

# Camp Winnebago



Parent Handbook  
Summer 2023

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January 2023

**Dear Winnebago Parents:**

We are looking forward to the beginning of camp! In an effort to give you the information you need to be ready for camp, we hope you find the Parent Handbook easy to use. Please know that as we get ever closer to camp, we will add any additional COVID-related protocols and information to this Handbook, if necessary, and will also send it to you as an individual compendium of information.

**How do I use the Handbook?**

Within the handbook you will find information on travel, health, phone calls, uniforms, and much more. This information is for you to reference throughout the year.

All forms required for the 2023 season are online and for you to fill out and submit electronically using your unique username and password. You can access your account by going to our website, [www.campwinnebago.com](http://www.campwinnebago.com) and selecting **CampMinder Log-in** under the ‘Current Families’ tab on our home page. If you have forgotten or misplaced your password, select the ‘Retrieve/Set Password’ link. If you have any difficulties, call our office at 207-767-1019 or e-mail us at [andy@campwinnebago.com](mailto:andy@campwinnebago.com) and we will help you reset your password. Additionally, **CampMinder** will allow you to do the following: complete forms online and print important documents for the summer; review and update your contact information; and review and update your financial information, including your current statement of charges and payments. Please be assured that all personal information is entered and received via a secure internet connection.

A note about online medical form submission: while much of the medical information we require can be completed and submitted online, **please note that your son’s physical examination must be signed by your physician.** You can upload the signed form to the CampMinder portal, or mail or fax it to us at 131 Ocean Street, South Portland, ME 04106, FAX: 207-767-1018 before June 1, or to the summer address thereafter. You will also have the option of completing your child’s immunization record online or mailing/faxing back a hard copy.

**What if I need additional information?**

Our website is full of camper information, driving directions, etc. We invite you to use this as reference, and of course, we welcome your questions should you have any questions or thoughts requiring a personal answer.

First-year campers who are entering 3rd-6th grade, as well as returning 3rd graders, will be assigned a camp “Big Brother.” Big Brothers are returning older (13-15 year old) campers. These older boys can answer many new camper questions. A big/little brother letter complete with contact information will be mailed to first-year campers and their Big Brothers in mid-May.

We look forward to seeing your son at camp!

## Camp Winnebago Policies

**BEDDING:** Because of the minimal amount of room in the bunks, we ask that you try to refrain from sending a personal blanket to camp. If you feel the need, please ensure that the blanket you send is **thin** and able to fit easily on top of a twin bed. This will help your son manage his area and aid in keeping his area neat and tidy. We are sensitive to the need of campers to be warm at night and will provide an additional blanket to the boys if necessary. Please **do not send eggshell mattresses** or the like.

**CAMP ADDRESS, PHONE NUMBER and E-MAIL:** All mail to your son should be sent to him at Camp Winnebago, 19 Echo Lake Road, Fayette, ME 04349. Putting your son's bunk number on the envelope will help speed the delivery of mail within camp. After camp begins, we post bunk lists and pictures by bunk number on the password-protected page accessible by selecting **2023 Summer Parent Info** under the 'Current Families' tab on our home page. The sign-on name is: *family* and password is: **2023**

**CAMP STORE:** A place where campers can come daily to get "essential" items they might need such as a flashlight, toothpaste or envelopes. Additionally, the younger boys can come twice a week and get a special treat such as a candy bar and soda or soft serve ice cream. Older boys (13+) can visit the Camp Store every night. **No money is needed** at the Camp Store, as most items are included in the camp tuition. For extraordinary purchases, such as stamps and batteries, purchases are charged to the camper's account.

**\*\*\*CELL PHONES\*\*\*:** Although cell phones are not permitted at camp, we recognize that having a phone helps in certain situations. If you plan for your son to travel to camp with a cell phone (we don't encourage it), please fill out the 'Camper Cell Phone form' so we can keep it safe for him at camp and return the phone to him for his trip home.

**CLOTHING:** 1) Everything not attached to your son that you want to be returned must have his name on them. Assume everything will be misplaced at some point during the summer. Please make sure less obvious articles - tennis rackets, shoes, baseball gloves, sleeping bags and flashlights - have your son's name marked on them. 2) Our drama department will happily give your old clothes a new home - to you they're old slacks, shirts, dresses, skirts and blouses; to us they're costumes.

**CORRESPONDENCE:** We will place correspondence to families on our website at [www.campwinnebago.com](http://www.campwinnebago.com) at **2023 Summer Parent Info** under the 'Current Families' tab. This information is password-protected. The sign-on name is: *family* and password is: **2023**. The camp newspaper, *The WAG*, will be posted during the summer as it is published, as well as pictures from camp that we post on Mondays, Wednesdays, and Fridays.

