limit 15

Self-guided tour of wine press, hen feeding, and, if we are lucky, strawberry picking. There is a gift shop with a variety of jams, jellies and wine. This is a short distance from Cloverleaf. \$5 plus money for gift shop. The children will go on this trip.

### **802 Canoe Trip Fish Eating Creek**

9:00 am-5:00 pm                      Limit 15

Water level and weather permitting, we will take a shuttle ride upstream, then meander through forests, pastures, and marshes as Fisheating Creek makes its way towards Lake Okeechobee (the Big Lake). It is the only body of water remaining that flows naturally into the Big Lake. Much of the river and land around it remains untouched. This is Florida at its most natural and you may encounter a variety of wildlife, including swallow-tail kites, bald eagles, deer, wild boar, river otters, and alligators. Black bears and Florida panthers roam freely in the park. Alligators are abundant in Fisheating Creek and swimming is not recommended here! If time allows, there is a spring fed lake at the campground where we can swim at the end of the trip. A picnic lunch will be provided. Wear bathing suit and SEE Safe Trip Box \$30.00 Ages: All, though children 14 and under **must be accompanied** by parent or guardian.



### **Day 4 Monday**

**All Day**

**900 Ringling Museum of Art, Sarasota**

Limit 22

9:00 to 6:00

This trip involves a two hour drive each way.

We will visit the State Art Museum of Florida and its beautiful Bayfront Gardens, which is free on Monday. In the same area, there are other options. There is a complimentary tram service to transport visitors between venues within the estate.

Optional additional visit to the Ringling Clown Museum for an additional \$24 for Seniors and \$26 for adults. Optional tour of the Ringling Mansion, Ca'd' Zan, at a cost of \$30. 45 minute tour includes climbing 85 steps.

The children and interested adults will be touring the Clown Museum. There is a playground where we will eat lunch. A picnic lunch will be provided, but you have the option of buying lunch on site at one of three restaurants. Cost \$20 plus money for other options.

### **901 Canoeing Trip – Peace River** Limit 15

8:30 am – 5 pm

The Peace River winds through cypress swamps, shady hammocks, and hardwood forests. The “black water” is darkly colored by tannins from surrounding oaks trees but the water is clear and the bottom is white sand. The sand and current create beaches and islands where we will stop to play, swim, have lunch, and hunt for fossils. The Peace River is famous for the fossils found on its bottom and embedded in its high bluffs. Enjoy the serenity of floating down this river as we view the abundant wildlife, including alligators, hawks, wood storks, sand hill cranes, osprey, and possibly wild hogs. A picnic lunch will be provided. Wear bathing suit and SEE Safe Trip Box.

\$30.00 Ages: All, though children 14 and under **must be accompanied** by parent or guardian.

## **Day 5 Tuesday**

### **Morning**

#### **1000 Highlands Hammock State Park – Short Walking Trips**

9:00 - 12:00 Limit 22

Highland Hammocks is one of the oldest and most beautiful parks in the Florida system. We will hike through the park along under a canopy of palms, live oaks and hickory, all coated with Spanish moss. We will stop several places to view the plants and sample the wild citrus. We’ll also make a visit to the CCC museum. Adults: \$12.00 Children are scheduled to be on this trip.



### **SWIM COSTS**

Over the years, we have managed to keep SWIM costs as low as possible while still being able to pay our bills. This year will be our first increase in several years, due to the increased costs of Cloverleaf Camp.

There is no cost for workshops except for an occasional materials fee. Trip costs include only transportation and what we must pay to vendors.

Weekly Costs:

Adults - \$525

Teens - \$350

Children - \$250

No cost for infants and children under 3 years of age

One day/night including meals \$100

One day only \$20 plus meals

Meals costs (for those not sleeping on site) remain the same -

Breakfast \$9.00

Lunch \$11.00

Dinner \$15.00

Sleeping offsite deduct \$100

Eating offsite deduct \$100

\*To register for One Day only, please send an email regarding which days you will attend, and or come for Registration day. Send you email to Jerry Elsenrath, Registrar, at [registrar@swimuu.org](mailto:registrar@swimuu.org)

There will be a reduction of \$40.00 **per person** for all paying tent campers and those staying in RVs. In order to qualify for the reduction, you must be camped in either tent or RV **for the entire week**.

