

St Andrews Camp Manual

Compiled by John Mace

Welcome!

We are delighted you will be joining us this summer. You will be joining a long line of former and current campers who now serve their Church and communities in so many different ways as a direct result of participating in summer camp programs at St. Andrew's.

We are so proud of our history and our many, many summers of providing a safe, fun, spiritual environment in which our campers can grow, with confidence in themselves and in their love of the Lord and each other.

Camp Philosophy:

"With us, everything should be secondary compared to our concern with children, and their upbringing in the instruction and teaching of our Lord." - St. John Chrysostom

This beautiful quote sums up our mission at St. Andrew's Camp. Our summer camping program gives young people an opportunity to live in a true Orthodox community, and enjoy all the facets of daily Christian living. Our program aims to instill a truly Christian attitude to all forms of activity - prayer, worship, music, games, learning and participating in new skills, as well as eating, and working together, in fellowship. Our goal is to give campers understanding that their spiritual life goes beyond "just" loving Christ, beyond just worship on Sunday. Our spiritual life, seeking to live as the Lord taught us, is an integral part of everything we do.

Campers learn more about their faith and developing a deeper relationship with God. Each camper is also challenged to put faith into practice in daily living—working to bridge the sometimes - challenging gap between ideals, principles, and everyday life.

Camp History:

At St. Andrew's, we realize the way we live and the way we treat each other are modeled on what Christ taught us all - to love and respect one another. That is the teaching that guides all we do here, and has since our beginnings, with our first summer season in 1957. Our camp is based on the principle of respect for each person, and for the rules we have as a community. Our rules are developed to keep campers safe, and to provide a nurturing and healthy environment for all.

Since 1955 we have served over 2,000 children. Our campers are primarily Orthodox children, with a variety of backgrounds and ethnic heritages. Our inclusive program is open to all, but all are expected to participate in the daily Orthodox worship and liturgical life of the camp.

Rules for Daily Living at St. Andrew's Camp:

Here are some guidelines campers and parents need to know. We all work together to abide by them:

- Campers are expected to be courteous and kind to each other, as well as to all staff, clergy, and visitors. They are expected to follow the instructions given by their counselors and other staff.
- We work together to practice an acceptable style of communication: no put-downs, name-calling, or cursing. And physical threats or actions are never acceptable. Remember campers, you are a role model not only to the younger campers, but also to each other.
- Words can hurt if we are not careful, so we choose kind ways of communicating our feelings. Staff is committed to this philosophy, and we work with our campers to help them develop the skills they need in this area. Repeated violations of this respect policy will, however, result in camper dismissal, as we are

here to create a safe, fun, and spiritual environment for all.

- In any community, even a caring Orthodox Christian community like St. Andrew's Camp, some disagreements will arise. Our model is Christ for resolving differences in love. If you have a serious disagreement, see a counselor immediately. Don't take it upon yourself to resolve an argument. Counselors are here to help campers learn to deal with conflict in a healthy, Christian manner.

General Camping Program:

- We host 1-week sessions with a teen week for older campers (age 13-17) The program includes daily community worship, sports, swimming, archery, crafts and music. Each year there are special themes for each week, including horse/riding activities, music and choral singing and camping and ecology skills. Many of our long-term campers enjoy staying the entire summer, and this is permitted as long as there is space available.

Teen Program:

- This is offered the last week of camp, for campers aged 13-18. Teen Week features many activities and leadership opportunities especially designed for older campers.
- A visiting clergy member leads the teens through age-appropriate discussions about the unique issues facing young people. We talk about and tackle some of the tougher challenges facing Orthodox youth today. We talk about the difficulties and opportunities of being a Christian in a post-modern society.
- Several activities are planned off-site.
- Teens and campers also play an active part in the week's worship—including singing in chapel, reading psalms and the Epistle, and helping Father prepare the chapel for liturgy and serving in the altar.

