



Independence Day  
Family Camp  
2019

# Welcome!

**Welcome to Cascades!** We pray that this will be a great experience for you and your family! We are excited to welcome entertainer Taylor Mason, who will lead family-friendly morning gatherings. We are also happy to welcome Tammy Swanson-Draheim, Superintendent of the Midwest Conference of the Evangelical Covenant Church, who will share in the evenings and at the Sunday morning session. We are blessed to have West Hills Covenant leading us in worship through song. The activities and services are provided by Cascades' summer staff who come to camp from all over the country to spend their summer serving God in this ministry; enjoy getting to know them during your stay, and please let us know how we can better your experience!

## Hours

### Espresso

7:30am - 8:30pm

### Gift Store

8:30am - 8:30pm

### Canteen

8:30am - 8:30pm

### Waterfront

10:30am-12pm (Thu-Sat)

1pm - 5pm (Thu-Sat)

### Boating

7am - 5pm

### Waterslide

3pm - 5pm (Thu-Sat)

Stop by "Information Station" (located at Rainier Center and Liberty Ridge) for more details on everything going on this week!

WiFi is available for all guests - no password required! Select "Cascades Wifi" in your internet settings and enjoy online access.

# Important Info

## Safety Information

- For your safety, please respect and listen to Cascades staff operating games and activities.
- No fires, fireworks, firearms, open flames, or alcohol.
- **Bikes:** Please stay on roads and off trails. Don't forget your helmet!
- **Speed Limit:** 15mph or slower - horses, bikes, and kids are around!
- **Pets:** Pets must be kept on a leash, quiet, and may not enter any buildings. Please clean up after your furry friends!
- **Hiking:** Hiking to Fossil Rock is restricted, but enjoy our other trails!
- **Swimming:** Swim only when lifeguards are on-duty (see page 2).
- **Boats:** Children under 13 yrs must be accompanied by an adult. All boaters must wear life jackets.
- **Quiet Hours:** 10pm-7am
- **Emergencies:** Please call 911 and alert Cascades staff who are staying in Timberidge Lodge & Tahoma Lodge.

## Dining Information

- No food or beverages inside Rainier Center or Summit Chapel. (Covered beverages are okay. Please let us know if you spill!)
- **Wristbands:** Meal plan participants will be asked to show wristbands for entry to the dining room for all meals: Green - all meals | Yellow - dinners only | Red - BBQs only | Blue - day guests (day guests must provide meal tickets for meals)
- **BBQs:** All registered guests are welcome at the Thursday Beef BBQ and the Sunday Salmon BBQ. Please wear your wristbands!
- **Pancake Cookout:** Sign up for Sunday's Paradise Point Pancake Cookout at the Canteen on Saturday at 1pm. (Those not on the meal plan can purchase tickets as space allows.)
- **Meal Tickets:** Tickets can be purchased for day guests and non-meal plan guests at the Canteen as space allows.
- **Day Guests:** Please have any additional day guests register at the Canteen and pay the \$11 single day program fee.

# Activities

## Ranch Information

- **Trail Rides:** 10 yrs & older | 10:30am, 1pm, 2:30pm & 4pm  
(No 4pm ride on Saturday - Thursday & Friday only!)
- **Extended Trail Ride:** 15 yrs & older | 2:30pm-4:30pm
- **Pony Rides:** Under 10 yrs | 10:45-11:45am Thu/Fri/Sat & 1:30-2:30pm Thu/Fri/Sat | No sign-up necessary

**Sign-Up:** Outside Rainier Center at 8:45am the day-of

**Location:** Meet at Sunrise Ranch for all trail rides & pony rides

## Extreme Activities

- **Paintball:** Friday | 10:30am | \$15 per person | Meet at the Ball Field | Must be 13+ yrs to play
- **Rubicon:** Thursday & Saturday | 10:30am | \$3 per rider
- **Climbing Tower:** 4-5pm | No sign-up required | Climbers must fit harness (roughly 5+ yrs)
- **Waterslide:** 3-5pm | No sign-up required
- **Zip Lines:** 1, 2, & 3pm | Must weigh between 80-250 lbs. for individual and tandem riders | Tandem available for children 5+ yrs. under 85 lbs (must ride with parent/guardian over 18 yrs)
- **Pinecars:** \$18 each | Construction on the East Lawn 10:30am-12pm & 1-2:15pm | Show & race will be at 2:30pm on Saturday outside Rainier Center | Note: All pinecars must be purchased & made at Cascades this year in order to compete

