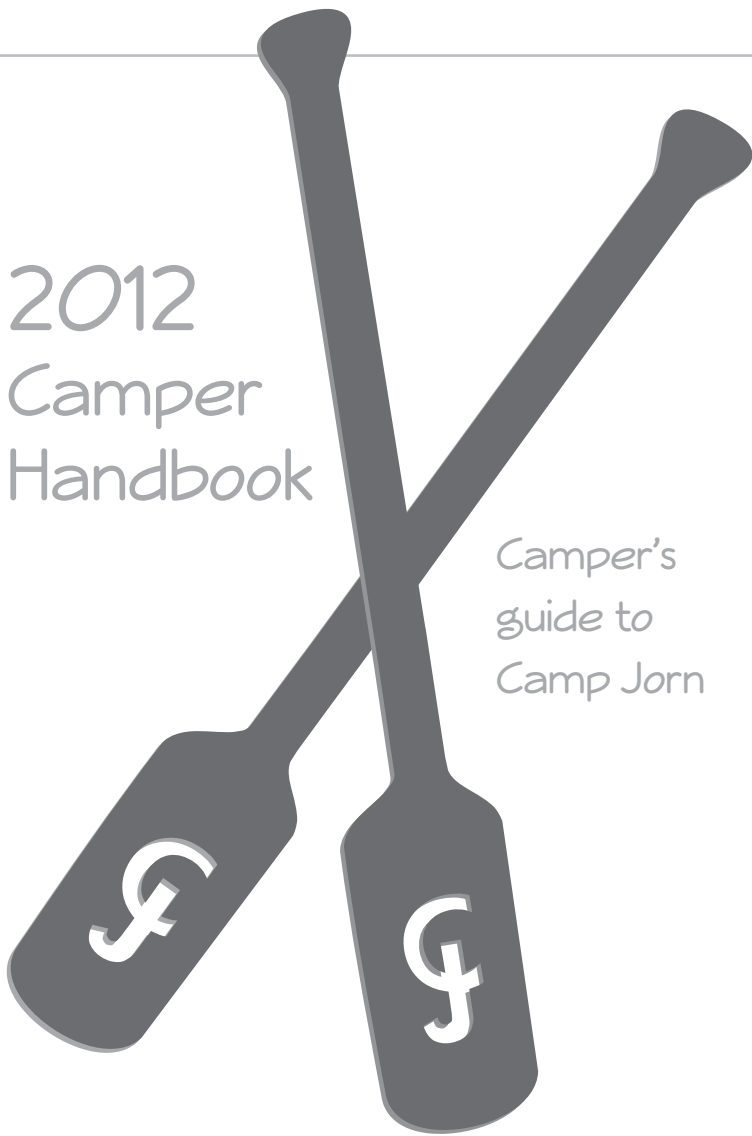


2012 Camper Handbook

Camper's
guide to
Camp Jorn



Camp Jorn History

The property Camp Jorn sits on has a colorful history. The original buildings, like the Nash Lodge and the Dollhouse, were built for Charles Nash and his family as a hunting and vacation resort in 1923. After World War II, the Dengel family purchased the property and made it a boys' camp, called Camp Thunderbolt. There are some great old photos, some featuring an important person in American history, in the dining hall of the Camp Thunderbolt days- check them out when you get to camp this summer.

The property was bought by the Lake County Family YMCA in 1952. One half of the purchase price came from the estate of Albrecht Jorn, and the other half was financed by the YMCA. The camp was then named Camp Jorn, and began serving kids from Lake County, IL and other areas in our beautiful north woods setting. Camp Jorn "bought itself" from the Lake County YMCA in 2007 and became an independent YMCA camp. CJ has been offering an incredible camp experience for more than 50 years, and you're now a part of that! Inside this handbook is a map of the Camp Jorn property.

Welcome to Camp Jorn YMCA!

We are so excited that you'll be joining us for a week (or more) of camp fun in the north woods! Whether you've been to CJ for years or you're here for the first time, we are sure you're going to love it.