**New Year's Eve Party only:** \$55.00 per Adult (Includes dinner, party, and overnight camp fee. You must be the guest of a SWIM participant.)

**UU Ministers:** We would love to have you share in our special community. So we are inviting you for one day as our guest. We are also extending a 50% discount for any time at SWIM beyond that single day.

**Early Bird Special: Register before November 1st and get a free SWIM T-Shirt!** In order to encourage early registration, you get a present from SWIM! Your very own SWIM t-shirt with early registration!



**SCHOLARSHIPS**

First priority will go to first time requests and those willing to help out during SWIM as able. Please make your request as early as possible, since we want to respond soon. If you are requesting a scholarship or more information, please contact any member of the scholarship committee: Jon Hoskin [director@swimuu.org](mailto:director@swimuu.org) and Mary Ann Somervill [info@swimuu.org](mailto:info@swimuu.org). Also be aware that staff positions carry a discount of varying amounts, and at this time there are still **staff positions** available.

### **DONATIONS**

SWIM welcomes your donations. Should you wish to make a donation towards scholarships or any aspect of SWIM, tax deduction forms can be obtained from the treasurer who will gladly accept your donation.

### **HOW TO REGISTER**

#### **SOAR (SWIM Online Activity Registration) will open in the fall.**

We prefer that you register online. Go to our website and click on the link for SWIM Online Activity Registration, SOAR. It is not necessary to complete the online registration in one sitting. Take as much or as little time as you choose. If you are a **new staff member**, please register **NOW!** We need to have your email address in the system asap. Then later you can take all time you need with the full registration. If you prefer, you can contact our Registrar, Jerry Elsenrath at 813-270-7430. Jerry will get your information into SOAR, and you will be ready to go! He is also happy to talk with you and work out any problems with registration.

**Changes and additions** to the information in this catalog will be posted on the website, and in SOAR, so that is clearly the best way to register!

Be aware that RV hookups are limited. The best way to guarantee having one is to register early.

### **SWIM COMMUNITY BEHAVIORAL EXPECTATIONS**

SWIM has long asked participants to sign a brief statement regarding appropriate behavior at SWIM. The following is an expansion of that statement. Our behavioral expectations are for the entire community, with specifics for teens.

SWIM is an intentional community. We expect behavior that contributes to the spirit of community rather than detracting from it.

Drug use by anyone and alcohol use by minors will not be tolerated. Florida law prohibits use of tobacco by minors and distribution of tobacco to minors.

Distribution of drugs to anyone, and of alcohol to minors is unacceptable. Firearms are not permitted at camp.

Sexual harassment is demeaning, abusive of our community, and is thus not tolerated. Violation of these behavioral expectations, depending on the severity of the infraction, may result in removal from SWIM.

In addition, all gathering places and entrances are smoke free.

A detailed version of our behavioral expectations and policies may be found linked to our website at [www.swimuu.org](http://www.swimuu.org). We request that you sign the statement in our registration forms or in our online SOAR registration program to acknowledge that you are aware of and willing to abide by these expectations.

Our Teen Program, too, is grounded in a community of love and respect.



### **SWIM TEEN POLICY**

All Youth and Teens at this event must follow the “Big Four Rules”, as observed at most UU youth events:

1. No use of illegal or controlled substances is allowed. Over-the-counter medications may only be used with permission and used as directed on the package. Youth may only take a prescription drug if listed on her or his registration forms.
2. No engaging in sexual relations. Sexual relations are defined as inappropriate sexualized or intimate touching that is disrespectful to the community or event goals.
3. No bringing or using weapons, such as firearms, knives, fireworks, or any object that is intended to be a weapon.
4. No use of violence in words or action.

If there is reasonable suspicion of a violation of the Big Four, the youth’s personal belongings are subject to search by their parent or guardian. If evidence is found that the youth violated one of the Big Four, a spirit committee consisting of the SWIM staff, director, chaplain, and/or teen advisors will determine the consequences up to and including immediately sending the youth home at the cost to the parents. Parents/guardians are expected to discuss with their teens SWIM behavioral expectations and their own expectations regarding appropriate behavior at SWIM.

