

# UN-<sup>+</sup>AFRAID

John 16:33



## ESSENTIAL INFORMATION FOR REGROUP CAMPERS

\* \* \* Campers and parents, please read all information carefully. \* \* \*

### Suggested Packing Check List

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Completed Medical Information/Parent Permission form | <input type="checkbox"/> Swimsuit                                       | <input type="checkbox"/> Laundry bag  |
| <input type="checkbox"/> Bible  | <input type="checkbox"/> Jacket & warm shirt                            | <input type="checkbox"/> Plastic garbage bag in case of muddy/wet clothes             |
| <input type="checkbox"/> Sleeping bag or other bedding                        | <input type="checkbox"/> Raincoat or poncho                             | <input type="checkbox"/> Stationery & stamps  |
| <input type="checkbox"/> Pillow   | <input type="checkbox"/> Costume/accessories for Thursday's theme night | <input type="checkbox"/> Pen or pencil  |
| <input type="checkbox"/> Shirts & shorts                                      | <input type="checkbox"/> Towels & washcloth                             | <input type="checkbox"/> Camera   |
| <input type="checkbox"/> 1 or 2 pairs of jeans or sweat pants                 | <input type="checkbox"/> Soap & shampoo                                 | <input type="checkbox"/> Flashlight with batteries                                    |
| <input type="checkbox"/> Changes of underwear & socks                         | <input type="checkbox"/> Toothbrush & toothpaste                        | <input type="checkbox"/> Indiana Fishing License (if 17 or over and desiring to fish) |
| <input type="checkbox"/> Pajamas  | <input type="checkbox"/> Other hygiene items                            |   |
| <input type="checkbox"/> Two pairs of tennis shoes                            | <input type="checkbox"/> Sunscreen                                      |   |
| <input type="checkbox"/> Flip-flops or beach shoes                            | <input type="checkbox"/> Insect repellent                               |   |

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

**Final Payment** Registration balances (if any) must be paid at least 2 WEEKS BEFORE the start date of your registered camp program. Your parents 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 they haven't already done so, your parents may choose to add a camp photo or camper bank money to their payment.  
--OR--
- 2 **Online** payments may be made by going to the Camp website, [www.lutherhaven.org](http://www.lutherhaven.org). Your parents can click on the *Summer Camp/Make Final Payment* link and then follow the instructions to pay your registration balance. If they haven't already done so, your parents may choose to add a camp photo or camper bank money to their 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 2:30 pm, Sunday afternoon July 4<sup>th</sup>. At 2:45 pm, all families are encouraged to attend an Opening Celebration that will happen in the pavilion until approximately 3:15 p.m. **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 you 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 medical information/parent permission form completed, including your parent's signature. If you have any medications, please bring them with you to registration to leave with the first aid coordinator.
- 3 We are unable to provide adequate supervision of campers until after the Opening Celebration. Please be aware that you and your parents are responsible for your behavior and safety until that time.

**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.*

**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. Because of 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 **Holy Water Group** to help bring clean water to people in Central America. If you would like more information about this project you can visit [www.holywatergroup.com](http://www.holywatergroup.com). You and your child(ren) may also choose to have the remaining balance returned to you on Friday. 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.

**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.

**Community Policy** One of the awesome things about summer camp at Camp Lutherhaven is the opportunity to experience a special Christian community in the midst of God's creation. In order to achieve this goal, it is expected that participants come with an attitude of cooperation, goodwill, and respect for people and God's creation. Please consider carefully your language, dress, and behavior. Cursing, inappropriate or revealing clothing, and disrespectful or harmful behavior will not be tolerated. In addition, items such as cell phones can become disruptive and a distraction to the present formation of Camp community, relationships, and interaction with Creation around them. Because of this, cell phones are prohibited for those 18 years and under. Camp Lutherhaven reserves the right to send a camper home that is unable to function within this guideline.

**Special Requests** We understand that at times, you may be involved in important sports games/practices and other activities at home during your time at Camp. If you must attend one of these activities during Regroup, please bring to registration a written notice stating the day(s), times and who will be picking you up and dropping you off. Also, if you 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 illness or injury to you or a death in your family.

**Thursday Theme Night** The Regroup Thursday Theme Night is "Masquerade". Please see the enclosed Theme Night sheet for more details.

**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. After camp, contact us if you are missing something.

**Mail** We are happy to deliver mail to you while you are at Camp. Please give this address to any family and friends who might send you mail.



