



TRANSFORMED

CAMP HANDBOOK

**DO NOT CONFORM TO THIS WORLD, BUT BE TRANSFORMED
BY THE RENEWING OF YOUR MIND. ROMANS 12:2**

**2009 CAMP TREOWTH
JULY 12-17 • YELLOW SPRING, WV**

For more information or to register online, please visit AnglicanYouth.org





Table of Contents

LETTER FROM THE BISHOP.....	3
INTRODUCTION	4
MEET YOUR GROUP LEADERS	5
MEET YOUR FELLOW CAMPERS	6
TRAVEL INFORMATION.....	7
DIRECTIONS.....	11
EMERGENCY INFORMATION	12
ITINERARY	14
WHAT TO BRING CHECKLIST	15
FORMS CHECKLIST	16
WHAT'S COVERED?.....	20
WHAT'S NOT COVERED?	20
RULES FOR THE TRIP - CAMP.....	21
CAMP MENU	22



Diocese of the Eastern United States, ACA/TAC
Cathedral of the Incarnation
The Rt. Revd. Louis Campese, Bishop Ordinary

D.E.U.S. YOUTH CAMP 2009

“see how they love one another ...”

Dear Deus Youth:

Can you believe it? Another year has past and here we are again planning to be with one another at DEUS Summer Camp. Another time to meet with old friends and to meet new friends throughout our Diocesan family.

For some of you this will be your first DEUS Summer Camp and for some of you this is your 7th or even 8th camp and I hope not your last! It is very pleasing to the Lord to see you all worship and fellowship together in HIS presence. I pray your summer camp experience will not only bring you closer with your friends in the diocese, but also to bring you all closer, with the King of Kings and the Lord of Lords!

In years to come, I pray that when you look back on your time together, you will have wonderful memories, not only about the camp, but will come to realize how important it is for all of you to be part of the The Body of Christ; His Church! As the future leaders in His Church, I ask you to reach out to those around you and share the love of Christ with them!

So my dear children in Christ, have an awesome time together and pray that the Lord will bring you all back together again for years to come! May our wonderful Lord bless you all and protect you while you are away!

Faithfully yours,

+ LC

The Rt. Rev. Louis Campese
Bishop Ordinary

“see how they love one another...”



June 1, 2009

Dear D.E.U.S Youth and Parents:

I would like to officially welcome all of the participants to "Camp Treowth" 2009 "A.C.A. Youth Camp". In this packet, you will find detailed information concerning the upcoming camp in Yellow Spring, WV on July 12 through July 17, 2009. Please read through the packet carefully; should you have any questions or concerns, please do not hesitate to call or e-mail me.

Have a great summer, and I'll see you in July.

In His Service

John

John B. Larsen
Camp Director

Home (407) 489-4186: Cathedral (407) 843-2886: E-mail john@anglicanyouth.org



MEET YOUR GROUP LEADERS

Address and contact information have been removed from this online version of the camp handbook.
Campers will be provided a camp address book at the conclusion of camp.

(Seventh Year)	Father Mark Siegel (Spiritual Director) Oviedo, FL
(Third Year)	Fr. James Johnson (Spiritual Advisor) Timonium, MD
(Eighth Year)*	John Larsen (Camp Director) Apopka, FL
(Eighth Year)*	Kim Campese (Sr. Staff) Oviedo, FL
(Fourth Year)	Kenny Kluesener (Sr. Staff) Eustis, FL
(Eighth Year)*	Vicki Siegel (Sr. Staff) Oviedo, FL
(First Year)	Kim Kluesener (Staff) Eustis, FL
(Second Year)	Natalie Campese (Staff) Winter Park, FL
(First Year)	Cordella Donawa (Staff) Orlando, FL
(Eighth Year)*	Nathan Wilkinson - Staff -Music (UCF) Lake Mary, FL
(First Year)	Sarah Robles - Staff -Music (UCF) Orlando, FL
(Fifth Year)	Trey Sneeringer - Lead Counselor (USF) Lake Mary, FL
(Seventh Year)	Seth Linn - Counselor (AV Tech) Ashville, NC



