

# Camp Chicago 2013

## Information every Camp Parent needs to know

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### **Writing your camper/campers writing home:**

For writing your camper, please include The Diocese of Chicago AND your camper's name in the address as well as the Stronghold Center information. Stronghold will have other programs going on simultaneously.

If you would like your camper to write to you during camp, we suggest that you send along self-addressed stamped envelopes and make sure that your camper gives the envelope to his or her counselor to mail.

If you receive a letter from your camper that in any way concerns you, please don't hesitate to call us! Sometimes your camper may be motivated to write when they are having a bad day or some little (but important) thing is bothering them. More often than not, this problem is resolved very soon, but in the mean time, it may be disturbing for the parent receiving the letter.

The address:

Your camper's full name  
c/o Camp Chicago or (Diocese of Chicago Summer Camp)  
c/o Stronghold Center  
P. O. Box 199  
Oregon, IL 61061

Actual Address: 1922 Rt 2 North, Oregon, IL 61061

### **Packages at Camp:**

You may send packages to your child while they are camp. We recommend if care packages are sent, that there is enough of the treat to share with the entire cabin group.

Please do consider the feelings of the other campers when sending packages to your camper.

### **Phone numbers:**

To reach us directly at camp, **call the Camp Chicago Cell phone: 815.440.2985**

\*Please leave a voice mail message if we do not answer. We will return your call as soon as possible.

The main phone number for Stronghold Center is:815-732-6111. Camp Chicago has an extension there.

### **Check out our Social Media:**

Please do check our Facebook for daily updates.

<http://www.facebook.com/pages/Camp-Chicago/119821871410921?fref=ts>

For more camp information, go to our website:

<http://www.episcopalchicago.org/our-work/at-work-in-the-church/youth-ministry/camp-chicago/>

## **E-mail:**

E-mail messages may be sent to your camper at the following address: **CampChicago@episcopalchicago.org**. We try to check the accounts every day. Your camper will **NOT** be able to answer you back via e-mail, but we will print out any e-mail they receive and give it to them during mail call. Please make sure you put their full name in the header, as our camp staff use that account as well.

While we are happy to print out and distribute e-mail, please consider the number of e-mails that you send your camper. Multiple e-mails on multiple days are difficult for us to keep up with, consider 60 campers each receiving 10 e-mails each a day. It requires staff time to check and print out e-mail, and we do not have an office assistant.

To e-mail Chad Senuta, the Executive Camp Director, please use:

[csenuta@episcopalchicago.org](mailto:csenuta@episcopalchicago.org)

To e-mail Jess Elfring, the Camp Liaison and Program Director, please use:

[Jelfring@episcopalchicago.org](mailto:Jelfring@episcopalchicago.org).

## **Calling home:**

We discourage campers from calling home during camp. It almost always serves to make the camper homesick. As you can imagine, if one camper calls his/her parent then they all want to, and that is not possible. We will certainly call you if we have any concerns or questions, if there is an incident or a reason about which we think you should be informed, and of course if an emergency should arise. If you have any concerns, please don't hesitate to call us.

## **Dates for Camp Sessions:**

Registration begins on Sundays at 3:00pm and ends with a closing Eucharist at 2:00pm on Fridays (All sessions have the same registration time and closing).

Session 1: June 30-July 5th

Session 2 July 7-12th

Session 3 July 15-19<sup>th</sup>

Leader In Training (LIT): June 30-July 12 (with a break over the weekend)

## **Arrival/departure:**

We do ask that campers arrive on time, at 3:00pm on the first day of their session. There is a registration process that includes checking in with the nurse, checking in with the administrative staff, and meeting the counselors. Campers attending on Title XX or other scholarships must also check in with an additional desk.

If you take advantage of the pre-arranged rides from Chicago and the suburbs, there will be a sign in and check-in process at the pick up points. This may also include checking in with a nurse at that time.

We will have camp tours for parents and family that begin promptly at 3:30 the day of registration.

We do ask that your camper is picked up promptly at the end of camp. There is a closing Eucharist on the Friday (last day) of the session, starting at 2:00 p.m. We invite and encourage you to stay for the closing Eucharist as we present the campers with awards, and it's a great way for you to hear about their week at camp! All parents, family, and friends are invited to participate. Our Drama performance begins at 1:30 for anyone with children who sign up for Drama.

There will be a late fee for late camper pick ups at the rate of \$25.00 an hour. If you need help in arranging transportation, carpooling etc, please contact our office! Our closing Eucharist begins at 2:00 and ends by 3:00pm.

**\*Please note that NO accommodations can be made for campers to stay at camp in between sessions.**

**Food/dietary needs:**

We discourage campers from bringing food items to camp. We would like to keep wild animals and insects out of the cabins! There will be snacks and plenty of food available for the campers.

**If your camper has any special dietary needs, please make sure that is noted on the health form so we can let the Stronghold staff know.**

For Diabetics and Gluten Free campers; If your camper needs to bring special food or snacks (diabetics), the food be given to the health clerk and distributed by the health clerk, to insure they receive it when they need it and that no one else eats their food.

