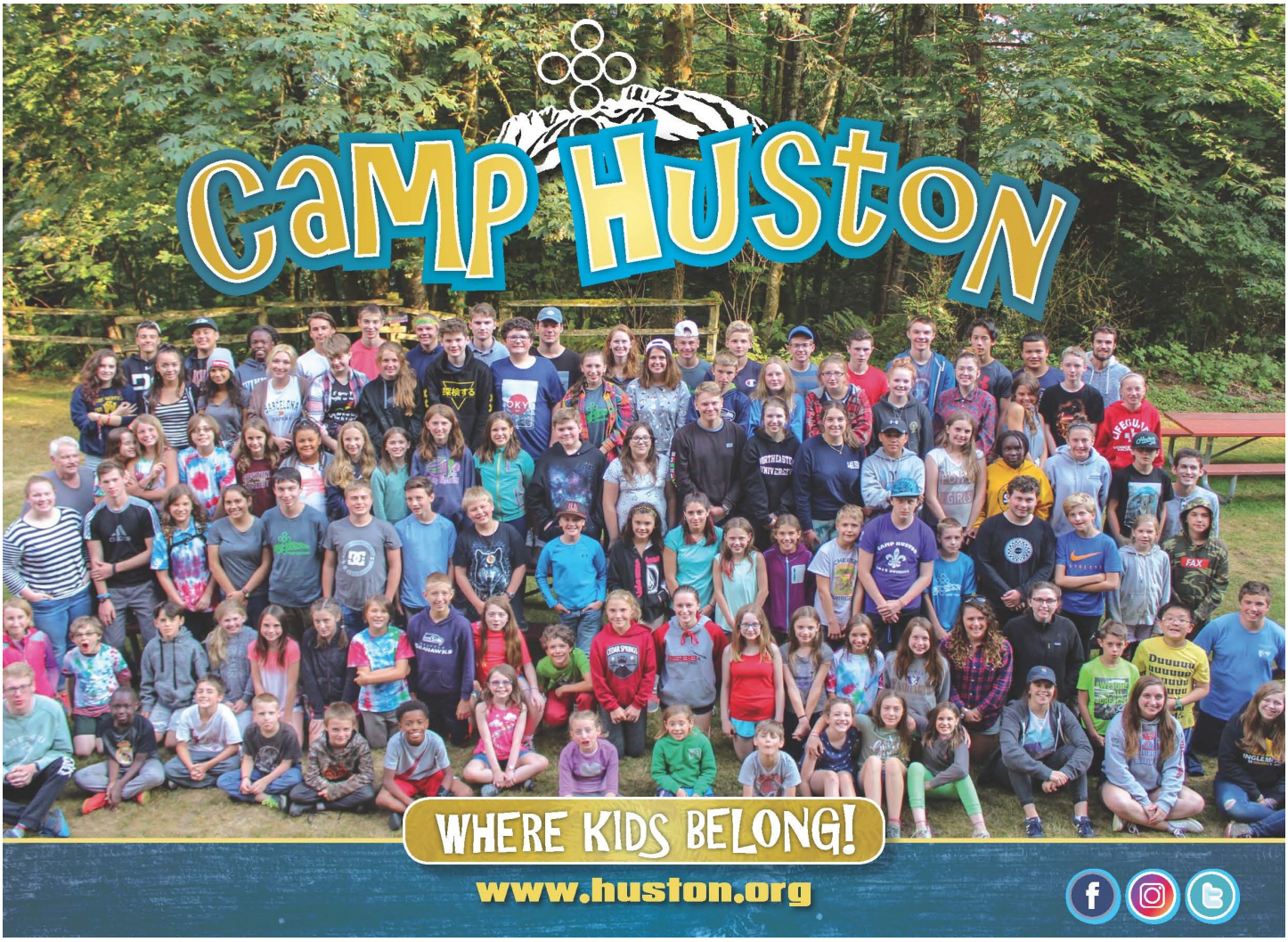


Summer Camp Handbook

for Parents and Campers

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The Camp Huston Program





At Camp Huston, we run a decentralized camping program. Typically, a boy's cabin and a girl's cabin of similar ages, their cabin counselors, and one additional leader to form a "Discovery Group". Campers spend the majority of their time either with their cabin group or their Discovery Group. Camp Huston's staff are trained to facilitate the development of that group, through the process of **"Experience + Reflection = Learning"** or "E+R=L" . As the week progresses, campers and their Discovery Groups are able to take on greater and greater challenges as they learn to communicate, trust, and work together. We see this the most during teambuilding games and initiatives on the low-ropes course.

