

## ST. MARY'S CAMP 2009 DEPARTURE INFORMATION

**\*\*\*There is no lunch stop...Please feed your camper(s) lunch prior to camper check-in.\*\*\***

**SUNDAY, JUNE 28<sup>th</sup>**

**12noon – 12:45pm - Camper check-in @ St. Mary's GOC!**

**(No camper check-ins will occur before 12noon)**

**Please have your camper checked in BY 12:45pm as the buses are departing at 1pm.**

1. Drop off luggage at the U-Haul moving truck in the South Lot
2. ALL campers must check-in at the registration tables located inside the Terrace Room, (which is located just upon entry of the North Doors), unless they are riding to camp with a parent/guardian. This information must be communicated to [Doria@stmarysgoc.org](mailto:Doria@stmarysgoc.org) prior to departure day. Check-in will be alphabetically by last name.

Only limited parking will be available in the North Lot. NO PARKING will be allowed in ANY portion of the South lot. After dropping off campers and luggage, street parking will be available (school buses and the U-Haul will be occupying the South lot).

Divine Liturgy Options: You can attend your own parish!  
(or attend St. Mary's GOC @ 9:30am)

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## RETURN DAY INFORMATION

**SUNDAY, JULY 5<sup>th</sup>**

1:00 p.m. - Depart from Camp Wapo

~**2:30pm** - Estimated time of arrival at St. Mary's South Lot

\*REMEMBER - NO PARKING IN ANY PORTION OF THE SOUTH LOT ON  
SUNDAY, JUNE 28<sup>th</sup> OR SUNDAY, JULY 5<sup>th</sup>

**REMINDER: We strongly discourage visitors the week of camp, as it is disruptive to our program.**

\*You may write to your child while at camp by using the following address:

Camper's Name  
Camp Wapo  
738 Hickory Point Lane  
Amery, WI 54001

During the week, if you would like to view the **photos** for the 2009 Camp session on-line,

they can be found at: <http://camp.stmarysoca.org>.

Click on "photos" and enter this access code: fellowship



***St. Mary's Greek Orthodox Church***  
*3450 Irving Avenue South*  
*Minneapolis, MN 55408-3399*  
*(612) 825-9595 ✉ Fax (612) 825-9283*  
*Website: [www.stmarysgoc.org](http://www.stmarysgoc.org)*

*Priest: Fr. Paul Paris, Assistant Priest: Fr Sean Govostes*  
*Dcn, Paul Kalina*

*Pastor Emeritus: Fr. Anthony Coniaris Visitation Pastor: Fr. Ted Filandrinos*

Dear Parents of Our Summer Campers:

In order to have a successful week at camp, it is impative that we have our parents support in understanding our rules, expectations and needs. Please read through each of the sections below, review with your child as needed and and use the below information to assist in preparing for the camp week.

#### **MEDICATION:**

Instead of asking for your child's medications on the registration form, we've found it timelier to have the most current information on the day of departure.

Please fill out the bottom portion of this packet and give the medication along with the form to your child's head counselor. Unless there are unusual circumstances, the head counselor will be responsible for dispensing prescription medication.

Realizing that some children may be reluctant to share the fact that they take medicine, please understand that our staff will exercise the utmost discretion in handling such privileged information.

Many parents elect to decrease or omit their children's prescription medications for the summer months. Before considering a dosage change for camp, I would like to remind parents that our schedule, while fun, is fairly regimented from dawn until dusk. Please feel free to discuss medication issues with one of our medical staff on departure day, or with me prior to camp.

#### **LICE:**

A few years ago our camp was tremendously disrupted by a large outbreak of head lice (which we brought up with us). Again this year we are **requiring** that you inspect your child's head carefully before sending him or her on the bus.

Since inspection, treatment and care of head lice is very time consuming, **we WILL NOT be inspecting for, or treating the condition** if it occurs. If any camper develops symptoms and our medical staff confirms the diagnosis, we will have no option but to immediately remove the camper from the general population. At that time a phone call will be made and it is expected that the camper's parent will drive up to camp and bring their child home for treatment. Unfortunately, *we will not reimburse camp tuition once the child has arrived at camp.*

While this protocol may seem extreme, we believe it to be our only option with such a highly contagious condition. Please save yourself and your child the disappointment and expense of premature departure by careful examination of your child's head as they finish school for the summer. If you are unsure what to look for, ask your doctor or school nurse for instruction.

