

Dear Parents:

The purpose of this Handbook is to inform you about camp and to present you with the necessary information that you will need for the forthcoming camping season. As you are well aware, our camp is dedicated to the health and happiness of all our campers. Your choice of our camp has placed in our hands a deep trust, which we respect and appreciate.

We have drawn upon our many resources and our experience to create the kind of congenial atmosphere where children's minds and bodies will flourish. We have assembled the best staff possible and are continuing to develop an outstanding facility, so that your child will come home at the end of the summer bigger and better in many ways. You, the parent, play an important role in making **TIMBER RIDGE** the great camping program it is. Therefore, you are requested to discuss matters concerning camp directly with the Camp Office.

PREPARING YOUR CHILD FOR CAMP

Adequate preparation for a summer camping experience is very important. It sets the tone for everything that will happen at camp. We are writing this information at the suggestion of many parents whom we have personally counseled in regards to their child's camp experience.

Camp means many things to many people. It is very difficult for an adult to conceive the mental picture a child might have of a camping experience. This depends greatly on motivating the child to want to go to camp in the first place. Therefore, we recommend that a parent discuss fully, the forthcoming camping experience, allowing the child to express himself freely about what he expects to find at camp. This is not the time to correct or change opinions, but to create an attitude of flexibility and acceptance. By making such statements as "Well, you really have to wait to see what camp is really like," or "Don't set your heart on such and such," children have their egos easily destroyed. Their interests are ruined by either having adult standards set for them, or unrealistic opinions of what camp will be like. Some parents make the mistake of trying to tie down the Camp Director to making certain commitments for their child. A camping experience is a fluid one; it can change at the stroke of a pen. Promises that are made in the winter are real and well meant, such as "You can bunk with your friend," but when it comes time to open camp, there might be some reason for this promise not to materialize. Instead of these types of commitments, parents should substitute assurances that every effort will be made to meet the individual requests, but an open mind to change should be maintained.

This Handbook is published to provide information in regard to the mechanics of getting your child ready for camp. Requests are made by the camp such as to the time of medical examinations, when to mail back certain information, how to pack duffless, request for confirmation of transportation and how to ship luggage. Parents who follow these procedures to the letter establish immediately in the eyes of the campers the fact there is a proper way of doing things. There are reasons behind each of these requests made by the camp. In the event there will be a deviation, parents should extend the courtesy to the camp by either discussing with us the alteration or changing of procedure. This makes our job a little easier and sets a tone of cooperation.

CAMP IS MAINLY A PARENT'S DECISION

Psychologically, some children are better prepared for a separation from home than others are. In view of these differences, each child has to be handled individually. However, we would like to caution the parent against having guilty feelings about the separation, or making unrealistic promises or bribes in order to get your child to camp. We do not feel a child should be unduly punished, but firmness and understanding should prevail. Promises and bribes such as, "I'll send you a package," or "I'll give you a new bicycle if you go to camp," are detrimental. These types of incentives rob the child of the opportunity of making a positive adjustment on his own to camp life. Be realistic- camping is fun. Before a child can begin to have fun, he must learn to master his own feelings, of course, with the help of the camp, his counselor and his parents.

CAMP TUITION

No child is permitted to attend camp whose tuition is not paid in full prior to their arrival. We can also not allow any child come to camp without a completed and signed application form. We appreciate your cooperation in this matter. All paperwork should be sent to **TIMBER RIDGE, INC.**, 10400 Stevenson Road Suite 201, P.O. Box 349, Stevenson, MD 21153.

TRANSPORTATION

It is imperative that you fill out and return the enclosed transportation form before your child arrives at camp. Except in extreme emergencies there can be no changes made to these plans once camp has begun. You are requested to make use of our bus service if you live in an area where we have bus service. We will have a staff member on each bus to provide supervision during the trip. **Campers arriving by car are required to be in camp no earlier than 12:30 p.m.**

SPECIAL TRANSPORTATION- any camper requiring special transportation on any day other than regularly scheduled travel days must have prior approval from the camp office. You will be responsible for making arrangements for your child's transportation if they are traveling on a day other than the scheduled travel days.