Outside of the Discovery Group, campers can expect free choice Activity Time each afternoon. Typical choices include swimming in the outdoor heated pool, practicing shooting a bow and arrow at archery, trying an arts and craft activity, or playing an active game such as soccer or basketball. Every evening we gather and reflect on our day in Discovery Groups, before joining as one whole community for worship in St John in the Woods. A different group meets each day with our camp chaplain to plan the service for that evening. Discovery Groups also take turns hosting meals and cleaning bathrooms.

Camp is <u>not</u> about forcing everyone to be happy all the time. Camp is about being present together and learning to overcome challenges. Whether that means completing a difficult activity as a team, finding a way to get along with someone you don't see eye to eye with, or stepping outside of your comfort zone and trying something new - our staff are here to keep campers safe, and help them learn to solve their own problems.

Program Descriptions

Discovery Camp: We believe that the Discovery Group experience is the most important part of camp and the most fun. The process of sharing, learning, and growing together with the other campers and staff can result in experiences which are new and exciting for everyone. During Discovery Camp sessions, you will have the opportunity to go on hikes, cook-out and camp out with your group, share in group discussions, and plan some of your group's activities. Each day at camp winds down with a chapel service. You'll also be able to participate in arts and crafts projects, archery, swimming in the outdoor pool, and more! Come with lots of energy, ideas, a positive attitude, and a desire to have fun with others.

International Discovery Camp: All of the above, *plus* we're joined for the week by boys from the Rikkyo Episcopal school in Tokyo, Japan. This cultural exchange program has become a longstanding tradition here at Camp Huston. We particularly look forward to "Japan Day" every year—when the Japanese campers facilitate traditional Japanese dancing, games, songs, and calligraphy, followed by a delicious Japanese meal.

Missoula Children's Theatre Camp: Step right up and give the performance of a lifetime! Experienced Missoula Children's Theatre directors roll into Camp Huston for the week in their little red truck, packed full with scripts, costumes, and everything we need for a play. Campers audition on the first day. All campers receive a role in the performance. Family and friends are welcome to join us for the performance on the last day of session. Between dress rehearsals and practicing their lines, campers should expect to participate in traditional summer camp activities including campfires, archery, and swimming

Horse Camp: Campers spend each morning during the session with experienced, trained equestrian staff learning riding techniques and developing horse-handling skills. Campers return to Camp Huston for lunch and spend the afternoon and evening enjoying traditional summer camp activities.

Horse Camp 1: No previous experience or knowledge of horseback riding is required for participation.

Intermediate Horse Camp*:* Designed for those who have perhaps attended Horse Camp before or have some horseback experience.

Buckaroo Camp: Previous experience, knowledge, and comfort of horseback riding is essential for participation.

Mini Camp: A four day/three night version of Discovery Camp and a great introduction to summer camp! Mini Discovery Groups spend mornings an afternoons together playing games, hiking the trails, and creating art projects. This is a wonderful opportunity for younger children to experience the magic of summer at Camp Huston.

Camp Huston's Goals

Camp Huston's goal is, through God, to facilitate campers learning more about themselves, nature, and others.