**THE ECHO:** The Echo is the camp yearbook that is sent out in November to all the campers who attended camp the previous summer. Included in the yearbook are names and addresses of campers and counselors, pictures, activity summaries, and much more.

**FAX and E-MAIL:** While we promote real letter writing (and insist on it for the campers), parents may fax or e-mail a letter to your son. The fax number is 207-685-9190. Our e-mail address is: [andy@campwinnebago.com](mailto:andy@campwinnebago.com). To ensure delivery of e-mail, please put your son's full name and bunk number in the subject box of your e-mail. Also, we **will not** deliver attachments or e-mail that contains anything but text. Please be conservative with the amount of e-mail that you send. We do not guarantee absolute privacy or same day delivery.

**FOOD:** Camp food is plentiful and well prepared. Please do not send anything extra. We have the campers open all packages and bulky envelopes in the office, if it contains food, candy, gum, etc. the office personnel have the unpleasant job of throwing it out. We hate to do this, so please make our lives easier by not sending any food, and by advising all relatives and friends similarly.

**HEALTH:** Trying to keep our boys safe and well is our most important responsibility. A **health examination is required for all campers prior to the start of camp.** All required health and medical forms can be found online by going to our website, logging into your **CampMinder** account and selecting the ‘Forms & Documents’ tab. You have the option of filling out your son’s medical form online or printing a hard copy for you and your physician’s completion. Either way, **a doctor’s signature is required on your son’s physical examination form.** If you choose to complete the form online, you will be returning a page with your signature, granting certain permissions with regard to medical treatment given at camp, and verifying that the information you provided is correct.

Please urge the doctor to make your son’s examination a thorough one. A real medical examination can be of great help to us and to our medical staff. The health history and record of immunization tests are of the utmost importance. Physician-signed medical examination forms should be uploaded to the CampMinder portal or mailed or faxed to Camp Winnebago, 131 Ocean Street, South Portland, ME 04106, FAX: 207-767-1018 on or before **June 1.** After June 1, please mail your forms directly to camp: our summer address is Camp Winnebago, 19 Echo Lake Road, Fayette, ME 04349. Additionally, if your son is required to carry emergency medication such as an asthma inhaler or Epi-Pen for life-threatening emergencies, you and your doctor must also complete, sign and send back both of the **“Carrying Emergency Meds” forms** found under the Forms & Documents tab from **CampMinder** (see also page 17 of this Handbook). A tetanus booster is required every 10 years.

**MEDICATIONS:** If your son takes daily medications, we ask that you work through our local Walgreens, a separate organization, to have your son’s medications packaged and delivered. If you want to order a prescription through Walgreens and have us pick it up, **PLEASE SET UP AN ACCOUNT AT Walgreens.com WITH UPDATED INSURANCE AND CREDIT CARD INFORMATION.** If your son has PRN medications or you fill your son’s prescriptions yourself, please send all medications to camp **a few days ahead of your son’s arrival**, labeled **“Attention: Andy and Infirmary”**, rather than have your son bring them. Please see Camper Prescriptions on page 18 for more information. Please note, while at camp, if your son stays in the infirmary overnight, makes a visit to an outside health facility and/or takes any prescribed medication, Andy will call you to let you know.

**INSURANCE:** Insurance included in the tuition cost is health and accident insurance. This is a limited policy to cover medical expenses at camp. It provides first-dollar coverage to a maximum of \$3,000.00 for sickness, \$300.00 for dental accident, and \$6,000.00 for accident. Please note your insurance carrier on the health form in the event additional coverage is needed.

**LAUNDRY:** Laundry is done weekly and returned the same day. In the bunk, your son probably has far less room than he has at home. Oversupplying him with duplicates and extras may give him an unmanageable task in attempting to keep neat and organized in his bunk.

**MAIL:** One of the single greatest causes of homesickness for campers (new and old) is not getting mail at the beginning of camp. Help us by starting to send letters or postcards about **four days before camp starts.** The impact of having mail on the first day of camp is enormous! (See pages 12-13 on “Homesickness Prevention.”) And then keep writing!

**NO-NO’S:** No Game Boys, iPods, Pokémon cards, super soakers, Kindles or the like, walkie-talkies, computers, hand held computers, **watches**, cell phones, anything with a screen, or knives. The Camp Craft department will provide, and instruct in the use of, any cutting instruments for the outdoors.

