



THE MUSE

PRE-CAMP EDITION

Midwest Unitarian Universalist Summer Assembly
July 6 -12, 2025

Welcome to MUUSA!

We are so glad to be welcoming you back to camp! The Muse is your source of daily information and events at MUUSA. Your Planning Council has prepared this special edition of The Muse to help you prepare for camp. Please read it carefully even if you have attended MUUSA before. As we say at MUUSA, "See you next week!"

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Daily Muse

MUUSA is committed to practices that are in keeping with our UU values. To that end, we will no longer be printing the daily Muse at camp. Campers can go to this link to access the Muse. The newest edition of the Muse can be accessed at 5:00 PM each day:

[Click Here to Access the Daily Muse](#)

Schedules

Daily schedules can be found by clicking the link below:

[Click Here to Access Daily Schedules](#)

2025 THEME: "PLAYING WITH TRANSIENCE"

A message from our theme speaker Rev. Sunshine J. Wolfe (they/their):

We live in very serious times that require our presence and engagement. One of the many tools in our toolkit to manage changes and challenges is something we were quite literally born with: play! Whether it is a simple board game, a transformational song, or a community wide joyful ritual- play helps us to rest and digest all at the same time. We will explore the art of change work and the wisdom that play brings to the important work of our times.

Get ready to cause good trouble!



REV. SUNSHINE J. WOLFE

PACKING LISTS FOR CAMP

PACKING LIST FOR ADULTS & TEENS

Casual clothing (shorts, tops, underthings)
Long pants for hikes, or chilly evenings
A device for accessing daily E- MUSE
Art, craft supplies for leisure
Musical instruments/music
Note pad/journal/pens
Rain jacket and/or umbrella
Reusable water bottle and/or coffee mug
Sturdy walking shoes
Swimsuit
Beach towel
Beach Shoes
Sunglasses and/or sun hat
Bug repellent!!
Sunscreen
Toiletries
Flashlight and/or headlamp
Quarters for the fish feeders on the deck

PACKING LIST FOR MEYER/BURT

Items from the adult/teen list plus
Shoes that you can run in
Something for the Talent/No Talent show

PACKING LIST FOR CHILDREN

Sturdy walking/closed-toe shoes
Shorts, tops, underthings
Long pants for horseback riding
Swim suit

Each day, children should bring a tote or backpack with everything labeled:

- Beach shoes
- Rain jacket
- Swim suit
- Reusable water bottle
- Beach towel
- Sunscreen
- Sunglasses
- Bug repellent

WHAT IS PROVIDED?

Rooms are supplied with bed linens, bath towels, blankets, soap. Please bring your own toiletries.

Food in the Dining Hall is plentiful but feel free to bring snacks and beverages for evening gatherings and coffeehouse. Bring a travel mug to carry coffee out of the Dining Hall. Bring a water bottle (refill in the dining hall or at the drinking fountains in the lodge).

Please note that alcohol is only permitted in designated areas and private patios/cabins.

Some games are available on the 3rd Floor of Trout Lodge.

Jen Oskins is the Trout Lodge liaison. Please contact her at apcchair@muusa.org or 314.537.0589 if you have special needs.



GETTING TO CAMP AND CHECKING IN



HOW TO START YOUR MUUSA JOURNEY

- Pack the car, realize you packed way too much, unpack and remove 50% of your clothing; repack the car.
- Check directions on www.muusa.org or on the last page of this newsletter; your GPS may steer you wrong.
- Non-driving passenger— take picture of St. Louis Arch through window.
- Stop at Dicky Bub in Potosi for the stuff you realized you forgot to pack.
- Stop at Walmart for stuff that Dicky Bub doesn't sell.



CHECK-IN

2:00 - 5:00pm in Trout Lodge, Mallard Rooms 1 - 3

Please arrive between 2:00pm and 4:30pm so that you can complete check-in before 5:00pm.

If you arrive early, we ask that you wait to unload your belongings until you have confirmed that your room is available. Cabins are not likely to be available before 3:30pm.

WHEN YOU ARRIVE...

