

FRIENDS CAMP

2010 Camper and Parent Handbook

Dear Campers and Parents,

Thank you for signing up for a session or two at Friends Camp! I wish to welcome you to Friends Camp or welcome you back for another summer. It is my hope that all of our campers have a wonderful time and that each camper has the opportunity to grow emotionally and spiritually during their time at camp.

It is our goal to create a loving and caring community for all of the children who attend Friends Camp. You may ask: How do we create this community? Well, we work very hard to create a camp that is welcoming and friendly; we affirm differences and honor diverse beliefs; we encourage spiritual growth; and we offer role models that help young people understand the importance of having the courage, knowledge, faith, and strength to live out their values in the world.

For new campers and parents: please spend some time talking about what to expect at Friends Camp. A parent's confidence in a child's ability to be away from home will go a long way toward helping the child to have a wonderful time. It is best for both child and parent to discuss any possible worries before attending camp and, if needed, to talk with me before the start of camp.

It is very helpful to the overall management and efficiency of Friends Camp that you send in your tuition payment prior to the first day of camp. We encourage you to avoid late fees, so please remember that full payment needs to be postmarked prior to June 6, 2010. A twenty-dollar late fee will be added to all unpaid balances on June 6th.

We have made a few changes in the 2010 summer calendar, so please take some time to read this booklet. If you have any questions or concerns, please call 207-873-3499. After June 6th you can reach me at 207-445-2361 or you can send me an e-mail at any time at director@friendscamp.org. Please remember that our web page (www.friendscamp.org) is a wealth of information, including forms and check lists.

In Peace,



Nat Shed, Director

Welcome to Friends Camp!!

You are signed up for the following session(s):

<input type="checkbox"/> Jones Camp Two Weeks	(Ages 7 to 12)	June 27 – July 10
<input type="checkbox"/> Week One – Jones	(Ages 7 to 12)	June 27 – July 3
<input type="checkbox"/> Week Two – Jones	(Ages 7 to 12)	July 4 – July 10
<input type="checkbox"/> Drama Camp I	(Ages 7 to 12)	June 27 – July 10
<input type="checkbox"/> Dyer Camp	(Ages 10 to 13)	July 11– July 24
<input type="checkbox"/> Drama Camp II	(Ages 10 to 13)	July 11 – July 24
<input type="checkbox"/> Fox Camp	(Ages 12 to 17)	July 25 – August 7
<input type="checkbox"/> Fell Camp	(Ages 12 to 17)	August 8 – August 21
<input type="checkbox"/> Fell Camp - Baxter State Park Trip*	(Ages 12 to 17)	August 8 - August 21
<input type="checkbox"/> Drama Camp III	(Ages 12 to 17)	August 8 – August 21
<input type="checkbox"/> Mott Family Camp	(Ages Birth to Adult)	August 22 – August 28

* You must be signed up for Fell Camp to go on the Baxter State Park trip

Please read this handbook and keep it as a reference!

To avoid a late fee, remember that full payment and all health information needs to be mailed in prior to June 6, 2010.

Friends Camp (June – August)

729 Lakeview Drive, South China, ME 04358
Summer Office: 207-445-2361 / Fax 207-445-5451
Summer Cell: 207-458-1306

Friends Camp (September – May)

25 Burleigh Street, Waterville, ME 04901
Winter Phone and Fax: 207-873-3499

director@friendscamp.org · www.friendscamp.org

New England Yearly Meeting of Friends

What Happens on Arrival Day?