How to Apply/Register

Applications for all programs are available for your review and for you to download on our Web site: www.standrewscamp.org. You'll find our calendar, and lots of great photos of campers having fun at camp. We're glad you'll be joining them this summer! Any questions you have are just a phone call or an e-mail away. Please contact us, parents; we'd love to help answer any concerns. Please note the following:

- All registration forms must be completed as soon as possible, no later than one week prior to arrival at camp. This includes health forms.
- Our camp calendar, on line, gives the dates for each of our sessions this summer
- If you have further questions, or need to talk to a staff member, please call or e-mail, (315) 675-9771, saintandrewscamp@AOL.com.
- The Web site also shows our weekly tuition, which includes the registration fee. We work hard to keep costs down to make St. Andrew's available to as many campers as possible.

Scholarships:

A limited number of scholarships are available. Many parishes try to provide scholarships, partial or full, for campers from their area. Check with your parish priest for the availability of these. RBO also offer partial scholarships to their members for St. Andrew's Camp.

Campers' Arrivals:

We know campers are eager to arrive at St. Andrew's and begin their summer adventures! We are eager to meet you too. However, we remind parents that while Sunday is arrival day, there is also Liturgy on Sunday mornings. Campers can arrive with parents between 1 pm and 3 pm on Sundays. Campers need to be checked in at camp by 3 pm at the latest in order to participate in orientation activities.

Arrangements can be made to meet your campers at the Syracuse airport, train, or bus stations, but arrival times cannot conflict with staff worship at Liturgy on Sunday mornings. Pick up times between 12:30 and 2:30 pm on Sunday are available for a small charge. Due to camping programs we are unable to accommodate other arrival times. **Please let us know at least a week in advance if we need to meet your camper in Syracuse, to allow for staff planning and travel.**

Campers' Departures:

We hope that your child will have such a wonderful time at St. Andrew's that they won't want their session to end, but unfortunately every summer visit has to come to a close at some point. Camp sessions end on Saturday, but campers must remain at camp to complete the Saturday morning schedule. This includes final room clean ups, room checks, and saying their goodbyes. Please pick your camper up between 1 pm and 3 pm on the Saturday they depart. AT the end of Teen Week pickup time is between 12 and 2 pm. For safety purposes, parents MUST check their camper out formally with the Camp Director before leaving.

Camp Life and What to Bring:

Whether you are a first-time camper, or a seasoned returnee, we know you are excited about the fun this summer will hold! To help, we have developed this list of what you need to bring. Years of experience in working with children have helped us to develop this list. We ask parents' help in making sure that only appropriate items are brought to camp, so that all may enjoy their weeks in the beautiful, wooded, lakeside, rural atmosphere of St. Andrew's.

Camp is an easy, relaxed lifestyle, where the peer pressures of city and suburbs are pushed aside as much as possible. We encourage campers to enjoy their God-given physical attributes and talents, and not spend too much time on makeup, hair styling, and the like. We encourage campers to get outside in God's beautiful world and run, play, swim, garden, and hike, without too much attention to fashion and style. To that end, we have created these guidelines for apparel:

- Easy to wash-and-wear clothing is the norm.
- Weather fluctuates; with mornings that can be cool, days that are hot and humid, and evenings that can be either. It is appropriate to send your camper ready to dress in layers: sweatshirts or fleece for the mornings, and lighter cotton clothes for the afternoons. Do not send expensive clothing to camp. Send clothing that can be played in, can get dirty, and that will wash well.
- Please pack lightly, but appropriately. Drawer and storage space is limited. Boys will have a footlocker for storage; girls will only have two drawers.
- The bottom of beautiful Oneida Lake can be shelly and rocky. Please send appropriate water shoes. Swimsuits should be modest and appropriate for swimming and water activities, not just sunbathing.
- Clothes are washed weekly for those staying at camp for more than a week. **Please label all clothing.** Laundry is done in individual camper batches, and is NOT separated by color. Each camper needs a marked laundry bag, with marked clothing. This is extremely important to avoid losing clothes.
- A \$15.00 charge to mark clothing will be made if campers arrive without marked laundry, or a laundry bag. Please help us use our staff time most efficiently by preparing these items in advance. Your cooperation is greatly appreciated.

Clothing List:

We are at camp to have fun, and to show appropriateness in all aspects of Christian life. This includes our clothing. To that end:

- No tee shirts with advertisements for beer, liquor, or drugs, or with sexual innuendo, or anything deemed inappropriate by staff. (If these come to camp, they will be held for you in the Camp Director's office. We strongly encourage parents to monitor what children bring to camp.) Plain t-shirts are most acceptable.
- Remember, modest is hottest. No pants with words written across the rear, no low cut tops, tube tops, or shirts with risqué or mean sayings. (We reserve the right to hold clothing that is not appropriate for camp)

life until the camper leaves at the end of his/her session.)

