



2010 Camp Handbook

FOR PARENTS, GUARDIANS & CAMPER'S

Thank you for registering your camper for Camp Wilani. Our goal is to make sure every camper has a great time at camp. We need your help to make that happen. Please read through this packet thoroughly. It contains information about what to bring to camp, how to prepare for camp, and more. We have also included the **HEALTH HISTORY FORM** that must be filled out and returned to us at least two weeks prior to your child's attendance at camp.

If you have questions after reading this packet, please do not hesitate to call us at 541-342-6338 x106 or e-mail us at campfireusa@wilaniconcil.org. We look forward to seeing you and your camper at Camp Wilani.

Important Contact Information:

Questions and non-emergency information calls: 541-342-6338

Or toll free 1-877-945-2641

After hours emergency calls: 541-341-8130 (pager)

A staff person will return your call as quickly as possible.

IMPORTANT DATES/DEADLINES

Camp Wilani Sneak-A-Peak Open House

June 5 10AM-Noon

Tour the site, meet camp staff, learn a little about our programs

- ❖ **Health History Forms and payment** must be received two weeks before your camper's week of camp or you will be charged a **late fee of \$40**.

ITEMS beginning with a ☆ require action from the parent and/or camper.

- ☆ **What to Bring:** Luggage is limited to one suitcase, one small bag or backpack, sleeping bag and pillow. Campers will be asked to carry their belongings.

Mark all belongings with the camper's name. Children sometimes forget what belongs to them in a cabin with 6-8 other children. We will be able to return items to campers if we know to whom they belong. *All lost and found items not claimed by Thursday September 10 will be donated to charities.*

- ☆ **Do not bring** jewelry, watches, radios, CD/tape/mp3 players, cell phones or pagers, TV's, tobacco, alcohol, illegal drugs, electronic games, hairdryers, curling irons, pocket knives or any type of weapon, fireworks, snack food, candy or gum. These items will be kept in the office until the session ends if found in camp.

- ☆ **Bring medications to check in.** Please have medication easily available to give to the nurse.

Arrival at Camp Wilani

Arrive at Camp Wilani between **3:00** and **4:00 PM** the **Sunday** of your camper's session. Parents stay with their campers until check-in is complete. Please be patient through the process as there may be lines.

Your camper will not be admitted to camp without a completed and signed Health History. This form must be turned in 2 weeks prior to the start of your child's session. The signed Behavior Agreement must also be on file prior to the start of camp.

Tell us about your camper. Any information you would like to share with us to make your camper's experience at camp more enjoyable should be written to the Camp Director, marked confidential, sealed and given to the staff member who is checking your camper into camp.

You will join your camper on the walk to their cabin, meet the counselor and then it is time to say good-bye. Have your parting conversation focus on what a great time your camper will have. Your camper will join his/her cabin and begin making new friends. As you drive from camp, remember that **the exit speed is 10 miles per hour** until you reach Bolton Hill Road. *Please Note: For the safety of our campers, NO visitors are allowed any time during camp.*

Mini Camp Arrival:

Mini campers arrive at 2PM Wednesday, Wed Aug 4th. Campers will follow the arrival procedures above.

☆ Health History Form

- ❖ Complete the Health History Form as specified. Campers may not attend camp unless they have a signed Health History Form.
- ❖ A physical exam with a medical professional is required within the past 24 months to complete the health form (July 08-Aug 10).
- ❖ The Health History Form should be mailed to the Camp Fire Office (380 Q Street, Suite 260 Springfield, OR 97477) **at least two weeks** prior to camp attendance to avoid a late fee of **\$40**.

☆ Medications

- ❖ All medications must be in their original containers with specific written instructions for use. All medications must be listed and described on the Health History Form. Unmarked medications will not be given to the camper. All prescribed medications **must have the camper's name on the original label**.
- ❖ All medications are stored, locked and dispensed under the direct supervision of the Nurse or Health Care Manager.

