2018 Work Camp Leader’s Guide

Campus Ministry Repair Projects
Community Home Repair Projects
Campus Ministry Volunteer Opportunities
Thank you for choosing to serve with us at Red Bird Mission!

This guide contains vital camp information necessary to successfully prepare for your upcoming trip to Red Bird Mission. It will be online for you to access anytime, although you may find it most helpful to just print it out.

We also provide additional resources, although some are not vital to your camp planning, that are still very useful. A Workcamp Brochure is available for download. We suggest you print one out for each prospective camper on your team. A sample menu, sample Volunteer Medical Release form, directions to the mission, and a list of day off activities are included with this guide. The Workcamp application and calendar of availability are on our web site.

Please feel free to contact us anytime if you have any questions.

Blessings,
Red Bird Mission Workcamp

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(606) 598—5133
RBMworkcamp@rbmission.org

After Hours Emergency Contact (Emergency Only!)
Bob Pohli 606-598-1571, Sylvester Nolan 606-599-9525
WHAT WE BELIEVE

Mission Statement

To glorify God as we provide for those in need with top quality work, necessary repairs and improvements to housing, and the presence of workers who honestly love those they are serving. Furthermore, our mission is to provide our partners in mission and our team members from work camp an opportunity to serve, to be successful in the giving of their time and to sense the love of God that covers us all.

Goals

• To be Christ-centered in all that we do and treat others as we would want to be treated.
• To assist the people of this area to improve and maintain their family residence where there is need.
  • Treating all our partners in mission with respect, fairness and integrity caring for and listening to them.
  • Professionally serving the community and always being a model of working hard.
  • Striving toward excellence.
• To show responsible Christian stewardship with all resources that are placed in our possession.
THEME & PROGRAM DETAILS

RED BIRD IS ONE OF THE MOST EXTENSIVE MISSION SITES IN THE WORLD!

One of the most exciting parts of a Red Bird Mission experience is the opportunity to be the hands and feet of Christ in service to the varied ministries and people of the Appalachian region.

Our goals are the safety of, and desire to see, each volunteer grow in his or her relationship with Jesus through service to others. We design this ministry, and the programs, with that in mind.

We have a wonderful diversity of churches that participate in work camp, so we focus on “Open Hearts, Open Minds, Open doors.”

PROJECT LEADERS AND LONG TERM VOLUNTEERS

For each project that a church group sponsors, we need a Project Leader. This would be someone you trust to be responsible and have some construction knowledge. If necessary this person may be asked to be a “resident redneck” (aka volunteer crew leader) for the week you are here, to assist in our overall management of a project. This person will be invited to our Construction Meetings on Monday and Tuesday mornings and will work with our team while helping supervise the project your group sponsored.

We are always on the lookout for individuals that would like to stay for two or more weeks as a volunteer crew leader. If someone in your group is interested please have them see us in the work camp office.

2018 PROGRAM THEME

Unexpected Light

Scripture: John 8:12-18

Central Verse: John 8:12 When Jesus spoke again to the people, he said, “I am the light of the world, Whoever follows me will never walk in darkness, but will have the light of Life.”

Jesus came into a dark world to spread light and help people see. Together, we will spread Jesus’ light and help people discover hope and see kindness. They will experience an unexpected light when we stand on their porches, ready to serve them.

WHAT TO EXPECT DURING THE WEEK

☐ To be involved! Everyone deserves the opportunity to be the hands and feet of Christ. Life is not a show you just sit and watch.

☐ Evening programs and worship music. If you play a musical instrument, bring it! There are opportunities on Sunday and Friday to serve.

☐ Biblical messages—delivered by staff and daily devotions by each church group.

1.606.598.5133
rbmission.org/work-camp/
# SCHEDULE

## SUNDAY
- **3-5 p.m.** Check-In/Group Photo
- **5:30-6:45 p.m.** Supper & free time
- **7-8:00 p.m.** Evening Program;
  - Meet Red Bird Staff
  - Meet Church Groups
  - Orientation
  - Worship
- **8:30 p.m.** Individual group devotions
- **10:30-11:00 p.m.** Get ready for bed
- **11 p.m.** Lights out

## MON, TUES. THURS. & FRIDAY
- **7:15 a.m.** Devotions
- **7:30 a.m.** Breakfast
- **8:15-8:30 a.m.** Depart for project sites
- **12 noon** Lunch
- **3:30-4:30 p.m.** Return to Work Camp
  - Unload/Load work vans
  - Report project progress
- **5:30-6:30 p.m.** Dinner
- **7:30 p.m.** Evening Program
- **9 p.m.** Individual group devotions
- **10:30-11:00 p.m.** Get ready for bed
- **11 p.m.** Lights out

