

Contacting children at camp

Though this is not a "closed camp" to parents and clergy, uninvited visitors are not encouraged. **All visitors must have previous approval from the camp director.** Visitors must not interfere with the camp program and staff members' duties. The phone number is (231) 652-1184. The camp phone is for emergency use only.

Information Record & Medical Form

If you did not receive your Camper Information Record and Health Form with this hand book, or you can't find it, please alert Gennie Callard, so she can mail you another one.



These forms must be returned by July 24th.

Physical examinations by a physician are not required to register or participate in camp, though campers may be denied entrance at the discretion of the Camp Health Director and Camp Director if the camper currently has an infectious disease.

Please do not bring electronics! NEW this year, if cell phones or music players (iPods, MP3 players, etc.) are brought to camp, they will be **mailed back home at the expense of the parents/guardians.** We don't want the campers to have them, and we don't want to be responsible for them, so they will be returned by mail.



Check-in

Camper check-in: Sunday 4:00pm

We cannot receive campers before that time

Episcopal Youth Camp is located at

Camp Newaygo
5333 Centerline Road
Newaygo, MI 49337

After you register, you and your child will visit one of the health officers where all medications are handed in. You will also be able to meet your son's or daughter's cabin counselors. All snacks must be handed into the cabin counselor & kept in a sealed box in the lodge – we like to keep raccoons & skunks OUTSIDE of the cabins.

Check in for CITs will be at 2:00 on Sunday.

Check-out

Camper check-out: Saturday 11:00am

All campers must be checked out by 11:45pm

If your child needs to leave before that, you must alert the camp director during check-in. Campers will only be released to those people named in the Camper Information Record. Changes may be made during the week by speaking directly with the Camp Director.

Each camper must be signed out.

Episcopal Youth Camp 2009



Handbook for Parents & Campers

Senior Camp (grades 9-12) August 2-8

Junior Camp (grades 3-8) August 9-15

Counselor in Training (CIT) August 9-15

Si usted necesita esta información en español, por favor este en contacto con Gennie Callard.



The Episcopal Diocese of Western Michigan
The Right Reverend Robert R. Gepert, Bishop
Ms. Genevieve Callard, Camp Director
The Rev. Christine Tillman, Deacon for Youth Ministries

Episcopal Center
535 S. Burdick, Suite 1
Kalamazoo, MI 49007
(269) 381-2710 • gcallard@edwm.org

Welcome to the Episcopal Youth Camp 2009!!!

The purpose of this camp

is to help young people of all backgrounds to grow through the application of Christian Principles within the Episcopal Tradition.

Through this we will be able to

- ❖ **Experience** a Christian community
- ❖ **Connect** with other Episcopalians
- ❖ **Rejuvenate** Faith

The intentional focus will be

- ❖ **Modeling** Christian behavior
- ❖ **Revealing** Christ to the young people and to each other
- ❖ **Living** out our Baptismal Covenant.

Camp affiliation, licensing and policies

This Episcopal Youth Camp is run by and affiliated with the Episcopal Diocese of Western Michigan. We agree to follow the rules of the Diocese and of The Episcopal Church. We accept and welcome young people regardless of religious background or affiliation.

We are licensed and inspected by the State of Michigan and will uphold their policies. A complete book of our camp policies is on file at the Diocesan Offices and the Camp Office and can be requested by any parent or parishioner of the Diocese by contacting Gennie Callard. Camp Newaygo, the site we are renting, is also licensed and inspected and they are members of the American Camp Association.

Our staff is made up primarily of volunteers who are faithful laity and clergy of Episcopal Churches in the Diocese of Western Michigan. We have attended the misconduct prevention workshop, Safeguarding God's Children, sponsored by The Episcopal Church & have had criminal background checks. We are chosen by an application process using interviews and references. We are trained in counselor procedures using manuals from the American Camping Association. Senior Camp will be staffed by people age 21 and up. Junior Camp will be staffed by people age 18 and up, and out of high school.