SPECIAL NOTICE- Parents bringing their children to camp by car are required to ship luggage in advance. This is a for the following reasons:

1. All campers luggage is unpacked before their arrival in order to make them feel comfortable.
2. Cars will not be allowed to go to cabins for the safety of all campers.
3. Counselors are busy acquainting themselves with the children, trying to make them "feel at home" and it is very disruptive for anyone to be unpacking that day.
4. Children learning to live together get along best when no special privileges are granted.

LUGGAGE

Parents may ship their children's luggage to camp by using NGB, the official camp shipper, or U.P.S. All luggage must arrive at camp prior to the campers arrival. This allows us to have the camper unpacked and have the cabin ready with all trunks and duffels stored when the children arrive. We prefer duffels rather than trunks but either is acceptable. Campers will only be allowed to take one carry-on piece of luggage on the plane or bus. **(We cannot allow campers to bring their luggage with them on camp flights or bus runs to camp.)**

Luggage is sent home the same way it arrives at camp unless we are notified in writing differently (i.e. N.G.B. to camp, N.G.B. Home) if you choose UPS it will be charged to your credit card prior to return. Please fill out and return the form to our Stevenson office before camp begins.

OUTFITTING YOUR CHILD FOR CAMP

Please keep in mind that camp life is very active and campers will be hard on their clothing. Campers need simple, rugged clothing, which will stand up to this kind of living. Items will be lost, even though we make every effort to see that campers do not misplace or destroy their personal possessions. **Therefore, parents are requested not to permit them to bring expensive items such as high priced clothing, I-pods, PSP's, DVD Players, computers, expensive cameras, radios, watches, etc. to camp.** Timber Ridge camp is not responsible for lost, stolen or damaged items brought to camp.

Please remember that the clothing list has been prepared only as a guide and parents are requested not to exceed this list. It is also recommended that the list be adapted to the individual child's wardrobe and clothing habits. However, you must include at least some of each item on the list must be included.

Rainwear should be waterproof, not water resistant. **Linens (2 twin sets), laundry bags (2) and a pillow are a must.**

CAMPERS CLOTHING AND PERSONAL ARTICLES

Campers clothing and personal articles, as well as duffle bags, are not covered by camp insurance. While we make every effort to locate lost items and ship home anything left at camp but we cannot be held responsible for personal items lost at camp. It is very important to emphasize to your children that they must keep track of their own item. However if an item is misplaced it is

imperative that your child tell their division leader as soon as possible.

LABELING CLOTHING

Use indelible ink or sew on tapes should be placed on clothing so they may be easily read. The following suggestions are made for the placement of nametapes:

All shirts, sweatshirts, blouses, sweaters, jackets - place on the back inside collar.

All pants, shorts, skirts, under shorts - place on the back inside waistband.

Socks - place on each sock at top

Caps or hats - place on the back inside head - band.

Shoes - place inside each shoe.

Towels, washcloths and handkerchiefs - place on corner.

All articles, including clothing worn for traveling, should be marked with the camper's **FULL NAME**. Sewed in tapes and/or indelible ink are preferred.

LINEN SERVICE

Children must bring linens and a pillow to camp. We do not supply linens for children unless their linen is lost.

Do to recent MRSA infections **NO CHILD** will be permitted to sleep in a sleeping bag while at camp. For this reason **ALL CHILDREN** must bring linens to camp. Linens will only be provided for foreign campers.

HEALTH AT CAMP

Timber Ridge provides the best medical personnel for the care of campers. We have a medical staff, which includes at least three nurses at all times. There is a well-stocked health center and an infirmary for isolation of children who have an elevated temperature or minor illness. If a child needs to spend a night in the infirmary, we ask the nurse or the doctor to make a personal phone call to you, the parent. We are very proud of our preventative medicine technique and we spare no effort in seeing children are kept healthy during the camping season, however there are some cases of injury or illness. In general, the health and safety records of camps throughout the United States are very good. When a child is admitted to the infirmary, it is important for a parent to remember that it's just as much a part of the living experience. Parents should not hold themselves responsible or have any feelings of guilt. Winchester, Virginia, with its excellent medical facility is only 18 miles from camp via good roads. It provides a wide variety of medical specialists and dental technicians.