What Happens at Camp Jorn

- When you first arrive at camp, if you're driving with your family, you'll come to the table in front of the dining hall and check in. Camp staff members will be there to greet you and take you to your cabin, tent, or yurt, where you'll meet your counselor(s). If you take the bus to camp, you'll get off the bus greeted by a lot of cheering, singing staff and go to the rec square to find out what cabin you're in. When everyone's here, you head off to your cabin!

Usually, you'll get your stuff settled in and hang out with your cabin group and counselors, talking about what your cabin expectations will be and getting to know each other. Then:

1. We do what's called Round Robins, where you and your cabin-mates walk around camp to different areas to learn about the rules and expectations for each area. This is a great time to ask questions! Almost all the staff at CJ have been here for years, and they are happy to help you understand how things work.
2. After Round Robins is flagpole,
3. and then dinner in the dining hall. When you come into the dining hall, you'll go to your cabin's table and wait for everyone in camp to get there. Then we all stand up and someone will lead us in grace (usually a song.) When grace is done, you can sit down and pass the food around! During meals at CJ, it helps us all if we stay seated at our table. Hoppers (people from your cabin assigned to set and clear tables for each meal) can go up to the counter to get more food for your table, and your counselors will let 2 at a time go up to the salad bar (or cereal bar at breakfast.) After the meal is over and things are pretty well cleaned up, the program directors or other staff will have some announcements to make, and then you'll be dismissed by table to leave the dining hall.

After our first dinner together, you'll go back to your cabin to get ready for more rotations- you'll take your swim challenge, to check out your swimming skills, and go see the Camp Nurse so she can make sure we're all healthy. You'll also go with your cabin to the dining hall for class sign-up.

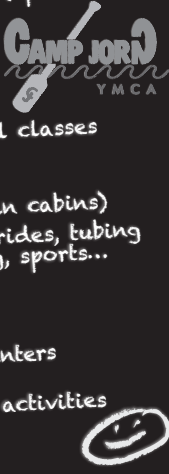
Class sign-up is pretty fun!

- * Your cabin group will wait outside the dining hall until you are called in, and then staff will give you a small card to write on.

- * Lots of staff members are sitting at tables inside, with big signs in front telling you what activity or program they want you to sign up for! You'll take your card to the activity you're interested in, and the staff member there will help you decide which class hour will work for you.
- * If you are signed up already for Water Skiing, Horsemanship, or Air Riflery, those classes will be put on your card first. Then you can fill in your other spots (there are three class hours, total, to choose from) with other activities.

Typical Day at Camp JORN YMCA

Time	Activity
7:30	Rise & Shine! Polar Dip (optional)
7:45	Flag raising
8:00	Breakfast
8:30	Cabin Clean-up
9:00- Noon	3 Elective instructional classes
12:15	Lunch
1:00	Rest Hour (quiet-time in cabins)
2:00- 5:00	Cabin Activities: trail rides, tubing recreational swimming, sports...
5:25	Flag Lowering
6:30	Dinner
6:15	Free Time: Activity Centers & Trading Post open
7:30	Campfire & all-camp activities
9:00	Cabin Reflection
10:00	Lights out!



Sometimes you need to go around and make some changes to your choices. Try to think about what skill level you are already, for some of the classes you're interested in. For example, maybe you've shot a bow and arrow quite a bit in the past and want to be sure you are in a more advanced class. Telling the staff about what you can do and what you'd like to work on is very helpful for them as they guide you through the class sign-up process. Remember that you won't be in all classes,

every morning, with all the kids from your cabin- but you can usually sign up with a cabin-mate for something you are both interested in!

Class Options

Besides **Water Skiing**, **Horsemanship**, and **Air Riflery**, which you need to have your parent(s) sign up for ahead of time, here are the classes you can usually choose from each session:

Archery- pick up your bow and learn to shoot arrows at all kinds of targets in our range; participate in an archery tournament; more advanced students may take a short trip to the archery range in Mercer!



