

# CAMP CEDAR 2010



## PARENT HANDBOOK



## **PARENT HANDBOOK**

Enclosed are forms and important information for you and your son(s). Please complete the forms and read through this material so that you will be properly prepared for camp this summer.

### **NEW CAMP PARENTS**

We are certain that most of your questions will be answered in this booklet. If you have any questions after reading the handbook, please feel free to contact us.

### **RETURNING CAMP PARENTS**

There have been some changes from previous seasons. Please read this information to keep up to date. Updated/new items: telephone procedures pg. 10 community service pg. 15

### **CORRESPONDENCE**

Mail should be sent to the Brookline address until June 5<sup>th</sup>. After June 5<sup>th</sup>, all mail should be sent to Camp Cedar, 112 Camp Cedar Road, Casco Maine 04015-0240.

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## CAMPER TRAVEL

\*\*\*\*\*Camp opens on Saturday June 26<sup>th</sup> -2010\*\*\*\*\*



### BOSTON AREA BUS

Campers traveling from the general Boston area will travel by bus. We will leave at 12:30PM from the McDonalds on 128 North (exit 30).Lexington MA

From CONNECTICUT/NEW YORK- I-84 East to Mass Turnpike I-90 East. Follow signs for Rt. 128/I-95 North. Take exit 30 off of 128 North.

Please see that your son(s) has lunch and a snack for the ride.

### ORANGE CONNECTICUT BUS

Families from Connecticut will meet the New York Buses at the Christmas Tree Plaza (203-795-0060) parking lot at 200 Indian Hill Road in Orange Connecticut. The buses will depart as close to 10:00AM as possible, please arrive by 9:45AM.

From the SOUTH- take I95 North to Exit 41- Marsh Hill Road. Turn left onto Marsh Hill Road travel .6 miles, turn right onto Indian River Road for .1 mile. (If you reach Prindle Hill Road, you've gone too far.)

From the NORTH- Take I-95 South to Exit 41- Marsh-Hill Road toward Orange-travel .2 miles. Turn right onto Marsh Hill Road and go .3miles. Turn right onto Indian River Road for .1 miles. (If you reach Prindle Hill Road, you've gone too far.)

### NEW YORK AREA, RYE NY BUS

New York Bus- Portchester/Rye, NY- Campers and families should meet at 8:30AM to leave for camp at 9:00AM. We will leave from the Kohl's Shopping Center. (914-690-0107) at 495 Boston Post Road.

From 95 North to exit 21 (287 West, 1 North Port Chester, Tappan Zee Bridge): Stay in right lane; follow signs for 1 North (Port Chester), right at exit ramp onto 1 North. Shopping center is on your right. Go to 2<sup>nd</sup> traffic light and go right into parking lot.

From 95 SOUTH: Follow 95 South to exit 21 (287 West, 1 North Port Chester, Tappan Zee Bridge). Stay in the right lane off exit ramp and follow signs to Midland Ave (Port Chester/Rye). At the bottom of the exit ramp, go left to get to Peck Ave. Go right onto Peck Ave and follow to Route 1. Make a right onto Route 1 North and the shopping center will be on your right.



## DRIVING TO CAMP

Parents who drive their son(s) to camp should eat lunch before they arrive, and plan to arrive at camp between 1:30PM and 3:00PM.

## DRIVING ROUTES TO CAMP

Take Route 95 to the New Hampshire and Maine Turnpikes. Take Exit 48. Turn right after the toll. Go to the third traffic light, and take a left onto Route 302. Stay on 302 for about 18 miles to the town of Raymond. Turn right at the traffic light opposite the Mobil Station onto Route 121, and follow route 121 for about 7 miles, until you come to a blinking light at the junction of Route 11 (Poland Springs Road). Turn right on Route 11/ Poland Springs Road, and we are one-half mile on the right side of the road.

From Southern New England: Take Route 84 or 91 to the Massachusetts Turnpike. Take Exit 10 from the Massachusetts turnpike to Route 290, and follow the signs to Routes 495 and 95 to the New Hampshire and Maine Turnpikes.

**Alternative Driving Route to Camp Cedar-** There is frequently traffic on route 302 and this alternative route often works better.