## WEDNESDAY
- **7-9 a.m.** Breakfast
- **8 a.m.** Red Bird Mission Tours
- **9 a.m.** Group day off/free time
  - Lunch/Dinner on your own
- **10:30 p.m.** Get ready for bed
- **11 p.m.** Lights out

## SATURDAY
- **5-10 a.m.**
  - Cold Breakfast
  - Cabin Checkout
  - Groups depart

## SPECIAL MEETINGS
- **Monday 7:30 a.m.** Project leader meeting
- **Tuesday 7:30 a.m.** Project leader meeting
- **Friday 7:30 a.m.** Pastors meeting

[rbmission.org/work-camp/](http://rbmission.org/work-camp/)

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Make copies of this and distribute to your participants so they don’t miss anything!

Remember, this schedule is important, from start to finish, so plan travel times.
## WHAT TO BRING

### PERSONAL ITEMS:
- □ Sleeping bag or sheets
- □ Blanket and pillow
- □ Towels and washcloths
- □ Swimsuit and shower shoes
- □ Toothpaste and toothbrush
- □ Soap and shampoo
- □ Any prescription medications
- □ Laundry/plastic bags (for dirty clothing)
- □ Long jeans or pants
- □ Shorts
- □ Work shirts
- □ Socks
- □ Pajamas
- □ Work boots or sturdy shoes
- □ Water bottle
- □ Personal health insurance card or legible copy
- □ Bible / Devotional
- □ Tools other than what is provided, see page 6
- □ Jacket
- □ Sunglasses
- □ Sunscreen
- □ Bandannas, a hot, or visor
- □ Insect repellent
- □ Camera*, Flash Light*, Alarm Clock *
- □ Spending money*, Rain gear*

### ITEMS TO BRING AS A GROUP:
There are numerous items that a group can bring to aid in the work camp ministry. Work gloves, goggles, ear plugs, and paint supplies are just a few. If you desire a complete list please contact us at 606-598-5133.

There are other ministries that depend on donations and will gladly accept your gifts. Below are a few:
- □ Canned and boxed food for one of our many food pantries.
- □ New or gently used clothing for our community store.
- □ Clothing, diapers, formula, baby food, and baby furniture for the Baby Pantry.
- □ Furniture and appliances for our community store.
- □ School supplies. Please call the school for specific needs at 606-598-2416.
- □ If transporting items is a problem, we still take financial donations.

### WHAT NOT TO BRING:
- □ Alcohol, tobacco products, or illegal drugs
- □ Expensive clothes or jewelry
- □ Computers, electronic games, or anything really valuable
- □ Fireworks, weapons, or toy guns
- □ Skimpy or revealing clothes
- □ Minimize the use of MP3 Players, Cell Phones, iPods, etc. These items can interfere with evening programs, devotions, and the opportunity for you and others to spend time with Christ.

* Optional Items
## TOOLS PROVIDED

### EACH WORK CAMP VEHICLE CONTAINS:

- [ ] Safety goggles
- [ ] Work gloves
- [ ] N-95 disposable mask
- [ ] Ear plugs
- [ ] Small, medium, and large paint brushes
- [ ] Paint rollers, covers, trays
- [ ] Nail pouches
- [ ] Lithium battery tool set
- [ ] Electric reciprocating saw
- [ ] Electric circler saw
- [ ] Electric jig saw
- [ ] Electric drill
- [ ] Electric utility light
- [ ] Extension cords
- [ ] Speed squares and T-square
- [ ] Pry bars and hammers
- [ ] Chalk & chalk lines
- [ ] Levels
- [ ] Saw horses
- [ ] Utility knifes and tape measures
- [ ] Pencils
- [ ] Screw drivers, plyers, and wrenches
- [ ] Shovels, post hole digger, and rock bar
- [ ] Hand saws and a hacksaw
- [ ] Step ladder and extension ladder

### ITEMS AVAILABLE UPON REQUEST:

- [ ] Electric miter saw
- [ ] Portable electric table saw
- [ ] Electric belt sander
- [ ] Gas powered power washer
- [ ] Extra ladders
- [ ] Shop vac or vacuum
- [ ] Extra shovels
- [ ] Extra post hole diggers
- [ ] Tarps
- [ ] Hydraulic jack
- [ ] Wheel barrel
- [ ] Two wheel dolly / furniture dolly

### TOOL TIPS:

You may have a favorite tool and desire to bring your own tools to work camp for the project your group is sponsoring. Please make sure you mark your tools so you get them back at the end of the week.

