



ONDESSONK RETREAT 2019 RESERVATION FORM



More information at <https://ondessonk.com/year-round/retreats>

THE RESERVATION PROCESS:

STEP 1: Fill out the Reservation Form completely and send back to Camp with your non-refundable 25% deposit via:

Mail: 3760 Ondessonk Rd. Ozark, IL 62972 Fax: (618) 695-3593 or Email: sue.clancy@ondessonk.com or greg.santen@ondessonk.com

STEP 2: *Invoicing.* Your invoice will be emailed to you prior to your visit for your review and to make any adjustments.

STEP 3: *Program Scheduling.* The Program Coordinator will draft a program schedule for your approval.

STEP 4: Balance should be paid before departure in the Camp Office. *Invoice can be adjusted at this point based on actual attendance.*

CONTACT INFORMATION: Please fill in ALL spaces.

Group Name: _____ Group Coordinator Name: _____

Address: _____
Street City State Zip Code

Phone #: (____) _____ Fax #: (____) _____ Group
Coord. Cell #: (____) _____

Group Coord. Email: _____ Best time to reach you: _____

RESERVATION INFORMATION: It is advised to contact Camp first for availability and to make reservations several months in advance, especially larger groups. Reservations are not confirmed until this form and 25% non-refundable deposit are received.

Dates Requested: 1st Choice _____ 2nd Choice _____

Approx. Arrival Time: _____ Approx. Departure Time: _____

Lodging Requested: 1st choice: _____ 2nd Choice: _____

Included in Package: 3-Sided Treehouses - Lalande, Goupil, Chabanel, Brebeuf, Lalemant, Garnier, Amantacha, Raganeau, or Daniel
4-Sided Cabins - Tekakwitha (A-Frame), Lakeside, or Fournie Village

Lodging Upgrades: B.O.Q - Fully enclosed, electricity, covered deck, windows, doors, no heat

(Prices Page 2) Dorms - Fully enclosed, electricity, covered porch, windows, doors, attic fan, heated

St. Noel - Climate-controlled, hostel-style rooms, 1 Queen Bed, several bunks, private bathroom, free WiFi

Exclusivity of lodging unit is guaranteed. Meals, shower houses, and other areas of Camp may be shared with other guests. For pictures of our cabin units, see <https://ondessonk.com/year-round/year-round-spots-stay-camp-ondessonk/>

Participants: Grade/Age Level: _____ Approx. # Males: _____ + # Females: _____ = Total #: _____

Chaperones: Any 18+ teachers, parents, ministers etc.
1:8 ratio of adult to minor required.

Approx. Total # Chaperones: _____

PACKAGE OPTIONS: Circle your length-of-stay package option. Prices valid for 2019 calendar year.

Includes rustic lodging, all programs, and all meals. Number of program sessions and meals vary on arrival and departure times.

<u>DAY-TRIP OPTION</u>	<u>ONE-NIGHT OPTION</u>	<u>TWO-NIGHT OPTION</u>	<u>THREE-NIGHT OPTION</u>
2-4 program sessions \$15 half day or \$25 all day + \$5 lunch option Chaperones free or \$5 w/lunch <i>(Groups are welcome to BYO lunch.)</i>	3-4 meals 5-8 program sessions \$50 / Participant \$35 / Chaperone	5-7 meals 8-12 program sessions \$75 / Participant \$55 / Chaperone	8-10 meals 13-18 program sessions \$100 / Participant \$75 / Chaperone

Lodging Upgrades:

<i>BOO Upgrade: additional \$2/person/night</i>	<i>Dorms Upgrade: additional \$5/person/night</i>
<i>St. Noel Upgrade: additional \$15/person/night</i>	<i>(Seasonal discounts on lodging upgrades available. Call for details.)</i>

To calculate your estimated total payment due:

Participant Option	\$ _____	x	Approx. # Participants _____	=	\$ _____
Chaperone Option	\$ _____	x	Approx. # Chaperones _____	=	\$ _____
Lodging Upgrade	\$ _____	x	Approx. # People _____	=	\$ _____
Extra Program Fees	\$ _____	x	Approx. # People _____	=	\$ _____

Additional fees for horseback riding, High Challenge, or rock climbing apply to participants and chaperones wishing to participate and must be included for final invoicing

= \$ _____
Estimated Total Payment

All completed pages of this form and a non-refundable deposit of 25% of estimated total payment in the amount of:

\$ _____ and is due to confirm your reservation.

