



Dear Parent,

Summer, 2009

We're excited and privileged to be planning a summer camp adventure with you at Camp Lutherhaven. Because a camp experience has the potential to be a very memorable and rewarding time in your child's life, our top priorities include:

- + A safe environment to have fun, grow, share, and experience the adventures of summer camp.
- + A well-trained, Christian staff committed to excellence.
- + Creative opportunities and activities for your child to experience the wonder of God's love and creation.

This year, our theme is **'Seasons of Life'** based on John 10:10. We'll be exploring how in every season of life, Christ helps us go beyond just surviving life, to living it in the abundance that God intended.

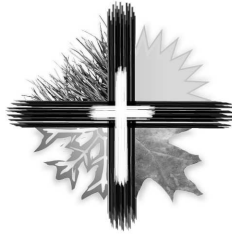
You play a key role in preparing your child for his/her camping experience. We ask you to join us in prayer before and during the week your child is at Camp. As the Gospel message is shared and celebrated, we believe that we are impacting the world for Jesus Christ. Our desire is to nurture the faith of your child, to come alongside them as they explore the lifelong adventure of following Christ. We are looking forward to the summer of 2009 and we're glad that your child will be a part of the fun!

Camp Lutherhaven is an Outdoor Ministry Center that offers you, your family, and your church many opportunities throughout the year. Other programs include retreats for couples, families, men, women, youth, personal spiritual renewal, and outdoor education. Lutherhaven also rents its facilities to outside groups. For more information about Camp Lutherhaven and its other programs, give us a call or visit our website at [www.lutherhaven.org](http://www.lutherhaven.org). This year we celebrate **60 years** in ministry! We hope you can come celebrate with us on August 2<sup>nd</sup>.

Thank you for your trust and for the opportunity to serve your child and your family this summer.

Celebrating Life abundant in Christ,

Tim Jank, Executive Director



## SEASONS OF LIFE

### ESSENTIAL INFORMATION FOR YOUTH CAMP SESSIONS

\* \* \* Please read all information carefully. \* \* \*

#### Suggested Packing Check List

- |   |   |
|---|---|
| <input type="checkbox"/> Completed Medical Information/Parent Permission form | <input type="checkbox"/> Sunscreen  |
| <input type="checkbox"/> Bible  | <input type="checkbox"/> Insect repellent                                 |
| <input type="checkbox"/> Sleeping bag or bed roll                             | <input type="checkbox"/> Towels & washcloth                               |
| <input type="checkbox"/> Pillow   | <input type="checkbox"/> Soap & shampoo                                   |
| <input type="checkbox"/> Shirts & shorts                                      | <input type="checkbox"/> Toothbrush & toothpaste                          |
| <input type="checkbox"/> 1 or 2 pairs of jeans or sweat pants                 | <input type="checkbox"/> Other hygiene items                              |
| <input type="checkbox"/> Changes of underwear & socks                         | <input type="checkbox"/> Laundry bag                                      |
| <input type="checkbox"/> Pajamas  | <input type="checkbox"/> Plastic garbage bag in case of muddy/wet clothes |
| <input type="checkbox"/> Jacket & warm shirt                                  | <input type="checkbox"/> Flashlight with new/fully-charged batteries      |
| <input type="checkbox"/> Raincoat or poncho                                   | <input type="checkbox"/> Pen or pencil                                    |
| <input type="checkbox"/> Two pairs of tennis shoes                            | <input type="checkbox"/> Stationery & stamps                              |
| <input type="checkbox"/> Flip-flops or beach shoes                            | <input type="checkbox"/> Costume/accessories for Thursday's theme night   |
| <input type="checkbox"/> Swimsuit   | <input type="checkbox"/> Camera   |



*Please do not bring: snack food, pop, gum, music listening devices, electronic games, knives, matches, markers, cell phones, etc.*

**Final Payment** Registration balances (if any) must be paid at least **2 WEEKS BEFORE** the start date of your registered camp program. You may make your final payment by choosing one of the following options:

- 1 **Mail** your payment with the completed lower portion of the *Registration Confirmation* page. If you haven't already done so, you may choose to add a camp photo or camper bank money to your payment.  
--OR--
- 2 **Online** payments may be made by going to the Camp website, [www.lutherhaven.org](http://www.lutherhaven.org). Click on the *Summer Camp/ Make Final Payment* link and then follow the instructions to pay your registration balance. If you haven't already done so, you may choose to add a camp photo or camper bank money to your payment.