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Crafts- show your creativity and be crafty at CJ! Projects can include tying, nature crafts, candle-making, and the ever-popular friendship bracelets, or whatever else inspires you.

Canoeing/Kayaking- with more than 20 canoes and lots of open-topped kayaks, fun on the water is never-ending! You'll learn paddling techniques and play cool games in the boats each day, maybe ending in a paddle to Fox Island or the Bay



Sailing- our fleet of Sunfish and the collective enthusiasm of the sailing staff ensure you'll have a great time at the CJ Yacht Club! Learn to rig your boat, capsize just for fun, and cruise around Rest Lake in style. You might also participate in a sailing regatta.

Music- CJ has a wide array of musical instruments for you to try, like guitars, harmonicas, boom-a-phones and ukuleles, or let our staff help you create your own musical number to perform at the final campfire!

Soccer- with two large and two small goals, lots of soccer balls and cones for training, and skilled staff, soccer at CJ is always a blast! You'll learn basic or advanced skills and test them in wacky drills and a game or two

Basketball- our rec square boasts two basketball courts, and our staff love to get lots of campers together to play!

Drama- our drama program was developed by one of our staff members who is a theater major at New York University, so campers are treated to a series of professional exercises and put on a production at the end of their session

Dance/gymnastics- choreograph your own dance routine or learn cartwheels and handstands with our talented staff!

Outdoor Living Skills- CJ prides itself on teaching campers how to be the best at living in the outdoors- you'll make fires and cook tasty food, learn orientation skills, identify plants, and find out what minimum impact camping really means

Fishing- Rest Lake is a prime fishing spot! Bass, walleye, and pan fish abound right near camp, or you'll take the pontoon boat out to search for the big one.

When you're finished with your rotations on your first evening at camp, we all get together at the amphitheater for our opening campfire! The staff will do skits, we'll sing lots of camp songs, and we'll end as we do every evening with our traditional song, "Today." And that's your first day of Camp Jorn!!

If you're a TEVA camper, CIT, or, your first day will be a bit different from this. (Please see TEVA, CIT pages for more information.)

Cabin Activities

Most afternoons at camp are spent with your cabin group doing fun things around camp. You can:

- * Go to program areas like sailing, canoes/kayaks, crafts, swimming, tubing, trail rides, or archery;
- * or, your group can make up almost any activity you want! Cabins have been known to do the low ropes course, take out the voyageur canoe, challenge another cabin to a competition, create a scavenger hunt, go fishing, play Frisbee golf or Ga-ga, practice a skit, take a hike, and a billion other things!

Trips

All cabins will most likely be going on a canoeing or backpacking trip for 1-3 nights while you're at camp (depending on the length of your session), so you'll first take some cabin activity time to work on trip/outdoor living skills. We want to be sure you feel comfortable knowing what you and your cabin group will be doing while "on trail." You'll learn:

- * paddling or hiking skills
- * how to start a fire and simple camp stove
- * how to set up a tent
- * what "minimum impact camping" really means.

At Camp Jorn, we think trips are an important part of the camp experience, and we hope you come to enjoy being out in nature and appreciating all that we have. You and your cabin and counselors will decide at the beginning of your session what kind of trip you want to take, for how long, and where you'll go. Camp staff help guide you in meal planning and packing for your trip. Your cabin needs EVERYONE to work together to be sure you have the greatest trip ever! And remember... =)

- * it might rain before or during your trip
- * the evenings might be a little cooler in a tent
- * it might take you a while to walk or canoe to your campsite
- * there might be a few mosquitoes on your trip

But more importantly...

- * you will have food and your safety is our top priority
- * the lakes, rivers and woods are stunning
- * your cabin-mates and counselors are fun, cool people
- * you are building muscle and skills



- * squirrels and chipmunks are hilarious
- * the stars on a clear night fill up the sky, and
- * it's all part of the adventure, YOU make it fun and you'll have a great story to share!!

