

PARENT HANDBOOK



CAMP DARK WATERS

A CHILD'S TREASURE,
A QUAKER TRADITION
SINCE 1928

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CAMP DARK WATERS



Mission Statement

Camp Dark Waters serves its community of campers and staff by running recreational activities which are fun and serve to nurture the spiritual, intellectual, physical, and emotional life of children and young adults. Based on the Quaker testimonies of Peace, Education, Simplicity, Stewardship, Equality, and Integrity, our diverse community builds new friendships in a "family" atmosphere. We live and play together and learn to appreciate one another in our outdoor camp setting.

Purpose

At Camp Dark Waters it is our goal to develop and operate a camp that provides outdoor camping and community living experiences in a Quaker setting. We encourage spiritual outreach and growth as campers and staff members encounter themselves and each other in cooperative efforts and solitary moments. Because we believe that the Light resides within each of us, we respect every individual without regard to race, color, religion, sex, age, handicap, national origin, or sexual identity. We encourage experiences which reflect and educate about the traditional Quaker testimonies of peace and non-violent conflict resolution, simplicity of living, stewardship of our resources, equality and breaking down barriers while living life with honesty and integrity. Through both service and work, we seek to strengthen our community by promoting cooperative activities which are fun and which improve self-esteem and self-determination. Our camp and conference center provide a gathering place for people from Meetings, families, schools and other organizations. Here, we expect all who come will find a new closeness with each other and with the world around us.

Welcome to Camp Dark Waters!

Thank you for choosing Camp Dark Waters for your child this summer. We're sure it's going to be a wonderful experience your child will never forget. This handbook is designed to help you and your child prepare for this summer. Whether this is your first experience with Camp Dark Waters, or you're returning for another summer, this handbook has information that will be useful to you. Please take a few moments to read through it. As always, if you have any questions, please don't hesitate to give us a call at (609)654-8846.

Our Philosophy

The child-centered philosophy of Camp Dark Waters is the same now as it was in 1928. Here, we believe that contributing to the growth and development of an individual is the greatest single act a person or organization can accomplish. We believe strongly in the value of a cooperative democratic group living experience.

Our Campers

Our campers come mostly from the Philadelphia region and South Jersey. Many more come from New York and Washington D.C. In recent years, we've had campers from over 25 different States and 6 countries. We take pride in the diversity of our camper population. At any given time, children from all racial, religious, and socio-economic backgrounds will be in camp. The Camp Dark Waters Campership Trust Fund makes tuition possible for many families who wouldn't otherwise be able to afford a camp experience for their children. Regardless of who our campers are, or where they come from, we consistently teach not just tolerance, but an appreciation and respect of the unique differences each of us brings to our community.

The SPICES of Camp Dark Waters

Since its founding in 1928, Camp Dark Waters has been grounded in Quaker Philosophy. A Meeting for Worship is held each Sunday in Quaker fashion. There, campers are given the opportunity to take time for quiet reflection as the group sits quietly for about half an hour. Campers are encouraged to share their thoughts with the whole group if they are so compelled.

The Testimonies of Simplicity, Peace, Integrity, Community, Equality and Stewardship continue to guide our policies and procedures. While Camp Dark Waters is not a "Church Camp", we believe that adherence to these ideals help us to create a loving, nurturing, and healthy environment for your children to learn, grow and play. People of all beliefs are welcomed into our community and we believe help to make our community better.

Quaker Testimonies - **SPICES**

Simplicity: We try to keep life simple at camp. Take a quick look around camp and it is easy to see that our facilities and program are simple in nature. We run around barefoot (except when we need to wear shoes for safety) and play in the sand. Cell phones, computers and video games are left at home. Our program remains essentially unchanged from 80 years ago.

Pease: We are committed to nonviolent resolution of conflicts. Violence has no place at camp. We work hard to identify problems and to solve those problems before there is conflict. If there are conflicts, we see them as learning opportunities to work toward non-violent solutions. Teaching peaceful conflict resolution is a goal of every staff member.

Integrity: We believe in being honest so that our words and our actions are both true. This includes being "real" in what we say and in how we act towards others. We teach that keeping promises and doing our best are important in life. We also believe that it is important to learn to take responsibility for our mistakes and to work hard to right them.

Community: We always strive to make camp an open and accepting place where everyone feels welcomed and valued. We try to share the strengths we have with all people in our group. We are all responsible to one another in our Camp Community. We take care of one another and appreciate the company we share. Daily "Crew Duties" help to reinforce our reliance on each other.

Equality: We believe that all persons are equal. We advocate respect and acceptance regardless of the differences between us. Everyone brings their own personal uniqueness to our group. We are made stronger by our differences.