### **PRINCIPLES OF THE UNITARIAN UNIVERSALIST ASSOCIATION**



At SWIM, we subscribe to the Principles of the Unitarian Universalist Association, which form the basis for our concept of a loving, supportive community. The values and behavioral expectations of our community stem from these principles.

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

- The inherent worth and dignity 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.

We live out these within a “living tradition” of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience. These are the six sources our congregations affirm and promote:

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 people 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.

## GETTING TO SWIM

Driving?  
Cloverleaf 4 H Camp,  
126 Cloverleaf Rd,  
Lake Placid, FL 33852



Cloverleaf Road runs west off US Highway 27, a north-south highway in the center of the state. Lake Placid is a small town south of Sebring and north of Moore Haven. From the south, drive north about 1 ½ miles past Lake Placid to Lake June Road. Turn left and wind around the lake for about 2 ½ miles to Cloverleaf Road, where you'll take a right. The camp is on the left.

From the north, take 27 south and turn right on Cloverleaf Road, 7.7 miles south of the intersection of 98 and 27. Continue till you get to the camp on the right.

Or you could always enter the address (above) into your GPS! Or Google it! Or...

Arriving Early?

We will **not be allowed on site** until December 26, however, there are motels in Lake Placid and Sebring. (See list below.) If you're camping, Highlands Hammock State Park [www.floridastateparks.org/park/Highlands-Hammock](http://www.floridastateparks.org/park/Highlands-Hammock) has overnight camping and there

are other campgrounds in the area. FOR MOTELS AND CAMPSITES, MAKE YOUR RESERVATIONS **EARLY!**

Carpooling?

Great idea! Save resources while you get to know some SWIM folks! Follow the directions above. To find people from your area who are attending, contact our Registrar/Car Pool Coordinator, Jerry Elsenrath. He can help connect you with folks in your area.

Flying?

Well, the bottom line is that there is no Lake Placid International Airport! There are a number of major and small airports in the Central Florida area, but you'll be on your own from airport to camp... **unless you fly into Tampa (TPA)**. There will be some transportation between TPA and Cloverleaf. Contact our Transportation Coordinator, [transportation@swimuu.org](mailto:transportation@swimuu.org). We will have a 12-passenger van to help transport you to Lake Placid, tentatively departing Tampa International Airport at NOON. The cost will be \$30 per person one way with a limit of \$60 per family to offset gasoline and van rental. You can also make arrangements at that time for a return trip to Tampa International Airport from Cloverleaf on January 1. The van will leave camp at NOON that day, so schedule your flight accordingly. Cost will be the same: \$30 per person for the return trip and \$60 per family. MAKE THESE ARRANGEMENTS EARLY as it will be on a first come first served basis.

By Rail?

It's slower, but less costly and provides an opportunity to relax and see the country. Check it out at <https://tickets.amtrak.com/itd/amtrak>. There is an Amtrak Station in Sebring, about 20 minutes north of camp. Depending on the need, we may be able to provide limited shuttle service at \$10.00 per person one way with a limit of \$20 per family. And there are cabs. If there's a need, we may be able to provide a shuttle back to the train station on Jan. 1 at the same rate. To request a ride from the train station to camp, contact Transportation Coordinator, [transportation@swimuu.org](mailto:transportation@swimuu.org).

### **OFF-SITE HOUSING OPTIONS**

We'd rather have you spend the week on-site with us, but if that doesn't work for you, or if you plan to arrive early or stay late, here is a list of possibilities. It's December in Florida, so make your reservations **EARLY** or you may get left out!

**Holiday Inn** – 608 S. Lakeview Road, Lake Placid, FL, 33852 863-465-9916  
[www.ihg.com](http://www.ihg.com) 7 minutes-4 1/2 miles from Camp Easy access to camp.

