

Getting Ready for 2010

Come for a Visit! If this is the first time your daughter will be coming to Ma-He-Tu, please try to visit us at one of our Open Houses this spring. Come spend some time getting to know us better. You will get a tour of the facilities and get to meet some of the people who make Ma-He-Tu such a special place. Bring a picnic – make a day of it!

Open Houses will be held from 12 noon to 3 p. m. on Sunday, May 30; Saturday, June 5; and Sunday, June 13.

Get a Check-up! We are required by New York State Law to have a health form on file for every camper. Your daughter's physical must be within 12 months prior to her arrival at camp. Make sure the health form is complete and signed by a physician. **Send the Health Form, photocopy of front and back of health insurance card, Release Form, and the Meningitis Response Form to our registrar, Marion Schumacher, 6 Soundview Drive North, Huntington, NY 11743, by May 31, 2010.**

Get Packing! There are a few things to remember about packing for camp:

- ❖ **Don't send too much**, it just makes it difficult to keep track of everything
- ❖ **Don't send anything of significant value**, like cash, jewelry, good clothes, expensive cameras, MP3 players, cell phones, etc.
- ❖ **Put your daughter's name on everything, ABSOLUTELY EVERYTHING!**
- **IMPORTANT! DO NOT SEND ANY FOOD TO CAMP!**

Packing Check List

Things she will really want to have with her:

Sleeping Bag or Sheets and Blankets	Underwear (15 suggested)	WHITE bathing cap *	Toothbrush
Extra blanket	Shorts	Pajamas and Robe	Deodorant
Pillow and extra pillowcase	Shirts	Sneakers (at least 2 pair)	Comb and brush
Towels (4) and washcloths	Jeans	Raincoat or Poncho	Flashlight
Socks (15 suggested)	Sweatshirt	Hat	Extra batteries
	Jacket	Soap	
	Bathing Suits (2 or 3)	Shampoo	
		Toothpaste	

Campers are required to wear socks at all times

All shoes must be closed at toe and heel; no clogs, sandals, Tevas, etc.

* White bathing caps may be purchased at camp



Other things she might like to have with her:

Book Pack or Back Pack	Notebook	Camera (disposables are great!)
Pens and Pencils	Books and Magazines	Trunk for clothes
Stationery and stamps	Musical Instrument	

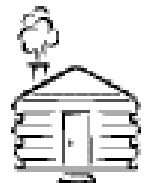
**DO NOT BRING ANYTHING OF VALUE
PUT HER NAME ON EVERYTHING SHE BRINGS
DO NOT BRING (OR SEND) FOOD**

Laundry: Our laundry facilities are extremely limited. They are reserved for "emergency" use and to assist campers who are staying more than one encampment without going home. Campers can do small amounts of hand laundry. The best approach is to try to send your daughter with enough clothing to get her through a two-week stay.

Living Assignments: Campers are assigned to cabins and tents by exact age order. This allows us to plan activities and discussions that are age appropriate. It also gives your daughter the opportunity to make new friends and get the most out of her camping experience. This policy is an integral part of our camping program. If your daughter is not living in a tent or cabin with a particular friend, our centralized program will still allow them plenty of time to be together during choice activities, free time, meals, and evening programs.

If this is your daughter's **first** summer at Ma-He-Tu and extenuating circumstances cause you to request that your daughter be housed with another camper, please consider the following:

- ❖ All requests must be made **in writing** by the parents of **BOTH** campers involved.
- ❖ All requests must be made to the registrar **prior to June 15**.
- ❖ Campers' birth dates must be within **nine months** of each other.
- ❖ Both campers will be housed in the living unit that the **younger** camper would be assigned to.
- ❖ **At least one camper involved in the request must be a first time camper.**



☺ **Check in on Sunday between 2:00 and 5:00** ☺ **Check out on Saturday between 10:00 and 12:00** ☺

Coming to Camp

The camp gate will open at 2:00. Registration is between 2:00 and 5:00

For the safety of campers still in camp we **absolutely do not** allow cars to flow through camp until staff is in place and ready to direct traffic. A bell at 2:00 will signal the opening of the gate. Park police prohibit parking on Seven Lakes Drive. They will ticket and/or tow, so please

DO NOT ARRIVE PRIOR TO 2:00!

