



Sing a Rainbow

Family Camp
for current subscribers of
The Mother magazine

Summer Holidays
Saturday, 23rd to Wednesday 27th July 2011

Limetree Farm, near Ripon,
North Yorkshire

The Venue:

Limetree Farm is a beautiful piece of land in North Yorkshire. It's on 40 acres, and includes wildflower meadows, ancient woodland, an Iron Age round house for workshops/ceremonies, a stone circle, a secret spring which has produced water for 3,000 years, and a bird/badger hide (log cabin) from which to view wildlife in the gill. This place is home to a wide variety of wildlife such as badgers, deer, foxes, owls, hedgehogs, voles and 80 species of bird, and more than 85 types of wild flower. The land is away from towns, near to a small village, yet just six miles from Ripon for those coming by public transport. There's a daily bus to Ripon from Leeds. You can catch a taxi from there to the site. This property is in an Area of Outstanding Natural Beauty, and under conservation. As guardians of the land for five days, we intend to leave it as we find it.

*** Location/directions & map, plus full camp programme and map of the property will be sent out after full payment has been received.*

What campers said about our 2010 camp:

Dear Veronika, Paul, Eliza and Bethany
Thanks so much for all your hard work, dedication and love in setting up this wonderful camp. Our family have had such a beautiful time and learned so much, especially as parents and partners, from yourselves and all the other beautiful role models that abound here. My hubbie was definitely an uncertain participant in the lead up to camp, but as camp comes to a close he's proud to declare how much he has enjoyed the camp and grown as a father and husband. He has thoroughly enjoyed the male camaraderie and bonding, and for a few days has experienced 'belonging' to a tribe.

As a family we send you so much love and gratitude for enabling such a beautiful, magical experience incomparably better than any expensive holiday abroad.

All our love, *Francesca, Steven, Molly, Jennifer and Lily*

Dear Veronika and family,

I had to write to express my deep gratitude for the magical 5 days that was TM Camp 2010. I pray it isn't the last. That week opened up my heart more than I thought possible, and stripped away the last of my reservations and fears about how I'm raising

Rowan. To be in a community of friends, to have that space held and to feel the vibrations and love from everyone around, set my soul on fire. So it's time to do something about the fact I feel like my spirit is dying with every day I live in a conventional house with meat-eaters, in a society which is generally disrespectful towards children and mothers ~ I'm exploring options for vegan community living, and already have some visiting days arranged. This is no longer just a want, a wistful dream, but a deep, deep need within me to be with my own kind. Veronika's sharing of the ugly duckling story in the Wild Women circle really spoke to me: my family are lovely, and adore me and my son, and they have tried to be supportive in the ways they think will help (offering to babysit...) The fact remains that I am very different in my approach to parenting and I must seek out people with whom I can live in harmony, living a more natural, tribal life, and contributing to real social change, rather than adding to the problems in current society. Thank you with all my heart for being my springboard, my courage, my Mother. Bright blessings, *Charlie and Rowan (4 months) xx*





THANK YOU for camp...we had the most wonderful time. Thank you for making Ethan's birthday special. Thank you for The Mother. I've returned home feeling so refreshed and full of energy for mothering! Love you all lots and lots. Have sent you some pics from camp inc. a lovely one of the girls. See you next year! Blessings,
Emma

Dear Veronika, Paul, Bethany and Eliza, Thank you so much for such an AMAZING, BEAUTIFUL, NOURISHING, UPLIFTING AND RELAXING camp! We had such a wonderful time and were so sad to leave on the last day. I felt such a sense of having to let go of something as we drove home, even though it is so lovely to have made new friends, it felt so strange not to wake up at camp the next morning. I

can't stand the thought of having missed such a wonderful experience. One thing that struck me was how beautiful all the mums there were, every single one. It was so amazing to spend time with women who glow because they are loving and gentle and kind and giving. It gave me strength and reminded me what is important to my family and to me as a woman and mother. Mia was looking at the camp photos today and she shouted (really excitedly) "Tarka, look, it's that funny man, Paul. I like him. I'll look at him for a while!" We'll look forward to next year then, hee hee...Much Love, *Georgina xxx*

Activities/workshops

There will be various activities available at camp for those who are interested. Further details will be made available nearer to the time of camp.