Opening day for each camp session is a very exciting time for counselors, campers, and parents. **Please schedule your arrival time between 2 PM and 3:45 PM on Sunday. Pick-up time is one week (Jones Camp) or two weeks later, between 9:45 AM and 11:45 AM on Saturday.** In order to make the camper sign-in process go smoothly and more quickly, we ask that parents mail in the final payment and any additional transportation fees prior to June 6, 2010. You also need to mail in the camper's health form and a copy of both sides of your insurance card at least three weeks before the start of your child's camp session. **Please note that we charge a late fee of \$10 if full payment has not been received before June 6th, so please mail your check on or before the 3rd of June to avoid the late fee.** Please do not give your child any money, except what he or she will need if traveling with others or on a bus/plane. Place any money in an envelope with the child's name, the cabin name, and the amount on the outside of the envelope, and bring it to the sign-in table. Also, there will be t-shirts, sweatpants, sweatshirts, and water bottles available for purchase in the pine grove or in the Big Bird dining hall if it is raining. We will have a letter-writing table in our Big Bird dining hall with paper and envelopes, so that you can leave a letter or two for your child. Please do not forget to pack a laundry bag with a tie string or zipper, please no pillowcases. (The laundry fee is now included as part of the tuition amount for 2010.)



What to Pack?

We hope that parents will be proactive during the packing process for camp so that the camper does not bring too much clothing and does not bring anything that is on the Do Not Pack List. Valuable items or nice clothing should be left at home. Some of the cabins are small, so please try to limit luggage to one duffel bag or suitcase and a sleeping bag. **To help make those limits easier, we now have mid-session laundry service for all campers who are staying for two or four weeks.**

Necessary items:

(ALL CLOTHING AND ITEMS MUST BE MARKED WITH CAMPER'S FULL NAME)

- Casual clothing - Shorts, shirts, pants & jeans
- Underwear
- Two white cotton t-shirts for craft projects (tie-dye, screen-printing, and batik)
- Sleeping bag / Single sheets / Blanket / Pillow
- Sleeping pad (optional for island overnight and/or stargazing sleepover)
- Sneakers / Sandals / Socks
- Sleepwear
- Sweater / Jacket
- Raincoat / Poncho
- Swimsuits / Towels
- Toothbrush / Soap / Comb / Brush
- Flashlight / Water Bottle
- Hat / Sunscreen / Insect Repellent (Non-aerosol)
- Paper / Envelopes / Stamps
- Laundry Bag (You must bring a laundry bag with tie string or zipper)

Other items you may consider bringing: camera/film, books, cot size mattress cover, large beach towel, musical instruments, journal, baseball glove, games (non-electronic), stuffed animals, fun or funky clothing for the dance.

Campers may bring digital cameras, but a plastic one-time use camera would be a better option for our rustic setting. Please note that Friends Camp is not responsible for loss, damage, or theft of any item. Please make sure that your child's name is on the camera. Many digital cameras and one-time use cameras look alike.

What not to pack for camp:

- Electronic equipment
- MP3 & CD players and iPods
- Food and candy
- Cell phones
- Electronic games or toys
- Tobacco and illegal drugs
- Valuables
- Jewelry
- Movie cameras
- Money
- Televisions or radios
- Knives or any kind of weapon

Parents, grandparents and friends: please remember not to mail packages with food or candy! Note that the counselors will be proactive about enforcing these rules by looking in suitcases and in all postal packages.

Parents of teens and preteens, please make sure that all cell phones stay at home!

Again, we would very much appreciate it if all parents would supervise the packing process for new and returning campers. This kind of parental supervision ensures that items from the Do Not Pack List have not been included, and that important items have not been left at home. Please do not over-pack; all campers will have their laundry done on each of the Saturdays that they are at Friends Camp.

If you wish to have any forgotten items mailed home, the lost property fee mail fee is \$15 or \$20 for larger items.

Check In!

Parents who have paid the full tuition balance, who have sent in a copy of both sides of the insurance card, who have completed all four pages of the new health form, and who have a child without medications or any medical concerns will be able to use the **fast check-in line**. Parents who still need to make payments or whose children have health or medical issues will need to go through the **regular check-in**, including the payment table line and the Health Hut line. Medical staff will collect medications (including vitamins) for the Health Hut and go over the information on the medical form with the parents. (Be sure to bring just enough medication for your child's time at camp.) Families will meet the cabin counselor, who will show them to the cabin, and the camper will be able to unpack. Between 3:30 PM and 3:45 PM, campers need to change into their swimsuits. The bell will ring at about 3:45 PM for all campers to gather near the Big Bird dining hall bell for a walk to the lake for the swim check. This is an ideal time for campers and parents to say goodbye.