Coming by Car? **From New York:** George Washington Bridge to Palisades Interstate Parkway (PIP), Exit 14. Left at stop sign toward Lake Welch and Sebago Beach (will be traveling on Willow Grove Road). Enter Harriman State Park and pass Lake Welch Beach. At Kanawaukee traffic circle, travel $\frac{3}{4}$ around circle and turn right onto Seven Lakes Drive toward Sloatsburg and Sebago Beach. Camp entrance is one mile on right. **OR:** PIP Exit 16 for Lake Welch Parkway. Take left fork toward Lake Welch and right at 2nd fork toward Seven Lakes Drive. At stop sign turn right onto Seven Lakes Drive. Camp is $\frac{1}{2}$ mile on left.

From New Jersey: Route 17 North through Sloatsburg. Right at traffic light onto Seven Lakes Drive. Camp entrance is 2nd on left after Sebago Beach.

Coming by Bus? Parents are asked to travel with their daughter to camp. Take the Shortline Bus from Port Authority in New York City, (leaving at 1:15) to **Sloatsburg, NY** (arriving at 2:12). Let us know that you're coming and the camp van will meet the bus in Sloatsburg. Parents will be returned to Sloatsburg at 4:51 and arrive in New York at 6:02.

Bus schedule is subject to change! Please call the camp office one week prior to travel to verify times with camp office and to arrange for a pick up from the Sloatsburg bus station. (845-351-4508)

We'll all be looking forward to meeting you! When you arrive at the gate you will be greeted by a staff member who will point you in the right direction. There are four steps to getting settled into camp life. You can approach them in any order you like:

* Make yourselves at home! The staff member at the gate will tell you where your daughter's living unit is located and direct you to the most convenient parking available. Need help lugging that trunk? Ask any staff member. We are all ready to help out! Get to know our counselors as you help your daughter settle into her living unit.

* Come to the Dining Hall to check in and say hello to the camp administrators. As the Dining Hall is generally a busy place during registration, this is not the best time for private conversations with the administrators. If you have any individual concerns you will probably be better served by calling the camp and speaking to the director prior to your arrival.

If anyone other than the person who signed your daughter in to camp will be signing her out, please complete a "**Camper Discharge Form.**" Complete this form even if the person signing her out is her other parent. Please inform that person to be prepared to present identification. For your daughter's protection, **no camper will be released to an unauthorized individual.**

You will want to leave some money for your daughter's "Canteen" account. Charges to the canteen account include the purchase of items from the camp store, such as sweatshirts, T-shirts, flashlights, hats, stuffed animals, stationery, camp novelties, and toiletries. We have a daily snack canteen and occasionally provide for the purchase of soda and candy. Some Arts and Crafts items are charged to canteen, but there are always free projects available. Campers may purchase photographs of their unit. Other charges might include such things as the cost of a trip out of camp for ice cream. We suggest between \$25 and \$30 for an encampment. Of course, any funds not spent will be returned. **Please do not leave any cash in camp.**

This is a great time and place for a picnic. Come enjoy the cool breeze off the lake in our open air Dining Hall. Candy and soda will be available for sale.

* Meet the camp nurse. We ask that you accompany your daughter to the infirmary to meet the nurse. She will review the health form and insurance information. Please be prepared to discuss any health issues or risks that we should be aware of. You will also be asked to leave all prescriptions, vitamins, and over the counter medications with the nurse. If your daughter has any special dietary needs, you should inform the nurse at this time. **This includes requests for a vegetarian diet.** If you do not inform us that your daughter is a vegetarian we will assume your wish is that she participates in the regular meal plan.

* Visit our waterfront. Your daughter will be asked to go for a short swim so that our staff can assign her to a swimming area and instructional class. We encourage you to come and watch but **it is extremely important that you and all family members stay on the shore, not on the dock or in the water, for safety reasons.** The waterfront director will be available to discuss any concerns you may have about your daughter's swimming program.

Stop by the Camp Store. You and your camper can purchase canteen items together.

Time to say good-bye! We ask that you plan to leave by 5:00 so we can begin our camping program.

☺ Check in on Sunday between 2:00 and 5:00 ☺ Check out on Saturday between 10:00 and 12:00 ☺

While Your Daughter is at Camp

Daily Activities: Our daily program is focused in several areas, Aquatics, Small Craft, Arts and Crafts, Athletics, Nature, Outdoor Life, Drama, and Life Skills. Your daughter will be programmed in all of these areas on a rotating basis. We also break up the routine with special days which vary from encampment to encampment, but may include Field Days, Unit Days, Arts and Crafts Festivals, or just about anything else our imaginative staff puts together. When we add all of this to our Special Events for each encampment, Christmas in July, The Canoe Regatta, and our Closing Banquet and Play, we have something fun and exciting for everyone. Every day ends with an all-camp evening program.

Out of Camp Trips: Although most of our program is conducted on our site, we also like to take advantage of the surrounding park area and other nearby places of interest.