Stewardship: We feel responsible for taking care of the Earth and all life on it. We take care with our time, energy, and resources. Every aspect of our program is built around taking advantage of our unique environment. We build our buildings with the concept of blending into the environment, not conquering it. Appreciation of nature activities are offered throughout our program.

What We Teach at Camp

Camp Dark Waters is much more than playing kickball and making friendship bracelets. While those activities are great fun, we train our staff members to focus on Life Skills we can teach the campers we work with. When we teach archery, our goal isn't to teach campers to hit the bulls-eye, it's to teach persistence, following step-by-step directions, concentration, etc. Below is a small sample of some of the Life Skills that a camper can learn or improve upon while at camp.

- Sharing
- Persistence
- Patience
- Consideration
- Kindness
- Gratitude
- Empathy
- Forgiveness
- Sympathy
- Honesty
- Listening
- Generosity
- Teamwork
- Discretion
- Leadership
- Ingenuity
- Emotion Regulation
- Hypothetical Thinking

- Respect
- Acceptance
- Motivation
- Tolerance
- Flexibility
- Genuineness
- Organization
- Compassion
- Curiosity
- Integrity
- Independence
- Loyalty
- Hope
- Creativity
- Caring
- Dependability
- Social Understanding
- Self-Expression
- Good Judgment

- Decision Making
- Friend Making
- Problem Solving
- Conflict Resolution
- Self-Discipline
- Self-Control
- Open Mindedness
- Critical Thinking
- Responsibility
- Self-Esteem
- Sensitivity
- Love of Outdoors
- Communication Skills
- Saying Please/Thank you

Cabins

Campers stay in rustic cabins staffed by two qualified counselors. Our camper-to-counselor ratio is approximately 4:1 and our overall camper-to-staff ratio is about 3:1.

Campers are assigned cabins on a basis of age. While we will make every effort to accommodate your cabin requests, we cannot guarantee them.

Camp Dark Waters strives to be a safe and fun place for children. In keeping with our belief that every child deserves to be treated fairly, we have adopted the following camper rights from the November 2000 issue of the *NJEA Review*. Please take some time and discuss them with your child to ensure the best possible experience for all campers.

- **I have the right to be happy and to be treated with kindness.** This means that no one will laugh at me, ignore me or hurt my feelings
- **I have the right to be myself.** This means that no one will treat me unfairly because I am fat or thin, fast or slow, strong or weak, boy or girl. I am different because I am myself.
- **I have the right to be safe.** This means that no one will hit me, kick me, push me or pinch me. I will be free from physical threats.
- **I have the right to hear and be heard.** This means that no one will yell, scream, or shout, and my opinions and desires will be considered in any plans we make.
- **I have the right to learn about myself.** This means that I will be free to express my feelings and opinions without being interrupted or punished.

Crews

We believe that in a group living situation, all are responsible for working cooperatively in the daily task of living together. To facilitate this belief, each child is assigned to a crew consisting of approximately 12 campers and two or three staff. Each crew is arranged co-ed with campers from all age ranges. Crews sit together at meals and complete crew duties together. Crews rotate different duties each day including meal set-up, clean-up, dishes, pots, kitchen patrol, general utilities (picking up trash and lost and found in the main area) and nurse check. Crews have one free day each week. In an effort to keep competition to a minimum and emphasize group interaction and fun, we also conduct many evening programs using the crew assignments.

Program

Our free choice activity program is based on flexible planning, attention to each camper's needs, and the belief that a child's summer activities should offer alternatives to the regimentation of most school curricula. Campers are encouraged to develop their own individuality by participation in both activities with which they are familiar and new experiences. Our program provides for large group activities, individual skill development, creative expression in the arts, and participation in a variety of sports and games. We plan activities of interest to the youngest and oldest campers, as well as programs which are enjoyed by all ages. We balance active programming with quiet and meditative activities in the interest of developing the mind and spirit as well as the body.

We often hear campers remark how hectic their lives are away from camp. Because of stress from school work, sports practice, music lessons and other responsibilities; campers look forward to a more relaxed time at camp. Our daily schedule allows for plenty of organized activities, while still allowing for free time to relax and enjoy just playing with friends.

Campers select their daily events in a free-choice format. At each assembly, counselors explain the programs offered for that period. Campers then choose an activity that interests them. We strive to include a wide variety of choices at each assembly. Some of the activities your child may choose from include:

Archery / Arts & Crafts / Cookouts / Swimming / Canoeing / Drama / Fishing / Climbing Wall / Hiking / Campfires / Softball Music / Nature / Basketball / Roller Coasters / Ropes Course / Wood Working / Touch Football / Ultimate Frisbee / Volleyball / Camouflage / Bug Hunt / Hill Marbling / Pottery / New Games / Drum Circle / Water Ball / Cooking / Pioneering / Ice Cream Making / Kick Ball / Sand Castles / Juggling / Hacky Sack / Board Games / Camp Crafts / Mud Stomp / Poetry / Frisbee Golf And Much More!

