

Summer 2009

Dear Family Fun Weekend Campers:

Thank you for registering for Family Fun Weekend July 10-12, 2009 or July 24-26 at Camp Nan A Bo Sho. These special weekends promise to be a good time for you and your family.

Enclosed in this Family Fun Weekend Packet is information that will help prepare you and your family for your experience at Camp Nan A Bo Sho. Also enclosed are general details regarding our schedule for the weekend.

We ask that you plan to participate in all activities with your child(ren). Staff will be available to teach and assist in camp activities and to help supervise the children, when needed.

Camp Nan A Bo Sho is located 90 miles north of Appleton in Lakewood, Wisconsin.

We look forward to meeting you and your family. If you should have any questions not addressed by this packet, please feel free to call the Camp Office in Appleton at (920) 954-7639 or e-mail us at campnabs@ymcafoxcities.org or visit us at www.ymcafoxcities.org.

Sincerely,

Rob Rathsack
Camp Director

Allison McGinnis
Program Coordinator

CAMP NAN A BO SHO CAMPER INFORMATION PACKET

Family Fun Weekend

(Please keep this packet for your future reference)

WELCOME TO YMCA CAMP NAN A BO SHO!!

YMCA CAMP NAN A BO SHO Mission Statement: The YMCA is a not-for-profit organization which puts Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.

GOALS:

- 1.) To improve camper self-confidence and self-esteem.
- 2.) To increase appreciation and acceptance of people of other races and cultures.
- 3.) To recognize and appreciate our responsibility to take care of our environment.

CONFIRMATIONS, FEES, REFUNDS: Statements of Account confirming camp registration, discounts and any previous payments will be mailed to you prior to your attendance at camp. The **BALANCE DUE** must be **PAID AT LEAST FOUR WEEKS BEFORE** the Family Fun Weekend begins and should be sent to Camp NABS, 218 E. Lawrence St., Appleton, WI 54911. **UNDER NO CIRCUMSTANCES WILL THE INITIAL \$75.00 DEPOSIT BE REFUNDED.**

CHECK-IN AND CHECK-OUT: Check-in time is on Friday between 6:00 p.m. and 6:45 p.m. Check out time is on Sunday by 12:00 noon. If you are going to be delayed, please notify us. **There is no evening meal provided on Friday; the first meal is breakfast on Saturday morning.**

CABIN ASSIGNMENTS: Families have their own cabins unless they have agreed to share a cabin with another family. If you would like to share with another family please let us know. All families share bathrooms with other families.

CAMP MEALS: Healthy options will be available for you and your family for breakfast, lunch and supper. At Camp we encourage a "wellness" oriented lifestyle. Soda and other junk foods are not encouraged.

BIRTHDAYS: Should any member of your family have a birthday while at Camp, please let us know so we can celebrate it with you!

WHAT TO BRING: Campers at Camp Nan A Bo Sho sleep in cabins. Each cabin has double deck bunks and mattresses. Campers must provide their own pillows and sleeping bags. Sturdy, comfortable clothes are encouraged. Laundry service is not provided. A checklist is enclosed for your convenience.

PHONE AND ADDRESS: The Camp phone number is (715) 276-6084. Camp's summer address: YMCA Camp Nan A Bo Sho, 18369 Okonto Lane, Lakewood, WI 54138.

STORE: There is a camp store on the premises where you may purchase items, such as postcards, envelopes, stamps, T-shirts, teddy bears, juice, granola bars, etc. All charges are tallied throughout the weekend and final payment will be expected on Sunday before your departure. Families who do not wish to allow their children to make purchases without parental supervision will be able to make arrangements for this.

HEALTH FORM AND CHECK LIST: Enclosed please find a Health History and Information Form which must be completed for EACH PERSON ATTENDING CAMP (parent(s) and child(ren). This will insure the needed information is on hand should an illness or accident occur at Camp. Because you will be at camp with your child(ren) a signature from a doctor is not required for Family Fun Weekend. Please return this form to the Appleton YMCA 4 weeks prior to your attendance at camp.

Since Camp does not have an individual Campers Insurance policy, **YOU MUST ACCEPT RESPONSIBILITY FOR MEDICAL/SURGICAL TREATMENT CHARGES WHICH MAY BE INCURRED ON YOU OR YOUR CHILD(REN)'S BEHALF.**

TYPICAL DAY AT CAMP:

7:00 a.m.	Optional Activity (i.e. swim, jog, walk)
8:00 a.m.	Breakfast
9:15 a.m.	Camp Activities including: swimming, sailing, archery, riflery, games, arts and crafts and more
12:30 p.m.	Lunch
1:30 p.m.	Rest Hour/Quiet Activities
2:30 p.m.	Free Time/More activities
5:30 p.m.	Dinner
6:30 p.m.	Family Field Games
7:15 p.m.	Evening Program and Campfire

WATERFRONT RULES:

- 1). PFDs (Personal Flotation Devices) must be worn at all times when in boats.
- 2). All swimmers must have a "buddy" while in the swimming area.
- 3). Swimming and boating are only allowed during designated times when lifeguards are present.

DISCIPLINE: Reasonable limits are set to maintain the health and safety of all children in the program. Emphasis is placed on positive guidance into alternate activities. Adequate time is allowed for free choice activities and self-expression. Warnings, brief time outs, or removing privileges are used when children display inappropriate behavior or refuse to follow an established rule. Physical punishment, humiliation, and punishment designated by children upon other children is prohibited.