Hikes within the Park - Campers may walk or be driven to the starting point of the hike. There will be at least one staff member with first aid training for day hikes. All other staff accompanying the hike will have training in emergency procedures particular to hiking with campers.



A Day at the Beach - Campers may walk or be driven to a public beach on a neighboring lake. One of our certified lifeguards who is familiar with each camper's swimming ability will accompany the group. The lifeguard will be on duty whenever the campers are in the water. Other staff members will assist in general supervision. All park beaches are staffed with park lifeguards, have well marked swimming areas, and have well equipped first aid stations.

Other General Outings - Destinations may include the Bear Mountain Inn to visit the Zoo, West Point Military Academy for a tour of the grounds, Perkins Memorial Drive for sight-seeing, or a local ice cream or food stand for a special treat.

Sleep-outs - Units may request a sleep-out off camp grounds, within the immediate vicinity. There will be at least one staff member with first aid training. All other staff accompanying the group will have training in emergency procedures particular to overnight camping.

At some point during the summer, the following activities may become available to the oldest campers. Campers may sign up for these activities during their stay, starting with the oldest girls, and continuing in descending age order until the trip is full. The lower age limit for these activities is 12 years old.

2- or 3-Day Overnight Hike. One staff member with "Responding to Emergencies" (advanced first aid) will accompany the group. All staff accompanying the group will have training in emergency procedures particular to hiking and overnight camping. Campers will sleep in campgrounds established and patrolled by the Park.

Canoe Portage. (Available only to deep-water swimmers)



The group will paddle through a series of lakes and carry canoes from one lake to the next. At least one of our certified lifeguards will accompany the group. All other staff accompanying the group will have training in water emergency procedures and overnight camping. Personal Floatation Devices are required of all participants while on the water. Campers will sleep in campgrounds established and patrolled by the Park.

Paddling on the Delaware River. (Available only to deep-water swimmers) Campers will be driven by camp vehicle to the canoe/raft rental center where they will be provided with all necessary equipment and be required to view a training video. The group will be transported up river by the rental company and spend the day paddling back to the starting point. At least one of our certified lifeguards will accompany the group. All other staff accompanying the group will have training in water emergency procedures.

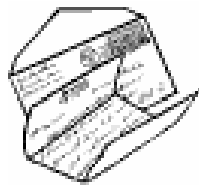
We take the following precautions whenever campers are being transported in a camp vehicle:

- ❖ All camp vehicles are equipped with first aid kits and emergency flares.
- ❖ All camp drivers are 21 years of age or older and have had their drivers' licenses screened by our insurance company. They are trained and tested in the use of the vehicle to be driven.
- ❖ All staff members are trained in emergency procedures particular to transportation of campers.
- ❖ All passengers in camp vehicles are required to wear seat belts.
- ❖ Camp Ma-He-Tu does not use 15-passanger vans to transport campers.



Keep in touch!

By Mail: Campers love to receive mail, so please write to your daughter as often as possible. Please keep correspondence newsy and lighthearted. Address letters as follows:



**Your Daughter's Name
Your Daughter's Unit
Camp Ma-He-Tu
K-24
520 Seven Lakes Drive
Bear Mt., NY 10911**

Packages: ***Do not send food to camp. Magazines, comics and games are just as appreciated, and these items don't attract wildlife or insects. Any food sent to campers will be confiscated and not returned.***

Phone: **The use of a phone or e-mail is not available to our campers during the encampment. Cell phones are also not allowed in camp.** Please do not allow your daughter to bring a cell phone to camp. There is no reception and cell phones are very easily lost or broken. We encourage you to call the camp office if you have any concerns about your daughter. We will be happy to check on her and report back to you. **When leaving a message on our machine please speak slowly and clearly.** Include your name, number and the latest time at night we may return your call. The camp office number is **845-351-4508**.

In the event of a public emergency you will be contacted by camp officials. Please do not call camp. Incoming calls will block our communication system and jeopardize our ability to manage the situation at camp. If, during a public emergency, you need to get a message to camp, please call 631-351-1657. Emergency information will be posted on our website (www.mahe-tu.org)

No Visiting: Visiting camp during the two-week encampment is not permitted. The Lutheran Girls Camp Association and the Palisades Interstate Park Commission prohibit visits from parents during a camping session.

Homesickness: Our staff is trained to identify and deal with homesick campers. We have found that involvement in activities and some special attention often provides a quick cure. However, some campers need more time than others to adjust to their new surroundings. If you should receive a letter that indicates your daughter has been homesick, please give us a call. In most cases the episode is over before the letter reaches home, but your call will help alert us to any potential problem.

