

Camp St. Raphael



2012 Camper Parent Information

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Beloved Parent/Guardian,

Christ is in our midst!

We are very excited that you have registered your child/children at Camp St. Raphael. Since Camp St. Raphael's first year in 2001, over 900 young people have come through the arches to be surrounded by the love and warmth of our camp. And we are thankful to the LORD that this continues each and every summer.

We are honored that you have entrusted your most precious gifts into our care. We work hard to never take that trust for granted, and feel privileged to be able to partner with you in the spiritual growth of your child.

The following pages contain information to prepare your child (and you!) for his/her stay at Camp St. Raphael. We take the safety and well-being of your child as our first priority, and therefore we ask and expect that you will read each section carefully so that you can properly prepare your camper for this wonderful experience.

This is especially important in that we constantly strive to improve our work and this booklet includes some information which has been changed from previous years.

We look forward to seeing your child this summer at Camp St. Raphael YABOY!
May God keep you and your family in His holy care.

Your servant in Christ,

A handwritten signature in black ink that reads "Fr. James Shadid". The signature is written in a cursive style with a heart symbol at the beginning.

Fr. James Shadid
Camp Director



Preparing Your Camper for Camp Life

The camp experience is like other important experiences in life: the better one is prepared, the more one gets out of the experience. This section covers all of the key areas that require attention before your camper leaves home. One of the first things to do, especially with new campers (but returning campers need reminders, too!) is to talk with your camper(s) about what they can expect. Below are a few sections of things you should review with your campers to help ease their transition to camp life.

A Typical Day at Camp

Each session is filled with activities to allow young people to experience a holistic Orthodox Christian lifestyle. Campers experience an average day with cabin wake-up at 7 AM, breakfast at 8 AM, followed by Orthros at 9 AM. Divided into groups of two or three cabins, the morning program consists of two one-hour sessions, filled with Christian Education classes and other activities to enhance the educational program. Campers have a 30-minute break before lunch to change into afternoon attire.

Lunch is to refuel for an afternoon of sports and fun. All campers attend 3 one-hour afternoon periods where they choose from Arts and Crafts, swimming, soccer, softball, volleyball, basketball, archery, canoeing, “bumping”, and ultimate Frisbee, just to name a few. The campers get a snack at 3:30 before the third afternoon period begins.

5:00 PM offers a rest and needed quiet or social time within the cabin. Evening commences with dinner at 6 PM. Songs and playful chants are often heard at mealtimes and create an atmosphere of love and fellowship. Following dinner is Vespers at 7:00 PM.

Each evening, beginning at 8 PM, all campers come together to be entertained and participate in a wide variety of programs such as serenade night, pool party, skit night, campfire, dances, and much more.

Following evening program, cabin time allows for unwinding and unanswered questions for individual cabins. Contemporary moral issues may be addressed in older cabins while younger units are getting needed rest.

Just about everything about life at camp is different than life at home. Preparing your camper with as much information as possible will be helpful to their adjustment. While giving them a positive preview of their coming experience, let them know that life will be different, and that you want them to gain many new experiences while away. Some of the areas to prepare them for would include the following:

Living Arrangements

Campers are grouped with six or seven fellow campers (about the same age) and their counselors. Living quarters are shared with another group of campers and their counselors. Each cabin has 8 sets of bunk beds and a bathroom equipped with 4 showers, 4 toilets and 4 sinks. Campers are grouped according to age and gender. One of the best aspects of the camp experience is learning to adjust to group living, making new friends and getting along as part of a team.

Meals

Breakfast, lunch and dinner are eaten together as a community in our Dining Hall. Rest assured, our menu is both nutritious and attempts to meet the variety of tastes of the kids. Many items will be to your child's liking, some items served may be things your child may never have tried before, while other items may be things they dislike. Help your camper by relaying your expectation that they will try new things and eat what is served. If for medical reasons there are dietary restrictions for your camper, please notify the camp in writing and include it when you return the health form

Fasting

As an Orthodox Christian camp, we adhere to the tenets of the faith, and therefore, on prescribed days we follow the fast of the Church in a very simple and humble attempt. Our fasting practice at Camp St. Raphael is to refrain from meats on fasting days. While we recognize that families follow different fasting practices, here at CSR we feel this is a reasonable expectation of all campers and staff to aid us in our spiritual growth. We encourage you as parents to speak with your children about fasting while they are at camp.