**Sign-Up:** Outside Rainier Center at 8:45am the day-of

# Activities

## Morning Options

Thursday-Saturday  
10:30am-12pm

- **Nursery/2 & 3 yrs:** Childcare is provided until 12pm
- **Red, White, & Blue Crafts:** East Lawn  
**Thursday:** Patriotic Pinwheels | **Friday:** Patriotic Paper Lanterns | **Saturday:** Patriotic Ribbon Wands
- **Pinecar Construction:** Purchase at the Canteen and construct on the East Lawn (see page 4)
- **Archery:** Meet at the Nisqually flagpole by 10:45am or meet staff at the Archery Range around 11am
- **6 & Under Options:** East Lawn  
**Thursday:** Parachute Games | **Friday:** Stick Horse Races | **Saturday:** Shaving Cream Fun
- **Hiking:** Meet at the Nisqually flagpole by 10:45am  
**Thursday:** Paradise Point | **Friday:** Horse Pasture | **Saturday:** Blue Heron Marsh
- **Bible Study with James Amadon:** Summit Chapel at 11am
- **Extreme Activities:** Rubicon & paintball on alternating days (see page 4)
- **Ranch Activities:** Trail rides & pony rides (see page 4)
- **Waterfront:** Boating, swimming, & fishing at Elbow Lake

## Kids Drop-Off Info

Thursday-Saturday  
4-5pm

Parents/Guardians: Drop off your kids (4 yrs - 6th grade) at the West Lawn and our staff will entertain them from 4-5pm.

**Thursday:** Bingo

**Friday:** Paper Airplane Competition

**Saturday:** Water Balloon Games

Please pick up your children promptly at 5pm...  
...or we will give them a puppy.

# Wednesday, July 3<sup>rd</sup>

## Daily Schedule

- 3:00pm** Arrival & Check-In
- 5:30pm** Dinner
- 6:00pm** Hayrides (Nisqually)
- 7:00pm** Evening Session: Tammy Swanson-Draheim
- 8:30pm** Tiki Torch Waterslide (Liberty Ridge)  
*Plus a "fun-sized" waterslide for the little ones!*
- Sparklers & S'mores (Lakeside Fire Pit, Timber Rock Amphitheater, Liberty Ridge, Liberty Ridge Picnic Shelter, Brightwood, & Ball Field)
- High Schoolers Only (Cedarwood Chapel)  
*Meet by the flagpole or head straight there!*
- 10:00pm** Good Night!

## Kids Programs

- Nursery | Nisqually (upstairs above the espresso stand)
- 2 & 3 yrs | Lakeside Lodge (beyond diapers)
- 4 yrs - K | West Lawn
- 1st-3rd | Timber Rock Rec Hall (PM session only)
- 4th-6th | Brightwood Station (PM session only)
- 7th-9th | Timberidge Lodge (PM session only)
- High School | See daily schedules for evening events

Nursery/2 & 3 yrs. can be dropped off at the start of the service and stay until 12pm. All other children are dismissed just prior to the message and will return at the close of the session. Please pick them up at the session's end.

# Thursday, July 4<sup>th</sup>

## Daily Schedule

- 8:00am** Breakfast
- 9:00am** Morning Session: Taylor Mason
- 10:30am** Morning Options  
*See page 5 for details!*
- 12:30pm** Lunch
- 1:00pm** Scavenger Hunt (Outside the Canteen)  
Shooting Sports: BB Guns (Giant Killers Pit)  
*Meet by the flagpole or head straight there!*
- 2:30pm** Magic Tricks 101 (Brightwood)  
Homemade Pie Competition (Nisqually Back Patio)  
*Drop off entries at 2:30pm. Voting begins at 2:45pm!*
- 4:00pm** Elbow Lake 5K Run/Walk (Nisqually Parking Lot)  
*Sign up outside Rainier Center ahead of time!*  
Kids Drop-Off: Paper Airplane Competition (West Lawn)  
*See page 5 for details!*
- 5:30pm** Beef BBQ (West Lawn)  
Carriage Rides & Pony Rides (West Lawn)
- 6:30pm** Evening Session: Tammy Swanson-Draheim  
& Cascades Staff Commissioning
- 8:00pm** Choose Your Own Adventure:  
  - **Creation Station** (Timber Rock Rec Hall)  
*Paint a canvas masterpiece!*
  - **Imagination Station** (Brightwood)  
*Bubbles, play dough, marshmallow sculptures, slime, & more!*
  - **Relaxation Station** (Nisqually Dining Room)  
*Coffee, cookies, & live music!*
  - **Recreation Station** (Ball Field)  
*Large group game of kickball!*
  - **Flotation Station** (Liberty Ridge)  
*High schoolers only: rootbeer floats & games!*
- 10:00pm** Good Night!

