



# CAMP OCONTO

## SPRING NEWSLETTER 2011

NEW information! Please read this every year!

Dear Parents and Campers,

The summer is fast approaching and we are very much looking forward to seeing all of you soon! Please read through this newsletter for important information about the coming summer. We encourage you to read it together with your daughter before coming to camp, so you will have a thorough understanding of Oconto's practices, expectations and our suggestions to make your daughter's stay as comfortable and fun as possible!

### CLOTHING

Please pack older, laundry friendly clothing for camp. The girls will be painting, getting dirty and having fun. Its best to do those things in clothes you don't have to worry about ruining!

**Laundry** is done once a week. It will go out once for two-week campers, and three times for four-week campers. One dark and one light load is sent out per cabin group, so please make sure to label clothing appropriately to avoid clothes being exchanged unintentionally or lost. All loads will be put in both the washer and dryer.

**Blankets and Pillows** can be rented for the duration of your daughter's stay. This is ideal for campers travelling to camp by plane. If you choose to use this service, please still send your daughter with a fitted sheet for a single bed and a pillowcase.

**Costumes** are a fun part of camp that we use to add our own flair to evening and dramatic programs. If you have any clothing you feel may be of use to campers in these activities (i.e. dresses, suits, hats, old dance costumes, etc.) please send them along with your daughter. We will add them to our collection to be used for many years to come.

**Lost and Found** is not the responsibility of Camp Oconto, whether clothing or any other equipment you choose to send to camp with your daughter. All unclaimed articles/items are donated to a local charity in the late fall. If you discover you are missing something important and are sure that it was labelled, call us immediately and we will do our best to find it.

**Uniforms** are worn every night at dinner, and all day on Sundays. The only required uniform is the yellow camper t-shirt, available for ordering at <https://www.rightsleeve.com/oconto>. Any version of the Oconto yellow t-shirt, old or new, is acceptable for dinner. If you have any old camper shirts that no longer fit, please send them with your daughter and we will redistribute them to other campers.

## COMMUNICATION WITH YOUR DAUGHTER

**Mail** is an exciting part of the day for every camper, and it is important that you send her some while she is away! Letters should be addressed to Your Daughter, c/o Camp Oconto, Tichborne ON, K0H 2V0. Mail arrives and leaves camp Monday through Friday with the exception of holidays. To receive mail from your daughter, it is best to send her with addressed, stamped envelopes. Stamps are available at our tuck shop for both Canadian and international mail.

**Emails** can be sent to [mail@campoconto.com](mailto:mail@campoconto.com), with your daughter's first and last name in the subject line. Emails will be distributed with mail from Monday to Friday. A charge of \$1.00 per email will be put on your tuck bill.

**Fax** letters can be sent from parents outside of Canada. If you live outside of the country and would like your daughter to be able to fax her letters to you, please make sure to contact us with your fax number before her arrival so that we will have it on file.

**Office Hours** run from 8:30am to 12:30 pm and 2:30 pm to 5:30pm, seven days a week throughout the summer. However, the phone is answered or voice mail checked 24 hours a day. Please understand we will return phone calls as quickly as possible however, an immediate response is not always possible or necessary. The camp office number is 613.375.6678. There is only one telephone line in camp, with phones in both the office and the Director's bedroom. So, if you are calling in the middle of the night you will be waking us up!

**Cell Phones** are not permitted on camp property. If your daughter brings her cell phone to camp, we will confiscate it and keep it in the camp safe until departure day.

**Visitor's Day** will take place on Saturday, July 16<sup>th</sup>, and Saturday, August 13<sup>th</sup>. These are also pick up days for two week campers. Please try to arrive between 9:30 and 10:00am, and join us for a delicious buffet lunch at 12:15pm. You are welcome to swim and participate in a singsong on Main Beach after lunch. We ask that parents respect our zero tolerance policy on smoking, drinking and drugs, and to leave all family pets at home. Programming for campers will resume at 3:30, so we ask that parents leave between 3:00 and 3:20pm. Some families do choose to leave camp for the day and visit one of the local towns or cities. Please note that campers are not allowed out of camp with anyone other than their legal guardian, unless written permission from their legal guardian is first presented to the directors.