**Before Registration** Join us for an outdoor worship service at 11:00 a.m. in the Pavilion each Sunday morning. Families can bring a picnic lunch or join us in the dining hall for Sunday lunch. (Ages 13+: \$5.75/person, children ages 6-12: \$4.25/person, children 5 & under are free.) Stay and enjoy the afternoon by swimming, boating, or hiking around Camp until the camp program begins at 2:45 p.m.

**Registration** will take place in the DANIEL RETREAT CENTER from 1:00 to 2:30pm, Sunday afternoon. At 2:45pm, all families are encouraged to attend an Opening Celebration that will happen in the Pavilion until approximately 3:15pm. **Camp will begin following the Celebration and will end at 4:00 p.m. on Friday. (Lutherhaven is on Eastern Time.)**

In order to make registration a speedy, pleasant process, we are asking parents to:

- 1 Complete registration between 1:00 and 2:30 p.m. If you are unable to be at Camp during this time, please notify the office beforehand to make special arrangements.
- 2 Have your child's medical information/parent permission form completed. If your child has any medications, please bring them with you in a labeled container to registration to leave with the first aid coordinator.
- 3 Do not leave your child(ren) unattended at any time until after the Opening Celebration. Until that time, we are unable to provide adequate supervision for your child(ren).

**Medical Information/Parent Permission Form** With your registration confirmation you received a Medical Information/Parent Permission Form that is to be presented at the time of registration. If needed, you may also download the form online. **Please read through carefully and sign your name.** Camp Lutherhaven reserves the right to refuse/delay registration for ill or injured campers and send home campers who become ill or injured while at Camp. **NOTE! All over-the-counter and prescription medicines MUST be turned in at registration except for inhalers and topical creams as prescribed by your physician for self-administration. Medications will be kept by the first aid coordinator in a supervised area and dispensed as prescribed or indicated. Label all medication with the child's name and any special instructions. Prescribed medication must be in its original container and state the camper's name and doctor's instructions.**

**Camp Photos** are taken at the beginning of each week and include all of the participants of your child's camp. The 8"x10" photos are sold on a pre-order basis for \$5 and will be distributed to campers on the last day of camp. If you have not already paid for this optional photo purchase with your initial registration, you may include it in your final payment or during Sunday check-in registration.

**Camper Banks** are provided to care for your child's spending money while at Camp. Use of the camper bank is optional but encouraged. Camper bank money is available to the campers only at the canteen and craft room on a paperless, credit basis. Campers will not need to handle any money and will be informed of their remaining balance during each canteen/craft time. Campers can purchase items at the canteen two times each day and/or extra craft items at the craft room. We suggest \$2 – \$4 per day for spending money. Based on spending limits, campers are unable to spend more than \$30 on canteen items throughout the course of the week. (Most children spend about \$12-\$17.) Any money that is leftover will be donated to LCMS world missions to help build schools in India which your child(ren) will learn about during their stay here. If you would like more information about this project you can visit <http://www.lcms.org/pages/internal.asp?NavID=3347>. You and your child(ren) may also choose to have the remaining balance returned to them on Friday. Before coming to Camp, please discuss your preferences with your child(ren). If you have not already deposited money into the camper banks with your initial registration, you may include it with your final payment or you may deposit it during Sunday's registration check-in.

**Special Requests** We understand that at times, campers are involved in sports games/practices and other activities at home. If your child must attend one of these activities while at Camp, please bring a written notice to registration stating the day(s), times and who will be picking up/dropping off your child. Also, if your child must arrive at Camp late or leave early, please notify the office in advance. **Always check in at the office first when any of these pick-ups and/or drop-offs are necessary.**

**Refunds** Your \$50 deposit is non-refundable except for instances of camper injury, camper illness, or death in the family.

**Thursday Theme Night** Please see the Theme Night Sheet in this packet for the *2009 Thursday Evening Theme Nights* to find what theme night is planned for your child's visit. That way, they may fully participate in the festivities with the rest of the Camp on this special night.