God willing, we're confident that with diligent proactive inspection prior to camp, everyone will enjoy a tremendous week!

Thank you in advance for your help in insuring a great, "pest-free" week!

### **ATTIRE**

As St. Mary's Summer Campers we are serving as co-ministers in Christ. Our hope and prayer is that we will all help to provide an environment that seeks to exemplify and develop what is known as **inner beauty**. For this reason we ask all of our participants to assist us by serving as role models to one another in highlighting the soul and downplaying body image.

We ask that all participants consider their wardrobe carefully before packing. Bathing suits must be modest one piece for women, and standard loose fitting swim trunks for men.

At no time should underwear, lingerie, or tightly fitting garments be seen outside the cabin. This includes spaghetti strap tank tops with bra straps easily seen, loose fitting tank tops that expose athletic bras, baggy pants that fall lower than usual exposing underwear, etc. Please understand that we **want** people to wear appropriate undergarments, we just don't want to see them.

A good rule of thumb is to "reach for the sky, reach for your toes, if it (your skin) shows it goes."

Please also give careful consideration to printed language on t-shirts. For example, alcohol and tobacco advertising, or suggestive language, would not be considered appropriate for camp.

Thank you for your assistance in helping to edify the inner beauty that God has blessed each of us with.

### **Packing & Schedule:**

Camp is a busy and often intense schedule for all. Activities can include team sports, boating, horseback riding, and swimming as well as campfires, religion, and chapel. As a result packing appropriately is a necessary part of preparation. Please use the below guide.

#### **THINGS NOT TO BRING:**

**\*\*\*PLEASE NOTE!! NO ELECTRONICS WHATSOEVER!**

**This includes but is not limited to:**

**Cell phones**

**Ipods/ MP3 players**

**Personal DVD players**

boom boxes

amplifiers

ETC. ETC. – no electronics of any sort. **THEY WILL BE TAKEN FOR THE WEEK!**

shaving cream

Excessive junk food, candy, or beverages (The kids need to eat the solid meals that the camp provides.)

Consequence: **Any of these items can be confiscated by the staff and returned only at the end of camp.**

**THINGS TO BRING:**

**CLOTHING** - (Please label all clothing)

- |                                                                       |                          |
|-----------------------------------------------------------------------|--------------------------|
| Rain gear and cap                                                     | 4 pr. long pants/jeans   |
| Hiking boots or waterproof shoes                                      | 4 pr. shorts             |
| STURDY tennis shoes                                                   | 7 pr. socks              |
| Warm jacket                                                           | 7 pr. underwear          |
| 3 sweaters or heavy sweatshirts                                       | Beach towel              |
| 7 T-shirts                                                            | Hand towel and washcloth |
| *swimsuit - <b>a modest one-piece swimsuit for girls; no tankinis</b> |                          |

**PERSONAL GEAR**

- |                                                                                 |                                          |
|---------------------------------------------------------------------------------|------------------------------------------|
| Bible                                                                           | Shampoo                                  |
| Flashlight                                                                      | Deodorant/antiperspirant                 |
| Insect repellent                                                                | Toothbrush/paste                         |
| Dirty laundry bag                                                               | Pajamas, slippers (robe optional)        |
| Pillow                                                                          | Medications turned in to Head Counselor) |
| Soap                                                                            | Sunscreen                                |
| Sleeping bag or bedroll <b>securely tied, labeled and sealed in plastic bag</b> |                                          |

**SPENDING MONEY**

- Offering: \$5 - \$10 suggested  
 Crafts: \$2 - \$5 per project, i.e. lanyards, friendly plastic, etc.  
 Camp Clothing: available for sale in the Camp Store