What Happens During the Camp Session?

During the session, the camper will choose programs, participate in activities, make friends, and make new discoveries. The campers will participate in Meeting for Worship and Meeting for Business. All of the campers take an active role in developing their community. We ask for their ideas and suggestions. Some of the program activities involve field trips. Campers could also have an overnight canoeing and camping experience to Indian Island on China Lake. During each session, campers can look forward to some wonderful traditions like the Special Day, an evening of rhythmic movement to loud music, a wonderful camper variety show, and a possible visit from the Were-porky!

Friends Camp Code of Respect:

- We are a community built on trust and respect.
- We ask that campers tell the truth.
- We ask campers to refrain from any words or actions that could cause emotional or physical harm.
- We ask that our campers not use drugs, alcohol, and tobacco, or participate in sexual activity.
- We would like campers to have inclusive friendships.
- We ask campers to please remember that being part of our community means that they need to respect themselves, other campers, the staff, and Friends Camp.

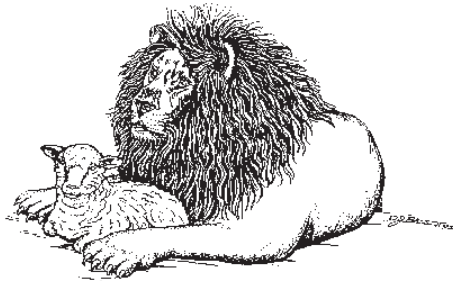
We have had very few problems with campers not conforming to the Code of Respect, but when we do have a problem, we like to use it as a teaching moment so that there is an opportunity for personal growth. In some cases, when a camper has a hard time understanding the importance of the Code of Respect, we limit program time and free time. In other situations, we call the parents to get advice and reinforcement. In those rare instances when we are forced to ask a camper to leave, parents will be asked to pick them up right away or arrange for them to take a bus or plane home. We do not give tuition refunds when a young person leaves camp because of behavioral or health reasons..

Medication

Any medications, including over-the-counter medications, vitamins, and alternative remedies must be turned over to our Health Hut staff during registration. Please send just the right number of pills for the number days of camp. Keep them in the original container and make sure that we have the name of the youth, name of the medication, dosage amount, frequency, and name of the medical provider. Please do not take your child off any prescribed behavioral medications just prior to or while they are at Friends Camp.

Special Diets

Our cooks do a wonderful job of preparing nutritious and tasty meals. If your child has a special diet, please let us know. We can offer meals that are for diabetics and vegetarians. If your child has an allergy that requires particular food, plan to bring to camp the food products that he or she will need.



Friends Camp Daily Schedule

7:15 AM	First Bell
7:30 AM	Second Bell
7:45 AM	Breakfast Prep Bell
8:00 AM	Breakfast
8:45 AM	Work Crews & Free Time
9:30 AM	Meeting for Worship and Meeting for Business
10:00 AM	Morning Program Activities
12:15 PM	Lunch
1:00 PM	Rest Time
2:00 PM	Waterfront Activities
4:30 PM	Elective Activities
6:00 PM	Dinner
7:30 PM	Evening Activities (Mostly non-competitive games)
8:15 PM	Vespers (Watching the sun set over China Lake.)*
8:45 PM	Evening Program and then Snack/Bedtime*

*Age-appropriate modifications will be made to these times as days get shorter and campers get older.