IT IS IMPORTANT TO REMEMBER THAT NO ONE CAN BE TREATED BY THE CAMP DOCTOR, THE CAMP NURSES OR NEARBY WINCHESTER MEDICAL CENTER UNLESS THE PARENT SIGNS THE EMERGENCY PERMISSION AUTHORIZATION LOCATED ON THE MEDICAL FORM.

Children, though we as parents, doctors and nurses try our hardest, may become ill at camp. Remember, **WE ARE PARENTS TOO AND WE KNOW HOW YOU FEEL**. Should a camper be admitted to the infirmary overnight, you will be notified by letter. This letter will give you the reason for admission, the diagnosis and any medication that your child was put on. Should your child remain in the infirmary a second night, **THE CAMP WILL CALL**. Again, remember we are parents too and will keep you informed of **ANYTHING** that we ourselves would want to know about it if it were our child. Please remember to fill out the **MEDICAL FORM COMPLETELY**. Should there not be enough room for special medical problems, please attach a separate note directed to the Nursing Staff. Mail this form to the Stevenson office no later than **MAY 1st** if your child is in the first 4-week session or the full session. After **MAY 1st**, send to Timber Ridge Camps, P.O. Box 471 RR 1, High View, WV 26808. The form should **NOT BE PLACED IN THE CHILD'S TRUNK OR GIVEN TO HIM TO BRING TO CAMP**. Should you be sending your child to the second 4-week session, please send the form to the West Virginia office no later than **JUNE 1st**. Should you be sending medication to camp of a special nature, please place it in a well marked container and give it to the child to carry as he goes to camp. You may also mail these medications to camp, again directed to the Medical Department. Please make sure that these items are properly labeled. **Campers or counselors may not keep any medication with them in the cabin, with the exception of inhalers or asthmatics; all medicine must be kept in the infirmary.**

MEDICAL INFORMATION HEALTH FORMS are enclosed. They are to be filled out and returned to camp before the

camper arrives. **Without this health form, we cannot treat children.** YOU ARE DOING YOUR CHILD A DISSERVICE BY NOT PROVIDING US WITH THE HEALTH FORM. Make sure the examination takes place not more than one year before the camper is due to arrive. Check carefully to see that the camper has received all immunizations. Also, check to see that all health instructions are included in the allocated space on the form. It is important that each parent takes precautions to keep his child from being exposed to communicable diseases at least three weeks prior to the camping season. **Camp must be notified in case of direct exposure.**

EYEGLASSES- if your child wears eyeglasses, please send an extra pair. Also, please make sure the prescription is attached to the medical form. Any repairs done to glasses will be billed directly to the parents by optometrists or by the camp.

PRESCRIPTION MEDICATION- If a camper is prescribed medication by our doctor we will fill and administer that prescription. Parents will be charged for that prescription at the pharmacy's cost. **If your child has a prescription card, a copy of it (both front and back) must accompany the medical form. It is impossible for us to try and use that card after the fact. If you do not send us a picture of the card we will forward to the parents the necessary paperwork to submit to their insurance carrier for reimbursement, however, it is the parent's responsibility to reimburse the camp for the cost of the medication.** All parents are responsible for the co-pay. We are not a pharmacy and cannot guarantee the cost of the prescription nor that our pharmacy will accept your plan. We will try our best!

CAMPER'S HEALTH AND ACCIDENT INSURANCE- All inpatient and outpatient hospital care must be covered by the parents hospitalization insurance. Campers insurance does not cover inpatient or outpatient hospital care nor does it cover prescription medication. Please bear in mind that the professionals that we send our children to in Winchester are so busy that they would prefer not treating our children. If on top of that, they are not paid or have to wait to be paid, they have and will continue to reject our patients even on an emergency basis. We will have the hospital bill your insurance company as per your policy number. **Your policy number must be included on your health form.** No coverage is made for any pre-camp or non-camp related problems. There is no charge for the services of the camp physician or normal medical care at camp. Campers who take horseback riding or any of the other camp activities do so at their own risk and cannot hold the camp liable for ensuing accidents. It is essential that your child/children be covered by medical insurance while they are at camp. The medical coverage information noted on the campers physical form would aid the various facilities that we deal with to bill your insurance company directly, should the occasion arise.

