

Our Mission

Kaurs United is an international, non-profitable Sikh women's organization that branches off of the Guru Nanak Academy. Operated by Sikh women, our aim is to strengthen the spiritual lives of women around the globe.

Brave Sikh women from the past, inspirational Sikh women of the present, and the anticipated pious women of the future form the backbone of Kaurs United. We are here to inspire, uplift, and unite Sikh women around the world.

Who can come to camp?

Girls and women ages 12 and above are welcome. Note: Being Amritdhari is NOT a requirement. The only requirement is an interest in Sikhi and a willingness to learn more.

When will the camp be held?

Kaurs United Toronto Camp 2009 will be held from **August 12-15th** at **Camp Sauline Retreat Center** (20th Side Road, Essa, Ontario). This is a beautiful retreat center in a rustic setting, located about an hour from Toronto. Camp Sauline consists of 252 acres of woods and fields awaiting Sikh women to embrace unity, love, divinity, awakening, and strength.

What should I expect at camp?

This is the third Kaurs United Camp in Toronto and will be just as an amazing experience as the previous year. If you wish to learn more about Sikhi, share your experiences, meet other Kaurs, increase your confidence, learn how to do different seva(s), meditate and recite Gurbani in sadh sangat, understand your origin, and increase your spiritual awareness, enlightenment, and strength, come out to the Kaurs United Camp this August 2010 at Camp Sauline Retreat Center!

This Camp will feature: amritvela simran and Nitnem, kirtan sessions, various lectures, workshops, and discussions on many topics pertaining to Sikhism and women, interaction with other Kaurs, Gurbani vichar and discussion, exciting recreation (e.g. hiking, swimming, arts and crafts, etc!) and much more. All attendees will receive a complementary Kaurs United t-shirt with their Camp fee. Please remember, this Camp is open to all ages, so please do not feel shy and assume you will be "too old" or "too young" to attend! There will be girls and women of all ages present (although the youngest age must be 12).

How will I get to camp?

Kaurs United will be departing from Malton Gurdwara (7282 Airport Rd.) on Thursday, August 12th at 5:00pm. Everyone should be on time!

What do I need to bring?

Please note: the starred items (*) are mandatory.

- Sleeping bag or large comforter/blanket*
- Pillow*
- Bed sheet*
- Toothbrush / toothpaste / pads / hairbrush / towel / shampoo / soap / deodorant etc.*
- Flip flops (for the shower)*
- Dastaar / keski / rumaal / bandana / patka (form of head covering)*
- Salvaar Kameez / Chola / Bana – at least 3*
- Insect repellent*
- Sunscreen*
- Track pants / jogging pants – at least 3-4*
- T-shirts - at least 5-6*
- Sweaters / Sweatshirts
- Jacket*
- Runners*
- Sandals*
- Undergarments (bring extra)*
- Socks*
- Loose swimwear
- Jeans
- Flashlight (plus extra batteries)*
- Shawl or Loe
- An open heart and chardi kala (high spirits) ☺**

- This Camp is overnight and is being held at the Camp Sauline Retreat Center. Kaurs United is not liable for loss of or damage to any property of any participants.

Fees and Registration

The fee for Kaurs United Camp 2010 is **\$115 before July 30, 2010**. After this date, the fee will be raised to **\$130**. The deadline for registration is **Sunday, August 10th, 2010**.

Form Drop-off Location:

Malton Gurdwara
Hall 6 - Sundays from 1-3pm at the Kaurs Santhiya Class (Kaur sevadars will be present – Satbir Kaur)
7282 Airport Rd., Malton, Ontario
Phone Number: 905-671-1662

OR

Email your registration to ontario@kaursunited.org (bring your registration fee on the before August 10th)

APPLICATION FORM

I, _____ (Parent or Guardian or camper if over the age of 19), give my daughter _____, permission to attend and participate at the Kaurs United Camp 2010 in Toronto, Ontario.

I understand that I/my child will be participating in activities such as keertan darbars, lectures, workshops, gatka training, self-defense, laser tag, football, basketball, soccer, and any other activities the organizer may deem fit for this camp.

I understand that Kaurs United, its officers, directors, volunteers, predecessors, successors, parents, and associated companies are not liable for any injury that occurs to any participant while participating in any camp activities or loss of or damage to any property of any participants.

Signature of Parent/Guardian or Camper if over 19 years of age

Date

General Information

Name _____

Age _____

E-mail address _____

T-shirt Size _____

What would you like to see at camp (specific activities, discussion topics, etc)?

Are you able to play vaja and sing keertan or simran?

Yes No Learning

Are you able to play tabla?

Yes No Learning

Would you be able to play any other instrument during keertan at camp?

Yes No

If yes, which instrument?

Are you able to recite Ardaas in Sangat?

Yes No Learning

Have you had Santhia (formal classes for Gurbani pronunciation) of Rehrass Sahib?

Yes No

Camper Medical Information

Name _____

Address _____

Postal Code _____

Country _____

Date of Birth _____

Phone Number _____

Health Card Number

Emergency Contact (In Ontario):

Name _____

Daytime Phone _____

Evening/Cell _____

Relationship to camper _____

Allergies

Please list any allergies and their reactions (food, drugs, insect bites, hay fever, etc.):

Please explain any specific treatment or drugs for any of the above listed allergies or ailments (Eg. use of hypo-spray for asthmatic condition or anaphylactic injection for bee stings):

Is the camper taking any prescription or non-prescription drugs? Yes No

Name of drug _____

Reason for taking drug _____

All of the information is accurate as of today's date. If there are any changes between now and the camp, I agree to contact Kaur's United with updated information.

Signature of Parent/Guardian/Camper (if over 19 years of age)

Date _____

Printed Name _____

Consent to Medical Treatment

I agree that Kaur's United, its staff, counsellors and volunteers accept no liability in connection with the supervision or administration of medication to my child.

Kaur's United will not supervise the administration of prescribed medication to campers unless the parent or guardian expressly authorizes the administration of medication at camp, and provides explicit written instructions regarding the manner in which the medication is to be administered, and there are staff available to undertake this task.

1. **I do not** wish my daughter to be given any medication while she is at Kaur's United Camp 2010

Signature_____

Printed name_____

Date_____

2. **I do** hereby consent to administering prescription medication and to emergency medical treatment to my daughter while she is at Kaur's United Camp 2010.

Camper Drug Allergies_____

Signature_____

Printed name_____

Date_____