Continue North on Route 95/Maine turnpike to Exit 63 Gray and New Gloucester.

Stay in the left lane and turn left at the light at the end of the ramp.

Turn right at the next light onto 26A. 26A becomes Route 26.

Continue for approx. 2.5 miles; turn left at the flashing light at Dry Mills Store onto North Raymond Road.

Continue .9 miles, turn left onto Egypt Road.

At the end of Egypt Road (3.8 miles) turn right onto Webbs Mill Road (route 85).

Go until stop sign (4.3 miles) and turn left on to Poland Spring Road (route 11).

Continue 1.6 miles and turn left onto Camp Cedar Road.

\*Some GPS programs do not recognize Camp Cedar Road and direct you to Cedar Street off Quaker Ridge Road

in South Casco, please double check your system.



## PLANE TRAVEL

We wrote to you earlier with full information about plane travel from various cities. If you have not contacted our travel agency, United Travel, it is essential that you do so immediately. Call 978-657-5757. Be sure to let them know whether you want a one way or a round trip ticket. If you are staying for Father & Son(s) weekend you will want the return trip for the afternoon of Sunday, August 15<sup>th</sup>.

All plane tickets will be sent to us, and counselors will have the tickets with them when you arrive at the airport. In our "Final Reminder" we will inform you as to where to meet at the airport. Campers will travel from the airports to camp in either buses or vans.



## CARRY-ON LUGGAGE

Campers may bring ONE Carry-On item with them on the plane.

Due to Specific FAA luggage scanning regulations and travel requirements for youth groups, we will NOT accept ANY LUGGAGE that cannot be comfortably carried on the airplane with your child.

Tennis racquets, lacrosse sticks, hockey sticks and the like must be shipped in advance. If you bring any oversized items, our staff will ask you to take them home and ship them to camp. Thank you in advance for your cooperation.



## BAGGAGE SHIPMENT

We unpack duffels before the boys arrive, so please ship them early. Be sure to put two tags on each duffel. For protection it is suggested that a label with your son(s) name and home address be attached to the inside of the duffel. Whichever company you use, please ship early so that luggage will be at camp by June 21<sup>st</sup> so we can unpack before the boys arrive.

CAMP TRUCKING CO. 1-888-599-4036/4037  
[www.camptrucking.com](http://www.camptrucking.com)

Baltimore, Chicago, Connecticut, Florida, Maryland, Massachusetts, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Washington DC

Camp Trucking Co. offers their service to those who live in the areas listed above. You should have already heard from them. We strongly suggest that you use Camp Trucking. We find them to be fast and efficient.

\*\*Families from areas not served by Camp Trucking Co. can use US Mail, UPS or any trucking company.

## **LUGGAGE LOCKS**

If you use Camp Trucking it is unnecessary to lock your luggage.

If you choose to use a lock on your son(s) duffels, please use a combination lock and set it for 4266 (the camp phone number). If we do not receive the combination in time we will have to cut the locks. Please do not use locks with keys.



## **STUFFED ANIMALS**

Many of our younger boys bring stuffed animals to camp, and that is quite acceptable. The boys also enjoy receiving pictures of their family and their pets during the summer.

## **HOMESICKNESS**

Homesickness comes in all shapes and sizes, and is a very normal part of the initial few days of camp for both new and returning boys. It is natural for children to miss home, parents, siblings, pets and friends. Many campers experience homesickness in some form or another. Helping your son prepare for camp and for these potential feelings begins right now. Please see the enclosed articles.



## **CAMP CLOTHING AND EQUIPMENT**

Our camp Outfitter is Camp Spot (1-800-705-2267). We strongly suggest that you place your order as soon as possible, if you have not already done so. Please follow our list carefully, and be sure that everything is labeled with your son(s) full name.

