

4-H Camp Newsletter



Volume I, Issue I

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What to do

- Contact the Extension Office for:
 1. Camp Registration
 2. Behavioral Criteria Form
 3. Health & Medication Forms
 4. Skill Session Form

Purdue Extension
DeKalb County

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Preparing Your Child for 4-H Camp

“Summer camp is more than a vacation for children,” says Bruce Muchnick, Ed.D., a licensed psychologist who works extensively with day and resident camps. “As a parent, there are a few things to consider to increase the opportunity for a rewarding camp experience for your child.”

• **Consider camp as a learning experience.** This is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice “letting go.” Letting go allows children to develop new social skills, learn about teamwork, be

creative and more. This time also allows parents an opportunity to take care of themselves so that they will feel refreshed when their child returns home.

• **Prepare for camp together.** Decisions about camp-like where to go and what to pack should be a joint venture, keeping in mind your child’s maturity. If your child feels a part of the decision-making process, their chances of having a positive experience will improve.

• **Talk about concerns.** As the first day of camp nears, some children experience uneasiness about going away. Encourage your child to talk

about these feelings rather than acting on what you think his/her feelings may be. Communicate confidence in your child’s ability to handle being away from home.

• **Have realistic expectations.** Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp, either. The main purposes of camp are to relax and have fun.

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It is the policy of the Purdue University College of Agriculture that all persons shall have equal opportunity and access to the programs and facilities without regard to race, color, sex, religion, national origin, age, marital status, parental status, sexual orientation, or disability. Purdue University is an Affirmative Action employer.

4-H Camp Palmer Facilities

All Camp Palmer activities are held in various facilities, including the Craft Hall, Nature Center, Multi-Purpose Recreation Hall, Adirondack Shelter and Dining Hall. Recreational activities take place on the

sports fields, volleyball court, tennis court, basketball court, miniature golf courses and archery range. Campers swim in an Olympic-sized pool and canoe on Harrison Lake. Popular activities include zip line,

low initiatives course and high ropes course.



Interested in Attending Camp

If you are interested in attending 4-H Camp this year, please contact the Extension Office to request an application packet or visit our website for the application and forms www.ces.purdue.edu/dekalb/ Then go to 4-H. Class registrations are on a first-come, first serve basis of when your application and forms are received, so I would encourage you to turn in your forms and payment as soon as possible!

4-H Junior Camp, June 27 - June 30

4-H Camp will begin Saturday, June 27 at 2:30-4:30 p.m. and will end Tuesday, June 30 at 8:00 pm.

Registration will be done at the Recreation Hall. Campers are asked to arrive at camp between 2:30-4:00 p.m. on Friday, June 27. Check out time is approximately at 8:30 p.m. on Monday, June 30.

The family is invited to attend the final campfire which will start at 6:45 p.m. that evening. Everyone will meet at the campfire site and it is located behind the Conservation Building when entering the campgrounds. It will last approximately one hour.

Any Williams County or NE Indiana County 4-H member (currently in Grade 3-6) is \$116.00. This cost includes 11 family-style meals, cabin lodging, insurance, activities and instruction. The fee, however, does not include post cards, stamps, and snacks. *(Some DeKalb 4-H'ers were awarded a camp trip and will pay only 25% or 50 % of the cost—must have been in 4-H at least 1 year and applied by April.)*

To assure that you are one of the 4-H campers who have fun at Camp Palmer this year, please return your forms to the County Extension 4-H Office as soon as possible.

Return to County Extension...

- **Camp Registration**
- **Skill Session Form**
- **Health Forms**
- **Behavioral Criteria**

The final enrollment date is no later than June 16 in the DeKalb Extension Office.

Remember, that no youth will be allowed to return to camp once they have checked out. Youth may arrive late or check out early if these arrangements are made in writing with the Extension Staff prior to camp.

Skill Sessions Form

The Skills Session form must be completed and returned with Registration and Health Form. Campers are to rank their choices 1-5 with 1 being their first choice. A list of activities and their descriptions is enclosed.

Major Session: is a learning activity campers will attend for 1-1/2 hours each day.

Minor Sessions: are activities

campers will attend for 1 hour at a time. There are many activities to choose from.

Challenge by Choice: A high ropes course with various team initiative activities. Youth must be age 12 or over (Grade does not matter) to participate. There is an added \$20 fee for this activity.

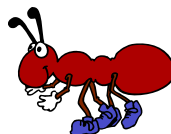
Most sessions have maximum limits for participants,

so sessions will be assigned on a first come, first serve basis.

Notes: Lamps have an additional charge of \$10.

Those participating in Tie-dye must bring a pre-washed white t-shirt.

Cost for Shooting Sports is \$15 per class to cover ammunition and instructors.



Health Forms

Please complete the Health Form and turn in with your Registration and Skill Session forms.

A physical examination by a doctor is NOT required.

Mark any medications the nurse may give if necessary, i.e. Antacids



List all medications the nurse is to give on the enclosed Medication Dispensing Request Form.

Any medication the child may need should be brought in the container in which they are

issued (with medical orders and physician's name intact).