## HEALTH AND MEDICAL ISSUES

In order to provide full protection and the best possible health care for your daughter while at camp, we require full disclosure of all details regarding her health history, illnesses, medications, inoculations, etc. You were required to fill this form out upon registration. Without this completed health history form, we cannot treat your daughter in the Health Centre or allow her participation in canoe trips or overnights. Camp Oconto has a rotating professional medical staff of two nurses and one physician; two of whom are on site at all times. We have a small Health Centre where we can examine and treat minor illnesses such as colds, flu, sprains, scrapes, etc. We do maintain and

dispense a small stock of over-the-counter and prescription medication to get campers started on treatment if required. We then fill prescriptions at the pharmacy, which is fifteen minutes away by car. The camp nurses dispense all medication to ensure that campers are taking the correct amount of medication, at the appropriate time, and also to prevent medication being taken in error.

**Accidents and Illness:** Our medical staff will notify you if your daughter suffers an accident or is put on medication. Campers will stay overnight in the Health Centre if they have a fever, are contagious, or need observation. Otherwise, they are often more comfortable in their own bed. If there is an emergency, we will call you as soon as possible. No charges apply for routine services, but special medicines, x-rays, etc. will be charged to your daughter's tuck bill.

**Asthma and Allergies:** If you indicated on the Health History form that your daughter suffers from life-threatening allergies, you should receive an email copy of the Allergy Questionnaire in the spring. Please ensure that her physician has signed the form, and include all details about her condition, medication and required treatment. If your daughter needs to carry an inhaler or Epi-pen with her at all times, please send these medications as well as a small fanny pack with her name clearly printed inside and out.

**Personal Medication:** All medication must be sent to camp in the *original* container. Please provide a translation if directions are not in English. All medication is dispensed and managed by the Health Centre. Information regarding medication, dosage, timing, etc. must also be documented on the Camper Health History form.

**Medical Insurance Coverage:** We do not carry extra accident or sickness insurance for campers; this is considered to be your responsibility. Please ensure you have adequate coverage to your satisfaction and include a copy of your Health Insurance coverage with the Camper Health History form for our records. Parents of campers who reside outside of Canada are advised to provide their own Canadian/International medical insurance coverage to their own satisfaction. Please send a photocopy of the policy (number, carrier, contact information, etc.) to our camp offices before your daughter arrives.

**Aerosol Spray Cans:** Please send stick, gel or lotion types of insect repellent, sunscreen, and deodorant to camp rather than aerosols. Campers sometimes use the pressurized cans in play, and they can be both dangerous and environmentally unfriendly.

**Insect Repellent:** We suggest an insect repellent that does contain Deet as the active ingredient, however, no more than 10% concentration for children under 12, and no more than 30% concentration for children over 12. Consult your child's physician and the manufacturer's packaging for more information regarding suitability for your child, frequency of application, and handling care.

**Mosquito Nets:** They will be provided free of charge to all campers that wish to use them.

**Lice:** Lice is a manageable and common inconvenience that is easily spread in a place like summer camp. We ask that you please check your daughter's head before bringing her to camp. If you are unfamiliar with it, please check [www.headlice.org](http://www.headlice.org) for more information. Lice can have a lasting and

negative effect on a child's stay at camp, so please be diligent in checking. If your daughter does have lice when she is supposed to be coming to camp, please let us know so that we can continue treatment once she arrives.

## **OCONTO POLICIES – DOs AND DON'Ts**

In order to offer every child a caring and nurturing environment, Camp Oconto strive to be free of weapons and violence, discriminatory behaviour, theft, bullying and other emotional abuse, vulgar language, pornography/sex, or pets. Rules and regulations as well as policies and procedures have been established to ensure that Oconto remains true to its character and ideals.

**Cigarettes, Drugs and Alcohol:** The use or possession of cigarettes, alcohol and/or drugs is strictly prohibited. The use or possession of any of these things on or off camp property at the time of enrollment is cause for immediate dismissal.

**Electronics and Valuables:** Camp cannot be held responsible for the loss or damage of any personal property that a camper brings with them. All audio equipment (including iPods, MP3 players, portable speakers, etc.) as well as hand held portable games (such as Game Boys, PSPs, etc.) should be left at home. Camp is a place for making friends and interacting with the group – these items inhibit socializing. If you insist on bringing any of these items, there will be restrictions on their use.