We achieve this through the following objectives:

As a recipient of God's gifts, campers will learn more about themselves by:

Developing a positive self-image
Trying new activities
Seeing oneself as an important part of a Christian community
Discovering previously unknown aspects of oneself
Discovering and appreciating individual gifts and talents

As a steward of God's creation, campers will learn more about nature by:

Learning to take responsibility for behavior that effects the environment
Developing good judgement that enables safe participation in activities
Developing and deepening an appreciation of nature and the natural world
Participating in conservation projects at camp
Developing respect for the camp grounds

As a member of a Christian community, the camper will learn more about others by:

Participating in camp activities
Showing an awareness and sensitivity to the needs of others
Accepting others as they are
Learning more about walking a Christian life
Learning to develop trust in self and others
Cooperating and sharing with others
Learning to resolve conflicts constructively

Camp Huston Staff



Bill Tubbs—Executive Director

With over thirty years experience directing Episcopal summer camps and programs, Bill Tubbs knows a thing or two. He's cared for thousands of campers over the years, and guided hundreds of people through staff training, many of whom maintain their connection to Camp Huston to this day. In his spare time, Bill volunteers for the local fire department and the American Camp Association. He is supported by his wife Phyllis, sons Tommy and Eric, and dog Max.



Katie Reid—Registrar

Katie first came to Camp Huston in 2014 as a Resident Counselor. Since then, she's worked as a Discovery Group Leader and was the Registrar last year. She is in charge of all financial information and paperwork during summer camp. Katie graduated from Western Washington University in 2017 with a bachelor's degree in Sociology. She's always happy to answer any questions you might have! Katie loves writing and playing with her cat, Milo.



Teri McFarlane—Food Services Manager

"The best food ever! She wrote home about it" "Said Teri was maybe even a better cook than me". "A+" "AMAZING"

Teri has earned such a strong reputation with our campers and conference guests by providing quality and choice. She's happy to talk with any camper parent with questions or concerns about dietary needs and food allergies. In their free time, Teri and her husband Tim enjoy going to see live concerts (such as Elton John and Billie Joel), spending time with family, and hanging out with their cats.



Chris Miller—Operations Manager

Chris has been at Camp Huston since 2006! Chris worked first as a kitchen assistant and then as a housekeeper. Her efforts behind the scenes have had a huge impact on Summer Camp, whether you knew her or not! Now Chris works full time making sure everything runs smoothly at Camp Huston. Chris is a Girl Scout Leader and enjoys reading and hiking in her spare time. She loves spending time with her husband Shawn, dog Pilot, and kids Abby and Zach.

Communication

Camper Mail—Encourage your child to write letters home from camp by including a self-addressed stamped envelope in their luggage. Receiving positive and encouraging notes from you from home helps campers feel secure during their stay with us. Please do not be concerned if you don't hear from your camper right away. Feel free to leave letters with us at check-in for distribution throughout the week. **Please do not include any food items** due to possibility of food allergies and attracting curious critters to cabins.

Emails—Email may be sent to your camper at registrar@huston.org with your camper's full name in the subject box. Email will be delivered that day if received before 11am or the following day if received after 11am. Email sent the last day of the session will not be delivered.

Phone calls—In this time of instant communication, we know it is difficult as a parent to not be in touch directly with your camper while they are here with us. We believe that the camp experience is enhanced when children can unplug form their devices and truly enjoy every moment of their time here. For this reason, cell phones are not allowed at Camp Huston for our campers. **Please do not tell your camper they will be able to call you while they are here.** Promises like this can increase and worsen feelings of homesickness and cause problems for your camper. If a problem arises for us here at camp, we will be sure to call you right away.

Homesickness

Though a perfectly normal and understandable feeling, homesickness is unpleasant. *It is a normal reaction* for any of us to feel as a result of being separated from our typical support network. It varies in intensity for campers and even staff. Many campers feel the symptoms of homesickness for the first day or two. For most, these feelings subside. A few campers may experience more prolonged or intense feelings of missing home.

Our staff are trained well to help your camper recognize their homesickness and work through it in an intentional and healthy way. *Typically* it presents itself with sadness, crying, and mild anxiety about being away from family members. If we notice your camper struggling through homesickness beyond this description, we will call to have you assist us in resolving the issue for your child.

The last element of homesickness is your own response as a parent to your child coming to camp. We know you will miss them as much as they will be missing you. It's important to recognize your own feelings and ensure you do not pass on your own anxieties to your camper when they come to camp. For example, instead of saying "I'm going to miss you so much", try something like "I can't wait for you to get home and tell me all the awesome things you do at camp this week." If you have any concerns, please contact Bill Tubbs, Director, at 360-793-0441.

