



The Connection 2010

Important Information for Parents and Campers

Camp Phone (989) 739-3571 info@CampCedarRidge.org

ARRIVAL and REGISTRATION Information:



DEPARTURE TIMES and PICK-UP PROCEDURE:

- For Horse, Boys, Girls, Camp101 and Science Camp Sessions, arrive Sunday between 4:00 and 5:30 pm. Please no early arrivals
- Family Camp and Culinary Camp begin on Monday between 4:00 and 5:30 pm.

Registration begins promptly at 4:00pm.

Registration is in the Commons area (the Dining Hall if raining). If you are not sure where to go, look for staff members wearing red shirts. They will happily point you in the right direction. Please let us know if you are not able to arrive during the designated times.

There are three areas you will see during registration:

- **Tent Assignment** - Get your living assignment and Morning Watch book.
- **Business Table** - Turn in your Tuck Money and pay camper fee balances.
- **Health Center** - Turn in medications. At the Health Check-in, be advised that we do a head and foot check - screening for head lice and planter's warts.

Parents, Sunday registration can be a busy time trying to get your camper settled in. This summer we will have a white canopy set up just for you with tables, chairs, refreshments and additional information. We hope this relieves some of the stress of the day!

WHAT TO BRING TO REGISTRATION:

To comply with state regulations we must have a **SIGNED REGISTRATION FORM and HEALTH HISTORY FORM** to allow your child into camp. This is a firm requirement. Please be certain that YOU as a parent/guardian have signed both forms and that they are IN CAMP. In order to speed up registration, please send ALL FEES AND FORMS to camp **one week prior** to your arrival at camp. (It really HELPS!) But if you didn't, it is okay. Just bring extra patience and the following items:

HEALTH FORM and PARENT QUESTIONNAIRE
(if not previously mailed in)

MEDICINES - It is required that all medications and vitamins for campers be dispensed by our nurse. Be sure that each is in ORIGINAL CONTAINER and labeled clearly with camper name and directions.
TUCK MONEY (if not already turned in)

- **Horse, Boys, Girls, and Family Camp** : Camp concludes on Saturday at 10:00 am. Pick-up between 10:00 am and Noon.
- **Camp 101:** Concludes on Wednesday at 10:00 am. Pick-up between 10:00 am and Noon.
- **Science Camp and Culinary Camp:** Concludes on Friday at 4:00 pm. Pick-up between 4:00 and 5:30 pm.

If you will not arrive by the designated pick-up times, please call us so that we can inform your camper.

CHECK-OUT: As you exit camp, by the camp gate, we ask you to sign-out the campers in your vehicle.

CUSTODY CONCERNS: In families with strained relationships, be certain to specify on the **PARENT QUESTIONNAIRE** if we need to be particularly vigilant supervising your child's release.

HOMECOMING: Do something special! A favorite meal, banner or note. Expect that your child will need extra rest and sleep. It has been a busy week. Listen as your child shares their experiences. It has been a significant week in their life. Share in it! Ask lead-in questions such as "What was the most fun?" or "What are the names of new friends that you made last week?"

VISITING DURING THE WEEK

Please phone ahead and make arrangements with camp administration. Thank you!

Directions and a map of camp are available at:
www.CampCedarRidge.org

The Connection is the information you need to make attending camp enjoyable from the beginning to end!

PACKING TIPS FOR CAMP

- Pack comfortable clothes that **you are not afraid to get dirty or lose**. New clothes are not compatible with the camp environment.
- Shoes must be worn at all times. Send a couple pair of shoes - old ones.
- Have your younger campers help you pack their suitcase. They need to know what is packed and where to find things.
- Nights can be COLD and days can be HOT. Please check to insure that a **warm jacket** has been packed. Also double-check to make sure the **swimsuit** is there to cool off on hot afternoons.
- We recommend labeling clothes with your child's name or initials. You may be happily surprised to see all of it come home at the end of camp. It is also helpful to label suitcases, sleeping bags and even pillows with name and phone number. This is important if the luggage is left at camp, church or on a church bus.
- Be sure your child's name is in their Bible.
- We recommend including a fitted twin bottom sheet. It prevents nylon sleeping bags from slipping off bunks.
- You might also want to consider packing your child's old / spare pair of eyeglasses or contact lenses.
- **Horse Riders:** For safety, long pants and heeled shoes or boots **MUST** be worn during horsemanship classes and for free-time riding.
- **Swamp Stomping:** If you want to go swamp stomping, bring old, dark clothes and old shoes.

TUCK SHOP - Camp Store

The Tuck Shop is open during Free-Time. You deposit money into an account at the beginning of the week. As you spend, money is subtracted. Money not spent is returned to you at the end of the week. Most campers bring \$20 - \$50.

