

July 2018

Dear Campers,

Welcome to Tam Senior High Camp 2018!

We look forward to meeting you soon. This summer our theme is "Jesus: The Man, The Myth, The Legend!" Throughout the week we will use scripture, personal reflections, discussion, real life stories, and group activities to learn about more about Jesus. Who do WE say He is??? Our program will explore how Jesus affected people 2000 years ago, and how He is still relevant today.

We strive to make all our activities interesting and thought-provoking. Although campers this week may be challenged as they examine their own beliefs and opinions, we are committed to an open and supportive community. To that end, we ask that everyone come with an open mind and heart knowing that "whoever and wherever you are on life's journey, you are welcome here."

We'll enjoy activities like campfires, vespers, swimming, crafts, hikes, singing, skits, and games! In addition to the items on the enclosed packing list, please plan to bring the following:

- 1) Any musical instruments or props that you would like to use for our Talent-No Talent Show.
- 2) A white, 100% cotton T-shirt (or other small item such as socks, a pillow case, or a bandana that you would like to tie-dye).

Check-in/Arrival Time is Sunday, July 29 from 2:00-4:00pm. Please plan to arrive on time so you can get settled into your cabin, meet your cabin mates, and make a nametag before our first camp gathering at 4:00. Be sure to have lunch before you arrive as our first meal will be dinner.

Check out/Pick up time is Saturday, August 4 at 11:00am. Please make sure that your driver checks you out at the checkout table before taking you home!!! Breakfast is our last meal at camp. (Parents, please be on time.)

We hope that the information in this packet will answer most of the questions you have about camp. If there are others, please send us an email!

We are so excited to see you at Camp Tamarack!

Jessica Williams 559-709-2393 or Jessica.renee93@outlook.com

Megan Zaninovich 559-304-8087 or megan.zaninovich@gmail.com

Additional Information for Parents:

Here are some things we've learned over the years camping with the NCNC-UCC. We are sure this information will help make this camp enjoyable and fun for everyone – ***especially the campers!***

- 1) **Please send letters** (especially if you are concerned that your child may be missing home). We will deliver postcards and letters daily and campers really look forward to the notes from home! Mail can take a while, so make sure it is postmarked by Monday, during the week of camp. The mailing address is:

<Camper's Name>
Camp Tamarack – Senior High Camp
PO Box 128
Shaver Lake CA 93664-0128

Please write "SENIOR HIGH CAMP" and the days for delivery. The camp manager saves mail even if it arrives early. **Alternately, you can bring letters when you bring your child to camp and we'll be sure he or she receives them.** If your child is expressing anxiety, encourage her or him to write rather than suggesting they call home. You can help them by packing preaddressed stamped envelopes or postcards.

DO NOT SEND CANDY OR SNACKS to your camper. Excess food attracts wild animals and can cause hard feelings when one child receives food and others do not. Food sent to campers will be taken and stored until check out on Saturday. Don't worry – we will have plenty of treats during the week in addition to nutritious kid-friendly meals!

- 2) **Do not arrange for your child to call you during the week.** We have found that if a young person is missing home, that feeling is *intensified* by calling home. Please contact us in advance if you have questions.
- 3) **No news is good news!** Please remember that during the week camp is in session, the staff will be busy making sure that your child has the best week ever. We will call if we have any questions or if anything comes up. We understand that there might be a reason you would need to get ahold of us and, in that case, you are welcome to call the camp at **(559) 893-3403** and leave a message for us to get back to you as soon as we are able.
- 4) **Leave cellphones and electronic devices at home:** In order to create an inclusive community, where each camper can be present in the short time we have together, campers are asked to leave electronics at home. Cellphones, MP3 players, and gaming devices are not allowed at camp. *You may pack a standard digital camera.* We will have music at camp for our large groups times. If there is a particular song that your child

would like to have for TNT (Talent/No Talent) Night, please let us know so we can arrange to have it available to them.