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

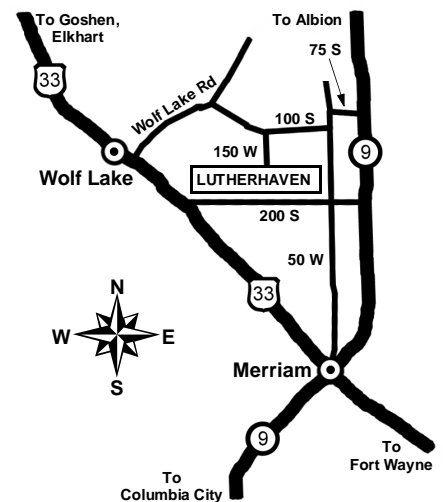
**E-mail** You may also receive e-mail while you are at Camp. However, we are unable to allow any outgoing e-mail responses. Please tell your family and friends to follow the link to *Summer Camp/E-mail a Camper*. For all e-mail received by 1 p.m. each day, we will print your e-mail and include it in our dinnertime mail distribution. Please advise friends and family to use this privilege sparingly. Because of the volume of mail we receive, tell potential e-mailers to consider sending no more than one e-mail per day.

**Phone** Camp Lutherhaven does not have a public phone readily available for campers to make or receive calls. However, if your parents need to talk with you on the phone while you are here, they can feel free to call us and we will set up a time that you can receive their call. Any cell phones you have with you must be turned in at registration.

**Cars** If you are driving yourself to Camp, you will need to park your car in the parking lot and turn your keys in at the time of registration.

**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*

# 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...") 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, "Unafraid" John 16:33, 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 on Sunday, July 25<sup>th</sup> 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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# 2010 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 A (June 13-18)**

**Monochromatic Madness** – What is your favorite color and how much of that color can you wear? Sure the shirt and pants will be easy...but what about the shoes, socks, hair, face, accessories...you get the picture.

## **Youth 2, Treetop Village B (June 20-25)**

**Go West Night** - Ye haw! Get along lil' doggies! Be fixin' on wearin' yer jeans, yer roach killers (Boots), and yer hats. Y'all 'er gonna have a hoedown, ya hear?! We'll be kickin' up our heels 'til the cows come home!

## **Youth 3, Youth 3.5 b, Explorer 4, Boys B-Ball Camp, Treetop Village C (June 27-July 2)**

**BLEACHER CREATURE FEATURE - BASEBALL ANYONE? HOW ABOUT FOOTBALL, BASKETBALL, HOCKEY, OR SOCCER? (MY FAVORITE SPORT IS THE INDIAN ELEPHANT TOSS).** WHATEVER YOUR SPORT, TONIGHT IS YOUR NIGHT TO PUT ON YOUR GEAR, PAINT YOUR FACE, GET A LITTLE CRAZY AND SHOW OFF YOUR FAVORITE TEAM!

## **ReGroup, Treetop Village RG (July 4-9)**

**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, Youth 4.5b, Explorer 6, Treetop Village D (July 11-16)**

**Monochromatic Madness** – What is your favorite color and how much of that color can you wear? Sure the shirt and pants will be easy...but what about the shoes, socks, hair, face, accessories...you get the picture.

## **Youth 5, Drama Camp, Treetop Village E (July 18-23)**

**Go West Night** - Ye haw! Get along lil' doggies! Be fixin' on wearin' yer jeans, yer roach killers (Boots), and yer hats. Y'all 'er gonna have a hoedown, ya hear?! We'll be kickin' up our heels 'til the cows come home!

## **International Camp-Youth 6, Treetop Village F (July 25-30)**

**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, Explorer 8, Treetop Village G (August 1-6)**

**BLEACHER CREATURE FEATURE - BASEBALL ANYONE? HOW ABOUT FOOTBALL, BASKETBALL, HOCKEY, OR SOCCER? (MY FAVORITE SPORT IS THE INDIAN ELEPHANT TOSS).** WHATEVER YOUR SPORT, TONIGHT IS YOUR NIGHT TO PUT ON YOUR GEAR, PAINT YOUR FACE, GET A LITTLE CRAZY AND SHOW OFF YOUR FAVORITE TEAM!

## **Youth 7, Adventure Unlimited, Treetop Village H (August 8-13)**

**Go West Night** - Ye haw! Get along lil' doggies! Be fixin' on wearin' yer jeans, yer roach killers (Boots), and yer hats. Y'all 'er gonna have a hoedown, ya hear?! We'll be kickin' up our heels 'til the cows come home!