Special events and theme days, such as carnivals and backward days, are also scheduled each session. Regular off-site trips are an important aspect of camp life. Day and overnight events are planned to serve a wide variety of interests including berry picking, river tubing, county fairs, hiking, visits to local state parks, and canoe trips.

Horseback Riding Lessons

We are proud to offer optional Horseback Riding Lessons at a nearby farm. The lessons do require an additional fee however; we continuously strive to keep the costs reasonable. When riding, participants are required to wear long pants, helmet and boots with a straight heel. Helmets are provided at the horse farm. We ask that your child bring a pair of boots for riding.

Skill Progression Based Programs

There are three activities at Camp Dark Waters that are Skill Progression Based where campers achieve levels. They are swimming, canoeing and TrailBlazers.

Swimming

All campers participate in daily swimming lessons. At the beginning of each session, campers undertake a swimming evaluation. Campers are then put into appropriate swimming groups based on the American Red Cross Swim Program. Campers who complete a swimming level during their stay receive a card for their achievement.

Canoeing

There are three levels of Camp Dark Waters' canoeing program - Bowman, Sternman, and Master. Each level requires an increasing level of mastery of canoeing skills. A special canoeing

trip is offered to campers who have earned each level of the programming, culminating in a three-day, white water canoe trip in the Delaware Water Gap for Masters.

TrailBlazers

TrailBlazers is our "camp craft" program. Campers who choose to participate learn skills such as knot tying, fire building, compass use and plant and animal identification. The TrailBlazer program consists of the Greenhorn, Tracker and Scout levels.

Typical Daily Schedule

7:30 Wake-up
7:45 Meal set-up crew
8:00 Breakfast
8:30 Crew duties
9:00 Cabin clean-up
9:45 Assembly - 1st activity period - Morning Horseback
10:45 Transition Time
11:00 Assembly - 2nd activity period
12:00 Free time
12:15 Meal set-up crew
12:30 Lunch
1:00 Crew duties, games, canoeing
1:50 Rest hour
2:50 Assembly - 3rd activity period - Afternoon Horseback
4:00 Transition Time
4:15 Assembly - 4th activity period
5:15 Free time
5:30 Meal set-up crew
5:45 Dinner
6:30 Crew duties, games, canoeing
7:15 Evening program
8:30 Prepare for bed
9:00 Taps, lights out, Counselors read to campers

Camp Policies

We ask for your help in upholding, and respecting the following Camp Dark Waters policies.

Registration:

Please choose your session(s) carefully so that your camper may experience the whole wonderful session from beginning to end. Campers must start and end their sessions at the correct times on Check-in and Check-out days. Arriving late, leaving early or removing your child for part of a session affects their experience as well as the experience of other campers in camp and creates more work for our staff on already very busy days. **Non-emergency late arrivals,**

early departures and leaving during the session must be approved by the office and are subject to a \$40 service charge.

Refunds:

In the event that you need to cancel your child's reservations, a cancellation fee of \$50 will be charged with notice of at least eight weeks from the start of the session. Cancellation of registration between two and eight weeks prior to the start of your child's session(s) will forfeit the full deposit. If less than two weeks notice is given, no refunds of any tuition will be made. If space permits, we will gladly switch sessions at no fee.

Though we always strive to help children learn from their mistakes and work through problems, it is not always in the best interest of the camper or those around him/her to stay at camp. Camp Dark Waters reserves the right to dismiss any camper for serious, or repeated infraction of the camp policies, or if he/she poses a threat to self or others. In the event of such dismissal, no refund shall be granted.

Emergency Procedures:

Minor injuries and illnesses will be handled on site by our qualified medical staff. In the event that your child requires outside care, we will attempt to contact you first to update you on the situation and obtain permission. If we cannot contact you, we will attempt to contact the emergency contact person listed on your child's health form. If we still cannot make contact, your signature on the health form will act as permission to seek appropriate medical care. Our primary outside care facility is Virtua Memorial Hospital in Mt. Holly, NJ. You will be responsible for any doctor bills, payable when you check-out at the end of the session.

Phone Policy:

As a general rule, we do not allow campers to make or receive phone calls. **Please do not promise your child that he/she may call you at any time.** This is unfair to the other campers. It is also our experience that such promises increase the likelihood your child will be homesick. Special arrangements may be made for birthdays and emergencies with the camp office.

