



"God shines forth" Psalm 50:2

Enclosed you will find:

- Parent Notes
- Words of Advice
- Camper Mail and Email Information
- Photo Information
- Packing List
- Please leave at home list
- Trading Post
- Directions to Camp
- Check In and Check Out times

Summer 2016

CAMPER

INFORMATION

Welcome to Camp Tekakwitha,

Fun, friends, and a surprise or two are waiting for you at Camp Tekakwitha.

Please take a moment to read over and print this information. It is you and your camper's guide to a great stay at camp.

See you this summer at camp,

Eric Blumreich

Camp Director

Donna VanDornick

Associate Director

Diocese of Green Bay

PARENT NOTES

Camp's mission

Camp Tekakwitha is an outdoor ministry of the Catholic Diocese of Green Bay, established to help young people encounter Jesus Christ through prayer, community and self-discovery amidst the beauty of God's natural creation.

Camp's vision

Camp Tekawitha will:

- work to deepen the faith lives of all campers, guest and retreatants;
- serve the unique spiritual development needs of each parish and school within the Diocese;
- work with all Catholic schools in the Diocese to support their curricular needs in a Catholic environment;
- have a concentrated focus on helping youth develop leadership and team-building skills;
- be available to any youth or Diocesan ministry, parish or school regardless of their financial circumstances.

Important Forms to Complete

Medical History

Log on to your child's registration account on-line and complete the form using that system. Medical information will only be accessed at camp by administrative staff or the camp nurse. Camp Counselors will be given confidential reports to alert them to the needs of your child.

Permission Forms

Please check your camper's on-line registration form for Permission forms that need your attention. Taking care of this before arrival at camp ensures a quicker Check In.

Camper Diet Clarification

If your camper has a specific food allergy or medical dietary concern please list details of their needs on the Medical History form. Please complete this information no later than 1 week before the camp session your camper will attend. This information will be shared with the Camp Cook so that dietary needs can be met.

Balance Due

Email reminders will be sent until the balance is paid.
Payments can be made on-line through the registration system or by check mailed to
Camp Tekakwitha,
W5248 Lake Dr, Shawano WI 54166

Financial Assistance

If you find the need, you can still apply for Financial Assistance even after registering for camp. Simply fill out the form found at camptekakwitha.org. You will be notified regarding the award.

Camp Photos

Check the Photo Gallery to see a glimpse of what's happening at camp each day. To access pictures go to www.camptekakwitha.org and click on Camper Photo Gallery. Photos are added daily and can be printed at no fee. Watch for the All Camp Photo.

Incase of Illness or Injury While at Camp

All illnesses and injuries are handled by our on-site Camp Nurse. Based on severity, parents are notified by either the Camp Director or Camp Nurse if your child becomes ill or is injured while at camp. In case of an injury or medical emergency your child will taken to a Shawano Medical Center. The campers insurance will be utilized. In the case of illness the Camp Director will discuss with you what action you would like taken.

Words of Advice

A Word About Missing Home Syndrome

This summer, millions of children will get their first taste of independence at a summer resident camp. For many, it will also be their first experience with Missing Home Syndrome. Camp Tekakwitha has decided to use this term instead of Home Sickness. Campers experiencing missing home are not sick they are experiencing normal feelings. Our staff is trained in signs to look for and how to help campers experiencing Missing Home. Parents can also help before camp starts. The following is some advice from the experts.

Preparing your camper for camp....

- Focus on how much fun camp will be.
- If possible visit camp before the season starts. If that's not possible visit our website for videos and pictures from prior years.
- Talk about the fact that people miss home when they are not there and that's ok.
- Involve campers in the process of getting ready for camp. Let them pick out the items for their care kit, choose which favorite thing to bring to camp and make a id label for it. Finally let them pack their suitcase.
- Talk about writing home and include addressed stamped envelopes in a ziplock bag.
- Schedule practice overnights with friends or family and let your child know how proud you are of their independence and how excited you are to hear about what they did while they were away.

Help your child come up with coping strategies if they feel sad while at camp. Here are a few ideas ...

Keep a positive attitude and participate in the fun activities, even when feeling sad.

Encourage your child to talk to their counselor or other adult at camp.

Write a letter telling about camp and their feelings.

Keep a camp journal and/or take pictures to show friends and family after camp.

Make a new friend (there will be plenty to choose from).

Be sure they understand that there is not an option to call you or come home early (if they ask you).