Parental Notification

During each camp session, there may be instances when we need to be in touch with a parent or guardian. We do this when there is a health issue or discipline / homesickness concern. We do our best to reach you; if needed, we will leave a message with you and/or your emergency contact person. Any medical crises that cannot be handled by the camp will be referred to Maine General Hospital in Waterville. A parent will not normally be called about minor medical issues like an upset stomach, a headache, a scrape, or a bruise.

Homesickness

We realize that separation can be difficult for some parents and campers. It can take a day or two for some new campers to start to feel comfortable at camp. The counselors are very good at making sure that all the campers fit into camp life. We ask that parents work with the director and staff during this important transition. Homesickness is normal and curable! It is helpful if parents do not promise their child that they will pick up him or her from camp if they are sad or homesick. Letters from home help ease this feeling, and we hope that all parents and campers will write letters to each other. (See the next section.) Parents are welcome to call Nat Shed, Director, or Jeff Adelberg, Assistant Director, at any time to see how their child is doing. Phone calls to and from campers are not allowed because they can exacerbate homesickness and tie up the camp office phone.

Snail Mail and E-mail

Campers love to get mail! Please send at least one letter each week of camp. Most snail mail letters from out of state take two or more days to arrive at camp. Most letters from Maine take less than two days. Parents are welcome to e-mail letters to campers at **FriendsCamper@gmail.com**. However, campers will not be able to e-mail letters home. When writing to your child, make sure that the child's name, session name (i.e. Fox,) and the cabin name (i.e. Loon) are on each correspondence. Care packages are not necessary during your child's stay at Friends Camp. If you do find yourself needing to mail some very important items to your child, please remember not to include food or candy. Our address is (Camper Name) (Cabin Name) Friends Camp, 729 Lakeview Drive, South China, ME, 04358 USA. The e-mail address for parents to use to send a note to a son or daughter is **FriendsCamper@gmail.com**. Please limit your e-mails to just a few each week.

Tips and Donations

We do not allow our counselors and staff to accept tips. You are welcome to write a thank you letter to your child's counselor. Please consider making a generous donation to the campership fund and / or to the general fund that supports programming and much-needed capital improvement projects. Your donation of \$50, \$100, or \$250, or will help to maintain our excellent programs and buildings, or will help a young person attend Friends Camp.

Quakerism

The Religious Society of Friends or Quakers believe that there is that of God in every person and often refer to God as the Light Within. Friends believe in five testimonies: Simplicity, Peace, Integrity, Community, and Equality. Some people remember these five testimonies by the acronym SPICE. Quakers or Friends believe that all people should have the opportunity to develop their talents and skills under the leadings of the Spirit. Our witness for peace is an affirmation of the Light in every human being. Simplicity means that we strive to live more simply and with a willingness to share with others. At Friends Camp, these principles guide our interactions with each other. We respect and honor all faiths and beliefs and hope all of our campers will gain a deeper understanding of themselves as individuals and as members of a wider community. If your child is not Quaker, please remember that we are not interested in proselytizing. Most of the campers are not Quaker; they attend Friends Camp because of the interesting programs, great counselors, wonderful friendships, and the Quaker values that are a part of camp life.

What You Will Need to Pack for the Baxter State Park trip

We will provide tents, cooking equipment, and food. We have extra sleeping pads, water bottles, daypacks, and lightweight sleeping bags, so it is not necessary to buy these items for this trip. Please pack properly, because you will be sleeping in a tent for one or two nights during the second week of Fell Camp.