### **ITEMS NOT TO BE BROUGHT TO CAMP**

PSP\*

IPOD Video\*

TVs and DVD players of any size\*

Computers\*

Electric fans (battery fans are acceptable)  
Candy  
Food  
Skateboards

Fireworks  
Super soakers or water guns of any type  
Guns, knives or other violent toys  
Sling shots

**NEW 2009-2010:** *Campers finishing 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> & 7<sup>th</sup> grade are NOT ALLOWED to use any device that plays movies, and /or connects to the internet. PSP games will be collected at the beginning of the summer and held for the ride home. Campers finishing 8<sup>th</sup> & 9<sup>th</sup> grades will be able to use them on a limited basis in the evenings.*

## LABELS

Please label articles carefully. Do not use indelible ink as it washes out in the laundry. Label all clothing worn on the trip up to camp. Be sure to put names in shoes, sneakers, baseball gloves, tennis racquets, cameras, radios, bags, game boy cartridges, CDs, etc. Use an etching tool or paint marker when possible. Remember that many items look alike and we cannot stress enough that EVERYTHING NEEDS PROPER IDENTIFICATION.

## SHEETS-PILLOW CASES-TOWELS-BLANKETS

Please purchase camp linen from Camp Spot- The sheets they supply fit the camp beds well. Campers must provide three blankets, a pillow, four sheets and towels. Please do not send beach towels. We offer a leasing service for blankets, sheets and pillows for \$35.00. Boys finishing 2<sup>nd</sup>, 3<sup>rd</sup> 4<sup>th</sup> & 5<sup>th</sup> need a Cedar blanket.

## PACKAGES

We need your cooperation with our Package, Food & Candy Policy. Food, candy, soup and soda cause many problems. The most prevalent problem is that it causes conflict between the boys in the cabin. Food also attracts bugs and Maine wildlife into the bunk. Do not send any food or candy to camp. Any food or candy that is sent is forwarded to the local soup kitchen.

You may choose to send 1 **package** the size of a priority mail envelope (which will be included in the final mailing). We will RETURN all other packages. Of course, if you need to send a necessary article to your son(s) you may send it in care of the camp office. All packages are opened in the mail room.

## COMMUNICATING WITH YOUR CHILD

The boys are required to write home at least twice a week (Mondays and Thursday). Please see that the younger boys have a supply of addressed stamped postcards or addressed stamped envelopes. Unless you provide self-addressed envelopes and/or cards, we can not promise that you will receive mail regularly from your son(s).

Parents should write to their son(s) at least three times a week. The boys receive their mail daily during rest period.

Please inform us directly if your summer address is different from your home address. Do not depend on your son to tell us. In our final mailing you will receive a contact sheet that you can use to do this.

You son's address is;

Boy's name

Bunk # \_\_\_\_\_ (You will receive an email the 1<sup>st</sup> or 2<sup>nd</sup> day of camp with your son's bunk number).

Camp Cedar

112 Camp Cedar Road

Casco ME 04015

It is strongly suggested that you write to your son(s) so that they have a letter waiting for them when they arrive at camp.

Please bear in mind that some letters you receive will be filled with love and joy, and others quite the opposite. Children's letters are sometimes subject to oversimplification as well as exaggeration. Children may "love" and "hate" their counselor within the same 30 minute period. Please don't panic when trying to interpret the meaning behind a child's letter. If you are concerned - call us. You have placed a great deal of trust in our ability to work with your children. We value this trust and will do everything we can to ensure your child has a positive experience this summer.

## E-MAIL

Information about our e-mail system is enclosed with this mailing. E-mails are printed each morning and distributed with regular mail after lunch. This is a great way for you and your relatives and friends to send a quick note to your son. Your son is not able to reply by e-mail.



## **TELEPHONE CALLS 207-627-4266**

NEW 2010: To make our system more convenient for parents and easier on our campers we are implementing a new phone system. We are scheduling phone times as a group. It will be less intrusive on their schedule and hopefully easier on parents as well. If you are not available at the scheduled time, you can call to set up an alternative phone call. We hope everyone will give this arrangement a chance to work. As always, phone calls should last no longer than 15 minutes.

The boys will call you from the camp phones between 6:30-7:30pm on a designated night. The schedule will be in the final reminder. If you would like your son to call you using a number other than home, please email camp by noon of the group day and let us know the appropriate number. Brothers may talk together or they may have their own phone call.

Please feel free to contact us to check on your son before your scheduled phone call.  
-Your son does not have to call every week. During the phone period there will be activities planned with staff ie) ping pong tournaments, gaga games, pick- up basketball, etc.