Acknowledge your own bittersweet feelings about your child being able to live without you for the camp, but don't express your sadness about missing them. Camp is truly a gift you give your child – an opportunity to spread their wings and show their true selves!

Please do not...

- Tell your child, "If you are sad after a few days of camp, call me, and I'll come pick you up." This sets your child up for failure, since most likely they will have some sad feelings that they will need to work through. If this is their plan for dealing with sad feelings at camp, it quite often becomes the reality.
- Express a lack of confidence in their ability to be away at camp, either directly to them or in front of others.
- Tell them you'll be sad and miserable at home without them.
- Write sad letters to your child outlining how much you miss them and telling them events they are missing at home. If your child is homesick, it will be encouraging to hear that "nothing exciting is happening at home."

What happens at camp when a camper is missing home...

- Counselors have been trained to look for signs of missing home and the extra attention this child will need.
- The counselor's concerns are brought to the attention of the camp administrators. We observe the child and determine if we need to sit down with them.
- If a talk is necessary we talk about their feelings, how camp is going etc. however at no time do we tell them they can call home. Rather we tell them we will be contacting you to let you know how they are feeling. And it progresses from there. Finally at the end of camp we congratulate them on their success and talk about next year at camp.

A Great Resource

Written by Dr Chris Thurber and found on YouTube
Summer Camp Prep Tips Part 1 & Summer Camp Prep Tips Part 2

Just For Parents

Kid-sickness

As good parents, all of us go to great lengths to play a big role in the lives of our children and, as a result, their lives become our lives. So it's natural to miss them when they are at camp.

The American Camp Association has tips to help you cope:

- Focus on the positive. Your child is in a safe place having fun.
- Remember that separation is natural and necessary. Baby steps prepare you for the future.
- You've taught them well., that connection with your child doesn't evaporate during camp.
- This is vital preparation for their future.
- Share what you are feeling with a friend or spouse. They can offer support and advice.
- Write or email your camper a fun positive note. Email through your registration account. \$1 per email.
- View camp photos during the camp session.

“While the intent is to give parents a one-way window into their children's lives at camp, the upshot is that it often amplifies worry: "That's not my child's happy smile," "Why is my child wearing an ace bandage?" or "That's the shirt my child was wearing yesterday" are just a few of the typical red flags parents contemplate.

So allow me please to coach you on the fine art of viewing online camp photos. First and foremost, remember: if there were a problem at camp, you would hear about it! No news is good news. Next, think about all the photos you've seen of yourself over the years where the camera did not capture your most flattering countenance although you were having a great time!

And if your child does not cross the path of the photographer that day (or vice versa), keep in mind that she is probably too engaged or too busy to worry about finding the photographer (so please don't bribe her before camp by offering a cash reward for each photo she appears in or pre-arrange hand signals with hidden messages!).

And, know your own child - is she camera-shy while your friend's daughter gravitates to the lens?)

Keep in mind the life lessons:

Know that separation is natural and necessary. Each new experience increases a child's confidence and ability to navigate on his/her own.

You taught your child well; the lessons that you have instilled in him/her don't disappear when you are apart.

Camp is also a time for parents to have a break - from homework help, carpools, playdates... the year-round "spinning plates in the air."

Camp is also a time for kids to take a break from their parents! They won't forget you.”

Advice from “campfire stories for parents” written by Marla Coleman former president of the American Camp Association.



Packing For Camp Tips

The following page contains the list of what to pack and what not to pack. Refer to this page when deciding how to pack. Rule number one *they won't wear everything you send.*

- Most of the cabins are not attached to a shower, so the campers do walk with their gear to the Sand Box (shower house's camp name) to take a shower. It is helpful to send the personal care kit in some type of bag that is durable and stays closed. Drawstring bags work well for younger campers.
- For your daughter send ponytail ties and barrettes if she uses them.
- Pack for camp so it is easy for campers to pack their own gear on Friday.
- Put your camper's or family's name on sleeping bag and pillows to make check out easier.
- PLEASE DO NOT SEND SNACKS

Camp Tekakwitha's No Food in the Cabin Policy

Camper's come with many special dietary needs, to insure that campers do not eat or inhale foods that may cause an allergic reaction all food, candy, or gum sent to camp will be collected and stored in the camp office. Items will be returned at Check Out.

Please follow this policy when packing for camp or sending care packages

CAMPER SEND OFF

Camper Communication

A note or email from home is always welcome. Keep the note brief and positive.

If using regular mail, mail the letter on your way home from dropping them off at camp or very early in the week to ensure delivery at camp.