MEET YOUR FELLOW CAMPERS

(Seventh Year)	Molly Avery (Age 17) Georgia
(Second Year)	Keneil Baker (Age 16) Florida
(First Year)	Kevin Baker (Age 13) Florida
(Seventh Year)	Robert Boggs (Age 16) Georgia
(Sixth Year)	Sophie Campese (Age 15) Florida
(Seventh Year)	Talia Campese (Age 17) Florida
(Seventh Year)	Tori Campese (Age 16) Florida
(Third Year)	Steven Doggett (Age 17) Florida
(Second Year)	Sean Doggett (Age 13) Florida
(Third Year)	Anthony (Rocco) Flocco (Age 14) Pennsylvania
(First Year)	Ayana Fernandes (Age 12) Florida
(Seventh Year)	Vincent Fudo (Age 17) Florida
(First Year)	Catherine Fudo (Age 10) Florida
(First Year)	Audrey Garris (Age 15) Florida
(First Year)	Lena Hauser (Age 12) Florida
(Second Year)	Elizabeth Johnson (Age 13) New Jersey
(Fourth Year)	Kennan (KJ) Kluesener (Age 14) Florida
(Third Year)	Jacob (Jake) Kluesener (Age 12) Florida
(Third Year)	Joshua (Josh) Kluesener (Age 12) Florida
(First Year)	Ethan Koehler (Age 12) Florida



- (Second Year) Jessica "Jess" Menas (Age 16) Pennsylvania
- (Second Year) Bethany "Bethie" Menas (Age 13) Pennsylvania
- (Second Year) Emily Miller (Age 14) Maryland
- (Second Year) Natalie Miller (Age 14) Maryland
- (Forth Year) Katharine (Katie) Noviki (Age 15) Pennsylvania
- (Third Year) Joshua Otero (Age 13) Florida
- (Seventh Year) Kristen Roumanis (Age 17) North Carolina
- (Third Year) Emmy Santiago (Age 13) Florida
- (Sixth Year) Lucy Sneeringeer (Age 16) Florida
- (Third Year) Lucas Theobald (Age 15) Alabama
- (First Year) Kaylee Trumble (Age 12) Florida
- (Sixth Year) Shawn Wabschall (Age 15) Alabama
- (Seventh Year) Leland Welsh (Age 16) South Carolina

** Unregistered Campers as of June 1, 2009 do not appear on the camp list

* Eighth Year Campers served on the 2002 Puerto Rico Mission Team

TRAVEL INFORMATION



July 11th, 12th & 17th Relates to those traveling up and back on the bus from Florida.

- *Times are approximate and are subject to change*
- *Travel times allow for rest stops while in route*
- *Groups joining and departing in route should plan on being at their designated location approximately thirty minutes prior to the drop-off / pick-up times:*

July 11, 2009

Orlando, FL to Charlottesville, VA

Groups Departing from Orlando, FL

Cathedral of the Incarnation: 1515 Edgewater Drive, Orlando, FL 32804 (407) 489-4186

-Arrive Cathedral @ 5:00 AM

-Load Bus @ 5:30 AM

-Depart Cathedral @ 6:00 AM

Groups Departing from Pooler, GA

Exit 102 (I-95 GA) Burger King: 415 East Highway 80 Pooler, GA 31322 (912) 748-4769

-Arrive Savannah @ 11:00 AM (Approximately) + LUNCH

-Depart Savannah @ 12:00 (NOON)

Groups Departing from Charlotte, NC

Exit 2- (I-77 NC) Chick-Fil-A: 8032 South Tryon Street. Charlotte NC 28273 (704) 504-1234

-Arrive Charlotte NC @ 4:00 PM (Approximately) + DINNER

-Depart Charlotte, NC @ 5:00 PM

Groups Departing From Hamptonville /Marler, NC

Exit 73A (I-77 NC) Fast-Track Shell: 2941 Rocky Branch Rd, Hamptonville, NC 27020 (336) 468-1495

-Arrive Hamptonville, NC @ 6:00 PM (Approximately)