Mail:

Mail call is done daily at rest hour. Mail may be sent to P.O. Box 263, Medford, NJ 08055. Mail should be addressed to Camp Dark Waters, c/o your child. Please list your child's cabin on the bottom left corner of the envelope. If you are sending a package via UPS or FedEx, you should send it to our street address: 26 New Freedom Rd, Medford, NJ 08055. When sending a package, please remain mindful of our policies regarding items we do not allow at camp. Please refer to the packing section of this handbook for a complete list. **Sending gifts not allowed in our policies sends a message to a camper that it is okay to break rules.** Packages are opened in the camp office under adult supervision. Any items your child receives that are not allowed by our policies will be kept in the camp office.

Each Sunday, your child will be required to write and send a letter home. Therefore, you should receive at least one letter each week. If your child is young or inexperienced in addressing letters, you may wish to send pre-addressed and stamped envelopes or postcards with your child.

Visiting Days:

If your child is staying for more than one session, we encourage you to visit on a "change day." You may choose to visit here with your child, or you may sign your child out of camp for the day. **The hours for visiting days are 10 a.m. - 4 p.m.** If you are unable to attend visiting day and wish your child to leave camp with another adult or parent of another camper, we ask that you provide the office with written permission to release your child to that person. To assure the continuity of the camping experience and to avoid homesick feelings in other campers, **we ask that you do not visit on days other than the designated visiting days** unless special arrangements have been made with the camp office.

Arrival and Departure Days

All campers should arrive on the first day of a session between 1 and 4 p.m. Hours for departure are Saturday mornings between 10 a.m. and noon. Arrival and departure days are busy with many tasks to accomplish for both campers and staff. Because of this, **Non-emergency late arrivals, early departures and leaving during the session must be approved by the office and are subject to a \$40 service charge.** Lunch is not served to departing and arriving campers on change days.

Procedures for Arriving Campers

Because of the hectic nature of change days, your help is needed in following the schedule of events below:

Check-in:

Check in is normally accomplished on the office porch. Here, you will receive your child's cabin and crew assignments. Signing up for Horseback Lessons and pictures also occurs here.

Infirmary Visit:

After checking in, you will visit the infirmary. **Please do not move into a cabin until you and your child have visited the infirmary.** This is the most time consuming part of the check in process. While we attempt to keep the line moving, please understand that our Camp Nurses need to spend time with each family to ensure they have a thorough understanding of each child's medical needs. With almost 100 people checking in each change day, a quick 5 minutes with the nurse can create a long line. We thank you in advance for your patience during this process.

At the infirmary, your child will receive a head check for lice as required by the State Department of Health. You will also meet the camp's Health Care Professional. Your completed health form that was returned to camp prior to your arrival will be reviewed with you. It is our expectation that you will share any information about any physical, mental, or emotional condition that may affect the safety of your child, other campers or the staff. Failure to completely and accurately disclose all medical information may result in your child being dismissed from camp. All information received will be kept confidential and used only to care for your child. All medication should be handed over at this time. No medication (prescription, homeopathic or over-the-counter) will be allowed in the sleeping cabins. Because it is unlawful for any health care professional to distribute any medication without the original packaging, **all medication must be in the original packaging with the child's name on it and listed on the health form.**

Cabin move-in:

After visiting the infirmary, it's time to move your child into the cabin. Here, you'll get a chance to meet your child's counselors. Feel free to ask questions and get to know the counselors a little better. We want you to feel secure in knowing with whom you've left your most priceless possession. Information such as any bedwetting habits, if your child takes medication, anxieties your child may be having, recent traumatic experiences, and general social adjustment of your child should be given to the counselors. This is most helpful and allows us to give the best possible camping experience to your child.

At this point, the check-in process is complete and you are free to leave. Leaving can be a traumatic time, especially for a camper who is experiencing camp for the first time. We suggest that you discuss your plans with your child before arriving at camp. Designate a short amount of time you intend to stay after settling your child into a cabin and stick to it. Lingering longer can often make a child nervous and more apt to start off feeling homesick

We recommend you allocate between 2 and 2 1/2 hours total to check-in your child.

Procedures for Departing Campers

Check-out:

Check-out will normally occur on the office porch. This is where you should start. During their stay, campers normally accrue a small charge for items in the necessity store such as batteries, toothbrushes, writing utensils, and laundry. **Payment for these charges are expected at check-out.** If your child participated in horseback riding, the charge for the lessons will also be due. Payment of any doctor's fees your child incurred during the camp session will also be expected at this time. Items in our Camp Store such as T-shirts, photos and souvenirs may also be available for purchase.

Infirmary visit:

Your next stop is at the infirmary. The camp nurse will return any unused medications. If your child required outside treatment for any illness or injury, the nurse will inform you of any continuing treatment required.