- Saint Andrew's Camp colors are hunter green and white. Camp tee shirts and sweatshirts are available for purchase upon arrival. These look great with khaki shorts, pants, or jeans!
- 8 short-sleeved tee shirts.
- 4 pairs of long pants.
- 4 sweatshirts or fleece shirts.
- Rain jacket or poncho (you will miss this if you don't have it when we get our summer downpours!)
- For boys: 1-2 dress pants for Liturgy, along with 2 shirts with a collar. Polo shirts or button down shirts are fine.
- 2 skirts or dresses for girls for Liturgy. No short, short dresses, or material that is overly clingy or low cut. Remember girls, we are going to God's house to worship, and while it is appropriate to look nice, it is important to dress modestly too.
- Swimsuits (1 or 2), appropriate for a church camp setting. One piece is best for girls. Swim trunks or jams are best for boys.
- Warm pj's (cold nights); lighter sleepwear (humid/hot ones)
- Sneakers, closed-toed shoes, and water shoes. There are limited places to wear flip-flops due to insects, rocks, uneven ground, and other safety issues. Camp grass is very WET in the morning on the way to Chapel and breakfast. Consider bringing a few pairs of shoes if possible, so one can dry while you are wearing the other. Heels are not practical at camp and heels higher than 1 inch are inappropriate in our casual camp atmosphere.
- Soap, shampoo, toothbrush, toothpaste, toiletries. (Note: all medicines must be checked in by parents, and locked down by the Camp Director. Medicines include aspirin, cold medicines, Tylenol, etc. Campers may **NOT** keep these in their possession)
- Pillow and pillowcase.
- BEDDING: Either twin sheets or sleeping bags are allowed. Also 2 BathTowels and 1-2 beach towels should be included.
- Stuffed animals or other stuffed friend to cuddle with (for our younger campers, and older ones too!)
- Playing cards, books to read and share, stationery, autograph books, small board games that you can keep in your room or bunk area.
- Hat to cover your face from the sun, sunscreen and insect repellent.
- Don't forget you are packing for the country—your high heels and really good shoes and clothes will only get ruined here! Besides, you'll be having too much fun to wear them—leave them at home!

What NOT to Bring:

Because our program is geared to helping campers focus on their relationship with peers, and to grow in their relationship with staff, friends, and with God, we ask that all personal electronic gear be left at home. We believe that using electronics at camp can become an isolating distraction. Don't worry campers—we love music at St. Andrew's, and we sing and dance and listen to music all the time. We just try to do it **together!** There is nothing like singing around a campfire, or dancing to a live band together! We even have an occasional movie night, and of course you'll sing at Church with us, even if you think your voice isn't the greatest

Please leave these items at home, and you'll be surprised at how little you'll miss them when you are outside enjoying camp life:

- Boom boxes
- Cell phones (can be kept locked up in the office for calls home at the appropriate time with staff supervision)
- Personal CD players and MP3 Players, iPods
- Game boys and other video/computer games
- Laptops, blackberries, etc
- Clock radios (we'll make sure you get up on time!)

Banned Items:

Additionally, **ALL FIREARMS, DRUGS, WEAPONS, AND FIREWORKS ARE ABSOLUTELY AND UNEQUIVOCALLY PROHIBITED AT CAMP.**

ANY CAMPER CAUGHT USING OR POSSESSING THE ABOVE BANNED ITEMS WILL BE IMMEDIATELY DISMISSED FROM CAMP!

Daily Camp Life:

One of the many wonderful things about St. Andrew's Camp is that while many things are consistent each summer: worship, fellowship, campfires, etc, each staff member brings unique skills and talents to camp. That makes every summer a little different, but every summer full of fun!