# Friday, July 5<sup>th</sup>

## Daily Schedule

- 8:00am** Breakfast
- 9:00am** Morning Session: Taylor Mason
- 10:30am** Morning Options  
*See page 5 for details!*
- 12:30pm** Lunch
- 1:00pm** Swing Dancing Lesson (Brightwood)  
Shooting Sports: Wrist Rockets (Giant Killers Pit)  
*Meet by the flagpole or head straight there!*
- 2:30pm** Churn Your Own Butter (Nisqually Back Patio)  
Patriotic Pony Painting (Sunrise Ranch)
- 4:00pm** Decathlon (Flagpole)  
*Sign up outside Rainier Center ahead of time!*  
Kids Drop-Off: Bingo (West Lawn)  
*See page 5 for details!*
- 5:30pm** Dinner
- 6:30pm** Evening Session: Tammy Swanson-Draheim
- 8:00pm** Family Feud (Rainier Center)  
*Sign up outside Rainier Center ahead of time!*  
High Schoolers Only: Karaoke (Liberty Ridge)  
*Meet by the flagpole or head straight there!*
- 10:00pm** Good Night!



# Saturday, July 6<sup>th</sup>

## Daily Schedule

- 8:00am** Breakfast
- 9:00am** Morning Session: Taylor Mason
- 10:30am** Morning Options  
*See page 5 for details!*
- 12:30pm** Lunch
- 1:00pm** Sidewalk Chalk Competition (Outside Rainier Center)  
Shooting Sports: Tomahawks (Giant Killers Pit)  
*Meet by the flagpole or head straight there!*
- 2:30pm** Archery Tag (Sport Court)  
Pine Car Show & Race (Outside Rainier Center)
- 4:00pm** Across-the-Lake Swim (Waterfront)  
*Sign up outside Rainier Center ahead of time!*  
Kids Drop-Off: Water Balloon Games (West Lawn)  
*See page 5 for details!*
- 5:30pm** Dinner: Parents Night Off  
*Kids on the meal plan (4 yrs - 9th grade) can be dropped off at Brightwood at 5:20pm. Non meal plan kids can be dropped off at Brightwood for kids groups at 6:15pm. Nursery & 2's & 3's can be dropped off in their locations at 6:15pm.*
- 6:30pm** Evening Session: Tammy Swanson-Draheim
- 8:00pm** Parade (Rainier Vista Drive)
- 8:30pm** Sunrise Ranch Horse Show (Sunrise Ranch)
- 8:45pm** Happy 30th Birthday, Cascades! (West Lawn)  
*Birthday cake, party hats, pin the tail on the donkey, face painting, dunk tank, bounce house, inflatable obstacle course, & more!*
- 10:00pm** Good Night!

# Sunday, July 7<sup>th</sup>

## Daily Schedule

- 7:45, 8:15, & 8:45am** Paradise Point Pancake Cookout  
*Sign-up outside Rainier Center on Saturday at 8:45am!*
- 8:00am** Breakfast (Nisqually)  
*For meal plan guests who did not sign up for the pancake cookout!*
- 10:00am** Morning Session: Tammy Swanson-Draheim
- 12:00pm** Salmon BBQ (West Lawn)
- 1:00pm** See You Next Year!

## Coming Up at Cascades

- Brightwood Station: 4 weeks in July  
Camp Timber Rock: 4 weeks in July  
Rainier Kids Day Camp: 8 weeks in July & August  
Sunrise Ranch Classic Horse Camp: August 4-10 & 11-17  
Sunrise Ranch Horse Intensive Camp: August 18-24  
High School S.A.L.T. Programs: Varying dates in July & August  
Labor Day Family Camp: August 30 - September 2  
PacNWC Women Ministries Retreat: September 20-22

Register at [cascades.org/register](https://cascades.org/register)



# Session Notes



Lined writing area consisting of 20 horizontal black lines on a white background, intended for taking session notes.



# Session Notes

The page features a background graphic of stylized stars and stripes in red, white, and blue, reminiscent of the American flag. The stripes are diagonal and the stars are scattered throughout the page.

