

Summer 2008

Dear Family Campers:

Thank you for registering for the Family Camp, June 29-July 4, 2008, at Camp Nan A Bo Sho. This special week at camp promises to be a good time for you and your family.

Enclosed you will find a Family Camp Information Packet which will help you prepare for your experience at Camp Nan A Bo Sho. Also enclosed are details regarding our tentative schedule for the week and a Clothing and Equipment list which provides you specifics regarding what to bring to Camp Nan A Bo Sho.

We ask that you plan to participate in all activities with your child(ren). Our staff will be on hand 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; a map is provided for your convenience.

We look forward to seeing you at camp. If you should have any questions not addressed by this packet, please feel free to call the Camp Office in Appleton (920) 954-7639 or Camp at (715) 276-6084, 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 FAMILY CAMP INFORMATION PACKET

(Please keep this packet for your future reference)

WELCOME TO YMCA CAMP NAN A BO SHO!!

MISSION: 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 the self-confidence and self-esteem of each camper.
- 2.) To increase appreciation and acceptance 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 registrations, discounts and any previous payments will be mailed to you about 6 weeks prior to your attendance at camp. The **BALANCE DUE** must be **PAID BY JUNE 1, 2008** and should be sent to the APPLETON YMCA, 218 E. Lawrence St., Appleton, WI 54911. **UNDER NO CIRCUMSTANCES WILL THE INITIAL \$75.00 DEPOSIT BE REFUNDED.**

CHECK-IN AND CHECK-OUT: The evening meal is served at 5:30 p.m. on Sunday. Check-in is between 3:30 and 5:00 p.m. Check-in is the ideal time for families new to Camp NABS to tour camp, meet camp staff and settle into their cabin. If you are going to be delayed or need special arrangements, please notify us. Check out time is on Friday at 1:30 p.m.

CABIN ASSIGNMENTS: Families have their own cabin unless they have agreed to share a cabin with another family. All families share bathrooms with other families.

WHAT TO BRING: Campers at Camp Nan A Bo Sho sleep in cabins. Each cabin has double deck bunks and mattresses. Families must provide their own pillows and sleeping bags. Sturdy, comfortable clothes are encouraged. Laundry service is not provided. Old tennis shoes, the type parents like to throw away, are suggested footwear for canoe trips. A checklist is enclosed for your convenience.

CAMP MEALS: Meals at camp vary from week to week. All meals are planned to be kid friendly. Foods you may be served at camp include:

Breakfasts: Main dishes: eggs, pancakes, french toast, egg and ham English muffin sandwiches, breakfast quiche.

Side dishes: bacon, sausage, hashbrowns, toast, peaches, pears, applesauce, muffins
Cereal is an option at every breakfast

Lunches: Grilled cheese and tomato soup, soup and cold cut sandwiches, tacos, pizza, hamburgers and hot dogs, chicken nuggets, fish sticks, mini corn dogs, chicken sandwiches, macaroni and cheese, sloppy joes
Side dishes: tator tots, potato chips, french fries, carrots and celery, coleslaw, soda crackers, desserts

Dinners: Spaghetti, hamburgers and hotdogs, roast beef, baked chicken, pasta italianio, ham, glazed chicken on rice, fish

Side dishes: beans, corn, peas, carrots, peanut butter, jelly, bread, baked potatoes, mashed potatoes, coleslaw, rice, salad bar, desserts

Beverages: Milk, Orange Juice, Bug Juice (KoolAide), water

HEALTHY LIFESTYLE: At Camp we encourage a "wellness" oriented lifestyle. Please prepare your child for a week without soda, and other "junk food,"

HEALTH FORM AND CHECK LIST: Enclosed please find a Health History and Information Form which should be completed for you and your child(ren). This will insure the needed information is on hand should an illness or accident occur while you are at Camp. Please include this form with your final payment. Since Camp does not have an individual Campers Insurance policy, **YOU MUST ACCEPT RESPONSIBILITY FOR MEDICAL/SURGICAL TREATMENT CHARGES WHICH MAY BE INCURRED ON YOUR FAMILY'S BEHALF.**

TYPICAL DAY AT CAMP:

7:00 a.m.	Penguin Dip and/or Morning Jog (optional)	1:30 p.m.	Rest Hour
7:40 a.m.	Flag Raising	2:30 p.m.	Free Time / Kid Watch
8:00 a.m.	Breakfast	5:30 p.m.	Dinner
9:15 a.m.	First Instructional	6:30 p.m.	Clean-up / Prepare for Evening Program
10:45 a.m.	Break	7:15 p.m.	Evening Program and Campfire
11:00 a.m.	Second Instructional Period		
12:30 p.m.	Lunch		

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.

PHONE AND ADDRESS: The Camp phone number is (715) 276-6084. A phone is available for long-distance calls with the use of a calling card. Camp's summer address: YMCA Camp Nan A Bo Sho, 18369 Okonto Lane, Lakewood, WI 54138.

STORE: For your convenience, there is a camp store on the premises where you may purchase items, such as postcards, stamps, T-shirts, stuffed animals, juice, granola bars, etc.

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.

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

EVALUATION: You will receive "Camp Evaluation Forms" after the camp session. We appreciate your prompt, frank and constructive comments on these forms. We do not expect, encourage, or accept tipping for our staff members. In lieu of this, should you wish to contribute to the "Friends of NABS Fund," please see the Camp Director.

SPECIAL NEEDS OF CAMP NAN A BO SHO: Camp is always in need of materials and supplies for the camp operation. Consider contributing things that you may have lying around. Our needs include: tools, rakes, children's books, household furniture, chests of drawers, tables, floor lamps, etc.

CLOTHING AND EQUIPMENT LIST

The following is a list of clothing and equipment you and your child(ren) will need for your week 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
- _____ 2 pair old tennis shoes or Aqua Socks
- _____ shorts
- _____ jeans/slacks
- _____ swimming suit
- _____ T-shirts (white shirt for tie-dying - optional)
- _____ 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
- _____ fitted sheet (to put on mattress)
- _____ camera (disposable kind)
- _____ slippers and bathrobe
- _____ fitted twin sheet
- _____ sunglasses
- _____ stamps/postcards
- _____ white t-shirt for tie-dying

DO NOT BRING: ALCOHOL, FIREWORKS, KNIVES, GUNS, BULLETS, EXPENSIVE JEWELRY, RADIOS, IPODS, TOYS, CANTEENS, SODA OR JUNK FOOD, TOBACCO PRODUCTS, ILLEGAL DRUGS, CELL PHONES, ELETRONIC GAMES.

Camp Store

(List provided gives rough estimate of what to expect in the 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. Fortunately, in the past eleven years, we have not been notified of a child contracting the disease. For more information call: 1-800-362-9900.

I hope we can continue this trend by sharing knowledge about the disease and its prevention.



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) _____ Date _____

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

Signature of minor or adult camper _____ Date _____