- You can buy clothes, pop, candy, stuffed animals, key chains, postcards, stamps, and Bibles. T-shirts are around \$15, hooded sweatshirts around \$25-30.
- Spending for snacks is limited to approximately \$1.50 per day (the equivalent of a pop and a candy bar). There are no limits on Sat. morning.
- Tuck money is also used for Free-Time Horse Riding (\$3 for 15 minutes of ring riding or \$7 for a trail ride), free time crafts, awards and pins.
- Campers will also have an opportunity to contribute to our camp missionary projects.

Tuck sheets that detail a child's daily spending history are available for review. We attempt to prevent "overdrawn" accounts, however, in the event that a child spends more than deposited, parents are responsible for the difference.

What to bring:



- Pajamas, (Robe)
- Shorts, Slacks, Jeans
- Shirts, Tops
- Jacket, Sweatshirt
- Underwear and Socks
- 2 pair of shoes (NO sandals or open-toed shoes)
- Heeled Shoes/Boots for Riding Horses
- Modest, one-piece Swim Suit
- OR light tee-shirt cover-up for 2 piece swimwear
- Soap, Shampoo, Toiletries
- Toothbrush, Toothpaste
- Washcloth, Towel, Beach towel
- Bible, Notebook, Pencil, Pen
- Comb, Brush,
- Stationery, Stamps
- Medications and vitamins **in their original containers** (handy for registration)
- Sleeping bag (Slumber bag is not warm enough)
- Pillow - Fitted Twin Sheet - Blanket
- Bug Repellent (no sprays)
- Camera
- Flashlight, batteries
- Sunglasses
- Laundry bag, plastic bag
- Watershoes
- Rain poncho – umbrella
- Chapstick
- Waterbottle
- Long John Underwear

BE SURE TO LABEL EVERYTHING WITH YOUR NAME.

What NOT to bring:

- Technology:** i-pods, cd players, cell phones, hand held games, etc.
- Weapons:** knives, semi-automatic rifles, handguns, lighters, sling-shots, fireworks.
- Illegal Items:** drugs, alcohol and cigarettes.
- Food:** any candy, snacks and gum.
- Magazines:** Teen culture, pornography.



Lost and Found

- Call or email camp as soon as you know an item is missing. The sooner you respond, the more likely an object is to be found.
- Lost and Found items are returned C.O.D. via U.S. Mail - simply for us to recoup the postage expenses.
- Expect that it may take a couple of weeks for us to find, box and mail lost and found back to you. Items left at the end of the season are either put into use around camp or donated to needy individuals.

HEALTH

Please DON'T SEND YOUR CHILD TO CAMP SICK !!!

Camp is no fun if a child is going to spend the week in the Health Center. (Call us and we will work together to switch to another week or refund fees).

Please complete the Health History carefully, it is a necessary and helpful document in an emergency. Be as accurate as you can be, especially with the year of the most recent Tetanus booster.

We do not use immunization records as a screening device.

It is required that all medication and vitamins be dispensed by our nurse. Send medicines and vitamins, 1) **in original containers**, 2) **labeled with child's name**, 3) **giving details of dosages, schedule and other instructions**.

There is no need to send Tylenol, Pepto Bismol, peroxide, Band-Aids as we have "the basics" on hand for all. **CAMPERS CAN KEEP:** Inhalers and Epi-pens. We recommend a hip pack for keeping these with your camper at all times. Please let the nurse know.

BEDWETTING: If you are sending a child who may wet the bed, please make note of this on the Health History and again on the Parent Questionnaire. Also please consider sending along a rubber sheet or other parents have sent "Pull-Ups" for evening protection.

PLANTER WARTS: Should your camper have planter's warts - we recommend sending "water shoes" for shower and pool, otherwise we cover the area with athletic tape in order to prevent the spread to others.

HEAD LICE: If your camper has had head lice in the last month, please re-check before sending them to camp.

FOOD: If your camper has special dietary needs, please send along the needed food substitutes. We will gladly store, prepare and serve the foods you send up. Indicate food allergies and special needs on the Health History. The Nurse and Cooks work hand-in-hand. Three full meals are served daily. Peanut butter and jelly sandwiches are available for campers who don't like a meal if there is no one with a peanut allergy. (Our food gets rave reviews from campers!) We intentionally plan food kids like!

Our nurse operates within a set of physician-approved standing orders. When we need to seek additional medical input from a walk-in clinic, emergency room or doctor's office, we will contact you by phone, keeping you in the decision-making loop regarding your camper.