- [ ] Drywall square
- [ ] Drywall hole saw
- [ ] Drywall taping knifes, mud trays, and tape
- [ ] Sanding blocks and sandpaper
- [ ] First aid kit
- [ ] Plumbing Kit
- [ ] Electrical Kit

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CODE OF CONDUCT

TO PROVIDE THE BEST EXPERIENCE, ALL WORK CAMPERS AGREE TO THE FOLLOWING:

☐ I will show respect to all work camp participants from all churches. I will act as a positive role model.

☐ I will not act or behave in a way that creates significant distractions or disruptions to other participants or staff.

☐ I will be alert to any potential safety risks and take action to prevent injury to other participants or myself.

☐ To respect others, I will not use tobacco in vehicles, at the project site, or in any of the work camp facilities. There is a designated smoking area at work camp.

☐ I will support the work camp staff by encouraging my group’s youth and adults to follow the Code of Conduct, schedules, and work camp processes.

☐ I will respect the spiritual growth and work goals of work camp and participate in all scheduled devotions, which are designed to make the most of my camp experience.

☐ I will respect the privacy of others by not entering into cabins assigned to females if I am a male or cabins assigned to males if I am a female.

☐ To respect the people of the community and other campers from diverse denominations, I will dress and behave modestly. The community will expect our dress and behavior to be as a Christian.

☐ I will respect others by avoiding inappropriate sexual activity. I will not engage in sexual misconduct, which can include inappropriate comments, gestures, or physical contact.

☐ I have read and understand this Code of Conduct. It is out of respect for God, myself, and others that I abide by these rules. If I violate these rules, I may be denied the privilege of participating at work camp. I may be asked to leave (without reimbursement of expenses) at the request of my group leader or Red Bird Mission staff.
PROJECTS

Group Leaders
The group leader plays an important role in the Work Camp program. His or her enthusiasm and willingness, sets the tone for the entire group. We depend on the group leader to lead your work team, to make the people assignments, meet with staff, and to discuss needs and supervise the workers on the projects. If you have individuals that are interested in being a volunteer crew leader have them speak to us at the work camp office. We are always in need of volunteers throughout the work camp season.

Red Bird Crew Leaders
Work Camp has an excellent staff to serve your group. Our crew leaders are good but not experts in all areas of building. They will know the basics and what encompasses the project your group has sponsored. When organizing your group it is helpful to have some individuals who are properly skilled to perform construction tasks to lead the group as some groups could be working independently.

How are community projects selected?
Each year we accept applications for home repair in September and October for projects to be done the next year. Over the winter months we visit each home, assess the needs, and meet corporately to prioritize each application. We then write up a project site plan and perform an estimate for each aspect of the home repair. Homes with elderly persons, children, disabled, low income, and emergencies are our primary focus.

How are campus projects selected?
A campus “walk through” is performed each year within every department to determine each ministries needs. These are then prioritized based on the need for a capital expenditure, maintenance repair, or a work camp project. Without work camp, many of these ministries would not be able to sufficiently operate.
Additionally, at work camp we review the previous year’s evaluation and consider changes to this ministry based on the observations made by work campers. We also look at ways to improve your overall experience while on campus.

How are projects assigned?
We will have a variety of projects on campus, and off campus, each week. Red Bird Mission will work with you to sponsor projects that match your skills, group size, and available projects fees. Some projects are more expensive than others and we may request additional funds to sponsor your projects. Financially, projects are 100% sponsored by church groups like yours.
PAYMENTS & CANCELLATION

DEPOSITS:
$100 application fee per group / trip. This is nonrefundable and does not apply towards your overall work camp fees of $375 per person. This is due within 30 days of receipt of your application to participate at work camp.

$50, per person, group reservation fee. This is nonrefundable. It is applied towards your overall work camp fees of $375 per person. This is due within 60 days of filing your application for work camp.

PAYMENT DATES:
Group Deposit Fee: $50 per person due 60 days from receipt of application.

Groups arriving before March 30th: 50% of balance is due by February 15th, 2018 to insure we have materials for the project(s) you have sponsored.

Groups arriving before August 1st: 50% of balance is due by March 15th, 2018. Remaining balance is due at time of arrival.

Groups arriving after August 1st: 50% of balance is due by June 15th, 2018. Remaining balance is due at time of arrival.

WORK CAMP FEE SCHEDULE:
Application Fee: $100

Group Reservation Fee: $50 per person

Individual Work Camper Fee (age 10 —100) : $375 (less $50 reservation fee).

