

## Welcome

### We Welcome You

The musical score is written on four staves in 4/4 time with a key signature of two flats (Bb and Eb). The melody is simple and repetitive, using quarter and eighth notes. The lyrics are written below the notes, with hyphens indicating syllables that span across notes.

We wel-come you to Camp Wy-on-e-gon-ic by the lake! We  
cor-dial-ly in-vite you all our plea-sures to par-take. We  
hope you like the dear old camp and all the things we do, so a -  
gain Wy-on-e-gon ic here's a wel-come un-to you! Stand up, stand up, stand

This Resource Guide is designed to assist parents with necessary preparation for their camper's summer at Wyonegonic Camps. Careful planning and attention to detail will help your daughter feel ready for her summer experience.

## Important Dates

March 1	Tuition payment due
May 1	Tuition payment due
June 1	Full Season and Session I All forms due to office
<b>June 24</b>	<b>Opening Day</b> <b>10:00 am to 3:00 pm</b>
July 1	Session II All forms due to office
July 3	First Visiting Day
July 5	Intermediate led Grove 11:30 am
July 11	Gymkhana 10:00am
July 11	Senior Musical Show 7:30 pm
July 12	CIT led Grove 11:30 am
July 16	Junior/Intermediate Musical Show 7:30 pm
July 17	Last visiting day Session I
<b>July 18</b>	<b>Midseason Changeover</b> <b>Departing Campers 8:00 am to 11:00 am</b> <b>Arriving Campers 1:00 pm to 4:00 pm</b>
July 19	AC Vespers 7:30 pm
July 26	Junior led Grove 11:30 am
July 27	First Visiting Day Session II
August 1	Horse Show 10:00 am
August 1	Junior/Intermediate Musical Show 7:30 pm
August 2	Senior led Vespers 7:30 pm
August 2	George Sudduth Road Race Wyo to Winona 10 am
August 7	Last Visiting Day Session II and Full Season
August 10	Candlenight 7:30 pm (families/alums welcome)
<b>August 11</b>	<b>Closing Day Departures</b> <b>8 am – 11 am</b>
August 14	Family Camp Session I
August 17	Family Camp Session II
August 21	Family Camp Session III

## Camp Clothing and Packing Tips

### Everyday Attire: Camp colors are forest green and white

- Shorts may be tan/khaki, forest green or white
- Shirts may be forest green or white with Wyonegonic logos (no other logos; plain white are permitted)
- Sunday attire requires white shorts and white shirt
- Swimsuits, night clothes and rain gear have no color requirement
- Jeans, cords or other trousers are acceptable as weather dictates

### Amerasport – Official uniform and personal equipment outfitter; 800 786-9402; [www.amerasport.com](http://www.amerasport.com)

- Use the Amerasport form as a guideline for your camper's clothing supply
- Plan ahead and allow time for ordering from Amerasport as items are customized with camp logo
- Amerasport services several camps. We recommend you do not order at the last minute.
- The forest green fleece jacket or the hooded sweatshirt are cozy and popular. Campers enjoy using these items 12 months of the year!
- Check your daughter's measurements before you order; if an item does not fit properly, return to Amerasport with specific instructions and allow time for the exchange.
- International orders will be shipped directly to camp

**Clothing and Gear Labels** are mandatory and may be ordered through *Amerasport, Mabels Labels* ([www.mabelslabels.com](http://www.mabelslabels.com)) or *Name Bubbles* ([www.namebubbles.com](http://www.namebubbles.com)). If you order clothing through *Amerasport*, their labels can be attached free of charge, if requested, for orders placed before May 1.

**We furnish all bedding**, including pillows. Bath towels are necessary but we suggest that large, thick beach towels be left at home as they are difficult to dry on our clotheslines under the shade of the trees.

**Baggage Shipping:** Advance planning for shipping baggage is important. Footlockers are not permitted on camp chartered buses or vans. We encourage you to use the Mailing Center ([www.mailingctr.com](http://www.mailingctr.com)) for shipping to and from camp. The mailing center service uses UPS (United Parcel Service) for delivery. There is a simple process to create an account and have your parcel picked up at home and delivered to camp. On departure, the mailing center will collect all parcels prearranged for pickup. This service expedites baggage shipping and reduces the cost of shipping compared to items shipped without prearrangement that are billed through the Wyonegonic. This is the same system used by our brother camp Winona.

**Footlockers** are a necessary item to contain clothing and belongings. Our preferred model, the Happy Camper ([www.everythingsummerncamp.com/happy-camper-trunk](http://www.everythingsummerncamp.com/happy-camper-trunk)) is available through C&N footlockers. You may rent a used footlocker from Wyonegonic for \$50 if arrangements are made in advance. No footlockers are shipped out of the country at the end of the season. Winter storage of footlockers and camp clothes is permissible.

**Laundry** is gone for 24 hours each week; therefore, **a ten day supply of clothing is suggested, depending on a child's habits**. A mesh laundry bag is provided by camp.

**Sundries:** Complimentary replacement items such as toothbrushes, toothpaste, pens, stationery, postcards, flashlights and batteries (D or AA) are available during the summer. Camera supplies are not available.

### Special Events:

- **Red White and Blue attire** is permitted for one special event each session
- Senior Campers may wear street clothes *of good taste* for the co-ed social event held with Winona.