Campers younger than 10 years old will learn some trip/outdoor living skills, but often do what we call a "day trip," or will stay at a campsite on or near camp for just one night. TEVA campers and CIT participants have a different trip experience than traditional campers- please see TEVA and CIT pages for more information.

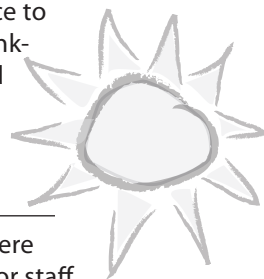
Sometimes trips have challenges. Most of the time trips go really smoothly. At Camp Jorn we believe all trips help campers feel a sense of accomplishment and create memories that will last a lifetime!

Campfire/Evening Activities

Evenings at Camp Jorn are so much fun!! If you are not on trail, you will participate in any number of great evening activities at camp.

- * All-camp games like Wells Fargo or the Sock Hop are fun, fast and crazy!
- * Other activities include Bean Carnival, Learn It This Evening nights, Dutch Auction, Olympics, talent shows or cabin campfires.
- * We always begin and end each evening in the amphitheater, singing "Camp Jorn Will Shine" to start and "Today" to close

At the end of each session at Camp Jorn, we have a very special ceremony called the *Friendship Fire*. At the Friendship Fire ceremony, campers receive awards, program area classes perform, and all have a chance to reflect on their time at camp. We end the evening with thank-yous to those who have made our time here so special, and light a bonfire as we watch the sparks fly up into the night sky.



Other Important Camp Stuff

All the staff at camp want you to have a great experience here at Camp Jorn. Your Counselor, Junior Counselor, Directors, or staff member of your classes are the first people to go to if you need help or want to talk. Nursey is also someone who loves to help campers! We have a different nurse each week, and every one of them is great. If you're ever not feeling well at camp, or if you get hurt or need to take medications, let your Counselor or Junior Counselor know and a visit to Nursey might be in order.

CAMP MAP



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Safety and Expectations

When you're at camp, we hope you learn a lot. We're here to help you understand and take pride in yourself, and get to know others in a group. There will not be a time at camp when you're all alone- we need to keep track of everyone and be sure you're safe and well. Staff will often ask you to walk to activities together, to take a buddy with you to the KYBO, or to stay out of the cabin when they can't be there to supervise.

We expect you to respect yourself, your cabin-mates, and the staff members who are in charge of whatever you're doing at that time. We also expect you to respect the property of others, and the camp property itself. Our beautiful facilities and the natural world around us can only stay beautiful if we take care of it! Campers who can't seem to follow the rules make things miserable for themselves and others, and that is not tolerated at Camp Jorn. If we all respect and listen to one another, Camp Jorn can continue to be a safe and fun place for everyone who comes here! Your parents have a copy of the Camp Jorn Discipline Policy, so you know what's expected here at Camp.

We also want to know what you think! We're always trying to make Camp Jorn an even better place, and your thoughts and ideas are always welcome. Please let us know while you're here at camp, or after you're back home, what things we can do to make sure CJ is always awesome.

What to Bring to Camp

- * One suitcase or large duffel bag, one sleeping bag, and a small bag to carry on the bus are sufficient.
- * Please don't bring a trunk or footlocker!
- * Be sure to ***LABEL EVERYTHING, including shoes, water bottles, towels and clothes***, with your full name! Pack comfortable clothes that you don't mind getting dirty or wet, and be sure your clothes don't advertise anything offensive- we don't need that at camp!
- * When you pack your swimsuit, be sure to choose swimwear that is functional-you're going to be doing a lot of fun water activities where a string bikini or Speedo isn't going to work! And even though there are both guys and girls at camp, we don't worry about impressing anyone. =)



Required Packing List: One- & Two-Week Sessions

Bedding

- Sleeping bag or twin sheets & blankets
- Pillow

Toiletries & Bath

- Soap
- Toothpaste
- Toothbrush
- Shampoo
- Brush
- Comb
- Bath Towel
- Washcloth
- Beach Towel
- Sunscreen
- Bug repellent (non-aerosol)
- Container for toiletries

