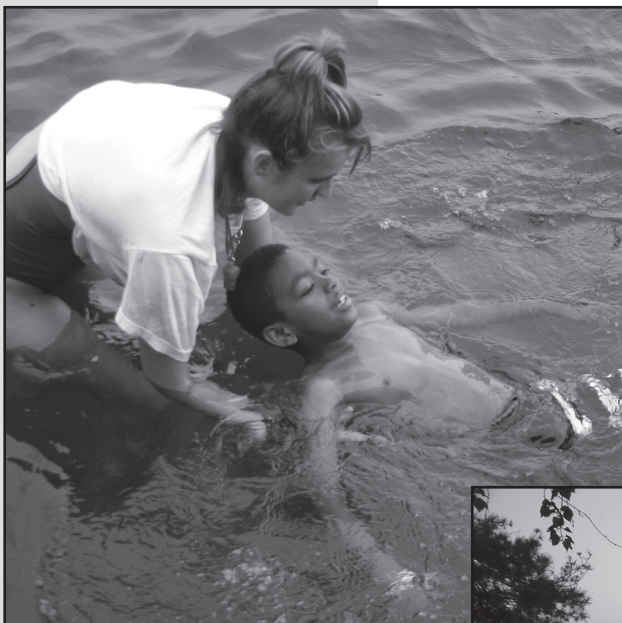


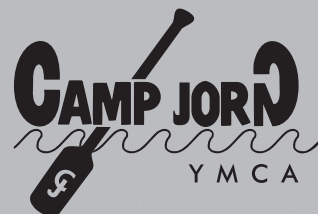
CAMP JORN YMCA

2012 parent information handbook



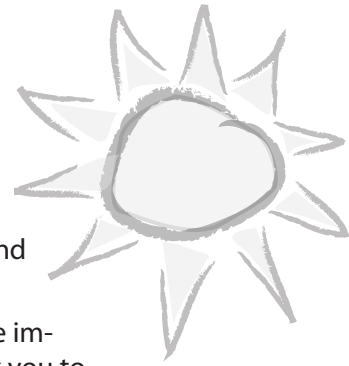
Camp Jorn YMCA is situated on a 70-plus acre peninsula of mature pine forest in Wisconsin's Northern Highland State Forest. Located on the shores of Rest Lake, part of the Manitowish Chain of Lakes, the nearest town is Manitowish Waters (approximately 35 minutes north of Minocqua, Wisconsin).

Camp Jorn YMCA's beautiful setting provides an excellent opportunity for all who visit to come away refreshed and renewed.



Our mission is for all who engage in a Camp Jorn experience to recognize and develop value in themselves and in the world around them.

Welcome to Camp Jorn YMCA!



We're looking forward to your arrival at Camp for the summer of 2012! At Camp Jorn, we are confident that you will make life-long friends, learn acceptance and appreciation for all people, and have FUN in our safe camp environment!

This guidebook and your camper handbook will help answer the important questions you and your family have about camp. We ask you to be as thorough as possible in completing all forms, and please don't hesitate to contact us if you need more information.

Happy Camping,

Sarah Glashagel
Resident Camp Director

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Required Forms

- Camper Health History Form
- Camper Ethnic Background Form
- Letter to Counselor from Parent and Camper
- Camper Release/Waiver Form
- Camper Expense Account/ Trading Post Form

These forms are due **May 4, 2012**. Please mail, email or fax these forms to our Camp Registrar. Your camper will not be allowed to attend camp without these signed and returned forms. We recommend making a copy of each completed form to keep for your records. Copies of all forms are also on our web site:

www.campjornymca.org

Fees & Refunds

The balance of fees is due 30 days before the start of your camper's session. We accept checks, money orders, Visa, MasterCard and Discover. The \$100 deposit is non-refundable. The balance is only refundable if cancelled 4 weeks prior to camp or a bona fide medical reason.

Camp Jorn YMCA
PO Box 430
Manitowish Waters, WI
54545

Ph. 715-543-8808
Fx. 715-543-2390

Session Opening and Closing Days

Opening Days: Campers may arrive between 1:00 pm and 2:00 pm on the opening day of the session. Please do not arrive before 1:00 pm- staff are still preparing for your arrival.

If arriving by car: have your camper eat lunch before arriving- our campers eat dinner at 5:30 pm. On arrival day you will be greeted by staff and directed through the check-in process.

If arriving by bus: please refer to Camp Jorn's Transportation Form for bus information. Pack a lunch for your camper's trip up to camp, and turn in any medications to the staff member or volunteer at your bus stop.