Every camper besides SR1s and SR2s must have a calling card. Please send a \$20.00 calling card to the office the week before camp begins or if you would like to use a camp calling card please indicate that on the return form.

## **MASS EMERGENCY NOTIFICATION FOR PARENTS**

While your son is at camp, it is important that we know where and how to reach you throughout the summer in the case of an emergency. In the extreme case where we need to reach all parents we use a system called OneCall Now. We can record a message and have it sent simultaneously sent out to all our parents. OneCall Now continues to call any number until the call is answered by a human or by an answering machine.

## CELL PHONES



While we fully recognize many of our campers have cell phones, please respect our policies and do not send a cell phone to camp. While these may well be a convenience at home, they are burdensome and inconvenient at camp. Part of the camp experience involves learning to acquire independent living skills. We also try to get our campers to be 'unplugged' during the summer so please do not send cell phones.

Senior 1s and Senior 2s may bring their cell phone to camp but we hold them in the office.

## TRAVEL AT CAMP

As you know, camp is a very busy place. On a normal day at camp, in addition to our regular daily program, we often have two separate day trips hiking in the White Mountains, a group of our older boys working at the soup kitchen in Portland, a small group of campers on an overnight, two or three inter camp games, a golf trip to a local course and an ice cream outing for an inspection prize. The boys travel in hired coaches and school buses when they are with a large group. For our smaller, more intimate trips our counselors often drive the campers. To drive campers the counselors must be at least 21 years old and have passed our Camp Cedar driving and written test.



## EXTENDED TRIPS

Campers finishing 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> grade, (our Intermediates and Seniors) will again be able to take advantage of our extended trip program. The extended trips are in addition to our regular extensive day and overnight trip program. The extended trips are always a success and we know your sons will enjoy traveling with their group.

Our Intermediates go to Bar Harbor for a 3 day, night whirlwind trip which includes ocean kayaking, rock climbing, biking and hiking through Acadia National Park, outdoor barbeques, plus much more. This trip costs \$375.

Senior 1's travel to the New Hampshire and Boston for a 4-day, 3-night trip. Highlights include camping and hiking at Mount Monadnock, kayaking on the Charles, tour of Patriot's Place, Duck Tours and Sheer Madness. The cost of this trip is \$550.

The Senior 2's travel to Montreal for a 4 day, 3-night trip. Highlights of this trip include, rafting the Rouge River and Jet Boating. This trip costs \$575.

## BROTHER/SISTER DAY

The annual Cedar Brother/Sister Day is scheduled for Sunday, August 1<sup>st</sup> this year. Please indicate your daughter's name and camp on the Return Form so we can be sure to invite her. Some camps allow cousins (male and female) to visit on Brother/Sister Day, so please list those names also. Please do not include 'good friends'.



## BIRTHDAYS AT CAMP

If your sons' birthday occurs during the camp season, we will have a birthday party for him and his bunkmates. We strongly suggest that you send birthday cards. If you want to send presents, send them to us early and we will give them out at the party. Please do not send bunk gifts.

Boys finishing 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> grade have a cake and ice cream party.

Boys finishing 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> grade have a cake and ice cream party plus you may request a pizza party. (The charge will be added to his spending money account.)



## PRIVATE TENNIS LESSONS

In response to many of our parents we are offering private tennis lessons in addition to our regular tennis program. You can sign up for 4 private lessons with one of our pros. If you are interested in this program please respond on the permission form.



## TUTORING

Individual tutoring is available. If you want your son(s) to be tutored, please call so that we can discuss his needs with you personally. Written instructions and materials from school must be provided.

## BAR MITZVAH TUTORING

We offer Bar Mitzvah tutoring for boys who will become a Bar Mitzvah in the fall. Please call the office if you would like your son(s) to be tutored.

## ACCOUNTS

Bills will be mailed separately, and are due on May 15<sup>th</sup>.

## TUITION

Camp tuition includes laundry, linen service and all the usual necessities. Also included are all day trips to such places as Mt. Attitash, Ogunquit Beach, Old Orchard Beach, and most overnight camping trips.