- Park in the upper lot across from Trout Lodge upon arrival. Volunteers will direct you to check-in.
- Head to Mallard Rooms 1-3 (two flights down from Trout Lodge Lobby).
- Check in, get your name badge & MUUSA merchandise, pay any outstanding balances (personal check preferred), and get your camper bracelet.
- Check children in at Children's (Cratty) table.
- Teens check in at Junior High Table (Meyer) or at Senior High School Table (Burt).
- Young adults stop by the YA table.
- Review your workshop sign-ups.
- Decorate your name badge.

WHAT IF MY ROOM ISN'T READY?



Please be patient. Enjoy the beach, visit the Arts & Crafts center, play mini-golf, swim, borrow a kayak, start a conversation with other campers. Take your child for a swim test. Look forward to dinner which starts at 5:30 pm.

AFTER CHECKING IN...

If you are in Trout Lodge...

- When your room is ready, retrieve your car and park in front of lodge while unloading.
- After unloading, park back in upper lot.

If you are staying in a Cabin...

You may drive to your cabin, unload, and then park near your cabin.

If you have teens in the Jr/Sr High programs...

Drive up to their cabin to drop off their belongings after checking in. Remember, parents/sponsors are responsible for their teens until after Opening Celebration.

Note for Late Arrivals...

Regular check-in will be open from 2:00-5:00pm. Between 5:00-7:00pm, check-in will still be open but no program representatives will be available. If you arrive after 7:00pm, check in with Cheryl Heinz at the Welcome Party beginning at 8:45pm. If you owe a remaining balance, check in with John Sandman.

YOUTH AND YOUNG ADULT PROGRAMS

CHILDREN'S PROGRAM

Children's Program Parent/Sponsor Meeting
Sunday from 6:00pm-6:25pm in the Pavilion

Our MUUSA staff teams up with the YMCA to facilitate team-building, games, arts and crafts and outdoor activities including swimming, hiking, archery, boating, climbing tower and more.

Questions? Email Tabitha Rasmussen, at theviolinmommy@aol.com

JR. HIGH PROGRAM

Junior High Parent/Sponsor Meeting
Sunday from 6:30pm-6:55pm in the Pavilion

In the Junior High Program or "Meyer," junior highers live together in a cabin with their hardworking counselors who create a safe place for sharing, learning their own boundaries, and building a fantastic community. All Meyer activities are designed to support emotional and spiritual growth, and empower junior high youth. Questions? Contact Ben Krueger (benjkrueger@gmail.com) and Trevor Smith (trevorsmith7224@gmail.com).

SR. HIGH PROGRAM

Senior High Parent/Sponsor Meeting
Sunday from 7:00pm-7:30pm in the Pavilion

In our Sr. High program, which we call "Burt," we create a community where we love and support everyone no matter what, where we become courageous and responsible, discover ourselves, make life-long friends, and have a ton of fun. Programming for "Burtoids" will include workshops, worship, music sharing, games, talent shows, and other yearly traditions. Be on the lookout for a detailed pre-camp email coming soon! For more information, contact Margaret Mitchell at coronamadonna@gmail.com

YOUNG ADULT PROGRAM

Young Adult Meeting
Sunday from 9:00 in the Teepee

The Young Adult (YA) program offers attendees ages 18-35 a unique and flexible sense of community. YAs have the full freedom to take part in any of the adult programming offered, but can also choose to take part in YA specific activities and spaces!

The YA program is less structured than Burt or Meyer, and includes YA specific workshops, events, and nightly worships planned by our community, which will take place across camp. Highlights include our yearly Smash Bros tourney and our own mid-week YA Proch party.

Keep an eye out for upcoming YA communications via email! And feel free to reach out to Lou Whiting, louwhitingart@gmail.com or Leah Kaminsky, leah-kaminsky@uiowa.edu to be added to our mailing list to receive more info about what to bring and what we'll be getting up to.

The best way to stay in the loop on YA stuff is by joining our Discord! Reach out to Lou (@definitelynotlou) or Leah (@lklove7) either via email or add us on Discord.

We can't wait to see you!!



IS MUUSA "GREEN"?

Yes! Here are some of the steps we are taking:

- We have made a commitment to a nearly paper-free camp. The Daily Muse and other handouts will be available daily at muusa.org/muse.
- Campers should bring reusable water bottles and coffee mugs. Water bottles can be filled at the dining hall, Trout Lodge drinking fountains
- Recycling bins are provided for cans and plastic bottles but glass must taken home with you
- Take only what you can eat at meal time in order to avoid food waste.