-Depart Hamptonville, NC @ 6:15 PM

-Arrive Charlottesville, VA (around 9:30 PM)

Miller School: 1000 Samuel Miller Loop, Charlottesville, VA 22903

July 12, 2009

Charlottesville VA to Yellow Springs, WV



- Depart Charlottesville, VA @ 9:30 AM
- Arrive Concord Retreat Center, Yellow Springs, WV @ 1:00 PM

July 15, 2009

'High Ropes'

Yellow Springs, WV to Williamsport, MD

Group (One)

- Depart Concord Retreat Center @ 7:30 AM
- Arrive: Cedar Ridge Adventures @ 8:30 AM
12146 Cedar Ridge Rd. Williamsport MD 21795.

Group (Two)

- Depart Concord Retreat Center @ 11:30 AM
- Arrive: Cedar Ridge Adventures @ 12:30 PM

Group (One)

- Depart Cedar Ridge @1:00 PM
- Arrive Concord Retreat Center @ 2:00 PM

Group (Two)

- Depart Cedar Ridge @5:00 PM
- Arrive Concord Retreat Center @ 6:00 PM

July 17, 2009

Relates to those traveling back on the bus from Florida.

Yellow Springs, WV to Orlando, FL



- Depart Concord Retreat Center @ 9:00 AM
- Lunch in Route @ 12:00 PM (Approximately)
Exit 141 (I-81) Burger King 114 Sheraton Drive, Salem, VA 24153 (540) 562-2578
- Depart Burger King @ 1:00 PM
- Arrive Drop-off Location (NC Youth) @ 3: 00 (Approximately)
Exit 263 (I-77) Fast Track Shell 2941 Rocky Branch Rd, Hamptonville, NC 27020 (336) 468-1495
- Depart Drop-off Location @ 3:15 PM
- Arrive Drop-off Location (SC Youth) - Dinner @ 5: 45 (Approximately)
Exit 54 (I-85) Wendy's 2 The Parkway (off Pelham Rd) Greenville, SC 29615 (864) 675-5835
- Depart Drop-off Location @ 6:45 PM
- Arrive Drop-off Location (GA Youth) 10:45 PM
Exit 146 (I-75) (CONN GA-247, Centerville, Warner Robins) Pilot Travel Center #267 2965 Hwy 247 Byron, GA 31008 (478) 956-5316
- Depart Drop-off Location @ 11:00 PM
- Arrive Cathedral @ 4:30 AM -Unload Bus Parents Pick up at 5 AM
1515 Edgewater Drive, Orlando, FL 32804

Directions



If you have any problems, call: 304-856-3710

Concord is conveniently located on the "I-81 Corridor," 25 minutes past Winchester, VA.

Directions:

From D.C. Metro Area:

- From 495 - take Route 267 "Dulles Toll Road" (toll required) to The Greenway.
- Take The Greenway towards Leesburg, VA (toll required).
- Take Route 7 West towards Winchester.
- Take I-81 North one exit, to Exit 317. At the bottom of the exit ramp, go left.
- Get on Route 37 South, staying to the right at a V after you pass all of the fast food / gas stations.
- Go about 4 miles and take the Route 50 West exit. (directions continue below)*

From Southern and Western Virginia:

- Take I-81 North to exit 310
- At the light at the top of the ramp, turn left going North on Rt. 37
- Stay on Rt. 37 North, for several miles
- Take the exit for Rt. 50
- At the light at the bottom of the ramp, turn left, heading West on Rt.50 (directions continue below)*

From Baltimore and Northern Maryland:

- Take I-70 West towards Hagerstown, MD.
- In Hagerstown take I-81 South towards Winchester, VA.
- Take Exit 317 from I-81. At the bottom of the exit ramp, take a right.
- Get on Route 37 South, staying to the right at a V after you pass all of the fast food / gas stations.
- Go about 4 miles and take the Route 50 West exit. (directions continue below)*

***CONTINUED DIRECTIONS:**

- Take Route 50 West about 11 miles, past the town of Gore, VA.
- Turn left on Route 259, heading towards Wardensville.