MAIL!!! Mail is distributed to the cabins and given out there. Any snacks that are sent to or brought to camp are shared with the entire community. We are trying to help the campers eat healthy food, so **please refrain from sending too much candy and junk food.**

If you'd like to help us with providing healthy snacks, please let Gennie Callard know.



Address mail to:
(Camper's Name)
EYC - Camp Newaygo
P.O. Box 610
Newaygo, MI 49337

Please do what you can to send a letter or post card!

Special Issues

Homesickness - Coming to camp for the first time, and occasionally the second time, may be cause for a brief case of homesickness. We regard homesickness as a normal, healthy occurrence in a child. The Counselors are trained to be aware of camper's moods. If a camper is homesick, staff members will encourage him or her to talk it out and also make every effort to involve the camper in all activities. Occasionally, a camper may send a "homesick" letter. Relax! By the time you receive it your child is probably having a good time. You can write an encouraging letter. Sometimes a homesick camper asks to phone home because they are "homesick." We usually discourage this and will work with your child for as long as necessary to help integrate him or her into camp.

Bed Wetting - First, bed wetting is nothing to be embarrassed about. It is our policy to treat bed wetting honestly, in a straight forward manner, with discretion and compassion. If bed wetting is or could be an issue for your child, please make sure you speak to your child's counselor when you check in. You could also pack "pull-ups" for your child. Often bed wetting can cause the first-time camper a great deal of anxiety. Please let your child know that the counselor will help in every way possible and to tell the counselor if this occurs. We will wash all soiled bedding and clothing.

Campers and Cars

- If a camper or CIT is over the age of 16, they are allowed to drive themselves to camp only with written permission by their parent or guardian. People under the age of 18 will not be allowed to drive with anyone else in their car without written permission of the parents.
- Campers who drive will be asked to turn over the keys to their vehicles during the camping sessions and the keys will be kept in the camp office.
- People may not drive any vehicle without the permission of the owner of the vehicle *and* the permission of the camp director.

Directions - 5333 Centerline Rd – Newaygo, MI

From points North and South of Newaygo (via **US-131**):

Take US 131 to the Newaygo exit (exit 118).

Take M-82 West towards Newaygo (17 miles).

Turn Right onto M-37 North.

Take M-37 through the town of Newaygo, across the Muskegon River, and continuing on for approximately 2.3 miles

Turn left on to 56th Street. Travel about 1 mile to where it dead ends.

Turn right on to Centerline Road. The entrance to Camp Newaygo is about 0.3 miles on the left.

From Grand Rapids (alternative route for points south of Newaygo):

Take M-37 (Alpine Avenue) North to Newaygo. Continue on M-37 through the town of Newaygo,

Turn left on to 56th Street and follow for about 1 mile until the road ends.

Turn right on to Centerline Road. The entrance to Camp Newaygo is about 0.3 miles on the left.

From Muskegon and points west: Take U.S. 31 to M-120 towards Fremont.

Stay on M-120 approximately 20 miles. Travel through Fremont staying on M-82.

When you pass through the 4-way stop (east of Downtown/at Fremont High School) at Stewart and Main you will travel about 6 more miles.

Turn Right on Gordon.

Immediately veer left and you are back on 48th Street which will turn into Centerline Road. Camp Newaygo's entrance will be approximately 2 miles on the right.

Behavior Management and Camp Rules

The Episcopal Youth Camp has a complete manual of policies that is kept on site and available to all parents and clergy at any time. Camp counselors have the unique opportunity of providing campers from all backgrounds with a rewarding experience that they will remember for a lifetime. We try to prevent problems before they occur and practice behavior management to help build the Christian Community we are living into.

It is very helpful for the camp staff for you to fill out the Camper Health Record with as much information as you can.



