

March for Life Pilgrimage 2017

Diocese of Lake Charles Office of Youth Ministry

January 23 – January 28, 2017

- ❖ The Pilgrimage is for high school teens and young adults from the Diocese of Lake Charles. Adult Chaperones need to be one for every 6 teens.
- ❖ All chaperones must be up-to-date on the Safe Environment Training.
- ❖ **Cost of the Trip is 550.00**, which includes travel, lodging, most meals, scarf, hat, bag, journal and entry fees into various events and sites.
- ❖ A deposit of \$150.00 per person is due with the parish registration form and individual registration forms by **Thursday, November 17**.
- ❖ The remaining balance for the trip needs to be paid by Tuesday, January 10, 2017 at the INFORMATIONAL MEETING (6:00 PM @ DOLC Chancery, 411 Iris St.)
- ❖ Spending money brought on the trip should include at least \$75.00 for “meals on the road.”
- ❖ Spaces are reserved on a on first come, first serve basis. **NOTE: We will only be taking 4 BUSES so get your forms and deposits in ASAP!**
- ❖ Group leaders should contact Milissa Thibodeaux at 337-439-7400 (303) or youth.ministry@lcdioocese.org with any questions.

PERSONAL REGISTRATION & HEALTH RELEASE
March for Life Trip 2017
January 23-28, 2017

Please print all information clearly

Name: _____

Church Parish: _____ Grade _____

Mailing address: _____

City _____ Zip _____

Gender: _____ T-Shirt Size: _____ Teen's Cell #: _____

Teen's Email: _____

Best Parent Contact Information:

Name: _____

Phone #1: _____ Phone #2: _____

Parent's E-Mail: _____

MEDICAL: I hereby warrant that to the best of my knowledge, my child is in good health and I assume all responsibility for the health of my child. In the event of an emergency I hereby give my permission to transport my child to a hospital for emergency or surgical treatment. I wish to be advised prior to any further treatment by the hospital or doctor.

In the event of an emergency if you are unable to reach me at the above numbers, contact:

Emergency Contact: Name: _____ Number: _____

Family Health Plan Carrier: _____ Policy Number: _____

Doctor: Name: _____ Number: _____

PARTICIPANTS CONTRACT OF BEHAVIOR

The Diocese of Lake Charles considers each person participating in March for Life Pilgrimage to be responsible for the following:

1. Taking care of the property of the Camp and paying for any accidental damage to property.
2. All people – participants, adults, speakers, camp staff, diocesan staff, are to be treated with respect by everyone else.
3. Maintaining a healthy environment – no mood altering drugs, including alcohol, is to be used by anyone including adults. Prudent precaution will be taken to assure that no one has any mood altering drugs in their possession. Possession of alcohol is grounds for dismissal from the conference. We provide a smoke-free environment. Adults who smoke are restricted to designated smoking areas of the camp. Any participant caught smoking is subject to a \$10 fine.
4. Maintaining a moral atmosphere - At all times dress, music, dance, language, signs of affection, tone of voice is to be appropriate. Socializing with other participants prior to curfew will be in the public areas. No visiting in dorm rooms by members of the opposite sex without the presence of an adult. Violation of this rule is grounds for dismissal from the pilgrimage.
5. Wearing name badges at all times.
6. Honoring the curfew and keeping noise down in the dorms, especially when people are trying to sleep.
7. Bringing all needed prescribed medication.

I have read the above responsibilities of participants and am willing to abide by the code of behavior found therein.

Signature of Participant

I have read the above responsibilities of participants and agree that my child will be held accountable for the code contained therein.

Signature of Parent

Due Date Thursday, November 17, 2016

PERSONAL REGISTRATION & HEALTH RELEASE
Young Adult & Adult Chaperones
March for Life Trip 2017
January 23-28, 2017

Please print all information clearly

Name: _____

Address: _____

Church Parish: _____

Role in Church Parish or Diocese: _____

Email Address: _____

Phone Number: _____

Gender: _____ **T-Shirt Size:** _____

MEDICAL: I hereby warrant that to the best of my knowledge, my child is in good health and I assume all responsibility for the health of my child. In the event of an emergency I hereby give my permission to transport my child to a hospital for emergency or surgical treatment. I wish to be advised prior to any further treatment by the hospital or doctor.