**What to bring to camp (detailed list):**

- Sleeping bag and pillow (we will be camping out in tents one night each week), sheets and blankets may be brought for the cabins.
- Towels** 2 or 3
- Insect/Mosquito repellent**
- Sunscreen (even if your camper is dark skinned) Campers will be out in the sun.
- A pair of sunglasses with UV protection
- Closed toe shoes (MUST HAVE)
- Sandals/flipflops shower or pool
- Extra shoes (in case of rain)
- Swimsuit (*we ask the girls to wear one piece suits*) (*tankinis are acceptable*)
- Rain gear (*yes, it does rain!*)
- Toothbrush & toothpaste
- Soap, shampoo, comb etc.
- Pajamas, socks, underwear
- Jeans, shorts, shirts (*send extra clothes, they do get wet or muddy!*)
- Sweatshirt, or jacket**
- Flashlight (*needed for camp out*)
- A smaller overnight bag for the camp out (*they need to be able to carry their own gear to the camp out*)
- A blank T-shirt for tie-dye

**Please mark camper's personal items with their name.**

We always end up with laundry baskets full of lost and found items that frequently go unclaimed. Please let us know if your child is missing something when they return home.

**OPTIONAL ITEMS:** inexpensive camera, diary/journal, stationary & stamps, musical instruments

## **About the Stronghold Center and the facilities we are using:**

Camp is held at Stronghold Center, which is located on RT 2, adjacent to the Rock River in Oregon, IL. It has a lot of wooded areas on the property, 360 acres total. The facilities include a pool, a dining facility, challenge course, high ropes course, and cabins and rooms with comfortable beds.

We will be using most of the buildings on the property. Campers and staff will be housed in the Castle, Carriage House and other buildings. Both buildings have full bathrooms. Some of our staff will be housed in Hickory. The dining hall and pool are centrally located.

Our office will be in Brubaker, the main building. Arts & Crafts will take place in the Castle, and Outdoor Education will take place all over the facility.

Registration will be held not far from the entrance, just watch for signs and staff who will help you find us.

### **Program:**

Campers will have the opportunity to sign up for two “daily classes” at camp. These are areas they will visit all week. They will also have the chance to sign up for additional “optional classes” offered once during the week. Sign up happens Sunday evening of the session, after they have had the opportunity to hear what exciting things we will be doing in each program area.

**Swimming:** All of our campers have the chance to go swimming in the pool each day. Each camper must complete a swim test, conducted by our waterfront staff. They will receive a colored bracelet or ribbon denoting which areas of the pool they are capable of swimming in. Some specialized staff may have the time to work individually with campers on swimming skills. Swim lessons are an option as one of the daily classes.

### **Teams/Ropes Course: Stronghold**

Stronghold Center has both a Teams/Challenge (low ropes) Course and a High Ropes course on the property. The older campers will have the opportunity to sign up for Teams/Challenge course, some of the LITs may sign up for the High Ropes Course.

**Christian Education/Episcopal Worship:** Our camp is affiliated with and sponsored by the Episcopal Diocese of Chicago.

Our **Daily Christian Education** runs approximately an hour each day. It is planned and implemented by our Camp Spiritual Director, in cooperation with the chaplain of the week, an Episcopal priest or deacon. Activities are interactive and age specific. They include things like learning stories, making banners, learning songs. One night a week there is a program that is entitled “Religious Experience.” It is basically the focus for one of our all camp evening activities. The activity may be an interactive walk through Biblical history, the stations of the cross, creating an outdoor chapel, going on a scavenger hunt, etc. It is all presented in fun and creative ways, and offers kids a chance for some hands on experience with religion.

**Worship:** Each day, cabin groups pray together informally. Each day, we have a Eucharist (Communion/Mass/service) according to Episcopal tradition. It includes communion with the

servicing of bread and wine (a sip), music, lessons from the Old and New Testament, the Lord's Prayer, prayers of the people, possibly the Nicene Creed, and other prayers. It is presented in a child/youth friendly way. All are welcome to take communion with us, but no one is forced to participate. All are invited, but no one is asked to participate in a way that would make them uncomfortable. Please feel free to call if you have any questions about this.

The chaplains, and our spiritual director are available to talk to parents if you have questions or to make suggestions for follow-up activities.

All of our sessions close with a Eucharist at 2:00 p.m. on Friday. We cordially invite all of the parents, friends, siblings and others to join us in the Celebration of that Eucharist. We encourage you to stay for the closing Eucharist as we present the campers with awards, and it's a great way for you to hear about their week at camp! All are welcome to receive communion with us. That closing Eucharist is a celebration of our week together in community.

The Bishop of the Episcopal Diocese of Chicago fully endorses our program, and when possible, make visits to camp during the summer.

**Other Program areas include:** All Camp Evening activities such as a Staff hunt, The Camp Olympics, Scavenger hunts, and Games. We open each session with a campfire – complete with skits and with s'mores!

**Staff Training:**

Our staff attends an entire week of training prior to the camper's arrival. This includes Child Development information, CPR and First Aid Training, Child Sexual Abuse Prevention/Safeguarding God's Children, Emergency drills, Multi-cultural awareness, work in program areas, and Team building. Our waterfront staff are also trained, American Red Cross lifesaving and in Water Safety Instruction.

**Other information:**

If you have any other questions, please call us! We want your camper's experience to be a fun, safe, successful, and memorable experience!

We look forward to seeing your child(ren) at camp this summer! We are very excited about our program!

See accompanying pages for Camper Policies and Procedures and the Covenant for Camper Conduct and for Camp Chicago 2013 Health Information. Please note the new Health form for 2013

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