Individual Work Camper Fee (age 6—9): $187.50 *

Individual Work Camper Fee (age 0—5): Free *

*Additional adult supervising from within your group is required for youth under 10 years of age.

ADDITIONS / DROPS TO YOUR GROUP:
Additional campers can be added as long as work camp has capacity, just give us a call. If your group numbers drop, please notify us right away so we can open the week to other individuals or groups that wish to serve.

Any changes to your group must be verbally communicated to our office as soon as possible.

CANCELLATIONS:
☐ Cancellations must be verbally communicated to the Work Camp office by calling 1.606.598.5133.

☐ We will not assume you are changing the number of participants within your group. If you need to lower your group numbers, please call us.

☐ If an individual or entire group needs to cancel, and you have not formally sponsored a project(s), work camp payments will be refunded to you, less your application fee and group deposit fee.

☐ If your group needs to cancel, and you have sponsored a project(s), your work camp payments will be refunded to you, less your application fee and group deposit fee.

☐ If an individual needs to cancel, and you have formally sponsored a project(s), the project portion of the work camp fees ($175) must still be paid as the project itself has not been cancelled and materials have been ordered.
<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Process</th>
<th>Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-18 months prior to trip</td>
<td>Fill out Application and mail/fax/email to Red Bird Mission Work Camp</td>
<td></td>
</tr>
<tr>
<td>Within 30 days of App.</td>
<td>Send in $100 Application Fee (if not sent with application)</td>
<td></td>
</tr>
<tr>
<td>Within 2 weeks of App Fee</td>
<td>Receive acceptance letter verifying trip dates</td>
<td></td>
</tr>
<tr>
<td>Within 2 weeks of App Fee</td>
<td>Download Work Camp Leaders Guide and Brochure, hand out brochure to prospective work campers</td>
<td></td>
</tr>
<tr>
<td>After receipt of acceptance letter</td>
<td>Start regular meetings with team, promote trip within the church to fill the number of spots you reserved</td>
<td></td>
</tr>
<tr>
<td>Within 60 Days of App.</td>
<td>Send in Group Deposit to reserve your number of participants. $50 per person, applies to the overall $375 work camp fee.</td>
<td></td>
</tr>
<tr>
<td>By February 15th</td>
<td>If your week of service is prior to March 31st, send half your total fees to Red Bird Mission—Work Camp by February 15th, 2018</td>
<td></td>
</tr>
<tr>
<td>By March 15th</td>
<td>If your week of service is prior to August 1st, send half your total fees to Red Bird Mission—Work Camp by March 15th, 2018</td>
<td></td>
</tr>
<tr>
<td>By June 15th</td>
<td>If your week of service is after August 1st, send half your total fees to Red Bird Mission—Work Camp by June 30th, 2018</td>
<td></td>
</tr>
<tr>
<td>6 months prior to arrival</td>
<td>Finalize your team’s numbers and contact Red Bird with your best estimated group size (breakdown of male &amp; female / by adult &amp; youth)</td>
<td></td>
</tr>
<tr>
<td>6 months prior to arrival and monthly</td>
<td>Notify RBM of any drops in team size. If needing extra space, check to see if there is space available. Fill all spots you have reserved!</td>
<td></td>
</tr>
<tr>
<td>7-8 weeks prior to arrival</td>
<td>Assess skills in your group &amp; pray about sponsoring a project</td>
<td></td>
</tr>
<tr>
<td>6 weeks prior to arrival</td>
<td>Discuss with RBM personnel you team size, skill sets &amp; funding to determine potential project(s)</td>
<td></td>
</tr>
<tr>
<td>5 weeks prior to arrival</td>
<td>Discuss potential project(s) with your team</td>
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<tr>
<td>4 weeks prior to arrival</td>
<td>Finalize project(s) with RBM personnel. RBM personnel to order materials for the project(s)</td>
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<tr>
<td>3-4 weeks prior to arrival</td>
<td>Hold final team meeting. Discuss your “talent” for Talent/No-Talent Night, plan meals to and from Red Bird Mission, secure vehicles for the trip, discuss plans for your Wednesday “day-off”, review the Tool List and your sponsored project(s) site plan, designate your construction project leaders.</td>
<td></td>
</tr>
<tr>
<td>3 weeks prior to arrival</td>
<td>Contact Work Camp Kitchen about special dietary needs</td>
<td></td>
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<tr>
<td>1 week prior to arrival</td>
<td>Secure check for second half of work camp fees</td>
<td></td>
</tr>
<tr>
<td>Arrival at Red Bird</td>
<td>Pay second half of Work Camp fees</td>
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</tr>
<tr>
<td>Activity</td>
<td>Location</td>
<td>Website</td>
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<td>------------------</td>
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<tr>
<td>National Park</td>
<td>Cumberland Gap National Park</td>
<td><a href="http://www.nps.gov/cuga/index.htm">www.nps.gov/cuga/index.htm</a></td>
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<td>State Parks</td>
<td>Cumberland Falls State Park</td>
<td><a href="http://www.parks.ky.gov/parks/resortparks/cumberland-falls/">www.parks.ky.gov/parks/resortparks/cumberland-falls/</a></td>
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<tr>
<td>Tourism</td>
<td>Ark Encounter: Life-size Noah’s Ark</td>
<td><a href="http://www.arkencounter.com/">www.arkencounter.com/</a></td>
</tr>
<tr>
<td>Tourism</td>
<td>Berea—Crafts</td>
<td><a href="http://www.berea.com">www.berea.com</a></td>
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<tr>
<td>Tourism</td>
<td>Big South Fork Scenic Railway, Stearns KY</td>
<td><a href="http://www.bsfsry.com">www.bsfsry.com</a></td>
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<tr>
<td>Tourism</td>
<td>Boone Tavern Hotel—Berea</td>
<td><a href="http://www.boonetavernhotel.com">www.boonetavernhotel.com</a></td>
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<tr>
<td>Tourism</td>
<td>Kentucky Coal Museum</td>
<td><a href="http://www.kingdomcome.org/museum">www.kingdomcome.org/museum</a></td>
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<td>Tourism</td>
<td>Lincoln Museum—Lincoln Memorial University</td>
<td><a href="http://www.lmunet.edu/museum">www.lmunet.edu/museum</a></td>
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<tr>
<td>Tourism</td>
<td>Portal 31—Coal Mine Tour</td>
<td><a href="http://www.portal31.org">www.portal31.org</a></td>
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<tr>
<td>Tourism</td>
<td>Shaker Village</td>
<td><a href="http://www.shakervillageky.org">www.shakervillageky.org</a></td>
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<tr>
<td>Water Park</td>
<td>Kentucky Splash</td>
<td><a href="http://www.kentuckysplash.com">www.kentuckysplash.com</a></td>
</tr>
<tr>
<td>Water Park</td>
<td>Somerset Splash</td>
<td><a href="http://www.somersplash.com">www.somersplash.com</a></td>
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<tr>
<td>Zipline</td>
<td>Black Mountain Thunder Zipline</td>
<td><a href="http://www.blackmountainoffroad.com">www.blackmountainoffroad.com</a></td>
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<tr>
<td>Zipline</td>
<td>Levi Jackson State Park Zipline</td>
<td><a href="http://www.treetopadventureky.com">www.treetopadventureky.com</a></td>
</tr>
<tr>
<td>Zipline</td>
<td>Pine Mountain Zip Line</td>
<td><a href="http://www.pmzct.com">www.pmzct.com</a></td>
</tr>
</tbody>
</table>
## Medical Release Form

