



## **Parent Handbook**

**Camp Kawanhee for Boys  
Weld, Maine  
[www.kawanhee.com](http://www.kawanhee.com)**

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## INTRODUCTION

Welcome to Camp Kawanhee! In preparation for your summer with us, we would like to share important information with you. This handbook is intended to familiarize families with some general information and policies that help us meet our goals of a rewarding summer for all members of our community. It is vitally important that you submit all of the required FORMS listed in your online CAMP-IN-TOUCH account prior to your son's arrival at camp. We need this information from you to assure that your son's experience with us will go as well as possible. Thank you for your attention to this very important effort.

## ADDRESSES

**Mailing Address:** June 1st-Sept 1st      Camp Kawanhee  
58 Kawanhee Lane  
Weld, ME 04285

Sept 1st-June 1st      Camp Kawanhee  
PO Box 789  
Yarmouth, ME 04096

**Website & Photo Gallery:**      [www.kawanhee.com](http://www.kawanhee.com)

During the summer season weekly photos of campers are posted in a photo gallery that can be accessed from the Camp Kawanhee website address listed above. The Gallery/Video tab directs you to tabs for various camp videos as well as the photo galleries. Photo galleries are labeled by year/week and/or topic. These galleries are password protected. If you do not know the answer to the hint, please ask and we will be happy to provide it to you.

## COMMUNICATION & CONTACT INFORMATION

### General:

**Camp Kawanhee Office:**      **Hours: 8:00am - 8:00pm daily**

**Phone:**      (207) 585-2210

**Fax:**      (207) 585-2620

**E-mail:**      [campoffice@kawanhee.com](mailto:campoffice@kawanhee.com)

**Nurse's Office/Infirmary:**      (207) 585-2585

**Executive Directors:** Mark and Elizabeth Standen  
**Phone:** (207) 585-2346 or 207 653-1367  
**E-mail:** [mark@kawanhee.com](mailto:mark@kawanhee.com)  
[liz@kawanhee.com](mailto:liz@kawanhee.com)

**Program Director:** Robby Ray  
**Phone:** 505 227 6031  
**E-mail:** [robby@kawanhee.com](mailto:robby@kawanhee.com)

**Director of Staff:** Danny Packer  
**Phone:** 505 321 1343  
**E-Mail:** [danny@kawanhee.com](mailto:danny@kawanhee.com)

**Director of Camper Life:** Rohan Doherty  
**Phone:** (207) 617 717 4406  
**E-Mail:** rohan@kawanhee.com

**Camp Mom:** **Debi Sullivan**  
**Phone:** (207) 585-2777  
**E-Mail:** debi@kawanhee.com

- ❖ Parents are welcome and encouraged to contact camp with any questions or concerns. There are no limits or time periods necessary to wait in order to do so. Residential Life Director, Rohan Doherty or Camp Mom, Debi Sullivan is most likely to be the best one to contact for general questions as to your son's well-being or if you have particular concerns or questions regarding his adjustment. We welcome feedback at any time and feel that the campers and our program benefit from it. The camp office is staffed to take calls from 8:00am to 8:00pm daily. If you need to reach someone at camp after hours, please call Liz Standen (207) 585-2346. If no one answers, leave a message and your call will be returned as soon as possible.
- ❖ Every parent of a new camper will receive a phone call from their counselor during the first two weeks of their stay. If you have not received a call from a counselor, we encourage you to call the camp office and request to be called.

### **Communicating With Your Child**

#### **Phone Calls:**

During the first 2 weeks of your son's stay at camp we have a strict 'No Call' policy. We feel that this policy supports your child's success and adjustment at camp, encouraging him to establish trust and connection with his counselors, other adult leaders and friends.

Beyond the initial 2-week period, campers are permitted to call home once a week. Each camper lodge is assigned a specific day to make their phone calls. On their assigned day, it is most likely they will call during free time at 11:00 and 4:00, or in the early evening right after dinner. If a camper's parents are living apart, the camper will be able to speak to both parents during his phone time. The schedule for phone calls is as follows:

<b>Sunday:</b>	Eagle, Falcon and Pine Tree
<b>Monday:</b>	Hawk, Deer
<b>Tuesday:</b>	Beaver, Lynx, Moose
<b>Wednesday:</b>	Wildcat, Trout
<b>Thursday:</b>	Coyote, Bear, Coyote
<b>Friday:</b>	Crow, Badger, Birch

### **Mail & E-Mail:**

Please write letters or e-mail your child as often as you wish. Campers always enjoy getting mail! E-mails may be sent to campers by using our camper mail account:

[campermail@kawanhee.com](mailto:campermail@kawanhee.com)

It is important that you always put the camper's first and last name in the subject line of the e-mail. We will print e-mails once a day and distribute them with the camper's mail.

