

# C-A-M-P

Creative - Arts - Music & Performance



*Find and Share Your Voice*

AUGUST 17<sup>TH</sup> - AUGUST 28<sup>TH</sup>  
2010

## WHERE TO FIND US

Winter Office (until August 10)

C-A-M-P

P.O. Box #484

Tesuque, New Mexico

87574

*Phone: (505)946-0488*

Summer Office

C-A-M-P C/O Camp Wekeela

1750 Bear Pond Road

Hartford, Maine

04220

*Cell phone: (505) 999-8848*

## IMPORTANT DATES:

C-A-M-P Session:

Tuesday August 17<sup>th</sup> - Saturday August 28<sup>th</sup>

## HAVE YOU SENT US ALL THE NECESSARY INFORMATION?

Please use this form to check off everything you have to send us!

Camp Fee.....

(Due by April 15)

Medical Forms.....

(Must be in our hands BEFORE participant arrives at camp)

Travel Form.....

(Arrangements need to be made for your child to get to camp if arriving by air)

Enrollment

Contract.....

Photo Release Form.....

Photocopy of Health Card.....  
(Or other proof of Insurance)

Alternate Contact Info.....  
(If you will be away while your child is at camp)

Emergency Contact Info.....

Personal contact with Shahna Rogosin, MD or Nurse Jill Cormier  
if your child has a life-threatening allergy or special medical  
issues that may come up during C-A-M-P.....

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## **SECTION 1 - TRAVEL**

TRAVEL TO C-A-M-P - August 17<sup>th</sup>

### **AIRPORT:**

Book a flight to arrive at Portland International Airport **BEFORE 3:00 pm** on the day camp begins. Camp transport leaves the airport between 2:00pm and 3:00pm. We cannot hold the cars for later flights

### **DRIVING:**

Arrive at the Camp Wekeela parking lot between 3:30 pm and 5:00 pm. A camp staff member will meet you there. You'll meet your child's counselors and be offered a camp tour. **WE CANNOT ACCEPT PARTICIPANTS ARRIVING BY CAR BEFORE 3:30 PM - BEFORE THAT WE'RE NOT READY TO GIVE THEM THE GREAT WELCOME THEY DESERVE!**

TRAVEL HOME - August 28<sup>th</sup>

### **AIRPORT:**

Book a flight to depart Portland **AFTER 5:00 pm**. We can't get participants to the airport for earlier flights.

### **DRIVING:**

Please arrive at the Camp Wekeela parking lot **BETWEEN 11:30 am and 12:45pm**. A camp staff member will meet you there.

The Final Showcase will begin promptly at 1:00pm on Saturday

August 28<sup>th</sup>.

## **CHANGES TO TRAVEL PLANS**

If you need to change your child's travel plans, please note:

- 1) All travel info should come to us by e-mail only to info@c-a-m-p.net.
- 2) We CANNOT accept ANY changes in travel plans 48 hours (or sooner) before the travel time.

## **PARITICIPANTS FLYING TO AND FROM PORTLAND**

Camp staff will meet C-A-M-P participant at the arrival gate, and Travel by car or van for camp. Book air tickets NOW in order to get flights that arrive and depart according to the times specified in the Handbook.

## **CELL PHONES AND TRAVEL TO CAMP**

Some families wish their children to have a cell phone for air travel. But, WE DO NOT ALLOW PARTICIPANTS TO HAVE CELL PHONES AT C-A-M-P. If you wish your camper to have a cell phone for travel, please charge it before leaving home, tell him/her to give it to the camp staff who meets them at the airport (with other valuables) and the cell phone will 1) stay in the camp safe and 2) be given back to the child at the airport with other valuables.

Instruct your child to give all airline tickets, I.D., and money to the camp staff immediately on arrival at Portland airport so these valuables can go into the

camp safe and not get lost. Children flying to camp should carry \$50 cash for use at airports, in case of delays.

If your child is traveling by air and carries an Epi-pen, please note that airlines require a doctor's letter about the allergy. A copy of the appropriate letter is available at [www.anaphylaxis.ca](http://www.anaphylaxis.ca).

