



Camp Kennedy Parent Guide 2009



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Camp Kennedy

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Welcome

Purpose of the Parent Guide

This packet is your all-inclusive reference for Camp Kennedy. It includes helpful information for you and your camper prior to the summer and addresses policies and procedures that apply during the camp season. Please become familiar with the information in order to ensure a successful experience for you and your child.

We look forward to a fantastic summer!

Camp Kennedy Goals

Camp Kennedy is a wilderness leadership program, where campers will be asked to step outside of their comfort zones, try new things, meet new people and become a part of a special community. It is an opportunity for campers to explore a “leave no trace” lifestyle, to practice “letting go,” and to develop autonomy and a stronger sense of self.

Location

Camp Kennedy is located in Michigan’s Upper Peninsula, just west of Munising, Michigan on Nevins Lake. We are approximately twenty miles south of beautiful Lake Superior, against the southernmost border of the Pictured Rocks National Lakeshore.



Picture of sunset over Lake Superior, taken at Mosquito Beach

Pre-Camp: Getting Ready

Packing

Gear and Orientation Meeting. ALL campers must attend one Gear and Orientation Meeting, held at Joe's Army Navy in Waterford (981 W. Huron St. Waterford, MI 48328). Please choose the meeting that best fits your schedule: Thursday, March 19th at 6:00 p.m. or Sunday, April 19th at 3:00 p.m. Campers who live outside of the metro Detroit area will receive a DVD of the orientation in the mail.

Don't buy a whole new wardrobe. All new outdoor gear is extremely tempting. However, Camp Kennedy is more rugged than life at home and you will find that items come home much more "well-loved" than when they left.

Packing List. Please refer to the Camp Kennedy packing list for items that are required and recommended for camp. The *Camp Kennedy Gear Guide* contains clarification about the gear on the packing list, and should be used when purchasing new items like sleeping bags, hiking boots, and long underwear. Please do not pack more than the quantity we have suggested, as space in cabins is extremely limited. We will do laundry halfway through the session.

Shabbat. Camp Kennedy may be rugged, but we do try to capture the spirit of Shabbat by wearing a clean (or our cleanest) outfit. A special outfit is not necessary.

Labeling Personal Items. To minimize loss, please mark **all** of your child's clothing and personal property (including socks) with their first and last name. You can use permanent marker or purchase nametapes. Please label all sports equipment, disposable cameras, eyeglasses, sleeping bags, etc. **Do not send anything sentimental or expensive! TAMARACK CAMPS IS NOT RESPONSIBLE FOR ANY LOST, MISPLACED OR STOLEN ITEMS.**

Electronic Devices. Camp Kennedy is about enjoying the outdoors and sharing wonderful experiences with old and new friends. Not only do devices like radios, CD players, iPods and electronic games take away from time enjoying each other, headphones look ridiculous in the back country. Your camper signed a Camper Agreement addressing this issue. Playing cards, favorite travel games, guitars, hand drums, cowbells and tambourines are welcome and highly encouraged!

Watches and Alarm Clocks. Camp Kennedy runs on the magic of our sleep and eating cycles. We eat when we're hungry and we sleep when we're tired. Watches are not necessary and will be confiscated and returned at the end of the session. Cell phones count as both an electronic device AND a watch.

Spending Money. The only time your child will need his/her own money is on town day for lunch, laundry, and pop-stops on the trips. Please do NOT send campers with **more than \$50**. Please send an **additional \$25** in a sealed envelope with your camper's name on it to the bus on departure day for a t-shirt or sweatshirt designed by the campers at the end of the session.

Knives. Camp Kennedy campers may bring their own pocketknife with them to camp. A basic, Swiss Army knife with a blade and a can opener is most appropriate. **Blades must be less than 3" long, and locking blades like the Leatherman brand ARE PROHIBITED.**

Luggage

Luggage should be brought to the bus with your camper on departure day (June 22nd). Our super-human-strong staff will load bags with their bare hands.

Luggage is limited to ONE side-loading duffel. Hiking boots, pillows and sleeping bags may be tied to the outside of the duffel bag.

Important Forms

Medical Form. The Tamarack Camps Medical Form is the only form we are able to accept – no other forms may be substituted. This form contains all the information that we are required **by law** to have for your camper.

Please complete the medical form and return it to the Tamarack office **no later** than May 1, 2009. Medical forms will not be accepted at the bus on the first day of camp. All campers must have a current (completed yearly) medical form on file with us. The information used to complete the form may come from a physical examination done within the last two years. If you have any questions regarding your child's medical examination, please contact our office. DUE TO MICHIGAN BOARD OF HEALTH REGULATIONS, CAMPERS WHO DO NOT HAVE A COMPLETED MEDICAL FORM WILL NOT BE PERMITTED TO ATTEND CAMP.

