

Parent Pack '11

Welcome to camp!

Whether this will be your child's first time or fifth time a Lazy F we are excited to have them, and we are planning to make this an unforgettable summer of fun, friendships and new experiences.

Each Day of Operation Purple at Lazy F is divided into three main parts: Morning electives, Afternoon cabin time, and evening whole camp fun. Morning electives week long progressive activities that campers choose when they first come to camp (like climbing, arts and crafts, wilderness skills, etc). Afternoon cabin times are scheduled by their counselors and involve activities where the whole cabin comes together as friends (like hikes, tubing, teambuilding, ropes course, tie-dye, etc). Evening fun then is activities where the whole camp comes together (for capture the flag, campfires, or messy olympics). Along the way there will be a "Military Day", some special Operation Purple only activities, and maybe even a campout!



Preparing for Camp

Paperwork Checklist

Send in the following forms to the camping conference's main office :

CampingRegistrar PO Box 13650 Des Moines, WA 98198

- Camper Registration
- OP Special needs form
- Camp's health history and Medication Administration form
- Challenge course waiver

If you'd like to send your child letters, pre-send to :

Lazy F Camp, 16170 Manastash
Rd., Ellensburg WA 98926

Arrivals- Opening Day

On the opening day of each session, please arrive promptly between 3:00 p.m. and 3:45 p.m. Weather permitting, check in is located at the picnic tables across from the main camp office and next to our "Trading Post" (see map). Please do not arrive early since we are preparing for your child's best week of summer.

Checking in consists of:

- Confirming registration and payment, finding out cabin assignments, and designating who will be allowed to pick your child up from camp
- Checking in with the health center table, and checking in any and all medications
- Setting up a store account (if interested)

Store

At most all of our sessions, the store is open to buy snacks and drinks (50 cents to \$1.00). For those interested we also carry a selection of stuffed animals, Lazy F shirts, post cards, hoodies, hats, caps, pants, water bottles, and more. If you would like your child to participate, we strongly recommend setting up a store account at check in. We log and hold on to your money (and return the leftover at the end of the session). This keeps money out of the cabins and from getting misplaced. You wouldn't believe how many times a camper accidentally misplaced his/her money and thought it was stolen. No money in the cabin is a good thing.

Departure & Release Procedures

On closing day of each session, please arrive no later than 10:30 am. Parents who are interested are welcome to arrive no earlier than 9:00 to attend our 9:30 closing awards ceremony. After the ceremony, check out will be held outside of “Trading Post”.

Check out consists of:

- Confirming who you are and who you are taking home
- Collected leftover store money
- Collecting any medications
- Checking lost and found
- Double checking that you have: your child, their sleeping bag, cloths, shoes, dirty socks, and anything they can't live without.

Medications

We take the administration of medications very seriously. All prescription medications must come in their original containers with written directions for dispersal from their doctor. We cannot vary from those doctor's orders. Also, while we must have the medications in their original container, we recommend you only send the amount needed for the session to camp (so if somehow the container is forgotten at camp, it is empty at the end). All other non-prescription medications, ointments, and vitamins must also come in their original containers, with signed instructions for dispersal from the camper's parents or guardians. All medication must be turned in to the health care provider upon arrival at camp.

Communicating with your Camper

Letters

Everyone loves getting mail at camp. For younger campers too, it really makes a difference in their day. That letter from you or from grandparent is guaranteed to make them smile. For younger campers we especially we recommend pre-mailing letters ahead of time – so they are waiting for them at the dinner time mail drop on the second day. Letters can be sent to:

Lazy F Camp, 16170 Manastash Rd.,
Ellensburg WA 98926.

You may also give your letters to a staff member on at check in – to be delivered later and throughout the week.

Emails

While not as cherished as posted letters – e-mails too make kids happy. Please send emails to:

office@lazyfcamp.org.

In the subject line, please include camper's name and session. In general we only print e-mails once a day and take them to the mail drop meal. Please do not send "e-cards" or pictures to print – they just don't come out good on paper.

Packages

Packages can be wonderful things if they contain needed items for your camper. For those parents thinking about sending boxes of sugar – please trust us that it is unnecessary. If by some chance a package of sugar (or other fun food) arrives – it will be shared (in moderation) with every camper in the cabin. Yes, water balloons are contra-band and will be taken away.