Name____________________________________ Age_______ M or F _______

Address______________________________________________________________

City ___________________________State___________Zip_________________

Phone _________________________Work Phone ________________________

Doctor _________________________________Phone________________________

Address __________________________________________________________

City __________________________________State____________Zip___________

Current Medication______________________________________________________________________________________

Allergies _______________________________________________________________________________________________

Medical INS __________________________________________________________

Address _____________________________________________________________

City __________________________________State ____________Zip____________

Phone_________________________

Policy# ______________________________________________________________

Signed ______________________________________Date___________________

**Complete if under age 19**

Parent/Guardian _______________________________________________________

Phone _____________________Address ___________________________________

City ___________________________State ____________Zip_________________

I hereby give my permission for__________________________ to receive treatment by competent medical personnel be-

cause of any accident or medical emergency while involved on the Red Bird Mission trip.

Signature_______________________Date ____________________

Print Name ________________________________

Relationship to Youth ________________________________________________
Directions

From Lexington:
Travel Time: 2 ½ - 3 Hours

Take I-75 south to London, KY (exit 41) turn left (east) on Hwy 80 and follow the signs to Hal Rogers Parkway (former Daniel Boone Parkway). Stay on parkway approximately 32 mile to Hwy 66 exit. You will see a sign for Red Bird Mission. Turn left off Parkway at exit 34, go to the end of the exit ramp, then turn right onto 66 south you will see a sign for Red Bird Mission. Go about .6 miles to another stop sign and turn right onto 421/80/66 for about .8 miles and turn onto Hwy 66, you will see a sign for Red Bird Mission. Travel approximately 16 miles on Hwy 66. You will pass the Red Bird Mission School. Continue for .4 miles to the Queendale Campus. When you drive over the bridge take an immediate right and you will be on the road that leads to work camp, follow it until you get to the Cardinal House.