- On Route 259, you will cross the West Virginia border after about 4.5 miles. Continue approximately five MORE miles, and as you head up a hill, watch for a yellow highway



sign with a right entrance symbol. (Below the yellow sign is a small white reflective sign reading "Concord" with an arrow pointing right.)

- *Slow down* and indicate right.
- The Concord entrance will be just after you crest the hill, on the right. (There is a wooden sign with white lettering at the entrance.)
- Turn into the gravel driveway.
- **Lost? Questions?** Call the Concord Office (304-856-3710) and ask for Bob.

EMERGENCY INFORMATION



July 11th – July 18th

Emergency Cell Phone While Traveling (only)

Contact: John Larsen- 407-489-4186

Note: Cell phones will be out of range while at the retreat center.

***PLEASE USE FOR EMERGENCY USE ONLY**

July 11th Day & Evening & July 12th Morning

(For participants traveling from Florida and adjoining cities)

Charlottesville, VA: *The Miller School of Albemarle
1000 Samuel Miller Loop
Charlottesville, VA 22903*

Contact: *Rev. Michael Kerouac
(434)-409-5513 (Home)*

July 13th - 17th (morning) , (All campers)

Camp: *Concord Retreat Center
P.O. Box 9
Yellow Spring, WV 26865
Phone: (304) 856-3710 (office)*

Direct Numbers (Please call only if necessary)

Girls Lodge: (Hooks Mill House) (304) 856-3151
Boys Lodge: (Romney House) (304) 856-3129

***For extreme after hour emergencies only:**

Phone: 1-304-856-3439 (After Hours)



ITINERARY

TIMES AND DAYS OF EVENTS ARE SUBJECT TO CHANGE!

** Please see travel information on page 9 for times and itinerary associated with transportation to and from camp.*

Sunday July 12th , 2009

- 12-12:30 PM- Campers arrive at: Concord Retreat, Yellow Spring WV
- 1:00 PM – Lunch in Dinning Hall
- 2:00 PM – Move - in
- 6:00 PM – Dinner - Dinning Hall
- 7:00 PM – Opening Session – Main Hall

As some activities are dependent upon weather conditions some events, activities or programs may need to be adjusted, moved or cancelled due to incimate weather. Campers will be instructed each evening of the proceeding days schedule with copies of that schedule posted in each cabin. However, each day should resemble the following example.

A typical Day

(This is only an example)

- 8:00 AM – Morning Prayer / Breakfast
- 9:00 AM – Music / Announcements
- 10:00 AM – Group Breakouts
- 11:00 AM – Recreational Activity
- 12.30 Noon – Clean-up / Lunch
- **Personal Time until 2:00**
- 2:00 PM – Group Activity
- 4:00 PM – Recreation.
- 5:30 PM – Break until 6:00 PM
- 6:00 PM – Evening Prayer / Dinner
- 7:00 PM – Music / Announcements
- 7:30 PM – Group Breakouts
- 9:00 PM – Nighttime Group Activity
- 10: 00 PM – Boys and Girls (to assigned lodge)
- 11: 00 PM – Lights out!



What to Bring Checklist

CLOTHING

Please note dress code requirements when packing

*Denotes Mandatory

- Shirts*** *Light colored and light weight T-shirts are preferable. Please pack enough shirts for eight days.*
- Shorts*** *Athletic Sorts are preferable but one or two pairs of cargo style shorts should be included. Please pack enough shorts for eight days.*
- Long pants or sweatpants*** *Nights can on occasion get cool, so one or two pairs of long pants are recommended.*
- Sweatshirt or lightweight Jacket*** *A water resistant jacket is a plus.*
- Underwear*** *Please pack enough for eight days.*
- Shoes*** *Each camper should pack a pair of athletic shoes. This is required for all outdoor activities Athletic sandals are acceptable. Flip flops are permitted during general sessions, personal time and around camp. Campers should also bring a pair of old sneakers that they want mind getting dirty or wet. Shoes must be worn at all times except on the pool deck and in assigned dorms.*
- Socks**
- Hat** *Although optional, it is recommended that each camper bring a hat. Hats will be beneficial on hot sunny days especially during day trips.*
- Swim Suit*** *Even though campers are not required to swim, some recreational and team activities do involve water and require the use of a bathing suit.*
- _____