**PACKAGES:** Please keep the number of packages sent to camp to a **bare minimum** over the course of the summer. If you feel the need to send your son a package, we suggest you send reading material or other essential items that he **NEEDS** while abstaining from sending games, balloons, and other “stuff.” A package requires the camper to make a special trip to the office where he has to wait in line and then open the package in front of a staff member. It is an inconvenience. If the item is expected to come home with your

son, realize that space in the bunk and on the return flight or bus is extremely limited. Food is not permitted to be sent to camp.

**PHOTOGRAPHS:** Included in your tuition is a set of photographs that includes an individual color photo of each boy along with a color group photo of all the boys in his division. First-year campers will also receive a Winnebago photo album with multiple sleeves in which you can store camp photos from successive summers.

**TRIP JOURNAL:** Your son will be given a leather-bound trip journal his first summer at camp. We will keep it for him (no one will read it) and provide it to him during his camping trips where he will have the regular chance to journal. After his last Winnebago summer, we will return it to him to have as a special memento of his camp career.

**WEEKLY/FINAL REPORTS:** Almost every week, you will receive an electronic “Weekly Report” postcard authored by his counselor(s) with a short description of your son’s activities and a smidgen of news from camp. At the end of camp, we will send you a more complete “Final Report” detailing your son’s progress, growth and challenges he faced over the course of the summer. As it is our goal to over communicate with you this summer, we plan to send you regular updates on how camp is going.

**TELEPHONE CALLS:** We permit phone calls on a very limited basis. A full-summer camper may receive two calls; a 4-week camper may receive one call. After 12 days at camp, on July 5, we permit campers to receive phone calls. If a camper has a **birthday** at camp, you may call him with an “extra” phone call that we can arrange for some time on that day.

If you want to phone, please call the Camp office between 9:30 a.m. and 12:30 p.m. to set up a call for that day or later. We will advise your son to call you at the appointed time, which will be between 1:30 p.m. and 2:15 p.m. OR 6:45 p.m. and 7:30 p.m. Phone calls will be limited to five minutes. Similar arrangements will be in effect following visiting day. Phone calls will not be scheduled or permitted (except birthday calls) during Final Week, which starts on August 7.

Please realize that phone calls may not be very reassuring or informative. We do not recommend them, especially for boys who might be prone to homesickness. Please review our Phone Calls letter on page 14 as to why phone calls are so limited and why you should not feel obliged to call.

**TIPPING:** We have a firm and absolute policy against tipping. It has been determined by the American Camp Association to be inconsistent with the relationship between camper and counselor, and there is even an accreditation standard against it. Please do not embarrass counselors or place them in an awkward position.

## Uniform and Packing Guidelines

**CLOTHING:** In your CampMinder account is a link to a required clothing and equipment list along with a Camp Spot catalog for 2023. Clothing may be purchased wherever you wish. We know the owners of Camp Spot, and they run a very competent organization. They will also sew name tapes on your son's clothing. We do not insist on the name WINNEBAGO or an emblem on the shirts or on the jacket, so you and your son can decide whether you want this or not. We do insist that the color be as stated on the clothing list. Should there be any questions, do not hesitate to contact Andy. Camp Spot takes 2-3 weeks to deliver. We have found the quantities on this list to be sufficient to meet a boy's needs during the summer. But you know him best - order more or less depending on his anticipated needs and please remember *there is limited space in the cabins*. All campers except Falcons ("F") and Senior Lodge ("SL") should have the vinyl shoe bag. Sweatshirts must be in solid green, brown, blue or gray in color without writing unless it is "WINNEBAGO." This includes insignias or logos such as college names, "Adidas" or alligators. We will be very strict on adherence to the listed clothing so that boys who comply do not feel outdone by boys who bend the requirements. We are flexible on hats and bathing suits.

**NAME TAPES:** Please don't forget - every article a boy has with him must be marked with a name tape (or other marker) with his full name. Name tapes can be ordered from the Winnebago Camp Spot catalog and it is just one of many sources for name tapes.

**REGULAR CLOTHES:** Also, do not permit your son to bring non-camp clothes to camp except for those he travels to camp in. For 13-15 year olds, they may be a bring a set of "civilian clothes" in the event that we have a mixer with a girls camp.

**MOUTH GUARD:** While it is not on the list, if your son has a mouth guard he should bring it to camp for use during such sports as street hockey.

**ROLLER BLADES:** We offer rollerblading as an informal athletic activity. Every boy interested should bring wrist guards, kneepads, and elbow pads, as well as roller blades. If you have outgrown roller blades and can send them to camp, we would be able to use them for boys who do not have them. If you are buying roller blades, please get the type that leaves no dark marks on the rink surface.

