September 18, 19 & 20, 2020
REGL II

Dear REGL Student and Parents,

Welcome to Rotary District 5190's Eighth Grade Leadership Program!

Congratulations on your selection as a student leader who will participate in Rotary District 5190's Eighth Grade Leadership Program (REGL) at Grizzly Greek Ranch on **September 18 - 20, 2020.** Your local Rotary Club (please know their name!) is sponsoring your attendance at REGL Camp because of their belief in your leadership potential for your school and community.

Rotary District 5190 has many years of experience offering leadership training to middle school and high school students. This will be our eighth (8th) year to offer REGL Camp at Grizzly Greek Ranch in Portola, CA (www.sierranevadajourneys.org). REGL will reach eighth graders from across our large Rotary District and provide high quality leadership training, including a strong emphasis on ethics. Our aim is to provide eighth graders with the tools for the difficult choices that they face as they finish their middle school/junior high school years and move into high school.

Here is some additional information to questions you may have about REGL www.rotaryegl.com

Who Supervises the REGL Camp?
REGL Camp Directors Karen Shimamoto of the Rotary Club of Alturas and Paula Dolliver of the Rotary Club of Sparks supervise the 2020 REGL Camps. They bring Rotary Youth Program experience to the REGL program. A staff of volunteer Rotarian and non-Rotarian Adult Mentors and Counselors, who will be this year's RYLA graduates, assists them. The District Governor from District 5190 and a Board of Directors oversees all of the staff.

What is the ratio of students to counselors and adults?
There will be 95-100 eighth grade students in your program, depending on the session. At each session, there will be 12-15 RYLA graduates who will be the Counselors, and we are recruiting for 10 Adult Mentors that will be in same gender cabins with the students and Counselors. There will be about 10-12 REGL staff, including our instructors, Dean and Rochelle Whellams. The Sierra Nevada Journeys staff at Grizzly Creek Ranch also has adult staff managing the camp and the Ropes Challenge Course. On average the ratio of eighth graders to all staff is 1:3, and the ratio of eighth graders to adult staff is 1:4.

Are Medical Services available?
Emergency medical services are available and will be provided when needed. Eastern Plumas District Hospital with 24-hour emergency room is located in Portola, CA, about 2.5 miles away. We will also have a registered nurse on staff and available 24 hours.

How long is the REGL camp?
The 2½-day residential camp begins at Noon on Sept. 18th and ends at 4 pm on Sept. 20th.

How do the Eighth Graders get to and from REGL Camp?
Your sponsoring Rotary Club is responsible for arranging your transportation to and from REGL Camp. All students should plan to **arrive at Grizzly Creek Ranch by 11:30 am on Sept. 18th.**

After graduation on Sunday, students may return home with their parents or guardians. A security checkout system is used to ensure students leave REGL with only authorized adults.

What if I have a conflicting date or time with REGL?
It is mandatory that students attend the full session of REGL – September 18 - 20, 2020. Early leavers or late arrivals are disruptive to the entire Camp and we must pass up your selection if there is a time conflict.

Where will I be staying?
You will be assigned to a cabin with 8-10 other students of the same gender all from different schools. The better to make new friends! You will have an Adult Mentor and at least one Counselor also of the same gender. Each cabin has a fully functioning restroom. Showers are in neighboring buildings. The cabins are equipped with bunk beds and twin mattresses. So, don't forget your sleeping bag, pillow and other appropriate bedding!

What may I bring to REGL Camp?
Here is a recommended list of items needed for REGL Camp. Keep it light and simple and remember the weather; the camp is at 5300 ft. elevation. It will be late September and the weather will possibly be warm to cool. Come with layered clothing. Buildings are cooled and heated for basic comfort.

Check www.sierranevadajourneys.org or weather conditions as you pack for the weekend. In September, we may have sun or rain, and it could be very warm, but also cool! Please come prepared.

- **Shirts – Long and Short Sleeved**
- **Shorts, Long Pants & Sweats**
- **Pajamas**
- **Undergarments and Socks**
- **Jacket, Fleece, and/or Sweatshirts**
- **Athletic Shoes**
- **Flip Flops for showers**
- **Sleeping Bag & Pillow**
- **Sunscreen**
- **Body Soap, Shampoo / Conditioner**
- **Bath Towel**
- **Flashlight**
- **Toiletries (brush, comb, toothbrush/paste, Chapstick, lotion, etc.)**
- **Medications ***
- **Musical instrument and your camera, if you wish. Please identify these items so they can be returned if lost.**
- **Water Bottle**

Note: Your child will receive a camp T-shirt, which they will wear for the majority of their time at camp.

*All medications will be turned over to our on-site medical personnel who will distribute the medications each day. The medications will be given back to the student on Sunday. This includes all prescription and over-the-counter medications.

WE STRONGLY RECOMMEND that you leave cell phones, tablet computers, MP3 players, ear buds, etc. at home. These are 3 incredible days when you will have an opportunity to invest in your future without distractions. If you do bring them, you will be asked to give them to your adult mentor.

You cannot bring alcohol, marijuana, cigarettes, or illegal drugs. Anyone bringing such items will be asked to leave the camp at their parent's expense.

What will I be doing at REGL Camp?
You will meet many new students and be instructed by Dean and Rochelle Whellams (REGL instructors) in leadership, communication, teamwork, Rotary and the Four Way Test, ethics, and the values of respect, truth and trustworthiness. You will enjoy a Ropes Challenge Course with instructors from Sierra Nevada Journeys, the same group that RYLA uses. Students will also work on goal setting, breaking through obstacles, and service- learning. They will work on designing a service project for their school or community that will be completed in collaboration with their principals.

Our Theme for 2020 is "We Are People of Action."

Graduation on Sunday is a special event. We invite family members, principals, and Rotary members to enjoy each student taking a turn on stage to speak about what insights they each are taking away from training.

How do I maintain contact with the Rotary Club that sent me?
Your Rotary Club has a REGL Coordinator who will be in contact with your Principal on a regular basis. If a parents meeting is held, the Rotary REGL coordinator can provide you with his or her name and telephone number for future reference.

What about an emergency contact at REGL Camp?
The telephone number for a REGL staff member is 530-640-0649. The telephone number for Grizzly Creek Camp is 530-832-1085. Please leave a message for one of the REGL staff to return your call.

What are the Basic REGL Camp Rules?

- All medication (prescription and over-the-counter) must be in the possession of the REGL medical personnel and dispensed as required.
- No food in the cabins; adult mentors will have snacks but not left out for the wildlife!
- Camp T-shirt is worn at all times except for free time.
- No alcohol, marijuana, cigarettes or illegal drugs allowed on the premises.
- REGL students are not permitted off-site at any time without approved adult escorts.
- REGL students must be present and ready to participate fully in all REGL activities.
- Lights out at 10 pm

We look forward to meeting you!

Karen Shimamoto and Paula Dolliver
District 5190 REGL Camp Directors