### **Package Policy:**

Due to the nature of severe allergies amongst some of our population, camp has a strict 'No Peanut' policy regarding contents in care packages to campers. We strive very hard to be a 'Peanut Aware' environment, therefore we ask that all care packages omit any food items that have, or may have, been contaminated with peanut products. For the safety of all campers, camper care packages are inspected upon arrival. Items that contain nut products or food that has been produced in a factory with other products that contain nuts will be confiscated and returned to campers at the end of their stay at camp. Please let relatives and friends who may be sending care packages to your son be aware of this policy.

PLEASE NOTE: We also do not allow any candy at camp. PLEASE DO NOT INCLUDE ANY IN CARE PACKAGES.

### **Birthdays:**

Camp is a special place to celebrate a birthday. Each camper birthday is announced in the Dining Hall where the camper receives a birthday cake and special cheer. Traditionally, the camper is also thrown in the lake after the meal, but only if he doesn't object. Parents are invited to call their birthday boy on his special day!

### **Parental Concerns:**

If you believe there is a problem, or any programming or lodge issue that may be negatively affecting your child at camp, please call us to bring any issues to our attention. We are unable to correct a current situation of which we are unaware. Communicating with us in this way helps us to best meet your and your son's expectations and hopes for the camp experience.

## PACKING FOR CAMP: CLOTHING & EQUIPMENT LIST

For general daily wear, each boy should be equipped with the following:

- 10 Cotton T-shirts
- 6 Pairs Athletic Shorts
- 1 Pair Blue Jeans or Khaki Pants

### NECESSARY ARTICLES

- |   |  |
|---|--|
| <input type="checkbox"/> 1 Pillow                                 | <input type="checkbox"/> 2 Sweatshirts   |
| <input type="checkbox"/> 3 Pillow Cases                           | <input type="checkbox"/> 3 Long-sleeve T-shirts                                |
| <input type="checkbox"/> 4 Single Sheets                          | <input type="checkbox"/> 1 Warm Jacket   |
| <input type="checkbox"/> 2 Heavy Single Blankets                  | <input type="checkbox"/> 2 Swimming Trunks                                     |
| <input type="checkbox"/> 1 Sleeping Bag                           | <input type="checkbox"/> 2 Pens and Stationery and stamped/addressed envelopes |
| <input type="checkbox"/> 2 Pairs Pajamas                          | <input type="checkbox"/> Waterbottle   |
| <input type="checkbox"/> 2 Pairs Sneakers                         | <input type="checkbox"/> 1 Pair Texas/Water Shoes                              |
| <input type="checkbox"/> 1 Pair Hiking Boots                      | <input type="checkbox"/> 10 Pairs Socks  |
| <input type="checkbox"/> 8 Underwear                              | <input type="checkbox"/> 6 Bath/Beach Towels                                   |
| <input type="checkbox"/> 3 Pairs Woolen or Synthetic Hiking Socks | <input type="checkbox"/> Toilet Articles                                       |
| <input type="checkbox"/> 1 Rain Jacket                            | <input type="checkbox"/> Baseball Glove (can borrow from camp if desired)      |
| <input type="checkbox"/> 1 Nylon Wind/Rain Pant                   | <input type="checkbox"/> Tennis Racquet (can borrow from camp if desired)      |
| <input type="checkbox"/> 2 Sweatpants                             | <input type="checkbox"/> Flashlight  |
| <input type="checkbox"/> Bathrobe                                 | <input type="checkbox"/> Flip Flops or Shower Shoes                            |
| <input type="checkbox"/> Laundry Bag                              | <input type="checkbox"/> Books   |
| <input type="checkbox"/> Day Pack                                 | <input type="checkbox"/> Fishing Pole and Tackle (optional)                    |
| <input type="checkbox"/> Nice Shirt/Slacks for Sunday Services    | <input type="checkbox"/> Camera and Film (optional)                            |
|   | <input type="checkbox"/> Musical Instruments (optional)                        |