From Knoxville, TN
Travel Time: 2 ½ - 3 Hours

Take I-75 north to Hwy 25W/63 (exit 134) at Caryville. Go north on Hwy 25W/63 to La Follette take Hwy 63 and continue north to Hwy 25E at Harrogate. Turn left and head north on Hwy 25E through the Cumberland Gap Tunnel into Middlesboro, KY. Approximately 12 miles to Pineville. Turn right onto Hwy 66 and head north you will see a sign for Red Bird Mission. About 18 miles you will come to a stop sign. Turn left and follow Hwy 66 for another 6 miles to the Queendale Campus. When you drive over the bridge take an immediate right and you will be on the road that leads to work camp, follow it until you get to the Cardinal House.

From Bristol, TN
Travel Time 2 1/2 – 3 Hours

Take Rt. 81 Toward Knoxville TN. At Exit 23 take US-11E towards Bull Gap. About 15 miles merge on to 25E north through the Cumberland Gap Tunnel into Middlesboro, KY. Approximately 12 miles to Pineville. Turn right onto Hwy 66 and head north you will see a sign for Red Bird Mission. About 18 miles you will come to a stop sign. Turn left and follow Hwy 66 for another 6 miles to the Queendale Campus. When you drive over the bridge take an immediate right and you will be on the road that leads to work camp, follow it until you get to the Cardinal House.

From Charleston WV
Travel Time 4 ½ - 5 Hours

Take I-64 Northwest in to Kentucky. Take exit 191 US-23 towards Louisa. About 66 miles later take the KY-80 West exit 302 toward Martin/Hazard. About 45 miles later continue onto the Hal Rogers Parkway west. Exit to your right at exit 34 then turn right onto 66 south you will see a sign for Red Bird Mission. Go about .6 miles to another stop sign and turn right onto 421/80/66 for about .8 miles and turn onto Hwy 66, you will see a sign for Red Bird Mission. Travel approximately 16 miles on Hwy 66. You will pass the Red Bird Mission School. Continue for .4 miles to the Queendale Campus. When you drive over the bridge take an immediate right and you will be on the road that leads to work camp, follow it until you get to the Cardinal House.

