

Camp Transfiguration



The Light on the Mountain

Camper Parent Information

info@camptransfiguration.org
www.camptransfiguration.org

Dear Parent or Guardian,

I want to thank you for registering your child for Camp Transfiguration! We are very excited for our new camp location, Camp Kennebec!

We understand the trust required by you in allowing us the privilege of caring for your child during his or her stay here. All of our work is done in service to you, as parents, as we work to partner with you in the most important job anyone can have, raising a child. It is my hope that our efforts here will result in your child making progress during their time here: physically and spiritually, emotionally and socially.

This booklet contains information vital for allowing us to ensure that this takes place. 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 your child is prepared for the camp experience.

Your cooperation is vital to our ability to care properly for your child and therefore is greatly appreciated. We look forward to seeing your child this summer!

Your servant in Christ,
Alex Younes
Camp Director

PREPARING FOR CAMP

The camper experience is like other important experiences in life: the better one is prepared, the more one gets out of the experiences. This section covers all of the key areas that require attention before your child leaves home.

CAMP LIFE: 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. Some of the areas to prepare them for include the following:

* **Living arrangements:** Cabins are made up of 7 campers plus their counselor. Campers are grouped according to age and gender. Every effort will be made to properly match campers with a compatible group taking into consideration spoken language and birth date that are near to the camp date.

* **Meals:** Breakfast, lunch and dinner are eaten together, with the whole camp, as a community in the Dining Hall. We will do our best to provide a menu that is both nutritious and attempts to meet the variety of tastes of the kids. Because of our need to feed well over 100 people in relatively short period of time, we are not able to handle special requests for meals. However, if your child has food allergies please specify this in the medical form and we will make the necessary accommodations.

* **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 child!

* **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 the camp rules. Parents will be responsible for arranging and covering costs of their child's early departure.

CAMP ACTIVITIES: Life at camp takes full advantage of our outdoor setting. Activities include: Life at camp takes full advantage of our outdoor setting. Activities include: water skiing, water slide, horseback riding, ropes course, wall climbing, wakeboarding, water tubing, zip line, water trampoline, field sports, basketball, volleyball, tennis, ball hockey, fishing, swimming, canoeing, kayaking and sailing.

MEDICAL INFORMATION: The Health form must be filled out in its entirety, and submitted along with the registration form. All information is required so as to prepare the camp nurse and applicable staff of any

health care needs to provide appropriate care. This information is kept confidential with the camp nurse and director and a need to know basis for the applicable staff. A Registered Nurse will be on site, full-time, during the camping session to take care of any health care needs.

CANCELLATION: We appreciate prompt notification if a camper must cancel. Cancellations before **July 1**, will receive a full refund less the deposit. After **July 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.

INSURANCE: All campers should be covered by their family policy. While the camp 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 parents. **For Canadian residence please send the original Provincial Health Insurance card (and not a photocopied) with your child.**

CAMP LOCATION: Camp Kennebec is nestled in the heart of Ontario's Land O'Lakes region, 900 acres of forested land and 6 miles of waterfront. Located are 3.5 hours east of Toronto, 1.5 hour north of Kingston, 4 hours west of Montreal, and 2 hours west of Ottawa

ADMINISTRATIVE MAILING ADDRESS: Mail all camp material (including. registration, medical forms, transportation forms, etc) to the following address: Camp Transfiguration c/o 41 Catherine Place, Dollard des Ormeaux, Quebec, Canada H9G 1J4.

*Note – please note that this is **NOT** the camp address, this address is only for sending camp related material. For the camp address please refer to next section below.*

DURING THE CAMPING SESSION

Relax!: While your child is at camp, take advantage and enjoy the (temporary quiet!). If you miss your child, write a letter or two— campers love getting mail. Send letter to the camp mailing address. Know that your child is in good hands.

VISITING POLICY - On check-in day, please feel free to visit the campground, facilities, and staff. However, in order to minimize homesickness, we ask that there be no visitors at camp during the regular camping session.

