

Summer 2009

Dear Parent/Child Weekend Campers:

Thank you for registering for a Parent/Child Weekend at Camp Nan A Bo Sho. These special weekends continue to grow every year. They promise to be a good time for you and your child(ren).

Enclosed in this Parent/Child Weekend Packet is information that will help prepare you 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). Our staff is 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 meeting you. 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

Parent Child Weekend Dates	
Mother/Daughter Weekend	July 17-19, 2009
Father/Son Weekend	July 31-August 2, 2009

CAMP NAN A BO SHO CAMPER INFORMATION PACKET

Parent/Child Weekends

(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 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 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** your Parent/Child weekend begins 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: 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: During Father/Son and Mother/Daughter weekends parents and children sleep in the same cabin. Communal bathrooms are centrally located.

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: Main Dishes: 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

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. Old tennis shoes, the type parents like to throw away, are the suggested footwear for a secondary pair of shoes for the weekend. A checklist is enclosed for your convenience.

HEALTH FORM AND CHECK LIST: Enclosed please find a Health History and Information Form which should be completed for EACH PERSON ATTENDING CAMP (both parent and child(ren)). This will insure the needed information is on hand should an illness or accident occur while you are at camp. Because you will be at camp with your child(ren) a signature from a doctor is not required for Parent/Child weekends. Please return this form to the Downtown 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, leave for 1/2 day Canoe trip on Waubee Lake
10:15 a.m.	Activities including swimming, sailing, archery, riflery, games, arts and crafts and more
11:15 a.m.	More activities!
12:30 p.m.	Lunch
1:30 p.m.	Rest Hour
2:30 p.m.	Free Time/more activities
5:30 p.m.	Dinner
6:30 p.m.	Store time
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.

HEALTHY LIFESTYLE: 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!

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: For your convenience, there is a camp store on the premises where you and your child 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.

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
- _____ 2 pair old tennis shoes or Aqua Socks
- _____ 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
- _____ fitted twin sheet
- _____ stamps/postcards

DO NOT BRING: ALCOHOL, FIREWORKS, KNIVES, GUNS, BULLETS, EXPENSIVE JEWELRY, RADIOS, IPODS/MP3 PLAYERS, TOYS, CANTEENS, SODA OR JUNK FOOD, TOBACCO PRODUCTS, ILLEGAL DRUGS, ELECTRONIC 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
Whistles	\$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) _____ Date _____

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

Signature of minor or adult camper _____ Date _____