At this stage, we are planning:

- 1.) A community tie dye workshop ~ bring nappies, undies, socks or towels ~ so we can sing a rainbow of colour!
- 2.) Understanding yourself and your children through astrology.
- 3.) A Handfasting (pagan wedding) ceremony at the stone circle. Wear your most colourful, happy clothes.
- 4.) A women's circle.
- 5.) Men's chat group.
- 6.) Teenage circle.
- 7.) Alfie's annual ventriloquist show
- 8.) Music around the campfire (bring your instrument/s) Also a knitting circle, circle dancing and string games for children.

Shared evening meal:

Our on-site whole food, vegan community kitchen will work best if a bunch of happy campers contribute their time and energy to help with food preparation, or serving up meals, or washing up. Please remember that this camp represents the TM ethos ~ not hurting animals; and we ask that you do not bring meat (red or white ~ that is, including chicken and fish/tuna) onto the campsite. Pure drinking water is always available.

Infant Milk

We're aware that not all TM babies are breastfed. Please be aware that we're unable to provide artificial milks, or plant milks for babies. The milk we have is for hot drinks, and cooking, and not for consuming by the glass/bottleful.

Non-violence: This is the ethos of no harm or violence to living creatures. This is also the goal of TM. Although the ethos of TM is vegan, we appreciate that not all of our subscribers are vegan or vegetarian, but we *do* ask you to respect that this camp is done on the basis of 'no harm' ~ which means the meals you prepare yourself will need to be free of dead animals, which include white meat (tuna, chicken, etc)

Felix preparing the fire in the cob oven ready for bread making.



You will need to bring:

Firstly, you'll enjoy your camping experience much more if you're well prepared. PLEASE ensure you bring warm clothes for day and night, as well as wet weather gear (wellies, raincoats, hats, and towels for drying off)

Tent/tarp/yurt/dome, tipi ~ that is, appropriate shelter for your family

Sleeping gear ~ sleeping bags/blankets/pillows, camping mats

Torches/lanterns for visiting the loo at night or going to/from the communal camp fire

Clothing for warm or cool conditions

Kettle for heating water (for cleaning)

Food

Wellies ~ please bring them, this is England, and summer is not guaranteed to be hot and sunny. The better prepared you are, the more chance there is of enjoying yourself no matter what the weather throws up.

Comfortable shoes. The main camping areas are in meadows/fields and relatively flat. Wear something comfortable and appropriate for going through the woods, which can be steep in parts.

Toiletries. Please ensure that any toiletries which will end up on the land (toothpaste, shampoo) are biodegradable and eco-friendly. Please note, there are NO showers at this campsite (ditto hair dryers and full length mirrors).

There IS running water (potable) from taps for those who can't cope with the smell of fresh air or wood smoke on their skin and hair. You are welcome to bring a camp kettle and heat water from here, or bring your own solar shower (the camping sort). Ditto washing fabric nappies.

Natural insect repellent, such as lavender or tea tree oil

Natural Sun protection: wide hats, long sleeves (and you can sit in the shade)

Plates, dishes, cutlery, cups. That is, whatever you and your family require to eat and drink from. You will be responsible for cleaning your own family's dishes. Bring a tea towel. Some will be provided, but not enough for every family's dishes. We'll provide Ecover dishwashing liquid/washing up containers.

We'll provide soap, loo paper, clothes line for drying clothes/nappies, and pegs.

We'll have a first aid kit, homeopathic remedies, flower essences and some essential oils to hand.

Please bring comfy cushions (but not new/precious)/blankets/rugs, for sitting on in the yurt or roundhouse.

Some people find these 'rules' very daunting, but we promise that they contribute to a harmonious camp reflecting the ethos of TM, and they provide a comforting 'hug' to camp in which everyone is nourished.