Health Form & Medication

Sign and return both sides of the health form to Camp Huston **before the beginning of the camp session.** Be sure to sign the release for emergency medical treatment. Your camper will not be allowed to check in if this release is not signed. A physical exam within the past 6 months with a doctor's signature is recommended but not required. During camp, parents will be contacted in the event of a health concern, illness, or injury that does not progress as expected, or a situation requiring medical treatment outside of camp. Please make a copy of the signed medical form for your records.

All prescription and non-prescription camper medications are collected by the camp nurse at check-in, for your child's and everyone's safety. Medications must be in the original containers, with the original label showing the camper's name and doctor's directions for administration. Our medical staff fully controls medication dispensing in accordance with the doctor's prescription. Be sure to pack enough for the entire camp session. Please have prescription and non-prescription medications such as vitamins, herbal supplements, pain relievers, creams, etc. readily available to hand in to the camp nurse at check-in. Campers on psycho-therapeutic medication must be on the prescribe dose for a minimum of three months prior to arrival at camp.

Inhalers: Even if your camper doesn't frequently need their inhaler, please bring it! The environment and activities at camp can affect breathing differently than at home.

Early dismissal: In the event a camper must return home early for a medical or behavioral reason; parents or guardians are responsible to pick up the camper immediately upon notification.

Cancellation: Cancellations must be received in writing 15 days before the session begins. We will refund your fee, minus the $75 deposit, if we receive written notice as requested. If you must cancel, please let us know as soon as possible.





Camper Behavior and Discipline

Essential functions.

Before coming to camp, please ask yourself: Can my child do the following?

- Sleep in a room with six to eight other people without sleep aids.
- Follow the written camp policies and procedures.
- Follow verbal directions.
- Hike approximately 250 steps uphill on a trail.
- Spend prolonged periods of time working in a group.
- Use the bathroom and clean oneself unassisted.
- Self-calm following an event that causes frustration, sadness, or anger.

Campers with specific dietary needs are expected to manage their own food intake, following an orientation with the food service manager.