Camp Activities

Life at camp takes full advantage of our outdoor setting. Activities include field sports, Challenge Ropes Course, archery, swimming, canoeing, and boating. Rainy days are a frequent occurrence, so rain gear is a must.

Conduct

All campers are expected to act in ways appropriate to an Orthodox Christian setting. While all disciplinary action will be taken to attempt resolution on site, the Camp Director reserves the right to dismiss campers for gross violations of camp rules. Parents will be responsible for arranging and covering costs for their child's early departure.

Independence

Last but not least, one of the major adjustments campers experience is being independent from parents, with typically no contact during the camping session. This can be one of the most positive experiences they can have at camp and one which can be invaluable in the process of growing up. Be aware that you as a parent may need to prepare for this as much—if not more—than your camper!

Arrangements Parents Need to Make Before Camp

Fees

Balance of all payments is due by June 1, or the camper's spot may be moved to the waitlist for the session in which they were previously enrolled. Special payment arrangements can be made by writing the Executive Director, but such requests must be received prior to the June 1 deadline. All balances will be billed to the camper's parents, regardless of any parish subsidies, so parents are encouraged to ensure that all parish subsidies are paid before the June 1 deadline to avoid losing their camper's spot in the session.

Early Bird Discount – if all fees and paperwork are received by May 1st there is a \$25 savings.

Late Fee – anything received after June 1st will be assessed a \$25 late fee.

Airport Fee – each camper flying to CSR will incur a \$10 fee.

Scholarship Information

Each parish in the Antiochian Archdiocese receives \$700 in scholarship funds from the Order of St. Ignatius of Antioch. Your parish priest determines the disbursement of these funds and can be consulted for all details. **Parish priests must return these forms to the Department of Camping office at the Antiochian Village no later than March 1 or these funds will be disbursed to other needy campers through the general Campership Fund.**

Cancellation and Refund Policy

We appreciate prompt notification in the event of cancellation. Cancellations before June 1 will receive a full refund less the deposit. After June 1, refunds of tuition payments may be requested in writing and will only be granted if a replacement for the open spot is found, except in cases of family emergency (not family choice). The deposit is non-refundable and non-transferable.

Health Care

The Health History and Medical Examination form is available for download at www.campstaphael.org and must be filled out in its entirety by you and the camper's doctor, and returned to our office no later than June 1. The Medical Staff reviews all medical forms in advance. Forms are occasionally lost in transit when being sent, so please make a copy of the completed form before mailing the form in. **There will be a \$25.00 fee for any forms received after the deadline.** If your child has any medical issues or conditions requiring special accommodations at camp, please contact the Executive Director as soon as possible. Please do not allow embarrassment to prevent us from providing adequate care for your child in your absence. The form is confidential and the information is only available to the Executive Director, Camp Director, the Health Staff, and any trip leaders. A Registered Nurse or Physician is in residence during the camping season to take care of any health care needs. Upon your camper's arrival, he/she will meet with the Medical Staff or Executive Director to review any medical concerns. **All medication (prescription and over the counter) will be collected upon arrival at camp, so please pack them in an accessible location. Prescription medication must be brought in the original prescription container with the original pharmacy label.**

Health Insurance

All campers should be covered by their family policy. While Camp St. Raphael will act as guarantor, any costs incurred by the Camp in providing required treatment for doctor's appointments, prescriptions, etc., will be billed to the camper's parents or guardian.

Travel Information

For parents sending their campers to camp via plane (\$10 airport fee), car, or group bus, all travel information must be received by June 1. A \$25.00 charge will be assessed for any travel information received late.

Packing for Camp

Snacks and Care Packages

No snacks need be sent with the campers or mailed to camp as they will be entitled to three large meals plus two snacks per day. The cost of these snacks is included in the camper fee. Here at camp, packages with food or candy are simply an invitation for rodents and ants to come to a scrumptious

dinner. Treats from home also often lead to stomach aches and improper nutrition, and complicate relationships between campers with treats and those without.