## Requirements for Swimmers:

Campers are required to wear a white bathing cap while swimming. White caps are part of our risk management plan for all swimmers in the water. Campers prefer *Lycra* caps and we request that you send at least two. You may order the white Lycra caps from Amerasport or purchase them in a sporting goods store.

## Recommendations for Swimmers:

We prefer one-piece, quick-drying, nylon, swimsuits. If your daughter brings a two-piece suit, make sure it is practical for vigorous swim lessons and is of tasteful appearance. Campers should have at least two suits. UV protection swim-shirts are available through *Amerasport.com* (*wyonegonic.com/ameraspport*) or *grUVy Wear* (*wyonegonic.com/gruvywear*)

## Suggestions for Trips:

**Sleeping Bags:** Many campers will choose to get involved in the tripping program beyond the “cabin overnight” and therefore, a sleeping bag that compacts into a stuff sack is recommended.

**Backpacks:** Daypacks (school sized book packs) are helpful for day hikes. For campers choosing to do extensive overnight backpacking, a sturdy frame pack that includes a hip belt is recommended.

**Footwear:** Sturdy running shoes or low top hikers are appropriate on most day hikes. Hiking boots with ankle support are necessary for backpacking and hikes above tree line. Make sure the boots are broken in before camp. These boots can also service your child well for rainy or wet days around camp. For canoe trips, sport sandals or water shoes with heel support are practical e.g. Tevas, Keens, or Chacos.

## Requirements for Horseback Riders:

**Helmet:** Campers are required to wear a riding helmet which meets the American Society of Testing Materials (ASTM) #F1163-04a standard for safety. The helmet needs to bear the seal of the Safety Equipment Institute (SEI). Wyonegonic owns some helmets which can be shared by campers. A plastic disposable hairnet is provided and required for these community helmets. If your camper owns a helmet she may bring it to camp. If your camper rides frequently, we suggest you consider purchasing her own helmet. Proper fit is essential for personal riding helmets to be used at camp. Please also make sure helmets have not been damaged in any way or involved in a previous impact. We recommend helmets that are adjustable for both proper fit and to accommodate growing children. The best way to purchase a helmet is through a local tack shop so you can try on the helmet to verify a proper fit. Please label your personal helmet before coming to camp. If a personal helmet does not bear the proper safety documentation or is deemed not to be a proper fit, your camper will be provided with a camp helmet and Wyonegonic will hold the personal helmet in storage until your camper's departure.

**Long Pants** can be jeans, cords, chinos or riding jodhpurs.

**Riding Footwear** must have heels and smooth soles that can easily come out of stirrups. Camp has a limited supply of riding shoes at the stables that can be shared by campers. Like helmets, if your camper plans on riding frequently, we suggest you provide her with her own footwear.

## Tack Shops and Mail order Companies:

- Beval Saddlery: New Canaan, CT and Gladstone, NJ 800 524 0136; [www.beval.com](http://www.beval.com)
- Dover Saddlery: Wellesley, MA 800 406 8204; [www.doversaddlery.com](http://www.doversaddlery.com)
- Maryland Saddlery: Butler, MD 888 505 5860; [www.marylandsaddlery.com](http://www.marylandsaddlery.com)
- Pegasus Farm Tack Shop: Acton, MA 978 263 4222; [www.pegasustack.com](http://www.pegasustack.com)

- State Line Tack Shop and mail order: Plaistow, NH 800 228 9208; [www.statelinetack.com](http://www.statelinetack.com)
- Trumbull Mountain Tack Shop: Shaftbury, VT 800 442 9672; [www.trumbullmtn.com](http://www.trumbullmtn.com)
- Send an email to Emily at [info@Hemphillshorses.com](mailto:info@Hemphillshorses.com) for camper packages of helmet, britches, boots

## Camp Life is Simple

*Please pack carefully. Less is better than more! Campers clothes will be kept in a footlocker. They will have a shelf that holds personal items like a hair brush, a toothbrush, a flashlight, and writing materials. Laundry will be done once a week and will be returned after 24 hours.*

### Important considerations:

- Leave all valuables at home - jewelry, money, cell phones, electronics, tablets, etc.
- We suggest a disposable camera as there is no where in camper cabins to recharge batteries.
- We request all writing stationery be white for our postage meter and meets the standard size dictated by postal regulations. For guidance please check this website: <http://www.usps.com/ratecase>
- Make sure your name is on everything. Bring extra name labels. Mark everything including toothbrush, and flashlight (Scotch tape over a name tape works well).
- Forest green, white and khaki are camp uniform colors.
- Make sure your bathing suits are tasteful and practical for active swimming.
- The camp office has basic replacements like toothbrush, toothpaste, flashlights and batteries. We also have camp postcards, stationery and pens.
- All medicines must be under the care of the nurses locked in the Health Center.
- Illegal drugs are not permitted.
- We are a smoke-free environment at camp and want you to know that only non-smokers have been hired on staff. Campers are expected to follow the same policies.