Immediate dismissal will result from the following occurrences

- The possession or use of alcohol or illegal drugs, or misuse of legal drugs, regardless of age
- Sexual misconduct with a staff member or camper
- Using or possessing firearms or weapons
- Being naked outside of cabin or shower
- Leaving the camp property without permission of the Camp Director

If dismissal because of a disciplinary problem occurs, transportation will be provided by or paid by the parent/guardian and any registration fees will not be reimbursed. A copy of the incident report and the course of action will be sent to the person's home rector or sponsoring clergy person and the Bishop.

The following behavior policies may not result in immediate dismissal, but are policies that must be adhered to and discipline will be enacted if broken

Respect the dignity of every human being

- Conduct yourself in a responsible manner, which sets a good example for others and reflects positively on the Diocese of Western Michigan and the camp program
- Hazing, Bullying and Peer Pressure is not allowed.
- Language should be used to lift up and support.
- Refrain from any kind of physical violence.
- Respect others' need for privacy and quiet & the property of others.
- Campers must not go anywhere without being accompanied and have permission of their own cabin counselor.

Care for yourself as you care for others

- Smoking is not allowed for any camper.
- Wear appropriate clothing.
- Shoes or boots must be worn at all times. Open toed shoes, sandals or flip-flops should not be worn in any activity where people will be running around or on trails.
- Wash hands before every meal and every time you use the bathroom.
- Valuable items & electronics must be left at home.

Respect the property of others and be good stewards to the environment

- Ask permission before entering another cabin.
- Males must only enter male cabins and females only female cabins
- Clean up after yourself, keep areas neat and tidy, and do not waste food and supplies.
- Take care of camp property and make sure you get permission before using supplies.
- Never play with or touch the camp's fire extinguishers or use any item that could cause a fire in a building.
- All snacks must be given to cabin counselors and kept in the designated area in a sealed container in the lodge (keep raccoons & skunks out of your cabin).

Senior Camp Aug 2-8 ~ Junior Camp Aug 9-15

Senior camp is a combination *leaders in training* program and *traditional summer camp*. Youth entering grades 9-12 participate in camp activities such as swimming, canoeing, arts & crafts, but also the campers take part in the leadership of the week. They take on roles such as Coordinator, Scribe, Photographer and Spiritual Leader.

Junior Camp is a traditional summer camp program where we focus on building a Christian Community. Children entering grades 3-8 are invited to live in a cabin environment with others their age and 2 adult counselors. They play games, swim, canoe, eat in a big dining porch, worship, sing and have a lot of fun!

Camp Schedule

Each day will be slightly different because of the weather or the Holy Spirit, the following is a basic schedule we try to follow.

Activities may include: Frisbee, Tennis, Volleyball, Water Balloon games, hikes, playing cards, arts & crafts, music, large group games, camp wide outreach activity.

Wake up & Breakfast

Chaplain's time & Cabin activity

Lunch & Rest hour

Activity Choice & Swimming/Boating

Eucharist (on Friday we have an evening Campfire Eucharist)

Dinner

Full camp activity

Bed time (time varies by camper group. Campers & Staff get at least 8 hours of bed time)

Worship

The worship life of camp is very important in our community life and we offer a variety of worship opportunities. We celebrate **Holy Eucharist** every day using a variety of liturgical forms (informal and formal) in various locations and times – the campers take part in the planning and the presentations. We use services from the Book of Common Prayer along with open prayer time and much singing. It is our practice to offer the bread and wine to all present at the liturgy. **At the time of registration, please let either the Camp Spiritual Director or the Camp Director know if you would prefer your child to receive a blessing rather than the bread and wine.**

Health and Safety at camp

Waterfront - Swimming and boating are available most days in the afternoons.

Swimming tests of treading water will occur on Monday (5 minutes for the intermediate & 10 minutes for advanced). The waterfront will be run by the staff at Camp Newaygo. They are certified in Lifeguarding and licensed by the State of Michigan.

Health Service - The infirmary is staffed with a licensed health care provider (MD, RN or REMT). Our Camp physician is on call 24 hours a day for consultations.