### **WHERE IS C-A-M-P @ WEKEELA?**

Wekeela is located in south central Maine, nestled among forests timbered since Colonial times and near the famed mountains and lakes for which Maine is known. Our camp covers more than 150 lush acres including an expansive waterfront on Little Bear Pond, a natural lake that connects directly to Big Bear Pond. We're three hours from Boston; one hour from Portland, Maine; and a half-hour from Maine's twin cities of Lewiston-Auburn. We are serviced by Portland International Jetport, Logan International Airport in Boston, Twitchell's in Turner Maine - servicing private aircraft. We are located in Hartford, Maine, though our postal address is Canton and our telephone exchange North Turner. Wekeela is on Maine Route 219, just four miles west of Maine Route 4.

## **DIRECTIONS TO C-A-M-P @ WEKEELA**

**FROM PORTLAND, MAINE AND POINTS SOUTH:** Take Maine Turnpike (I-95) to Exit 75-Auburn. At the end of the exit ramp, make a left hand turn onto Route 4 North and travel about 20 miles through the City of Auburn towards Hartford, Maine. Travel on Route 4 (North Bound) to the intersection of Route 219 (Bear Pond Road). At this intersection, make a left hand turn. You will travel 4.2 miles, pass the Wekeela Service entrance, pass it and make your next right where you will enter the through the Wekeela Main Gate.

**FROM BETHEL, MAINE AND POINTS NORTH:** Take Route 26 South to Bryant Pond and Trap Corner approximately 18 miles. Turn left onto Route 219 towards Hartford and Bear Pond. Go about 16 miles and the camp is on the left. Pass camp "Staff Entrance" and enter at "Main Gate".

**FROM SOUTH PARIS, MAINE AND POINTS WEST:** Take Route 117 north out of South Paris. Bear right around rotary. Staying on Route 117, turn left over the bridge towards Buckfield. Approximately 10 miles to Buckfield Village. Bear right through town still on Route 117 past Tilton's Market. Proceed 7/10 of a mile, then cross a bridge and turn left onto East Buckfield Rd. (no sign) Pass the "Buckfield Mall" on the left. Continue 6 miles until coming to Route 219. Turn left and go 1 mile. Pass Camp "Service Entrance" and enter at "Main Gate."

**FROM AUGUSTA, MAINE AND POINTS EAST:** Take Route 202 west out of Augusta through Manchester and Winthrop past the Sea & Land Restaurant on the right. Travel approximately 5 miles, turn right on to Bog Rd. Follow approximately 4 miles and go over a railroad track. Bear right onto 219 and pass DeCoster Feed Mill on the right. At the stop sign turn left onto Route 219. Continue approximately 4 miles and cross over Route 4. Go about 3.5 miles. Pass camp "Service Entrance" and enter at "Main Gate".

## **SECTION 2 - WHAT TO BRING (AND NOT BRING) TO CAMP**

### **GENERAL CLOTHING**

- 2 pairs pajamas**
- 12 pairs underwear**
- 4 pairs jeans or sweats**
- 1 raincoat w/hood or rain hat or wind breaker**
- 1 bathrobe**
- 4 pairs shorts**
- 1 warm jacket (fleece is good)**
- 2 pairs wool socks**
- 3 bathing suits**
- 5 sweatshirts or warm sweaters**
- 1 water shoes**
- 6 shirts or t-shirts**
- 1 pair rain pants**
- 1 pair sneakers**
- 1 sun hat**
- 12 pairs socks**
- 1 Outfit for final banquet**
- 1 pair of dance shoes**

### **TOILETRIES**

- 3 large towels**
- 1 toothbrush**
- 1 brush**
- 1 shampoo**

- 1 sunscreen SPF 30
- 2 soap
- 1 pair of prescription glasses/contact lenses
- 1 toothpaste
- 1 comb
- 1 lip balm
- 1 bug repellent

## **MISCELLANEOUS**

Sunglasses

Batteries

Flashlight

Tennis racket

Tennis balls

Pens

Notebooks

Envelopes

Writing paper

Musical instruments (IF YOU PLAY AN INSTRUMENT BRING  
IT TO C-A-M-P!!!!!!)

## **BEDDING**

1 pillowcase

1 pillow

2 thick blankets or 1 comforter

1 compact sleeping bag

4 sheets (2 flat, 2 fitted, single bed size)

## **PLEASE DON'T BRING:**

Cell phones, DVD players, laptop computers, PDA's, BlackBerries.

UPON ARRIVAL TO C-A-M-P THESE ITEMS WILL BE CONFISCATED  
AND HELD BY C-A-M-P STAFF UNTIL THE END OF THE SESSION.