### Other items to consider bringing:

- Include **one** favorite stuffed animal for your bed.
- Musical instruments and sheet music.
- Tennis balls and racquet.
- Sleeping bag, backpack and hiking boots for serious trippers.
- Sandals must have a heel strap; shoes or sandals that can get wet and be worn in a canoe (water shoes, *Tevras*, *Chacos* or *Keens* are good; flip flops are not); *Crocs* may be worn only if heel strap is in place.
- Age appropriate books to read. Please keep magazines in good taste.
- All horseback riders must have appropriate riding gear. We do have helmets and boots to borrow if you do not own them.
- It is a good idea to bring mosquito lotion or stick. **Aerosol sprays are not allowed, as they are environmentally unfriendly and flammable near campfires.**

### Items NOT to bring:

- No electronic items; the cabins do not have electricity. There is no way to recharge any battery powered device.
- No need to bring a pocket knife (we have all necessary equipment in our camping department)
- Food and candy is not permitted. Please inform your family and friends that **anything sent in the mail will be returned in the mail.**
- If you are not using *Amerasport*, make sure clothing is dark green or white and plain (without logos).
- Tops with spaghetti straps and bare midriffs are not acceptable (tank tops are ok).
- ***There is no room in the cabins for clutter. As parents, please monitor the packing process. Shipping rates are expensive so lighten your load. We do not allow sets of drawers, posters or more than one stuffed animal, etc.***

*Thanks for appreciating our focus on non-material things. People and the beauty of the outdoors, will make your daughter's summer a valuable experience.*

*Think "Green."*

## Camper Mail

Campers love to receive letters. Wyonegonic strongly encourages handwritten letters as a way of correspondence. There is something magical about receiving a handwritten letter in today's fast-paced technical world. We suggest two letters per week as a guideline. (Daily letters are not recommended as they often cause anxiety and homesickness.)

### Camper Mailing Address

Camper's name  
Wyonegonic (*Unit*)  
215 Wyonegonic Road  
Denmark, Maine 04022.

*Unit designation is important; Senior, Intermediate, Junior, or CIT.*

We will encourage them to return the favor. Campers are expected to write parents at least once a week. Be patient because mail is slow. It is normal for girls to miss home so expect homesick letters and feelings of separation in the beginning. Keep in mind they are writing letters during rest hour or unprogrammed time. Most campers are well adjusted and busy during the day. Reply to them with calm and happy letters. Use words like "love" instead of "miss." Call the directors if you feel homesickness still lingers.

Before camp, please review USPS guidelines with your daughter: the correct way to address an envelope; paper only in an envelope; and use of blue or black ink; limiting sizes and color of envelopes. Please send normal size envelopes that are white or a light color since we stamp all outgoing mail with a postage meter. **The meter has red ink and does not show up on dark-colored stock.**

Care packages are limited to one per camper per session. **No food or candy is permitted.**

Please refer to *Camp Life is Simple* and *Camp Clothing Tips* tabs for packing suggestions.

### Alternative to Postal Mail

Wyonegonic offers international families, or those traveling, an optional method to correspond with your camper without relying on the postal system. We will have more information on this system in the spring of 2015.

## **Communication**

**Main Office: 207-452-2051   [info@wyonegonic.com](mailto:info@wyonegonic.com)**

### **Off Season Communication**

The Wyonegonic Administrative Team is here to help you. We encourage you to contact the camp office with questions you may have as you prepare for summer. During the off season, our office hours for phone access are generally 7:30 am – 7:30 pm.

Email contact can be sent anytime and we will try to reply within 24 hours.

### **Summer Communication**

The camp office is staffed for phone coverage from 7:30 am – 10:00 pm.

If you are anxious about your daughter's adjustment, you may call the Directors. We are in the encampment with the campers much of the day. We hope to return calls within 24 hours if an update on your camper is requested. We often use 7:00 pm – 10:00 pm for call back times.

Campers are not permitted to use the phone, except they may receive a birthday call from family.

It is best for families to call at meal-time when their birthday girl is near a phone. The cabin group will plan something special in honor of the birthday camper. We suggest presents from family be presented before camp or after camp.

Email address is for camp business only.

### **Newsletters**

We send out a weekly newsletter by email during the summer. Therefore, it is important for us to have your preferred summer email address. Please include [info@wyonegonic.com](mailto:info@wyonegonic.com) in your email contacts to prevent spam filters from blocking our address. In the off season we strive for monthly newsletters.



## Food and Wellness

We provide nutritious, delicious and varied meals. Our menus are planned with fresh, natural and seasonal ingredients in mind. Meals are served in the Cobb Dining Hall, a beautiful, spacious post and beam lodge built in 2001.

Breakfast and dinner are served family style, with two counselors and eight campers per round table, conducive to engaging conversation. Seating is assigned weekly. Granola, yogurts, hot and cold cereals, and fresh fruit are available each morning. We serve a creative vegetarian option each evening for dinner. Sunday breakfast is designed as a lazy breakfast buffet and the girls come in their pajamas. In the interest of health, we do not use a fryer and we avoid high fructose corn syrup and trans fats.

Lunch is buffet style with many healthy choices. Campers sit with friends at picnic tables on our wraparound porch. A warm entree is accompanied by a salad bar, a deli-sandwich bar with whole grain breads, a homemade soup station, a restricted access peanut butter station, fresh fruit and a beverage station.

Campers' favorite dinners include roast turkey with all the fixings, chicken stir fry and pasta night with toppings and sauces. We have theme days for international awareness. On Saturday nights, we cookout in the three units where visiting parents are welcome to join us for burgers, hot dogs, veggie burgers, chips, salads, watermelon and "*Congo Bars*" for dessert.

Our kitchen is staffed by three chefs, certified in kitchen safety and sanitation. College-age staff help with food prep, dish-washing and sanitation. Campers set and clear tables and take turns sweeping after each meal. Healthy food, variety and introduction to different foods is important to us at Wyonegonic.