Outerwear

- Sweatshirt/fleece jacket
- Hat or Cap
- Raincoat or rain poncho

Clothes

- Jeans (for horseback riding)
- Sweats
- Shorts
- T-shirts
- Pajamas
- Underwear
- Socks
- 2 Swimsuit(s)

Shoes

- Sneakers
- Closed heel sandals
- Water Shoes
- Flip Flops (for shower)

Other

- Laundry bag (a MUST for 2-week sessions)
- Plastic bag for wet belongings at the end of the session

Optional Items for all campers

- Water Bottle
- Lip Balm or Chapstick
- Stationary, & Stamps
- Pens/Pencils
- Musical Instruments
- Inexpensive Camera
- Books, Magazines
- Small Flashlight
- Journal or Diary

Required Packing List: TEVA, Wilderness Trips & CITs

All of the items from One- & Two-Week Sessions plus....

- Sleeping Bag w/stuff sack
- Wool or polypro socks
- Sturdy hiking boots or trail shoes
- Light to mid-weight long underwear (top and bottom)
- Lightweight pants (jeans are heavy and cold if they get wet)

Packing List: Horseback Riding Classes

Pants & Boots

- Boots with a heel—are required, helps keep foot in stirrup
- Long Pants must be worn when riding —jeans are recommended

TEVA, and CITs MUST have a sleeping bag with stuff sack for their adventure/trip component (camp has very few to loan in the case of an emergency.)

Gear for Horsemanship Class or Trail Rides

Boots with a heel are highly recommended, as they provide full foot coverage and prevent your foot from slipping out of or through the stirrup.

Long pants MUST be worn when riding. Jeans are recommended. Camp Jorn provides helmets.

What to Leave at Home

Knives/Weapons Fireworks or firecrackers

Laptop computers Radios/CD players/iPods/MP3s– no electronics, *please!*

Skate boards electronic games/DSS/ CDs/DVDs

Illegal drugs/tobacco/alcoholic beverages Gum/Candy/Snacks/Soda

Cash/Checks/Credit cards Cell phones

Jewelry of any value Aerosol products (hair spray, etc.)

The above items are just not necessary at camp, and if you bring any illegal drugs, or paraphernalia, alcohol, weapons, or if you are violent or sexually harass or mistreat someone, camp reserves the right to send you home.

Counselors will check with everyone in the cabin on the first day of camp, and will take away any items above to keep until you return home after camp, including cell phones.

Camp Jorn YMCA's Official Cell Phone Policy:

Cell phone use by campers is prohibited. We will immediately confiscate any cell phone in a camper's possession and return it at the end of the session. Please help us with this policy as it is designed to help all campers remain engaged here and have a more meaningful experience. Campers found with a cell phone or caught loaning a cell phone to others may be dismissed without a refund. Cell phones with a camera feature are not considered cameras at Camp Jorn.

TEVA Program for 13-15 year olds

If you are a TEVA camper, welcome to the newest program at Camp Jorn YMCA!! We've added 15 year olds to TEVA as well!

As a TEVA camper, you'll be at Camp Jorn for an awesome two weeks, living in the new yurts! Your first couple days of camp, you and your group will get to know each other, and you'll spend time talking about what you want your two weeks to look like. You can choose traditional camp activities like swimming, archery, crafts, and sailing. You can also get

creative and think of some other unique things you'd like to do, like biking down the Boulder Junction trail and having lunch at Crystal Lake; planning a project



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to help beautify Camp Jorn; or even taking out the CJ Voyageur canoe in the moonlight. The possibilities are endless!

Another bonus about being a TEVA camper is that you'll get to decide on a fun trip for your group. You might have been on an overnight trip as a CJ camper when you were younger, but now you can think bigger!! TEVA 1 and 3 backpack sessions will include a 4 day backpacking trip within a short drive of camp, while the TEVA 2 canoe session will take you on a 4 day paddling trip nearby. Your counselors and TEVA director will work with you on a trip that's perfect.