## **SECTION 3 - KEEPING IN TOUCH WITH CAMP**

### **MAIL:**

Begin mailing letters a week before participants go to camp, so they'll get mail the first or second night.

### **PACKAGE POLICY:**

- **ABSOLUTELY NO food/candy in BOXES!!!**

### **PHONE CALL POLICY:**

Camp is an immersion experience! Please explain to your camper that he/she won't be talking to you on the phone, and that there are lots of caring adults to talk to - counselors, teachers, directors, mentors. C-A-M-P is a great place to practice communication skills. It can be very disruptive for a child who is working hard to make the adjustment to camp, and developing new independence skills, to hear a parent's voice. We find frequent letters a great way of reminding your camper how much you love him/her.

If a child is very ill, or has an accident, or is having significant difficulties at camp, we will phone you immediately.

Campers may not make or receive phone calls, except on

their birthdays unless prior arrangements have been made with a C-A-M-P director.

### **BUNK NOTES:**

Stay in touch with bunk notes. Please see instructions at Bunk1.com

### **FINDING OUT HOW YOUR CHILD IS DOING AT C-A-M-P:**

Of course many parents feel anxious to know how their child is faring at camp. When parents phone us to ask about their children, we are not instantly available to come to the phone, because we are normally in classes, seminars, and workshops. Messages can be left on the Director's cell phone (505) 999-8848. We commit to returning your call within half a day, and to giving you honest, up-to-date info about your child.

**\*\*Please do not call the Camp Wekeela number. This phone is not in use during our session.**

### **CONTACT INFO**

If you will be away from home while your child is at Camp please e-mail us dates, alternate emergency contacts, and/or away-from-home phone number(s).

### **GUIDELINES FOR PARTICIPANTS:**

C-A-M-P is a community built on respect. We expect all our participants to respect the rules of Wekeela the the C-A-M-P session.

Bullying:

- If a camper bullies others, thus jeopardizing their emotional and/or physical safety, we will contact

parents immediately. Dismissal may result from bullying.

#### Drugs, Alcohol, and Smoking:

- Campers are not permitted to possess and/or consume alcohol or illegal drugs or cigarettes at camp. This will result in dismissal from camp, with no fees refunded.

#### Eating Disorders:

- The prevalence of eating disorders among adolescents is increasing as part of our commitment to keeping children safe, C-A-M-P is a non-dieting camp. Anyone who does not eat healthily will be sent home.

#### Sneaking Out:

- We expect campers to stay in their cabins after lights out. We know that "sneaking out" is endemic among teenagers in many coed summer camps. When camps "passively" allow campers to sneak out (by not enforcing their rules) some campers engage in activity that is not appropriate.
- This is not safe for them emotionally or physically, and C-A-M-P does not allow it. We believe C-A-M-P's obligation to you includes keeping your children in their cabins at night.

We give the following information very clearly to the teenage campers at the beginning of camp. We have zero tolerance for sneaking out. In order to motivate our older campers (and CITs) to stay in their own cabins at night, every night, we impose serious consequences.

1. The first time a camper is caught out of his/her bed during the night, we phone their parents.
2. The second time a camper is caught out of bed during the night, we will send him/her home immediately, with no camp fees refunded.

3. Because campers are so tempted to sneak out the last night of camp (and since we cannot send a child home as a consequence if they are already going home the next day), we use the following consequences:

- Any camper out of their cabin during the last night of camp will not be allowed to come back to camp next summer.

## **SECTION 4- GENERAL INFORMATION:**

### **CABIN PLACEMENT**

We know that being in a cabin with their friends is very important to children, and we respect that need, which is why we try hard to deliver on children's cabin requests. We also believe that children grow and thrive when they make new friends. Camp is about making friends and inclusion.

When we make cabin lists, we factor in requests, age, grade and personalities. We do our best to create groups that work well, and we need you to trust us to do that.

The C-A-M-P mission is to create a safe place for children to play, learn, grow and have fun, while caring for them and supporting them.

We do not guarantee cabin placement, nor do we tell people what cabin they're in before camp. Please tell your children all this before camp, and help them to trust us on cabin placement, by assuring them that more than anything, we want them to feel safe and happy at camp, and to place them in a cabin that will be their second home.