TROUT LODGE ACTIVITIES

Trout Lodge has a variety of programming and activities for all ages, much of which is included in your camp fees (there are some activities that do have a fee that you will be responsible for if you choose to do that activity). You can call the front desk before you go to camp at [888-386-9622](tel:888-386-9622) and sign up for any activities that require a sign up, or you can sign up for activities after you have arrived at camp.

[Click here to view the Trout Lodge activity schedule.](#)

HOW CAN I GET AROUND AT CAMP?

We encourage campers not to drive through campus during the week. If you are staying in the Bluff View area, you are welcome to drive each day from the Bluff View area to park in the main parking lot. We will have 2 six person golf carts running all day to transport people throughout camp. Would you like to volunteer to drive a golf cart?

[Click below to sign up!](#)

[Click here to sign up!](#)

MONEY MATTERS

All costs of the week are covered by your camp fee. Some campers bring cash or checks for things like the Craft Center, the Country Store, the Artists and Authors Expo, for bidding at the Burt Pie Toss and for gratuities for the Trout Lodge staff at the end of the week. Food to feed the fish can be found on the deck and the machine requires quarters.

Still have an outstanding balance on your MUUSA registration? Please pay and remaining balance before camp if possible, Any outstanding balance on your MUUSA registration must be paid at check in. You balance may be paid by check, credit card, or paypal at registration.

Paypal payments can be made to this address:
muusatreasurer@gmail.com.

Please note: If you choose to pay through PayPal, you will be responsible for covering any associated transaction fees.

HUNGRY?

	FIRST SHIFT	SECOND SHIFT
Breakfast	7:30-8:15	8:15-9:00
Lunch	12:00-12:45	12:45-1:30
Dinner	5:30-6:15	6:15-7:00

- You will select your dining shift at registration.
- Enter the dining hall through the door near the Lodge front desk. Sit anywhere you like.
- Sit with people you don't know: make a new friend!
- There is a separate children's buffet although children are welcome to take food from the main buffet.
- There are choices for omnivores, vegetarians, and vegans at every meal.
- Need help balancing kids and trays? Ask a staffer or MUUSA camper for help.

PUZZLE AND BOOK EXCHANGE

We will be having a puzzle and book exchange at camp this year.

- Bring puzzles and books that you no longer want. Try to be fairly certain that the puzzles contain all their pieces.
- Drop off puzzles and books in the tubs at registration.
- Books and puzzles will be available all week in Mallard 1 starting on Monday morning.
- If you brought a donation, see if there is anything that you would like to take home with you. If you were not able to bring anything but would like some items, you can make a donation to the MUUSA scholarship fund.



MUUSA 2025 PHOTO ALBUM

Any pictures taken during the week can be added to the Google Photo Album and will be used for the slideshow at the Closing Celebration.

It is a MUUSA tradition to take a selfie of yourself or your travel group as you depart for MUUSA!

[Click here for the MUUSA 2025 Google Photo Album](#)

MEMORIAL SERVICE

A memorial service is traditionally held during camp to honor campers that have passed away in the last year.

If you have a name that you would like to submit for the Memorial Service, please contact Ruellen Fessenbecker at rfessenb@iu.edu

VOLUNTEER OPPORTUNITIES

Are you looking for a way to get more involved in camp and give back to this amazing community?

Our service project this year will be helping to clear overgrown trails. We are also in need of people to drive golf carts.

[Click here to sign up for the service project](#)

[Click here to sign up to drive a golf cart at camp](#)

FOOD ALLERGIES?

There is a meeting at 4:45 on Sunday, July 6 to meet with the dining room staff to discuss your food allergies/intolerances and how to best navigate the dining room if you have food allergies/intolerances. If you have questions that you would like answered before camp, you can email Cindy Robinson at cindy.robinson@gwymca.org

TICKS

Ticks have been more prevalent this year in Missouri. Please consider bringing and using some kind of bug repellent. More information can be found here: <https://mdc.mo.gov/discover-nature/field-guide/ticks>

DO YOU HAVE MUSINGS?