An invoice showing your balance will be presented to you upon arrival at Camp.
Your invoice can be adjusted based on actual attendance at this time.

\$ _____

This amount should be paid in full upon your arrival at Camp or within 7 days.

Final program approval: The Program Coordinator will work with you to draft a detailed program schedule and email it to you prior to your arrival for your approval. Please do not distribute this copy of the schedule to your teachers and chaperones. Our staff will hand you and your chaperones copies of the schedule upon your arrival at Camp as last minute changes often have to be made.

I _____ agree to abide by the above payment policies.
(Print Group Coordinator name)

(Group Coordinator Signature) Date: _____

For more information or if you have any questions about the registration process, please contact Camp at (618) 695-2489, ext. 129

RETREAT PROGRAM OPTIONS

Design your custom Ondessonk Retreat experience! **Start by selecting the theme you would like for your group's retreat.** Then circle the appropriate number of sessions based on your length of stay, your arrival and departure times, and the goals and vision of your retreat. If you would like some other theme that is not listed, contact Camp to customize sessions based on your desired theme and goals for the retreat. *See page 21 in the Program Planning Packet for program details and descriptions.*

EXAMPLE 2-DAY/1-NIGHT PROGRAM:

DAY 1:	Arrival 10:30	Lunch 12:30	PM Programs 1:30-4:45		Free Time 5:00-6:00	Dinner 6:00	Evening Program	Bedtime! 10:00
	Welcome, move-in, icebreaker games		Choosing Priorities 1:30-3:00	Ground- Based Initiatives 3:15-4:45	Showers/ Rest/Mass		Prayer Experience/ Campfire 7:30-9:00	
DAY 2:	Breakfast 8:00	AM Programs 9:00-12:15			Lunch 12:30	PM Programs 1:30-4:30		Final Debrief and Departure
		Affirmations 9:00-10:30	Solo Reflection Hike 10:45-12:15			High Challenge Course		

Retreat Themes: Circle the theme and sessions you would like for your retreat

Confirmation: <i>Time to reflect and learn while preparing for Confirmation.</i>	Beneath our Masks: <i>A look at being true to oneself and being thankful of God's gifts.</i>	Grade School to High School Transition <i>Reflect on where you have been and where you are going as you enter H.S.</i>
Love Thy Neighbor: <i>Reflect on definitions of love and service in your life.</i>	Exploring God's Wilderness: <i>Time in the woods to learn about your faith and "Finding God in all things".</i>	High School to College Transition: <i>Reflect on your journey over the past four years as you graduate.</i>
Journey through Prayer: <i>Time learning about and practicing different forms of prayer.</i>	Through the Eyes of a Saint: <i>Focus your retreat around a saint or saints, including Camp Ondessonk namesakes.</i>	Other:

Program Session Options:

Spiritual and Faith-Based Activities <i>Some of these sessions can be done as evening activities - either in doors or around the campfire.</i>	Faces of Jesus: <i>Reflect on what Christ means in their lives and the role he plays while viewing different images of Jesus.</i>	Rosary Reflection: <i>Learn about the significance of the Rosary, how to pray the Rosary, and be able to take home a Rosary they made.</i>	Gifts of the Holy Spirit: <i>Learn about the Gifts of the Holy Spirit through a hands on activity.</i>	Prayer Experience: <i>Explore the meaning of prayer through discussion and creating their own prayer service to host.</i>	
	Solo Hike: <i>A time for quiet reflection while hiking a short distance in God's creation. Staff supervise from a distance.</i>	Sacraments Jeopardy: <i>Test the knowledge of participants as they answer questions about the Sacraments.</i>	Bible Skits: <i>Reflect on lessons from the Bible by acting out different scripture passages.</i>	Faith Inventory: <i>Reflect together on where their faith is at this point in their life and look towards the future to strengthen their faith.</i>	
	The Saints: <i>Learn about the saints of the Catholic Church and start to examine which saints they look for guidance from in life.</i>	Choosing Priorities: <i>Give students a chance to look at what is truly important in their lives.</i>	Affirmations: <i>Explore what positive affirmations are and how it can strengthen their relationship with God.</i>	Reflection Hike: <i>Travel together through the woods, stopping periodically to reflect together on a question or quote.</i>	
Talks, Meditations, and Discussions <i>Some of these sessions can be done as evening activities - either in doors or around the campfire.</i>	Table for Two Meditation: <i>Quiet reflection time for introspection into what Christ has done for us.</i>	Expectations: <i>Reminds participants that they take away what they put into something, on retreat and in life.</i>	History of Confirmation: <i>Discover the history of Confirmation and present day context.</i>	Relationship with God: <i>Explore one's relationship with God, and discuss with the group.</i>	Exploratory Mass: <i>A narrated Mass to learn the meaning behind parts of the Mass.</i>
	Gifts of the Holy Spirit: <i>Focuses on what the Church teaches about the Gifts of the Holy Spirit, and what gifts each participant has received.</i>	Social Justice: <i>Learn about the 7 social teachings in the Catholic Church and how to take an active role as an agent of social change in their community.</i>	Vocations: <i>Learn about a variety of vocations, hear the story of one person's vocation, and share a little about where they feel called.</i>	Gospel Contemplation: <i>The group puts themselves into a scripture passage and reflects on the message through visualization and meditation.</i>	Examen: <i>Reflect on the events of the day in order to detect God's presence and pray on different moments from the day.</i>

Adventure and Outdoor Programs	Climbing Tower <i>(\$5/person extra)</i>	High Challenge Experience <i>(\$15/person extra)</i>
	Canoe/Kayaking	Intro to Rock Climbing <i>(\$15/person extra)</i>
	Guided Nature Exploration	Rappelling <i>(\$15/person extra)</i>

Group Challenges	Ground-Based Initiatives (GBIs)	Low Challenge Course	Outdoor Cooking
	Crate Stacking	Orienteering Course	Group Challenge Race
	Raft Lashing/Fort-Building	Archery	Fire Building/ Rope Burning

Mass or Confession Programming: *Check your options. Incorporate Mass or Confession into your experience.*

Would you like to celebrate mass or prayer service? YES NO What day/time? _____
 Would you like to have time for Confession? YES NO Before or after a meal? During down time? Etc.
 If yes to either, will you bring your own priest?... YES NO
 or would you like Camp Ondessonk contact a local priest? YES NO
*Camp Ondessonk can find a priest if requested, but we cannot guarantee their availability.
 All masses will be in our Chapel per Diocesan regulations.*

Dietary Needs: *Most of our meals are served in our climate-controlled Dining Hall, but please note that other groups using the Dining Hall at busy times and other logistical factors dictate Foil Burger Dinners outside over the campfire. Friday lunches prior to departure are served Picnic Style outside.*

Would you like a Foil Burger dinner over the campfire included in your outdoor experience? YES

Please list the number of students and adults with food allergies or intolerances. We will do our best to accommodate. Health Code prohibits groups from bringing their own food to be served in our Dining Hall. Snacks in the cabins are permitted but discouraged.

Allergies (please specify) _____ Intolerances (please specify) _____

Vegetarians _____ Other Dietary Issues _____

Please note any other medical, allergy (i.e. bee stings), or disability issues that you would like us to know about:

Be sure to review the Planning Packet and have parents and chaperones sign the waiver prior to your visit. All are available at <https://ondessonk.com/year-round/retreats/>.

We look forward to your visit to Camp Ondessonk and thank you in advance for taking advantage of the benefits provided by getting your students outside. See you soon!!!



