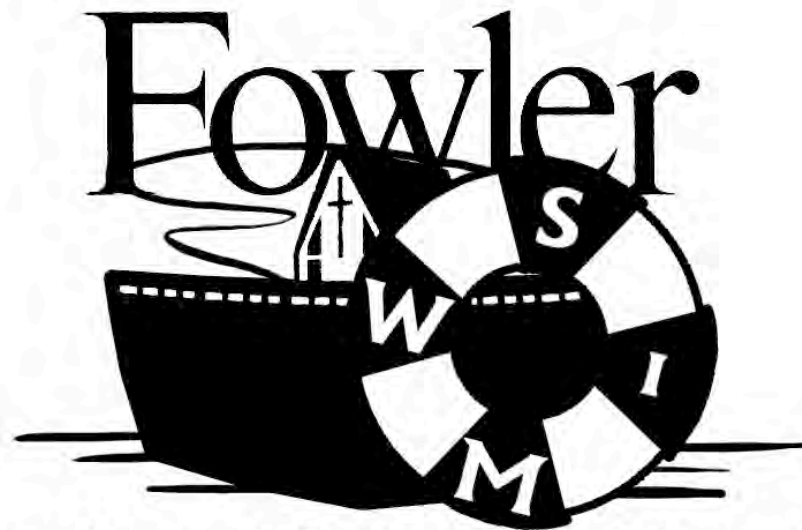


The S.W.i.M. Guidebook

- Your guide to being the best S.W.i.M. you've ever been...



Students Working in Ministry



What is this?

- In this guidebook you will see tasks you can earn points for if completed. There may be an award at the end for the person/people with the most points.
- Also, everyday of your stay is in this guidebook. Quotes and a few words from me are in here to help guide you. That is why it's called a guidebook. Hmm. You can read them all at once, or just read whatever I have for each day, on that particular day. Walk in balance...
- P.S. there are absolutely no Dr. Seuss quotes in this handbook...



Tasks to Complete for Points

- 5 - Learn to tie 3 knots
- 5 - Learn to build 3 types of fires
- 15 - Do trivia before a meal
- 5 - Take out compost and turn it
- 10 - Do an after meal song
- 5 - Learn to identify 3 plants and 3 trees
- 15 - Learn 3 new pieces of camp history
- 10 - Learn 3 new pieces of Adirondack history
- 10 - Name 15 trips we do at camp
- 5 - Name the 7 I AM Statements
- 5 - Start a boondoggle
- 5 - Name 10 high peaks
- 15 - Talk to a staff person about college/the future
- 20 - Run part of a session



FIRST SUNDAY

- *“Momma always said life is like a box of chocolates, you never know what you’re gonna get.” - Forrest Gump*
- Swims, this is what camp is all about, and what the SWiM Program is all about. You never know what kind of campers you will have in your cabin, and you never know what community will form while you’re here. Forrest Gump said it, you really never know what is going to happen, for your first day as a Swim this summer be open, get to know your campers and volunteer, and be a part of this wonderful community.



FIRST MONDAY

- *"I do not like green eggs and ham! I do not like them Sam I Am!" - Dr. Seuss*
- *"Today you are you, that is truer than true. There is no one alive who is Youer than You." - Dr. Seuss*
- Swims, two thoughts. Campers may not like camp. It's Monday, they could be scared, homesick, shy, unsure about new things. You are the people in camp who can relate best to campers. You're young, you're hip, try to give them hope early in the week, by Wednesday hopefully they'll love camp in some way! Secondly, you are all different, you are all you, you are all Swims because you were meant to be, you definitely have something to offer. Share that with your campers, if the beginning of the week goes well, the rest of the week will be awesome!



FIRST TUESDAY

- *“Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.” -Dr. Seuss*
- *“A person's a person, no matter how small.”
-Dr. Seuss*
- Camp is all about community, it's always changing but it's always the same; filled with love, generosity, and hope. Camp is a place where people can be open and will not be judged. Our ministry is about care; care for creation, our community, and the simple things in life. Your campers will be part of this, help them see that camp is a place for them to be themselves. The Fowler community will always welcome them!



FIRST WEDNESDAY

- *“Today was good. Today was fun. Tomorrow is another one.” -Dr. Seuss*
- *“I am the Lorax. I speak for the trees. I speak for the trees, for the trees have no tongues!” -Dr. Seuss*
- Well Swims, it's mid-week, how's it going? These are Dr. Seuss quotes, and much like the Lorax, you are caretakers. You watch over your cabin, you watch over the campers during the day, and you try to show them the great things about camp. You speak for them, they look to you for support, for a laugh, or maybe to learn something new. Today was hopefully fun, you still have a week 1/2 left, but the campers only have a few days. Care for them by helping to make these last few days the best of their summer.



FIRST THURSDAY

- *“Do or do not. There is no ‘try’.” - Yoda*
- *“From there to here from here to there funny things are everywhere.” - Dr. Seuss*
- Do things at camp. It’s hard not to, but be present. In the beginning of this handbook are tasks you should complete. Maybe you’ve tried them before, but just do them with all your heart, mind, and soul. If you do trivia or an after-meal song it’ll be funny, it may be new for you, but be present and enjoy what you are doing. Life is simple up here, and life is good up here too.



