

CATHOLIC YOUTH ORGANIZATION / CAMP HOWARD

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825 NE 20th Avenue, Suite 120, Portland, OR 97232 / Phone: 503-231-9484 / Fax: 503-231-9531

Website: cyocamphoward.org

IMPORTANT INFORMATION FOR CAMP HOWARD 2009 TARGET SPORTS

On behalf of Sister Krista von Borstel, Executive Director of CYO/Camp Howard, we would like to thank you for becoming a part of the Camp Howard Family. We look forward to having your child with us for some great summer fun. We have lots of new programs and activities along with plenty of the "old" favorites planned to help make this a summer to remember.

TRANSPORTATION:

We encourage all campers to ride the bus provided by Camp Howard. We realize that some campers live east of camp or in some cases down the road. If your child is not riding the bus, or if someone other than yourself is picking up your child from camp, you must inform the Camp Office at least **24 hours** in advance. (renew@cyocamphoward.org or call the camp office at 503-695-6492).

Please have your camper at the Madeleine School by 2:30 p.m. on Sunday. The busses leave at 3:00 p.m. sharp. Pick up is at the Madeleine School at **5:30 p.m. on Friday**. Please take into consideration that the pick up time is during evening rush hour so plan accordingly.

The **Madeleine School is located** at 3240 N.E. 23rd and Klickitat Street. Klickitat runs east west and is located in a residential neighborhood, one block south of Fremont. Primary streets running north south in close proximity are 21st, to the west, and 33rd, to the east. Off street parking is provided for loading and unloading campers and luggage. Please **do not park on Klickitat** as this street is reserved for bus parking.

Upon arrival at the Madeleine School, you and your child(ren) should proceed to the designated check-in point which is located at the south end of the soccer field. After camper check-in is accomplished and luggage is tagged with identification materials, campers should take their luggage to the luggage van. Please then go with your child(ren) to the south side of Klickitat Street, next to the school and await loading of busses. Parents should stay with their child(ren) at all times until they are loaded on the bus at which time Camp Howard will assume responsibility of the camper.

Rules to be given to campers before departure:

1. All body parts must remain inside the bus at all times.
2. Everyone stays seated for the entire trip.
3. No screaming or rough housing.
4. All aisles must remain free of bags, pillow, etc.
5. If you have a question or need assistance, please raise your hand.

Camp Howard relinquishes responsibility after camp at the point of unloading at Madeleine. Camp Howard staff will remain on site until all campers are picked up at the bus stop.

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DIRECTIONS TO CAMP HOWARD:

FROM I-84, take exit 18 (Lewis and Clark State Park) and head south. Turn left onto the Old Columbia Hwy, heading towards Springdale and Corbett. At Springdale stay to the right on Hurlburt Rd, and continue on Hurlburt Rd. until you reach the flashing red light. Turn right on Gordon Creek Rd. When you see the sign (on your left), for Trout Creek Bible Camp, you will be 5 miles from Warriner Rd. When Gordon Creek Rd. makes a sharp right hand turn (15 mph sign), turn left onto Warriner Rd. and proceed 1 mile. Turn right at the big "Camp Howard" sign and go .2 miles down the gravel road. The camp entrance is on the left.

FROM SANDY- Turn from Hwy 26 onto Ten Eyck Rd. proceed north. Go 3.6 miles and take a right onto Bull Run Rd. just past the Roslyn Lake inlet. Continue north on Bull Run Rd. for 2.3 miles. When Bull Run Rd. turns left sharply and becomes Gordon Creek Rd. go straight ahead onto Warriner Rd. for 1.2 miles. Turn right at the big "Camp Howard" sign and go .2 miles down the gravel road. The camp entrance is on the left.

REGISTRATION:

Participants may only attend if all forms are complete (Registration Form, Insurance Waiver & Participation Agreement, and Health Form*) and full payment is received at the CYO/Camp Howard office. All forms are available on our website: cyocamphoward.org.

(*Please note: Health Forms are due no later than 2 weeks before camp. Your child will need a physical if he/she has not had one within 2 years of the time he/she will be attending camp. Health forms expire after one year of the doctor's signature on the form and need to be signed each year).

HOMESICKNESS:

Going to camp for the first time or even the third time can be a scary experience. If your child has never been to camp before, you can help make their experience a successful and enjoyable one. Just talking before they leave for camp about all the fun activities they are going to do will help. Tell them it is okay to miss you as long as it does not ruin their fun. Our staff is trained to handle homesickness. If necessary, the Camp Director will call you and together, we will come up with a plan for success.

Mail

Campers LOVE to receive postcards, letters, and care packages. Please make sure they arrive during their camp session. The majority of our campers receive one or two letters a week. It is hard for that one camper who does not get any mail while away from home. *All next day deliveries must have a signed release form, which allows the postal carrier to leave the package at camp.* You can address your child's mail as follows:

Your Child's Name/Date of Attendance
Camp Howard
11010 SE Camp Howard Rd.
Corbett, Oregon 97019

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Camper Crosses:

In 1997, we started our camper cross program. This program helps teach Christian values. It is also a memento that each camper receives from Camp Howard to take home with them. We will add a different bead to the necklace each year. If your child attended camp in the past, make sure they bring their cross with them to add this year's bead.