**No food is allowed in the camper cabins.** All food is stored and served at the camp dining hall. Campers cannot keep food items in their cabins.

**No candy or food will be allowed through the mail service or brought into camp by campers or visitors.** These treats are a difficult issue to handle in the camp community. Your daughter will get limited sweets as it is our practice to serve ice cream or novelties twice a week; candy twice a week (with fresh fruit, granola bars, raisins, and trail mix as alternatives); and special treats at our traditional parties.

**Special Dietary Restrictions:** If your camper has any special dietary restrictions due to medical reasons it must be listed on the health history form. It is important to communicate any restrictions at time of registration. We encourage communication with Wyonegonic nurses and the Camp Chef prior to arrival and again on opening day.

**Food Allergies:** Please list any food allergies on your campers health history form. Wyonegonic is not a nut free facility however, we do not use nuts in our cooking or baked goods. We also avoid purchasing pre-packaged baked goods labeled as being produced in facilities with traces of nut products. We do serve peanut butter at the dining hall for a protein option at lunch. Peanut butter is offered at a separate location and is well labeled. Our Trip program adjusts and modifies the food options and menu for the entire group if a food allergy will be present on the trip.

## Forms and Permissions

Wyonegonic uses an online form system to manage our campers' information. This system allows you to complete online forms, retrieve paper forms and access resource documents. We refer to this as our ***"Parent Login"***.

In order to access this system, you will receive a specific email containing instructions from the Camp Office. Returning parents can use the same username and login each year.

There is a link at the top of every page on our website for you to access the ***"Parent Login"***. Or use this URL: <https://wyonegonic.campintouch.com/v2/login/login.aspx>

### Online Forms

The online forms in the ***"Parent Login"*** will allow you to enter information into our system using your computer or tablet. You will receive email notices in the future when these online forms are available for you to complete.

### Paper Forms

Paper forms will need to be printed, completed and signed before you return them to our office. There are several ways to return paper forms to our office:

- (Preferred) The ***"Parent Login"*** allows you to upload scanned documents securely.
- Fax to (207) 452-2611
- Postal mail to Wyonegonic Camps, 215 Wyonegonic Road, Denmark, ME 04022
- (Least preferred) Email to [info@wyonegonic.com](mailto:info@wyonegonic.com). Please keep in mind this is the least secure method of communication.

### Resource Documents

We will provide PDF copies of many of the topics covered in this Parent Resource. Please use them as tools to prepare your camper for her summer experience.

## Health, Medication, Care and Insurance

As part of tuition, campers are cared for by our team of nurses at the Wyonegonic Health Center. The nurses follow written standing orders from the camp doctor and after assessment of the camper nurses may dispense medication from the approved inventory. The nurses are also involved with risk management planning, primary care of injuries, dispensing of prescription (RX) medications and supplies, preparations and briefing for our trip leaders. They follow the standards of the American Camp Association for Health and Wellness.

**Health Insurance:** Pre-existing conditions, prescribed medications and accidents fall under the responsibility of the family medical insurance policy. Therefore, it is important that we have appropriate details of your camper's health insurance policy on file in the Wyonegonic Health Center. You need to provide a copy of your policy health card (both sides please).

**Health Form:** It is mandatory that everyone in camp has a health history on file. The form is available for completion online via **Parent login**. Various components of the health history are also available for download so that you may take the forms to your Primary Care Physician for completion of the annual physical. Please mail these forms by June 1 (or July 1 for Session II). Printed forms are kept on file (in confidence) in the Wyonegonic Health Center and must be complete with parent signature and current health history. A Primary Care Physician physical exam is strongly recommended for all. A signed physical exam form is required if your camper is prescribed medications (including OTC medications) or has any limitations. Your physician must note any medications or limitations on the physical exam form with their signature.

**Health Screening:** Please inform us if your child has been exposed to any communicable disease or head lice at any point during the previous year so that ***we may check and monitor her discreetly***. All campers will be screened upon arrival at camp before going to their cabins to move in. It is critical to update camp nurses with any new information that has occurred since the camper's health form was completed. If your daughter arrives at camp with lice, without our prior knowledge, all associated expenses for treating her will be charged to parent accounts. Last year, treatment for headlice was billed at \$100 - \$300 to parent accounts.

**Communication to Parents(s):** It is our policy to inform you of any accident or illness that requires a visit to the doctor or more than a one-night stay in the Wyonegonic Health Center.

**Medications:** With the exception of inhalers, Epipens, nasal sprays, liquid medicine and medication prescribed outside of the United States, **all prescription and over the counter (OTCs) medications must be arranged by establishing an account with CampRX**. This provides the Wyonegonic nurses and your child with a safeguard system for dispensing and control of all prescription meds and OTCs. It also assures that pre-packaged meds will be sent on all out-of-camp trips and be dispensed by a designated trip leader.

Open an account at [www.CampRX.com](http://www.CampRX.com). **CampRX** ships the personalized packets directly to camp before the season begins. The company recommends you submit your RX and OTC orders 60 to 30 days prior to your camper's arrival to camp. Wyonegonic subsidizes this program to assist the nurses in providing a proven method for dispensing of medication to a large community.

