Dear Parents, Children and Friends of Camp Howard,

As we approach our 64th Summer Camp season at Camp Howard, we invite you to join in the FUN! Camp Howard was established in 1953 as a fun, recreational camp where youth from all walks of life could experience and enjoy a week of camping in a setting based on Christian values. The camp property was donated by the Horton family in 1952 and was named for Archbishop Edward D. Howard. We are a fully ACA accredited youth camp located 45 minutes from Portland, between Corbett and Sandy, Oregon. Camp Howard is operated by the Catholic Youth Organization (CYO).

Due to the generosity of our donors and our Annual Champions of Faith Benefit Dinner, which began in 2011, we have been financially blessed with the funding necessary to offer scholarship assistance, as well as make needed improvements in both our program and facilities. Through the years, scholarship assistance has enabled many children to experience camp. Beginning in 2012, we have been able to heat the pool, rebuild our Star Deck, cover the Christ Child Courts (our outdoor basketball courts) and install the first two elements of our adventure course – a Giant Swing and the first leg of our Zipline. This year we will be adding the second leg to the zipline and a connecting bridge between the two.

Our hopes and dreams for Camp Howard are many and ongoing. As a matter of fact, we are currently in the midst of a capital campaign to raise funds for a new dining hall at camp. Gimpl Hall, our current dining hall, built in 1953 is no longer big enough to accommodate all of our campers and staff, during meals; and is in need of some costly repairs, as well. If you, or anyone you know, are interested in helping make dreams come true, we would love to hear from you! (503-231-9484)

Thank you for choosing Camp Howard for you child’s summer camp experience. We appreciate the opportunity to make some great memories for your family.

God bless you!

Sister Krista von Borstel SSMO
Executive Director
CYO/Camp Howard

A MESSAGE TO PARENTS

Open House 2017
Join us at Camp Howard on Sunday, June 25, 2017 for our annual Open House event. Tour the camp facilities, meet our summer camp staff and ask any questions you may have about Camp Howard. We will be open to the public from 2:00 - 5:00 pm and will provide refreshments. Comfortable walking shoes are recommended. We look forward to seeing you at Camp Howard this summer!

ACA Accreditation
Camp Howard voluntarily holds itself to the highest professional standards in the camping industry through its membership in the American Camping Association (ACA). Every five (5) years Camp Howard must undergo a comprehensive on-site visit and analysis of its operating practices to remain accredited. These operating benchmarks (up to 300 standards) comprise the most up-to-date, research-based standards and practices governing professional camp operation within the United States.

What is General Camp?
General Camp is the traditional Camp Howard summer experience and is a favorite that provides the opportunity for campers to participate in a multitude of camp activities scheduled Sunday through Friday afternoon and is open to camper ages 6-14.

Activities During the Camper’s Week
- 100 ft. Slip-n-Slide
- Archery
- Arts & Crafts
- BB Guns
- Campfire Programs
- Camp Store
- Canoeing
- Games on the Covered Courts
- Laser Tag
- Nature Exploration
- Recreational Sports & Games
- Special Outdoor Dinners
- Singing
- Swimming in Heated Pool
- Talent Opportunities
- And much, much more!

DISCOUNTED RATE AVAILABLE FOR SESSIONS 1 & 2 FOR GENERAL CAMP ONLY
What is Specialty Camp?

Specialty Camps at Camp Howard are designed to expand on the General Camp experience. Our Specialty Camps provide campers with the opportunity to spend two (2) one-hour long activity periods of each day (M-Th) delving into their chosen special interest activity (see the list of this year’s offerings below). Throughout the remainder of each day these campers will participate in general camp activities and schedules with their fellow campers.

2017 Specialty Camps

- Adventurer Camp
- Archery Camp
- Basketball Camp
- Build a Birdhouse Camp
- CIT 1
- CIT 2
- Drone Pilot Camp – NEW!
- Fishing Camp
- Forensics in the Forest Camp – NEW!
- Fun Food Factory Camp
- Introduction to Lacrosse Camp – NEW!
- Jewelry Making Camp – NEW!
- Nail Art & More Camp – NEW!
- Paintball Camp
- Passport to Camp – NEW!
- Survival Camp
- Target Sports Camp
- Volleyball Camp

NEW & EXCITING THINGS AT CAMP HOWARD!