FIRST FRIDAY

- *"I don't know if we each have a destiny, or if we're all just floating around accidental-like on a breeze, but I think maybe it's both. Maybe both is happening at the same time." -Eric Roth*
- Maybe you were all meant to be Swims, maybe it is something that was just an idea and all of the sudden it's happening. But however it happened, it happened. As a Swim you may feel like you are just floating around, but your presence here is so important to not only the campers, but also to the volunteers and staff. You Swims do so much here and in such little time. The end of your first week is near, if you can still even crack a little smile, you were definitely meant to be here... Enjoy



FIRST SATURDAY

- *“You have brains in your head. You have feet in your shoes. You can steer yourself and direction you choose.” - Dr. Seuss*
- At Fowler you're part of a community who lives simply and cares for creation. Can you dig it? As you clean today and hang out with 2 staff members tonight, think about what this first week has put in your head. Where can you take yourselves in the many shoes you wear? Where are going in the near future, are you ready? Maybe it's college, maybe it's a new job. Whatever it may be, live simply, care for the world around you, and be positively present in the communities you find yourself in. But don't get too retrospective, because well, you still have another week. We'll talk later.



SECOND SUNDAY

- *“Your life is defined by its opportunities... even the ones you miss.” - Benjamin Button*
- *“Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.”*
- Ferris Bueller
- These quotes may be contradictory, but they each have meaning. Maybe you missed an opportunity with a camper in the first week. It happened and you can't get it back. You can however make the opportunities of this week something real. Make it happen. Swims have the greatest opportunities to get to know the campers, more so than staff or even volunteers. At the same time, stop and realize what you're doing. You're volunteering two weeks of your summer to live with campers. It is no easy task. Take pleasure in God's creation, it's all around you, and be proud of yourself.



SECOND MONDAY

- *“It is good to have an end to journey towards but it is the journey that matters in the end.” -Ursula LeGuin*
- Are you tired? Probably. Are you sick of all your clothes being damp? Probably. Is that cabin smell getting to you... guys? Probably. It's nice to think about getting back to real-life, but don't think about it while you're here. Being a Swim taught me so much about myself, and it was the journey and all of the experiences of my two weeks that made it simply awesome. Enjoy your journey. Being a Swim is tough sometimes, I know, but enjoy it, the good and the bad. You have staff members, volunteers, and faith to help you through the lowest points of the two weeks...



SECOND TUESDAY

- *“Listen here’s what I think, I think we can’t go around measuring our goodness by what we don’t do, by what we deny ourselves, what we resist and who we exclude. I think we have to measure goodness by what we embrace, what we create, and who we include.”*
-Pere Henri
- As Swims you are here to learn, support campers, your volunteers and the staff, and you are here to learn about yourself. Maybe you’ll learn something new about something you can do, or maybe you’ll realize something more about your faith. Whatever it may be, embrace it. Embrace the bugs, the mud, the sweat from maintenance, the crying camper, the bully camper. Embrace the simplicity of this place, and the community that develops in your time here.



SECOND WEDNESDAY

- *“Geese appear high over us... pass, and the sky closes. Abandon, as in love or sleep, holds them to their way, clear in the ancient faith: what we need is here. And we pray, not for new earth or heaven, but to be quiet in heart, and in eye, clear. What we need is here.” - Wendell Berry*
- Now, mid-way through your second week as Swims, or even your second year, you know how it all works. You’ve made camp a place to call home, a place you can always come back to. Hopefully through this first week and 1/2 you’ve learned that what you need is here. A caring community, fellow Swims who have your back, long days and good rest, campers who will never forget their Swim and the great times they had with you, and the wondrous works and natural beauty that God has blessed Fowler with. Hope you’ve had a good day.



SECOND THURSDAY

- *“Beginnings are usually scary and endings are usually sad, but it’s everything in between that makes it all worth living.” - Birdee Pruitt*
- *“I was thinking how nothing lasts, and what a shame that is.” - Benjamin Button*
- This doesn’t last forever. Camp runs for 9 weeks of the year. However, you know what you know, you know yourself better now, hopefully you’ve forged a closer relationship with God, or understand your faith a little more. You know how to work hard, and it shows. It is sad that things don’t last, especially things as good as camp, but really, it’s hard to leave this place sad knowing how great an experience you’ve had. This second Thursday is your day, it’ll be a great day but it won’t last forever. Make the most of this time, and make the most of the time in the future with your friends, your family, and your community.



SECOND FRIDAY

- *"How did it get so late so soon? It's night before its afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?" - Dr. Seuss*
- *"Some people, were born to sit by a river. Some get struck by lightning. Some have an ear for music. Some are artists. Some swim. Some know buttons. Some know Shakespeare. Some are mothers. And some people, dance." - Benjamin Button*
- Two weeks can go pretty fast. I hope they did not pass you by too quickly. But this Swim experience is so valuable. I hope you learned, experienced, taught, laughed, sung, danced, created, and enjoyed every day you were here. You were born to be Swims. Use this experience in future endeavors, may God be at your side, and may these memories always be in your mind.



SECOND SATURDAY

- *“There’s no time limit, stop whenever you want. You can change or stay the same, there are no rules to this thing. We can make the best of it or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you’re proud of. If you find that you’re not, I hope you have the strength to start all over again.” - Eric Roth*
- Thank you for volunteering two weeks of your summer to be a part of the great community at Camp Fowler. Your graciousness and hard work will never be forgotten. Your campers will never forget all that you did for them, neither will the volunteers or staff. You’ve done good work. I hope life was good these past two weeks. You all have the knowledge and the ability to go out into the world and share with people what you’ve learned from your experience. You may go to college, you may travel, you may get a job, you may fight for your country... whatever you do be proud of what you do. It’s your life, and hopefully this program has given you different viewpoints. I hope it has made you realize your abilities and everything you can offer. As you speed towards another chapter in your life I thank you for spending a few moments here at a place we all love. I wish you all the best.
- Uncle Jason

Farewell, walk in balance...

- *"So... be your name
Buxbaum or Bixby or
Bray or Mordecai Ali
Van Allen O'Shea,
you're off to Great
Places! Today is your
day! Your mountain is
waiting. So... get on
your way!"*
- *- Dr. Seuss*