**Food Parcels:** Please do not send food parcels to your daughter while she is at camp. Food may cause fights among campers, or also attract unwanted animals. Campers must open all parcels in front of their counselor in order to assure that food is not kept in cabins and that campers with food allergies are not put at risk. Food will be confiscated and not returned. Please send books, comics, toys, etc. instead of food.

**Disposable Cameras:** We encourage you to send disposable cameras with your daughter as they are inexpensive and far less fragile than a digital camera. Please make sure to write your daughter's name on the camera itself and not the box.

**Tuck Shop:** Your daughter may purchase notepaper, sunscreen, hats, pens, soap, stamps, etc. at the tuck shop. She is also permitted to buy a limited amount of candy twice a week. This is about \$2.00 worth of candy or potato chips. Extra items available in the Tuck shop include Oconto water bottles and sun hats. Purchases are recorded and invoiced to you after she returns home. Please discuss with your daughter what she may or may not purchase, or set a limit that her tuck shop charges cannot exceed. Cash is not needed and not accepted at camp.

## **OPTIONAL PROGRAMS**

**C.I.T. Program:** If your daughter would like to become a QC at Oconto, she will be expected to pass her Basic C in canoeing and be working towards her Bronze Cross swimming level before her QC year. There will be a meeting for girls turning 15 about the CIT program at the end of each session. Please remember that as a prerequisite to Bronze Cross, the Bronze Medallion candidate must also complete a separate First Aid Course.

**Horseback Riding Lessons:** Horseback riding is an optional activity at camp and additional fees will be added to your daughter's tuck bill at the end of her camp session. The cost will be \$30.00 per lesson. All riders must bring their own A.S.T.M. approved riding safety helmet with a chinstrap made of plastic or leather (not elastic) in order to participate in our riding program. There are two brands of helmets on the market that are lightweight and less expensive, namely "Pro Lite" and "Lidlocker." Oconto will not lend riding helmets; each camper must have her own. All riders must also have hard-soled shoes or boots with no less than a 1.5cm heel.

**Western Trail Rides:** Eastern Cowboy is a local establishment that offers one-hour trail rides on their expansive property. The owners are long time friends of Oconto and are lifelong riders themselves. This is a very fun and different type of riding experience that requires no previous training or familiarity with horses. Girls 10 years of age or older may go once per session. Sign up for Trail Rides online with the Spring Forms. Special equipment is not required to participate in this activity. Helmets are provided on site. An additional fee of \$45.00 will be added to your daughter's tuck bill if you choose to have her participate.

### **TRANSPORTATION FOR ALL CAMPERS**

You would have filled out by which method of transportation your daughter will be arriving and departing camp on the online registration forms. Sometime before she arrives, you will receive an email from our offices confirming this choice. Please let us know if your plans change between now and her arrival at camp. If you need Oconto staff to pick up or drop off your daughter at the airport or train station, please call our office ahead of time to discuss details.

#### **Driving**

- Drop Off: If you plan to drive your daughter to camp, please drop her off between 1:00 and 1:30 pm. Do not arrive before 1:00pm.

- Pick Up: At the end of each month (July 28<sup>th</sup> and August 28<sup>th</sup>), please pick your daughter up between 10:00 and 11:00am.

For mid-month pick up (July 16<sup>th</sup> and August 13<sup>th</sup>), please arrive between 10:00 and 10:30am. This is Visitor's Day for our four-week campers; you are welcome to stay and join us for a buffet lunch, a swim and a singsong.

When driving in the camp road, please be sure to honk your horn at the bottom of each hill to warn oncoming traffic that you are coming. Our road is very narrow.

**Directions to Camp:** Camp Oconto is located on Eagle Lake, 1km west of Highway #38, which meets Highway #401 just west of Kingston. The camp road is approximately 56 km north of the 401, 2km north of Tichborne and 10 km south of Sharbot Lake Village. Some in car navigation systems operate better with a type-o. Please try searching Camp Ocono (no 't') Road, Central Frontenac, Ontario.

**Public Transportation (Express Bus or Train):** We suggest that campers from Quebec City use either the Oconto Van service from Montreal or the VIA Train service to Kingston. If you are planning to send your daughter by public transit, please call the camp office to arrange timing before you book the tickets. Please be aware that the girls will *not* be chaperoned once they are on a public bus or train. Also, VIA Rail policies state that girls under 12 are not permitted to ride the train alone. We can drive your daughter (minimum 12 years of age) to Kingston and put her on the Express bus or VIA Train to your city, however we must know about your travel plans by May 1<sup>st</sup>.

