

PolyCampNE 2023 - Activities & Events

Title	Facilitator(s)	Description
12 Step Meetup	Dae T	This is NOT a meeting - it's a meet-up for all who are working an addiction-related program or just trying to stay clean and sober during camp. Join the open discussion, find out more about recovery from addiction and meet new friends.
Aging in CNM	Dae T	Join us for this structured discussion of being 50-ish plus in CNM. Come prepared with one thing that's a JOY of aging (yes, there are many) and one that's a CHALLENGE (yeah, there are some of them too.) After a brainstorming exercise we will break into small groups.
Archery	Camp Staff	Target shooting with bow and arrow led by camp staff who will teach you safety and proper technique.
Attaining Secure Attachment: Meditating Your Way to Well-being	Melissa H	Early life disruption/dysfunction inhibits the development of efficient emotional regulation skills which can last throughout the lifespan. However, developing Secure Attachment helps heal these early disruptive experiences, enabling emotional regulation to become the baseline from which human beings operate. Join me for an introduction to the Ideal Parent Figure Protocol's meditative process and experience first-hand what healing long-standing emotional pain can look like.
Birch Ridge Nature Walk	Sarah B	A walk through a path leading out of camp to a scenic point.
Board Games	Ed K	Will teach 7 Wonders, Ticket to Ride, Quirkle, etc. depending on interest.
Campfire Sing-a-long	Torey C	Come join a relaxed group by the fire singing camp songs, folk, pop, blues, whatever calls to us! Feel free to bring your instruments! (The only instrument this facilitator plays is their voice...)
Cards Against Consequences	Lina T	Cards Against Humanity combined with Face The Consequences. It's like regular CAH but the loser needs to select a consequence card.
Choose Your Own CNM Adventure	Allyssa P	Guided discussion on the many (many many) ways consensual non-monogamy can look and be structured. It can be hard to envision what path of CNM would work best for you when we don't see any examples around us for inspiration. The goal is giving people visions of structures that they can use, or intentionally subvert, and some guidance to help decide what might be best for you.
Community Circles	Circle Keepers	A daily, facilitated small-group gathering with discussion prompts. The goal is to create smaller groups that can get to know each other better, provide support, and enjoy sharing stories, ideas, feelings, and needs.
Creative Cafe	Various	The arts pavilion will be transformed into a Creative Cafe this year to use as a hang out space and work on creative arts.
D&D	Robb S Kyle A Miles B	Dungeons & Dragons role-playing session: Blood, laughter, & tears - and that is just the character sheet. Join a group of adventurers as they try to pull off what most would never dare: a heist.

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Desire Discrepancies and the Sexual Script	Danny M	Desire discrepancies can feel uncomfortable and vulnerable for everyone involved, but it doesn't mean something is wrong, it's normal and developmental. Let's chat about how to utilize the skills, STOP and HHAALTT to promote effective communication and question what's behind the discomfort. How do we talk to our partner(s) about desire and what does sexual desire mean to me? What goes into hitting the gas or pumping the brakes on what's arousing?
Exploring Rope	Josh M	Curious about rope bondage? Don't know where to begin or just have questions? This will be a rope 101 on negotiation, safety, rope handling, types of rope, and how to start exploring the wonderful world of rope. Participants can bring with them at least 1 30' segment of rope (cotton, jute, hemp, or nylon/mfp) however there will be some available by the presenter. No previous knowledge needed. Bring a partner(s) or come solo and pair up with someone. As time allows we will cover various knots, single and double column ties, and basic bedroom bondage.
Guided Painting	Bunni	Bunni will lead a group of people in an individual painting. Similar to paint night events that are at art bars.
How to Make Cocktails: Tropical Edition	Erica W Jordan U	Learn to make your own cocktails at home! Tropical cocktails tend to be a fun group activity as they often require small amounts of ingredients that tend to come in large quantities. What better way to handle an abundance of pineapple juice than to make piña coladas for your friends?
Intro to Impact and Electricity Play	Barry M	In this session we will cover two different types of sensation play. Impact play is achieved with everything from hands to floggers to canes to paddles to 'pervertables' to other 'interesting' implements. We will go over and demonstrate various levels of intensity and desired results ("no bruises" to "make me a colorful canvas" to "I want to feel it for the next 3 days when I sit down"). Negotiation will be briefly covered. Basic safety will also be reviewed. Violet wand play is a form of electrical stimulation that can be used in two basic ways. These two ways will be reviewed and demonstrated. Basic equipment types will be talked about. Basic safety and negotiation will be addressed. Time permitting, participants will be able to sample the play methods. Live demonstrations with nude or mostly nude participants will be part of the session.
Introduction to Intimacy	Inky	Discussion of types of intimacy, eye gazing, face stroking, non-sexual touch, discussion of boundaries and communication