**EXCLUSIONS:** Exclusions include dental and medical bills, Camp Meds, baggage charges, blanket rental if requested, golf green fees, purchase and repair of personal items (such as lacrosse sticks, sneakers and other articles of clothing); extended "big trips" such as Lost River, Acadia, Boston and Montreal for our Inters and Senior groups, some extra wilderness trips and travel to and from Logan, Newton, NY, CT, Portland and Manchester.



## VISITING DAY

Visiting Day will be on Saturday July 24<sup>th</sup>. Visiting will begin at 9:30am and will end at 4:00pm. If you are unable to visit on this day or if a member of your immediate family prefers an alternate day to visit, please inform us and we will make other arrangements for you. Full particulars will be sent to you in early July. Grandparents are welcome on

Visiting Day, or an alternative day if they prefer. \*If you have a younger son, 6-7 years or older, they are invited to spend the night with their brother.

## **ACCOMMODATIONS FOR PARENTS**

We sent you a list of accommodations in the fall. If you have not yet made reservations, it is important to do so now. You can access the list by going to our website: [www.campcedar.com](http://www.campcedar.com).

## **FATHER AND SON CAMP**

Our annual "Father and Son Camp" will begin at 11:00AM on the closing day of camp. Friday, August 13<sup>th</sup> and will end after the noon meal on Sunday, August 15<sup>th</sup>. If you are interested in this postseason vacation, please indicate it on the Return Form.

## **PERSONAL SPENDING MONEY**

Campers need a personal spending money account for purchases when out of camp on trips. We will hold the spending money and distribute it. The amount will be included on your bill. Any balance of spending money will be credited to next years account or you can request a refund check. From this account, each boy will be given a weekly allowance.



## **VIDEO YEARBOOK**

A Video Yearbook of the summer of 2010 will be available showing all the highlights of the season. If you would like to order a Video Yearbook for your son(s), please indicate it on the Return Form. The cost, including shipping, is \$45.00.



## **PHYSICAL EXAMINATION FORM**

If your child will be taking medications this season, you must register with campmeds. Their website is [www.campmeds.com](http://www.campmeds.com).

Medical Forms can be downloaded from our website: [www.campcedar.com](http://www.campcedar.com)

We will welcome suggestions from your doctor, especially concerning allergies and any other special treatment. Check with your doctor about necessary booster shots, polio

vaccine, and an epi-pen if needed for severe reactions to bee stings or other allergies. A dental examination in June is recommended.

Because of the problem of head lice in schools, all campers must be checked before they leave for camp.

If your son(s) is exposed to a communicable disease during the three weeks prior to camp, please notify us, so that a proper decision can be made as to his arrival at camp.

## HEAD LICE

Head Lice infestation is a persistent medical problem in any community setting where children are in close contact. We take proactive measures to prevent the spread of lice and to protect our child while in our care. We need your help, vigilance and compliance with the following measures.

### **AT HOME PLEASE:**

- 1) Check your son's hair now to become familiar with the process and to ensure the absence of nits.
- 2) 2 weeks before camp check your son's head again. If evidence of lice, consult your pediatrician for treatment, remove all nits, and **notify camp** so we may double-check him upon arrival.
- 3) Check your son's head the day before departure for camp. If there is evidence of lice and/or nits, **delay his departure to camp until all lice and nits have been removed.**

## COMMUNITY SERVICE

For many years Cedar has been a leader in community service. Our programs are successful and varied. Some of the organizations we support with campers and staff are:

- \*Portland Soup Kitchen which serves breakfast, lunch and dinner to over 300 people every day
- \*Lost Boys of Somalia whose families ended up in Lewiston Maine
- \*Using Camp at the end of the season for underprivileged children from Hartford CT
- \*Habitat for Humanity
- \*Red Cross blood drive (usually winning the most blood donated in the camp division)
- \*Camp Sunshine, a local camp for children with terminal diseases. Campers have volunteered to work with play groups, help with light maintenance and two years ago they helped build the largest sand castle in the world which raised twenty-five thousand dollars for children with cancer.
- \*Trail repair and clean-up in the White Mountains.
- \*Providing meals and general yard work to local older residents.
- \*Collecting and organizing food for the food pantry in Portland.

