

# Karma Yoga Tasks

## **Breakfast Prep: (great for early risers) (1.5 hour KY credits) (6:30-8:00)**

Prepare meal –one lead/one follow. Clean up after yourself as much as possible (if there are dirty dishes from the night before, please wash them). Move clean dishes from wash station to serving area. Setup dish and hand washing stations. Wipe down dining room tables. Set out condiments and food. Blow conch to gather people. Optional – prepare potatoes or breads the night before (check with Kitchen staff about availability of ingredients) .

## **Breakfast Angel: between 7:45 a.m. to 8:45 a.m. - (1 hour KY credit)**

This is called an “angel” task because it might take 40 minutes and it might take an hour. Do give yourself time to eat. Restock food during meal (as necessary). Change water in wash stations as needed (2-3 times before meal time is complete). If the prep crew did not complete washing prep utensils and pans, spend ½ hour washing. If there is more than ½ hour of dish washing to be done, call for help from another angel.

## **Breakfast Clean Up: (Will miss beginning of AM program) (1 hour) Start: 8:00 am**

Wash serving dishes and any prep items not done. Re-shelve clean cooking items. Put away left over food – label properly with masking tape (date and contents). Leave kitchen clean for next crew. Collect and wash random dishes and clean up dish-washing station.

## **Dining Room Clean Up: (1 hour KY credit)**

Wipe down and sanitize the tables (use diluted bleach). Straighten the chairs. Do this three times a day, before each meal.

# Karma Yoga Tasks

## **Lunch Prep: will miss the AM presentation - (2½ hours) 10:45 – 1:30**

Prepare meal – with guidance from lead cook. Clean up after yourself (pots, pans, bowls, etc) as much as possible. Wipe down dining room tables. Move dishes from wash station to serving area. Set up wash stations. Set out condiments and food. Blow conch to gather people. Refresh serving station during meal, as needed.

*\* We suggest that new campers not take on these shifts.*

## **Lunch Angel: during the lunch hour - (1 hour KY credit)**

This is called an “angel” task because it might take 40 minutes and it might take an hour. Do give yourself time to eat. Restock food during meal (as necessary). Change water in wash stations as needed (2-3 times before meal is complete). If the prep crew did not complete washing prep utensils and pans, spend ½ hour washing. If there is more than ½ hour of dish washing to be done, call for help from another angel.

## **Lunch Cleanup: After lunch - (1 hour) (start 2:00)**

Change water in wash stations as needed (2-3 times before meal is complete). Wash pots, pans, prep dishes. Put away left over food – label properly. Leave kitchen clean for next crew. Collect and wash random dishes and clean up dish-washing station.

*\* We suggest that new campers not take these shifts during the days of Orientation.*

## **Dinner Prep: Afternoon - (2½ hours) (3:00 – 5:45)**

Prepare meal– with guidance from lead cook. Clean up after yourself (pots, pans, bowls, etc) as much as possible. Move clean dishes from wash station to serving area. Setup wash stations. Set out condiments and food. Blow conch to gather people. Refresh serving station during meal, as needed.

*\* We suggest that new campers not take these shifts during the days of Orientation.*

## **Karma Yoga Tasks**

### **Dinner Angel: 6:00 p.m. to 7:00 p.m. (1 hour KY credit)**

This is called an “angel” task because it might take 40 minutes and it might take an hour. Do give yourself time to eat. Restock food during meal (as necessary). Change water in wash stations as needed (2-3 times before meal is over). If the prep crew did not complete washing prep utensils and pans, spend ½ hour washing. If there is more than ½ hour of dish washing to be done, call for help from another angel.

### **Dinner Cleanup: after dinner - (1 hour)**

Wash pots, pans, prep dishes, serving dishes, etc. Put away left over food – label properly. Leave kitchen clean for next crew. Collect and wash random dishes and clean up dish-washing station. Wipe down dining room tables.

### **PFK Cleanup: one person 3 times per day ½ hour each (1½ KY credits)**

Tidy the Personal Food Kitchen. Wipe down surfaces and counter, especially watch for anything that attracts yellow jackets. Restock the public supplies (coffee, tea, snacks, PBJ, etc). Wash dishes left by blissed-out campers. Sweep floor.

### **Temple Tenders: 2 ½ hours per day, 2 people, time to be determined.**

Early in the day gather and wash sheets – sun dry on grass south of dining area. Before 5 p.m. return sheets to the temple. Sweep floors, wash dishes, clean up. Restock safer sex supplies. Clean sheets on the beds.

### **Dome Tidy: one person, three times per day (1 hour KY credit).**

Vacuum (once in the morning – no later than 8:30). Tidy the dome before each event ( 8 am, 4 pm, 8 pm). Re align chairs in circle. Pick up stray items and put in lost and found (separate large and small items). Take dirty dishes to kitchen and wash. Restock the water dispenser bucket, as needed. Re align chairs before evening event also.

# Karma Yoga Tasks

## **Young People's Program: Will miss scheduled program - (2 ½ KY hrs)**

One shift during morning event, possible shift during evening event. The activities will be chosen by the volunteers and the kids--either art or athletics or both....it's open to anyone in camp who wants to participate, but the karma yoga folks are in charge of set up and clean up...the coordinator will prep you before your shifts.

*\*Do to no children at camp there will be no need for KY volunteers.*

## **Costume Tent (2 people, daily, all week ) (10-30 min. a day) (4 KY total)**

Clean and straighten every day. Special cleanup needed before and after the dances and the fest. Costume tent is heavily used in the evenings and will need attention in the AM of the following day.

## **Recycle (1 person, daily, all week task) (20-30 minutes a day) (4 KY total)**

Pickup trash at wash stations, dome, showers. (AM task)

Breakdown boxes, keep recycle/trash area tidy, prepare garbage for dump run. Check kitchen and PFK for recycle trash. Check compost pile to see if it needs turning and more straw. Turn pile if needed and add straw. (Evening task)

## **Lounge & Tea Cozy Keeper (2 people, 2X daily, all week) (1 KY daily)** ( best suited for an assertive person willing to move campers to get the task done.)

A.M. - Early, before lounge is filled with campers – Straighten out couches and covers, pick-up lost and found items and place in L&F box. Vacuum carpets and straighten them if needed. Return dirty dishes to wash station. P.M. - During freetime before dinner: Straighten up couches and carpets. Dishes to the wash station.

Keep Tea Cozy area clean and tidy all week. (after lunch and dinner would be best) Couches, pillows and carpets will be straightened up at least once daily, if not more. Trash and lost and found items to the L&F box. Dirty dishes picked up and washed. At Tea Cozy the water in large container needs to be replenished daily. Teas, sweeteners and creamers, clean spoons replenished daily.