During camp, we will be taking submissions for the daily MUSE. Just email photos and news by 10:00 AM every day to Jay Nahm at ottonahm@gmail.com.

Also remember to add photos to the [MUUSA photo album](#) to be used in the MUSE!

HELP WANTED!

Are you interested in any of the many staff positions available at camp for MUUSA 2026? It is an opportunity to give back to the camp as well as earn camp credit toward your camp fees. Click below to see the many options.

[View Positions Here](#)

MORE CAMP INFO

PLANNING COUNCIL

Please take a moment to thank the planning council members for all their hard work and countless hours behind the scenes to make MUUSA magical.

Nate Warner, President
Duncan Metcalfe, Omsbuddy
Karen Seymour-Ells, Secretary
John Sandman, Treasurer
Gregory Redfeairn, Treasurer Elect
Cheryl Heinz, Registrar
Margaret Fowler, Webmaster and Communications
Jennifer Oskins, Adult Planning Chair
Alec Peck, Worship Coordinator
Natasha Warner, Workshop Coordinator
Lee Goss, Logistics Coordinator
Danette Jeffries, Special/Social Coordinator
Robert Miroballi, Intergen Coordinator
Leah Kaminsky YA Rep
Lou Whiting, YA Coordinator
Margaret Mitchell, Burt Coordinator
Henry Bongers, Burt Rep
Piper Fowler, Burt Rep
Ben Krueger, Meyer Coordinator
Trevor Smith, Meyer Coordinator
Tabitha Rasmussen, Cratty Coordinator
Cassie Kaminsky, Cratty Coordinator

Trout staff that have assisted in planning:

Ryan Carr
Donovan Colegrove
Cindy Robinson

MUUSA ANNUAL MEETING

The MUUSA annual meeting will be held on Thursday, July 10 at 4:00 at Hillcrest. Click the link below to view the minutes from the 2024 Annual Meeting.

[2024 Annual Meeting Minutes](#)

COFFEE HOUSE PERFORMANCES

Come and share your talent on the stage at Coffee House! Coffee House is each night from 9:00-10:30 at Hillcrest. Everyone is welcome to perform!

If you would like to perform, please contact Meredith Enersen at meremaren@gmail.com or by text at (402) 570- 4780

MUUSA T-SHIRTS AND THEME ART



The 2025 MUUSA T-shirt is still available to purchase. Click the link below to go to the Bonfire Store.

*Thank you Sarah Lensink
for our theme art!*

[Click here to order your shirt!](#)



Unofficial Very Important Camp Lingo Guide

MUUSA terms that have evolved over the years

APC: The Adult Programming Committee of the Planning Council; organizes all adult activities and workshops; members get a lot of steps every day; rumored to have superpowers.

Arts & Crafts Center: Trout Lodge drop-in center full of fun crafts (nominal fee) like tie-dye, beading, ceramic painting, model building, jewelry-making, and more. It's air-conditioned, quiet, and a great way to reconnect with a child after workshops and the children's program. Also fun for adult friends to sit, create, and chat.

Bluffview Hall and Bluffview Cabins: Areas that are new to Trout. They are on the what used to be the Sunnen side of camp (turn right at the T instead of left when you come in to camp)

Burt: The name of the High School Youth Group—a name honored since MUUSA's roots at Lake Geneva Summer Assembly; also Burtoid: a member of Burt, who will be happy, but sleep-deprived and may or may not acknowledge a parent or sit with you at mealtimes.

Burt Pie Toss: A Burt fundraiser in which people, usually parents and siblings, pay to squish a "pie" (typically whipped cream) into the face of the Burtoid. Held on Friday.

Choir aka Awesome Choir: A Workshop and the choir for the week; sings for Morning Celebration; led by the Awesome Pam Blevins-Hinkle, accompanied by the Awesome Holling Smith-Borne.

Coffeehouse: Camper performers of all ages sing, act, read, and entertain. Give it a try!

Country Store: Trout Lodge store where you can sign up for fee-based Trout Lodge activities and buy delicious ice cream cones. They may sell other things too but we only remember the ice cream. Youth are often spotted at the tables on its patio...eating ice cream.

Deck: Lakeside large deck overlooking the lake. If we bus our dishes promptly, a place we will be allowed to eat lunch.