Illness or Injury: If the nurse has a concern about your daughter's health or a medical situation is not progressing as expected you will be contacted by phone. You will be notified when your daughter is kept overnight in the infirmary, prior to an office visit for routine medical care, and as soon as possible if your daughter requires emergency medical care.

Chapel Services: Chapel services are part of our program. Much care is given to making these experiences meaningful and enjoyable to our campers. No special arrangements are made for attendance of other religious services.

Illegal Substances: Cigarettes, alcohol and drugs are strictly forbidden in camp. The camp reserves the right to dismiss any camper, without refund, found possessing any of these substances. Firearms or weapons of any type are prohibited and will be confiscated immediately and the camper will be dismissed.

Gratuities: Although it is absolutely not necessary, families sometimes wish to express appreciation to individual counselors in the form of monetary gratuities. In a centralized program such as ours, every staff member works hard to assure that each camper will have a memorable experience at Ma-He-Tu. We ask that any gratuities be given to the counselor fund. The staff has full control over these funds and they are used for a common good.

Staying Longer than Two Weeks?

Between Encampments: If your daughter is staying for more than one encampment we encourage you to take her home Saturday and bring her back on Sunday. A hot bath, a real bed, and clean clothes can be a welcome change after two weeks in the woods. Please check her in and out during regular registration hours.

If a trip home is not possible, campers can stay with us between encampments on Saturday night. Reservations must be made with the registrar by June 30 so that we can arrange for adequate staffing. A fee of \$65 will be charged for the overnight stay. You are encouraged to take your daughter out of camp on either the Saturday or Sunday between encampments if she is staying with us Saturday night. Lunch and a trip to a Laundromat provide a much-needed break from camp. Please indicate your plans when you make your reservation so that we can provide appropriate supervision for your daughter during that time period.

☺ **Check in on Sunday between 2:00 and 5:00** ☺ **Check out on Saturday between 10:00 and 12:00** ☺

Going Home

The camp gate will open at 10:00. Check out is between 10:00 and 12:00

For the safety of campers still in camp we **absolutely do not** allow cars to flow through camp until staff is in place and ready to direct traffic. A bell at 10:00 will signal the opening of the gate. Park police prohibit parking on Seven Lakes Drive. They will ticket and/or tow, so please

DO NOT ARRIVE PRIOR TO 10:00!

Departing by car? A staff member will be at the gate to greet you and direct you to a parking area. Once again, don't be shy about asking a staff member to help you carry things to your car. **Please come to the Dining Hall to check out**, get your canteen refund, any medications that are left, and **a check-out slip**. You will be asked to present your check-out slip to the staff member at the gate when you leave camp.

If anyone other than the person who dropped her off will be up your daughter, you should have filled out a "Camper Discharge Form" in advance. Please inform the person picking up your daughter to be prepared to present identification. In the case of an emergency, you must call the camp office to authorize someone else to pick up your daughter. For your daughter's protection, **no camper will be released to an unauthorized individual**.

Departing by bus? The camp van will meet the 9:10 bus from New York, arriving at Sloatsburg at 10:12. We will return you to Sloatsburg for the 12:21 bus, which arrives in New York at 1:30. **Bus schedule is subject to change! Please call the camp office one week prior to travel to verify times with camp office and to arrange for a pick up from the Sloatsburg bus station.**

ALL CAMPERS MUST BE CHECKED OUT BY 12:00

Our staff goes off duty at 12:00, so please make sure that you have picked up your daughter by that time. Please don't let your daughter be the only camper left after check out is over. It can be a very frightening and lonely feeling.

We hope that you have found the answers to all your questions in this manual. Please do not hesitate to call us if there is anything we can do to help you and your daughter get ready for her adventure at Camp Ma-He-Tu.

Please Don't Forget

Before May 31, please send the following forms to:

Marion Schumacher, Registrar,
6 Soundview Drive North, Huntington, NY 11743



1. Health Form with photocopy of health insurance card (please note that the last page of the health form must be completed by your daughter's physician).
2. Release Form and Camper Discharge Form
3. Meningitis Response Form

Final payment is due by May 31

Check-in is on Sunday between 2:00 and 5:00
Check-out is on Saturday between 10:00 and 12:00

Camp Mailing Address:
Your Daughter's Name
Your Daughter's Living Unit
Camp Ma-He-Tu
K-24
520 Seven Lakes Drive
Bear Mt. NY, 10911

☺ Check in on Sunday between 2:00 and 5:00 ☺ Check out on Saturday between 10:00 and 12:00 ☺