Setting Goals and Desired Outcomes

What would you like your group to come away with from their experience at Camp Ondessonk? Planning a successful retreat experience begins with articulating the goals and outcomes you desire for your group. These goals can be as unique as your group, and may even vary from year to year, based on the dynamic of your current group. Identifying real and attainable goals for your trip is important for a number of reasons:

- Communicating the value of the trip for school administrators, parents, and other supporters who will invest their time, money, and efforts and who may be unfamiliar with this educational approach.
- **Answering the “why?” for participants who may be apprehensive about attending.**
- Confirming the importance of getting students out of the classroom and out of doors.
- Validating this field as a profession and those who work in it as professional outdoor educators.
- Our instructors will be better able to provide an exceptional retreat program if their efforts are based on the goals and outcomes you identify for your participants.

Examples of Goals:

The following are some common goals many group coordinators have for their group when they come to Ondessonk **to serve a guide when compiling the goals you would like to set for your participants’ experience:**

During their Ondessonk Retreat Experience, I want my group to...

- ... grow in awareness, understanding and appreciation of God.
- ... develop their stewardship, connection, and understanding of the natural environment.
- ... expand and develop their definitions of faith, spirituality, religion, and God.
- ... reflect upon and express their personal values and ideas and to develop a respect for others' values.
- ... draw connections to between their lives outside of church, youth group, or religion classes and their beliefs.
- ... step out of their comfort zones and experience new things they do not have the opportunity at home.
- ... improve their interactions, critical thinking, and problem solving skills as a group.
- ... discover trust, caring, empathy, corporation, and risk taking through structured experiences.
- ... become more aware of their senses, physical abilities, and learn how to develop both.
- ... develop leadership skills to prepare them for academic and professional lessons later in life.
- ... strengthen their self-esteem, feel a sense of accomplishment, and become aware of their personal strengths.
- ... engage in active exploration, drawing on the senses rather than words and pictures in textbooks.
- ... explore God’s natural creation to have a truly spiritual and/or religious experience.

Please take a few reflective moments to let us know the goals and outcomes you would like for your students in the space below.

RETREAT GROUP AGREEMENT of CAMP ONDESSONK'S RULES and REGULATIONS

This form must be signed and returned with the reservation form and non-refundable 25% deposit.

Thank you for choosing Camp Ondessonk! Please read the following information pertaining to Camp Ondessonk's policies and procedures, emergency procedures, Illinois state laws, and important safety information. These policies and guidelines ensure a safe and enjoyable visit for your group and other guests. Failure to abide by these policies and procedures will result in a \$50 per infraction non-compliance fee charged to your credit card and /or eviction from Camp. An invoice will be sent to you should any of these fees incur.

Check-in / Check-out: Please check in at the Camp Office located in the St. Noel Center upon arrival if within the hours of 8:00am – 4:30pm; or after normal business hours at the Trading Post Friday 5-9pm and Saturday/Sunday 9am-Noon. Due to other guests during the week, Unit and St. Noel Lodging may not be available for check-in until 5pm Friday. Check-out time for St. Noel Lodging is 10am on Sundays.

Stewardship: The destruction, injury, defacement or removal in any manner of any natural feature is strictly prohibited. Please refrain from harassing or attempting to capture any wild animals; the cutting of any trees, flowers, or plants; defacing any structures with carvings, writing, or painting, or leaving behind any litter. Firewood harvested outside of Camp Ondessonk is strictly prohibited. Help us maintain the natural beauty of this special place!

Vehicles: You may drive to your reserved lodging to drop off gear. Once unloaded, please return your vehicle to the parking lot. You may keep a total of one (1) vehicle *per unit* for emergency purposes. All other vehicles must be returned to parking lot immediately after unloading. All **terrain vehicles (ATV's) are prohibited**. Riding in the back of trucks is prohibited. The 20mph speed limit on the Camp entrance road and the 10mph around the Lake is strictly enforced.

Lodging Areas: No open flames are allowed in units or outhouses. Campfires only in designated, pre-established fire pits and must be supervised at all times and fully extinguished before departing. All lodging must be left in the condition found upon arrival (ie. pick up trash, put all benches or bunks/beds back in place, etc.) No unnecessary discharge of fire extinguishers. Report any damage to lodging upon arrival so your group will not be held accountable!