CONTACT WITH YOUR CHILD: The active camp schedule prevents regular contact from the camper. If your child is sent to camp via plane, bus or train, your child will be required to call home collect immediately after checking in, in order to confirm their arrival. Thereafter, outgoing calls may be allowed only at the discretion of the Camp Director, and only for urgent matters. Receiving or placing phone calls during the session disrupts the program and often may cause or make homesickness worse. Therefore we do not allow them except for emergency circumstances. You therefore will probably not hear from the camp, “no news is good news!” If your child suffers serious injury or illness, you will be promptly notified. These would include any issue requiring off-camp health services or illness in which a fever lasts for more than 24 hours.

In the event of an emergency and you need to be in contact with a camper, please telephone the camp at 1-877-335-2114. Again this is for emergencies only.

CAMP ADDRESS: If you would like to send your child mail at camp please send it to the Camp Address: Camp Transfiguration, 1422 Cox Rd., Arden, Ontario, Canada, K0H 1B0.

Please don't send any camper related forms to this address. Send all camper related forms to the Administrative Mailing Address.

SPENDING MONEY: The camper fee covers all camping expenses. However, your child might want to bring spending money to shop at the camp bookstore and snack shop (e.g. icons, prayer books, other religious items, snacks, camp paraphernalia, etc). Suggested amount of \$30 will be sufficient. No money shall be kept with the camper in their cabin. The money will be collected during check-in, at the camp, and any remaining balance will be given back upon departure. Please do not send cash to your child in the mail while they are at camp.

CARE PACKAGES: No snacks need be sent with your child or via the mail, as the camp will offer snacks.

LAUNDRY: No laundry facilities are available; therefore, pack enough clothing to last at least one full week. Note, laundry will be available for accidental emergencies (i.e. bed wetting).

Arrival and Departure

CHECK-IN: Campers will be checked-in between **1:00 pm and 4:00 pm** on **Sundays**. Please **DO NOT** arrive before **1pm**. The process will include: introducing your child to their counselor, meeting the nurse to go over the medical form, discuss any health issues and/or turning in all medications which will be dispensed from the infirmary, and collecting their Provincial Health Insurance Card to prevent loss. In addition all cash will be turned in and accounted for by a member of the camp staff.

CHECK-OUT: The camping session ends on **Saturday**. Campers and CITs must be picked between **9:00 am and 11 am**.

TRAVEL INFORMATION: The Camp provides round-trip ground transportation for campers arriving by air, bus or train. Campers are met at the gate upon arrival and escorted back to the gate for departure by a uniformed staff member. Please contact the camp before making any travel arrangements.

All travel information, including: airline/bus/train name, number, arrival and departure times and location, must be emailed to the camp at least two weeks prior to arrival. Please plan arrival, at airport or station, for **Sunday**, at or as close to 1 pm, and departure, **Saturday**, between **9:00 am and 11 am**.

PACKING FOR CAMP

DRESS CODE: While camping is of its nature informal, Christian modesty should be taken into account when packing for your child's stay. Clothing should not be excessively revealing, as inappropriate clothing will not be permitted to be worn. **Inappropriate clothing would include, but not be limited to: open back tops, low-cut tops; skin-tight clothing; half shirts; two piece bathing suits, tank tops with less than two-fingers width straps; shorts or skirts shorter than a few inches above the knee; and low-cut waist-lines. No more one earring on each ear, for girls— none for boys. No other piercing are permitted on another other part of the body. This policy will strictly enforced.**

Dress for daily church services is casual but long pants and covered shoulders are required. For divine Liturgies, boys are expected to wear a collared shirt with casual slacks, and girls should wear a skirt and blouse or a dress.

PACKING LIST

We do not recommend bringing expensive or name brand clothing or other expensive items to camp. Cabin storage space is limited, so each camper should bring no more than two pieces of luggage.