### **HELPFUL HINTS:**

- (1) Make sure your son packs a pair of water shoes. These can be old, ready-to-retire sneakers or others offered through the clothing catalog. Our boating and canoeing program requires campers to go in the water with closed toed shoes on, and it's a shame to ruin good sneakers. Tevas, flip-flops or sandals are not water shoes.
- (2) Please have your son bring sunscreen with an appropriate SPF (20 or greater).
- (3) There is no need for cash at camp. The bunks are unlocked and money can get lost easily. The office staff can hold cash in the office for boys who have cash and want it kept safe.

## Baggage Information

**\*\*\*BAGGAGE:** If your son will take the bus, we ask that you use the Camp Baggage service to ship your son's bags to and from camp. Because of the limited space on the buses and the amount of luggage to deal with, it has been increasingly difficult for camp to ship your bags home from camp by bus or other services. Camp Baggage will deliver bags to Camp at 9:00 a.m. on June 20 and home usually within the next couple of days after camp ends. In an effort to plan all of the essential logistics involved in providing this service, we ask that campers requiring service in June enroll with Camp Baggage no later than **May 15**. The Camp Baggage letter can be found at the end of the Handbook and in the 'Forms & Documents' tab from your **CampMinder** account. Frequently asked questions regarding Camp Baggage can be found with the Camp Baggage Enrollment information. Camp Baggage's phone number is (561) 748-5185. Please see the Camp Baggage letter on page 19 of this handbook.

If you live outside the Camp Baggage operating area, we encourage you to send duffels and other items to camp early via UPS, Fed Ex or Parcel Post. Please send the items to **arrive on June 20-22**. The bags should be shipped to Your Son, Camp Winnebago, 19 Echo Lake Road, Fayette, ME 04349. Duffels should be securely tied but not locked unless we are sent a key. They may be sent insured. You may have your son bring a sleeping bag and/or suitcase with him, but each must be a reasonable size for the bus or plane. **At the end of the summer, you should arrange to have the bags shipped home and we are happy to stick the prepaid labels on the bag for you.**

Reasonable amounts of baggage, including duffel bags, may be checked on the plane.



## Travel Information

Travel Forms must be completed and submitted by June 1. Basic 'To Camp' and 'From Camp' travel plans can be submitted electronically by selecting **Transportation** under the 'Forms & Documents' tab from **CampMinder**. Please note, **if your son is arriving by plane**, or you have special travel needs, please call Andy at 207-767-1019 or e-mail him **prior to confirming any reservation**.

**PLANE:** Before confirming your son's reservation, please e-mail or call Andy to insure that the travel times are consistent with our pickup schedules at the various airports, as well as helping to arrange campers traveling together when schedules permit. If it is desirable to fly to Boston, please plan to arrive between 11:00 a.m. and 1:00 p.m. Counselors will be at the gates to meet the flights. There may be schedule changes, so please call the airline or travel agent a day or two before travel to confirm. Boys arriving by air in Portland will be met by counselors at their flights. They should arrive in Portland between 11:00 a.m. and 2:00 p.m. If for some reason a counselor is delayed, the camper should wait for him at the security gate area. Please be sure to check all baggage through to the final destination. Not knowing what food will be served, a lunch should be packed, as the boys will not arrive at camp until after lunchtime. **If your son is traveling as an unaccompanied minor, please give the airline Andy's name and camp's address and phone number. This will satisfy their "pick up/drop off" information.**

**NEW YORK CITY BUS:** The New York City group will leave at 8:00 a.m. on Friday June 23, from the driveway of the Rose/Hayden Planetarium on 81st Street between Central Park West and Columbus Avenue. Please be there at 7:30 a.m. so we can get everything loaded quickly and depart promptly. Please do not park your car in front of the bus in the driveway as the bus will not be able to squeeze by those cars to depart. All boys should bring snacks, lunches, and canned or plastic (not glass) containers for drinks. The round trip fare is \$290.00 and is reflected on your invoice. The bus is a chartered express bus.

**WESTCHESTER BUS:** The Westchester group will leave at 9:00 a.m. on Friday June 23, from the parking lot of **Bloomingtons in White Plains**. The address is: 175 Bloomingdale Road, White Plains, NY 10605. Please be there by 8:30 a.m. so we can get everything loaded quickly and depart promptly. The bus will be to one side of the parking lot. All boys should bring snacks, lunches, and canned or plastic (not glass) containers for drinks. The round trip fare is \$290.00 and is reflected on your invoice. The bus is a chartered express bus.

**BOSTON BUS:** Boys meeting in Boston should meet at the northbound Lexington Service Area - Route 128 (also called I-95). The Lexington station itself is on the access road between Exits 30A and 30B (Route 2A). If you are driving southbound, you can reverse direction at Exit 29 (Route 2). The bus will leave the service area at 1:00 p.m. The round trip fare is \$160.00 and is reflected on your invoice. The bus is a chartered express bus.