- 5) **What to bring.** There is a general list in your packet as well as some items specific to our week at camp in the letter above. A week at camp requires adequate changes of clothes, warm clothing for nights, comfortable tennis shoes – two pairs in case one gets wet – and perhaps a stuffed friend to sleep with at night 😊. In particular, don't forget to pack a ***toothbrush, towel, sleeping bag, pillow, and water bottle!***
- 6) **Dress Code.** Camp Tamarack is a fairly rugged environment and campers will be exposed to sun, dirt, rocks, mosquitoes and many other features of the great outdoors. Please pack accordingly! To prevent injury, campers must wear shoes with closed toes and heels except when going to and from the pool. Clothes are expected to fit appropriately – pants should stay at the waist and underwear should not be showing. Tops and shirts must cover the torso – strapless, half-shirts, spaghetti straps or backless tops are not allowed. Bathing suits are allowed only when swimming.
- 7) **Please look over the attached information.** Review the covenant with your camper and have them sign it.
- 8) Again, please feel free to contact us if you have questions before camp begins. We are looking forward to a wonder-filled week!

Helpful Information



Arrival & Departure Times

All our children and youth camps have the same arrival and departure times. Please note campers must bring their Transportation Release with them at check-in.



2:00 pm – 4:00 Sunday

Campers may arrive and check-in for their camp. Please note staff members are busy preparing for the week ahead and are unable to supervise campers arriving earlier than this time.



11:00 am Saturday

Please arrive to pick up your campers following the end of their program at 11:00am. Please note that staff will be busy closing camp, having a final staff meeting and making their own preparations to leave following this time.

If you need to arrive or leave at a different time, please contact the directors in advance.

Letters

Letters can be written to campers at: “Camper’s Name” c/o Camp Tamarack, PO Box 128, Shaver Lake, CA 93664-0128

Parents may also hand mail to the directors at check-in, marked with the day you want the letter delivered to your camper.

Emergency Contact

The telephone number, for *EMERGENCIES ONLY*, is 559-893-3403

OTHER QUESTIONS

Joy Davis, Camp Registrar 510- 247-8995 or joy@ncnucucc.org

Tam Senior High Camp Directors:

Jessica Williams 559-709-2393 or Jessica.renee93@outlook.com

Megan Zaninovich 559-304-8087 or megan.zaninovich@gmail.com

CAMP TAMARACK

CAMP TAMARACK
P.O. BOX 128
SHAVER LAKE, CA 93664



From Hwy 99 south, go most of the way through Fresno and take the **Highway 180 (Mendota – Kings Canyon – Exit 133B)** exit on the right.

Take the **Highway 168 East (Clovis – Huntington Lake – Exit 60A)** exit on the right.

Currently, the freeway turns into a standard highway at a stoplight just after Clovis. Keep going straight on Highway 168.

You will pass the gas station and market (Canyon Fork Center) in Prather at about 19.4 mile after the stop light and then come to a stop sign about 2.7 miles beyond the gas station. **Turn Left** at the stop sign.

You will come to **Shaver Lake village** about 15 miles after the stop sign (or about 37 miles after the stop light at the end of the freeway) and then the marina on Shaver lake about 4.5 miles after the village.

From the marina, continue another 8.5 miles (or about 49.5 miles after the stop light at the end of the freeway) to the **Camp Tamarack** sign (right next to the Red Mountain Off Road Area sign) on the right just after crossing over Tamarack Creek (if you get to the Tamarack Lodge sign, you've gone about 200 feet too far).

Turn Right at the Camp Tamarack sign and follow the dirt road just over a mile to the Camp Tamarack driveway on the right (there's a small sign at the driveway).

Turn Right and park when you see the lodge building.

Directions to Camp Tamarack:

Table of Landmarks:

Distance from Previous Landmark	Cumulative Distance	Landmark Description
On Hwy 168:		
0.0	0.0	Stop Light on Hwy 168 (at end of freeway north of Clovis).
19.4	19.4	Prather (gas station and market on left)
2.7	22.1	Stop Sign (turn Left)
15.0	37.1	Shaver Lake village
4.3	41.4	Shaver Lake marina
8.5	49.4	Camp Tamarack access road (Red Mountain Off Road Area - turn Right)
On access road to Camp Tamarack:		
0.0	0.0	Turn off from Hwy 168
1.1	1.1	Camp Tamarack driveway (look for sign on right, turn Right)

Narrative directions:

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Basic Rules and Policies



As we strive to provide a physically, emotionally and spiritually safe environment in which intentional Christian community and individual development may flourish, the Outdoor Ministries programs and its participants are expected to adhere to the following policies and rules. These operate in concert with the covenants established and signed by the children, youth and adults participating in all our Outdoor Ministries programs.