Dicky Bub: Potosi hardware and sundries store. We love Dicky Bub. Good for forgotten soccer balls, chairs, flashlights, sunglasses, flip flops.

Finding Tiny Treasures: Mysterious campers hide tiny treasures around camp. If you find one, consider yourself an excellent sleuth.

Funyak, at the Beachfront: Like a kayak but made of plastic and fun for all ages; wear a swim suit—you will get soaked, which is wonderful if it is a hot summer.

Hillcrest: The building past the beachfront and up the hill; this is where Morning Celebrations, and some Intergenerational Events, Vespers, and Workshops happen. The MUUSA Annual meeting is held there on Thursday.

Hush Puppies: A delicacy that only happens once a week; the best balls of fried cornbread in the country.

Inner Tube: Big inflatable yellow tubes to sit and float in.

Knitters: People who knit—everywhere—at Morning Celebration, in workshops, on the patio overlooking the lake, on the deck, on the grass. We welcome knitters and yarn of all worsted weight varieties, color, and content.

Lake, aka Sunnen Lake: A place for swimming, sitting, sleeping, taking out a sailboat, canoe, funyak, paddleboat, or inner tube; also—central camp landmark, sandy beach for playing, and community sunshine fun. Beachfront is open from 9am-8pm daily, weather permitting.

Lobby: The fourth floor of Trout Lodge. The entrance from the roadside is the fourth floor; the entrance from the lakeside is the first floor. It's confusing, but it will make sense by Wednesday. Houses the front desk, a nice fireplace to sit near (no, there won't be a fire lit), and the entrance to the Dining Hall.

Mallard: Aka the Mallards, Mallard 1, 2, 3, 4; location of Check-in on Sunday, Workshops, Sunnen Square; on the 2nd floor of the Lodge.

Meyer: The name for the Junior High School group—name honored since MUUSA's roots at Lake Geneva Summer Assembly; also, Meyerite—a teen affiliated with Meyer. See "Burt" above for typical behavior.

Meeting Room 6 and 7: These rooms are found on the third floor of Trout Lodge.

Meyer Cornstarch: This is a Friday afternoon mystery that campers must experience for themselves...if it happens. The availability of cornstarch varies from year to year.

Morning Celebration: Every morning sermons by our theme speaker, story for all ages, Awesome Choir, fellowship, singing and spontaneous whoops and dancing. Takes place in Hillcrest.

MUSE: Newsletter with MUUSA info. Submit info to Jay Nahm ottonahm@gmail.com by 10AM each day. [Click this link to access the daily Muse](#)



Unofficial Very Important Camp Lingo Guide

continued

MUUSA Toes: Some campers like to arrive at camp after group pedicures; typically each toe is painted a different color. See photos posted on Facebook the day before camp!

Napping Workshop aka Napshop: Spontaneous, self-led, and highly recommended. Multiple locations including Trout Lodge sofas, beach chairs, cabins, and lodge rooms.

Nomination Committee or Nom Com: Friendly committee who just know you would like to fill one of our vacant positions on the Planning Council! Please find them if you are interested in joining!

Omsbuddy: Nickname for Ombudsman, a position of the Planning Council who makes sure camp rules are respected; mediates if needed; all around sensible person.

Paddleboat: Foot-powered boat for two—at the Lake.

Patio: Outside of Meeting Room 5 with cover—enjoy rocking chairs, ping pong table, the Knitters, musicians, kids; a nice shady spot with a great view of the lake.

Pavilion: The covered, open-aired building up the hill opposite the Beachfront; the Welcome Party, dances, Workshops, Geneva Square, and some Children's program events happen here, as do the Sunday Parent Meetings and daily pick up and drop off for the Children's program.

PC: Planning Council—Made up of the APC, plus the Omsbuddy, Treasurer, Registrar, Secretary, Children's Program, Burt, and Meyer leaders; also rumored to have superpowers. Please thank them for all they do, and feel free to ask them any questions you wish.

Pie: At every lunch and dinner. Really. It's awesome. You'll hear a lot about pie.

Plastic cups: Used to be offered at water drops. Because they create a lot of trash, we will not offer plastic cups and will count on campers to bring water bottles.