### **HOMESICKNESS - PREVENTION & CURE**

Camp is wonderful, but it doesn't always feel that way instantly. Many children go through a few days of

homesickness until they adjust to camp. Homesickness is natural. It happens to young children and older ones too, and not only to first-time campers. It's important for children that we acknowledge the reality of those feelings, and take positive steps to help them get through that stage. Counselors are trained to deal with homesickness by giving children close personal attention, helping them make new friends and get engaged in fun new activities.

## **WHAT CAN PARENTS DO TO HELP BEFORE CAMP?**

- Speak openly of homesickness. It can happen to anyone. If your child knows that, it causes less anxiety.
- Don't say: "If you don't like camp you can come home." Children who are having difficulty adjusting to camp will then compound the problem by not giving it a fair chance. They may close their minds to adapting to camp, and focus instead on going home, since you offered that option.
- Do say: "If you feel homesick, tell your counselor. Don't hide it." Help your camper to know that we want to support him/her, and we can't do that as well if we don't know when he/she is having a hard time.
- Build your child's interest: Point out the fun of C-A-M-P. Be positive about how you felt going away from home.
- AVOID statements like: "I'm going to miss you terribly." You don't want to make your children feel awful about leaving you. They need to feel loved, but not to fear you'll be desolate in their absence.
- While painting a great picture of camp, mention the not so great realities too. There should be no

surprises when a child discovers mosquitoes, and that you have to make your own bed at camp.

- Most important - Give new campers lots of information.

Q. What are the bathrooms like?

A. In the cabins, but nowhere near as nice as at home.

Q. Are there bugs?

A. Only at twilight, and repellent works.

Q. What are the counselors like?

A. Friendly, fun and caring.

Q. Will I make new friends?

A. Yes, and it happens fast.

Q. Will I get mail?

A. Every weekday night after dinner.

- Explain that there won't be any phone calls to or from home. Boost your camper's "emotional readiness" for camp by making it clear that at camp, the strategy for getting help and support is to turn to those new friends, your counselors, as opposed to the telephone. Tell your child camp policy about the phone.

- Write letters to arrive before he/she does. Write often!

- Read books about going to camp. The best one we know is *Off to Camp* by Myra Pravda. To order it, phone or fax (513) 791-4096 or via website: [www.offtocamp.com](http://www.offtocamp.com). (It costs \$8.95 + \$3.50 shipping).

- Prepare yourself for the separation. Expect mixed emotions.

**ONCE YOUR CHILD IS AT C-A-M-P**

Camp is a positive experience. Parents have mixed feelings about separation; don't share your negative feelings with your child; your negative feelings increase theirs.

- Write letters that focus on the positive, not on how much everyone misses them.
- If you get an "I hate camp" letter, don't panic. It's common for campers (especially new ones) to write a letter saying: "The food sucks! Camp sucks!" This is normal. Complaining to parents empowers children. They often do reveal more to their parents. If you get a very negative letter, please call and alert us.

## **FREQUENTLY ASKED QUESTIONS**

1) Can I talk to my child at camp?

NO. Adjusting to camp is a hard job for some children, and talking to parents often makes homesickness much worse. The second exception would be in the case of an emergency.

2) Can I send my child a fax or can my child fax me?

No. We do not allow campers to have faxes. If we did we would need to employ a full time staff member to receive/send faxes and reload toner/paper.

3) I'll be in Europe while my child is at camp. Can I fax/phone/e-mail?

No. Sorry, but so many of our camper parents DO travel while their children are at camp, that we would need a full time phone line for those calls, if we were to allow them. Also, once again, there is that pesky fairness issue. Hence the simple rule which applies to everyone.

4) How can I find out how my child is doing? (adjusting to camp, health-wise etc.)

We will take a message and the Head Counselor

will return the call. We promise to return ALL calls within half a day.

5) How will I know if my child is not doing all right at camp?

If your child is having significant difficulties of any kind, we will contact you to discuss solutions and problem solve together.

6) Does my child need a sleeping bag or bedding?

Yes, bedding and/or sleeping bag the nights are cold so both are useful.

7) Can I send my child candy?

No. Three reasons: 1. We do not want to create friction between campers by some kids having special treats and others not having treats. 2. We do not want to attract animals to camper cabins. 3. We have children with life-threatening food allergies and we do not want to risk a child having an allergic reaction to a treat brought into a cabin.