**If medication was prescribed outside of the United States, all medications must come properly labeled, in their original containers, with a doctor's signature and instructions translated in English. This includes over the counter meds or vitamins. OTCs will not be dispensed without a doctor's signature unless the OTC in question is part of our normal standing order inventory list.**

No medication is allowed in camper cabins. All medications are secured in the Wyonegonic Health Center and dispensed by RNs except for out-of-camp trips. Pre-packaged meds will be dispensed by a designated trip leader when your child is on a canoe trip or hike. There is a mandatory form required for those who wish to authorize a camper to self administer the use of an Epipen or inhaler. This form is available by contacting the Wyonegonic Office.

**Hospital:** Our nurses follow standing orders from Drs. Craig and Jennifer Smith who are associated with the Bridgton Hospital. The hospital is located 6 miles from camp. We use the Bridgton Hospital for Urgent Care and Emergency Room if needed and Central Maine Medical Center in Lewiston for crisis care. In the event the parent cannot be reached, it is understood by the signing of the health form that the directors and the camp nurses have the authority to act upon the recommendation of an attending physician in case of medical treatment or surgical necessity.

## Homesickness

We expect children to be homesick and look at it as a healthy and normal event. Most campers adapt to camp quickly as they become busy with camp activity and make new friends. Wyonegonic trains staff to look for signs of homesickness and gives them tools to deal with ordinary cases. The more difficult cases may pull in the camp directors and nurses.

There are experiences and conversations that should occur at home in preparation for camp.

We invite you to “listen” to the experts and read the resources listed below.

*Prevention and Care Your Child's Health at Camp*

by Linda Ebner Erceg, RN, MS, PHN

*Essentials of Homesick Prevention: Dramatic Reductions in Homesick Intensity Depend on What You Do Before Opening Day*

by Christopher Thurber Ph.D

<http://www.acacamps.org/members/knowledge/human/cm/0605thurber>

*Homesick and Happy*

by Michael G. Thompson Ph.D.

<http://www.michaelthompson-phd.com/books/homesick-and-happy/>

# Prevention and care: your child's health at camp

## by Linda Ebner Erceg RN, MS, PHN

*Letting go means different things to families. Growth. Independence. Opportunities. No arena is more challenging for parents than entrusting their child's well-being to others. We have our medicine cabinets brimming with bright Band-Aids and children's cold medicines, not to mention the ready hug and kiss when the need arises. So, what's a camp to do?*

*A look at what camp health professionals are talking about helps parents prepare for a child's camp experience. Linda Ebner Erceg knows camps inside and out, and as a camp nurse and leader in the field of camp nursing, she shares some of her know-how with parents.*

### The camp health form – what happens after you “stick out your tongue”

The camp health form provides the perfect opportunity to assess the overall state of your child's health and growth. Preparation should include parents reflecting on some of the following:

- Growth and development (physical, intellectual, emotional)
- Eating and sleeping habits (changes are important, too)
- Recent illnesses or injuries
- Immunizations (also note travel, especially outside the U.S.)
- Fitness
- Behavior
- Family life adjustment or challenges
- Puberty and other developmental issues

Whether pediatrician or family practitioner, your child's doctor is an active partner sharing a common goal – the health and wellness of your child. And this partnership informs the next partnership you are about to establish – the one with your child's camp.

A thorough exam prior to a camp session allows you to take the necessary steps to communicate fully with the camp's health-care staff. The physical is also a chance to update that very important health history.

### Communication is a two-way street

Camp directors and health-care staff are eager to discuss the health concerns and needs of campers. Armed with your own observations and information from your child's health-care provider, you can ask the right questions and provide the information that creates the most positive experience for your child.

Families with children experiencing chronic health problems may occasionally forget to share some of the routine care instructions – second nature to them, but unfamiliar to camp nurses and staff. This also is a major step in assuring that your child will not be marginalized because the staff is unprepared to smoothly integrate medicines or treatments into the camp routine. Have a management plan in place before your child begins camp and determine how the camp will communicate that plan to its staff.

Another area of concern for camp professionals is a child's exposure to health risks from traveling, particularly outside the U.S. Again, sharing this information about travel previous to camp will lead to a more complete picture of your child's health and will strengthen the partnership.

For more tips on health forms and questions to ask a camp director or health-care professional, visit [www.CampParents.org](http://www.CampParents.org)

## **Something is making me sneeze - allergies and asthma**

Children's health profiles are best described as moving targets.

Allergies, both mild and severe, can exhibit themselves for the first time at camp or be exacerbated because exposures at camp vary from those experiences while at home. Parents need to get the assurance from camp staff that they are prepared to address these symptoms if they occur, as well as the procedures they follow.

Camps offer a rich profile of activities for children, and given various health concerns, parents are advised to carefully select a camp for their child with this in mind. Children who have asthma, for example, aren't necessarily a good match for a camp emphasizing scuba diving or rock climbing, while a strong pioneer or crafts program at another camp may be a perfect fit for their child. Parents will want to learn what accommodations camps can make for health issues while at the same time presenting a range of activities appropriate for their camper.

## **Emotional and psychological wellness**

For campers with diagnosed psychological challenges or in cases where parents are unsure about a child's behavior, parents need to talk with the child's professional care provider and assess whether the child is a good risk for camp at this stage. Just as a pediatrician needs information about the camp under consideration, so too, does the child's mental health practitioner. A shorter-stay camp, for example, offering a two-week stay, has a very different skill set profile for campers than one offering a long-term stay. Day camps offer another option for parents to consider – maintaining a familiar routine at home to balance the challenges of a program filled with new faces and new activities.