**For all three Busses:** All boys traveling on the New York, Westchester, or Boston busses should bring games, comics, or other quiet entertainment for the bus. Please no Game Boys, Cell Phones, or Pokémon cards, or their equivalents, on the bus or at camp.

**Driving to camp:** If you are driving your son to camp, please plan to arrive at camp between 1:30 p.m. and 3:00 p.m.

## Driving Directions to Camp Winnebago

1. From New York City, take the New England Thruway (I-95) and Connecticut Turnpike (I-95) to New Haven (47 miles), then go on to I-91 to Hartford (35 miles).  
From Westchester, take I-684 north 28 miles to I-84 east to Hartford.
2. From Philadelphia, New Jersey and points west and south, cross the Hudson River at the Tappan Zee Bridge and continue east on I-287 to White Plains. Take I-684 north 28 miles to I-84 east to Hartford.
  - At Hartford go east on Route 15 and I-84 to the Massachusetts Turnpike (42 miles). Take the Mass Pike at Sturbridge going east toward Boston (11 miles). Take the 1st exit (Exit 10 Auburn) and follow I-290 north and east through Worcester (21 miles) to I-495 north (54 miles) to I-95 north (continued at next “bullet”).
1. From Boston, go north on Route 128 to I-95 north, or I-93 to I-95 north, follow I-95 directly to the New Hampshire Turnpike, then to the Maine Turnpike, then follow directions at next bullet.
2. From Portland Airport, go to the airport exit and get on the Maine Turnpike heading north.
  - Continue on the Maine Turnpike to Augusta, exit 109. Follow the exit directing you toward Winthrop (west) and you will be on Route 17 (among other route numbers) going west. Turn right after about three miles where Route 17 goes off by itself at the main stoplight, after a large gas station on the right and across from a gas station on the left. Follow it for 13 miles (1-1/2 miles past the Fayette Country Store) to Camp Winnebago. Entrance is on the right hand of the road, and the camp sign is on the left.

**For GPS navigation: Please use the following address:**

**2222 Main Street, Fayette, ME 04349**

## Visiting Weekend 2023 General Information

**VISITING DAY:** We look forward to seeing you at camp on Friday, July 21 or Saturday, July 22. The visiting day extends from 9:10 a.m. to 5:00 p.m.

Parents of campers for the 1<sup>st</sup> session, please visit from 9:10 a.m. to 2:15 p.m. on Tuesday, July 18, the day you pick up your son at camp. If that is inconvenient we will work out an earlier day to visit.

Parents of 2<sup>nd</sup> session campers may visit on Friday or Saturday July 21 or July 22.

Please log into **CampMinder** before **May 30** to notify us which day you will be visiting and if others will be visiting with you. If you are not visiting, we would like to know that too, as we take the full session campers who are not visited out for a special meal.

**PLACES TO STAY:** On our website under the “For 2023 Parents” tab, we have provided a list of places to stay in the Augusta and Portland areas and beyond. While we do not endorse any of the motels listed, parents have tried them and have been reasonably satisfied for the night or two one spends there. We do encourage you to reserve a place immediately, as rooms have already become scarce over parents weekend.

### **Special Visiting Day Advice**

1. It is **casual**. Be comfortable and dress comfortably. You will be walking over uneven surfaces and following your son in activities (and perhaps joining in a few).
2. Bring a bathing suit and towel (if a swim would interest you), hat and sunscreen.
3. Rules Regarding Food and Drink: In an effort to keep animals out of the cabins, the boys on regular eating schedules, and animosity between boys from being created due to “food divisions,” we ask that you bring your child **one small** amount of a favorite food. This means a portion that he can eat comfortably in one sitting. It does **not** mean **soda** or other drinks of which there are plenty at camp, or any type of **chewing gum**. **Remember, we are a nut-free camp.**
4. Please let us know if you are going to be very late so your son will not be anxious. The visiting day begins at 9:15 a.m. Departure is no later than 5:00 p.m. The boys are still in activities at that time and separation is much easier than coming back to the car for one more hug. Please plan your day so that you and he are prepared for your departure from his activity by 5:00 p.m.

## Homesickness Prevention

What is homesickness? Technically speaking, it is the distress or impairment caused by an actual or anticipated separation from home. It's characterized by acute longing and preoccupying thoughts of home and other beloved objects. About 95% of all children miss something about home when they're away at Camp. In other words, homesick feelings are absolutely normal. Contrary to "conventional wisdom," research has shown that a Camp's physical distance from a child's home, or the presence of a child's friend from home at Camp, have no impact at all on whether a child experiences homesickness while at camp.