**DAILY SCHEDULE EXAMPLE**

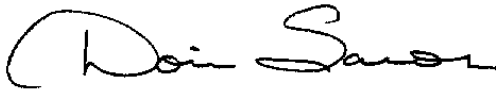
<u>3rd-8th Grades</u>		<u>9th-12th Grades</u>	
7:00	Wake-up		
7:15	Staff Meeting		
7:45	Flag Raising		
8:00	Chapel		
8:30	Breakfast		Cabin Clean-up
9:00	Cabin Clean-up		Breakfast
9:30	Scheduled Morning Activities		
12:00	Lunch		
12:30	Cabin Time		
1:00	Quiet Time		
2:00	Canteen		
2:30	Scheduled Afternoon Activities		Canteen
3:00			Scheduled Afternoon Activities
5:00	Dinner		
5:30	Cabin Time		Dinner
6:00	Orthodox Life/Q&A		Q&A
7:15	Chapel/Announcements		
8:00	All Camp Evening Activity/Campfire		
9:00	Back to Cabins		9th Hour Activity
10:00	Devotions		Meditation in Chapel <i>(QUIETLY back to cabins)</i>
11:00	Lights Out		

**Behavior:**

Attached is a Behavior Contract which outlines the expectations for the camp week. Each camper will be required to turn a copy at camper check-in signed by both the camper and parent/ guardian.

**If you have any questions or concerns, please contact me at the Church, 612-825-9595. Thank you for helping us insure a safe and spiritually rewarding week for your child.**

In Christ,



Doria Saros  
Youth Director

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**MEDICATIONS**

**THIS FORM IS TO BE TURNED IN TO YOUR CHILD'S HEAD COUNSELOR  
ON DEPARTURE DAY.**

CAMPER NAME: \_\_\_\_\_

Please list camper's medications: \_\_\_\_\_

\_\_\_\_\_

Special Considerations: \_\_\_\_\_

\_\_\_\_\_

(please use back side if more room is needed)

# Camper Behavior Contract

As an applicant to St Mary's Summer Camp, I, \_\_\_\_\_ agree to the following concerning participation at the camp or at any other location visited as part of the camp program.

## *Camper's Agreement*

- I agree to bring only those items approved by the camp directors (see camper's packing list) and to leave home those things which are neither appropriate nor allowed by the camp. This includes IPODs, cell phones, digital recording/playing devices, radios, tape and CD players, computer games and other luxuries.
- I agree to refrain from smoking, drinking alcohol, taking drugs other than those approved or specified by the camp doctor, nurse or director, or partaking of any other prohibited substance.
- I agree to respect the authority of the camp staff, following their directions and accepting their decisions. This includes instructions for "lights out," as well as to cease any other activities for whatever reasons that they might have.
- I agree to attend all camp church services as designated by the camp director, to arrive on time, and to remain there until dismissed.
- I agree to respect the needs and feelings of others, to show kindness to all that I come into contact with, and to help out whenever I can.
- I agree to refrain from any and all unchaste language, gesturing, and behaviors. This includes using profanity, engaging in or seeking to engage in sexual behavior, dressing or behaving immodestly, or in general, willfully giving into or leading others into temptation.
- I agree to refrain from any and all violence, including physically or verbally abusing my fellow campers, bullying, fighting, yelling, and in general losing my temper. I also agree to leave at home any items which are weapons or weapon-like.
- I agree to respond to all harsh words, threats, taunts, insults, and attacks without returning like for like, "eye for an eye," but to seek a peaceful resolution to the problem, including but not limited to seeking the help of camp staff or simply walking away from the situation.
- I agree to respect all property including housing, athletics, outdoor, and indoor facilities.
- I agree to respect the views, opinions, beliefs, religious or otherwise, of my fellow campers, even if I do not agree with them.
- I agree to pursue the fun and enjoyment of this camp experience whole-heartedly and in the spirit of Christian fellowship!

Having read and understood the above Camper's Behavior Contract and having agreed to follow these policies during my participation at this St Mary's Summer Camp program, I also understand that should I fail to comply with these policies, the consequences may include, but are not limited to, being prohibited from participating in some or all activities, being sent home at parent's expense and/or being prohibited from returning to this camp program.

<b>APPLICANT'S SIGNATURE:</b>	<b>DATE:</b>
<b>SIGNATURE OF APPLICANT'S PARENT:</b>	<b>DATE:</b>