**CAMP T-SHIRTS, SWEATSHIRTS, AND OTHER ITEMS OF CLOTHING CAN BE PURCHASED ON OUR WEBSITE:**

[www.kawanhee.com](http://www.kawanhee.com) under **STORE** tab

**PLEASE** mark ALL clothing and personal items with woven name tapes or permanent ink.

**Returning Campers:** Be sure to bring unfinished Achievement Level Plaques (without frames) and your canoe paddle.

### SHIPPING OF BAGGAGE AND/OR TRUNKS

**Trunks, Foot Lockers, or Rubbermaid Trunks preferably** should not be over 14 inches high as they need to fit under or near bunks. Tape a list of trunk contents on the inside of the lid, along with the boy's name and address. We strongly recommend that boys help pack their own trunk so

they have a clear understanding of the contents.

Trunks and duffel bags should be shipped U.P.S. (United Parcel Service) or Fed Ex at least **ONE FULL WEEK** before camp. Please ship to:

*Your Son's Name*  
Camp Kawanhee  
58 Kawanhee Lane  
Weld, ME 04285

If your son is travelling by plane, it is recommended that you ship the trunk separately.

**Canoe Paddles:** It is suggested that canoe paddles be checked as baggage to and from camp if a camper is travelling by plane, or brought as carry-on. Cases for paddles can be purchased from various companies on the internet. Shipping to and from outside the United States can be unreliable. Some boys elect to leave paddles at camp year to year in order to avoid bringing them each year to and from.

## **LAUNDRY AND LOST & FOUND**

Camper laundry is done once per week on camp premises by our laundry staff. It is very important that all camper clothing, including socks and underwear are labeled with names.

All campers at some time or another misplace or lose something during the summer. Lost and found is collected in the Laundry room where it is cleaned and kept on shelves. Staff routinely go through the lost and found in hopes of returning lost items to campers. Labeling all clothing and personal items is vitally important for aiding in the process of returning items to their proper owners.

## **CAMP STORE and INCIDENTALS**

### **CAMPER ACCOUNTS**

\$175 is deposited with the camp for each boy's weekly allowance and provides for incidentals from the camp store as well as lodge pizza parties and special events. Junior Counselors have \$250 deposited in their accounts due to more extensive privileges. At the end of the season, any remaining cash balance will be mailed to parents, or a charge made if the deposit is exceeded.

### **CAMP STORE**

Monday through Saturday after the evening meal, the camp store is open for campers to purchase an after-meal treat or supplies they may be in need of. In addition to ice cream, popcorn and popsicles, the camp store stocks camp attire such as t-shirts, hats and sweatshirts, as well as incidentals such as toilet articles, batteries, stamps, fishing equipment and other supplies regularly needed at camp. The camp store is also staffed during opening and closing days of camp.

Campers wishing to mail letters home, place stamped, addressed envelopes in the mail slot of the camp store door.



## TECHNOLOGY, CELL PHONES AND SOCIAL MEDIA

### CELL PHONES and COMPUTING DEVICES

Camp may be one of the only places and times in your son's life when he will be disconnected from technology. Leaving phones at home allows campers to focus on being 100% present at camp and building relationships with the people who are there. Further, cell phones are a liability to camper safety, as research shows that social media is a vehicle for bullying and unsafe behaviors, particularly affecting teenagers. By removing access to technology we are trying to avoid bullying, unauthorized photographs and videos of other campers, and an increase in homesickness due to lack of immersion into the camp environment.

We understand that some boys, particularly those that are traveling by air, bring their phones to camp so they can communicate with their parents and perhaps camp staff while they are en route. This is perfectly understandable, and we support this practice. Our expectation would be that campers arriving at Kawanhee with a phone turn in their phones upon check-in. We will keep them in the office for the duration of their stay, and then charge them so campers have functional phones for their travel home.

We are aware that some campers pack two phones, turning in one on opening day and keeping the other to use while at camp. We reserve the right to search a boy's personal belongings should we have reasonable suspicion that he is keeping a phone while at camp. If it is discovered that a camper is doing this, he will be sent home.

Please reinforce this policy with your son so that he is well aware of the expectations ahead of his arrival at camp. We ask you to partner with us on this policy in the interest of your son's safety and that of others.