1.606.598.5133
rbmission.org/work-camp/
**Sample Menu**

<table>
<thead>
<tr>
<th>Monday Breakfast</th>
<th>Monday Lunch (Campus)</th>
<th>Monday Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biscuits &amp; Gravy</td>
<td>Chicken Strips-bbq &amp; honey mustard</td>
<td>Taco &amp; Fajita Meat</td>
</tr>
<tr>
<td>Sausage Patties</td>
<td>Fries</td>
<td>Refried Beans</td>
</tr>
<tr>
<td>Oatmeal—Butter, Brown Sugar</td>
<td>Macaroni Salad</td>
<td>Soft &amp; Hard shells, Taco Chips</td>
</tr>
<tr>
<td>Toast—Butter, Jelly, Peanut Butter</td>
<td>Bread—Butter, jelly, Peanut Butter</td>
<td>Lettuce/Salsa/Tomatoes/Sour Cream</td>
</tr>
<tr>
<td>Fruit Bar</td>
<td>GF Salad Bar</td>
<td>GF Salad Bar</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday Breakfast</th>
<th>Tuesday Lunch (Campus)</th>
<th>Tuesday Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancakes &amp; Bacon</td>
<td>GF Hamburgers</td>
<td>Chicken Breast &amp; Baked Potato</td>
</tr>
<tr>
<td>Cold Cereal</td>
<td>Fries or Tater Tots</td>
<td>Butter/Sour Cream/Bacon Bits</td>
</tr>
<tr>
<td>Oatmeal—Butter, Brown Sugar</td>
<td>Potato Salad</td>
<td>Broccoli &amp; Sister Rolls</td>
</tr>
<tr>
<td>Toast—Butter, Jelly, Peanut Butter</td>
<td>Bread—Butter, jelly, Peanut Butter</td>
<td>GF Dessert</td>
</tr>
<tr>
<td>Fruit Bar</td>
<td>GF Fruit &amp; Salad Bar</td>
<td>GF Fruit &amp; Salad Bar</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday Breakfast</th>
<th>Thursday Lunch (Campus)</th>
<th>Thursday Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled Eggs &amp; Sausage Links</td>
<td>GF Chicken Patties</td>
<td>Spaghetti &amp; Garlic Bread</td>
</tr>
<tr>
<td>Hash Browns</td>
<td>Fries or Tater Tots</td>
<td>Peas</td>
</tr>
<tr>
<td>Oatmeal—Butter, Brown Sugar</td>
<td>Pasta Salad</td>
<td>GF Dessert</td>
</tr>
<tr>
<td>Toast—Butter, Jelly, Peanut Butter</td>
<td>Bread—Butter, jelly, Peanut Butter</td>
<td>GF Bread—Butter, jelly, Peanut Butter</td>
</tr>
<tr>
<td>Fruit Bar</td>
<td>GF Salad Bar</td>
<td>GF Salad Bar</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday Breakfast</th>
<th>Friday Lunch (Campus)</th>
<th>Friday Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Toast &amp; Bacon</td>
<td>GF Pizza / Lasagna / Chicken Casserole</td>
<td>Pork Loin Chops</td>
</tr>
<tr>
<td>Maple Syrup / Powdered Sugar</td>
<td>Fries or Tater Tots</td>
<td>Scallop Potatoes / Carrots</td>
</tr>
<tr>
<td>Oatmeal—Butter, Brown Sugar</td>
<td>Macaroni Salad</td>
<td>Apple Sauce</td>
</tr>
<tr>
<td>Toast—Butter, Jelly, Peanut Butter</td>
<td>Bread—Butter, jelly, Peanut Butter</td>
<td>GF Dessert</td>
</tr>
<tr>
<td>Fruit Bar</td>
<td>GF Salad Bar</td>
<td>GF Salad Bar</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunday Dinner (Arrival)</th>
<th>Wednesday Breakfast (DAY-OFF)</th>
<th>Saturday Breakfast (Departure)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sloppy Joe/Pulled Pork/Tuna Salad</td>
<td>Cold Cereal</td>
<td>GF Cold Cereal</td>
</tr>
<tr>
<td>Cottage Cheese &amp; Peaches</td>
<td>GF Oatmeal—Butter, Brown Sugar</td>
<td>GF Oatmeal—Butter, Brown Sugar</td>
</tr>
<tr>
<td>Potato &amp; Corn Chips</td>
<td>Toast—Butter, Jelly, Peanut Butter</td>
<td>GF Toast—Butter, Jelly, Peanut Butter</td>
</tr>
<tr>
<td>Dessert</td>
<td>GF Coffee &amp; Hot Chocolate</td>
<td>GF Coffee &amp; Hot Chocolate</td>
</tr>
<tr>
<td></td>
<td>GF Juice &amp; Milk</td>
<td>GF Juice &amp; Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday/Tuesday/Thursday/Friday OFF CAMPUS LUNCHES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey/Ham/Roast Beef</td>
</tr>
<tr>
<td>Mayonnaise/Ketchup/Mustard/Pickles</td>
</tr>
</tbody>
</table>

- GF—Gluten Free, please contact our staff prior to your trip to arrange for gluten free items.
FAQs

What meals are provided?
Meals are served Sunday evening through Saturday morning [except for Wednesday which is your day off]. A cold breakfast is available on Wednesday and Saturday. No Lunch and supper meals are planned for Wednesday.

What about Special Dietary Needs?
You should plan to provide for anyone who requires special dietary needs. We do provide some gluten free items within the menu. If you, or anyone in your group, have a question feel free to contact our kitchen staff at 1.606.598.5133.

Is there separate Food Storage?
In our dining facility, Cardinal House, we provide a large refrigerator and a large freezer for you to store food or drink you have brought. You may also store any medicines that require a cooler environment.

What are the Sleeping Facilities like?
Red Bird Mission Work Camp houses their volunteers in climate-controlled cabins. Please bring your own bedding, pillows and toiletry items. Twin sheets will fit our mattresses.

Do you have RV Sites?
We have 10 full service RV sites with a bathhouse. Please call to reserve a site and let us know your RV size.

Are there Laundry Facilities?
We have a coin operated laundry facility on the mission grounds. Please bring quarters and soap. If you forget laundry soap please check with the kitchen staff before they go home for the evening.

Medical information
The group leader should obtain a medical release form for each participant and maintain it for their records. If anyone in your group has any unusual medical problems, be sure all adult leaders are fully aware of the situation.

Do we need Health Insurance?
Each participant is responsible for their own health insurance. The group leader should have this information on the medical release form. Additional insurance is available at a nominal fee through the United Methodist VIM website. Your team members can go to http://umvim.org/send_a_team/insurance_faq.html and click on the link to Seven Corners Standard Insurance Certificates, download the form and follow the procedure on the website to obtain insurance for this specific mission trip. We are in a remote area of eastern Kentucky and on rare occurrences a helicopter ride is the most expedient, and costly, way to a hospital.
FAQs

What if a participant becomes injured during the week?