- Possession or use of alcohol and illegal drugs is prohibited.
- Possession or use of any type of weapon, or the use of any object as a weapon, is prohibited (e.g., pocket knives).
- Inappropriate sexual behavior is prohibited.
- Violent behavior is prohibited.
- Physical, sexual, emotional or verbal abuse of any person by another is prohibited. Illegal activity of this nature will be reported to the authorities.
- Smoking of cigarettes is prohibited by persons less than 18 years of age.
- Participants are expected to respect other persons and their property.
- Electronic devices such as ipods, cell phones and computers brought for personal use may not be operated during programs and may be confiscated.
- Bringing food from home is not allowed and will be confiscated.
- All participants are required to respect bedtime curfew, wake up on time and attend all meals.
- Personal visitors are not allowed from the time the camp program begins until it ends. Local church or conference personnel who make prior arrangements with the directors are exceptions.
- Only persons 18 and older may drive themselves to and from camp. Persons driving minors to camp must be 21 years of age or older.
- To provide the best camping experience possible for those with special physical or emotional limitations, arrangements will be made in dialogue with the Director of Outdoor Ministries, camp directors and parents/guardians prior to accepting staff applications or registrations of participants with special needs.

The full text of current policies and procedures of the Outdoor Ministry Programs of the Northern California Nevada Conference is available online at www.ncnuc.org.

What to bring to Camp Tamarack



We suggest campers bring all their items packed in a suitcase. Children seem to have an easier time keeping track of their things in a suitcase rather than a duffle bag. Please **LABEL ALL** items with camper's name.

Please Pack:

- Sleeping bag or bed roll (As it can get cold at night, we suggest an extra blanket if the sleeping bag is not a warm one)
- Pillow
- Pajamas
- Any comfort item like stuffed animal or blanket, if desired
- Play clothes (which will get very dusty) for warm days and cool nights
- Swimsuit and towel for swimming
- Warm jacket or windbreaker
- Closed-toe and/or tennis shoes for games and wearing around camp. Sturdy shoes or boots for hiking. Flip-flops or sandals are only for showers or at poolside.
- Towel and face cloth
- Toothbrush, toothpaste, soap, etc.
- Sunscreen and mosquito protection
- If you have ever used an inhaler, please bring it even if you haven't used it in a long time
- **Reusable water bottle** with your name on it for hikes and around camp. It can be very hot at camp, so staying hydrated is very important.
- Pillowcase for dirty clothes bag
- Plastic bag for taking wet stuff home
- Bible
- Books to read during quiet time
- Stationery (cards are good), already addressed and stamped
- Working flashlight (and some extra batteries)
- Musical instrument if camper plays one (and if it is not too fragile)
- Props for the Talent/No Talent show

Please Leave at Home:

- Food, candy, gum (critters will get to it)
- Products in aerosol cans (e.g., deodorants, body sprays)
- Money
- iPod, MP3 player, radio, etc.
- Valuables

Camp Cazadero basic information & parent authorization

Camper's Name: _____

Parent/Guardians: _____

Mailing Address: _____
Street or PO Box City State ZIP code

Email address: _____@_____

Phone numbers: _____

Camper's birth date: _____ Grade next school year: _____

Gender: _____ Pronoun: She He They _____

Vegetarian/Vegan/Other dietary needs: _____

Any special needs: _____

Parent Authorization *Required for youth under age 18*

I, the parent or legal guardian of the above named registrant, hereby give permission for my child to attend the above named camp. I agree that, should my child commit a serious infraction of camp rules, I will arrange to remove my child from camp at the request of the camp director or conference staff at the earliest possible opportunity. I understand that I am responsible for my child's transportation to and from camp under the supervision of an adult over 21 years of age who has written permission to transport my child.

Parent Signature: _____

Health & Medical Release

This form is required to ensure everyone’s safety and wellbeing. Information is confidential and will be made available only as is needed and appropriate to those directly responsible for the campers’ welfare.