### SOCIAL NETWORKING POLICY and FACEBOOK

It is very important that all of us respect the privacy of others in the camp community by not posting pictures or other information regarding campers other than your own. For example, if a parent comes to camp for a visit, it is not okay to post photos with or without names which include another person's child. We ask that you respect this for the safety of all Kawanhee campers. Unfortunately, for all its benefits, social media has become an issue of personal safety which we must work together to respect. Photos of campers are regularly posted through the password protected photo gallery on our website. For more information on how to access this photo gallery, please refer to the INTRODUCTION of this handbook. For general information on Camp Kawanhee and to stay connected throughout the year, please feel free to visit us at our site on Facebook. There you will see photos on occasion, but camper faces are intentionally indistinct. If you have any concerns or observe any postings related to Kawanhee that give you cause for concern, please bring it to our attention as soon as possible. Your cooperation in this regard is much appreciated!

## TRAVEL and TRANSPORTATION

It is very important that all travel information regarding your son's arrival to and departure from camp is communicated with us. Whether arriving by car or (and especially) by plane, this information helps in our planning to make sure all campers are accounted for. **In the FORMS section of your Camp-In-Touch account, there is a travel form that should be submitted giving us all the**

**information we should need.** We will contact you if there is any confusion.

**CAR ARRIVALS:**

If you choose to bring your child by car, plan to arrive after 9:00 am on your child's first day of camp. Please note that the camp gate will be closed until 9:00 am on both dates to allow staff to finish breakfast and prepare for arrivals. Campers will not be admitted prior to this time.

Upon arrival to camp you will be directed to the check-in desk/office. A lodge counselor will be ready to help your child move into his lodge. All incoming campers must report to the Camp Health Center after checking in. Additional staff will be available for camp tours for new campers and families. Please take the time you need with your son and in camp to feel comfortable. For new families, this

may be the first time you and your son have seen Camp Kawanhee and we want you to be able to meet your son's counselors, directors and others who you will be entrusting to care for your son during his stay.

Some families choose to arrive in Weld days prior to the start of camp. While we fully understand the anticipation and excitement of arriving in camp, please recognize that our staff will still be involved in important pre-camp trainings and working to ready the camp for your son's arrival. Although we are eager to see and greet everyone, drop-in guests during this time can be disruptive to our schedule. Lodge lists are not typically ready until the morning of the campers' arrival, as often there can be last minute changes.

### **CAR DEPARTURES:**

If your son is departing on July 18 (4-week session), please arrange to pick-up your son between 9:00 and 11:00am if at all possible. If you are not able to arrive during these hours, please let us know so that we and your son can be properly prepared.

Departures occurring at the end of camp should plan to happen at the close of the Awards Ceremony on the last Saturday of the camp season. This is generally around 4:30 pm. (Please see the 'Awards Ceremony' section for more details.)

### **FLYING TO AND FROM CAMP:**

If your son is flying to camp, Portland International Jetport is the preferred airport for camp-arranged pick-ups. Camp Kawanhee will provide van transportation to all campers arriving at the Portland, Maine airport on the regularly-scheduled SESSION ARRIVAL and DEPARTURE DATES. It is vitally important that parents communicate detailed information about a camper's travel to camp prior to the start of camp, which can be submitted with the required FORMS in your Camp-In-Touch account. Timely information about a camper's departure from camp is equally important. Prior to arrival and departure days, the camp office will call you with information on who will be meeting or dropping-off your son, driver's license numbers for identification purposes and cell phone number where he can be reached. In the case of camper arrivals, the person meeting your son will also have a letter written and signed by Mark and Liz Standen, Executive Directors of Kawanhee, authorizing the pick-up. All of this information is required by the airlines, especially in the case of unaccompanied minors.

Camp Kawanhee will also provide transportation to campers traveling in and out of Logan Airport in Boston, Massachusetts. When making flight arrangements, please consider that camp is a four-hour drive by van from Boston, Massachusetts. Flight arrivals after 11:00 am and before 8:00 pm are most accommodating.

There is no charge for a Portland pick-up or drop-off on scheduled arrival and departure dates. The Logan Airport trip is \$350 round-trip and \$175 one way. If your son is arriving or departing on a date that is NOT a scheduled session beginning date or ending date, we will arrange travel at a fee of \$350 to or from Boston and \$200 to or from Portland.