Head to the cabin:

Once you've checked out and completed the infirmary visit, you may head to your child's cabin. Please take a few moments to speak with your child's cabin counselor to learn more of your child's experience at camp. Our counselors will be happy to fully answer questions about any facet of your child's stay. When you arrive, your child should be packed, but items are often misplaced or forgotten. Please take a moment to search through, around, and under the cabin, for any belongings your child may not have packed. Lost and found clothing will be placed in a public area for you to go through as well. After a few teary good-byes, you'll be ready to leave.

Completing the check-out procedure normally requires at least 1 hour.

Homesickness

Homesickness is often a large concern for parents sending their child off on his/her first overnight camping experience. Don't worry. Children missing home is a normal reaction when they go away to camp. You might be surprised to hear that our experience shows almost all children miss something about home while they are at camp. Missing home isn't necessarily a bad thing. If your child misses you, it's a sure sign that they love you as well. In fact, wouldn't you be a little offended if your child didn't miss something about home just a little bit? The good news is that most kids are able to work easily through their feelings with the help of our well-trained staff.

How We Deal With Homesickness at Camp:

Every child is different. There is no set method for how we cure homesickness. We treat each child uniquely. In general, we always try to talk with the child and reaffirm that missing home is okay. We talk about things your child likes about camp. What activities your child wants to participate in. We strive to make sure they get the opportunity to do those. We know from experience that meal times, bed times, and free times are the toughest for campers missing home so we try to keep your child occupied during those times. Sometimes giving extra responsibilities such as walking the camp dog helps a lot. Writing home also often helps. We have a big bag of tricks and we'll try them all.

If your child continues to struggle, a member of the administrative staff will become involved. Normally, homesickness goes away within a couple of days as your child becomes immersed in the camp routine. If he/she does not, the director or assistant director may contact you for your ideas. We will discuss our options and plan of actions with you to attempt to make the camp experience a positive one for your child. In the rare event that the decision is made that camp is not going to be a positive experience for your child, we expect that decision to be made together.

How You Can Help Your Child Avoid Homesickness:

There are many things you can do before camp begins to help prepare your child for the camping experience. Here are a few examples:

Involve your child

The single most thing you can do to avoid major homesickness is to involve your child in the planning for camp. If you haven't already talked to your child about his/her feelings about going off to camp and the length of stay, do it now. If a child feels forced to go to camp or abandoned while at camp, it's a sure bet he/she will have very homesick feelings. Allowing your child to feel as though he/she had a voice in the decision to go to camp, goes a long way in avoiding those such feelings.

Provide some practice time away from home

Going away for two whole weeks is a really long time for a child who has never been away from home before. Giving your child time away from home provides the opportunity to learn to deal with those feelings. Plan some sleepovers at a friend's house, or with other relatives. If your child is involved in a youth group or scouts, let him/her go on a weekend group trip without you. The more times your child experiences time away from you, the easier it becomes. Remember, practice makes perfect.

Talk with your child about homesickness

Don't just assume that your child will be able to deal with issues of homesickness alone. Talking with your child about these issues in the months before camp starts will help. Devise ways to help your child deal with those feelings. Suggestions such as staying busy, writing letters, talking with the counselors and directors are great.

Watch how you phrase things

Keep your conversations in a positive light. Don't say things like you know they are going to miss home. Instead, frame it in ways that keep your child thinking positively.

If you tell your child, "I sure hope you're ready for this," "I'm going to miss you so much I might die," or "Gee, I hope you don't get so homesick you have to come home early," you'll be putting those negative ideas in your child's head. You have to be careful what you say. Instead say things like, "I know you might miss home a little, but I know you can handle it," "Sure, I'm going to miss you, but you'll have a great time and I'll be here when the session's over," or "If you start to feel like you're missing home a lot, remember the ways to deal with it we've talked about and don't forget your counselor is there to help you out".

Have a positive, reaffirming letter on the first day of camp

You can either send the letter in advance, or give it to your child's counselor when you arrive to give out later. Load the letter with positive messages about how excited you are that your child is getting to experience camp. Remind your child of all of the fun activities that are going to happen. Reframing the time away into something else positive is also a great idea. Writing

things such as "Two weeks is just about as long as winter break was and remember how fast that flew by," helps children think of their stay as a short vacation from their normal routine.

Don't make deals for early pick-ups or phone calls!

This is a common mistake well-meaning parents make all of the time. You may think that you're comforting your child, but it almost guarantees your child will be homesick. Instead of focusing on adjusting and having fun at camp, your child will focus on your promise. Our staff are professionals at helping children work through their feelings and making camp a positive experience for your child. Promising an early pick-up or phone call ties our hands and puts you on the spot. Increasing your child's self-esteem and independence probably played a large part in your decision to send your child to summer camp. Please don't undermine your own goals by making such a promise.