Camper Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Birth Date: _____

Gender: _____ Pronoun: She He They _____

Medical Information: *If you cannot provide the information, please respond “N/A”

Physician: _____

Phone: _____

Dentist: _____ Phone: _____

Eye Doctor: _____ Phone: _____

Glasses prescribed? yes no Glasses worn? yes no Contact lenses worn? yes no

Accident/Health Insurance Provider: _____

Policy Number: _____ Phone: _____

Date of Last Tetanus Shot: _____

Has the camper been subject to any of the following conditions? If yes, please specify in the space below, noting how recently the condition occurred. If none apply, please circle the following descriptor: **NONE APPLY**

- | | | | | | |
|----------------------------|----------------|--------------|---------------|-----------------|--------------------|
| Cerebral Palsy | Diabetes | Epilepsy | Heart Disease | Rheumatic Fever | Mumps |
| Hyperactivity, ADD or ADHD | Hepatitis | Encephalitis | Scarlet Fever | Whooping Cough | |
| Autism/Asperger's | Tires Easily | Fractures | Convulsions | Fainting Spells | Frequent Headaches |
| Eye Problems | Dizziness | Rubella | Chicken Pox | Ear Problems | Frequent Urination |
| | Frequent Colds | Nosebleeds | Other: | | |

Food Allergies: Please note the items, description of symptoms, etc. or NONE

Other Allergies: Please note the items, description of symptoms, etc. or NONE

Behavioral Conditions: Please provide any further information about behavioral conditions that staff should know about, such as sleepwalking, bedwetting (please send an easily laundered sleeping bag), epilepsy, fainting, hyperactivity, asthma, etc. or NONE

Other things we should know: Is there any additional information that would be helpful in promoting your child's welfare while at the event (e.g., dietary needs)? Please include any past or potential experiences that might be upsetting to your child, or NONE

Medications: Please note that for the safety of all event participants, all medications will be held and administered by the designated Health Supervisor. The listed non-prescription medications or their equivalents will be available and provided for the corresponding symptoms. Please do not send these meds with your child. If you **do not** wish to have your child treated using the following meds in the event of the symptoms indicated, please register your objections by clearly ~~drawing a line~~ through that particular medication. If there are no restrictions, please circle the following descriptor: **NO RESTRICTIONS**

- Liquid Maalox for abdominal pain
- Maalox for nausea
- Pedialite for vomiting
- Cortaid Cream for rash
- Robitussin DM for cough
- Sinutab for sinusitis
- Imodium for diarrhea
- Milk of Magnesia for constipation
- Chlortrimaton, Benedryl for allergy, hives and bites
- Auralgan (if not allergic to -caines), Sinutab and Afrin for earache
- Ibuprofen, Acetaminophen for fever, flu, headache and menstrual cramps
- Solarcaine (if not allergic to -caines), Ibuprofen for sunburn
- Hibaclens and Polysporin for cuts
- Ibuprofen for muscle spasm

Please list the medication(s) your child will require during the event's duration:

Drug Name/Dosage/Interval: _____ Purpose: _____

Drug Name/Dosage/Interval: _____ Purpose: _____

A Medication/Prescription Form must accompany each prescription, over-the-counter drug or vitamin. All medications must be in their original containers.

MEDICAL RELEASE: I affirm that my child is in good health and I will notify the director if my child is exposed to any communicable disease during the two weeks prior to attending any youth event.

Custodial Parent/Legal Guardian Signature _____ **Date** _____

Printed Name _____

Relationship _____

Phone: _____ Email: _____

In case of emergency, when parents/guardians cannot be reached, contact:

Name _____ Relationship: _____ Phone: _____

Name _____ Relationship: _____ Phone: _____

PHOTOGRAPHIC PERMISSION RELEASE

I hereby give my consent for NCNC UCC to use any of the photographs taken of my child, _____ at this event for publicity, such as for future Summer Camp brochures or other materials designed to inform potential campers or user groups about camping programs or available facilities. With consent I hereby release the NCNC UCC from any claim whatsoever that may arise in said regard. I understand that the above named camper will participate if an all-camp photograph is taken.

[] No, I do not wish to give consent for photos of my child to be used in any way.

Custodial Parent/Legal Guardian Signature _____ **Date:** _____

Printed Name _____

COVENANT: At camp, all participants – youth and leaders – agree to the following covenant
Please note that additional rules/instructions may be given at each site

Rights

- I have the **right** to be respected and to be treated with dignity
- I have the **right** to be safe at camp.
- I have the **right** to hear and be heard.
- I have the **right** to participate and be welcomed
- I have the **right** to expect that my personal belongings will not be tampered with, stolen or damaged by other campers.