**Ramada Inn** – 2165 US HWY 27, Lake Placid, FL 33852 863 840-9907  
[www.wyndhamhotels.com](http://www.wyndhamhotels.com) 12 minutes-10 miles from Camp Very reasonable prices

**Lake June Vacation Resort** – 300 Lake June Drive, Lake Placid, FL 33852  
863 441 0384 – Mike the manager – [www.lakejuneresort.com](http://www.lakejuneresort.com) -Cash or check only  
(no credit cards) 7 minutes-4 miles from Camp

**Lake Grassy Inn & Suites**- 1865 US 27 S, Lake Placid, FL 33852 – 863 465 9200  
[www.lakegrassyinn.com](http://www.lakegrassyinn.com) 13 miles-17 minutes from Camp

**Pratt's Resort** – 786 Lake June Road, Lake Placid, FL 33852 – 503 345 9399  
[www.onlakejune.com](http://www.onlakejune.com) (Books up ahead of time) .7 miles-1 minute from Camp  
(Closest, but booked since early spring!)

**RV Share** – [www.rvshare.com](http://www.rvshare.com) Rent an RV and park it at camp with electric hookup.

**Air BnB** - <https://www.airbnb.com/s/Lake-Placid--FL>

**Trip Advisor** - <https://www.tripadvisor.com/VacationRentals-g34370-Reviews-Lake-Placid-Florida-Vacation-Rentals.html>

**VRBO/HomeAway** - <https://www.homeaway.com/d/508/lake-placid>

Need a really great kennel for your pet? This comes highly recommended by one of our regulars:

**Dawg House** 69 Dawg House Rd. Lake Placid 863-465-9674 [Dawghouseressort.net](http://Dawghouseressort.net)

## WHAT TO BRING

Bring your own towels, pillow & bed linens. Remember that while we're still in Florida, it will be cool at night (and possibly even during the day), so a blanket and jacket are recommended. Even Florida gets cold in the winter on occasion. A few warm items of clothing would be a good idea. December is not our rainy season, but you never know! Think of the Boy Scout motto and Be Prepared!



Other items of clothing that may add to your comfort and fun are casual clothing that can get wet and be layered as the weather changes, and maybe some costumes and/or dressy clothes to wear New Year's Eve.

Other useful items: a folding chair, a flashlight, your own toiletries in something you can carry to and from the bathhouse, musical instruments and games, etc.

Don't forget to bring any trip-required gear and workshop-related materials.

And unfortunately, no pets! (See above for a great kennel near camp.)

*To meet the requirements of Florida state law, parents must provide car seats for children ages three and under.*

Of course, all weapons and illegal items are strictly prohibited.

For tent campers~Tents will be in a level, grassy area near the cabins with no electrical hookups. You will need all the usual camping gear, like air mattress, sleeping bag, sheets, pillows, blanket, bathroom tote, chairs, flashlight, etc. You are limited only by your travel space and your creativity.

### **Suggested Packing List**

This Catalog (Print your own!)  
Emergency contact information   
Signed forms for minors   
Confirmation NUUS (Print...)  
Mugbook (Print your own!)  
Prescription meds  
Clothing for warm and cool weather  
New Year's Eve Ball Attire  
Special diet needs  
Water bottle

Sunscreen  
Flashlight & Extra Batteries  
Bed linens, Pillows, Blankets  
Towels, Shower items, Toiletries  
Insect repellent  
Folding chair  
Musical Instruments  
Snacks  
Game  
Favorite drinks

Add to this list as you sign up for trips & workshops and as you think of something else you want to be sure to remember to bring. There are stores nearby in case you find you've forgotten something. SWIM is not wilderness camping.

### **AFTER SWIM STOP TO SLEEP**

We've had a fun week, and quite a busy one. And we've ended the week with a late night New Year's Eve party. Yes, we've had a fantastic time, but that fantastic time used a lot of energy and may have left us pretty worn out. Keep that in mind as you leave camp on January 1 to begin your trip home. *If you're too tired to drive, don't drive!* There are members of our community who live along the way home and who are willing to make their homes available to weary travelers. We'll ask them to identify themselves at Closing Circle. Please take advantage of home hospitality along the way.

**SEE YOU AT SWIM 2020!**