PERSONAL ITEMS

*Denotes Mandatory

- Sunglasses** *(Suggested)*
- Sunscreen***
- Towel***
- Flashlight**
- Water Bottle**
- Pillow**
- Sleeping bag or sheets and a blanket*** *For a twin size bed.*
- Medications** *Note: All medications should be given to the camp nurse at the time of your arrival. Campers traveling on the bus up to camp should do this before boarding the bus.*
- Camera / Film** *Camp Treowth is not responsible for lost or damaged cameras. Disposable cameras are recommended. Please make sure that the campers name is on the camera as most disposables look alike.*
- Bible and Prayer Book***. *Each Camper should bring his or her own bible to make notes in. If you have your own prayer book please plan on bringing it as the staff only brings a limited supply of extras.*
- Plastic Bags*** *For packing up wet stuff*
- Bug Spray**
- Calling Card*** *Cell phones are out of range at camp and are not permitted. Each camper is requested to notify parents that they arrived safely at camp and call occasionally during the week to keep everyone up to date. We try our best to make sure that this happens but cannot guaranty that your child will contact you. If you find it necessary to contact your child, please see the contact information located in the hand book and on the website.*

- Back Pack** *A small over the shoulder back pack is recommended for carrying personal items during day trips away from camp.*
- Spending Money** *All expense while at camp are covered in the camper's tuition. However, we do operate a small canteen where campers can purchase candy, sodas, batteries, chips etc... Additionally, campers traveling to and from Florida on the bus will need money for food while traveling. (Please see the "What's not covered" Section of the camper hand book for more detail.*
- One large bag of snacks to share.**
- _____

PERSONAL HYGIENE

**Denotes Mandatory*

- Brush or Comb**
- Deodorant***
- Toothbrush / Toothpaste***
- Soap / Body wash***
- Shampoo**
- Shaving Razor** *(if you happen to need one)*
- Contact Solution** *(if you need it)*
- _____

FORMS CHECKLIST (IF YOU HAVE NOT COMPLETED THESE FORMS PLEASE BRING THEM WITH YOU TO CAMP)

- Application**
- Medical Release**
- ACA Release of Liability**
- Photo Release**
- Miller School Release** *(you will need this release if you are traveling on the bus from Florida)*
- High Ropes Release**
- Paintball Release**

All forms can be downloaded from www.anglicanyouth.org



Dress code

Please use discretion when choosing your attire for the camp. Remember, we are representing the diocese!

Hot or Cold?

Yellow Springs, West Virginia is in the foothills of the Appalachian Mountains. We will be there in the middle of summer so expect it to be on the warmer side. However nights may also be a little cool. Clothing should be lightweight and light colored for the daytime and you should probably bring a sweatshirt or light wind breaker for the nights

Days of Departure:

This primarily applies to those who will be coming up from and returning to Florida and those who will be joining up with the bus on the way to and from Yellow Spring but all campers will be on the bus at one time or another. You may wear whatever you like on the bus as long as it fits within the guidelines of good taste. Since you will be on the bus for many hours, you may want to wear something that's not too binding. If you aren't used to being on a charter bus, they also tend to get cold really fast, so you might want to bring something long sleeved (like a sweat shirt) just in case. A small blanket can also come in handy.

While in your cabins & general sessions:

Your attire should allow you to move freely and comfortably during activities. Shoes are at your discretion and preference while in your lodge or general sessions. Shoes must be worn at all times while outside unless otherwise stated.

General Outdoor Activities:

During general activities (i.e. sports or games), campers are required to wear athletic type shoes or strap on sandals. Slip on shoes like flip flops should not be worn during these activities. Again, it is important to wear lightweight, light colored clothing. Tank Tops are ok as long as they are not low cut. Athletic shorts and shirts are best because they allow for air circulation. No halter-tops spaghetti straps or midriffs will be allowed. Hats are suggested while participating in outdoor activities.