Christian Modesty

While camping is of its nature informal, Christian modesty should be your guiding principle when packing. Excessively revealing clothing should not be packed as inappropriate clothing will not be permitted to be worn. Inappropriate clothing includes, but is not limited to: open back tops, low-cut fronts, skin tight clothing, half shirts, two-piece bathing suits, tank tops with less than two finger-width straps, shorts cut shorter than a few inches above the knee, low-cut waistlines, clothing bearing inappropriate logos, sayings or advertising, and tank-top undershirts. No more than two pairs of earrings are permitted for girls, none for guys. Excess earrings and other body piercings must be removed prior to admittance to camp. Tattoos must be covered at all times while at camp. Sagging pants and exposed underwear are a no-no as well.

Because of our outdoor setting with uneven terrain, tree roots, etc, backless shoes (flip-flops, etc.), open-toe shoes are discouraged at camp. Athletic shoes must be worn while playing sports during Afternoon Program.

Rain is a frequent occurrence so proper rain gear is required so that programs can continue in spite of light rain.

Dress for daily church services is casual with Christian modesty as the guide. For Divine Liturgies, celebrated once each session, boys are expected to wear a shirt and girls should wear a dress or skirt and blouse, with skirt length at least knee-length or lower.

We do not recommend bringing expensive or name-brand clothing or other expensive items to camp. Each article of clothing and all gear must be clearly labeled for identification. Please write name or initials on all articles of clothing and belongings. Cabin storage space is limited, so each camper should bring no more than two pieces of luggage: one suitcase/duffle bag and one carryon size small bag or backpack. All items left behind will be given to local charities.

Camper Packing List

Camper's Packing List

- ❑ Change of clothes for at least 7 day
 - Shorts – **must be to the length of your fingertips – no short shorts**
 - Shirts – no open backs, low-cut fronts, half shirts – no tummies showing!
 - Sweatshirt/sweater – nights can get chilly
 - Socks/underwear
 - Bathing suit – NO two pieces, **that does include a tankini**

- ❑ Nice outfit for Divine Liturgy
- ❑ Sturdy athletic shoes – for afternoon program and some evening programs
- ❑ Sleeping bags/sheets and blanket
- ❑ Pillow
- ❑ Towels/washcloths
- ❑ Lightweight poncho or rainwear

- ❑ Toiletries: comb/brush, toothbrush, toothpaste, soap, shampoo, deodorant (non-aerosol)
- ❑ Insect Repellent

LEAVE HOME...

Food

All electronics (CD/MP3 Players, iPods, electronic games, etc.)

Cell Phones – these will be kept with the Camp Director upon arrival and returned when the camper leaves camp property

Jewelry and other valuables, including sports equipment

All alcohol and tobacco products

Immodest apparel

Dangerous implements, i.e. knives, axes, fireworks, etc.

Any illegal substances (campers found with any will be sent home immediately)

Pets

Any aerosol products (hairspray, deodorant, insect repellent, etc)

Spending Money

No spending money is needed during camp. Everything that is available at camp is included in the camp fee!!

During the Camping Session

Contact with your child

The active camp schedule prevents regular contact with your camper. If your child is sent to camp via airplane your child will be required to call home immediately after meeting with CSR staff in order to confirm his or her safe arrival. The chaperone of the buses will be responsible for contacting the parents upon arrival. Receiving or placing phone calls during the session disrupts the program and often makes homesickness worse, so we do not allow them except, as stated, for emergency circumstances. You therefore will probably not hear from the camp or your camper and “no news is good news!” If your camper suffers serious injury or illness, you will be promptly notified. These would include any issue requiring off-camp health services or an illness in which a fever lasts for more than 24 hours.

Should an emergency requiring communication with your child arise, please call the Camp Office at 918-476-5191 and ask for Father James or Gayle Malone.