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Journey Dance	Amie AF	JourneyDance™ is an invitation to weave expressive movement, guided imagery, ritual and affirmation to create a transformative, evocative experience. Our minds become clear, free and positive; our bodies become fluid, energized and powerful. Guided movement, improvisation and community celebration facilitate deep opening and healing. Dance and play from your heart! All genders, bodies, ages welcome! No dance experience necessary. If you say things like "I don't dance" you most definitely need JourneyDance.
Kayak Race	David S	A friendly race around the lake raft. Just for fun, so single kayaks, two-person kayaks, and even paddle boards are allowed. This is part of the Beach Bonfire.
Meditation, Intro to	Richard E	Meditation instruction; meditation; Q&A
Meditation, Morning	Ben G	Ben has invited everyone to join him during his morning meditations.
Men Touching Men	James C	This workshop is designed to offer an experience in which men are guided through an experience of thinking about, talking about, reflecting on, and actually going ahead and carrying out the act of touching one another. Open to all people of a masculine- or man-identified gender, bounded by a frame of enthusiastic consent, and inspired by research on manhood and masculinity, this experience of less than an hour is designed to provoke discussion and affirm support as we explore through the act of touch between men the questions of who we are, who we don't want to be, and who we want to become -- as individual men, in relationships with other men, and as men in communities.
Men's Group Discussion	David S	People who identify as men and/or were assigned male gender at birth are invited to attend a discussion on topics around living as a man.
Name Necklaces	Kim H	A creative replacement for name tags. Come create a necklace with letter beads spelling out your name, and add additional beads to tell others about yourself.
Non-Biased Consent Questions	Ben D	The phrasing of questions can put an undue influence on the person answering. When you need to get an honest answer, you need good questions. This activity will go over how to ask questions without bias and then have an activity where people practice together.
Nude Figure Drawing	Charlie F Joel K	Come draw or be a nude model for the artists! Indulge as a voyeur or exhibitionist. No skill required, drawing materials provided.
Orientation	Laura S David S	Camp orientation, this is a required "Welcome to Camp" introduction. We'll cover basic camp info and set expectations.
Paper Making	Erin E	We'll be using a simple technique to make colorful paper out of scraps and add-ins like flowers and glitter.
Perverted World	Knox M	Open discussion and idea swap around perverting everyday objects into kink gear.

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PlaySpace	Various	A space for humans to enjoy giving and receiving sensual and/or sexual experiences *of all kinds* in a consensual, open, accepting, supportive, respectful environment. We ask that you have read the "Play Space Expectations and Agreements" that was attached to the welcome email. Copies will be available in the space.
PlaySpace 101	Jessie B Rachel E	New to the Play Space? Not sure if you're ready to join in the fun? Bring your questions, your hopes, and your fears. We'll discuss the etiquette and ethics of the space, encourage body and sex positivity, and provide guidance for engaging in the space at your own speed, in your own way.
Race & Tokenization in CNM	Mike H Vi M	Tokenization in non monogamy spaces. A conversation about navigating these spaces as a person of color and a few tips on how to not tokenize those you are interested in.
Reach Out and Touch Someone	Torey C	An opportunity to express and receive gratitude for the people who have touched our lives at camp. A moving way to close the weekend.
Rock Wall	Camp Staff	Camp staff will be available for rock climbing. See if you can ring the bell at the top!
Ropes Course	Camp Staff	Camp staff will be on hand to facilitate your use of the ropes course, which includes a zip line and a drop swing.
Share Your Rare	Miles B	Providing 5-10 minute presentations on a rare or unusual interest. Each attendee can share their RARE.
Sharing Our Pathways to Open Relationships	Ben G	The pathway to open relationships is an important part of our identity and our personal experience in the community. Some of us are new to open relationships, some have a lifetime of experience, and we all have stories to share. The purpose of this activity is to build community and connection through listening to and understanding each others past experiences and pathways to open relationships. Workshop participants will be invited into groups of three. Within the group, we will each take turns sharing our personal pathway to open relationships (or alternatively, to our current relationship style). Other group members will actively listen. All information is shared voluntarily and to be treated confidentially. After the small group activity, we will rejoin as a class, share some of the stories we have heard, and celebrate and reflect on patterns, commonalities, and differences. A key aspect of this activity is giving every participant time and space to share your personal story with others in a way that feels authentic to you.
Skinny Dipping	Mina K	In case you've never heard of this here is a formal definition "To swim in the nude, especially in violation of conventional standards of propriety. " One rule, stay in the swimming area as the camp shares the lake with others.