Closing Days: campers may be picked up between 8:00 am and 9:00 am on the closing day of the session. Please do not arrive before 8:00 am!

If picking up your camper at camp: you MUST check out with our camp staff at the dining hall or with your camper's counselor. Please be prepared to show a photo ID and to sign out your camper. Your family can tour camp or depart after check-out.

If camper is departing camp by bus: please refer to Camp Jorn's Transportation Form for bus information. Camp Jorn YMCA provides lunch for all campers returning home by bus.

Visitors

Visitors: Parents, relatives and friends visit camp on Opening and Closing Days. Visits during the session are disruptive, as campers are very involved with their activities. Visits can also cause or increase homesickness in some campers. Due to a full camp of campers and staff, lodging is NOT available at Camp Jorn YMCA for visitors. For housing information we suggest you contact the Manitowish Waters or Minocqua Chambers of Commerce:

www.manitowishwaters.org or www.minocqua.org.

Community Standards

Camp Jorn YMCA seeks to provide a unique camping experience for each camper, to give each camper the opportunity to develop self-reliance, a sense of responsibility and self-worth, and to make each camper's experience with outdoor life a positive one in order to ensure enjoyment of and care for the environment. To that end, we hold our campers and staff to high standards.

Our motto is: God is first, others are second, and I am third.

Camp Jorn also embraces the four core values of the YMCA, which are Caring, Honesty, Respect, Responsibility & Personal Growth.

Anti-Bullying Policy:

We expect our campers to follow clear expectations regarding their behavior. Bullying of any type is inexcusable and inappropriate, and will result in disciplinary action and possible dismissal from camp. Every person has the right to expect to have the best possible experience at camp, and by working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer at Camp Jorn YMCA. We ask that you encourage your camper to be a positive influence on other campers, and stress to your camper to talk with a staff member if there is any issue.

Staff Code of Conduct:

Camp Jorn YMCA believes that a safe and positive environment provides the best experience for the growth and learning of all our campers. This begins with the selection of our staff, and continues with pre-camp and ongoing training. We expect our staff to model the core values of Caring, Honesty, Respect and Responsibility, and Personal Growth and to adhere to camp policies and procedures which ensure the emotional and physical safety of our campers.

Required Forms Checklist

- Camper Health History*

- Camper Ethnic Background*

- Letter to Counselor from Parent & Camper*

- Camper Release/Waiver*

- Camper Expense Account/Trading Post*

These forms are due
May 4, 2012

Please mail, email or fax these forms to our Camp Registrar:

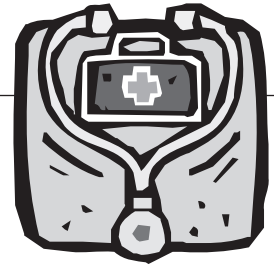
Camp Jorn YMCA
PO Box 430
Manitowish Waters, WI
54545

Ph. 715-543-8808
Fx. 715-543-2390

Health Care at Camp

Our Health Director (or Camp Nurse) oversees our Health Center, provides general care and distributes medications.

- Trips to the doctor are taken if necessary
- Camp is 30 minutes from both the clinic and hospital
- Parents will be notified by phone when:
 - Their camper receives medical treatment through a hospital or clinic
 - Stays overnight at the Health Center at Camp
 - Has an acute, sudden illness
 - Has an active case of head lice
 - Experiences atypical homesickness (needing constant attention, clinging to adults, needing someone by his/her side to fall asleep, disrupting camp activities or crying constantly)
 - Experiences behavior challenges (see Camper Discipline Policy)



Camp Jorn Motto:

*God is First
Others are Second
I am Third*

Medical Forms:

All campers and staff are required to have a current, completed health history form on file. This form must be sent to camp by **May 4th, 2012**.

Medications:

DO NOT send over-the-counter (OTC) medications with your camper. WE HAVE OTC medications which will be provided to campers as needed under our procedures for health care provided by our consulting physician.



Prescriptions:

Only those prescription medications prescribed by a physician will be administered.

- All medications must be in the original pharmacy container.
- The correct name, date, and instructions must be on the bottle.
- We **will NOT** administer medication that is improperly labeled or not prescribed by a physician.

Insurance:

Health and accident insurance coverage for each camper is the responsibility of the parents. You will be billed by the medical facility or camp for any medical/prescription charges incurred on your camper's behalf for immediate reimbursement to Camp. We require a copy of your health insurance card to accompany the health history form.

Hydration:



- Water Fountains are located throughout camp.
- On hot days we put out coolers of ice water.
- Campers are always encouraged to drink plenty of water during their stay.
- Reusable water bottles are available for purchase at the camp store.