- ❖ If your camper has a known allergy to bee stings, or other severe allergic reactions, the camper must bring an appropriate treatment kit to camp.
 - ❖ If the camper has a history of asthma, he or she must bring medication for treatment. Even if the camper has not used the medication recently, camp activity, heat and dust can aggravate symptoms.
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☆ Mail

Campers love receiving letters. Please write cheerful letters and use encouraging language. In order to prevent homesickness, the content of a letter to a camper should focus on activities the child may be doing at camp and NOT on activities the child may be missing at home. Send mail to:

Camper Name, Session #_____

Camper e-mail: campers@wilanicouncil.org

Camp Wilani

24487 Bolton Hill Road

Veneta OR 97487

- ❖ It takes about two days for a letter to be delivered to Camp Wilani between Eugene and Veneta. Parents are encouraged to send a letter prior to the start of camp so that it is at camp waiting for the camper. Make sure not to send anything that would arrive at camp on Saturday.
 - ❖ Help your camper pre-address and stamp envelopes or postcards before leaving home so that sending letters to you is a simple process.
 - ❖ Care packages are great, as long as they do not contain food, sweets or gum. Packages that contain items to share with the cabin are well received.
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☆ Meals

Meals are catered, healthy and well balanced.

- ❖ Vegetarian options are available. Please indicate on the Health History Form that your child is a vegetarian.
- ❖ Food allergies or other dietary restrictions that require a special menu or preparation must have a signed physician's letter of instruction attached to the Health History Form. You may be asked to help supplement your child's diet.

Camp Wilani fun is active and campers need to replenish fluids. **Every camper needs a water bottle.** (Campers may purchase refillable water bottles at the camp store.)

Birthdays are a big deal at camp, too. Please tell us in advance if your camper will have a birthday at camp, and we will celebrate.

☆ HOHI a.k.a. the Hold Onto Health Initiative.

As families and community entities move forward to address the issue of childhood obesity and healthy, active lifestyles for children, Camp Wilani campers will participate in the HOHI project at camp this summer. HOHI will focus on helping youngsters measure their physical activity, teach campers to become attentive to the food they eat and expose youngsters to raising some food and herbs that will be a part of their camp meals. Links between families and their campers and Camp Wilani will be forged as children share with family's healthy recipes, healthy exercise choices and suggestions for family fun activities. To begin this initiative, families of campers are asked to bring **at least two healthy food items** from the list below to check-in. These healthy food items will be donated to the Veneta Food Pantry, an agency of FOOD for Lane County.

Healthy foods top our wish list!

FOOD for Lane County and Camp Fire USA Wilani Council are working hard to solicit food products that will meet the needs of an increasing number of people who have health problems such as diabetes and heart disease. These foods are highly nutritious, have great shelf life and tend to be more expensive to purchase. Households without money to consistently buy enough food often rely on high-calorie filler food to stretch budgets and stave off hunger.

- ❖ Please no home-canned or prepared food.
- ❖ Food must be in unopened, commercial packaging.

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| ■ Low-fat peanut butter | ■ Olive oil |
| ■ Low-sugar jam and jelly | ■ Chili or refried beans |
| ■ Canned diced or whole tomatoes | ■ Canned stew |
| ■ Corn meal | ■ Canned spaghetti sauce with meat |
| ■ Packaged brown rice | ■ Spaghetti noodles |
| ■ Canned or dried beans (pinto, navy, kidney or red) | |
| ■ Canned tuna fish, chicken or salmon | |
| ■ Packaged dried fruit | |
| ■ Low-sugar canned fruit | |
| ■ Unsweetened apple sauce | |
| ■ Low-sodium broth | |

This list was compiled for FOOD for Lane County with the help of OSU/Lane County Extension Service.