## **DRIVING DIRECTIONS:**

### **Portland, Maine to Kawanhee**

From Portland Jetport, follow the signs for the Maine Turnpike heading north. Continue to follow the signs for the Turnpike (I-95) and proceed north approximately 30 miles to Exit 75 (The Auburn Exit). After exiting the turnpike turn left at the traffic light onto Rt. 4 North. Proceed through the city of Auburn maintaining your course on Rt. 4 for approximately 18 miles until you reach Rt. 108 on your left. Turn left onto Rt.108 towards Rumford, travel for approximately 17 miles to a flashing yellow light and signs for the Rt. 2 junction. Turn right at the flashing yellow light (Blaisdell's Gas Station will be on your right) then travel over the bridge. At the stop sign turn right onto Rt.2 and proceed approximately ¼ mile to the traffic light. (A Subway is on the corner of this intersection). At the light turn left onto Weld Road (Rt. 142), then proceed approximately 11 miles to Camp Kawanhee. The camp will be on your left, please enter camp by the big camp sign. Please drive slowly in camp and watch for campers; drive past the baseball field. Guest parking is located near the office and wood shop.

### **Boston, Massachusetts and points south to Kawanhee**

From Boston, Mass. find your way to I-95 north and proceed on this highway to Maine. Once you reach Portland, follow the directions above.

## **FINAL DAY and AWARDS CEREMONY**

### **AWARDS CEREMONY**

The close of the camp season is celebrated by our end of the season Awards Ceremony on the final Saturday of the season. This ceremony begins at approximately 9:30 AM and lasts until about 12:00 Noon. It is a wonderful time to celebrate the accomplishments campers have made during the camp season. Camper plaques are presented, activity awards are given, and special meritorious awards are given. Awards range from ribbons, to trophies, to special homemade displays. The closing part of the program recognizes high-point winners in addition to the final score for the season-long Grey/Maroon competition. Award winners have their pictures taken for the camp yearbook.

We invite all parents and family members to come and enjoy this celebration. Directly following the ceremony, your camper will be joining the rest of the campers and staff for a special luncheon. Parents are invited to enjoy a lunch buffet in the Rec Hall during this time, while their camper enjoys this final meal with their friends and counselors. Following the luncheon, you are welcome to take your son and travel home.

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## CAMPER PICK-UP

All campers will spend the morning of the last Friday of their stay at camp packing their belongings so they are ready to depart at the close of the Awards Ceremony on Saturday. Campers traveling by car are expected to depart camp with their families soon after the awards ceremony. Only campers leaving by camp transportation and plane will stay in camp Saturday night.

## VISITING CAMP

### GENERAL VISITATION GUIDELINES

Parents are encouraged to visit their son(s) during the seven-week season and are welcome to eat a meal in the dining hall during their visit as a guest of Kawanhee. Other visitors, including friends of staff and former campers or counselors may also join the camp at mealtime when prior arrangements have been made with the Camp Director. Meal privileges include all meals except the final camp banquet. While in camp, all guests must check-in at the office upon arrival and abide by camp rules. Parents and other visitors are not to interfere with campers' activities, and equipment (such as boats) are not to be used without the permission of the appropriate department head. Former campers, former counselors, and the family members of current counselors should limit the duration of their visits so as not to present distractions or adversely affect the operation of the camp program, detracting from the experience of our current campers.

### LOCAL LODGING

#### **Kawanhee Inn & Restaurant**

- Located in Weld, Me in the next cove over from Camp Kawanhee
- Offers Inn Rooms and Cabin Rentals
- (207) 585-2000
- [www.maineinn.net](http://www.maineinn.net)

#### **Comfort Inn & Suites**

- Located in Wilton, ME approximately 20 miles from camp
- (207) 645-5155

#### **Wilson Lake Inn**

- Located in Wilton, ME approximately 16 miles from camp
- [www.wilsonlakeinn.com](http://www.wilsonlakeinn.com)

### AREA DINING

<b>Kawanhee Inn &amp; Restaurant</b>	Weld, ME	(207) 585-2000
<b>Skoolhouse Variety</b>	Weld, ME	(207) 585-2595
<b>Calzolaio Pasta Company</b>	Wilton, ME	(207) 645-9500
<b>Homestead Bakery</b>	Farmington, ME	(207) 778-6162
<b>Thai Smile Restaurant</b>	Farmington, ME	(207) 778-0790
<b>Brian's Bistro</b>	Rumford, ME	(207) 364-3300