Campers are reminded to stay hydrated, use bug repellent, conduct tick checks and apply sunscreen on a regular basis. Please help us by explaining to your child the importance of making this a habit at camp.



— Thanks!

Frequently Asked Questions

FAQ's

Where will my camper live?

- Campers are housed in cabins, platform tents or yurts.
- Each unit has bunk beds with mattresses and safety rails on the top bunks.
- Linens are not provided. Most campers prefer a sleeping bag, pillow & sheets for bedding.
- Campers are assigned by age, grade and gender.

What are the meals like at Camp?

- Campers eat all meals with their cabin group in our Dining Hall.
- Our menu is nutritionally balanced and designed to appeal to most appetites.
- Along with entrees, we have a full cereal & fruit bar at breakfast, and salad bar at lunch and dinner.
- If your child has specific needs, please contact the camp office.

What are the bathroom facilities?

- Our KYBO is a modern washroom facility centrally located in camp.
- Bathrooms are also located in several cabins for our younger campers.

Can my camper request to bunk with a friend?

- Please submit camper requests on your application.
- The request must come from BOTH families in written form.
- Campers must be the same age (within one year) and/or grade.
No requests are guaranteed.
- Multiple cabin requests are not permitted.

Does my camper do laundry at camp?

- Campers staying longer than one week will have access to laundry.

What kind of luggage should we pack?

- Luggage should be a large duffle bag or other type of soft-sided baggage. ***No trunks.***
- Luggage should be clearly labeled with full name on it.
- Make sure ***ALL*** camper items are labeled with full first name and last name.

What to leave at home!

- Please refer to the camper handbook for a packing list.
- We want to encourage wholesome outdoor recreation. The possession of illegal drugs, paraphernalia, alcohol, weapons or any acts of violence or sexual misconduct are grounds for immediate dismissal.
- NO electronics, firecrackers, gum, soda, aerosols, jewelry of any value, skateboards, knives, tobacco. ***No cell phones!***

What about Lost and Found?

- As you pack, create a list for your camper to use as they repack to go home.
- Clearly labeling all belongings will cut down on the volume of L&F items.
- We will work with campers to help them keep track of their belongings.
- Please contact camp immediately after your camper returns home and we will try to locate missing items.
- Parents are responsible for any shipping costs.
- Unclaimed items will be given to charity two weeks after each session.
- ***Camp Jorn YMCA is not responsible for lost, stolen or damaged items.***

What about spending money?

- Campers deposit money in a trading post account. Cash is not to be brought to camp.
- Campers visit the store up to 3 times per week.
- Please refer to the Trading Post form for more detailed information.

Leave it at home...

- ***cell phones***
- ***electronic devices***
- ***illegal drugs***
- ***drug paraphernalia***
- ***alcohol***
- ***weapons***
- ***fireworks***
- ***gum***
- ***soda***
- ***aerosols***
- ***jewelry of any value***
- ***skateboards***
- ***knives***
- ***tobacco***
- ***cash***

For a complete list of what to leave at home and what to bring to Camp please see the Camper Handbook

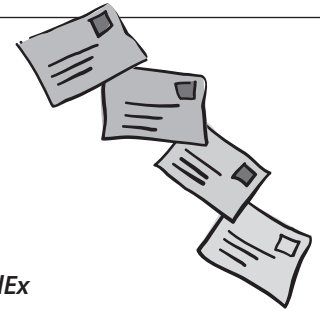
Want it back?



- ***put a label on it with the camper's name***
- ***put a list of the items packed in the suitcase for the camper to reference when packing to go home***
- ***pack familiar clothes so campers recognize their clothes not a bunch of new ones that were packed.***

Communication

- Please write cheerful, positive letters from home.
- It is helpful to campers if parents include pre-addressed, stamped envelopes or postcards when packing.
- There is no mail delivery on Saturdays.



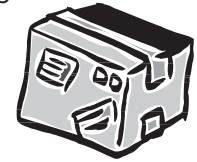
Addresses:

Letters & Packages shipped via USPS (Post Office)

Camper Name
Camp Jorn YMCA
PO Box 430
Manitowish Waters, WI 54545

Letters & Packages shipped via UPS and FedEx

Camper Name
Camp Jorn YMCA
28 Red Feather Road
Manitowish Waters, WI 54545



Care Packages:

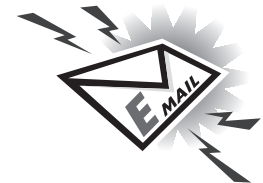
- Care packages should not include food or electronics.
- Campers love to receive books, games, puzzles, small toys etc.
- We do not forward or return any packages that arrive after your camper leaves.