Fortunately, severe homesickness is very rare. Research has shown that only 1 in 5 children has a bothersome amount of homesickness, and only about 1 in 14 has a truly distressing degree of homesickness. At Camp Winnebago, we believe our numbers are even better. While practical experience has helped us to develop a number of truly effective ways to deal with homesickness at Camp, there are some simple things that you can do before Camp starts to reduce the chance that your child will experience a bothersome or distressing amount of homesickness. In addition, there are lots of things that you can do to support your child if he should experience serious homesickness while at Camp.

Prior to the start of Camp, talk with your child about homesickness. Most children are pretty good at predicting how strong their own homesick feelings will be, and talking about homesickness won't cause it or make it worse. Let your child know that there might be times when he will feel a little homesick, even though he is having a great time at Camp. Let him know that there are lots of things to think about or do to feel better if he feels homesick. Many children have found that the following things help to reduce homesickness at camp:

### **Preparing For Camp**

- **Do something fun** - staying busy at Camp, in activities or with friends in between activities, makes a huge difference.
- **Do something to feel closer to home** - writing letters to family, looking at pictures, reading letters, all have made campers feel better at Camp.
- **Think about the good side of being at Camp** - looking on the bright side makes a huge difference. Think of all the cool things you can do at Camp, things that you can't do at home!
- **Try to be happy and have fun** - try to change the way that you feel...sometimes just thinking about feeling good is enough to change your mood.
- **Remind yourself that Camp isn't really that long** - seven weeks isn't really that long a time...school lasts about 40 weeks! Remembering how short Camp really is can make a huge difference.
- **Talk with someone who can help you feel better** - at Camp, there are many people around you who are there for support. Talk to your camp big brother, your counselors, head counselor or your director. They are there to help you through tough times. They are experts at helping kids get over their homesickness!

Talking about these coping strategies and working on them with your child are great ways to diminish the chances your child will have significant homesickness while at Camp. In particular, help your child to work on re-framing time, one of the most effective strategies we use at Camp. Arrange for your child to have practice time away from home, at friends' houses for sleepovers, school trips, or other opportunities to be away from home without you. The key during the dress rehearsals is to simulate, as much as possible, the Camp separation. This means no talking on the phone in the middle of the evening - that would not be the true Camp experience. A few more pre-Camp tips:

- **If possible, avoid moving in the weeks before or during Camp** - it increases a child's anxiety, and makes the adjustment to Camp much more challenging.

- **Be truthful about stressful issues** - despite what was said above, hiding a move or separation from your child, and doing it behind his/her back while at Camp, can be devastating. When children return home and are confronted with a new situation, they can become mistrustful of their parents and fearful of spending time away from home.
- **Keep doubts to yourself** - again, despite what was just said, try not to say things that will make your child worry about how you'll feel when he's away at Camp. If you are uncertain about your child's ability to cope with homesickness, it is also best to keep those concerns among your child's adult caregivers, including our staff. Children need to hear positive messages from their parents. If you let them know you believe they can do it, they'll be much more likely to succeed.
- **Send your child a letter at Camp before the first day** - receiving mail at Camp helps children to feel loved and remembered. Personal, positive letters from home are often the cure for almost any illness.
- **Do not make deals about early pick-ups!** Parents occasionally make pick-up deals in an innocent attempt to reduce pre-camp anxiety. Experience teaches us that this is a very destructive strategy. It's normal for children to feel nervous and excited as Camp approaches. Second thoughts are common. It's normal for first-year campers to be worried about homesickness and ask themselves whether Camp is such a good idea in the first place. Unfortunately, some well-meaning parents have tried to comfort their child by saying something like, "Well, if you still feel homesick after a week, we'll come to Camp and pick you up." This promise almost guarantees that the child will be homesick, and the parent will be forced to fulfill the promise. What's worse, the child will not gain independence or self-confidence, but may even feel like a failure.

There are two reasons why *pick up deals usually backfire*. First, the deal contains a negative message. The message is "Mom and Dad don't think you can make it through Camp. We think you will be so homesick that the only solution will be to leave Camp." The second reason these deals backfire is they give children a powerful, home related thought to dwell on: The Pick-Up. Then, every time the child encounters a stressful situation at Camp, or feels a twinge of homesickness, his thoughts turn to the pick-up. "My parents said that if I don't like Camp, they'd come to pick me up." This thought becomes a mental crutch. The child leans on it, rather than his or her own developing power to cope.