Please do NOT bring:

- X plastic toys/plastic dolls
- X computer games
- X games/toys which promote violence ~ guns, swords, bow and arrows, knives...
- X mobile phones: the camp will be a radiation free zone, so please keep your phone switched off, and if you 'must' text and chat on it, would you be kind enough to take it off the property (out of the car park) and away from the general camping area. Thank you.
- X no alcohol ~ this is for safety reasons.
- X no drugs (apart from prescription).
- X no smoking of any description on or near to the entrance of the property
- X dogs! We know your pooch is part of the family and how much you love him/her, but s/he can't come to our camp, because this is a conservation site.

Rota/community help

In order for any community to function well and easily, it depends on the people within it being willing to cooperate and take part with a joyful heart, and a willingness to see themselves as part of the whole. For this reason, we ask you to commit to jobs on the rota. Without your support, help would have to be brought in, and the camp costs would be a lot higher. We see work as 'love in action', and hope you will find this to be your experience at camp. Some of the best conversations take place while cooking and cleaning up.

Zero waste challenge

Our aim is to leave zero waste from our camping experience. We'll compost, re-use and recycle everything we can, and we ask you to do the same. There'll be recycling bins at camp. If you're putting something in there, e.g. a glass or tin, please make sure it goes in the right box, and that it has been rinsed out first.

Respect for environment

We're camping on a very beautiful site which is home to many forms of wildlife. Please help us respect that. Please do not bring disposable nappies to camp, unless they're ones which *easily* decompose on the compost heap or that you take home with you. No disposables on the campfire please. As mentioned, there'll be a clothes line/pegs for hanging up cloth nappies.

We also want the children at camp to be on a natural high, not hyped up from artificial stimulants.

Our aim for this retreat is for it to represent the values and ethos of TM: in the magazine we don't promote junk food and drinks, plastic toys, computer games: and warn of radiation. Here is your family's chance to experience that for a few days in the company of other people who also care about such things.

BOOKING FORM & AGREEMENT

Intention

Our intention is to provide everything as per this information pack. In the event of an extreme act of God (e.g. cyclone) where the camp has to be postponed/cancelled, you will be refunded your fees. The yurts will not be put up in the event of gale force winds, though we'll watch the forecast and put them up earlier if necessary.

Cost

Camping only option: the camping cost is £200 per family.

(This covers camping and hot drinks, as well as contributing to various 'invisible' expenses that are involved in hosting this camp)

Catered option:

(We're providing evening meals, however everyone will need to self-cater for breakfast, lunch and snacks). All meals will be suitable for vegans and gluten free.

Add the following to your camping fee:

£26.00 Adults (covers four evening meals, including dessert)

£13.00 child-sized portion (if your child requires adult servings, please order that).

Deposit

We can only take a limited number of families at camp. You can reserve your place with a deposit. 20% deposit is required *upon booking*, and the balance paid by 10th May 2011.

The deposit is NON refundable, and the balance, once paid, is also non-refundable (unless cancelled by us) *regardless* of your situation. We have a number of financial commitments that must be met in order for such a camp to happen.

Payments can be made in instalments after the deposit is paid.

Method of payment:

Send **cheque** to: *The Mother magazine* and post to Croft House, Glassonby, near Penrith, CA10 1DU, Cumbria, UK (British sterling, please)

OR

pay by BACS to our bank account:

Account name: *The Mother magazine, (Triodos Bank)*

Sort Code: 16 58 10 Account No: 20140614

Ref: your full name (please tell us if you choose this option so we can find it on our statement)

OR

Paypal: we will accept payment by Paypal if paying in full; please add £7.00 to cover fees.

Paypal to mothermagazine@hotmail.com You can use the 'donate' button on the TM website.

REGARDLESS of how you choose to pay, we must receive your booking form before your place can be confirmed. We are unable to hold your place without a deposit.

PLEASE (pretty please) write clearly, ideally in BLOCK LETTERS.