Pontoon Boat: Take a guided lake tour on the very peaceful pontoon boat. Also offered, Ice Cream Float and Pirate Pontoon.

Proch: A long time ago, a hard-working newsletter editor spelled "porch" wrong. Proch is a reference to that micro-blunder and refers to a Porch Party and/or a gathering of MUUSAns. Example: "Come to our Proch."

Raunch Night: At Thursday night Coffeehouse. Adults only.

Ripon College: Our new home for MUUSA! Located in Ripon, WI. Future place of memory making, community building and new lingo. See you next week at Ripon! <https://ripon.edu/>

"See you next week": MUUSAns don't say "goodbye" at the end of a wonderful week—we say "See you next week." We say it all year long. Again and again. Hilarity ensues when camp really is only one week away.

Sunnen Lake: The Lake has a name and you can kayak on it. Just stop at the Boathouse and the friendly Trout staff members will get you all set up.

Teepee: Location is uphill from the entrance of Trout Lodge, roadside. Look up! You'll see it. It is shaped like a teepee, but is a fully functional building with air-conditioning. Some workshops take place here.

The Lodge, aka Sunnen Center: The building where lodgings, the Dining Hall, and meeting rooms reside. (Trout Lodge YMCA is the name of the entire property.)

Ultimate: Like soccer but with a disc. Every night—all ages.

Vespers: A spiritual end to the day, after dinner, led by campers.

YAs, YYAs: Young Adults (21-35), and Young, Young Adults (18-20).

DIRECTIONS TO TROUT LODGE & CAMP LAKEWOOD

From St. Louis, MO... (just 90 minutes away!)

- I-270 to Tesson Ferry Road (Hwy. 21)
- Hwy. 21 (south) for 18 miles
- Turn left onto Hillsboro Rd/MO Route B for .4 miles
- Turn right onto Hwy. 21 (south) for 29.3 miles.
- Turn right onto Hwy. 8 (west) and go 10.7 miles to State Hwy. AA
- At State Hwy. AA, turn right and go 2 miles and you're at YMCA Trout Lodge!
- or —
- I-270 to I-55 for 22 miles, until you reach Festus and Hwy. 67 (south)
- Exit right onto Hwy. 67 (south), travel for 6 miles to Hwy. 110 (west)
- Turn right onto Hwy. 110 (west), go 6.3 miles to Hwy. 21 (south)
- Turn left onto Hwy. 21 and go 25.5 miles to Hwy. 8
- Turn right onto Hwy. 8 (west) and go 10.7 miles to State Hwy. AA
- At Hwy. AA, turn right and go 2 miles and you're at YMCA Trout Lodge!

From Columbia, MO...

- Hwy. 63 (south) for 26.5 miles to Jefferson City
- Merge onto US-54 W/US-63 S/CF RED WHALEY EXPY toward Jefferson City
- Take the US-50 E/US-63 S ramp
- Merge onto US-63 S for 50 miles
- Turn slight left onto MO-68 for 12.5 miles
- Merge onto I-44 E via the ramp on the left (12.5 miles)
- Take the MO-19 exit (exit 208) toward Cuba/Owensville
- Turn right onto MO-19 for 8.5 miles to Steelville
- At Steelville, take Hwy. 8 (east) for approximately 25 miles
- At Hwy. AA, turn left and go for 2 miles and you're at YMCA Trout Lodge!

Mileage to YMCA Trout Lodge & Camp Lakewood from...

- St. Louis - 75
- Springfield, MO - 155
- Cape Girardeau - 130
- Rolla - 95
- Kansas City - 250
- Jefferson City - 150
- Columbia - 180
- Chicago - 395
- Des Moines - 440
- Little Rock - 305
- Tulsa - 340
- Memphis - 325
- Indianapolis - 320

Via Google Maps

NOTE: In order to receive accurate directions, please enter/type in your destination as **YMCA Trout Lodge** or **YMCA Camp Lakewood** versus our mailing address. If you should find yourself at our Ranch, please turn around, make a left back out on Highway AA until you reach our main entrance. During **NON-SUMMER** months, you may also continue through our property until you reach Trout Lodge.

DRIVING MAP

TO TROUT LODGE & CAMP LAKEWOOD