While in the past we have included 13 through 15 year olds, this year we plan to expand our program to all age groups. As the boys participate in these worthwhile programs they learn to appreciate what they have, they learn empathy towards others and community service helps them be a part of something bigger than themselves. (For some of our 12 year olds preparing for Bar Mitzvahs, it also helps satisfy the mitzvah service requirement.)

Many of these programs need financial support and some charge for campers to participate. We are asking for a twenty-five dollar donation to support our community service program. The money will only be used for Community Service activities and any money remaining at the end of the summer will be donated to a charity that our oldest campers choose.

## **INSURANCE**

If your son(s) incurs a medical or dental expense, we will submit the claim through your insurance plan. Please make sure to send a copy of the front and back of your son's insurance card. An insurance card form is enclosed.

## **HELPFUL HINTS FOR NEW PARENTS**

The following is an excerpt from The Summer Camp Handbook: Everything You Need to Find, Choose, and Get ready for Camp-and Skip the Homesickness by Thurber, Ph.D and Malinowski, Ph.D.

### Checklist:

- \*Include your child in camp planning, so he has a sense of control.
- \*Talk with your child about homesickness, so he understands it's normal.
- \*Use a wall calendar to plan for camp and avoid unpleasant surprises.
- \*Put length of stay in perspective, to help your child grasp the duration of camp.
- \*Keep doubts to yourself, so you don't make your child more anxious.**
- \*If possible, avoid moves and traumatic separations in the weeks before or during camp.
- \*Be truthful about stressful issues, to instill trust in your child.
- \*Provide comfort to your child after negative life events, so he's less worried while at camp.
- \*Send your child a letter at camp before the first day.
- \*Do not make deals about early pick-ups. This undermines kids' confidence and sets them up for failure. Encourage them instead. (See enclosed sheet).**

## MISCELLANEOUS

Final reminders will be mailed in early June. If you have questions about camp, please call or write.

Once camp begins, do not hesitate to communicate with us about any questions that you have about your son's adjustment to camp. Should your son(s) mention a concern to you that he has not shared with us, please let us know so that we can act on it quickly.

As we have said so often, we thank you sincerely for sending your son(s) to Camp Cedar. We shall continue to do everything we can to give each boy a healthy, happy and constructive summer.

**Please remember to return the following forms: Medical Form-download from our website, Luggage & Permission Form and the Health Insurance Card Form.**

## Health Insurance Form-2010

Camper's Name: \_\_\_\_\_

### Health Insurance Information:

**Please “cut and paste” a copy of the front and back of your son’s insurance card below. Thank you.**



## CAMP MINDER

### SUMMER 2010 CAMP PHOTOS, NEWS, AND E-MAIL

As a registered family at Camp Cedar, you have an account on our website-provided by our technology partner, CampMinder. Using your account this summer, you will be able to share in the fun and excitement of camp by viewing our online photo gallery and sending one-way e-mails to your son(s).

#### GET STARTED NOW-IT'S EASY!

Simply visit our website (campcedar.com) and click the **Photos/Email** link on the home page. This will bring you to Cedar's CampMinder login page. If preferred, you can also access this login page directly by using the following URL:

<https://my.campminder.com/login.aspx?c=dasz>

You will now be able to login using the email address you provided on your child's enrollment and password that has been randomly generated for you. To retrieve your random password, select the **"I don't know my password. Look it up"** link and your password will be emailed to you within a few minutes.

Once logged in, you may change your password using the **Login Details** link on the My Accounts page.

**\*\*\*Returning families can access using last year's login email address and password\*\*.**

Follow the **Photo and Email** links to access our community features!

#### FREQUENTLY ASKED QUESTIONS:

*Can other friends and relatives use these services?*

Yes! Once logged into your account, click on **Guest Accounts** for family and friends and follow the instructions.

*Who do I call if I have questions or problems?*

If you have trouble logging in, please contact the camp office at 617-277-8080 until June 5<sup>th</sup> or 207-627-4266 from June 6<sup>th</sup> on. For all other issues relating to the photo and e-mail system, please contact myCampMinder Support and create a Help Ticket from the Help Menu within your online account. Your questions will be addressed promptly.