Tips for packages sent to camp

- Please do not send anything from the leave at home list. *We asked this because campers come with many special dietary needs. To insure that campers do not eat or inhale foods that may cause an allergic reaction all food, candy, or gum sent to camp will be stored in the camp office.*
- Camp Tekakwitha will not be responsible for packages sent postage due.
- Limit package size to a 9"x12" envelope.

Camper camp mailing address:

Camper's Name
Camp Tekakwitha
W5248 Lake Drive
Shawano, WI 54166



Letters Home

Campers will have the opportunity to write letters home. It really helps to include addresses with your camper with people they may want to write to. **Please include stamps** with your camper's gear.

Letters, emails and packages will be delivered to campers once per day thru Friday A.M.

Every camper remembers the note they received at camp from home.

Emails

Log on to your registration account.

- Click on Email a Camper.
- You will need to purchase emails before you are allowed to send them. Cost is \$1 per email.
- Emails to your camper will only be sent during the session they are registered for.
- You can create a Friend Account so that family and friends may also send emails.

Please remember this is a one-way email system only.

Campers will not have access to the Internet or emailing.

Optional Camp Wish List

Sipper type bottle caps from sports drink bottles. These will be used to in making hover crafts.

3 volt button batteries These will be used for a craft

Books for the Camp's Free Library

Plastic lacing, yarn, or other types of cording

6-8 person nylon tent to borrow during Weeks 3- 6 or to donate

Just for Lil Tek

A Lil Tek session runs Sunday through Tuesday at 4:30.

Lil Tek campers are housed in a regular cabin with other campers of their age level. They follow the same schedule as that age level. This includes the Lights Out time.

Lil Tek campers have the option of extending their stay at camp.

Many times parents give Lil Tek campers the option of staying for the rest of the week if they feel comfortable at camp. This option is available to all Lil Tek.. All we ask is you let us know via email or at Check In if this is an option for your camper.

- **Cost to extend the week is \$220.**

If you decide this is an option

- Pack extra clothes. It is much easier on the child if parents don't make a Tuesday visit to drop extra clothes. Nine times out of ten if a Lil Tek sees their parent at this time they will be leaving with them.
- Additional Trading Post money or Camper Emails can easily be added to your account through the registration system.

If staying is an option for your camper and camp has been informed about it we will

- Ask your camper Tuesday morning and inform you of their decision.
- Only the Lil Tek we know have this option will be talked to about staying.

When picking up Lil Tek on Tuesday

- Please stop at the Camp Office before going into the camp proper.
- Their gear will be outside the office on the sidewalk.
- It's ok to make a quick stop at a cabin before leaving but realize that the rest of the campers will be starting or in the middle of a Leap of Faith activity.
- Please sign your camper out of camp with either Eric or Donna.

If you have any questions please contact camp at 715-526-2316 or camptekakwitha@gbdioc.org

Remember to let us know before camp or at Check In if extending the stay is an option.

Leaderquest & CIT Campers Only!!

Part of the Leader Quest will be time at **Wildman Adventures** near Silver Cliff WI. Wildman Adventures requires that every participant have a waiver on file before they participate in their activities. Every parent of the Leader Quest campers who are participating in this activity must sign and return to camp this form to camp. The waiver:

- Can be found through your registration account. Look to the top of the page and click on Additional Options, scroll down to the Document Center and open Wildman Adventure waiver.
- Can be emailed, mailed or turned in at Check In on Sunday.

Only campers with the waiver signed and on file will be allowed to participate.

Wildman Adventures has asked that all participants:

Wear enclosed toe shoes and capris or jeans for the morning ropes course.

Wear enclosed toe shoes or water shoes for rafting. Swimsuits are allowed but shorts and a shirt should be worn over it.

Bring sunglasses and sunscreen.

Leader Quest Off Camp Overnight

It is not a guarantee but there is a good chance the group will decide to do an off site overnight campout. Keep this in mind as you pack for camp. It might be a good idea to pack:

A small overnight size duffel easy to roll sleeping bag warmer clothes for sleeping in a tent

Counselor In Training Training

Check In is Wednesday July 6 at 4:00 p.m. Check Out Friday July 8 at 4:00 p.m.

Refer to the normal packing list on what to bring.

Volunteer Week

Up to 30 hours of community service can be earned. If you have a form from your school that must be signed please bring it along.