Respect:

- I will welcome every individual as a member of our community
- I will treat other participants, leaders, and staff with respect at all times. This means that:
 - I will not use hurtful words or foul language
 - I will not hit, kick, punch, threaten, or physically harm anyone else
 - I will treat others how I wish to be treated.
- I will follow the guidelines set by leaders regarding the use of cell phones and personal electronic devices.
- I will follow the guidelines for conduct of any center or facility we are visiting and treat their property with respect by keeping it clean and picking up after myself.
- I will respect the physical and emotional well-being of other youth and leaders or staff, including respecting the need for sleep and refraining from practical jokes.
- I will respect the privacy of other youth and leaders and staff by not entering other rooms/cabins/tents other than my own.
- I will respect the health and well-being of my own body by not using or bringing drugs, tobacco, or alcohol; bringing fireworks, knives, or weapons of any kind. Weapons/drugs will be confiscated immediately and the camper may be sent home immediately. Campers must surrender all prescription and over the counter medications to the camp Health Supervisor upon arrival, with the exception of inhalers and sting kits/epi-pens.

- I will respect the personal property of others and accept their right to privacy.

Responsible:

- It is my responsibility to help build a positive, caring, safe environment. This means that:
 - I will be responsible for my own behavior
 - I will be responsible for my own belongings
 - I will be responsible in my expressions of care, concern and intimacy-inappropriate sexual activity is anything that takes me away from the community and/or is exclusive.
 - I will make sure to travel and be at camp in groups of 3 or more at all times. Excluding times when changing or using the bathroom.
 - I will engage in safe behaviors, such as staying within event boundaries and using any equipment properly

Ready:

- I am ready to have fun at this event! This means that:
 - I will participate fully in all events as I am able and assist when asked.
 - I will arrive on time and come with an open mind and heart.
 - I will follow directions and willingly participate in discussions and activities, including staying with the group at all times, and follow group decisions made during the event.
 - I will show good manners and have a positive attitude

I understand that the purpose of this covenant is to allow for the well-being and safety of myself and others. I agree to the following covenant and understand that if I do not stick by these guidelines for my time at camp/event there will be the following consequences for my choosing not to do so:

1st Step: Verbal warning/reminder

2nd Step: Written warning

3rd Step: Create and sign a contract with the camp director(s) and UCC Representative.

4th Step: Phone call to parents/guardians to inform of the choices that you/the camper has made. If your parents/guardian are contacted you will inform them of your behavior in the presence of a leader/staff member.

5th Step: Camper is sent home.

I agree to follow this Covenant while a member of this community. I understand that if I break this Covenant, my parents/guardian may be notified and I may be sent home at my family's expense.

Signature of Participant: _____ Date: _____

TO BE SIGNED BY PARENT/GUARDIAN (if the participant is under age 18): I have read the covenant and understand that if my child/youth choses to breaks the Covenant it may result in my child/youth being sent home. It will then be my responsibility to come and pick my child or youth up from the event as soon as possible. It will be at my expense, with the most appropriate and safest means of transportation determined by NCNC leadership. I also understand that trips such as this involve risk, and I agree to instruct my youth in appropriate behavior. I have gone over the following Covenant with my child/youth as well as reviewed the consequences of choosing not to follow the Covenant with my child/youth. I understand that no refunds will be made if this covenant or any contract is broken.

Signature of Parent/Guardian: _____ Date: _____

Medication & Prescription Form



Each prescription, or over-the-counter medication, must be sent to the camp in the following manner:

1. Each medication should be in its original container with expiration date and dosage. This includes vitamins, etc. **Do not send loose pills.**
2. Each medication container is to be placed in a zip-lock plastic bag with the following form. Please use one form for each medication (make photocopies if necessary). It is important each medication be in a separate container and placed in a separate baggie with a completed form.
3. Please remember minors are NOT allowed to be in personal possession of any medications while in camp. (This does not include inhalers for asthma and allergic reaction kits).
4. Please note the over-the-counter medications stocked at camp, as listed on the Health, Medical & Transportation form. Please do not send any of these medications to camp (with the exception of Epi-pens) as the Health Supervisor will administer them as needed from camp supplies.

Child's Name: _____
First *Last*

Medication: _____

Medication is for: _____

The enclosed medication is to be taken:

- As needed
 or
 Taken at specific times

Time(s) medication is to be taken

Dosage to be taken

Reminder: All medications must be in containers with specific written dispensing instructions.

1. Do not send loose pills
2. Place in a zip-lock plastic bag with camper's name visible on the outside.