Getting mail from your Camper

Receiving letters from your camper – Good luck. Seriously though, if you, like most parents, would like to get letters from your child at camp – there are some things you can do to help your chances.

1. Send them with pre-addressed, pre-stamped envelopes with paper already in them.
2. Threaten their lives if they don't send you mail (#2 was supposed to be funny).
3. Suggest that if they would like to come back to camp next year – that they should send you mail this year.
4. Send them e-mail reminders to write.
5. Send their counselors an e-mail asking your campers to write at:
office@lazyfcamp.org with counselor of _____cabin as subject.

Cell Phones

One of the most wonderful parts (aside from the natural beauty) of camping in Manastash Canyon is that cell phones don't work. That means, when people come to camp, they are really able to unplug. This also means – if campers bring their cell phones to camp – they will only get lost, damaged, or left in their luggage. Our policy is – don't bring them. And if cell phones are accidentally brought – we try and store them someplace safe where they can't get lost or damaged.

Emergency Communication

If you ever need to get a message to your campers – we will make it happen. On the opposite side, in the event we need to get in touch with you or a contact that you designate – please make sure our information is accurate and up to date

Phone Calls

Camper are not allowed to call home. Why? Every summer camp director everywhere knows that if you take a perfectly happy summer camp and have them get on the phone with the one they love the most - they will instantly miss you and home. Yes, it is true even of those having the absolute time of their life. If something does come up, however, and it is important you speak with your child - we will make it happen. Worried about your child? - Give us a call or send us an e-mail and we'll check in with them and get back to you.

Packing Lists

Week-Long Sessions

- 1 quart water bottle
- Pillow
- Sleeping bag
- Single top linen sheet (for warm nights)
- 2 towels
- Shorts (at least 2 pair)
- Long pants (at least 2 pair)
- Swimsuit
- 2 sweatshirts
- T-shirts (one per day)
- Soap
- Shampoo
- Deodorant
- Toothbrush
- Sun screen
- Rub on insect repellent
- Warm jacket
- Underwear (one per day)
- Socks (one per day)
- 2 pairs of shoes (1 sturdy for hiking)
- Sandals (with heel strap) or old shoes for going into the creek)
- Medication in original container
- Flashlight

Optional Items

- Pen
- Paper
- Envelopes – pre-stamped & addressed
- Flashlight
- Money for camp store
- Fishing rod with barbless hooks and tackle
- Bible

Please Don't Bring

- Negative attitude
- Food, gum, or candy (attracts mice and bugs)
- Cell phones (we do not get reception!)
- Digital cameras (each camper will get a disc full of pictures taken that week)
- Valuables (jewelry, clothes, camera)
- Weapons, knives, guns
- Cigarettes, chewing tobacco, drugs
- Electronics – No electronic games allowed. We strongly, strongly recommend against music players.

Also, campers are not allowed to listen to music when they could be interacting and making friends. That is, if they are with other campers – no music / headphones period. If it's very, very important they have music to sleep to – ok.

Helping Campers Succeed at Camp

Behavior Expectations

We expect everyone (that is - all campers, staff, and volunteers) to hold to three rules for fun: Respect others, Respect yourself, and Respect the Environment. We know that no-one is perfect and we're all trying to be better people. Our staff is trained to help redirect behavior, celebrate the positive, and not feed the negative. However, certain behaviors are not tolerated: bullying (emotional or physical), and intentional endangerment. Both are grounds for dismissal.

“Missing Home” Planning

It's hard to tell who might miss home and who might not. The younger the camper, usually the easier it is to engage them in activities, help them fit into a group, and forget they are “missing home”. Older campers are far less prone to missing home, but their emotions tend to be more serious. A general outline for how we handle the issue is: help them fit in, keep them incredibly engaged and having fun, listen, and treat them with respect. If we see any concerns - we will try to talk to you ahead of time, let you know what we are seeing and see if you have any advice.