Exciting... Last year we added both a Zipline and a Giant Swing for campers ages 13 and older, which were both hits! This year we will be adding the 2nd leg of the Zipline, which will be connected to the original leg by a bridge. Please note that both the Zipline and the Giant Swing are only available to campers who are at least 13 years old at the time.

In addition to the Giant Swing and Zipline, we also added a Laser Tag program (open to campers ages 11 – 17). This year we will be adding some equipment and improving the arena.

Look for our New Specialty Camps

- Drone Pilot Camp
- Forensics in the Forest Camp
- Jewelry Making Camp
- Nail Art Camp

New this year, we will be adding a small obstacle course! This will be open to campers of all ages. We are making changes to our Arts & Crafts program by going with a more cabin/unit directed approach, as well as adding crafting kits, such as leatherwork kits, to the Camp Store. For those who are interested in more individual craft projects.
CAMP SESSIONS

NEW! Drone Pilot Camp
(Session 2/July 16 - 21 • Session 4/July 30 - August 4)
Do you ever wish you could see what the birds see? Do you dream of becoming a pilot? Well here is your chance. Our newest specialty camp will introduce you to the intricacies and wonders of drone piloting and take home your very own mini drone. Don’t worry, no previous experience is necessary. Come join the FUN!!! Open to campers ages 11-14.

Survival Camp
(Session 3/July 23 - July 28)
You won’t be voted out of this camp! Our seasoned guest instructor, Mark Lee, will cover basic critical wilderness survival skills. Participants will learn how and where to build a shelter, craft a fire and procure safe water and food in the wild. Campers practice these basic survival skills within the safety and security of Camp Howard’s boundaries and learn how to put those new skills to the test. Open to campers ages 8-14.

Adventurer Camp
(Session 1/July 9 - 14)
Join Mark Lee, our guest instructor, for this fun program as participants learn how to solve various riddles, puzzles and other mind-challenging problems to obtain the clues to find elusive treasures. Campers will form teams and learn geocaching, navigation with a compass, problem solving skills, treasure hunting and hiking. Open to campers ages 8-14.

Passport to Camp
(Session 1A/July 6 - 9 • Session 1/July 9 - 14)
Passport to Camp, formerly known as Tour de Camp, is a Specialty Camp designed to provide campers with a gateway experience of the most popular Camp Howard program activities showcased in one of two formats:
Weekend (Session 1A/July 6 - 9)
Spend time over the weekend enjoying many camp activities including archery, BB guns, paintball (Range only) and fishing as well as learning about critical wilderness survival tips. This weekend camp will help you decide which full-length Specialty Camp you may want to attend later this summer. Open to campers ages 8-14.

Full Week (Session 1/July 9 - 14)
Experience a weeklong “sampler” of the most popular General and Specialty Camp activities that Camp Howard has to offer. Campers rotate through fun-filled daily activities, including archery, BB guns, fishing and Paintball (Range only) just to name a few. Stir in the rest of Camp Howard’s “magic” for a great week at camp! Open to campers ages 8-14.
CAMP SESSIONS

Fun Food Factory
(Session 4/July 30 - August 4)
Our guest instructor, Aimee Holzschuh, is returning this summer and is ready to guide campers into the exciting world of creating amazing things to eat! Try your hand at decorating tasty treats. Learn how to make fondant creations or maybe a rose out of an apple or a turn a batch of cupcakes into a blooming flowerpot. Open to campers ages 8-14.

Build a Birdhouse
(Session 5/August 6 - 11)
Did you know that birdhouses are not “one-size-fits-all”? Just like people, different types of birds look for different things when looking for a new home. Learn about the features that various birds want/need for their “dream home”. You will also have the chance to build a birdhouse to take home for the birds in your very own yard. Open to campers ages 8-14.