Camp Wilani Kapers

Camp Wilani is a community. To help campers feel responsibility and ownership of "their" camp, campers assist with camp kapers each day for 15 to 20 minutes. Kapers may include raising and lowering the flag, picking up litter from the grounds, maintaining the unit's porta-pottie, cleaning the shower room and other duties necessary to keep camp areas clean. Please encourage your camper to regard these activities as a "service" to the camp, rather than a chore. We believe in the adage, much beloved of another generation..."many hands make light work"

PHONE CALLS

The camp phone is restricted to business use. Campers are not permitted personal use of the camp telephone.

- ❖ We will be sure to contact you if necessary. Please be sure to list phone numbers where you can be reached while your child is at camp.
 - ❖ Do not ask your child to call you while he/she is at camp. Permission to use the phone will be denied.
 - ❖ **PLEASE, DO NOT SEND A CELL PHONE WITH YOUR CAMPER.** Disposable cameras are available for those wanting to take photos. Any cell phones will be collected and returned at the end of the week.
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☆The Camp Store

The Camp Store sells souvenirs, toiletries, stamps, flashlights, disposable cameras and more. Most campers bring \$10-\$20 per week which is collected and put on account in the store. **DO NOT GIVE YOUR CHILD CASH TO KEEP WITH HIM/HER.**

Homesickness

Attending camp is an important step for a child. Help your camper get ready for this adventure by being excited. As a parent, you need to emphasize that your son/daughter is "going" to camp rather than you are "sending" him/her.

Your camper will be making many new friends, living in a beautiful natural environment and learning many interesting, new things. Camp helps boys and girls become independent and help him/her practice taking care of their things and making decisions. Homesickness is a natural experience. Our counselors are trained to recognize and deal with homesickness. If your camper is concerned about homesickness, you should let him/her know that the counselors will be helpful and supportive. Please do not tell your camper, that he/she "can come home any time". Let your camper know that you want him/her to have fun and learn new things. Sometimes, the first letters home express the camper's homesickness. By Tuesday or Wednesday, campers are usually writing about the exciting and wonderful experiences to be found at camp.

☆ Camper Behavior Policies and Values

Camp Wilani offers a safe and wholesome environment in which boys and girls may learn and have fun. We expect behavior that is respectful and accepting of one's self, others and the environment. Any threat or harm or violence will be handled immediately and may be cause for dismissal from camp. Campers are entitled to a pleasant and harmonious environment at camp. In cases of serious behavior problems, parents will be contacted to determine if the child should remain at camp. Timely pick-up and expenses and transportation related to early dismissal from camp, for any reason, are the responsibilities of the parent/legal guardian. Campers are not eligible for a refund when campers must leave early due to behavioral problems. Please discuss appropriate behavior with your camper. **Both parent and camper must sign two copies of the Behavior Agreement sent with this packet.**

☆ At the close of Camp

CAMPER PICK-UP TIME

- ❖ Camp check out time begins at **9 A.M on Saturday** when the gate opens.
- ❖ Vehicles will drive slowly at 10 miles per hour into camp.
- ❖ Campers and their gear will meet families at the designated area.
- ❖ **PICTURE ID** will be required of everyone picking up campers.
- ❖ Please allow time for the staff to verify that you are a person designated to pick-up the camper. No camper will be released without verification.
- ❖ For the safety of all campers and the neighbors, do not exceed **the 10 miles per hour** speed limit until you reach Bolton Hill Road.
- ❖ Camp Wilani is Closed Saturday at 9:30 AM through Sunday at 3 PM. Please be prompt in picking up your camper on Saturday.

Post-Camp Letdown: Encourage your child to talk about what/she learned and did while at camp. Listen with patience to the many camp songs that have been a part of your child's day for a week. Our schedule has been a very important part of the days your child spent at camp. It may be hard for youngsters to transition immediately back into your family's time constraints.

☆ Directions to Camp Wilani

From Eugene (Travel time approx. 30 minutes from Downtown Eugene)

Take West 11th/HWY 126 to Veneta.

Turn left at light onto Territorial Highway.

Go $\frac{1}{2}$ mile to Bolton Hill Road - Turn Right. Go 1.4 miles. Camp will be on your right at sign.