(ALL CLOTHING AND ITEMS MUST BE MARKED WITH CAMPER'S FULL NAME)

- **Sleeping bag:** A standard bag with synthetic fill.
- **Sleeping pad:** Therm-a-rest or hard foam
- **Footwear:** Lightweight hiking boots.
- **Water Bottles:** Bring two water bottles.
- **Socks:** One pair of wool socks (70% wool) or SmartWool socks.
- **Day pack**
- **Mess Kit:** Plate, bowl, fork, knife, spoon, and cup (plastic or light metal)
- **Baseball cap** or a hat with a full brim.
- **Rain Jacket and rain/wind pants**
- **Long sleeve synthetic shirt or lightweight coat**

Campership Fund

Please consider donating to the Campership Fund. In order to have enough money to meet the needs of all families seeking financial support, we greatly appreciate donations from those families who are able to contribute to this fund. Please mail your checks to **Friends Camp, 25 Burleigh Street, Waterville, ME 04901.**

May Work Weekend

We have a volunteer work weekend in the spring so that you can have the opportunity to help us with all the repairing, cleaning, painting, and constructing that needs to be done around Friends Camp. You and/or your family are welcome to attend the spring work weekend on May 14 - 16, 2010. Please call or e-mail (director@friendscamp.org) ahead of time so we can get a good count for meals and tell you what kind of tools to bring. Cost for food: \$15 per person (Optional).

The Annual Friends Camp Mount Monadnock Climb - October 2, 2010 (rain date October 3)

A fun-loving group of families, campers, and counselors will gather on Saturday, October 2nd (or on the rain date Sunday, October 3rd) at 10:30 AM to climb Mt. Monadnock in Jaffrey, New Hampshire. This is a short hike with wonderful views; on a clear day, you can see Boston and the White Mountains. Please e-mail us or call the winter office between September 29 and October 1 to let us know if you are going to join us on this fun hike. For last-minute information, my cell number is **207-458-1306.**

Late Payment Fees

It is very helpful to the overall management and efficiency of Friends Camp that your tuition payment is sent in prior to the first day of camp. We encourage you to avoid our new late fees, so please remember that full payment need to be postmarked prior to June 6, 2009. A ten-dollar fee will be added to all unpaid balances on June 6th and a second ten-dollar fee will be added to any tuition payment that is paid on first day of the camp session.



Places to stay in central Maine

Maine Idyll Cottages\$69-\$110

50 minutes south of camp – 1411 US Rt. 1, Freeport, ME 04032

207-865-4201 · maineidyll@yahoo.com · www.maineidyll.com

The Copper Heron B & B\$95

(Discount for Friends Camp families)

20 minutes north of camp – 130 Main Street, Unity, ME 04862

207-948-9003 · cuheron@adelphia.net · www.copperheron.com

The Cabins on China Lake \$100

4 minutes north of camp – 1270 Lakeview Drive, South China, ME 04358

207-968-2581 · info@chinalakecabins.com · www.chinalakecabins.com

Maple Hill Farm & Inn \$130-\$205

(Very nice country setting)

25 minutes south of camp – Inn Road, Hallowell, ME 04347

207-622-2708 · www.maplebb.com

Senator Inn and Spa-Best Western..... \$125-\$180

(Just off the turnpike in Augusta.)

20 minutes south of camp – 284 Western Ave., Augusta, ME 04330

207-622-5804 · www.senatorinn.com

Hampton Inn (Full breakfast)\$169-209

(Near I-95 with pool & fitness facility)

20 minutes northwest of camp – 425 Kennedy Memorial Drive, Waterville, ME 04901

207-873-0400

Econo Lodge (Continental breakfast).....\$130-140

(Near I-95 with nice clean rooms)

20 minutes northwest of camp – 455 Kennedy Memorial Drive, Waterville, ME 04901

207-872-5577

Holiday Inn (Restaurant)..... \$140

(Near I-95 with pool & fitness facility)

20 minutes northwest of camp – 375 Upper Main Street, Waterville, ME 04901

207-873-0111

Lake St. George State Park\$25

(Very nice beach)

20 minutes south of camp – Route 3, Liberty, ME 04949

207-589-4255

Friends CampFree

(Tenting area - bathrooms - sorry no showers - sorry no fires)

2 minutes from Friends Camp – Lakeview Drive - Fire Road 41, South China, Maine

207-445-2361 · director@friendscamp.org · www.friendscamp.org