In the event of an emergency if you are unable to reach me at the above numbers, contact:

Emergency Contact: Name: _____ Number: _____

Family Health Plan Carrier: _____ Policy Number: _____

Doctor: Name: _____ Number: _____

Note: Must attach a Safe Environment Certificate to the form.

ADULT AND YOUNG ADULT CONTRACT OF BEHAVIOR

I am an adult or young adult participating in the pilgrimage to Washington DC. I understand that my witness as a role model is extremely important to the success of the camp. I am therefore willing to hold myself accountable to the following code of behavior.

1. Taking care of the property of lodging site and paying for any accidental damage to property.
2. All people – participants, adults, speakers, center staff, diocesan staff, are to be treated with respect by everyone else.
3. Maintaining a healthy environment – no mood altering drugs, including alcohol, is to be used by anyone including adults. Prudent precaution will be taken to assure that no one has any mood altering drugs in their possession. Possession of alcohol is grounds for dismissal from the conference. We provide a smoke-free environment. Adults who smoke are restricted to designated smoking areas of the facility.
4. Maintaining a moral atmosphere - At all times dress, music, dance, language, signs of affection, tone of voice is to be appropriate. Socializing with other participants prior to curfew will be in the public areas of the hotel. No visiting in hotel rooms by members of the opposite sex without the presence of an adult. Violation of this rule is grounds for dismissal from the camp.

I have read the above responsibilities of participants and as an adult am willing to abide by the code of behavior found therein.

Signature

Due Date Thursday, November 17, 2016

If your Child takes DAILY Medication
HAVE THIS FILLED OUT AND
READY TO GO WHEN YOU DROP
YOUR CHILD OFF.

Name: _____

ADDITIONAL MEDICAL NEEDS:

1. Please note any medical concerns and the procedure we should follow:

2. Any allergies we need to be aware of: _____

3. Are there any medicines your child cannot take? _____

MEDICATION OF PARTICIPANT:

Please list any medicines your child takes on a regular basis and will need to be given at camp. List the Name of the medicine(s) and the time(s) given in the appropriate column. We administer all prescription medications to participants while at camp.

Example:

Name of Medicine	AM Dose	Mid-Day Dose	PM Dose
Antibiotic	Takes 2 at 9 AM	Takes 2 at 2 PM	Takes 2 at bedtime
Ritalin	Takes 1 after breakfast	N/A	N/A

Name of Medicines	AM Dose	Mid-Day Dose	PM Dose

NOTE: We also have a first aid station in which your child can receive regular medicines such as pain relievers, sinus medicines and stomach medicines as needed.

Any additional comments:

What to Bring on March for Life 2017

Remember – we're Pilgrims not Tourists

To bring - general

- A thin, light, non-bulky pillow & blanket (for sleeping on the bus and for sleeping in the bunks at the lodge.)
- To wear on bus-jeans / sweats, t-shirt, sweatshirt, tennis shoes and a winter coat. NO SHORTS or LEGGINGS worn at anytime on the trip. Also, no sweatpants with words on the back please.
- A sleeping bag to be placed w / luggage **under** the bus. Use one of the label tags provided!
- *Personal* snacks – small amount (granola bars, snack crackers, trail mix, jerky, Strawberry Twizzlers) for the bus ride. (These are for you to keep.)

INSTEAD of water and food being brought by you, we are asking for a **\$10.00 DONATION**. Water and food will be purchased ahead of time in order to help with packing and organizing. Please turn in money to the Diocese of Lake Charles Office of Youth Ministry by Tuesday, January 10th.

Bring nothing that can't be easily replaced.

To bring in a backpack (will receive a label tag)

- Spending money for pilgrimage gift shops and 5 meals on the road. Suggested amount is \$75-\$100. Idea: Make a return trip envelope (for food money)
- Lined thermal mittens or ski gloves. (LABEL them with your name/initials)
- Rain Poncho (lightweight and compact). Clear or yellow is recommended.
- Travel size hand lotion and chap stick
- School Work, book, crossword or other travel activities
- Pocket Hand and Feet Warmers - (the packets that you shake to activate the heating element).
- Some toiletries – deodorant, toothbrush and toothpaste.
- Very inexpensive sunglasses (optional)

**“IN YOUR TRVELS YOU WILL MEET TWO KINDS OF PEOPLE –
THOSE WHO PACK LIGHT, AND THOSE WHO WISH THEY HAD”
-CONFUCIUS**

To bring in your One, single suitcase (will receive a luggage tag)

*Please note: **Each participant is allowed only ONE NORMAL SIZE suitcase.** You will need to tie a colored bandana or cloth to your suitcase handled to distinguish it from the other 200 suitcases under the bus plus the luggage tag.*

NOTE: Also except in cases of extreme emergency, know that suitcases will NOT be accessible during the 24 hour bus trip (that is from the time of departure on Sunday morning to arrival Monday morning, and from Thursday morning until we arrive back home Friday evening.)