Letters From Your Child:

Nothing is harder for parents to see than a letter from their child saying that he/she is miserable. Often a parent's first instinct is to hop in the car and drive to camp. Don't. If you receive a homesick letter, don't despair. Remember, mail takes time to get to you. The letter will be three or four days old by the time you receive it. Chances are, your child will over it by the time you get the news. Of course, you are welcome to call camp for an update. Speaking with a member of the administrative staff or your child's counselor should set your mind at ease. We'll give you an update on how your child is doing and what we've done to help. You may also want to write a return letter to your child. The following is a good sample response:

Dear Bobby,

I've just gotten your letter telling me how homesick you've been. Those feelings must have been really strong when you wrote it. I know we talked about it being o.k. to miss home some, but I guess we didn't expect them to be so strong. Thanks for writing me the letter to tell me how you've been feeling. That really took a lot of courage. We talked a lot this spring about you wanting to go to camp. Remember how we talked about how long you should go for and we agreed together that two weeks seemed about right? I bet that seems like a really long time right now, but as you're reading this letter, there's only one week left. Imagine that! You're already half way through! That's a lot. I'm really proud of you.

It's been a few days since you wrote me. You may not even be homesick anymore. I'll know for sure when I get your next letter. If you're still having some problems, think about all the things you can do to help you feel better. Your counselors can help you a lot. Keep doing all those fun things at camp. Remember how much you were looking forward to doing archery this summer? Keep writing a lot of letters, and keep smiling. Before you know it, it'll be Saturday. Seven more days is not that much. I know you can do it!

Snoop says "hi". We'll take him out to the park when you get home to play fetch. He'll really like that.

I can't wait to see all the neat things you've made in arts and crafts. Daddy and I miss and love you. We'll be there at 10:00 on Saturday morning to pick you up, just like we planned. I can't wait to get your next letter.

love, mom

P.S. here's last Sunday's comics from the paper. Read Dilbert @. Kind of reminds you of daddy doesn't it?

This kind of letter really helps. It acknowledges that your child is homesick and offers ways to help. Don't dwell on the negatives; instead focus on the positives of being at camp. The same is true even when writing a letter to a child who isn't homesick. Don't mention sad events that

your child has no control over. Telling your child that the family hamster has died should wait until the end of camp. Also, saying things like how bored you are without your child and how much you really miss him/her only adds guilty feelings to your child. Keep your letters newsy and upbeat. Provide lots of questions for your child to answer in the next letter. Pictures from home or comics from the paper are always big hits with the campers. Your child doesn't need to get a letter every day, but three or four letters a week really will help. Don't forget, it takes a few days for the mail to get to camp, so if you wait a few days into the session to send a letter, your child will go a whole week without hearing from you.

GLOSSARY OF COMMON CAMP TERMS

Sometimes it can seem that campers and staff at Camp Dark Waters are talking a different language. The following glossary of terms should help you make sense of them all.

- **Ad-Staff-** The administrative and support staff.
- **Area Duty-** A counselor responsibility, of watching either the Hill or the Main Area while the other counselors are either on their free time at night or at activities during the day.
- **Assembly-** A gathering at the beginning of activity periods for all campers. Assemblies start with a song. The counselors present the activity offerings, and the campers choose the activity they'd like.
- **Banquet-** A final extravaganza on the last day of camp that includes a beach trip, a nice dinner, and a play put on by the counselors. The theme of the decorations and the play are a most closely guarded secret.
- **Bell, The-** Simply, a bell rung to alert campers and staff to transitions in the schedule.
- **Betties/Billies/Bobbies-** The names of the restroom facilities at camp. The Betties are in the main area. The Bobbies are near the showers and the Billies are located on the hill (hillbillies!).
- **Board, The-** The board has two meanings at camp. 1st is the bulletin board located on the side of the lodge where the daily schedule and any important announcements are posted. 2nd, the board can refer to the Board of Directors; the governing body of the camp made up of volunteers.
- **Bowman/Sternman/Master-** Three levels of canoeing mastery; based on our canoeing program.
- **Cabin Check -** The daily rounds that the nurse makes to evaluate the cabins after Cabin Clean-Up. Results are announced at lunch.