Nail Art & More! Camp
(Session 2/July 16 - 21 • Session 6/August 13 - 18)
We’ve all seen pictures (or even up close) those cute, fun, interesting and just plain WOW designs on fingernails. Here is your chance to dip your finger(nails) into the fabulous and fun world of nail art. Campers will learn some basic nail care tips, how to create their very own nail polish colors, make their own nail decals and tryout other decorating ideas. This camp is sure to be a blast! Open to campers ages 6-14.

Jewelry Making Camp
(Session 1/July 9 - 14)
Have you ever wished you could create your own jewelry? Maybe make a special piece for someone? Well here is your chance to learn some techniques and try your hand at creating some one-of-a-kind accessories. Bracelets, necklaces, pins – Oh My! What a terrific way to take home a reminder of your Camp Howard experience and maybe even a new hobby. Don’t keep us dangling, sign up today. Open to campers ages 6-14.
CAMP SESSIONS

Archery Camp

(Session 3/July 23 - 28)
This camp is for anyone who would like to experience the maximum amount of time at our archery range. Campers will learn the history of archery; use of required equipment and of course, archery range safety. Skill development is encouraged as we participate in a variety of more challenging activities at our expanded archery range. Open to campers ages 8-14.

Target Sports Camp

(Session 4/July 30 - August 4)
Campers hone their shooting skills daily through participation in a combination of featured sessions at our archery, paintball, rifle and trap shooting ranges. Open to campers 12-14. (Campers must be a minimum of 12 years of age to participate in Target Sports.)

Forensics in the Forest Camp

(Session 6/August 13 - 18)
Join us in investigating the intriguing world of forensic science. Campers will learn about techniques, like fingerprinting, spatter pattern analysis and handwriting analysis, and how they can help to solve crimes of all kinds. They will hone their skills throughout the week. At the end of the week, they will work in teams using what they’ve learned to solve an “open case”. Open to campers ages 6-14.

Paintball Camp

(Session 1/July 9 - 14 • Session 2/July 16 - 21 • Session 5/August 6 - 11 • Session 6/August 13 - 18)
Paintball Camp’s still one of our most popular specialty camp offerings. This season will feature improvements to the arena, as well as plenty of paintball games. Tons of great FUN is the result! Long pants and long sleeve shirts are strongly recommended for all participants. Open to camper ages 12-14. (Campers must be a minimum of 12 years of age to participate in Paintball Camp).

Fishing Camp

(Session 5/August 6 - 11)
Reel in the catch of the day from Camp Howard’s pond during our summer Fishing Camp! Learn how to cast, land and clean your fish for cooking. Our pond is stocked regularly with locally raised rainbow trout and our campers have caught several record-breaking “whoppers”! (Rumor has it that Camp Howard has a “magic” pole to save the day, if the fish just aren’t biting). Fishing poles, tackle and bait are provided. Open to campers ages 8-14.
COUNSELOR IN TRAINING (CIT) PROGRAM

The primary goal of the first year is to have the CITs begin transitioning their “mind-set” from being a camper to feeling comfortable with a potential new role as a staff member in the camp setting. Daily meetings are held by the CIT Director that include a specific training curriculum, group exercises and an opportunity to explore camp staffing initiatives through Q&A sessions. When not in “the classroom”, CITs will be assigned to a cabin/unit to shadow current staff. Ages 15-17 may apply.

CIT 2 A & B (Year 2): (Prerequisite – CIT 1)

Just like CIT 1, this portion of the CIT program consists of two (2) week-long camp sessions, with a weekend break at which time the CIT’s leave camp for home. Again while it is recommended to schedule sessions A & B back-to-back, it is not necessary, as long as they are taken in order.

During this second year of the CIT program, the CITs progress through additional leadership and communication skill training that is designed to prepare them for potential staffing opportunities in the future. Daily curriculum sessions with the CIT Director and job shadowing with assigned summer staff highlight the first week of the session. CIT IIs may be given the opportunity to assist with various camp program staffing during their second week. Ages 15-17 may apply.

All CIT’s need to do the following in order to attend their weeks:
- Complete and submit their CIT Application
- Complete and submit two CIT Reference Sheets
- Register online

Additional details and information regarding the Camp Howard Counselor In Training Program are available on our website.