If your child asks you straight out, "Mom, will you come pick me up if I get really homesick and hate Camp?" the best answer is something like, "You sound a little nervous about going to Camp. But I think you're really going to love it. It's normal to feel nervous before you go. Also, remember that even if you do have some homesick feelings at Camp, you'll know what to think and do to make things better, and you'll have lots of people who can help you through those feelings. So, even though you might have some homesick feelings, I think you're going to have a great time at Camp."

Learning to cope with homesickness is a skill your child can use the next time he's away from home. Once children recognize the feeling of homesickness, cope with it, and survive a brief separation from home, their confidence about future separations skyrockets. They really do gain independence, and their self-confidence shapes their attitudes on an on-going basis. Having a confident, positive attitude is one of the best predictors of having a good time at Camp. In a way, the cure for homesickness is actually overcoming an initial bout of homesickness. It's like exercise. It may hurt a little, but it makes you stronger.

*\*Adapted from a letter a sent to parents from a camp in New Hampshire*

## PHONE CALLS

Dear Parents:

The telephone has become the primary channel for communication. Coupled with the instant everything (food, entertainment, etc.), it has become the new lifestyle, invading every area of life, creating a new situation for camping - and not a very healthy one for campers.

Here at camp, we live in a kind of primary community within a self-contained environment. The sudden intrusion of the "home" world into the camp world is very jarring to the camper's mind-set, causing an abrupt switching of gears from one world to the next - a collision of two realities in his life, which are normally separated by time and distance. It takes emotional time and energy to adjust and re-enter each world, and is disruptive of the camper's own schedule and plans.

Creative separation is an important ingredient of growth, however difficult it is to realize in this day of immediate gratification. Overnight rail service has been replaced by airline flights, so that even time separation between home and camp has been diminished. Cards and letters respect that separation, giving the kind of distance needed for campers to absorb and accommodate the communications from home.

Therefore, we ask that letters and cards - frequent and regular - be the primary channels for communication while at camp. Otherwise, important lessons of independence and self-reliance beyond the home situation can be short-circuited by a quick call to or from home. And the availability of the telephone can interfere with another important learning: how to plan ahead, by playing into the hands of today's instant gratification mentality, which is not healthy. Whereas telephone calls are gone the moment they happen, letters keep. You will find them delightful, invaluable souvenirs for you and your son of an age, which passes too quickly.

Always feel free to call me at any time concerning a question, a concern or suggestion. Thank you for your understanding and help.

P.S. If you are homesick for your son, please drop him a line saying you're thinking of him, don't lay your own homesickness on his shoulders. Those "think of you" thoughts are always welcome and supportive and can help you re-affirm and re-establish the relationship that you as a person can dearly miss.

## Winnebago Award Definition

At the end of each summer, we award to a number of campers a “Winnebago Award.” We think it important that everyone have a clear understanding of what the award stands for and how the recipients are decided.

Toward the end of camp, each bunk counselor receives the award definition. By section, the counselors decide which eight-week campers displayed a level of citizenship making them eligible for an award. (See the award definition below.)

The names of those campers are then forwarded to the administration (Andy, the Head Counselor and the Program Director). In a joint meeting, the section leaders and administration review each camper’s activity and trip reports submitted by the activity and trip counselors throughout the summer. A vote is then taken and any camper with a majority receives an award. There is no limit on the number of awards given for each age group.

It is our hope that we create an environment at camp where each camper is able to win a “Winnebago Award” every summer. We certainly don’t define a boy’s summer by whether he wins an award or not, and we hope you and your son won’t either. Rather, we hope that each camper leaves camp feeling a deep sense of accomplishment; having had fun, feeling good about himself, and having experienced new things and acquiring skills while making long lasting friendships. Receiving an award is an acknowledgement that the camper helped make camp a better place for everyone in a way beyond the ordinary. We view the “Winnebago Awards” as a way to help set a standard that we deem important.

### Definition of the “Winnebago Award”

To the campers in each division who have achieved a standard of good camping, marked first and always by a high degree of camp citizenship, but embracing as well, spirit, a positive attitude, involvement, cooperation, and a contribution to camp. Effort and motivation are emphasized. The campers must have demonstrated in their varied activities a sincere interest to improve themselves as well as to accomplish according to their abilities. These boys are not only involved in the camp program, but they have contributed to make camp better and more enjoyable because of their presence.