The health and happiness of your child is **very** important to us. By working together and complying with the above requests, we can all be rest assured that our children will have a healthy and happy summer

REMINDERS

1. Do not send first-aid items such as Band-Aids, tape, ace bandages, etc., as we have an extensively stocked infirmary at camp.
2. Do not send non-prescription medication. We do not allow campers, counselors or administrative personnel to keep any medication with them in their cabins.
3. Please do not send vitamins unless your doctor feels it necessary, as your children are given three well-balanced meals per day, which exceed their daily vitamin requirements.
4. Please fill out the portion of the medical form pertaining to your child's medical history. We find that parents of children who return year after year tend to overlook this as being important. Due to the limited storage space at camp, the previous year's medical forms are not readily available for the reference, not to mention that your child's medical history changes from year to year.
5. **It is IMPERATIVE that you sign the Emergency Medical release located on the health form in the communications packet.**
6. We have found in the past that by packing your child's medical form in his trunk, or leaving it to your physician to mail to us, forms are delayed or lost. Therefore, we request that **ALL FORMS BE MAILED to the Stevenson office no later than MAY 1st.** We would also like to take this opportunity to make you aware of the procedures regarding your children in the event of a problem.

Phone calls will be made to you if your child:

- A. Spent two nights in the infirmary and then returned to his or her cabin.
- B. Was sent into town to be x-rayed, but the results were negative.
- C. Needed lab tests, but the result were within normal limits.
- D. Received a tetanus booster.
- E. Was placed on medication by the Camp Doctor and why.

Rest-assured that you will be notified by telephone if any of the above exceeds the stated limits. Most of the requests made take only a few minutes of your time but will help us in achieving our goal. Should you have any further questions, please do not hesitate to contact us. We are looking forward to seeing your children at camp this summer. Thank you for your cooperation.

SPENDING MONEY

After trying many ways to handle our campers' spending money at Timber Ridge, we've decided to remove spending accounts from Timber Ridge. All of your child's spending money is already included in tuition!

Spending money does not include such things as SNF Shirts or prescription co-pays. A credit card should be provided for these expenses. Campers' will not be allowed to request money; it will be given to them on trip days.

However, if your child does bring extra spending money to camp it is important for you to understand that there are consequences to keeping this money in their cabin. This is not allowed because money will get lost or possibly stolen. Our office will be more than happy to hold on to an individual's spending money in an envelope with their name on it. Any money not left in the Timber Ridge office is not the responsibility of Timber Ridge Camp. Timber Ridge will not be responsible for lost or stolen money left in the cabin. They will be able to obtain this money by going through their division leader to request it.

CIT'S WILL NEED MORE MONEY DUE TO THE NUMEROUS TRIPS THEY WILL TAKE OUT OF CAMP.

C.I.T's

Full Session	\$400.00
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Half Session \$250.00

We hope you will trust our judgment on this matter and convey the message properly to your children. Together, we can keep a potentially complicated system rather simple.

THANK YOU!

MAIL

All mail should be addressed to campers as follows:

Timber Ridge Camp
Camper's Name,
Cabin # _____
Rt. 1 Box 470
High View, WV 26808
Phone: 304-856-2630 Fax: 304-856-2325

(*You will be notified of your child's cabin number in the first week. Until you know your youngster's cabin, we will sort the mail appropriately)

Children are required to write home three times a week. Of course, they are allowed to write more than three letters per week and are encouraged to do so. Parents are asked to do the same, as campers like to receive mail as much as they do. Stamps and stationery should be part of the campers' list of supplies. Campers who are unable to write will get assistance from their counselors. The kind of letter you send your child is important. Be sure to be interested in camp and encourage your child to get all he or she can from the program. **DO NOT tell them how much you miss them or make them envious of what they are missing at home.** (PLEASE MAKE SURE ALL MAIL HAS EXACT POSTAGE!)