Arranging a Pre-Camp Visit

If this will be your child's first time at camp, please feel free to give us a call and come by on a weekend afternoon. Let your child see the camp, explore the cabins they might stay in, and get excited about the experience. Take an imaginary hike from the campfire pit to the cabins or picture yourselves tubing down the creek.

Setting Realistic Expectations

While most campers say their favorite time of the year is summer camp, not every minute of every day is perfect. Truthfully, some of the easiest ways to make friends is through common bonds. If you search your memories – many common bonds are from overcoming challenges. At summer camp – that long hike, or that afternoon thunderstorm might not seem all that perfect at the time – but hopefully it will have helped bring campers to new friendships.

The Cabin Experience

For many first time campers, it's a comfort to have an idea what to expect. They might want to have an idea what it's like to share a cabin with 7 to 9 other campers and 2 counselors. That there will be times where everyone has to wake up and clean up the cabin, times when the whole cabin comes together for cabin vespers, and other times when it's time for bed and everyone needs to settle in for quality rest time.

Friendships

Building new and developing quality friendships is one of the primary goals of camp (along with safety and being faith centered). We want campers, not to know everyone in their cabin, but to create memorable experiences that one can build friendships on. Hopefully too, the prospect of making new friends at camp should be something to look forward too. Sometimes it's good to discuss ahead of time – how to be a good friend, and perhaps discuss the kinds of traits to look for in new friends.

During Camp Visits

Each session's schedule is packed full of activities, and we've found that mid-session camp visits disrupt the flow of camp and each camper's experience. You are welcome to call in at any time to check on your camper – but please don't show up unannounced.

Bunk Mate Requests

Part of coming to camp is making new friends. At the same time, if your child wants to bring a friend with them to camp, or if they would like to be re-united in a cabin with a friend from a previous year, we will do our very best to honor up to 2 cabin mate requests. Requests, should of course, be of campers of similar age and in the same session. If you would like your child to be separate from another camper – these requests must be made in writing and sent two weeks prior.

A Day in the Life...

General Camp Schedule

This is a general outline for our Operation Purple Schedule. If we can make it better - we are always open to change.

7:00 WAKE UP! Rise and Shine!

7:30 BREAKFAST

8:15 Cabin and community CLEAN UP

8:35 SQUADRON FORMATION

8:45 ELECTIVE PERIOD 1 These elective periods are new for 2010 and are designed to give campers a chance to intermingle with other campers their own age and develop some skills specific to Lazy F

10:15 ELECTIVE PERIOD 2 Electives for your session might include: challenge class, climbing, the craft house, wilderness skills, field games, or archery.

11:45 Wash hands and meet at the flag pole for lunch

12:00 LUNCH

12:45 FOB (Feet on Bunk) (a restful quiet hour for a nap or a letter home)

RACK OPS - Cabin discussions

1:45 CABIN ACTIVITY TIME during this time the counselors have set out planned activities to do as a cabin unit. Some of the activities will focus around Operation Purple activities, while others might include: tackling one of camp's classic hikes, tubing on the creek, our awesome hillside slip-n-slide, going through the challenge course as a cabin unit, Challenging themselves on the high ropes course or Branding Iron climbing tower, tie-dyeing or other arts and crafts, field games, orienteering, or about a dozen other activities.

5:15 Gather at the fire pit for some lively singing and fun

5:45 DINNER

6:45 EVENING PROGRAM - campfires, capture the flag, dances and more!

8:30 CABIN RECALL/ A chance for every camper to share about themselves through guided questions and sometimes related to what's going on in their cabin. Example questions for a cabin group might be: "If you could have any one super power, what would you choose and why?"

9:30 – 10:00 LIGHTS OUT and all quiet (time varies with age)

Meals and Special Diets

Aside from our summer camp, the rest of the year we are known for our food. We strive to serve healthy, well-balanced meals with options that reach most everyone's tastes. If your child has a special diet or allergy – please let us know and we'll work with you to make sure they stay well fed. Simple dietary issues are easy – like peanut allergies or being a vegetarian. We do pretty well on gluten allergies, but can sometimes use your help with bread alternatives. Vegan wise, we do our best, but can always use advice on ensuring there is a complete protein at every meal.