Specific Activities:

■ Recreational and Athletic Activities

- Unless specifically told otherwise, please wear athletic type shoes. Shoes that can easily fall off will not be allowed. Clothes should be light weight and breathable. Jeans for example would not be advised.

■ Swimming or water related activities

- Swim suits should be in good taste so please use discretion in choosing your swim attire. If the staff feels that you are dressed inappropriately, you may be asked to change or cover-up with a shirt.
- Sandals or flip-flops may be worn around the pool or when other activities involve water.
- You will not be permitted to enter your lodge if your dripping wet so please bring your towel with you when swimming at the pool.

■ Paint Ball

- For those of you participating in the paintball activity please be advised that the camp will provide your eye and head protection.
 - ***Paint Ball Game:*** Please understand that there are risks associated with this activity. You must wear your provided eye and head protection while actively participating in your paint ball scenario. You will need to wear closed toed shoes and long pants during the activity but please make sure you can still move freely. You will get dirty, so older clothes that you don't mind messing up are suggested. Additional clothing such as a long sleeved shirt, jacket or other apparel is at your discretion but is strongly advised. ***This is a closely monitored activity, failure to adhere to the clothing guidelines and rules of the activity will result in your immediate removal from the game!***

■ Sunscreen

- Ok, I know that sunscreen does not count as attire but we need you to think of it as if it were. We don't need anybody getting sunburned. If you get burned early in the trip you won't have any fun and you'll probably make the rest of us miserable as well. So from this point on, think of it as just another form of clothing and it is mandatory.



What can't I wear ?

Please don't bring clothing that is offensive or in bad taste. In addition, please do not bring belly shirts or short shorts. Boxers should not be visible and pants should not be worn below the hips. We trust you will use your best judgment when choosing your attire and know you'll make the right decision.

Packing

Each camper is allowed to bring one suitcase or duffel bag and a back pack. If you are traveling with the bus to and from Florida bring whatever you think you'll need on the bus in you back pack as your luggage will be under the bus. **You will also need to have your change of clothes for second day of the trip up as we will only unpack sleeping bags from the bus during our layover in Charlottesville.** Pack light! Remember you are responsible for moving your own luggage. If you can't lift it, don't expect us too.

Electronic Devices

We have discovered over the years that use of personal electronic devices such as cell phones, game-boys, I-pods, walkmans, personal DVD players, etc. at camp can become a distraction. With so many people around, something inevitably gets damaged or misplaced. In addition, they can lead to distractions especially when used at inappropriate times. We highly encourage personal interaction among the campers and use of these items may hinder a camper's opportunity to get to know someone. They can also distract one from the learning process as well as effective communication that could jeopardize a camper or staff member's safety. We understand that use of the devices can at times be beneficial, especially during travel times, so rather than banning them, we have implemented the following rules for electronic use:

I-pods, walkmans or other listening devices are allowed during times of travel to and from camp. They must be surrendered to camp staff at the time of arrival and will be returned to the camper upon departure. Each camper will be provided a bag with his or her name on them for storage while at camp. When these devices are in use by the camper, they are the sole responsibility of the camper. **Personal DVD players are not allowed.**

Cell Phones

Cell phones will be out of range while at camp so they will not be permitted. This includes travel from and to Florida. We know that you can live without them and it's one thing less to pack. If it becomes necessary to contact someone, Each Staff member will have a cell phone while traveling, depending on signal availability. A pay phone will be available at camp for campers to contact family. In addition, each lodge has its own phone. These numbers are located in the Emergency Information Section of the handbook. **Please bring a calling card.**



What's Covered?

Your payment covers:

- Transportation while at camp
- Lodging
- All activities
- All Meals (while at camp)
- One camp T-shirt

What's Not Covered?

Saturday, July 11th (For those traveling on the bus from Florida)

-Lunch and dinner (We will stop for fast food: Approx. \$12.00+/-)

Friday, July 17th (For those traveling on the bus to Florida)

-Lunch and dinner (We will stop for fast food: Approx. \$12.00+/-)

The total expenses for each camper traveling from and to Florida (including GA, SC and NC youth is \$24. NC and SC Campers may deduct one meal from this cost appx \$6.