## **Stress happens – even at camp!**

Sometimes in our rush for community and togetherness, we forget that contemporary children are often used to solitude, and, may in fact, need quiet time and space to reflect on their day. Ask the camp director or camp health-care provider about opportunities for private time. Maybe the camp library is the perfect place – or a sheltered outdoor spot away from the fray of games will provide the quiet and restful area that your camper may seek. Talking with your child ahead of time reassures both of you that camp can and does accommodate many different personalities and needs while offering a wealth of activities to share.

## **Preparing for group living**

Be consistent. That's one of the most important maxims of parenting. But wait! At camp, we ask children to turn some rules upside down: share bunk beds, equipment, bathrooms, and even talk to strangers. The good news is camp creates the perfect setting to learn these new skills in a supportive environment.

## **Camp – designed for healthy living**

When we think about it, camp practices what parents and health professionals are always preaching: be active, get up off the couch, turn off the TV, stop snacking before meals, listen to others, cooperate, eat a variety of foods, sleep well. It's a nearly invisible set of rules that makes a world of difference. At camp, we believe that enthusiasm for a healthy life is, in the best sense, contagious!

To learn more about camp and child development, please visit the American Camp Association's family-dedicated web site: [www.CampParents.org](http://www.CampParents.org)

. . . excerpts from a newly published report by the American Camp Association

## New Thinking Needed on Helping Kids Avoid or Cope with Homesickness, Experts Say

ANN ARBOR, MI — A new report urges parents and children's doctors to change their thinking about homesickness among children, to see it as a nearly universal but highly preventable and treatable phenomenon — rather than an unavoidable part of childhood.

It's the first time that the evidence about homesickness prevention and treatment, which has been gathered through years of psychological studies, has been presented for pediatricians and family doctors to use.

"For over 100 years camps and schools have patted homesick kids on the back, tried to keep them busy and hoped it will go away," says lead author Christopher Thurber, Ph.D., the staff psychologist at Exeter, research consultant to the American Camp Association and author of a camp handbook for parents. "But research shows that it's healthier, and more effective to think about prevention. This report aims to get the message to parents and those who are taking care of kids before they go to camp."

One of the most important things for parents and doctors to recognize, and to say to kids before any separation, is that it's normal, not strange, to feel homesick. In fact, research has shown that 90 percent of children attending summer camp feel some levels of homesickness and that 20 percent face a serious level of distress that — if untreated — worsens over time and interferes with their ability to benefit from a camp experience.

Thurber's recent research compared the effectiveness of key preparation tools to camps' standard preparation. The results showed that a combination of coaching parents and educating children about effective coping actually lowered the intensity of first-year campers' homesickness by 50 percent, on average.

[ACA now publishes a DVD-CD set "The Secret Ingredients of Summer Camp Success"](#) that makes these evidence-based homesickness prevention strategies publicly available for the first time. It also makes information available to parents online, as part of its effort to preserve, promote and enhance the camp experience for children and adults. ACA is also the only national organization that accredits camps, who must meet up to 300 health and safety standards to gain accreditation through the ACA.

For more routine separations, such as the one million children who go away to school or the 12 million who attend residential (overnight) camp each year, homesickness can get in the way of the important character-building lessons that these experiences bring.

Some of the tips for parents and children's doctors:

- Involve children in the decision to spend time away from home, so that children have a sense of control.
- Tell children that homesickness is normal, but that they can use strategies like writing letters home, sharing their feelings with other people, and thinking about all the good things that camp or school is giving them, to help ease their worry.
- Arrange for a practice time away from home, such as a two- or three-day stay with relatives. If a child has reached high school without having gone to summer camp or more than a night away from home, this is especially important to prepare them for college or independent life.
- Practice writing letters, and supply pre-stamped, pre-addressed envelopes and paper before the child leaves home.
- Work with the child to learn about the camp, school, or hospital ahead of time, so they know what to anticipate.
- If possible, try to introduce them to other campers, counselors or teachers ahead of time. A familiar face can make all the difference in the adjustment to a new environment.
- Encourage kids, even older teens heading off to college, to make friends with others and seek out trusted adults to connect to.
- Before the separation, don't make comments that express anxiety or ambivalence about the child going away. Even "I hope you'll be okay" or "what will I do without you" can leave a child worried that something bad might happen to them or their parents, and make them preoccupied with thoughts of home.



- Use a calendar to show exactly the amount of time a child will be away, if that's known. Predictability and perspective on the length of separation is important whenever possible.
- Don't make a "pick up plan" or a deal with a child to bring he, or she, home if they don't like the experience of being away. This undermines the child's sense that their parents have confidence in their ability to be on their own, and set an expectation that they won't like the new experience.
- Warn children against keeping feelings of homesickness to themselves, doing something "bad" in order to get sent home or trying to escape.
- If your child takes medicine for attention, behavior or psychological conditions, don't use camp as an excuse to take a "drug holiday." Make sure that they, and the camp's nurse or counselors, know their medication schedule and the importance of sticking to it.
- If your child has special medical needs, such as diabetes or asthma, make sure that the camp or school they'll be going to has staff who knows how to handle day-to-day care and emergencies. Parents who have managed their child's care intensely can have an extra hard time giving up that control, and children can sense that anxiety.
- Above all, know whether your child is really ready for a separation. If you're not sure, ask their doctor – but not while the child can hear the conversation.