Some General Things For You To Know:

- We may take an all-camp trip. Some of our visits are to yearly favorites: Thousand Islands, The Baseball Hall of Fame, beautiful state parks for cookouts and swimming. Where we go varies each year, but we always have fun together! Campers can bring \$5 to \$10 of spending money each week, if they would like. This is checked in with the staff upon arrival at camp, and can be used to purchase souvenirs or concessions on our weekly trips. Spending money is NOT required, as we provide lunch for campers on each trip.
- **Special Nights** are a St. Andrew's favorite with campers and staff alike! Each Thursday evening has a theme: the day revolves around preparing and celebrating it. We have costumes, crafts, music, meals, and songs for each evening's theme. Wait 'til you see what you and your fellow campers come up with!
- If you'd like to pack some props, that's great. We'll help you make them if you don't. Themes this year include Hawaiian Night (a St. Andrew's long-time tradition from the 60's!), Country Western Night, Mediterranean Night, Slavic Night, and Latin Night. Come ready to enjoy the party—and to sing, dance, and have fun!
- **Skit Nights** are also part of our camp tradition. Not a great actor? Who cares, you'll still have fun acting around each Friday night campfire! After the show, enjoy some marshmallows and laugh about the zany skits you saw and performed in!
- **Electives** are part of each camper's day. In addition to daily arts and crafts, nature study, and religious education classes, there is one daily elective period selected by the camper. These include fun things like camp crafts, music, swimming, dance and exercise class, rowing, sports skills, and whatever other activities each summer's staff comes up with. Electives are a chance to try something new, and learn a new skill.
- **Free Swim:** Swimming is available under the supervision of trained lifeguard staff. Campers will take a test to assess their swimming skills, and are allowed only in certain water areas based on their skill level. (Plans for the future at St. Andrew's include a pool to allow for the development of greater swimming skills for campers.)
- **Sports Programs:** All campers enjoy the physical exercise of a variety of sporting activities, played daily, weather permitting. These include volleyball, softball, soccer, kick ball, and all camp games, like Capture the Flag, and other favorites. Hikes are also offered to interested campers as part of the sports program.
- **Meals:** All campers are expected to be present at each meal unless excused by a counselor due to illness. Camp meals are nutritious and healthy and planned by cooking staff to meet the rigors of camp life. Meals are served family style and it is expected that campers will exhibit decent table manners and courtesy to their fellow campers. Snacks are provided at appropriate times, and a canteen is available for campers to select treats in moderation daily.
- **Please make any special dietary needs known to the staff well in advance of your camper's arrival.**
- **Care Packages:** Are fun to get and give, but we request that parents refrain from sending goodies unless there is enough to share with the entire camp. Better choices are crossword puzzles, small paperbacks, trinkets, small craft kits, and little toiletries, along with letters sending lots of love to your camper. If you absolutely can't resist sending goodies, please be aware that the treats will be shared with the group, so that no camper feels left out.
- **Letters:** Camp address is St. Andrew's Camp, 1280 State Rt. 49, Cleveland, NY, 13042. Camp staff will make sure that all campers write home after their first few days at camp! If you don't hear from them much, hopefully that is because they are having so much fun! Feel free to call the Camp Director with any

questions.

- **Phone Calls:** Parents like to keep in touch, especially when their child is going to be away from home for several weeks. However, unscheduled phone calls disrupt camp life tremendously. To help, we ask that campers be called only at the following times (unless of course there is a family emergency, at which point you are free to contact the Camp and Camp Director immediately.) Those campers who are staying more than one week have the following call schedules.

A GROUP: Wednesday evenings: 7:30 to 8:30 pm

B GROUP: Saturday afternoons: 2:00 to 3:00 pm

C GROUP: Saturday evenings: 8:30 to 9:30 pm

Visit our camp Blog for daily updates (link is on our web site)

When your camper arrives, we will let you know what group they are assigned to. The assignments are based on age levels, and your camper will have a counselor(s) that are the key staff assigned to that group. You will have an opportunity to meet your child's counselor when you check in.

We have tried to briefly cover life at St. Andrew's Camp in this overview. We know you may have further questions, so please, feel free to visit our Web site: www.standrewscamp.com, contact the camp at (315) 675-9771, or send an e-mail to saintandrewscamp@AOL.com.

Welcome to our St. Andrew's Camp family. We hope you will be a part of our community for many years – as camper, parent, staff, or volunteer!

Here's to a wonderful summer!!

St. Andrew's Camp Staff