- **Cabin Calls-** A chant or saying a cabin makes up to announce their arrival at a camp fire or evening program.
- **Cabin Clean-up-** A daily half- hour spent by campers and counselors in general tidying-up of the cabins(making beds, sweeping floors, putting things away, etc.) See cabin check.
- **Cabin Eight-** An remote area of camp. Cabin Eight is a clearing in the woods and a campfire site. It's a little off the beaten path, but the camp isn't big enough for it to be all that far. No one knows for sure why it is called Cabin Eight.
- **Change Day-** The day one session ends and another begins. Change days also serve as a visiting day for parents of campers who are staying for the next session.
- **CIT/TIC-** Counselor- In-Training. A four-week Teen Leadership Program. TIC is CIT spelled backwards and is just a lovable nickname.
- **Crews-** We eat and work in crews. Each crew has a table and two or three counselors assigned to it. Crews are co-ed and consist of a mix of ages. The crew number also determines daily crew duties, to be found posted on a chart.
- **Crew Duties-** Essentially chores in which the campers take part. A rotating chart determines each Crew's duty for the day.
- **Edge-** The camp office. Named in honor of Steve Edgerton, the camps former owner.
- **Fort, The-** The living space for the CITs and their directors.
- **Friendship Circle-** A gathering in the Main Area each night just before the campers head back to cabins to get ready for bed. The whole camp makes a circle by holding hands and sings a song: *Here we stand, hand in hand, wishing peace, freedom, joy, for each one. When there's love in our hearts, God is nigh* (sung to the tune of *Taps*).
- **GU-** One of our Crew Duties. GU stands for General Utilities. Crews assigned to GU clean the bathrooms (counselors clean the toilets), sweep the docks and pick up trash around camp.
- **Hill, The-** The older boys area of camp with three cabins, Nicky B., Onendaga, and Arapahoe, in ascending age order.
- **Jean's Place-** The name of our Arts & Crafts Shelter. Named after Jean Nicholson, known to the campers as Grandma Jean, who often leads water color and pastel activities

- **KP-** One of our Crew Duties. KP stands for Kitchen Patrol. Crews assigned to KP may help the cooks with tasks such as shucking corn, or breaking green beans. KP is also responsible for taking the trash to the dumpster and breaking down boxes for recycling.
- **Lacey Shoes-** Shoes that lace up, as opposed to sandals or flip flops. Basically for ankle safety during athletic activities.
- **Lazy Morning-** A day when the camp sleeps in, reveille is not played, and the counselors put out cereal and fruit for breakfast in a self-serve style. This happens about once a week.
- **Limited Activity-** An activity that has can only accept a limited number of campers at one time. Some activities like archery are limited for safety and supervision reasons. Others like Climbing wall are limited due to time constraints - it takes about 10 minutes a camper to climb the wall.
- **Lodge-** The largest building in camp. Located in the Main Area, the Lodge houses the infirmary, nurses bedroom, offices and the staff lounge.
- **LSD-** Lost Swimmer Drill; A drill run at least once a session. A horn sounds announcing the start of the drill. Campers and counselors meet in the dining hall for attendance while Lifeguards begin their drill.
- **Main Area-** The central playing space for the camp, most free time is spent here. The Main Area is where tetherball, ping-pong, and general hanging out takes place.
- **Main Area Cabins-** The seven cabins that aren't on the hill: Totomi, Cotoxen (boys) and Winnebago, Tunesassa, Tuscarora, Towanda, Watseka (girls); in age ascending order.
- **Meeting For Worship/Friends Meeting-** Meeting for Worship is a gathering that takes place on Sundays where all campers and staff sit together in silent contemplation of whatever one wishes. Some are moved to stand and share messages, but for the most part there is silence.
- **NEBAG-** Stands for New, Big, Awesome, Gazebo. It is the name of the Gazebo in the Main Area and a common meeting place for groups.
- **Necessity Store-** A daily store opened after lunch only for camper to get things they may have forgotten or lost (soap, a pencil, envelopes, etc.).
- **Nurse Check-** Required weekly check-in with the nurse to make sure everyone is healthy; assigned as a crew duty.

- **Rest Hour-** Required down time for all members of camp, spent in the cabins; sleep is not necessary but there must at least be quiet relaxation.
- **Reveille-** Morning wake up call, usually a song played over a loudspeaker.
- **Running Games-** The more athletic of the evening activities that require... well... running.
- **Sessions-** Campers sign up for one or more sessions during camp. There are two one-week sessions at the beginning of camp, and three two-week sessions thereafter.
- **Shallow Ender-** A camper who is unable to keep himself or herself above the water if it's over their head, as determined by the swim evaluation administered at the beginning of each session.
- **Swamp Stomp-** Exactly what it sounds like. An extremely popular activity where the main goal is to get as disgustingly covered in swamp mud as possible!
- **Tail-** A six-inch or longer piece of fabric tucked into the back of one's pants that replaces tagging or tackling. In games like Capture the Flag, if a camper's tail is pulled, they have to go to "jail".
- **TAC-** Teen Adventure Camp. A two-week High Adventure Program for teens that features whitewater rafting, backpacking, canoeing, surfing lessons, camping and more!
- **Taps-** Lights out for all cabins. Taps is a song played over the loudspeaker, or sung live by a group of campers or staff, during which all lights are turned off (including flashlights). After taps, the cabin light stays off.
- **Team Challenge Course-** Our Low-Ropes Course. It's kind of like an obstacle course, except the goal is to help a group work better together.
- **Trailblazers-** An outdoor education program meant to facilitate campers' knowledge and understanding of their natural surroundings. Campers may attain three levels of mastery: Greenhorn, Scout, and Tracker.
- **Trailblaze (verb)-** To really do something well or discover an ingenious solution to something, often involving no man made materials.
- **Tripping-** Refers to our trips out of camp. Some are overnights, others quick trips to area parks or events.
- **Vespers-** Vespers is the name for all or some of Sunday's Evening Activity which is educational or teaches a moral or value.