Items You Should Bring:

- | | |
|---|---|
| <input type="checkbox"/> Change of clothing for at least 7 days, with all items marked in indelible ink or name labels. | <input type="checkbox"/> Toiletries: comb/brush, toothbrush, toothpaste, soap, shampoo, deodorant (non-aerosol) |
| <input type="checkbox"/> Long pants (jeans or sweats) | <input type="checkbox"/> Sweater, sweatshirt, or light-weight jacket |
| <input type="checkbox"/> Sturdy tennis/running shoes | <input type="checkbox"/> Underwear (enough for 7 days) |
| <input type="checkbox"/> Rain gear (rain boots, rain coat, poncho) | <input type="checkbox"/> Modest swimsuit (one piece only) |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> beach towel |
| <input type="checkbox"/> Sleeping bag, pillow, and pillowcase | <input type="checkbox"/> Laundry bag marked with child's name |
| <input type="checkbox"/> 2 bath towels, washcloth | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Hat or baseball cap |
| <input type="checkbox"/> Insect repellent (non aerosol) | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Water shoes | <input type="checkbox"/> Nice outfits (about 2) for Divine Liturgies |
| <input type="checkbox"/> Tee-Shirts | |

Items Should Not Bring

- | | |
|---|--|
| <input checked="" type="checkbox"/> Food | <input checked="" type="checkbox"/> All tobacco products |
| <input checked="" type="checkbox"/> Electronic items (MP3, cell phones, games, etc) | <input checked="" type="checkbox"/> An illegal substances (campers found with any will be sent home immediately) |
| <input checked="" type="checkbox"/> Immodest clothing | <input checked="" type="checkbox"/> Dangerous items (knives, axes, fireworks, etc) |
| <input checked="" type="checkbox"/> Pets | <input checked="" type="checkbox"/> Any Aerosol products (hairspray, deodorant, etc) |
| <input checked="" type="checkbox"/> Any type of sandals | |

Camp Transfiguration is not responsible for lost, damaged or stolen items

Please consult the camp website for other information

DIRECTIONS

From Toronto:

- Take Highway 401 East to Belleville then Highway 37 North to Tweed.
- When you reach Highway 7, turn right, (East) to Perth and Ottawa.
- Stay on Highway 7, through Kaladar.
- Approximately 20 minutes East of Kaladar, look for Arden Road.
(suspended yellow flashing light above the highway)
- Turn right onto Arden Road and follow the directions listed below.

From Ottawa:

- Take Highway 417 West to Highway 7 West to Carleton Place and Perth).
- Stay on Highway 7 through Perth and through Sharbot Lake.
- Approximately 20 minutes West of Sharbot Lake, look for Arden Road.
(suspended yellow flashing light)
- Turn left onto Arden Road and follow the directions listed below.

From Kingston:

- Take Highway 38 North to Sharbot Lake.
- When you reach the flashing light at Parham, turn left (West) and
- Travel to your first right. (Long Lake Rd)
- Turn right onto Long Lake Road and follow it to Highway 7.
- Turn left onto Highway 7 and travel 4 kilometers to Arden Road.
- (Suspended yellow flashing light)
- Turn left onto Arden Road and follow the directions listed below.

From Montreal:

- Take Highway 40 West to Ottawa.
- Take Highway 417 West through Ottawa to Highway 7 (West to Carleton Place)
- Stay on Highway 7 through Perth and through Sharbot Lake.
- Approximately 20 minutes West of Sharbot Lake, look for Arden Road.
- (Suspended yellow flashing light)
- Turn left onto Arden Road and follow the directions listed below.

Directions to Camp Kennebec:

Once on Arden Road

- **Follow Arden Road into the town of Arden.**
- **At the outskirts, turn right onto Cox Road. (the gravel road just after the Municipal Garage)**
- **Follow Cox Road until you see the 911 blue sign #1422 and the Camp Kennebec sign.**
- **From the sign camp it is still 4 kilometers.**

Camp Kennebec

1422 Cox Rd.

Arden, Ontario, Canada

K0H 1B0

1 877 335 2114

1 613 335 2988 fax