"Spending Money"

The only time you will have an opportunity or need for spending money (other for the canteen) will be during off property trips for souvenirs. The amount you bring is up to you, but we suggest that you do not bring a lot of money.

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Rules for the trip - camp

- Each member is expected to be on his or her best behavior. We're sure you know what's expected of you and we don't need to elaborate on a whole lot of specifics here. However, there are a few important things you should know.
- Cell phones will not work at the retreat center and often create Distractions. Therefore, cell phones **will not** be permitted. Please bring a calling card to make calls. There are pay phones at the centers. **Please see page 19** for specific rules regarding other electronics.
- Time is of the essence. Please be where you are told to be when you are told to be there.
- Wear the appropriate attire you're asked to wear on each day or event.
- Please remain with the group at all times.
- Feel free to congregate in the main lodge. Under no circumstances is a member of the opposite sex allowed in your lodge. If you need to discuss something with your fellow camper of the opposite sex, please do so in the designated area.
- Sleeping attire may only be worn in your designated cabin. Please do not walk outside in your pj's. your bathrooms are located in your lodge so there should be no reason for you to go outside after curfew.
- Lights out means lights out! Do not leave your cabin after that time.
- Please do not make rude or unkindly comments or carry on inappropriate conversations toward anyone! Keep your comments to yourself; remember that you are representing your church.
- Please let your group leader know if you are not feeling well.
- All campers are required to remain with your group during specific activities and sessions
- And most of all have fun!



Camp Menu

Sunday, July 12

<i>Breakfast</i>	<i>Lunch 1:00</i>	<i>Dinner 6:00</i>
N/A	Grilled Ham & Cheese Chips Salad Sugar Cookies Drinks PBJ Fruit	Southwest Chicken Spanish Rice Green Beans Brownies Assorted Beverages Mixed Rolls Mixed Green Salad

Monday, July 13

<i>Breakfast 8:30</i>	<i>Lunch 1:00</i>	<i>Dinner 6:30</i>
Bagels Hash Browns French Toast Bacon Orange Juice Coffee / Water Cold Cereal Orange / Melon	Pulled Pork BBQ on Roll French Fries Salad Choc Chip Cookies Drinks PBJ Apple / Banana	Turkey w/ gravy Oven Roasted Potatoes Mixed Veggies Brownies Drinks Dinner Rolls Mixed Green Salad

Tuesday, July 14

<i>Breakfast 8:30</i>	<i>Lunch 1:00</i>	<i>Dinner 6:30</i>
Danish Hash browns Pancakes Ham Coffee / Water Cold Cereal Orange / Melon	Chicken Fingers French Fries Salad Oatmeal Cookies Assorted Beverages PBJ Fruit	Roast Beef Mashed Potatoes CA Veggie Medley Frosted Strawberry Cake Assorted Beverages Mixed Rolls Mixed Green Salad

Wednesday, July 15

<i>Breakfast 8:30</i>	<i>Lunch 1:00</i>	<i>Dinner 6:30</i>
Cold Breakfast (High Ropes) Blueberry Muffin Scrambled Eggs Bacon Orange Juice Coffee / Water Cold Cereal Orange / Melon	Boxed Lunch	Spaghetti w/ Meat Sauce Green Beans Chocolate Cake Assorted Beverages Bread Sticks Mixed Green Salad

Thursday, July 16

<i>Breakfast 8:30</i>	<i>Lunch 12:30</i>	<i>Dinner 7:00</i>
Potato Wedges Biscuits 'n gravy Sausage patty Cranberry Juice Coffee / Water Cold Cereal	Hamburgers / Hot Dogs French Fries Baked Beans Cookies Assorted Beverages PBJ Fruit	Pork Loin Corn on the Cob Vegetables Ice Cream Assorted Beverages Flat Bread Salad

Friday July 17

Bagels Hash Browns French Toast Bacon Juice / Coffee Cereal / Fuite	N/A	N/A
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