Check page 10 for available dates and pricing.
Family Camp

(Session 4A/August 4 - 6)

Spend a weekend in the woods with your family for a quick getaway in the foothills of Mt. Hood overlooking the Bull Run Reservoir. This is your chance to experience the activities that have made Camp Howard a special place for generations of families. Activities for parents and children alike, including archery, BB guns, traditional campfires with a talent show, games on the Christ Child Covered courts, a top-notch ice cream social, swimming in our heated pool, 100 foot slide, outdoor BBQ dinner and some of the best meals made from scratch. You will also be able to stargaze on our newly re-built Star Deck, fish in our pond and even eat it for dinner and have popcorn while watching an outdoor movie. Are you ready to fly to the moon? For those 13 years of age or older, we have our Giant Swing and Zipline (additional charges will apply).

Families may arrive at 6pm on Friday followed by dinner and a welcoming campfire program and the outdoor movie. A full day of activities start bright and early after breakfast on Saturday, with lunch, evening Mass, dinner and then the ice cream social. Breakfast is served on Sunday followed by a final game and closing ceremonies. Bring family and friends from your school or parish and find the hidden gem that is Camp Howard. All ages are welcome! Children 5 and under are free.

NOW HIRING!!

Are you a registered nurse? Do your kids like camp? Would you like to spend a week (or more) helping to ensure our campers have a fun and safe experience? If you, or someone you know, would be interested in working as the Camp Nurse, please contact Nora Gravengaard at (503) 231-9484 ext. 110.

We are accepting applications for Camp Staff, counselors, program staff and lifeguards. If you know anyone 18 or older, who loves kids and might be interested in spending the summer working at Camp Howard, please let me know. More information and applications can be found on our website http://www.cyocamphoward.org/ch_employ.

Possible Positions Available:

- Unit Director
- Cabin Counselor
- Relief Counselor (minimum age 17)
- Reserve Counselor (minimum age 17)
- Specialty Camps Director
- Target Sports Director
- Paintball Director
- Lifeguard (2 needed)
- Assistant Cook
- Kitchen Assistant/Dishwasher (Minimum age 16)
SPORTS CAMPS!

Introduction to Lacrosse
(Session 1A/July 6 - 9)
Step off the sidelines and into the crease and join the fun! Sign up for our Introduction to Lacrosse Camp and learn the fundamentals of one of the fastest growing sports in America. Campers will learn the basics of scooping, cradling, passing, catching and shooting. They will hone these new skills through fun activities, drills and scrimmages throughout the week. Open to campers ages 6-10.

Camp Howard Basketball Camp
with Jenna Bass (Session 1A/July 6 - 9)
Lace up those sneakers, pack a water bottle and get your game on for our weekend Basketball Camp this summer on the Camp Howard outdoor courts! Our CYO Basketball Director, Jenna Bass, who has played competitive basketball for CYO and Central Catholic, as well as Willamette University, will direct this 4-day, 3-night camp featuring skills instruction and lots of fun competition for all ability levels. Enjoy the best Camp Howard activities when not on the courts including campfire, BB guns, archery, swimming, the camp store and our 100-foot long Slip n’ Slide. Open to campers ages 8-14.

Girl's Volleyball Camp
with Anna Maria Lopez & Patty Jayne (Session 1A/July 6 - 9)
Our annual weekend Volleyball Camp at Camp Howard is one of the most popular programs on our summer schedule! Our head instructors, Anna Maria Lopez & Patty Jayne, who together have an impressive resume of experience both as players and coaches, will direct this 4-day, 3-night camp featuring plenty of technical instruction and competitive games for all ability levels. Anna Maria Lopez, a St. Mary’s Academy Alumna and current Athletic Director for SMA, has been a member of two Collegiate National Championship teams at USC and both a collegiate and high school coach. Additionally she is has been inducted into both the Oregon Sports Hall of Fame (2009) and the CYO Sports Hall of Fame (2012). Patty Jayne was a member of the 1988 Portland State NCAA National Championship Team, a collegiate coach at Ohio State, Pacific University and University of Portland; as well as a coach for both high school and CYO teams. Enjoy the best of Camp Howard when not on the court including campfire, swimming, the camp store and much more. Open to female campers ages 8-14.

