

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 Family Camp 2009

Thank you for choosing **CYO/Camp Howard** Family Camp as a camping option this year for your summer family vacation plans.

Directions to Camp Howard:

From Portland take I-84, East towards the Dalles. 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 915 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 is on the left.

Registration:

All children under the age of 18 must be accompanied by a registered, paying adult. Full payment, ***Participation Agreement and Health Forms*** must be completed by all participants and received by the CYO/Camp Howard office before attending Camp Howard Family Camp. All of the forms are available on our website: www.cyocamphoward.org and you may register on-line.

Emergency Information:

In case of emergency and someone needs to contact you or a family member, 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 adults will be in charge of their own child's medication. CYO/Camp Howard will not be responsible, however all participants including parents are required to have a health form on file with Camp Howard.

Safety:

The safety and well being of the campers is our top priority. We have a Health Supervisor on staff 24 hours a day.

Lost and Found:

Camp Howard is not responsible for any items that are left while at Camp Howard. All lost and found items are returned to the Portland office and donated to charity after two weeks. Please come to our Portland office to look for your lost belongings.

Behavior Expectations:

CYO/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. 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:

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1. Respect yourself
2. Respect others
3. Respect the environment
4. Respect the property of CYO/Camp Howard
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, sexual activity, which includes holding hands and kissing, etc.

Below you will find some helpful information. If you should have additional questions please contact the CYO/Camp Howard office 503-231-9484 and ask to speak with Slater Swan, Camp Director.

What to wear: The weather in Oregon is pretty unpredictable. If we say rain it will shine. If we say sunshine it will rain. Be prepared for both!

What to bring: You will need to bring your own sleeping bags, towels, washcloths, pillows, etc. Camp Howard cabins include bunks and mattresses. FYI: Following is a list of items that we normally suggest children bring to general camp. The following list is recommended, not required (depending on your needs).

Clothing

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

Toiletries

- Sun block
- Deodorant/Soap
- Insect repellent
- Towels (1 pool and 1 shower)
- Toothbrush and toothpaste
- Hairbrush
- Shampoo/conditioner

Miscellaneous

- * Flashlight
- * Camera
- * Water bottle
- * Medication

Sleeping Gear

- Sleeping bag
- Pillow

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

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What NOT to bring: Dogs are not permitted. The following list is recommended, not required (depending on your needs). The following is a list of items we tell children who go to Camp Howard not to bring with them. CYO/Camp Howard will not be responsible for these items should they be broken, stolen, or lost.

- Computer games
- iPods/Radios
- Cassette and CD players
- Gum
- Bikinis, Tankinis or Speedos
- Short shorts
- Half shirts/Crop tops
- Makeup
- Hair dryers/Curling irons
- Anything with slogans or symbols of sex, drugs, violence, alcohol, or other inappropriate graphics or verbiage

Family Camp Itinerary:

(updated Aug. 6th, 2009)

August 6 – 9, 2009 (Schedule subject to change slightly)

Choose your arrival date, Thursday evening, Friday or Saturday.

Please let us know when you plan to arrive.

Thursday

6:00 pm Families begin to arrive at Camp Howard

6:00 – 7:00 pm find cabins and get settled in Cougar Den

7:00 pm Dinner

8:00-9:00 pm – Campfire at Cougar Den

9:00 – 10:00 pm Pinochle lessons @ Champions Hall –
or put your own game together

Friday

8:30 am Breakfast at Champions Hall

10:00 am Archery

Noon – Lunch @ Champions Hall

1:30 pm BB Guns @ Rifle Range

1:30 pm – 5pm Swimming

3:00 pm Trap shooting lessons at Trap Range*

5:00 pm croquet and bocce on Weigel Field

6pm – Dinner @ Champions Hall

7:00 pm Marble Tournament Champions Hall

8:00 pm Campfire with Slater Swan Camp Director @ Cougar Campfire

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Saturday

8:30 am Breakfast at Gimpl Hall

10:00 am How to play Croquet and Bocce

11:00 am learn to shoot trap * (12 years and over)

or lounge by the pool and swim

Noon – Lunch at Gimpl Hall

1:30 – 5:00 Free Time and swimming

4:00 – 6:00 Clothes pin tag – kids at Weigel Field

Family Bocce tournament at Weigel Field

4:00 -6:00pm Trap Shoot Tournament*

6:00 pm Hamburger Barbecue at Cougar Den

Wear your favorite CYO or Camp Howard shirt

Family Camp Picture

8:00 pm Mass

9:00 pm Ice Cream Social Champions Hall Dining Hall

9:00 pm Pinochle Tournament Champions Hall

Board games, poker

Sunday

9:00 am Breakfast

9:30 am pack and clean

11:30 am Depart Camp

**There is a \$15 fee per person for those that want to participate in Trap Shooting (includes all activities on the schedule for kids 12 and over).*