**Lost & Found** Every year we accumulate hundreds of lost and found items. Please consider labeling all important articles (Bibles, cameras, towels, sleeping bags) that you are bringing to Camp.

**Mail** We encourage you to send a letter to your son or daughter. Please include their name **and cabin number** and send it to:



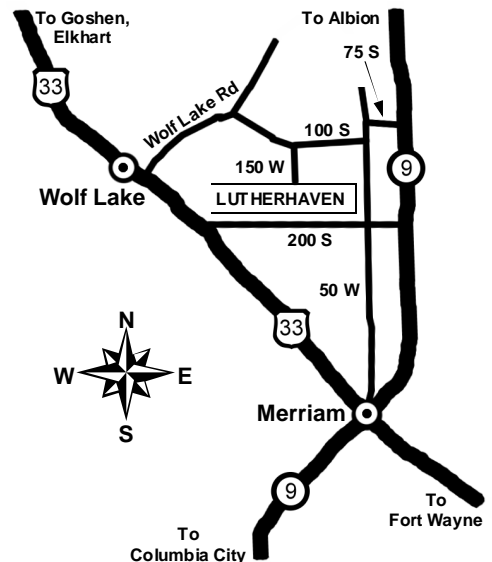
Camp Lutherhaven  
Child's name and cabin #  
1596 S. 150 W.  
Albion, IN 46701

**E-mail** You may also e-mail your child while he/she is at Camp. However, we are unable to allow campers to e-mail you a response. **To be better stewards of our resources, we are only accepting camper e-mail through our website, [www.lutherhaven.org](http://www.lutherhaven.org).** Please follow the link to *Summer Camp/E-mail a Camper*. For all e-mail received by 1 p.m. each day, we will print your e-mail and include it in our dinnertime mail distribution. **Please use this privilege sparingly.** Because of the volume of mail we receive, please consider sending no more than one e-mail per day.

**Phone** Camp Lutherhaven does not have a public phone readily available for campers. If you have a need to talk on the phone with your child, please call us and we will make arrangements to do so. **Cell phones may not be left with campers.**

**Questions?** If we can help you in any way, please call the camp office Monday through Friday, 9 a.m. to 5 p.m. at 260.636.7101. Or for more information about Camp Lutherhaven, please visit our website at [www.lutherhaven.org](http://www.lutherhaven.org).

**Directions** Camp Lutherhaven is located off State Road 9 and U.S. 33, thirteen miles north of Columbia City, five miles south of Albion, and twenty-six miles northwest of Fort Wayne. From State Road 9, or U.S. 33, follow the road signs as you wind your way to Camp.



  
**Camp Lutherhaven**  
A relational ministry in the midst of God's creation

# 2009 Theme Nights

At Camp Lutherhaven, everyone gets a little crazy on Thursday nights. So, in order to bring some extra fun and focus to the chaos, please search below for your camp program and see what theme will be reverberating through this special night at Camp Lutherhaven. Also, look for what special items you may want to bring.

## **Youth 1, Explorer 2, Treetop Village (June 7 - 12)**

**SUPER HERO NIGHT – HELP! HELP! GRAB YOUR CAPE, YOUR HIGH TECH GEAR, AND YOUR ALL IMPORTANT IDENTITY DISGUIISING MASK AND JOIN US FOR A GET TOGETHER LIKE NON OTHER. DECIDE WHAT YOUR VERY OWN POWERS WOULD BE IF YOU WERE A SUPER HERO, OR TAKE THIS CHANCE TO LET THE WORLD KNOW ABOUT YOUR FAVORITE SUPER HERO.**

## **Youth 2, Adventure Unlimited 1, Explorer 4, Treetop Village B (June 14 - 19)**

**Polynesian Party – Aloha! How's your hula doing? We'll need to see your most colorful shirts and shorts for this luau. Accessorize with a flower lei and you'll be all set for those warm tropical island breezes. Just watch out for falling coconuts. Aloha.**

## **Youth 3, Drama Camp, Girls B-Ball Camp, Treetop Village C (June 21 – June 26)**

**All God's Critters · Big...small...loud...quiet...feathered, furred, or flippered...come join the pack of God's magnificent critters of all types and colors. It doesn't matter which continent you come from, or whether you are real or imaginary there is a place for you in this celebration.**