Counselor-in-Training Leadership Program

Leadership development is important to us here at Camp Jorn. As campers grow and mature, you want more opportunities to develop skills you'll need in your families and communities back home, as well as in the world of work. Anyone can become a leader, and we at CJ want to help you achieve that.

If you've been to Camp Jorn before, it might help you to know that the CIT program for 15 and 16 year olds is a new name for MITs and CJ Interns. CITs are important to the life of Camp Jorn- we need your enthusiasm for camp and your commitment to working with younger children, and we love to see you apply to be staff members in the future.

Your CIT experience will be one you'll never forget!

CIT Ones will:

- * Spend time in learning sessions related to camp and leadership
- * Plan and implement your 6 day wilderness trip experience with the intent to gain a better working knowledge of necessary outdoor living skills, and bond with your fellow CITs
- * Spend time helping in different camp program areas
- * Plan and implement a service learning project, in camp or in the community



CIT Twos will:

- * Spend a week similar to our Staff Training week, with more in depth learning sessions regarding child development, teaching skills, camp leadership, relationship-building, and conflict resolution
- * Plan and implement your 8 day wilderness trip with the intent to practice the skills you'll need when leading a camper group on a trip
- * Spend time learning about "behind the scenes" aspects of camp planning, preparation, and implementation
- * Work directly with counselors and their cabin groups
- * Plan and implement a service learning project

Wow, lots of information for you to absorb!

We hope this handbook is helpful to you, but remember—please feel free to call us any time if you have more questions.

—SEE YOU AT CAMP JORN!!!!



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CJ Lingo

I'm Third- camp motto. It means "God is first, others are second, and I'm third." We strive to help each camper grow in his/her understanding of this motto

Rec square- recreational (asphalt and grassy) area for basketball, chalk drawing, etc. General gathering area

Trading Post- the camp store, where we sell clothing, hats, jewelry, drinks, and other fun camp stuff

Warm fuzzie- a note you can write to anyone in camp telling them how great they are, or how much you appreciate them. Warm fuzzies are handed out to the appropriate person during lunch or dinner.

Hopper- hoppers are people in your cabin who go to the dining hall 15 minutes before a meal to set tables. Hoppers also clean the table after the meal. Everyone takes turns being hoppers.

Fox Island (Fox)- the island that Camp Jorn owns, just a short canoe paddle off our shore. You might go there for a campout, or to hang out on the beach with your cabin, or go tubing from there.

Campfire- every evening we begin and end at the amphitheater with a campfire program. The last night of your session we have a big campfire ceremony - called the Friendship Fire.

GORP- Good Old Raisins and Peanuts! "Trail mix" for your canoe or backpacking trip!

Matt Food- another amazing trip food, this one with a recipe we can't reveal!

Kalijah- the statue of Native American Kalijah stands next to the flagpole. Kalijah controls the weather at camp- be kind to him or bring him treats, and hopefully the weather will be pleasant... =)

CJ Trails- a Camp Jorn tradition where you meet with others who have attended CJ for the same number of summers as you, set goals for your time at camp, and participate in a special ceremony at the end of your session.

Peace Pole- the Peace Pole stands in front of Potawatomi cabin, with the word 'peace' written on it in many different languages. It's a place where anyone can join a morning philosophical talk before breakfast. Sometimes we share stories or poems that are important to us, or talk about what we're thankful for, or just connect on a deeper level.

KYBO- bathrooms
(Keep Your Bowels Open!)

The Bay- part of Rest Lake where the swim docks are- to 'swim the bay' is a great feat! Also refers to the campsite in that area, a short hike from camp and frequently used for overnight camp-outs.

Ga-ga Pit- the place where the best game in the world is played! (Also called the Gagoctagon) You'll love learning this fast and fun game when you get to camp.