Stamps and stationary should be a part of the camper's list of supplies. We suggest for parents to pre-address and stamp envelopes for campers. This makes it really easy for them to mail you and it also encourages them to write more often. There are many pre-made postcards for campers that are also available. Although we do have a fax machine and internet access, we ask that you do not fax letters or e-mail in lieu of or in addition to writing. Our camp e-mail address is only for the communication between parents and our camp staff.

PACKAGE AND GIFT POLICY

Over the years we have tried various methods when it came to Camp Care Packages. Care packages with candy, cookies, and other misc. food items take away from the activities at camp. We serve very nutritious food at camp as well as canteen every night. Additional food is wasted, trashed, and a cause of tension in the cabins. Originally we opened every package in the front of the child, removed the candy from the crying individual and tried to distribute it to the cabin during cabin night. That did not work. Then we came up with the brainy idea of sending two package slips per session for parents to use and we would not open the packages. Well, those two packages contained enough food to feed the whole cabin for the entire session. Also, parents lost the labels, grandparents did not about labels and friends from home could care less about labels. Hundreds of packages a day began to be delivered to camp with items you would not believe. The endless cases of Cup of Soup and Oodles of noodles clogged toilets every day, not to mention the nutritional

content is almost zero. Parents complained about the cubbies of food in the cabins, and the weight their children gained at camp, not to mention the impossibility of controlling food allergies. So, we are back to basics, **DO NOT SEND ANY FOOD PACKAGES TO CAMP!!!!** We will once again open every package in front of every child, and if there is food, we will dispose of it. Your child will not receive it. Unless, your child is on a special diet that includes chocolate, potato chips and cup of soup, that is documented by your physician, and needs to be dispensed by the infirmary, please in these tough economic times do not have us throw away food being sent to your child. **IT IS NOT NECESSARY.** If you would like to send your child magazines, comic books, game books, great idea!! A stuffed animal that is stuffed with cloth is fun to cuddle with, one that is stuffed with candy and cookies, sends the wrong message. So please, if you need package ideas call us we can give you great suggestions. But we are back to what works, **NO FOOD PACKAGES!!**

THINGS TO REMEMBER WHILE CAMPERS ARE AT CAMP:

WHAT TO EXPECT FROM THE CAMP PROGRAM

Once again, adult standards are hard to live up to. Parents are cautioned against setting standards for acceleration in sports or special activities. Children should be free to explore and develop at their own speed. Children learn more quickly and the learning becomes meaningful when it is fun and entertaining. Sometimes children do not choose those activities that parent's feel they should be involved in.

We feel our programs are very realistic and far-reaching. They allow children to develop their individual potential to the fullest. We believe in involving children in program planning and allowing them to make certain selections of activities that they would like to pursue. We understand that children's interests sometimes change and our programs are flexible to allow children to change activities if they want.

There is time allowed for just having fun with cabin-mates and members of the camp. Skills are taught in recreation, which have both educational, and vocation implications. Competition is encouraged but not overdone. In general, we give the children an opportunity to personally succeed in some area of our varied program and prepare them for a full life. They are given the skill to live together successfully with their contemporaries and have the ability to enjoy and use their leisure time to the fullest. If there is any further information you might desire or any questions you might have, please feel free to call us.

HOMESICKNESS AT CAMP

There is a distinct difference between homesickness and camp sickness, with homesickness being a melancholy condition brought on through remorse or anxiety of one's own situation. These problems are usually best handled by the parent, with, of course, the help of the staff. Camp problems come about through poor adjustment to camp life, inability to get along with other campers or embarrassment because of lack of ability in various skills or activities. The staff at camp should handle these problems. We expect parents to be aware of these and to inform us when there is an indication of such a condition that they might have heard through the mail; to encourage the campers to have confidence and to confide in and take direction from the camp leadership. Of all the things that children do at camp, these life experiences may be the most meaningful. For additional information please see the handout enclosed.