## **ReGroup, Treetop Village RG (June 28 – July 3)**

**Masquerade – You are cordially invited to the evening dinner and dance that will begin in the Camp Lutherhaven Lodge. Bring your favorite mask and see just how long you can keep your identity hidden. After dinner there will be an optional event during the dance.**

## **Youth 4, Treetop Village D, Explorer 6 (July 5 – 10)**

**SUPER HERO NIGHT – HELP! HELP! GRAB YOUR CAPE, YOUR HIGH TECH GEAR, AND YOUR ALL IMPORTANT IDENTITY DISGUIISING MASK AND JOIN US FOR A GET TOGETHER LIKE NON OTHER. DECIDE WHAT YOUR VERY OWN POWERS WOULD BE IF YOU WERE A SUPER HERO, OR TAKE THIS CHANCE TO LET THE WORLD KNOW ABOUT YOUR FAVORITE SUPER HERO.**

## **International Youth Camp 5, Treetop Village E (July 12 – 17)**

**Polynesian Party – Aloha! How's your hula doing? We'll need to see your most colorful shirts and shorts for this luau. Accessorize with a flower lei and you'll be all set for those warm tropical island breezes. Just watch out for falling coconuts. Aloha.**

## **Discovery, Treetop Village F, Explorer 8 (July 19 - 24)**

**All God's Critters · Big...small...loud...quiet...feathered, furred, or flippered...come join the pack of God's magnificent critters of all types and colors. It doesn't matter which continent you come from or whether you are real or imaginary there is a place for you in this celebration.**

## **Youth 6, Boy's B-Ball Camp, Treetop Village G, Explorer 10 (July 26 – July 31)**

**SUPER HERO NIGHT – HELP! HELP! GRAB YOUR CAPE, YOUR HIGH TECH GEAR, AND YOUR ALL IMPORTANT IDENTITY DISGUIISING MASK AND JOIN US FOR A GET TOGETHER LIKE NON OTHER. DECIDE WHAT YOUR VERY OWN POWERS WOULD BE IF YOU WERE A SUPER HERO. OR TAKE THIS CHANCE TO LET THE WORLD KNOW ABOUT YOUR FAVORITE SUPER HERO.**

## **Youth 7, Adventure Unlimited 2, Treetop Village H (August 2 – 7)**

**Polynesian Party – Aloha! How's your hula doing? We'll need to see your most colorful shirts and shorts for this luau. Accessorize with a flower lei and you'll be all set for those warm tropical island breezes. Just watch out for falling coconuts. Aloha.**

# Before & After Camp

## Homesickness & Coming off the Mountain Top at Camp Lutherhaven

### Homesickness

#### What You Can Do for Your Child

Homesickness is a common condition that happens to many children when away from home. However, with a little preparation, feelings of intense homesickness can almost always be avoided. What you do and say to prepare your child can have a profound impact on how he/she experiences a program at Camp.

First of all, the emotions that you and/or your child may feel during separation are completely legitimate. It's a sign that you and your child have a close relationship and each child and parent will react to that separation differently. The following suggestions in no way aim to minimize that healthy, normal relationship between parent and child. Every child makes that slow, progressive move toward independence and adulthood in their own time and there are some children that will simply be more ready than others to be away from home. We hope that summer camp at Lutherhaven is a positive experience for both parent and child as they find themselves away from each other. Our first overnight camp begins at first grade; however, we've seen intense homesickness well into the high school years.

Homesickness is usually the worst during the first few days and especially at night, however, most campers are able to work through these emotions and come away from Camp with a wonderful experience. Below are listed several suggestions to help your child have an enjoyable time while at their summer camp adventure. You know your child the best - use the suggestions below which would be most helpful.