- Toiletries – brush, travel size soap & shampoo, more deodorant etc.
- A towel & flip flop shoes – for showering
- 5 – 6 t-shirts
- 2 sweaters/sweatshirts **To stay warm – Wear Layers!!!**
- 2-3 turtle necks
- 3-4 pairs of jeans or other pants
- 1-2 pair of long underwear (thermal) – in addition to other underwear
- 2-3 pairs thermal socks and 4-5 pair of cotton socks
- **MUST have waterproof/snow-proof footwear! It is for your safety on the day of the March. If your shoes or socks get wet from snow –you can get frostbite!** See below for tip on how to protect your feet.
- Back up pair of shoes (NO FLIP FLOPS or CLOTH TYPE SHOES such as Toms, Bobs or even Converse)

Note: We recommend against purchasing boots. Apart from the considerable expense involved, they will not be broken in, and the amount of walking we'll be doing will result in more blisters than warm feet.

BORROW if possible: Perhaps there is a friend or relative that would let you borrow their waterproof boots/shoes. Just try them on and wear them for a day **before** the trip!

BOYSCOUT TIP: As a last resort, a common alternative to buying new expensive boots is to wear tennis shoes with a plastic bag (newspaper or grocery bag) worn over the socks and inside the shoes. Spraying Scotch Guard on tennis shoes and jeans is also highly recommended. The day of the March in particular could involve standing and waiting for hours outside in rain or snow.

**** You are getting 1 t-shirt from the Diocese. Also, receiving, lightweight fleece scarf, beanie, pilgrimage backpack which includes pen, journal, and prayer book.**

Diocese of Lake Charles March for Life Pilgrimage



Dear Administrators,

My name is Milissa Thibodeaux, and I am the Youth Director for the Diocese of Lake Charles. I am also the Director of the Youth Pilgrimage to the March for Life in Washington D.C., and I am writing to inform you that some of your students will be participating in this year's trip. After reviewing the following information, I would like you to consider whether the absences from this trip may be treated as "excused absences," as many schools have done in the past. The dates of the trip are Jan 23 - 28 and include 5 school days.

This educational experience/study tour is designed to help students learn:

- A sense of patriotism and civic duty as Americans
- How citizens can become involved in shaping and influencing laws and policies
- The workings of our government and the historical roots of our Founding Documents
- An awareness of the sacrifices made by so many to make possible the benefits we enjoy as Americans
- The historical development of the Holocaust and the role ordinary citizens played in allowing it to occur.

To meet these goals, our trip will include the following experiences:

- The new Capitol Visitor Center exhibit and Capitol tour
- The Library of Congress' exhibit on the Framing of our Constitution
- Arlington Cemetery and the Tomb of the Unknown Soldier
- The Smithsonian Holocaust Museum
- The White House
- The Supreme Court
- The Lincoln, Vietnam, and Korean Memorials
- Independence Hall in Philadelphia, where the Constitution and Declaration of Independence were framed and signed.

GOOD GRADES / GOOD STANDING POLICY: All trip participants must be in good academic and disciplinary standing in the eyes of their school administration. We prefer that students not be failing or in danger of failing classes. Students with more than one or two D's should be considered closely to determine whether the benefit of this educational experience will outweigh the challenge of staying on track academically. Sometimes, students who struggle a lot in school will look back on this trip and recognize it as one of the few positive educational opportunities that they experienced during their high school years. It may be "just what they need". Nevertheless, this difficult decision rests with the school administration.

I would be grateful if you would simply review the list of students on the attached page for those who are struggling in discipline, attendance, or academics. If you have any reservations about these students participating in the trip, please let me know as soon as possible. You may review further details of the itinerary at our website: youthmarchforlife.blogspot.com . Thank you again for your involvement in our common educational mission, and please not hesitate to call me at 337-439-7400 Ext 303 or email me at milissa.thibodeaux@lcdioocese.org .

In the Peace of Christ,
Milissa Thibodeaux - Pilgrimage Director