Phone Calls:

- We have a **NO CELL PHONE** policy. Please respect this and have your camper leave the phone at home.
- Campers are not allowed incoming or outgoing calls. If we have a concern about your child, we will contact you.
- We wish to give campers an experience in independence and appreciate your support and partnership.

Email Service:

- Camp provides a one-way email delivery to campers through eCamp Service. Please see the flyer in the confirmation package.
- Campers do not have access to computers at camp.
- Please send positive, encouraging emails.



News and Photos:

- Staff takes photos and posts news and photos to our website daily – www.campjornymca.org
- To access these free services you will need a camp code – **jorn2012**
- It is our goal to capture the day's activities and special events, not to take photos of every child every day.

Missing Home:

- Any camper may be missing home to some degree while away from home. It can be a normal and healthy response.
- We have considerable experience helping campers overcome homesickness and will work with your camper if necessary.
- We will contact you if your camper is really struggling to discuss ways to improve the situation.
- Campers sent home for homesickness will not receive a refund.

Preparing for Camp

- Involve campers in shopping and packing for camp.
- Talk about the fun things they are looking forward to doing at camp.
- Talk about the following: group living, making new friends, taking care of belongings
- Pack a favorite personal item, like a stuffed toy or t-shirt.
- Parents who are themselves prepared for their camper to be at camp are better able to help transition their camper.



Please explain to your camper the importance of...

- *Drinking plenty of water.*
- *Using bug repellent.*
- *Conducting tick checks.*
- *Applying sunscreen often.*
- *Having fun!*

Camp Jorn Program

Upon arrival at Camp Jorn, campers receive a tour of camp with their cabin group and learn about rules and expectations, program areas, and what camp will be like. That evening, campers take time to choose the activities they will participate in during morning class time. Most mornings of each session, campers participate in three classes- if your camper has signed up ahead of time for Water Skiing, Horsemanship, and/or Air Riflery, one or more of their class times will be filled by these activities. Otherwise, campers generally choose from the following activities/programs (subject to change):

- Swimming
- Sailing
- Dance
- Basketball
- Archery Crafts
- Outdoor Survival
- Gymnastics
- Yoga
- Canoeing
- Music
- Tae Kwon Do
- Fishing
- Kayaking
- Drama
- Soccer

2-week CJ sessions also offer fun extra activities such as the CJ Olympics, a sailing regatta, or horse show!

TEVA campers and CITs do more planning and structuring of their time at camp, but do participate in many traditional camp activities. Please read TEVA or CIT packets for more information.

Swim Evaluations

All campers at CJ undergo a swim evaluation their first day of camp. With their cabin group, they enter the lake in the shallow section of the swim area, and generally are asked to swim a few lengths and tread water. (Our staff are aware that some children are uncomfortable or frightened in the water – the staff will, especially, support and help these children.) Campers are then given a wristband according to the swim section in which they are placed- **white band** for non-swimmers/beginners, **blue band** for intermediate, and **red band** for the more advanced. Swimmers with a white band are asked to sign up for Swimming during one of their morning class periods, and are given the opportunity to retake the swim evaluation during their session.

Trips:

Because CJ believes overnight camping trips have unparalleled educational and developmental benefits, we offer campers different trip opportunities, depending upon age, experience, and desire. **Younger campers learn basic wilderness camping skills**, often trying out these skills in a short day or overnight trip on or near camp with their cabin group. **As campers grow and learn, longer overnight canoe or backpack trips are offered for cabin groups** to areas surrounding camp, such as our beautiful chain of lakes, Copper Falls, Escanaba, or Turtle-Flambeau Flowage. **Your camper will likely be “on the trail” for at least one full day of the session.**

Camp life, and especially the trip experience, means **your camper will get wet and dirty!** Camp Jorn has your **camper’s safety** in mind at all times, and will take all necessary precautions when sending out trips. The Trips staff and Camp Nurse help prepare and are in communication with all cabin groups out on trail. Trips are a major component of our camp program, and many of our long-term campers and staff recall with enthusiasm and pride their CJ canoe or backpacking trips. Trips help kids learn about themselves, overcome adversity and work together in a way no other experience can. Please also read your child’s Camper Handbook for more information on trips at CJ.

Weekend Hold-Overs:

- The weekend hold-over is designed for campers to stay at camp between one-week Sessions 1 and 2, or 6 and 7.
- Campers will have laundry service and staff will take them on a simple camp-out on or near camp property. (In the case of inclement weather, campers will stay in camp and participate in activities on site.)