Passport. Please bring a valid passport or passport card to the bus with your camper on June 22nd. Campers will not be allowed to board the bus without this essential document. Passports will be kept in a safe at Camp Kennedy and will be returned to parents on the day of return.

Border Crossing Form. The form must be signed by both a parent and **notarized**. The Border Crossing Form is necessary to cross the border into Canada for our canoe trip in Algonquin Provincial Park.

At Camp: During the Summer

Administrative

Camp Kennedy does not have a formal "office," unless you were to call the picnic table a desk. If you need to contact your child or Director Katy Willens at any time during the session, please call the Main Camp Office in Ortonville. Katy is in regular contact with Jason Charnas, Director of Teen and Family Programs and will return any messages as soon as possible.

Phone

248-627-2821 (during normal business hours)

248-627-2821 x117 (when office is closed, and in case of a **MEDICAL EMERGENCY**)

For urgent calls, please note that staff is available in the office until 1 a.m. (except Saturday)

Hours

Sunday through Thursday: 8:30 a.m. to 9:00 p.m.

Friday: 8:30 a.m. to 6:00 p.m.

Saturday: Closed in observance of Shabbat

Departure Day and Arrival to Camp

Campers travel to Camp Kennedy by bus. We will depart from **Adat Shalom Synagogue** (29901 Middlebelt Road, Farmington Hills) **promptly at 7 a.m.** on Monday, June 22nd.

PLEASE ARRIVE AT ADAT SHALOM SYNAGOGUE NO LATER THAN 6:45 A.M.

If you live outside of the metro Detroit area, special transportation arrangements can be made. Please contact Katy Willens at the office for details.

Please be sure to bring to the bus on departure day:

1. A daypack loaded with a sweatshirt, long pants, reading materials, and bug dope
2. A bag lunch
3. One water bottle with water
4. Luggage
5. Medications in a ziplock bag
6. Passport or Passport Card
7. \$25 in a sealed envelope with camper's name



Camp Design

Male campers sleep in the “Warehouse,” where they have shelf space and camp cots. Male staff sleep above the campers in a loft. Female campers sleep in rooms of three to four in the “girls quarters” in the lodge, and female staff have their own room in the same building. Camp Kennedy is equipped with the finest outdoor shower known to rugged camps, featuring a pipe, a knob, and HOT water. Our bathroom facilities are known across the Upper Peninsula as the freshest-smelling outhouses around. Our waterfront houses canoes, kayaks, a powerboat, a raft and a sandy beach. The lodge, dating from the 1920s, holds enough history to keep 36 people intrigued for the entirety of the Camp Kennedy session, while the attached kitchen and dining room with original stove and wood-burning stove are fully functional and equally as inviting.

Mail and Communication

Mail. Mail is a novelty in our fast-paced world and an especially fun way to communicate from the woods of the Upper Peninsula. In other words, send us letters! They should be addressed to:

Camper's Name
Camp Kennedy
E16699 H-58
Shingleton, MI 49884

Packages. You are welcome to send packages but **no boxes**, as they do not fit in our mailbox. Please send all packages in padded envelopes no larger than 9"x14".

DO NOT SEND ANY FOOD TO YOUR CHILD. This includes gum and candy. Raccoons and mice are clever and have a great sense of smell. Thank you in advance for your cooperation.

Phone Contact. Every camper is required to call home and check in on town day, which will be Friday, July 17th. Please plan to be available between 11 a.m. and 3 p.m. If you expect to be out of town on that day, please provide your camper with an alternate phone number where they can reach you.

A Typical Day at Camp Kennedy

Camp Kennedy is unique in that it encourages campers to be independent. Campers most often decide how the day will be spent, whether they kayak, swim, tie-dye, read or play volleyball.

Breakfast, lunch and dinner – KP group will prepare a hearty meal to fuel us through the day!

Morning – Early morning runs, yoga on the beach, and letter-writing on the dock are common before breakfast. After breakfast, chores like outhouse cleaning, small projects and camp tidying are usually first priority. Chores are typically followed by activities such as canoe skills, map and compass reading skills, familiarizing ourselves with outdoor gear, day hikes, etc.

Afternoon – All camp volleyball games, swimming in Nevins Lake, reading and writing letters, tie-dye, kayaking, projects, etc.

Evening – Most evenings there will be a group activity: campfire, music, euchre tournament, board games or general hang-out time.

Trips

Some of the highlights of the Camp Kennedy experience are the backcountry trips. The trips are our chance to connect with a smaller group of campers, to push our physical and emotional boundaries, to see some wildlife, and to truly experience the beauty of our surroundings.

June 28-July 2: Our first trip will be a five-day hiking trip along the Pictured Rocks National Lakeshore. Campers will be divided into small groups of four to five campers and one staff member.