All in all, summer camp and other separations from home can be great "life training" experiences for children, building their independence and teaching self-reliance and social skills that they'll use throughout life, says Walton and Thurber, who met when they were boys at the YMCA's Camp Belknap on Lake Winnepesaukee in New Hampshire, and worked there together this past summer.

Ultimately, they say, parents and pediatricians must work together to help children prepare for and cope with separations, while camp directors, boarding school staff, hospital Child Life specialists and others can help treat homesickness once it arises.



#### **Resources for parents, physicians and camp/school/hospital staff:**

Homesickness prevention information and *The Summer Camp Handbook*, by Christopher Thurber - [www.campspirit.com](http://www.campspirit.com)

American Camp Association Online Resource for Families – [www.CampParents.org](http://www.CampParents.org)

American Camp Association accredited camp locator: [find.ACACamps.org](http://find.ACACamps.org)

**American Camp Association DVD/CD: [The Secret Ingredients of Summer Camp Success](#)**

American Academy of Pediatrics - [www.AAP.org](http://www.AAP.org)

## Travel to and from Camp

Please [visit \*Parent Login\*](#), which can be found at the top of each page of our website, to obtain a copy of the Transportation Form. This form contains all the options for your camper's travel to and from camp. Parents must complete and return this form to the Camp Office so we know your camper's travel plans.

***The Camp Office must know in advance how your camper is traveling to and from camp, even if you plan on driving.***

Opening Day is Wednesday, **June 24th**

Mid-Season Change Over Day is Saturday, **July 18th**

Closing Day is Tuesday, **August 11th**

**Valuables from Travel:** Passports, return flight documents, cell phones, all electronics and travel money must be given to the cabin counselor upon arrival for security and safekeeping in the Wyonegonic Office.

**Driving Directions:** Please visit the Directions webpage in the "Contact Us" section for directions or see next page in print version. Allow extra time on summer weekends for tourist traffic. We are one hour West of Portland; three hours North of Boston; six hours north of NYC.

## Visiting your Camper

We like you to visit and see your child in activities, meet her friends and enjoy camp. Please realize that most campers do not have visitors and for those that do, the adjustment after a visit may be difficult. A short outing away from camp for ice cream, a meal or shopping may be appreciated by your daughter. Bridgton and North Conway are resort towns and local resources are stretched during mid-summer when many area camps have "parent weekends." We request ten days to acclimate your camper to Wyonegonic before visitation is open.

### Visit dates

**Session I campers July 3 - July 16**

**Session II campers July 27 - August 7**

**Full session campers July 3 - August 7**

- Beware of your GPS or Google Maps directions and come in the main entrance only off Route 117. (Our road accommodates one-way traffic). For Senior Camp, use the left fork; for Intermediate and Junior, use the right fork. Check in with your daughter's Unit Director when you arrive.
- Pets are not welcome in camp so please leave them in the car. You may exercise your pet in the upper fields beyond the horse barn near the canoe trailers.
- Campers may leave camp one time each session with immediate family only. Therefore, seven week campers may have one visit each session.
- If a relative is visiting in lieu of parents, please complete the **Permissions form** found on the Parent Login (wyonegonic.com). We must have the equivalent of written authorization in advance.
- Please do not ask to take other campers with you.
- See that your camper follows the sign-out/sign-in procedure in her respective unit.
- Please exercise good judgment in what she eats when out of camp, as we hope to keep our Health Center free of unnecessary tummy upsets.
- Please see that your daughter is back in camp by the following times: Junior 7:45pm; Intermediate 8:15pm; Senior 8:45 pm. It is not permitted that campers stay out overnight.
- There is no smoking allowed anywhere on our property as we are a smoke-free environment.
- Please notify the office in advance of your visit so we can make sure your daughter is in camp and not out on a trip. Most trips happen midweek.
- Parents/relatives are welcome to visit campers in camp and join them for mid-day buffet lunch on our dining hall porch or Saturday evening BBQ dinner in the unit (weather permitting). You are welcome to go for a swim, enjoy a boat ride, or play game of tennis. Please check with the counselor on duty. We require that **all guests wear a personal floatation device (PFD)** for watercraft equipment.
- As stated by the American Camp Association, staff members may not accept tips or gifts from parents.

### Thank you for your cooperation!

*(Please share these policies with family members or relatives who might be visiting.)*

#### **Bridgton, Maine** (10 minute drive)

Chamber of Commerce

207-647-3472

[www.mainelakeschamber.com](http://www.mainelakeschamber.com)

#### **North Conway, NH** (40 minute drive)

Chamber of Commerce

603-356-3171

[www.4seasonresort.com](http://www.4seasonresort.com)

#### **Naples, Maine** (20 minute drive)

Chamber of Commerce

207-693-3472

[www.mainelakeschamber.com](http://www.mainelakeschamber.com)

#### **Portland, Maine** (One hour drive)

Chamber of Commerce

207-772-2811

[www.visitportland.com](http://www.visitportland.com)

Many local motels require a three-night minimum in July and August because of demand.  
Campgrounds are also available on Long Lake, Sebago Lake or the Saco River.

## **To Wyonegonic Camps 207- 452 - 2051**

### **Special note to GPS/online map users:**

**Be sure to use the Camp Entrance on Route 117. Do not follow directions down Moose Pond Shores Road to the Camp Exit road.**

### **From the South**

1 hour from Portland and 3 hours from Boston

#### **Option 1:**

Take Exit 48 off I 95 North; turn right onto Riverside Drive following signs to Route 302. Turn left onto Route 302 West. Follow Route 302 West for 32 miles. Turn left onto Route 117 at Paris Farmers Union Store, as you enter Bridgton. Follow Route 117 South for five miles and continue through the flashing light. The camp entrance is 0.4 miles from that light on the right.