List of qualities that we believe make up “camp citizenship”:

- Cooperation
- Dependability
- Responsibility
- Respect for AND consideration of others
- Sense of fair play
- Integrity
- Respect for own and others’ property, camp property
- Good health habits, personal and bunk cleanliness
- Positive leadership
- Constructive followership
- Effort

Our point in sending this to you at this time is simply to have you know we are constructing a standard that might not be appropriate for every boy to satisfy. Even given this, there might be some bruised egos when, at the end of an otherwise successful summer, he might not get an award. I stress, it does not take away from his personal successes. It simply means he has not met these high standards, which we think should be recognized when achieved.

## FEE PAYMENT INFORMATION and Summer Dates

Full Summer: June 23-August 13  
First Session: June 23-July 18  
Second Session: July 19-August 13

### BILLS

Second deposits of \$5,000. are due to our office by February 1, and Final Payments are due by May 1. We will send out a final statement to you in mid-April. Please send a check to our winter address at: 131 Ocean Street, South Portland, ME 04106. If you have enrolled in E-Check program we will debit your account for the corresponding amounts on February 3 and May 2.

Senior Lodge campers, Arrows, and Bows have money added to the extra spending money portion of the bill for their additional trips and additional camp store use. It also includes cash needed for those trips, which will be made available to your son.

Bus transportation from New York City, Westchester, or Boston is added to the camp invoice as a transportation charge. That is the only transportation we have billed you for unless there is an extraordinary circumstance that we have discussed.

### Contact Information

#### Winter Address (until June 1):

131 Ocean Street  
South Portland, ME 04106

Phone: (207) 767-1019

Fax: (207) 767-1018

E-mail [andy@campwinnebago.com](mailto:andy@campwinnebago.com)

#### Summer Address (June 1-August 25):

19 Echo Lake Road  
Fayette, ME 04349

Phone: (207) 685-4918

Fax: (207) 685 9190

E-mail [andy@campwinnebago.com](mailto:andy@campwinnebago.com)



### *Information for Parents Whose Child Requires Epi-Pen or Inhalers at Camp*

The State of Maine allows campers who are at risk of asthmatic attacks or severe allergic reactions to carry emergency medications, and are medically required to carry such medication at all time. Under the law, camps are required to give parents of campers who bring inhalers, Epi-Pens or other emergency medication to camp the option to allow their child to carry and self-administer such medication. The law goes on to establish procedures that both the parents and the camp must follow. These procedures, which include written permission from both the camper's parent and doctor, are summarized on the bottom of the following forms. The forms were developed in cooperation with the Maine Youth Camping Association.

Such medication is usually stored in the infirmary and administered under the supervision of our medical staff. If however, you want to permit your child to carry and self-administer his inhaler or Epi-Pen, permission is required both from you (the parent) and from your doctor. Please complete the following 2 forms:

1. Carrying Emergency Meds - Doctor Permission Form
2. Carrying Emergency Meds - Parent Permission Form

These forms can be found on our website. Select CampMinder, log in to your account and navigate to the 'Forms & Documents' tab. Please upload or return the signed forms to: Camp Winnebago, 131 Ocean Street, South Portland, ME 04106, by May 30.

As always, feel free to call if you have any questions or would like to discuss further.

Best Wishes,

**Andy**

## Camper Prescriptions

Our primary pharmacy is the Walgreens located at: 943 Western Ave, Manchester, ME. Their phone number is (207) 622-6598.

In order for them to fill your son's prescription, you need to become a Walgreens Member. You can do that through their website at [www.walgreens.com](http://www.walgreens.com). You will need to make sure that the most updated insurance information and credit card information is uploaded to your Walgreens account.

When filling out your prescription information, please make sure they know to use blister packs and that it should be "HELD FOR CAMP WINNEBAGO" to pick up.

If you don't want to order through Walgreens, you can send your son's prescription directly to Camp. Please mark on the package, "Attention: Andy and Infirmary."



Dear Camp Winnebago Family,

We are pleased to announce that Camp Baggage will once again be Camp Winnebago's official baggage carrier.

To enroll, please visit our website ([www.campbaggage.com](http://www.campbaggage.com)) and complete the online enrollment after February 1st. Once we receive your completed enrollment, we will send you an enrollment confirmation email. We ask that all campers requiring service to camp in June enroll with us no later than May 15th.

In the middle of May, all enrolled campers will receive information including baggage tags and the specific date our trucks will be in your area for pick up. In early June you will receive final pick-up instructions via email. You will be notified of return dates and times at least one week prior to the end of the camp session.

If you have any questions concerning our service, please contact Camp Baggage directly at:

Camp Baggage  
P.O. Box 3191  
Tequesta, FL 33469  
Ph: (561) 748-5185  
[www.campbaggage.com](http://www.campbaggage.com)  
Email: [info@campbaggage.com](mailto:info@campbaggage.com)

Warm regards,

James Donaldson  
Camp Baggage