July 6-15: Our second trip is an eight-day canoe trip in Algonquin Provincial Park, Canada. Campers will be divided into trips of seven campers and two staff members.

July 19-24: Our last trip is the Porcupine Mountains Adventure! We'll road-trip to the mountains (west of Marquette), do a short backcountry trip, and stay as a group in the park; swimming, hiking, schmoozing, cooking...a great wind-down for the end of the summer!



Kennedy campers backpacking on Pictured Rocks

Departure for Home

Campers will be dropped off at Adat Shalom Synagogue on **Friday, July 31st at 12:00 pm.**

Medical and Safety Information

Staff

Your child's counselors are college students who have camp work experience or other informal education experience in outdoor settings working with children. The staff report to camp 10 days prior to the campers for highly-focused training and in order to become a cohesive team.

Because there are no doctors or nurses on staff at Camp Kennedy, the staff receive certifications in Wilderness First Aid or Wilderness Advanced First Aid, Lifeguarding and CPR. The Camp Kennedy director is a certified Wilderness First Responder.



Availability of Medical Services

There is a clinic and a hospital in Munising, Michigan, which we will utilize for medical issues that are more severe than what the Camp Kennedy staff and director are equipped to handle. While in the backcountry, each trip carries a satellite phone that can be used to contact the proper authorities or medical personnel in the case of an emergency. We also communicate regularly with the doctors and nurses at the Camp Maas clinic.

You will be contacted by the Camp Kennedy director or staff if:

1. Your child needs medical attention at the clinic in Munising for an injury, x-rays, or stitches.
2. Your child must receive antibiotics or steroids.
3. Your child is experiencing behavior problems that were addressed in the Camper Send Home Policy.

You will **not** be contacted by the Camp Kennedy director or staff if your child receives routine diagnosis and treatment by Camp Kennedy staff for cuts, colds, insect bites, stomach virus or headaches, rashes, sore throat, vomiting, etc.

Medications

Please bring any medications to the bus with your child on June 22nd in a ziplock bag labeled with his or her **first and last name**. Generally, we try to dispense medications at meal times. If these times are not the norm for your child, please indicate this information inside your ziplock bag. Please include detailed instructions for the medication (using the form provided by Tamarack Camps) including dosage, time of day meds must be taken, and any other special instructions. All medications must be in their original container.

If your child takes over-the-counter medications on a regular basis, please bring a supply in a ziplock bag as you would with prescription medications. If your child needs an inhaler or epipen, please send extra.

Please refer to the "Important Forms" section to read about the mandatory Tamarack Camps Medical Form.

Food Allergies

Increasing numbers of children have food allergies and we will gladly work with families to provide alternative menu items or special foods for most children with allergies. If, however, your child has a life-threatening or airborne food allergy, our camp is not the right place for him or her.

Camp Kennedy is not a nut-free camp. We do not use any nuts or nut products in food preparation. However, labels on some packaged items might state that their product was made in a factory or on equipment that processes nuts.

Peanut butter is available to campers at every meal. Counselors are notified of campers with significant allergies, including when and how to use an Epi-Pen. The counselor and/or camper will carry an Epi-Pen at all times.

We **do not** guarantee that:

1. everyone will follow the above guidelines.
2. there will not be food fights at your child's table.
3. campers eating peanut butter will not touch each other or objects in the dining hall.
4. campers will not purchase items containing nuts during pop/snack stops.

Our goal is to provide a safe and healthy environment for every camper. There may be circumstances when our program will not be appropriate for an individual child. If your child has a severe, life-threatening allergy to nuts, a nut-free camp is recommended. Our health director is happy to answer any questions or concerns.

Lice Policy

Campers at camp are in very close contact with each other. Therefore, we expect that parents will check their children for head lice in the weeks preceding camp and treat as necessary so that all children coming to camp are lice and nit free.

Every child will be checked on the first day by a Tamarack Camps clinic personnel at the bus. Children found with live lice and/or nits (eggs) less than 1/2" from the scalp will be sent home along with their belongings and written guidelines for treatment. Parents/guardians will be responsible for administering the first treatment including nit picking and transporting their child to the location of the group. The staff will administer the second treatment and any subsequent treatments. No option will be offered to have staff administer the first treatment.

Support

Tamarack Camps depends upon the generosity of families like yours. You can volunteer to help with camp projects during the year. You can open your home and invite others to hear about camp at a “parlor meeting” with some of our directors. You can bring your professional expertise to camp as a doctor, nurse, psychologist, social worker or administrative assistant. You can provide funding for a special program or initiative. You can make a contribution to the Tamarack Camps Send a Kid to Tamarack fund in order to provide financial assistance for other children to attend camp.

By doing one or a number of these things, you can and will make a difference! Please contact Executive Director Jonah Geller for more details. Thank you so much for your generosity.

As always, please feel free to contact Katy Willens if you have any questions or comments.



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