TELEPHONE

Phone calls to campers during the season are very disruptive to the program. They promote homesickness, and if children

were given the opportunity to use the phone every time they got into difficulty, they would find it that much more difficult to make their own decisions and adjustments. However, if parents feel a strong need to speak with their child during camp, they should call the camp office and set up a time for their child to call home collect.

(Unless it's an emergency, we must limit such calls to one per season) Due to the nature of our program, we are not able to bring campers to the phone immediately, but we will be happy to set up a time that is convenient for parents to receive a call from their child. Foreign campers will call home when they arrive at camp. At that time, a day and time once a week will be set up for children to call home. Please adhere to those times. It is impossible to get the child to the phone when they are at activities. **This exception is for foreign children only!** The reason for this is that it takes a long time for a letter to reach outside of this country. We also have a fax machine available to foreign campers that can be used for the cost of \$10.00 per fax. The child can fax as often as the parent likes.

CELL PHONES

IT HAS BEEN BROUGHT TO OUR ATTENTION THAT A LOT OF CHILDREN ARE BRINGING CELL PHONES TO CAMP. PLEASE!! DO NOT ALLOW YOUR CHILD TO BRING THEIR CELL PHONE. IF A CELL PHONE IS FOUND, WE WILL IMMEDIATELY RETURN THEM TO YOU. WE WILL MAIL THEM TO THE CAMPER'S HOME. WE HAVE ASKED PARENTS TO HELP US CONTROL THIS SITUATION WITHOUT GETTING MUCH SUPPORT. CELL PHONES DO NOT MAKE FOR A CAMP ENVIRONMENT. THERE ARE PAY PHONES IN CAMP FOR EMERGENCY PURPOSES. WE DO NOT HAVE CELL SERVICE IN CAMP AND THESE PHONES ARE CONSTANTLY LOST. HOMESICKNESS HAS BECOME A MORE DIFFICULT SITUATION AS CHILDREN WILL LEND THEIR PHONES OUT TO A HOMESICK CHILD FOR SUPPORT. PLEASE ASSIST US WITH THIS SITUATION.

Electronics at Camp

Quite often we evaluate our policies at camp to see how they affect our program and whether they allow our campers to grow and prosper. We believe that summer camp is a place where children learn to interact and communicate with each other, without cell phones and computers. It is a place for real friendships to evolve that children will have for life. This is done with face to face interaction, and play. We look at camp as an opportunity for campers to expand their horizon's to experience new and exciting things.

MP3 players (iPod's etc...) and personal entertainment device (such as PSP and Nintendo DS) have become a very prevalent with many children today. Parents have many different philosophies of where and when it is appropriate for them to use devices. At Timber Ridge, we believe that in many cases electronics at camp would enable the very behavior parents are hoping for their children to get a respite from. They hinder personal interaction and inhibit conversation. Electronics actually isolate children from their peers at camp. However there are a few times during a day at camp, for instance before bed or during rest hour, when a child may want to listen to their own music or even use their gaming device as a way to have some private time. After all, group interaction can be exhausting too, all day, every day. Reading a book, or listening to music is a great way to rest.

Our policy is that prefer that parents not send their child with a personal gaming device to camp. MP3 players are not a recommended but allowed as well. We reserve the right to confiscate the device at our discretion should we feel that in any way the child's summer experience is being affected negatively by the device. We also assume absolutely no responsibility for the device and its safety in any circumstance. We have decided that no electronic device will be used outside the cabin and will be confiscated and put away for safe keeping.

Should your child complain about not being allowed to bring their device with them, explain to them instead of considering the negative impact of being without electronics, promote all of the activities and peer connections that camp offers instead. If you need help, we are here to give assistance.

This year at camp we are having our first reunion for children who attended camp in the 70's and 80's. The friendships during that time period at Timber Ridge are lifelong. The memories and photos are all over facebook. That is what Timber Ridge is all about, Lifelong Friendships. So, that is our goal this summer and every summer. Where else can a child be around 240 friends and 100 staff members, with the only purpose being to have fun and make friends. Electronics definitely hinder this goal. Please help support us, and we are sure you will be really happy with the relationships your child makes at camp.