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SMART Recovery	Rob F	<p>SMART Recovery is a science-based, evidence-based Recovery program for all use disorders and maladaptive behaviors. One of the core principles of SMART (Self-Management and Recovery Training) is self-empowerment - using concepts and tools to effect change in yourself and your life. It played a large part in my Recovery, as well as in other areas of my life. I am also a formally trained facilitator in the program.</p> <p>In this session, I'll be presenting a brief introduction to what SMART is all about, how it works, and a couple of its basic tools for managing thoughts, feelings, and behaviors. If there's time, I hope to run a short version of a SMART meeting for anyone who is interested in participating.</p> <p>Everyone is welcome, regardless of their relationship with any or all substances or behaviors, or if they are simply interested in learning.</p>
Sock Wrestling	David S	<p>Sock wrestling is a fun way to tussle with others. Each person wears one sock and the objective is to get the sock off of your opponent.</p>
Speed Friending	Carol Ann W	<p>This is about making friends and connections. There will be space for 75 people to participate. We will be coordinating groups of 3 to 5 people to have brief chats and break the ice. Table will be numbered and each participant will be given a schedule and a list of 10-15 questions. I will try to time each round at about 10 minutes. For people who do not want to move from table to table Please let me know I have worked out 15 seats that do not rotate.</p>
The Quote Game – A Card Deck for Self-Discovery: On Relationships and Being	Joe B	<p>From a deck of cards, we draw two quotes, written by poets and authors, which describe different ways of experiencing relationships, love, and being in the world. Then we use our brains and our hearts to find a personal meaning between these random quotes. By challenging your perceptions and forming empathetic connections with attendee stories, this discussion game helps you to understand the deep things you've always felt, and to put those feelings into words.</p>
Trivia	Meredith L Joel T	<p>Gather and form teams and compete to answer questions and win points!</p>
Ukulele	Freed F	<p>I'll teach and/or jam ukulele with anyone who wants to.</p>
Video Dance Party – Naughty Aughties	Christopher M	<p>The third annual PolyCamp Music Video Dance Party -- a deliciously millennial selection from the 2000s, with perhaps an eye toward the naughtier side of the aughts (rest assured, no Kardashians will appear ☺). Whether they be low-rise jeans with a whale tail, layered tanks and a vest, or just a pair of horrific sunglasses, bring your best Y2K fashion and attitude, with an edge of cheek and sass, and dance the night away with us outside the Rec Hall (weather permitting!)</p>
Volleyball	David S	<p>Join me on the Volleyball court, near Cabin A, for some Volleyball!</p>

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Warm Fuzzies	Anka W	An opportunity to express your appreciation and admiration of your fellow campers. You can create short messages and leave them in an envelope for campers to take home when they depart.
Water Balloon Fight	Tom S	Do you love the joy of an exciting water balloon fight; but you hate the feeling of leaving bits of plastic all over the place? Here is your answer! Come out and cool off at a water balloon fight with reusable water balloons. The balloons can be refilled at water buckets in the field and thrown again!
Wuv, Sweet Wuv: Writing Love Poems with Pizazz	Lee D	We'll have some fun with love poems by reading four that don't fit the stereotype, and writing our own using prompts based on the poems.
Yoga	Sid S Kayla	A system of physical postures, breathing techniques, and sometimes meditation practiced to promote physical and emotional well-being.