Fishing / Hunting / Biking / Boating: Anyone 16 years of age or older must possess an Illinois fishing license. Fishing is allow in Lake Echon, Kane Lake, Pine Lake, and Lake Antironta. **No fishing is allowed in Lake St. Isaac, Camp's swimming lake. No hunting is allowed at Camp Ondessonk** except by invitation only. All bicyclists must wear a helmet at all times. Use of personal watercraft is not allowed on any body of water at Camp. Please call to schedule a boating program.

Quiet Time: Loud, disturbing noise is not permitted between the hours of 11:00pm and 7:00am. Please be considerate of other guests!

Smoking, Alcohol, and Drug Use: Smoking is prohibited inside buildings or around children. Smoking is allowed only on the St. Noel patio. Alcohol may only be consumed in your reserved lodging and is prohibited in activity areas and in common areas. We advise those responsible for the supervision of children to refrain from the consumption of alcohol while at Camp. Consumption of Alcohol by persons under the age of 21, as well as possession or use of illegal drugs, at Camp Ondessonk is strictly prohibited and can result in eviction from Camp. *Tobacco and alcohol are strictly prohibited in the new Fournie Village.*

Legal Concerns: All local, state and federal laws apply while at Camp Ondessonk. Particularly underage drinking; illegal drug use; use of fireworks; removal of Native American artifacts; as well as hunting, fishing, and other conservation laws. Infractions may be referred to the Johnson County Sheriff at Camp's discretion.

Supervision of Minors: All groups must be accompanied by an adult age 25 or older. Minors under age 16 must be supervised at all times. At no time should one adult be alone with an unrelated minor when out of sight of others. Stay in auditory/visual range and employ the "Rule of Threes" when visiting Camp.

Safety Regulations:

- Firearms and explosives of any kind are strictly prohibited.
- Use of any Camp Ondessonk program areas or equipment is permitted only under the supervision of Camp Ondessonk staff.
- **PFD's (personal flotation devices) must be worn by all guests when boating at Camp Ondessonk.**
- No entry into Camp Kitchen, the Central Maintenance Building, private residences, and other reserved lodging sites without invitation.
- Poison Ivy is common at Camp Ondessonk! Learn to identify it. If you believe you have been exposed, wash the area with soap and water immediately.
- Do not pick up any snakes! Do Not Kill Snakes at Camp Ondessonk. If bitten, seek medical care immediately.
- Ticks are common at Camp Ondessonk. Always conduct thorough tick-checks after spending time in the out-of-doors.
- Absolutely no harassment of other groups will be tolerated at Camp Ondessonk.
- No pets allowed. Guests are not permitted to bring animals to camp.

Emergency Procedures: A staff member can be reached during normal business hours by calling camp's main line from a cellular phone. The on-duty cell phone number is (618) 759-1780. Staff are trained in CPR and First Aid, but guests are ultimately responsible for emergency care and transportation. It is advised that an adult in your group be First Aid/CPR certified and that guests carry medical information for all minors including permission to treat, allergies, and other health conditions. In the event of an emergency, all 911 immediately. The nearest ambulance is in Vienna, IL. The nearest ER is in Harrisburg, IL or Marion, IL .

Camp Ondessonk waiver of claim forms: All guests regardless of age participating in programming provided by Camp Ondessonk must fill out and return a Camp Ondessonk program waiver. A parent or guardian must complete the form for minors.

Camp Ondessonk and the Catholic Diocese of Belleville, IL:

Guests are expected to observe and respect the basic values and morals of the Catholic Church. Co-habitation is only acceptable with married couples.

Equal Participation Opportunity Statement: Approval for Camp Ondessonk participation is granted without regard to race, color, national origin, disability, military status, gender, religion, or creed.

I agree to abide by the policies and procedures outlined in the Camp Ondessonk User Agreement. I further acknowledge and understand that I am responsible for the enforcement of the policies and procedures outlined in this Agreement for the group I am hosting at Camp Ondessonk. I understand that failure to uphold these policies and procedures will result in a \$50 per infraction non-compliance fee charged to my credit card and /or eviction from Camp.

Signed: _____

Date: _____

For more information or if you have any questions about registration, please contact Camp at (618) 695-2489, ext. 129