Meals & Snacks - The dining hall is run by Camp Newaygo, which is inspected and licensed by the State of Michigan. Campers are served three hearty meals each day. Please note all allergies, food restrictions and other dietary needs on your child's forms and talk to Gennie Callard before camp if you have specific dietary needs. All snacks brought or sent to camp should be given to the cabin counselor and will be shared with the entire camp. If you have specific food for your camper that won't be shared with the entire camp, you can give it to the health services during check in. No food is to be kept in the cabins.

What to Bring to Camp

We have found that a plastic tote or footlocker to keep clothes in comes in handy. An idea from parents of younger children was to put the entire outfit for one day in a zip lock baggie and label it with the day of the week – the children who had this loved it.

Outreach: This year our outreach activity will focus on food & hunger. **We are asking each camper to bring at least one canned food.** This will be given to a local food pantry.

Packing list: The following clothing and equipment list is what we suggest. Although we do our best to help each camper be responsible for his/her own belongings, it is impossible for us to be sure campers go home with everything they bring. And please be sure you have prepared your child to care for his/her clothing before coming to camp. **Remember make sure to mark everything with a tag or indelible pen & look on the lost and found table before you leave.** We are usually not able to return any lost items after camp is closed.

Do not bring...

Gum (as it falls out of the mouth, onto the ground, and sticks on the bottom of shoes – ew!) we don't allow it. Any candy that is brought will be shared with the entire camp. We try to fill the campers with healthy snacks, not sugar.

Please do not bring money or valuables to camp! Money is not needed at camp - there are t-shirts & sometimes other items the campers can buy, they are only sold at registration and check-out times. The Episcopal Diocese of Western Michigan and the facility we rent from are not responsible for theft, loss or damage of personal possessions.

Please do not bring electronics! **This year, if cell phones or music players (iPods, MP3 players, etc.) are brought to camp, they will be mailed back home at the expense of the parents/guardians.** We don't want the campers to have them, and we don't want to be responsible for them, so they will be returned by mail.

Cell phones: With electronic communication (texting, facebook & cell phones) so prevalent in the lives of young people, we focus on inter-personal relationship (actually talking to one another). If campers need to call parents, they will be able to do so with the camp phone and the camp director present.

MP3 players & electronic games: As with cell phones, young people seem to always be "plugged in" – this is a week of unplugging. If you child has trouble sleeping without music at night, please practice this for a few weeks before he or she attends camp.

Do not bring knives, guns or other weapons or fireworks, alcohol, cigarettes or tobacco of any kind or any illegal drugs (*all medications* must be given to the health director at check-in)

Packing List

Clothing for an entire week!

	Pajamas
	pairs of underwear
	pairs of socks
	shirts
	Shorts and long pants
	Sweater or sweatshirt
	Warm jacket or sweatshirt
	Dress-up outfit for Friday night
	Sandals and/or water shoes
	Shoes for running and hiking (sneakers, etc.)
	Extra pair of shoes
	Rain Gear
	Shower shoes
	Swim suit and beach towel (for girls - one piece, tankini, or t-shirt to wear over top – no stomachs shown)

Optional Items

	Watch
	Letter writing materials with addresses & stamps
	Stuffed animal
	Camera (inexpensive)
	Reading book
	Musical instruments
	Journal

Personal Items

	Prescription medication & supplies MUST BE IN ORIGINAL CONTAINERS!!!!!!
	All other necessary medication
	Shower caddy or tote to carry personal items to bath house
	Bath towel (at least 2 suggested)
	Sleeping bag (or sheets & WARM blanket)
	Pillow
	Comb or brush
	Toothbrush & toothpaste
	Soap & shampoo
	Deodorant
	Other personal hygiene items

Other Necessary Items

	Canned food for outreach
	Flashlight/batteries
	Water bottle (refillable) – bring 2
	Personal Bible
	Pen/pencil
	Bug spray
	Bag for dirty clothes
	Sunscreen
	Hat or cap

Add other things below
