

CAMP ANTIOCH

Feeding the Mind, Body and Spirit



Saturday, July 28 and Sunday, July 29, 2007
Camp Burton, Vashon Island, WA

About Camp Antioch

The idea of an adult camp weekend is the outgrowth of a suggestion by an Antioch College alum. It provides both networking and deep conversation opportunities to engage the body, mind and spirit. Workshops and facilitated discussions will be led by faculty and alumni on such topics as friendship, nature photography, storytelling and finding mid-life energy.

Physical activity options include, dance, stretching, music, beach walks and rope exercises emphasizing leadership building. Also scheduled is a workshop on spiritual reflection. Of course no beach retreat would be the same without campfires, smores, songs, skits and lots of one-on-one conversations. Plenty of time is

factored in for the spontaneous and unexpected – jam sessions (bring your own instrument), “chewy” conversations, stargazing and making new friends.

Alumni, their partners and friends from all six Antioch campuses living in the greater Puget Sound area are invited to attend and bring their own bedding and bath towels plus toiletry items (shampoo, toothbrush, etc.). Vegetarians, vegans or those alumni who have dairy or wheat allergies can also be accommodated.

Location

Camp Burton is a peaceful retreat on Vashon Island, a 15 minute ferry ride from West Seattle, Tacoma or the Kitsap Peninsula. Amenities include

waterfront property on Quartermaster Harbor and wooded areas, meeting rooms and sleeping cabins along with delicious and satisfying meals.

Cost and Registration

The cost for the two day retreat is \$160 per person. The cost for Saturday only is \$120 for the day. For a registration form, detailed description of workshops, sleeping and carpooling arrangements, map, ferry schedule, directions and camp rules and regulations please contact Eric Warn, Antioch alumni director, at ewarn@antiochseattle.edu or 206-268-4125. All registrations must be completed and returned to the Office of Alumni Relations by Monday, July 16.

Saturday Schedule

- 10:15 a.m. **Arrival at Camp Antioch**
- 10:45 a.m. **Opening Activity**
Alumna Sherill Zemek
- 11 a.m. **Dance Workshop**
Jayashree George,
psychology core faculty
- 12:30 p.m. **Lunch**
- 1:15 p.m. **Stretch Exercises**
- 1:30 to 3 p.m. **Option 1-Beach/Forest Walk**
Option 2-Crafts Table
Option 3-Cash Flow Game
Alumnus David Hicks
- 3:15 to 4:30 p.m. **Option 1-Storytelling**
Alumna Joan McNeary
Option 2- Nature Photography
Alumna Patty White
Option 3-Leadership Building
Outward Bound Instructor
- 4:30 p.m. **Free Time**
Canoes & Kayaks available
- 5:30 p.m. **Dinner**
- 6:30 p.m. **Facilitated Discussion on Friendship**
Janet Tallman, core faculty
and director, B.A. program
- 8 to 10:30 p.m. **Campfire Program**
Songs, Skits, Treats
- 10:30 p.m. **Hanging out in Good Times**
Cabin, Burton Lodge, Music Jam

Sunday Schedule

- Sunrise **Optional Nature Photo Shoot**
Alumna Patty White
- 7 a.m. **Beach/Forest Walk**
- 8:30 a.m. **Breakfast**
- 9:30 a.m. **Check Out of Cabins**
- 10:00 a.m. **Spiritual Reflection**
Alumna Michele Alston
- 11 a.m. **Playful Activity**
- 12:30 p.m. **Lunch**
- 1:15 p.m. **Closing Circle**
Alumna Sherill Zemek
- 1:45 p.m. **Good Byes**