Photos and Cameras

Over the years, we've constituted a "No Camera" policy. Part of it comes from protecting camper property, some of it comes from trying to make sure every photo seen is one we think the camper is proud of. So, we have our staff take photos, try and pick out the ones we think everyone would be happy seeing, burn them to a disk and send them to your home as summer camp memory disk.

Lost and found

Of course, we want you to leave with everything your child brought (especially their dirty socks), but recognize that sometimes things do get left. If they are labeled ahead of time it's easier – but regardless, if we find it, we'll store it in the office until you call and claim it (assuming it's not labeled). You will be responsible for the cost of shipping.

Consecutive Sessions

If your child is attending multiple sessions like senior high to senior adventure, it is important that they go home each weekend. Good or bad, we feel we did "our job" if your child goes home very tired from the week. These weekends are important to rest up for the next week of camp.

Post Camp Evaluations

Your input is essential to making Lazy F a better camp. From experience, we've found that campers love to tell you the whole story about everything. Telling you their favorite parts is fun and telling you any bad parts is even more fun. When you hear all about their camp experience, please let us know both the times where we exceeded your expectations and times that we didn't live up to them.

Supporting Camp

Lazy F is a non-profit camp and ministry of the United Methodist Church, and to be continually growing and serving more people, we need your help. Your donations are treated as unexpected funds that help us grow, or help us support campers who might not have a summer camp experience. Gifts of recommendation too help us grow and serve more people. If you like Lazy F, please tell friend, and consider including us in your annual giving.

Medical Care and Treatment

Incase of Emergency or Illness

While your child is at camp, our Health Care Staff will make every effort to contact you by telephone in the event of an emergency or out-of-camp health care is required. Depending on the circumstances surrounding the situation – and your schedule – we may not be successful in reaching you. Our staff will use the telephone numbers you have provided on the Registration & Health History Forms for Children and Youth. Please make sure that we know how to reach you during your child's stay at camp. If you have an answering machine, we will leave an informational message. In the event that out-of-camp health care is utilized, the camp will provide you with a written summary. This summary will include information such as:

- Nature of illness or health concern
- Name, address and telephone number of provider
- Diagnosis and prognosis of the provider
- Description of health care given by the camp staff
- Recommendations for follow-up care at home

Normally we will not contact you for routine health care or problems, (i.e. skinned knees, insect bites, upset stomach, etc.) that are not severe or do not require the additional attention of an out-of-camp health care provider. In these instances, the Standing Orders of the camp physician will be followed. The decision to contact you in those kinds of situations will be determined on a case-by-case basis. Please contact us if you require a practice different from what is described above.

Comming to Camp with an Illness

If your child is contagious – we will not accept them at camp until they can no longer transfer it. As soon as they are healthy though, we want them at camp. If that requires they come a day late (maybe after antibiotics kick in) – we will be excited to quickly integrate them into their cabin.

Directions

Lazy F is on your left; it seems like a long way in the Manastash Canyon! If you hit the gravel road, you have gone about a mile too far!

From Seattle (about 2 hours)

I-90 east to Thorp Exit #101
Turn right (or south) at the top of off-ramp
Go 1.9 miles; turn right at Cove Rd.
Go 4.3 miles; turn right at Manastash Rd. (second stop sign)
Go 6.2 miles up the canyon to camp

From Wenatchee (about 1.5 hours)

Hwy 97 South to Perkins Restaurant in Ellensburg
Turn right
Go 0.4 miles; turn left at KOA onto Thorp Hwy
Go 0.3 miles; turn left at Hanson Rd.
Go 2.8 miles; turn left at Cove Rd.
Go 1 mile; turn right at Manastash Rd.
Go 6.2 miles up the canyon

From Spokane (about 3 hours)

I-90 West
Exit #109 (Canyon Rd.) – turn right
Turn left at Umptanum Rd. (first light, at Subway)
Go 1.6 mile; turn right at Manastash Rd.
(Daman school will be on your right)
Go 10 miles to camp

From Yakima (about 1 hour)

I-82 North to I-90 West
Exit #109 (Canyon Rd.) – turn right
Turn left at Umptanum Rd. (first light, at Subway)
Go 1.6 mile; turn right at Manastash Rd.
(Daman school will be on your right)
Go 10 miles to camp