CAMP DARK WATERS PACKING LIST

You'll need a two week supply of these items

- Underwear
- Socks - lots!
- Shorts
- Pants, sweats or jeans (2 pairs)
- T-shirts
- Long sleeved shirt (1)
- Sweatshirt or Jacket (2)
- Bathing suits (1 piece for girls please!)
- Pajamas
- Towels (at least 3!)
- Soap, Shampoo/conditioner
- Hairbrush,
- Toothpaste/brush

Laundry is only provided to campers staying longer than two weeks

Make sure you have

- Two pair of sneakers
- 1 pair water shoes/old sneakers
- Raingear
- Laundry bag
- Flashlight with spare batteries
- Insect repellent (no aresols please)
- Water bottle

For sleeping

For health and safety reasons, sleeping bags cannot be used in the cabins

- 2 sets of sheets
- Heavy blanket
- Pillow and pillow case

Additional suggestions

- Playing cards or small board games
- Books/Magazines
- Camera
- Ball glove
- Musical instrument
- Fishing equipment
- Sleeping bag (for overnights)
- Envelopes, stamps, paper and pen

What NOT to Bring or Send:

We ask for your help in avoiding the following:

- **Electronics:** Video games, cell phones, mp3s, and other pieces of electronics should be left at home. We believe time in the cabin should be spent communing with each other and these items prohibit such an experience.

- **Food, gum or candy:** These items attract animals. A skunk in the cabin does not make a very good pet. Camp provides plenty of food and snacks. There is no need to send anymore.

- **Money:** Nothing is available for purchase with cash at camp. Any expenses incurred during your child's stay will be charged to your child's account.

- **Weapons, flammables and explosives:** These items have no place in a safe camp environment. If an activity requires a pocket knife, camp will provide them. Please do not send them to camp.

- **Tobacco, alcohol and illegal drugs:** Possession of such items will result in immediate dismissal from camp.

- **Anything Valuable:** Camp Dark Waters is not responsible for any lost, stolen, or broken items. Please do not bring anything to camp that has financial or sentimental value.

We recommend that you and your child pack together. This allows you to make sure items that are not allowed at camp are not packed and also allows your child to know what items he/she has brought to camp.

Pack your things in

- Duffel Bag
- Suitcase
- Large zippered sports bag
- Camp trunk 12 inches in height or less

Note: There is very limited space in the sleeping cabins. Your things will be stored under $\frac{1}{2}$ of the floor space under your bunk. Please limit your luggage to two bags or less.

HOW TO GET TO CAMP DARK WATERS

By Philadelphia:

Take the Ben Franklin Bridge to Route 70 East. Take Route 70 East to Route 541 N (Medford-Mount Holly Rd.) Turn left onto Route 541 N. Turn right onto Wilkins Station Rd. (Citgo gas Station on right). At the next stop sign, take the hard right onto New Freedom Road. Camp entrance is on the right, immediately after the bridge 4/10 of a mile after you turn onto New Freedom Road.

From Points North:

Take the NJ Turnpike to Exit 5. Turn right onto Route 541 S. Take the Mt. Holly By-Pass (right at Burger King). Turn right onto Main St., Lumberton (still Rt. 541). At Church Street (WaWa on corner) turn left. Go 4/10 mile to where Church Rd. curves to the left. Go straight onto New Freedom Rd. The camp entrance is on the right, immediately after the bridge 4/10 of a mile after you turn onto New Freedom Road.

From Points

South:

Take Route 295 North to Route 70 East. Follow the directions from Philadelphia.

From Points

West:

PA Turnpike to NJ Turnpike connection. Go south on NJ Turnpike to Exit 5. Follow directions for Points North.

For Map Quest or

GPS:

Use our street address: 26 New Freedom Rd., Medford, NJ 08055