Getting Your Camper to and from Camp

Arrival by Ground Transportation

Campers can begin arriving at Camp St. Raphael on Sunday at 1:00 p.m.. If you arrive in the area prior to that please plan on staying with your camper. The staff will be finishing last minute preparations. Check in is from 1:00 p.m. – 5:00 p.m.. If for some reason you can not arrive during this time please contact us.

Departure by Ground Transportation

Camp ends on Saturday. Please plan on picking up your campers between the hours 9:00 am and

11:00 am. Remember no one likes to be the last one picked up. Since we lease space at Camp Takotaka please check for your campers belongings (suitcase, sleeping bag, and pillow). When we, the staff leave, everything stays and becomes property of Camp Takotaka

Arrival by Airplane

Arrival by airplane is accepted but is not encouraged. There is a \$10 airport fee per camper traveling by airplane. The nearest airport is one hour away from camp. Campers will be picked up from the Tulsa Airport between the hours of 11 am – 1pm. Arrivals prior to that or after that will have to be approved by the Executive Director. Campers will be picked up at the baggage claim by a CSR staff member in their official t-shirt.

Departure by Airplane

Campers leaving by airplane will be taken to the airport in groups. Flights need to depart between the hours of 11 am and 1pm. If your child will have a flight that departs different from the allotted time please contact the Executive Director prior to booking the flights.

Driving Directions

Camp St. Raphael leases space from the Greater Tulsa YMCA, Camp Takotaka. The physical address is 32701 E. 660 Rd, Chouteau, OK 74337. Please check with www.mapquest.com or www.google.com for directions from your location. If you get lost please call the camp at 918-476-5191.

Arrival and Departure Times:

| | | |
|--|------------|-----------------|
| Tulsa Airport (\$10 fee per camper flying to camp) | | |
| Arrival Day | (Sunday) | 11:00 am – 1 pm |
| Departure Day | (Saturday) | 11:00 am – 1 pm |
| Ground Transportation | | |
| Arrival Day | (Sunday) | 1 pm – 5 pm |
| Departure Day | (Saturday) | 9 am – 11 am |

Dates to Remember

| | |
|---------------------------|--|
| Requests for Scholarship | Send in no later than March 1. |
| Early Bird Discount* | Forms & payment must be received by May 1. |
| Completed Health Form** | Send in no later than June 1. |
| Send travel information** | Send in no later than June 1. Must include airport fee. |

To receive the Early Bird Discount all fully completed paperwork and fees must be received.
\$25 late fee will be added to all forms received after June 1st.



Camp St. Raphael Camper Policy for Online Social Networking and Blogging Websites

In general, Camp St. Raphael views social networking sites (e.g., MySpace, Facebook, etc.), personal Web sites, and Weblogs positively and respects the right of campers to use them as a medium of self-expression. If a camper chooses to identify himself or herself as a camper at Camp St. Raphael on such Internet venues, some readers of such Web sites or blogs may view the camper as a representative or spokesperson of Camp St. Raphael. In light of this possibility, Camp St. Raphael requires, as a condition of participation in the camp, that campers observe the following guidelines when referring to Camp St. Raphael, its programs or activities, and/or its campers/staff, in a blog or on a Web site:

- 1) Campers must be respectful in all communications (text and photos) and blogs related to or referencing the camp, its staff, and other campers. Any photos or messages that are linked or "tagged" from "friends" and attached to your site(s) or profile(s) that are inappropriate should also be removed.
- 2) Campers must not use obscenities, profanity, or vulgar language.
- 3) Campers must not use blogs or personal Web sites to disparage Camp St. Raphael, other campers, or staff of Camp St. Raphael.
- 4) Campers must not use blogs or personal Web sites to harass, bully, or intimidate other campers or staff of the Camp St. Raphael. Behaviors that constitute harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, color, or disability; sexually suggestive, humiliating, or demeaning comments; and threats to stalk, haze, or physically injure another person.
- 5) Campers must not use these venues to discuss engaging in conduct prohibited by camp policies and an Orthodox Christian lifestyle, including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment, and bullying.

Any camper found to be in violation of any portion of this policy will be subject to immediate disciplinary action, up to and including dismissal at the discretion of the Camp Director.