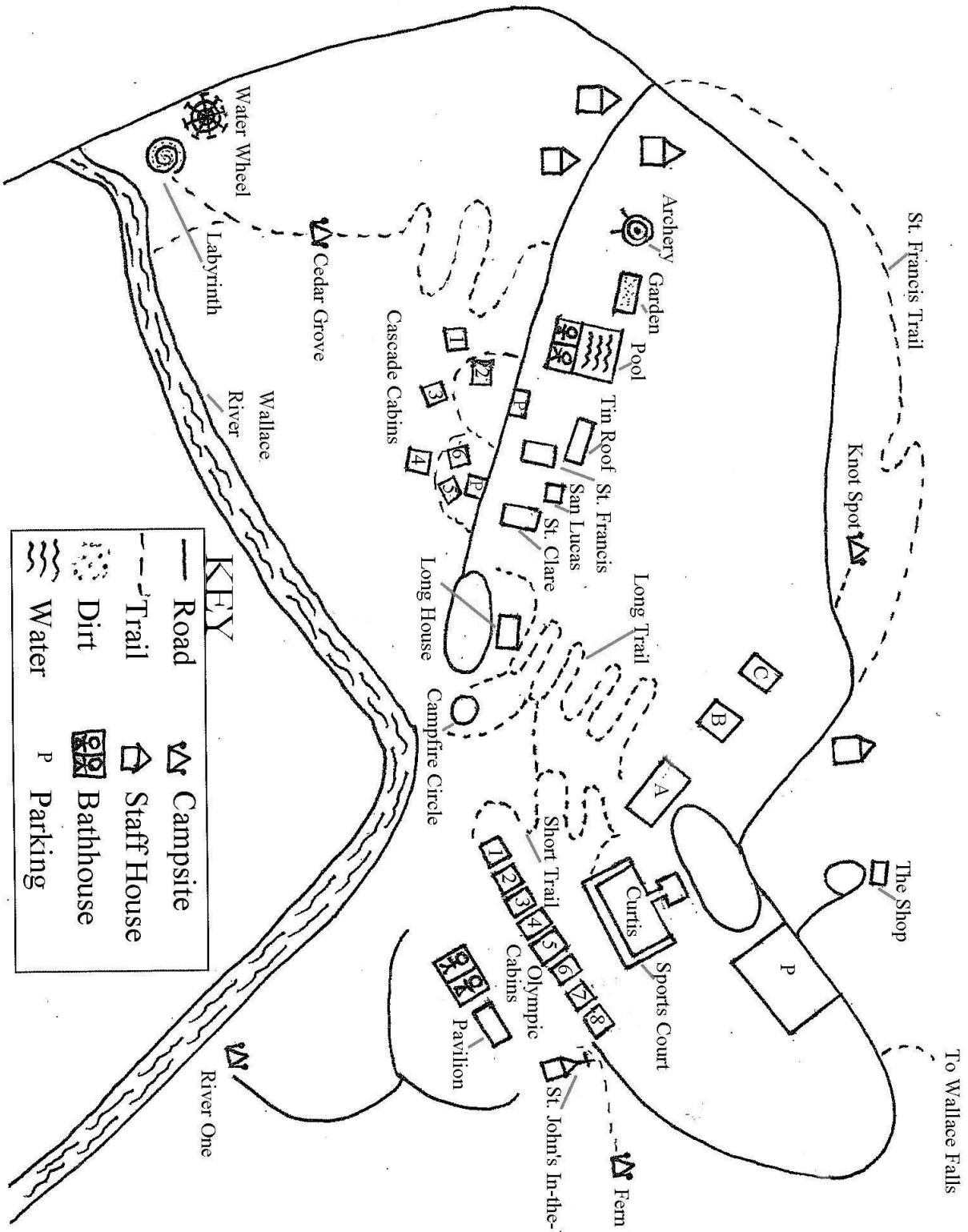
Discipline

Camp staff will guide children through normal day-to-day behavior issues using acceptable techniques such as encouraging campers to talk about their feelings and modelling how to speak and interact with others in a positive manner. If your child cannot participate in an activity in an appropriate manner, staff may ask them to sit out for a minute and breathe. Our staff will not use physical punishment, humiliation, scare tactics, or other controlling measures. If a child's behavior continues to be disruptive after reasonable measures have been made to assist the camper in adjusting the camp setting, the camper will meet with staff to draft a behavior contract. Parents will be notified, as failure to follow the behavior contract will result in dismissal from camp. Camp Huston staff reserve the right to immediately send home a camper from our summer camp programs. Chronic, extreme, or illegal behavior may warrant immediate dismissal.

Bullying

Bullying of any type is unacceptable at Camp Huston and may result in immediate dismissal from the camp program. Ever person has the right to the best possible experience at camp. We ask that you encourage your camper to be a positive influence on other campers, and stress to your camper to talk with a staff member if there is any issue. We train all our staff to recognize and resolve bullying issues.

Map of Camp Huston



Discovery Camp Schedule

7:00	Wake-up
7:45	Hosting
8:00	Breakfast
8:45	Cabin Time
9:15	Discovery Group Time
11:45	Hosting
12:00	Lunch
12:45	Quiet time
1:30	Activity Time (Typical choices: pool, archery, arts & craft, active game)
3:30	Snack
3:45	Discovery Group Time
5:30	Hosting
5:45	Dinner
6:30	Cabin Time
7:15	Evening Community Time or Discovery Group Time
8:30	Reflection
8:45	Worship Service
9:15	End of evening activities/campers get ready for bed
10:00	Quiet in the cabins/Lights out

Our Horse Camp programs follow the same schedule as Discovery Camp, except campers leave for the ranch right after breakfast and return in time for lunch.

Theater Camp Schedule

7:00	Wake Up
7:45	Hosting
8:00	Breakfast
8:30	Cabin Time / Practice Lines
9:40	Rehearsal
11:45	Hosting
12:00	Lunch
12:45	Quiet Time
1:30	Rehearsal
3:30	Snack
3:45	(Typical choices: pool, archery, arts & craft, active game)
5:45	Hosting
6:00	Dinner
6:45	Cabin Time / Practice Lines
7:30	Theater Workshops
8:40	Worship
10:00	Lights Out

NOTE: Not all campers attend all rehearsals. During this time, Huston staff will provide camp program options such as hiking, arts and crafts, and active games.