☐ If the injury or illness is severe, the leader at the site will call 911 immediately and then notify the work camp office. The work camp office will arrange supervision for the rest of the group and notify the group leader if they were not on site.

☐ If the injury or illness is not severe, the group leader can notify the work camp office and we can help arrange transportation of the injured or ill person to a hospital or other appropriate health-care facility and coordinate supervision for the other campers in the crew, if needed.

☐ If the injury or illness is minor, it may be treated at the site. Each crew is provided with a small first-aid kit containing basic supplies like bandages and antibiotic ointment. We recommend each group bring a larger first-aid kit with them.

☐ Your group leader should review first-aid procedures with all adults prior to the trip so they know how to determine an emergency situation and respond appropriately.

☐ Work campers should bring their insurance card or a legible copy with them and have it on them at all times. The group leader should maintain a copy of each participant’s card.

How are health–care costs paid?

☐ Personal health insurance is not required of participants to attend the camp, although it is recommended.

☐ All participants are asked to bring personal health insurance information with them if they have it. If they’re treated at a hospital or other health-care facility, they’ll be asked to provide this information.

☐ Any costs not covered by the participant’s own insurance are the responsibility of the participant or his or her parent/guardian.

☐ Separate, low cost, mission trip insurance is available through the United Methodist VIM program. You do not have to be a United Methodist to purchase this trip insurance. See page 16 of this guide for the specific information on this program.
FAQs

How do we get to the Project Site?
Each group will be responsible for providing their own transportation to and from Red Bird Mission, the job sites, and any activities. If you are bringing a large vehicle (i.e. School Bus, large Van) please contact us about parking at the project site. Some locations are not accessible via bus.

Do we need to drive a Work Camp Vehicle?
Based on the number of project sites your team sponsors, and the age of our crew leaders, we may ask you to drive one of our mission vehicles. Please have two people, per project site, ready to have their drivers license copied so we can add them to our vehicle insurance, at no cost, and have them drive the work camp van.

Is Smoking allowed?
Smoking is not permitted in, or around, any of our buildings, around the dining area, in our vehicles, or on the project sites. Please be respectful of others. There is a designated smoking area within work camp.

Is there a Curfew?
Lights shut off on the ball court at 10 p.m. We ask all work campers to be in their cabins by 11 p.m. and it be quiet enough for those that wish to sleep. Remember, you may be sharing a cabin with another group so be respectful of everyone around you.

How are Cabins / Bunk Beds Assigned?
We work with each group leader to determine health issues that would require your team to be in a lower cabin and or need lower bunk beds. We are limited to the number of lower bunk beds and do our best to meet the individual needs of each work camper. Please be respectful of others, if you can handle an upper bunk, please take it and leave the bottom bunk for someone in need.

Is there mail service?
Letters and packages sent by the U.S. Postal Service and most express carriers can be received during the week. Use caution when shipping valuables; we cannot guarantee that packages will be received on a timely basis. Mail should be address to the individual C/O Red Bird Mission, Work Camp Ministry, 70 Queendale Center, Beverly KY 40913.

Can you email a volunteer at work camp?
We do have a Wi-Fi network for work campers but it is limited. You can email directly to the mission and we will post messages to recipients on our message board. When sending an email, please use the RBMworkcamp@rbmission.org address and include in the Remarks section the individuals name and church group.
FAQs

Are there Devotions?
Work camp provides worship on Sunday and Friday nights. During the week, each group will lead devotions in the morning before breakfast and at night before supper. We have multiple locations for you to hold your own group devotions each evening after mission programs.

How many adults do we need to bring with our Youth Group?
Workcamp requires every group to bring one adult (over 21 years of age) for every five youth (18 and under). This ensures that there is at least two adults on every project site. If you bring both male and female participants, bring at least one male and one female adult. This ensures that there is at least one adult in every cabin.

What time should we arrive at Red Bird Mission?
Check-in time is Sunday, between 3pm and 5pm. If you arrive early, please wait until staff have returned from church in order to check you in and get your group picture. If you will be late, please call us at 606-598-5133.

Do we have a day off?
Yes! Wednesday is your day off to explore the region. Our staff is off as well. If you are looking for suggestions on what to do on Wednesday please contact our office manager (606-598-5133). She can provide you with the information you need. Once you arrive, she can make any necessary reservations for your group. A partial list of activities is on page 11 of this document.