A typical day at Camp Jorn YMCA

7:30	Rise and shine! (polar dip optional)
7:55	Flag Raising Ceremony
8:00	Breakfast
8:30	Cabin clean-up
9:00–noon	3 elective Classes
12:15	Lunch
1:00	Rest Hour
2:00–5:00	Cabin Activities <i>Cabin group decides!</i>
5:25	Flag Lowering Ceremony
5:30	Dinner
6:15	Free Time <i>Trading Post and activities open</i>
7:30	Campfire and All-Camp Activities
9:00	Cabin Reflection
10:00	Lights Out!

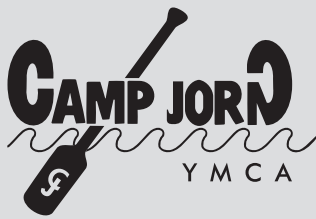


Special Milk Program State of Wisconsin:

The Camp Jorn YMCA is a sponsor of the State of Wisconsin Special Milk Program and is required to provide the following statement:

Child Nutrition Programs of the U.S. Department of Agriculture are available to all children regardless of race, color, national origin, sex, disability, or age.

Any person who believes that he or she has been discriminated against in any USDA related activity should write immediately to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410.



Camp Jorn YMCA's 5 Core Values

- **Honesty:** to tell the truth, to act in such a way that you are worthy of trust and to have integrity.
- **Respect:** to treat others as you would have them treat you, to value the worth of every person, including yourself.
- **Caring:** to love others, to help others, and to be sensitive to the well being of others.
- **Responsibility:** to do what is right, to be accountable for your behavior and obligations.
- **Personal Growth:** To develop in the four personal competencies compassion, contribution, commitment and character in order to discover, and to be, our best selves.

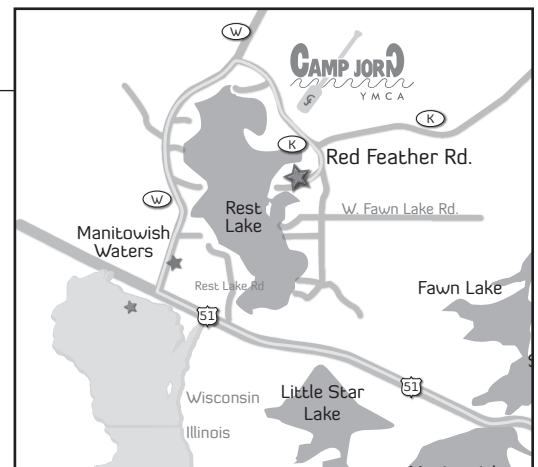
Social Media/Internet:

In general, Camp Jorn views social networking sites (Facebook, MySpace), personal websites, and weblogs positively and respects the right of campers and staff to use them as a medium of self-expression and social interaction. If a camper chooses to identify himself or herself as a camper at Camp Jorn on such internet venues, some readers might view the camper or staff member as a representative or spokesperson of the camp. In light of this possibility, Camp Jorn requires, as a condition of participation in the camp, that campers and staff observe the following guidelines when referring to the camp, its programs or activities, its campers and/or staff, in a social media method:

1. Campers and staff must be respectful in all communications related to or referencing Camp Jorn, its staff, and other campers.
2. Campers and staff must not use obscenities, profanity, or vulgar language.
3. Campers and staff must not use social media to harass, bully, or intimidate other campers or staff of Camp Jorn.
4. Campers and staff must not use social media to disparage the camp, other campers, or staff.
5. Campers and staff must not use social media to discuss engaging in conduct that is prohibited by Camp Jorn's policies, including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment, and bullying.
6. The use of Camp Jorn's copyrighted camp name or logo is not allowed without written permission.

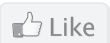
Directions to Camp Jorn

Camp Jorn YMCA is located in Manitowish Waters, Wisconsin. It is approximately 350 miles from Lake County, Illinois; 274 miles from Minneapolis/St. Paul, Minnesota, and 213 miles from Madison, Wisconsin. If you are using Mapquest or a GPS device, please enter the following address: 28 Red Feather Road, Manitowish Waters, WI 54545. Call the office at 715-543-8808 for assistance.



We hope this guide helps answer any questions/concerns you may have. If you would like to talk to a staff member at any time for any reason, please call us, we're glad to help: 715-543-8808.

715-543-8808 • www.campjornymca.org



Even the best of friends need time to explore their individual interests and make new friends while at camp.

Staff

• Dennis Lipp Executive Director 715.543.8808 dennislipp@campjornymca.org	• Sarah Glashagel Resident Camp Director 920-450-2768 sarahg@campjornymca.org	• Emir Butler Camp Registrar 715.543.8808 registration@campjornymca.org
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