#### Before Camp

- 🐿 Keep your own emotions in check with your son or daughter going to Camp; try to curb messages about separation like "Mommy will miss you so much". Even though you may be having a hard time being separated from your child, attempt to keep your comments positive about this time away.
- 🐿 Spend time before Camp getting a clear sense of what Camp will be like...
  - talk about what to expect, look at the brochure or camp web page together ([www.lutherhaven.org](http://www.lutherhaven.org)).
  - meet with a friend who has already come to Camp and look through their photos.
  - arrange for a visit to Camp.
- 🐿 Invite a friend to come to Camp with your child.
- 🐿 Practice having your child away from you for short periods, such as sleeping over at a friend's house.
- 🐿 Bribes such as "If you make it through, I'll buy you a bicycle," send the wrong message. Focus more on the potential rewards such as gaining confidence, new friends, and the fun of new adventures.

#### During Camp

- 🐿 Write upbeat letters from home, asking about Camp, friends, the food, etc. (but don't expect long letters back).
- 🐿 Send a letter before your child leaves for Camp so there is some mail for them the first day or two.
- 🐿 Send a care package - if you include treats, pack enough for the entire cabin.
- 🐿 When your child writes about how horrible the Camp, the food, the kids, the counselors are, don't panic- that's not atypical of what kids may write home when feeling some intense homesickness. (remember the song, "Hello, Muddah, Hello Faddah..." from the late 60s?) Call us if you have any concerns.
- 🐿 If you *are* able to respond to their letters, acknowledge his/her feelings, reassure them of your love for them, let them know that you're sure they can handle it, remind them of how excited they were about Camp and everything they have to look forward to - express your pride in their achievements so far, and ask lots of questions.
- 🐿 Even if you miss your child terribly, try not to let those emotions rub off in your correspondence.

## Ways That Our Staff Will Handle Homesickness

- ☞ Acknowledge camper's feelings - let them know it's OK to feel that way.
- ☞ Redirect camper's attention with activities, conversation, and new friends.
- ☞ Notify other staff of condition.
- ☞ Talk about future fun things on the schedule.
- ☞ Notify parent(s) of child's condition if the emotions become intense. Decide on a strategy.
- ☞ Next-to-last resort: arrange a phone call between parent(s) and child.
- ☞ Last resort: inform parent(s) to take child back home.

## About Phone Calls

Our experience with children having the freedom to call home at anytime shows that it only increases the number and intensity of homesick cases. We encourage letter writing, however if you desire to talk on the phone with your child, please call us and we will make arrangements to do so.

## Coming off the Camp Mountain Top

### Helping Your Child Process Their Time Spent at Camp

After kids are home from Camp, they may experience a letdown. They've been through a roller coaster of emotions, including saying good-bye to new friends and a counselor with which they've spent almost 24 hours each day. A close, Christian community has been formed that may, for a time, seem unmatched. They may even begin comparing everything at home or at church with Camp... "We did it this way at Camp." "They didn't make us eat *this* at Camp." "Nobody is as cool here as at Camp." etc. Be patient, the comparisons will die down as time passes. Mainly, be sensitive to your child's way of processing what just happened. In many cases, a spiritual growth spurt and an excitement about their faith may be present and we would encourage you to nurture that both at home and at church.

Below are listed several ideas for helping your child process through their experiences at Camp Lutherhaven.



- ☞ Try to keep things simple the first night back to give your child some time to adjust.
- ☞ Plan a welcome back meal expressing how happy you are to have your child back home.
- ☞ Even though your curiosity may be brimming, resist your urge to fire a barrage of questions at your child. They will probably tell you more completely on their own time schedule.
- ☞ Discuss with your child what he/she learned about the summer theme, "Season of Life" John 10:10b, and ideas that your child or family might do to share the love of Christ with those around you.
- ☞ Encourage your child to call or write a new camp friend or counselor. You'd be surprised how much effect a little note can really make in a counselor's day.
- ☞ Encourage your child to share their newfound skills at home.
- ☞ If your child took pictures, get a special album and arrange it together.
- ☞ Relive a little bit of Camp by having a backyard campout complete with campfire.
- ☞ If your child is willing, arrange a time at church or Sunday school for them to share what they learned and/or what Camp meant to them.
- ☞ Attend the Chicken Dinner/60<sup>th</sup> Anniversary on Sunday, August 2nd and rendezvous with some of the staff and past campers.
- ☞ Spend some time praying for the summer staff at Lutherhaven and the other children who are still going to be coming to Camp.



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