8) What if I send enough treats for the whole cabin?

No. See reason 2 & 3 above in question 9.

9) My child is kosher; will they be able to eat kosher at camp?

Yes. We have a full vegetarian meal alternative whenever we serve meat.

10) Does the medical form need to be filled out by a doctor?

Yes. Both Parents and the physician need to sign off on the medical form.

13) My child is a vegetarian. Will there be ample food for them to eat?

Yes, we offer a vegetarian option at every meal.

14) My child wants to bring a GameBoy, cell phone and DVD player camp.

Well?

Your child is going to have a fantastic, enriching break from life in front of a video screen this

summer!

**REFUNDS-** Any requests for Camp refunds must be made in writing and received at least 4 weeks prior to the first day of camp for a prorated refund. There will be a \$500 service charge for refunds meeting these criteria. Any refund requests made after 4 weeks prior to the first day of camp will not be eligible for a refund.

## **BIRTHDAYS**

☐All birthdays will be celebrated at camp. Our celebrations include announcements, group songs, birthday surprises, and cabin parties. You also may want to plan this as a call day by contacting us in advance.

## **ITEMS LEFT BEHIND AT CAMP☐**

If we find a lost item, we will make every attempt to identify its owner. Once traced, we will mail or ship the item back home after camp closes in August. Any items that are not marked with camper identification and cannot be traced will be donated to charity.

## **SECTION 5 - MEDICAL INFO**

### **MEDICAL FORM**

Some parents ask us to use last year's medical form. We can't do that. We REQUIRE a new medical form every year. Include a photocopy of health insurance card. Without a completed and signed Medical Form we are BY LAW not allowed to provide any medical treatment for your child.

We cannot take responsibility for a child unless we have a

signed Medical Form before he/she arrives at camp. They must be mailed or faxed before the children arrive. No camper will be at camp unless we already have their medical form in hand.

Our medical form has a section for your doctor to fill out. You may not do this yourself. We do require a doctor's signature.

## **MEDICATIONS AT CAMP**

We do not allow campers to keep or take any medications in their cabins. Why?

- 1) Camp counselors cannot be responsible for administering medications.
- 2) Because of the potential for overdose.
- 3) Even the most responsible children can easily forget to take their pills.

Please explain to your child that the only medication he/she may keep in the cabin and self-administer is an inhaler for asthma, and that our nurse Jill is very careful to keep medications confidential. If your child needs an inhaler, send at least two. One stays with the child, the other (labeled) goes to the health center in case the first one gets lost.

All medications must be stored in and administered by our Health Center. If your child is coming to camp with medications, label them and give them to Nurse Jill upon arrival to C-A-M-P.

Don't send over-the-counter medications "just in case". We stock plenty of Tylenol, ibuprofen, cough syrup etc.

Camp staff cannot accept verbal medical information.

## **LIFE-THREATENING ALLERGIES**

There are children at camp with life threatening nut

allergies. Please help us keep them safe: **DO NOT SEND YOUR CHILD to C-A-M-P WITH ANY FOODS CONTAINING PEANUTS OR OTHER NUTS.** Because of children with life-threatening allergies to peanut butter, nuts and sesame, our dining hall does not serve peanut, nut or sesame products. Seriously allergic children come to camp; we are committed to providing them with the safest possible camp experience.

To do that, we need you to do the following if your child is seriously allergic: **TELL US!** Make sure the allergy info is on the Medical Form, that the Medical Form gets to us well before your child does, and in addition, for your child's safety, e-mail or phone Dr. Shahna or nurse Jill before camp to make a safety plan for your child [info@c-a-m-p.net](mailto:info@c-a-m-p.net).

If your child has a life-threatening allergy, we **REQUIRE** that he/she come to camp with 3 Epi-Pens.

## **VEGETARIAN & ALLERGY DIETS**

We have an excellent vegetarian menu, and can accommodate food allergies. **PLEASE LET US KNOW IN ADVANCE IF YOUR CHILD HAS A SPECIAL DIET (I.E. VEGETARIAN, VEGAN, GLUTEN FREE OR OTHER SPECIAL DIETARY NEEDS TO ENSURE OUR CHEF CAN PLAN APPROPRIATE MENUS).** For lactose intolerance children, please let us know at time of registration so that we may have lactose free milk on hand. We can supply it with advance notice.