FROM I-5 (Travel time from I-5 approx. 30 minutes)

Take Beltline exit off I-5 exit #195. Go West on Beltline - to the end.

Turn Right onto W 11th/HWY 126 to Veneta. Approx. time to Veneta is 10 minutes.

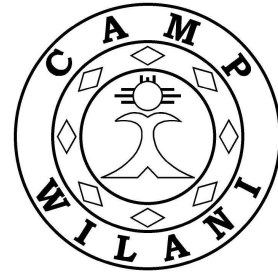
Turn left at light (Territorial Highway).

Go $\frac{1}{2}$ mile to Bolton Hill Road - Turn Right. Go 1.4 miles. Camp will be on your right at sign.

☆ **To Bring List:**

“Old” clothes are good camping clothes; campers can get really dirty! Nights at camp can be cold and days hot and sometimes both are rainy. It is not necessary to buy new items. Please label *all* items with the camper’s name (first and last). Space is limited in cabins, please pack as efficiently as possible. The following list is for all campers in all sessions.

- ___ **Warm sleeping bag** (a slumber bag is not O.K.), securely tied for transport to camp, preferably in a Stuff bag or duffel bag (a large plastic bag or pillowcase is a less than ideal alternative).
- ___ **Warm sweater/sweat shirt and jacket**
- ___ **Pants or blue jeans**
- ___ **Two pairs of sturdy shoes**, such as hiking or tennis shoes (**no sandals, no open-toed shoes**)
- ___ One pair of **old tennis shoes** to wear creek walking (will be thrown away at the end of the session).
- ___ **Socks** (must be worn at all times)
- ___ Sufficient changes of **underwear** (5 pairs). Please see NOTE.
- ___ **Shorts or cut-offs** (mid-thigh or longer please)
- ___ **T-shirts** or other casual shirts
- ___ **Rain coat/poncho** and rain cap/hat
- ___ **Rainy weather footwear**
- ___ **Warm sleepwear** (it’s a short walk to the potties)
- ___ **Swimsuit**
- ___ **Hat or cap** with brim
- ___ **Bandana** (to wear on head while cooking to keep hair back and out of food preparation)
- ___ **Towel, washcloth, soap, toothbrush, toothpaste, comb, shampoo, lip balm**
- ___ **Towel for the swimming pool**
- ___ **Non-aerosol sunscreen**
- ___ **Non-aerosol insect repellent**
- ___ **Flashlight and batteries**
- ___ **One extra set of flashlight batteries** (no electric lights or lanterns in the tents)
- ___ **Unbreakable water bottle** with tight lid (best if can be fastened to pants/shorts waist band)
- ___ **Duffel bag or suitcase** to pack all the stuff in
- ___ *For Friday night formal dinner and closing ceremony:*
- ___ Camp Fire Members- bring **ceremonial vests or outfits**
- ___ Everybody- **white shirt** (T-shirt O.K.) and **blue pants** (shorts or blue jeans o.k.)
- ___ **Two cans of food** for the HOHI project. See list on page 4



NOTE: Please pack absorbent undergarments for sleeping, such as Pull-ups® or GoodNites® for children who may wet the bed. A waterproof sleeping bag liner is a good idea.

PLEASE DO NOT SEND fireworks, radio, Ipod/mp3 player, expensive cameras, hand held video games, new clothes, beepers, **cell phones**, CD player, jewelry, valuables, weapons of any kind, food, gum, candy, money, hair dryers, curling irons, matches or lighters, tobacco products, alcohol, or non-doctor prescribed drugs.

Halter tops, midriff blouses, clothing designed to show under garments, thongs and sandals are not permitted at camp.

OPTIONAL ITEMS:

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| Pillow and case | Sunglasses |
| Pens/Pencils | Reading material (for quiet times) |
| Extra Blanket | Stationery, postcards (pre-addressed and stamped) |
| Fitted twin sheet to cover bunk mattress | Day pack (small back pack/fanny pack) |
| Camera and film | |