## **HEALTH and WELLNESS**

The health and safety of Kawanhee's campers is our paramount concern. We have full-time Maine-licensed RNs on staff and available at all times, as well as an arrangement with a local pediatric practice when a doctor's services are necessary. Kawanhee has an infirmary where the camp nurse resides and where there are beds available for boys who are ill or needing some rest. Every staff member at Kawanhee is trained in first aid and CPR and in specific activities, (wilderness living, trips and waterfront, for example), further training is required. Kawanhee offers these trainings each summer during the week prior to the start of camp. Our American Camp Association accreditation requires that we meet certain safety standards and Kawanhee staff exceeds or meets these standards in their training.

### **CAMPER HEALTH AND HISTORY FORMS**

A camper's health and history form MUST be on file in our Health Center (Infirmary) before your child can participate in the camp program. The health form should be properly completed by a physician and must be signed by a parent/guardian. This health history and included waiver statement is necessary for hospitalization and/or emergency treatment in all local medical centers. Additionally, all campers must provide accurate records of immunizations. We must have your private insurance information along with a copy of your insurance card. Parents should also inform the camp before your child arrives of any recent injury, illness, and emotional or potential behavioral problems.

### **MEDICATIONS**

All camper medications, including vitamins, will be kept in the Health Center. Campers may not keep medication in their lodges.

Please remember that all meds at camp are dispensed at mealtimes. Only if medically necessary and a specific time is written on the prescription will the med be dispensed at a different time of day. You are responsible for checking that your child's prescriptions are written for exactly how and when the medication is to be given.

### **MEDICAL CARE**

At Kawanhee we employ Maine Registered Nurses to provide health care services for the summer camp season. The medical staff responds to emergencies, distributes medications, and provides basic first aid care for our resident participants.

If sickness occurs at camp, your son will be kept in the Health Center/Infirmary until he is healthy enough to re-enter the camp community. The camp nurses will contact a parent or guardian if a camper is ill and requires a sleep-over in the health center. Parents are also contacted if the nurse feels it is necessary for a camper to see a doctor or in the case of emergencies once the emergency has been evaluated.

We will contact parents with infirmity issues when:

- A camper has significant bumps, bruises, or cuts with the potential for scarring (especially in the facial area).
- A camper suffers a fracture or suspected fracture.
- A camper is involved in a vehicle or work-related accident.
- A camper has been exposed to a communicable disease, bug, or parasite.
- A camper has an animal bite wound.
- A camper is sent off-site for professional medical treatment.
- A camper suffers from any illness causing symptoms of muscle paralysis or weakness, loss of vision or hearing and/or unconsciousness.
- A camper has an epidemic illness involving 3 or more persons; including suspected food poisoning.
- A camper needs to be admitted to the health center for an overnight watch for reason including; fever over 101 degrees, communicable illness, head injury, and prolonged nausea or vomiting.

If you need to contact the Camp Nurse, she can be emailed at [nurse@kawanhee.com](mailto:nurse@kawanhee.com) or by phone (207) 585-2585.

## **FOOD & NUTRITION**

The Camp Kawanhee kitchen provides filling, varied and nutritious meals over the course of the camp season. A salad bar compliments both lunch and dinner and hot soups are often offered as well. Breakfast offerings include a wide range of cereals, oatmeal, bagels and a hot main entrée. The addition of smoothies at breakfast has been a big hit and everyone looks forward to the Maine lobster bake at the end of the 4th week.

We can make reasonable accommodations for allergy-sensitive diets. Please inform us so we can meet your child's needs. Alternatives are available for those campers that have special dietary needs (vegetarian, gluten-free, etc.).

## **HOMESICKNESS**

Homesickness is often experienced when transitioning to a new environment and for many campers, part of the camp experience. Once campers adjust to the new setting, make friends, connect with their counselors and other adults in camp, and learn the basic routine, most will shed their homesickness. The timing of this process is individual and we work hard to respect each boy's process and offer what comfort we can along the way in order to help him successfully move through this period. For most boys, the homesickness is mild.

Homesickness is something everyone can learn to cope with. It builds confidence as overcoming a bout of this and enjoying time away from home nurtures children's independence and prepares them for the future.