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VISITOR'S DAY FOR FULL SESSION CAMPERS ONLY

Visiting Day is an important occasion for campers. Parents are requested to follow the instructions set forth for visiting day so that it will be a successful one for both campers and parents.

LET US REMIND YOU:

1. Please do not bring large amounts of food into camp.
2. **Only the oldest seniors, finishing grades 9 and 10 will be permitted to leave camp.**
3. Parents will arrive at camp at 9:30 a.m. Those allowed to leave can do so at 11:00 A.M.
4. Those children leaving camp must get a pass from the office and can only leave with their parent or guardian.
5. Timber Ridge will not provide transportation to or from town on Visitors day.
6. All children must be back at camp by 3:30pm.
7. CIT's ONLY - can leave camp at dinner on the Saturday prior to visitor's day and must return by the end of visitor's day at 3:30 p.m.
8. Parents do not have to take their children/child out of camp. Activities and programs will be open as well as a beautiful buffet lunch, which will be served to all children and parents who choose to remain at camp.

PARENT'S VACATION ITINERARY

Parents are asked to notify camp if they plan to make a trip by using the enclosed form. We would appreciate an itinerary or the name of a person to contact who would know how to reach you.

BIRTHDAYS

The camp provides a birthday cake for each camper who has a birthday during the season. It is a real thrill for the camper to receive his or her beautiful cake with the entire camp singing "Happy Birthday." On a child's birthday, he or she will be permitted to speak with you. We will make a call to you between 6:30 - 9:00 on the birthday evening. Please make every effort to be home at this time. If you cannot be home, let us know in advance so we can make alternate plans.

WHEN A CHILD RETURNS HOME

Evaluating a camping program takes great skill, because once again, those things that remain in the minds of children are shaped depending on the individual's viewpoint. One child might be very enthusiastic about a completely unrelated incident at camp, such as "the horse got sick," or "my counselor broke his arm," and yet completely uninformative about activities that

were valuable to him. For example, exposing children to new activities is not always a highlight for the child. Children have poor concepts of timing and times. Encourage your child to talk freely about all of his camping experiences, drawing out as much as you can. Then it is recommended that you discuss your impression with the Camp Director. Your perspective or viewpoint is always helpful in evaluating our program. It is unfortunate that parents cannot look through a one-way mirror at camp and see the many exciting and wonderful things that happen there.

ACCOMMODATIONS SUGGESTED BY
THE WINCHESTER-FREDERICK COUNTY
CHAMBER OF COMMERCE

Name	Address & Phone Number
Courtyard Winchester by Marriot	(540) 678-8822
The Inn at Vacluse Spring	1-800-869-0525
Hampton Inn	540-667-8011
Wingate Inn	150 Wingate Dr., Winchester, VA. 540-678-4283
Best Western-Winchester	540-662-4154
Boxwood Inn	2649 Valley Ave. 540-662-2521
Quality Inn East	603 Millwood Pike 540-667-2250
Echo Village Motel	Rt. 11 South 540-869-1900
Holiday Inn East	Millwood Pike 540-667-3300
Bond's Motel	2930 Valley Ave. 540-667-8881
Tourist City	214 Millwood Ave. 540-662-9011
Comfort Inn	1020 Millwood Pike 540-667-5000

Lee-Jackson Motor Court	Intersection of Rt. 50 & Rt. 81 540-662-4154
Wayside Inn	U. S. 11 - Middletown, VA 703-869-1797
Coolfont	Rt. 522-North, Berkley Springs, WV 800-888-8768
Econo Lodge	1593 Martinsburg Pike 540-662-4700
Travelodge	160 Front Royal Pike 540-665-0685
Budgetel Motel	800 Millwood Ave. 540-678-0800
Shoney's Inn	1347 Berryville Ave. 540-665-1700
Fort View Motel	Rt. 522 South 540-662-6055