CLOTHING AND EQUIPMENT LIST

The following is a list of clothing and equipment you and your child will need for your weekend experience at YMCA Camp Nan A Bo Sho. Poison ivy does grow on the property. Although we try to avoid infested areas, it is best to keep skin covered... long pants, socks, and long sleeve shirts (no sandals). These are also good protection against ticks.

CLOTHING AND EQUIPMENT (The older the better)

- _____ sleeping bag
- _____ small pillow
- _____ pajamas
- _____ towels and wash cloths
- _____ socks
- _____ athletic shoes (comfortable shoes for activities)
- _____ shorts
- _____ jeans/slacks
- _____ swimming suit
- _____ T-shirts
- _____ long sleeve cotton shirts
- _____ sweat shirt
- _____ underwear
- _____ sweater or jacket
- _____ hat
- _____ raincoat or poncho and rain hat
- _____ flashlight
- _____ toilet articles (toothpaste, toothbrush, soap, shampoo, carrying case, etc.)
- _____ insect repellent
- _____ sunscreen (protection of 15 or better)
- _____ plastic (garbage) bag for dirty/wet laundry
- _____ water bottle

OPTIONAL

- _____ pencils and notebook
- _____ camera (disposable kind)
- _____ slippers and bathrobe
- _____ sunglasses
- _____ flip flops or sandals for the shower
- _____ stamps/postcards

DO NOT BRING: ALCOHOL, FIREWORKS, KNIVES, GUNS, BULLETS, EXPENSIVE JEWELRY, RADIOS, WALKMANS, IPODS/MP3 PLAYERS, TOYS, CANTEENS, SODA OR JUNK FOOD, TOBACCO PRODUCTS, ILLEGAL DRUGS, ELECTRONIC GAMES.

TRADING POST PRICES
(Camp Store)

T-shirts.....	\$5.00-\$12.00
Hats	\$5.00-\$10.00
Postcards	\$.50
Stationary	\$3.50
Stamps	\$.25 & .35
Stuffed Animals	\$3.50-\$7.00
Wishlets	\$1.00
Bandannas	\$4.00
Carabiners	\$2.50
Gel Pens	\$1.00
Nalgene® Water Bottles.....	\$10.00
Snacks (all kinds)	\$.25, .50, & .75
Flavored Ice Sticks	\$.75 & 1.00
Ice Cream (all kinds)	\$.25, .50, & .60
Drinks (juices)	\$.75 & 1.00
Flashlight	\$3.00
Disposable Camera	\$6.50

Please note that all prices and inventory are subject to change.

LYME DISEASE UPDATE

It is very important for you to understand the symptoms of Lyme Disease and for your child to understand the importance of regular tick checks and report any findings to the staff while they are at Camp Nan A Bo Sho.

Medical experts estimate that approximately 1/3 of the deer ticks in Wisconsin are infected with the Lyme germ. It has also been found that the longer the tick is attached to the host, the greater the chance for transmission of the disease. This is why early detection of a tick is vitally important to prevention of the disease. While your child is attending Camp Nan A Bo Sho this summer, they will be reminded to conduct nightly tick checks of themselves and others. Staff members will assist children in making these checks. In addition, children will be required to shower regularly.

Other preventative measures to avoid the deer tick include:

- *Walk in the middle of trails (avoid walking through brush when possible).
- *Wear lightly colored tightly woven fabrics (so they are easier to see).
- *Wear collars turned up (so ticks dropping from air won't be able to crawl into your shirt).
- *Tuck pants into boots or socks (to keep ticks from crawling up legs).

If your child finds a tick on his/her body, please have him/her alert staff, who will remove the tick. Upon the child's return from camp, launder all clothing and the clothing container immediately. If this is not possible, keep the clothes separate from areas frequented by humans until laundering is possible.

Lyme disease usually develops within days or weeks of the tick bite. If your child experiences flu-like symptoms in the weeks following their camp visit, it may be the early stages of Lyme Disease. At this stage, Lyme Disease is easily treatable with antibiotics.

As with any exposure to the outdoors, a tick bite is a possibility. Please seek out additional information about Lyme Disease and discuss the importance of regular tick checks with your child. For more information call: 1-800-362-9900.



YMCA Camp Nan A Bo Sho Health Form

PLEASE FILL OUT A FORM FOR EACH PERSON (parents & children) ATTENDING CAMP

4 weeks prior to your attendance at camp

Please return to Camp NABS 218 E. Lawrence St. Appleton, WI 54911

Camper's Name _____ Male Female

Birthdate _____ Age _____

Address _____ City _____ State _____ Zip _____

Home phone (____) _____

Child's Mother's Name _____ Phone number _____

Child's Father's Name _____ Phone number _____

Emergency Contact _____ Phone number _____

Additional medical or personal information Camp staff should be aware of:

Former NABS Camper Yes No This will be my _____ time at Camp Nan A Bo Sho.

(Child only) Describe your child's personality _____

(Child only) Does your child make friends easily? _____ Adapt well to new situations? _____

(Child only) Attitude towards adults: Friendly Resentful Indifferent Helpful Show-off

Dietary concerns: Diabetic Lactose Intolerance Vegetarian Picky Eater Other _____

Are there things we could help you learn while at camp? _____

IMPORTANT - These boxes must be complete for attendance

Permission to provide necessary treatment or emergency care: I hereby give permission to the medical personal selected by the camp director to order X-rays, routine tests, treatment; to release any records necessary for insurance purposes; and to provide or arrange necessary related transportation for me/or my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp director to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips out of camp.

Signature of parent or guardian (or adult camper/staffer) _____ Date _____

I also understand and agree to abide by the restrictions placed on my camp activities.

Signature of minor or adult camper/ staffer _____ Date _____