Camp Store & Camp Money:

We have a variety of items the campers can choose from, including snacks, drinks, water bottles, sunglasses, T-shirts, sweatshirts, hats, stuffed animals, bracelets, flashlights, cameras, and postcards. We have items priced from \$.50 up to \$15.00. Our campers usually bring between \$20.00 and \$50.00. We will collect the campers' money on arrival and keep a running account at the store. Any money left over at the end of camp will be returned to the camper before leaving. Alternatively, if you would rather not send cash with your child, you may open a prepaid account for your child via your on-line account, or by calling Janine or Ally at the CYO/Camp Howard, Portland office at: 503-231-9484.

Open House:

Bring your family and friends to come and the Camp Howard facilities. Our Open House will be held on Saturday June 27, from 2:00 p.m. until 5:00 p.m. We encourage everyone to come enjoy a tour of our camp (remember to wear sturdy shoes) meet our staff, see the Camp Store, check out our facilities and get your questions answered.

Any tours of camp after Open House are by appointment only.

Emergency Information: In the event of an emergency, if you need to notify the camp and/or your child, please call the Portland office (503-231-9484) during our office hours, which are 9:00am – 5:00pm, and you will be helped with your situation.

Medical Information:

All prescription medication must be in the original containers, properly labeled by a pharmacy, with current dosage information. All over-the-counter medications must be in original containers. Please place all medications in one Ziploc bag with your child's full name written on the bag. Also include written instructions about the medication you are sending to camp with your child. All medications are kept locked in the Health Center and are dispensed with your child's cooperation by our Health Supervisor. Our Health Center is fully stocked with over-the-counter medication so you don't need to send an assortment of medication.

Safety:

The safety and well being of the campers is our top priority. We have a Health Supervisor on site; in addition our staff is CPR and first aid trained. We also have a doctor that is on call in Sandy. All campers are under the supervision of trained staff 24 hours a day. Parents will not be notified if basic first aid is needed. Basic first aid includes but is not limited to bug bites, scratches, slivers, stomachaches, bee stings, headaches, cramps, etc. Parents will be notified if more than basic first aid is needed. This would include, but is not limited to, severe cuts, broken bones, ticks, high fever, sore throat, sprains, etc. If a camper requires medical

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attention beyond which the camp health services can provide, the camp will make all possible efforts to notify the parents or guardians prior to leaving camp property.

Behavior Expectations:

Camp Howard strives to provide a safe Christian community for all campers. Campers that are unwilling to follow the basic camp rules make it difficult for staff to provide this environment for all campers. It is unacceptable for one camper to ruin the experience of other campers. Campers are expected to follow all the rules of Camp Howard or they will be sent home. We will make every effort to work with your child, but if other children are being affected, or if their behavior is putting them or others at risk, then we will send the child home with no refund. Below is the code of conduct for Camp Howard:

1. Respect yourself
2. Respect others
3. Respect the environment
4. Respect the buildings and property of Camp
5. Follow directions
6. Use proper language
7. Discrimination and intimidation will not be tolerated
8. Malicious teasing of another person is unacceptable
9. There is no place at camp for alcohol, drugs, fireworks, knives, sexual activity which includes holding hands and kissing, etc. Instruments used for target sports are provided by the camp.

Lost and Found:

Camp Howard is not responsible for any items that are left at camp. Please label all items with your child's first and last name. All lost and found items are returned to the Portland office approximately 1 week after your child's attendance. Please come to our Portland office to look for your belongings. All lost and found items are kept for two weeks then are donated to charity.

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What to Bring:

This is a list of items that we suggest your child bring. Remember to label all items with your child's first and last name. Each camper is allowed **one** bag and a sleeping bag. **Keep in mind that your child will be responsible for carrying these bags.**

Clothing

- Rain coat
- Sturdy shoes
- Warm coat
- Sweatshirt or Sweater
- Long pants
- Underwear
- Socks
- T-shirts
- Swimsuits (no bikinis or tankinis)
- Tank tops
- Shorts
- Shower shoes
- Shirt to tie-dye
- Pajamas

(Not every session will tie-dye. To be determined by arts and craft director)

Toiletries

- Sun block
- Deodorant/Soap
- Insect repellent
- Towels (1 pool and 1 shower)
- Toothbrush and toothpaste
- Hairbrush
- Shampoo/conditioner
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THINGS NOT TO BRING TO CAMP HOWARD

The following items should be left at home. CYO/Camp Howard will not be responsible for these items should they be broken, stolen, or lost.

- Cell phones
- Computer games
- iPods
- Radios
- Cassette and CD players
- Gum
- Bikinis, Tankinis or Speedos
- Short shorts
- Half shirts/Crop tops
- Makeup
- Hair dryers
- Curling irons

Miscellaneous

- * Flashlight
- * Camera
- * Water bottle
- * Letter writing material
 - Hawaiian clothes (Tuesday is Hawaiian night)
 - Camper Cross
 - Medication
 - Store money

* Items are available at Camp Store

Sleeping Gear

- Sleeping bag
- Pillow

Please place in garbage bag labeled with your child's name and which camp your child is attending.

- Anything with slogans or symbols of sex, drugs, violence, alcohol, or other inappropriate graphics or verbiage