#### **Option 2: This route avoids Portland and Sebago Lake traffic**

Take Exit 36 off I 95 North which puts you on I 195. Take Exit 1 onto Industrial Park Rd following signs for Route 112/117. Turn right onto Route 112 and follow for five miles. Turn left onto Route 117 and follow this for 35 miles. Watch signs for Route 117 as route turns onto different roads. Once you enter Denmark and turn right at the large monument in the center of the road, the camp entrance is 1.5 miles on the left (if you get to the flashing light you have gone too far).

### **From the West:**

35 minutes from Conway, NH

From Route 16, follow Route 302 East into Maine. Turn right onto Route 5/113 in Fryeburg at the monument. Follow for five miles and turn left onto Route 160. After monument at top of hill in Denmark, go straight for 1.5 miles on Route 117; Wyonegonic sign on left (if you get to the flashing light you have gone too far)

#### **To Wyonegonic Farmhouse (from Wyonegonic)**

At the flashing light, turn left on Hio Ridge Rd towards Pleasant Mountain for 0.6 miles; white farmhouse with red barn attached, silo in the back is #130 Hio Ridge Road

#### **To Winona Camps (Brother Camps)**

From Wyonegonic: left on Route 117 for 0.4 miles; left at flashing light past Sudduth Farmhouse; straight ahead for 4 miles, left on Winona Rd (if you come to Route 302, you have passed Winona).

# Wyopedia

**Wyonegonic** – Tradition handed down over the years tells us that Wyonegonic is a Native American term for "long lake."

**AC** - Second year of Leadership Training - "Assistant Counselor" (entering senior year of high school).

**ACA** - American Camp Association, professional organization for camps and camp directors. Wyonegonic is accredited by ACA.

**Brother/Sister visit** - Twice each session, Wyonegonic sisters and Winona brothers visit after Sunday lunch

**Buddy Letter** - Returning campers are assigned a new camper and encouraged to write a letter in May. The intent is to help a new camper by offering to answer questions.

**Cabin Night** - Once a week on Sunday the cabin group chooses to do something together during Evening Program (EP).

**Campsites** – Camp owned property on Moose Pond where cabin groups may sleep out overnight: Loon Island, North Woods, Batting Cove, Nort's Cove, Freeman's Point, Western Wilderness.

**Candyline** - Each camper may choose one piece of candy once or twice a week as a special treat. Fruit is available as an alternative.

**CIT** - First year of Leadership Training, "Counselor in Training" (entering junior or senior year of high school).

**Cobb Lodge** - Our Dining hall was built in 2001. Breakfast and dinner, we eat family style in two shifts. We enjoy buffet lunch on the wrap around porch.

**EP** - Evening Program is after dinner. Many special events and camp traditions engage campers for an hour before bedtime in their unit. Once per week there is an all-camp EP.

**Evening Circle** - Campers and counselor sing every night before bedtime during evening circle. A hand squeeze is passed around the circle with a wish, and the traditional song "Kiyi Wyonegonic" is sung to close the day.

**Family Camp** - After the camper season in August, Wyonegonic opens for family camp sessions. There are three sessions over a period of 10 days. Each family lives in a cabin; meals are served; and activities are supervised.

**Greenie** - Toilet building in camp. Located in close proximity to the camper sleeping cabins.

**Grove** - Pine Grove in the tall pines in the middle of camp; this is a non-denominational weekly service which is led by campers and counselors involving singing, simple dramatics, dance and creative writing.

**Head Counselor** - assists the Unit Director with staff personnel issues and assessments.

**JMG** - Junior Maine Guide; **MW** - Maine Woodsman; **JMW** - Junior Maine Woodsman. Achievement levels in an outdoor living skills program run by the State of Maine.

**Kiyi** and **Hileo** - Tradition handed down over the years tells us that Kiyi and Hileo are Native American terms for greetings much like Aloha, therefore they used for both hello or goodbye.

**Pleasant Mountain** - The 2,006 foot mountain across the lake is our view shed and is protected from development by the Loon Echo Land Trust. Wyonegonic uses the mountain for hikes, overnights and beautiful views!

**Program Director** - In charge of camper schedules and staff assignments.

**Teams** - Division of two groups within each unit, traditional in nature and used for EPs, games, convenience. Junior = Penobscots & Wampanoags. Intermediate = Firebirds & Flying Eagles. Senior = Whirlwinds & Stormclouds. Team emphasis is on sportsmanship not competition. Two team leaders are elected by their peer group.

**Trip Shack** - In the back of the Senior Wiggle. Pack out area for all canoe trips and hikes.

**Unit Director “UD”** - Responsible for campers, staff and program for the particular age group (Junior, Intermediate and Senior). UD's are “camp moms” for the campers and staff!

**Wiggle** - Main lodge in each unit - Junior, Intermediate, Senior. Used for some evening activities, rainy days and as an assembly and meeting place.

**Winona** - Wyonegonic's brother camp located 5 miles north on Moose Pond. The two camps were founded by the Cobb family and are the oldest brother/sister camps in the country. Winona is the Anglicized Lakota word for “firstborn daughter”.