A series of horizontal lines for writing notes.

# Session Notes



Lined writing area consisting of 20 horizontal black lines on a white background, intended for taking session notes.



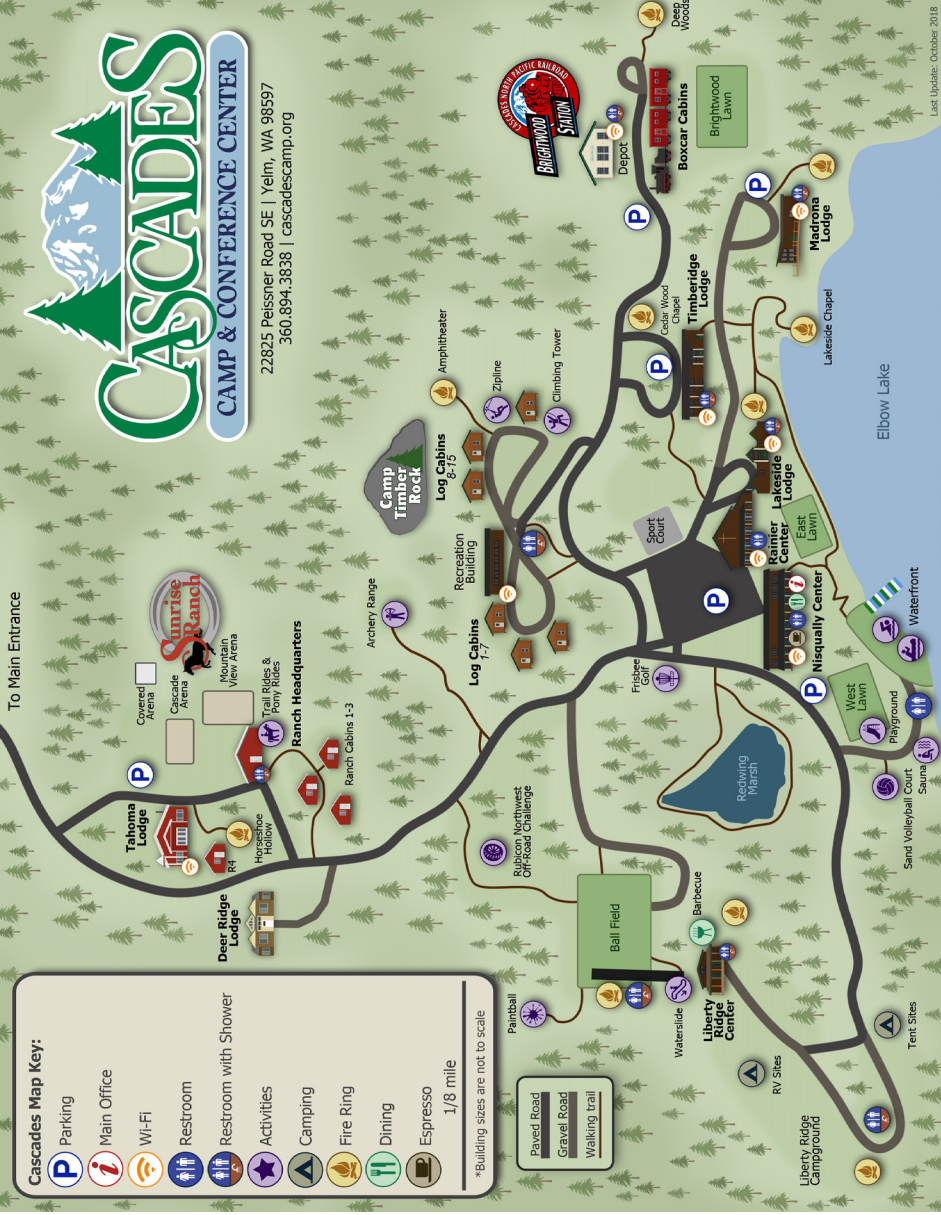


# CASCADES

## CAMP & CONFERENCE CENTER

22825 Peissner Road SE | Yelm, WA 98597  
 360.894.3838 | cascadescamp.org

To Main Entrance



**Cascades Map Key:**

- Parking
- Main Office
- Wi-Fi
- Restroom
- Restroom with Shower
- Activities
- Camping
- Fire Ring
- Dining
- Espresso

1/8 mile

\*Building sizes are not to scale

- Paved Road
- Gravel Road
- Walking trail