In-Town Basketball Camp
at Valley Catholic (Session 1/July 10 - 14)
Our highly popular summer basketball skills camp is once again scheduled at Valley Catholic High School. This is an “in-town” camp, which runs Monday through Friday (8am-4pm), with a primary focus on basketball technique and skills development for players of all abilities and experience levels, the camp also features recreational games, lunch, swimming and a ton of fun for all! This camp has side benefits for campers and parents in that it’s a great place for participants to meet players from other schools, while the program hours are ideal for working parents in the summertime. The Valley Catholic High School coaching staff looks forward to working with all youth entering grades 1-8 in the fall. Directed by Joel Sobotka, Head Coach for Valley Catholic’s Men’s Varsity team. Whether you’re a beginning player or seasoned veteran, you’ll be ready for CYO Basketball at the end of camp. However, you do not need to be a CYO basketball player to register. A complimentary t-shirt is included. Open to campers ages 6-14.
Camp Store & Camp Money

We have a variety of items that campers may choose from including, but not limited to:

- Postcards & Stamps
- Snacks (popcorn, sno-cones, etc.)
- Drinks
- Water bottles
- Sunglasses
- T-shirts
- Sweatshirts
- Hats
- Stuffed animals
- Bracelets
- Flashlights
- Disposable cameras
- And much more!

Camp Howard Care Packages

Care packages are a great way to let your camper know you are thinking of them, even while they are away from home! Camp Howard Care Packages are comprised of a selection of fun, interesting and unique items not available in the Camp Store. Camp Howard Care Packages are priced at $25.00 each and are a big hit among campers.

Camp Howard Commemorative T-Shirts/Sweatshirts

Each year, Sister Krista personally creates the design for our Camp Howard T-shirts and sweatshirts. Campers wear these with pride throughout the years and wrap themselves in the memories of special times and special friendships forged at Camp Howard. Childhood summers are fleeting – help your child hold on to those memories by pre-ordering today! Camp Howard Sweatshirts are priced at $30 each and T-shirts are priced at $15.00 each.

You may open a pre-paid account for your child, purchase a Camp Howard Care Package and/or purchase a commemorative 2017 Camp Howard T-Shirt and/or Sweatshirt during or any time after registering by contacting the CYO/Camp Howard Portland office at (503) 231-9484.
# Camp Howard 2017 Summer Camp Schedule

## Session 1

<table>
<thead>
<tr>
<th>Code</th>
<th>Program</th>
<th>Dates</th>
<th>Price</th>
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<tr>
<td>1AVB</td>
<td>Volleyball</td>
<td>7/6-9</td>
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<tr>
<td>1ABXB</td>
<td>Basketball</td>
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## Session 1 - Off-Site

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## Session 2

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<td>Drone Pilot Camp</td>
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<td>2PB</td>
<td>Paintball Camp</td>
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<td>2MC</td>
<td>Mini Camp</td>
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<td>2NAIL</td>
<td>Nail Art &amp; More</td>
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## Session 3

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<td>3CIT1A</td>
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<td>4DP</td>
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<td>4TS</td>
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## Session 4A (Family Camp)

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<td>5CIT2A</td>
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<td>5FISH</td>
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## Session 6

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<td>6CHI</td>
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<td>6PB</td>
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<tr>
<td>6NAIL</td>
<td>Nail Art &amp; More</td>
<td>8/13-18</td>
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## Scholarships Available

Did you know that CYO/Camp Howard offers scholarships for summer camp at Camp Howard and CYO Sports to those who qualify? It is our ongoing mission to ensure that all children, regardless of their family’s financial situation, be given an opportunity to participate in sports and camp activities through CYO/Camp Howard. Visit our website for complete details and to download the application.
Now Open for the 2017 Camp Howard Summer Camp Season! Details Inside! Register Online at www.cyocamphoward.org info@cyocamphoward.org (503) 231-9484

Join us for a fun Summer!