Check In Sunday at 1:30 p.m. Sibling check in is between 3 & 4 p.m. Check Out same as campers

Follow the camper Packing List

PACKING INFORMATION

Clothes

T-shirts
Underclothing
Pajamas
Shorts
Long pants
Personal care kit
Flip flops for the shower
Towel and washcloth
Bathing suit & Beach Towel
Please keep in mind: As a Christian camp we expect modesty in swimwear. For girls, please pack a one piece, a tankini or an appropriate bikini. For boys please send shorts style swim trunks.
Sweatshirt and/or jacket & hat
Tie shoes & Socks Sandals Water shoes
Raincoat or poncho
Insect repellent
Optional 4-6 clothespins
Stamps and addresses
Sharpie for t-shirt signing
Plastic bag to take home wet or soiled clothes
Water bottle due to the extremely hot weather campers must have their water bottle with them at activities.
Flashlight and extra batteries
Sunscreen

Sleeping Gear

Pillow
Sleeping Bag &/or Blanket
Twin sheet set (optional)
• Why send sheets *During warm weather many campers like to sleep on sheets to start the night and add the sleeping bag as the night cools*
Favorite sleep item

Please leave at home:

Cell phones and texting devices
Pets
Hair dryers
Curling irons
Hand held electronic games
Vehicles
Personal sports equipment
iPODS
Alcohol
Non-prescribed drugs
Weapons including jackknives
Lighters
Personal computers
Candy, gum & other snacks

Medication

All medications must be in the original packaging and pill counts marked on the outside of the bottle or packaging. If sending more than one medicine please put them in a self seal bag with your camper's name on the outside.

The Camp Nurse will record all medicine brought to camp at Check In. The Camp Nurse will be responsible for dispensing all medication while your child is at camp.

Physician Orders regarding medicines that are required to remain with the camper will be followed. I.e., Inhalers & epi-pens. Counselors will be aware of the medicine.

Camp Tekakwitha Camera Policy

Cameras will be allowed at camp. Counselor permission is required before pictures are taken.

Camp Tekakwitha's No Food in the Cabin Policy

Camper's come with many special dietary needs, to insure that campers do not eat or inhale foods that may cause an allergic reaction all food, candy, or gum sent to camp will be collected and stored in the camp office. Items will be returned at Check Out.

Please follow this policy when packing for camp or sending care packages.

Please label everything you want returned

- Items left at camp are kept for 1 week.
- Please contact camp to arrange to pick up items left behind.



CHECK IN

**SUNDAY
3:00—4:00 P.M.**

- Follow the driveway to the parking lot.
- To ensure a quicker Check In, please have all forms and payments completed 1 week prior to camp.

Look for the check In Area between the Main Lodge and the Director's Lodge.

Check In Process

All campers will make stops at the Office, Trading Post and the Health Center before receiving their cabin assignment. Medicine is turned in at the Health Center, Trading Post money is deposited at the office.

DIRECTIONS

From Green Bay

- Hwy 29 towards Shawano
- Take Exit #234 at Bonduel
- Take Hwy 117 for 5 miles thru Bonduel to Cecil
- Turn right on Hwy 22 in Cecil
- Proceed 1 mile
- Sharp left on Lake Drive
- Turn left on N Lake Drive
- Follow County Rd H/Lake Drive to camp gate on the right.
- **W 5248 Lake Dr, Shawano WI
Camp Phone # 715-523-2316**

For all other locations use

Mapquest for directions to
W5248 Lake Drive, Shawano WI

Camp Phone # 715-526-2316

CHECK OUT

Lil Tek

Tuesday 4:00—4:30 p.m.

- Join us at 4:15 for Lil Tek Closing
- Campers must be checked out with the Camp Director before they leave the property.

All Other Sessions

Friday 4:30—5:30 P.M.

- You are invited to join us at 4:30 p.m. on Friday evening for the Camp Closing.
- **Before leaving the property with your camper** the parent or adult picking up each camper will need to check them out of camp with the camp staff stationed at their cabin.

TRADING POST

Camp Tekakwitha will have the Trading Post each day of camp and at Check In and Check Out.

- Available at the Trading Post – ice cream snacks, popsicles, Camp Tekakwitha shirts, sweatshirts, hats post cards, stamps, other souvenir, and new this summer craft projects may be purchased at the store.
- We request that campers not keep cash while at camp.
- We suggest \$10—\$15 for snacks during the week. More can be sent if your camper plans to buy clothing items.
- End of week balances will automatically be donated to the Campership Fund.
- If you intend for your camper to make purchases at the store, simply add the amount to your camper's registration account before the start of camp. This can also be done at the Trading Post during the Check In process.