HOMESICKNESS

Most children are homesick at some point in their stay at camp. You can do a lot to help your child in the separation experience:

- For first-time campers, have your child spend a weekend apart from you at the home of a relative or friend.
- Do not talk about homesickness. It is best not to even mention the word, unless your child brings it up. The power of suggestion plants doubt in a child's mind, then they may negatively focus on being away from home instead of positively focusing on all the fun of camp. If your child does bring it up that is the time to talk about ways to ease the stress of being away from home. Explain to them that most children are homesick at some point in their stay at camp; it's a normal thing that reflects their love for their family. Your camper should feel free to tell their counselor how they are feeling. Counselors have had special training on how to handle homesickness.
- Please do not suggest to your child that you will phone mid-week. Please do not ask your child to phone home. (Campers are only allowed to phone home if extremely homesick and other interventions have not solved the problem).
- Please do not tell your child that you will come get them.
- (We know that you are willing, but when you suggest the possibility, you reduce your child's stay-ability).
- Drop off day has its own unique stress which can bring on homesick feelings. Your attitude can do a lot to reduce this stress, be encouraging and enthusiastic. If your child becomes teary at the actual time of parting, give your child a quick hug, then turn and walk away. Linger only makes the situation worse and your child is more likely to adjust if they think you expect it of them. Children may exhibit homesickness if they think that their parents "need" them. You may be struggling to leave your child at camp, but be positive. These separations are a natural part of growing up.
- **SEND YOUR CHILD TO CAMP FULL OF ANTICIPATION** - for new friends, new experiences and learning opportunities. Be Enthusiastic and Encouraging! With this "preventive medicine" your camper will be expecting a special week.

THE HFCC EXPERIENCE

Living together in a Christian community means we have rules which everyone follows. We treat each other in a loving, respectful way. Teasing, bullying and other negative behavior will not be tolerated.

Parent - Camper Communication

MAIL AT CAMP: Write **EARLY** in the week!! It takes 3-4 days for mail to arrive at camp. Friends and family can write to your camper at this address:

Camper Name
Huron Forest Camp CedarRidge
or HFCC
1154 W. River Rd.
Oscoda, MI 48750

MAIL TIPS

- Do not send extra Tuck Money (camp store) midweek.
- Do not mail food "care" packages to campers.
- Please no fax letters! We do not have a dedicated fax line.
- Be sure that your camper has your full home address. Address envelopes home or to Grandma for your youngest children. Some wonderful letters never make it home because the envelope is incorrectly / incompletely addressed.
- Be newsy. Do not highlight events camper is missing. Don't go on and on about how much you miss your child; they are left feeling responsible / guilty for how bad you feel. Be positive about how much fun your child is having at camp. Let them know that you are proud that they are at camp and taking steps of independence.

EMAIL YOUR CAMPER

We are again using Bunk1.com to collect email from you to your camper.



- If you have an account from last summer, there is no need to re-register. You can continue to use the same username and password.
- If you need a new account, visit our website at www.CampCedarRidge.org and look for the Bunk1.com link.
- Click the flashing "Camper Email" button.
- Click the "Register Now" button.
- Enter your Pre-Approved Registration Code: 7527hur5
- Fill out the required information.
- Purchase Bunk Notes with your credit card.
- Send an email to your camper!

OVERNIGHT MAIL: Use Federal Express or UPS only!

Do Not Send Overnight via US Postal Service. They will not deliver USPS Overnight Mail into camp. We can't make the 30 mile round-trip into town for this mail.

"Chosen as His"

Summer Theme - 2010

2010 Memory Verses

1 Peter 2:9

"But you are a chosen race, a royal priesthood, a holy nation, a people for God's own possession, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light."

Boys Week

Family

Girls Week 1

Girls Week 2

Girls Week 3

Culinary

Science Camp

Camp 101

Mighty Men of Valor

Happy Holidays

Lights, Camera, Action

Week at the Museum

Winter Wonderland

Come and Get It!

Mythbusters

Treasure Island



TENT/CABIN ASSIGNMENTS

Camp is a wonderful place to make new friends. While we try our best to honor housing requests, you can add to your child's camping experience by describing the joy of meeting new people and making new friends. Each cabin or tent has one counselor and seven campers. On the camp registration form, each camper may request one friend of the same grade with whom they'd like to live. Acknowledging the unique developmental stages of each age, we group campers by grade. Three friends may be housed together. Four friends will be split into two pairs in separate living units. Please support our decisions in this matter!

To apply for an exception to our age guidelines, please send a note to the Registrar. Older campers can be moved into a younger living unit. Please write a note to the Registrar in advance if your child should NOT be housed with a specific child (from your church, a twin, a cousin, and so on). Such reassignments can not be made during registration at camp.