The silver lining is that if there is something about home that children miss, that means there is something about home they love—and that is a wonderful thing. Sometimes knowing that what they feel is a reflection of love makes campers feel much better.

What can you do to help prepare your son for positive camp preparation:

- \*Make camp decisions together
- \* Arrange lots of practice time away from home
- \*Share your optimism, not your anxiety

The Camp Mom, Debi, whose primary focus is on the younger boys, recognizes and provides boys in need with additional support and nurturing during the first weeks of camp.



Debi will contact you if your son is struggling and if we feel your input might be helpful in assisting with his successful adjustment to the camp environment. No news is good news! If you are worried or anxious and want to know how your son is doing, please don't hesitate to email Debi [debi@kawanhee.com](mailto:debi@kawanhee.com). Debi can be reached by phone at (207) 585-2777.

Some things that parents can do to aide in the process:

1. When writing from home, please try not to write about anything that will make your child miss home or encourage homesickness.
2. Do NOT overreact to a negative phone call, letter, or e-mail. Consider that a letter was written probably 3 days prior to reflecting a "bad morning". Probe for positives, not negatives. When talking with your child, ask him to relate positive experiences, stories and events.
3. Children use negativity in stories/situations to initiate a rescue response from you. This is not unusual and assures a child that his parents are still there for him. This form of bonding can be directed toward the positive and ultimately save both parent and child a lot of heartache.

## **DRUGS, ALCOHOL, TOBACCO PRODUCTS and PROHIBITED SUBSTANCES**

Camp Kawanhee has a strict Zero Tolerance policy when it comes to camper use of drugs, alcohol, tobacco products or other illegal substances. If campers are found to use or possess any of these products, the camper's parents will be contacted immediately, products confiscated and appropriate consequences applied. Kawanhee reserves the right to search a camper's belongings if it is suspected that a camper may be using or in possession of prohibited substances.

We encourage parents to partner with us in preventing campers from arriving at camp with any of these prohibited substances. If you know that your son or his peers have been experimenting with any of these substances at home, please make sure that he knows of Kawanhee's policy and also be vigilant in making sure he does not try to bring any of these things in his luggage.

Your cooperation is extremely important in helping to make sure that we have none of these influences in the camper community.

If your camper is sent home due to a violation of this policy, there will be no refund of tuition.

## THE TRIPS PROGRAM

During the course of the summer each camper will have an opportunity to take part in an out-of-camp wilderness trip. Typical day trips include hikes to local mountains and swim trips to local swimming holes. Several times during the summer river trips may be offered for canoeing and kayaking.

For boys who are particularly enthusiastic about Tripping, Kawanhee offers several additional trips. These trips require prior parental approval and include additional fees. If your son decides at camp that he would like to participate in one of these trips, you will be contacted for permission. Though the following trips are typically offered, there are some years where logistical considerations do not allow us to do so. Also, there are years where trips are offered in addition to the following.

### Mt. Katahdin Trip

Mount Katahdin is Maine's tallest and most spectacular peak. Its rocky summit rises to 5,267' and is the northern terminus of the Appalachian Trail. This is typically a 4-day trip that offers additional opportunities to explore Baxter State Park.

### Monhegan Island Trip

Of all the outdoor trips offered at Kawanhee, the Monhegan Island trip is perhaps the most unique as well as the most popular - particularly amongst younger campers. Monhegan Island is located 12-miles off the coast of Maine. Campers take the ferry out for a 2-night stay where they explore the rocky coastal landscape. This trip is offered during the third week of camp operation.

### Whitewater Rafting

The Kennebec River trip is offered for campers that are 12 years of age and older. This one-day trip is provided through a guide company.

### Allagash River Trip

The Allagash River in the Maine North Woods is the most remote and unspoiled patch of land east of the Mississippi River. Junior Counselors have an opportunity to paddle approximately 50 miles of the Allagash on this 5-day trip.

## MISCELLANEOUS

### TUTORING

Tutoring is available at the request of parents of campers. We are able to handle all grade and high school subjects, including SAT preparation. The rate is \$25.00 per hour. Please email us if you would like to have your son tutored and we will find an appropriate tutor for him based on their expertise in the subject matter.

### REFERRALS

Much of Kawanhee's success depends on referrals from current and past camp families. Any family that refers a non-scholarship camper that registers for our 3-week, 4-week or 7-week session will

receive a tuition credit of \$1,000.00.