Mini Camp Schedule

7:00	Wake Up
7:45	Hosting
8:00	Breakfast
8:45	Cabin Time
9:15	Discovery Group Time
11:45	Hosting
12:00	Lunch
12:45	Quiet Time
1:30	Activity Time (Typical choices: pool, archery, arts & craft, active game)
3:30	Snack
3:45	Discovery Group Time
5:30	Hosting
5:45	Dinner
6:30	Cabin Time
7:00	Discovery Group Time - Monday Evening Community Time - Tuesday & Wednesday
8:00	Worship
8:30	End of Activities
9:15	Lights Out

Packing List

- ☐ Warm sleeping bag
- ☐ Pillow
- ☐ Tennis shoes
- ☐ Hiking boots or extra shoes
- ☐ Sweater/sweatshirt
- ☐ Jacket
- ☐ Rain coat/poncho
- ☐ Underwear & socks (at least one pair for each day at camp)
- ☐ Shirts
- ☐ Jeans/long pants
- ☐ Shorts
- ☐ Swimsuit
- ☐ Warm pajamas
- ☐ Toiletry articles: towels, soap, toothbrush, toothpaste, comb, tissues, shampoo, etc
- ☐ Flashlight with extra batteries
- ☐ Sunscreen
- ☐ Hat
- ☐ Insect repellent
- ☐ Water bottle

Optional Items

- ☐ White t-shirt for tie-dye (100% cotton works best)
- ☐ Pen, pre-addressed envelopes, writing paper, stamps
- ☐ Shower shoes / flip-flops
- ☐ Sunglasses
- ☐ Daypack
- ☐ Bible
- ☐ Camera

Top Tips!

Label everything with a name tag, laundry pen, or permanent marker.

Limit your luggage to one duffel bag or suitcase, a laundry bag, and a sleeping bag.

To make your cabin more comfortable we recommend bringing a favorite stuffed animal, pictures, or comfy pillow.

Good shoes are important for your stay at camp. Closed toe shoes are required at camp.

Include warm clothing for cool evenings and overnight camp-out.

It's camp, dress appropriately. Plan on leaving expensive clothing and jewelry at home.

What to leave at home

Electronics: cell phones, tablet, computers, ipads, digital book readers, smart watches, and electronic games etc. are out of place in the camp program. Please plan to leave these items at home.

Food: Do not pack or send food! It is not allowed in cabins as it will attract critters to the campers' living area.

Weapons: guns, knives, fireworks and other weaponry are strictly prohibited. Please leave pocketknives at home.

Personal Property: Personal sports equipment should be left at home. No personal vehicles are allowed into lower camp. The speed limit on camp property is 10mph. Animals are not permitted to stay at camp. Camp Huston does not permit the possession or use of alcohol or drugs.

Session pick-up / drop-off

Counselor Training

Begins at 3:00pm on Tuesday June 25
Ends at 11:00am on Thursday July 4 at campfire circle

Discovery Camp 1 & Horse Camp 1

Begins at 3:00pm on Saturday July 6
Ends at 10:00am on Friday July 12 with a closing service

Missoula Children's Theater Camp

Begins at 3:00pm on Sunday July 14
Ends at 4:30pm on Friday July 19 with a closing performance & costume photo

Discovery Camp 2 & Intermediate Horse Camp

Begins at 3:00pm on Sunday July 28
Ends at 10:00am on Saturday August 3 with a closing service

Mini Camp

Begins at 3:00pm on Monday August 5
Ends at 5:30pm on Thursday August 8 with a closing picnic @ campfire circle

International Discovery Camp & Buckaroo Camp

Begins at 3:00pm on Sunday August 11
Ends at 10:00am on Saturday August 17 with a closing service

At check-in, a staff member will direct you where to park. Restrooms are located in the Cascade bath-house (by the pool). Campers and parents/guardians will meet the registrar, program director, camp chaplain, and the camp nurse before heading to the cabins with a counselor. You are welcome to see where your camper will be sleeping, and then we ask that you say your goodbyes. Staff are ready and available to help throughout the check-in process.