Name under which TM subscription is held:

_____ (please note, this camp is only for current subscribers).

Names of all people attending, and ages of children.

Address

POSTCODE

Phone

Email

This is a vegan/vegetarian campsite. You can choose food from our menu ~ or BYO. Please note that we ask you to honour our camp guidelines. Our menu is organic, where possible. The ethos is vegan, with the option of sugar or honey as a sweetener. If you don't have honey, please tell us in advance.

- I agree to honour and respect other camp attendees at all times.
- I agree to a code of non-violence.
- I agree not to bring or consume drugs, alcohol or junk food/drinks to the camp or at the camp.
- I agree not to bring plastic toys/games to camp (apart from balls/bats used for communal play).
- I commit to being part of the community spirit, and will take part in helping to keep the campsite clean, tidy and smoothly run. (If you're a sole parent with a toddler, you will be exempt from taking part in the main rota, but we ask you to make a suggestion as to how you can contribute to the running of the camp).

Signatures of all attending adults. Please ensure each attending adult understands the ethos of TM and the camp.

TM photographs:

We would like to take photographs of children and their families at camp for use in the pages of *The Mother magazine*. If you are *not* happy to be included in TM in this way, please let us know.

- yes, I'm happy
- no

Skills/talents:

If you've particular skills/talents you'd like to share at camp, please don't be shy. Tell us what they are.

First aid:

Are you skilled in first aid?

- Yes
- No

Responsibility:

Please note that the owners/editors of The Mother magazine are not responsible for you and your family. Children must be supervised at all times. In the past, one of the yurts was badly damaged by a child pushing fire sticks into the canvas. As we're financially responsible for such things, please be mindful of how your children handle such property.

ROTA

There are various jobs which need your help, so please be mindful of this before booking for camp. It is important that EVERYONE contributes to the running of camp. It really does make the world of difference when everyone happily participates..

- cooking (you don't need to be a cook to take part)
 - salad preparation (ditto) *The recipes are easy to follow and with lots of willing hands the food will taste wonderful!*
- Much of the food prep can be done outside the kitchen, under cover.*

The camp kitchen is a FANTASTIC place to develop friendships. Our only requirement is that young children are not in the kitchen too, due to the open gas rings. They will need to be supervised by the other parent, or a friend. You will need to be available for about two hours for food preparation. (In-arms (non crawling) babes are ok).

- food servers (you will need to be available for about half an hour at meal serving time). This job involves helping to serve up meals so that people get their fair share.
- tea/coffee counter ~ ensuring adequate tea/coffee/water and milk/sweeteners are available at all times,

and that the area around it is kept clean and tidy so wasps don't come to camp.

checking toilets have enough paper, soap, and are generally kept clean ~ though we'd hope people tidied up after themselves/their children as they went along.

washing saucepans, bowls used in cooking, for salads, etc. (Camp attendees will be responsible for washing their own plates and cutlery).

general jobs, as allocated by stewards

recycling ~ washing out glass, tins, and sorting plastic, etc., into containers for recycling after camp.

Attending the camp is on the basis of staying for the whole duration. We don't offer 'day' options as it changes the energy for the other people attending. If you can't stay for the whole camp ~ from Saturday to Wednesday, please do not book for this camp.

I have enclosed:

Please note the price includes all workshops/activities.

Deposit (20% of total including food, if applicable) made payable to *The Mother magazine* or paid by BACS (tell us the date payment is due in our account)., or Paypal

Signed booking form

Number of adults attending_____

Number of children attending_____ (and ages at the time of camp)

Please post booking form/menu to:

The Mother magazine, CROFT HOUSE, Glassonby, near Penrith CA10 1DU, Cumbria, UK.

Enquiries: mothermagazine@hotmail.com or phone +44 (0)1768 897 121

Office use only:

Date[]

Current sub []

Payment received []

Menu []

Balance

A special thanks to Jacquie, Kathryn and Alex for their photos from camp 2010, and to the families who made it such a special event.





The Mother magazine
family camp:
a haven in which to
forge new friendships