Please place all medications in a zip-lock bag with camper's name.

Medications must be turned into the camp nurse during registration, so it is best **not** to pack them inside a suitcase.

What to bring to Camp

Please label items with child's name. We can not be responsible for any lost or stolen articles.

- __ Sleeping Bag or 3 blankets
- __ Pillow and sheet
- __ Comfortable old clothes
- __ Two sweaters, sweatshirts or flannel shirts
- __ Several pairs of long pants
- __ Shorts & T-shirts
- __ Sturdy shoes or tennis shoes **must** have a **closed toe and heel**
- __ Thongs for the shower
- __ Extra socks
- __ Toiletries, personal items
- __ Wash cloths/towels



- __ Soap
- __ Toothbrush
- __ Flashlight
- __ Deodorant (non-aerosol)
- __ Swim suite & towel
- __ Jacket/Rainwear
- __ Non-aerosol insect repellent
- __ Pencil and paper
- __ Deck of cards
- __ Pre-washed T-shirt to tie-dye

Optional Items

- Costumes for campfire
- Clothes pins
- Rugs
- Stationary & stamps

Items that should NOT be brought

- Valuable Jewelry
- Radios, stereos or boom boxes
- Aerosol can of any kind
- Cell phones
- Alcohol, tobacco or illegal drugs
- Fire crackers or other explosives

A Camper's Bank will be provided for those campers who wish an Extension Staff member to take care of their money. It is recommended that they do not have more than \$10. Many Camp Palmer items are available for sale during registration and check out.

Camp Rules

Any youth breaking 4-H Camp Palmer behavior rules or determined to be a risk by the Extension Educator will be dismissed at the families expense. No reimbursements will be given for cancellations after June 18 or dismissals.

1. Any rules broken by campers or counselors, if deemed severe enough, will result in the camper's parents being called and the camper involved being sent home.

2. Camper must report illness and injury to camp nurse immediately.



3. Solid toed shoes must be worn at all times except when traveling to and from the swimming pool or showers. (Sandals or flip flops may be worn at those times.)

4. All items should be marked so that the camper will recognize his or her own belongings. This is especially important on swimsuits, cameras, and other valuables.

5. Any medication taken regularly by a camper must be given to the camp nurse, who will dispense it to the camper at the designated time. Campers must contact the nurse at appropriate times when prescribed medication is to be taken.

6. No one is allowed away from camp except on supervised tours.

7. No camper is allowed in the pool or in canoes except when a lifeguard is present.

8 No visitors are permitted during the camping period unless cleared with the Camp Director.

9. Campers are required to be present at all sessions.

10. Full time participation is required! No youth will be allowed to leave and return for any reason.

11. The camp management or Extension Staff cannot be responsible for articles or money left, lost, or stolen at camp. Do not bring large amounts of money, expensive cameras, or other valuable articles.

12. Everyone will assist with cleaning-including washing dishes and sweeping cabins, bathrooms and dining hall. Littering will not be tolerated.

13. There will be absolutely no damaging or defacing of camp property. This camp belongs to the 4-H members. PLEASE RESPECT IT!

Program Staff

Williams County 4-H Staff, NE Indiana County 4-H Staff, 4-H Camp Palmer Staff and 4-H Teen Counselors plan, teach and conduct camp program and activities.

Teen Counselors this year are: Abby Styron, Devan Hickey, Hayley Shook, McKenzie Trubey, Jacob Herman, Sara Herman, Kayla McCauley, Emily Miller, Amy Coburn,

Sarah Fisk, Danielle Sickmiller, Kaityln Brown, Kelsey Brown, Cole Clark, Abby Sloan, and Otis Sloan of Ohio plus Erin Beard, Chris Crowl, Blake Johnson, Jeff Kuhn, John Kuhn, Michael Kuhn, Mary Beth McClure, Shelby Meyer, Stephanie Meyers, and Shawn Somerlott of Indiana.

Doug Keenan, the Noble County 4-H Youth Development Extension

Educator, will serve as the Indiana Educator camping liaison at camp this year.

Camp Forms

Due to

Extension Office

By June 19, 2009

at the latest!!!

Directions to Camp Palmer - Go to Angola & From Angola

Traveling East on US 20, turn right on Fulton County Road 27 and travel 1.5 miles until you reach Fulton County Road MN, turn left. Follow the signs to Camp Palmer and Harrison Lake State Park signs.

Camp Palmer is approximately 45 minutes from Angola.

In case of an emergency, your child can be reached at 4-H Camp Palmer, Inc.(419)237-2247.

If you have any questions about camp, please feel free to contact the Purdue Extension Office in DeKalb County at 260-925-2562.



Help your Child grow in self-confidence !!!

Leave Cell Phones at Home! Build your child's ability to be independent & make decisions . Cell phones are great for safety issues, but Camp should have safety under control. If there is an emergency, Camp Staff will call you.

Emergency at home- call Camp at 419-237-2247.



Calling your Child at or Your Child Calling you from Camp only adds to homesickness issues as they are reminded what's going on at home instead of focusing on Camp Activities & new friends.