**Flights:** Please arrange to have a friend or relative meet your daughter at the airport and take her to the Oconto Charter bus departure point in either Toronto or Ottawa or have them drive her directly to camp. At the end of camp, it is preferable if they could meet her either at the bus location in Ottawa or Toronto, or pick her up directly at camp and bring her to the airport in time for her return flight.

**Chaperone Service for Flights:** If you need to have a Camp Oconto staff member meet your daughter's flight at the airport and drive her to camp, please get in contact with us, either by phone or email and we will send you a travel consent form. Additional fees apply for this service. If possible, please have your daughter wear her Oconto yellow t-shirt on arrival at the airport for ease of identification.

### **Bus/Van Transportation**

Chartered buses or vans are available at the beginning and end of each four-week session only! Buses/vans are NOT available on July 16<sup>th</sup> or 17<sup>th</sup>, or on August 13<sup>th</sup> or 14<sup>th</sup>. Campers may take the chartered buses to and from the cities listed below. An additional fee will be charged to your daughter's account as indicated below.

### **TO Camp – Chartered Bus/Van on July 1<sup>st</sup> and August 1<sup>st</sup>**

**Locations and Timing:** Please be at the bus/van departure point thirty minutes prior to the departure time, with your daughter and her luggage. Please securely tag each piece of luggage with the Oconto baggage tags provided in the spring mailing. Drive to the most accessible point where luggage can be loaded easily, then remove your car and park it to enable others to have the same easy access to the buses. When it is time for your daughter to get onto the bus/van, please check in with the Oconto chaperone at the bus door, then say good-bye to your daughter. If your daughter does not know anyone on the bus/van, please be sure to tell one of the Oconto chaperones. The chaperone will then arrange to have your daughter meet and sit with other girls her age. It is imperative that once your daughter is on the bus/van and checked off the Oconto list, that she does not leave the vehicle.

**Montreal:** A van will pick campers up at Fairview Pointe Claire Shopping Centre, 6801 Trans Canada Highway, Post #31 (behind Reno Depot). Please arrive by 9:30am, unload luggage near the van, and park as directed by the Oconto staff. Departure time is 10:00am.

**Ottawa:** A bus or van (depending on the number of campers) will leave from Pinecrest Shopping Centre, 2685 Iris Street. The bus will stop in the overflow parking lot on the north side of the Shopping Centre. Please arrive by 11:45am, unload all luggage near the bus or van and park as directed by the Oconto staff. Departure time is 12:15pm.

**Toronto:** The bus will leave from Crescent School, 2365 Bayview Avenue (east side of Bayview Avenue, south of Lawrence). Drive in and park in the parking lot to the right. Walk your daughter and her luggage to the bus located in the traffic circle. **DO NOT PARK IN THE TRAFFIC CIRCLE.** Arrive by 9:30 am – bus departure time is 10:00am. Please note that the exit from Crescent School only allows for northbound traffic. To exit southbound on Bayview Avenue, turn into the Bob Rumball Centre and use the turn around to exit south.

**Luggage:** Please send luggage not more than 14" in height. At this height trunks/suitcases can easily fit under a camp bed. A hockey bag will easily accommodate sleeping bag, pillow, life jacket, etc., and fold up for storage when empty. Each camper is allowed two pieces of luggage on the bus.

**Lunch:** All campers boarding the bus/van at Toronto or Montreal are advised to bring a lunch for the trip to camp. Campers boarding buses in Ottawa should either bring a lunch for the trip or have already eaten prior to the trip. Please do NOT send peanut butter sandwiches or any other products containing nuts.

#### **FROM Camp – Chartered Bus/Van on July 28<sup>th</sup> and August 28<sup>th</sup>**

**Montreal:** The bus or van will arrive at Fairview Pointe Claire Shopping Centre, Post #31 at approximately 1:00pm.

**Ottawa:** The bus or van will arrive at Pinecrest Shopping Centre at approximately 11:00am.

**Toronto:** The bus will arrive at Crescent School at approximately 1:00pm.

**Fees:** Montreal (one way trip) - \$80.00

Ottawa (one way trip) - \$40.00

Toronto (one way trip) - \$80.00

## **SWIM LEVELS AND REQUIREMENTS TO PARTICIPATE IN BOATING ACTIVITIES**

**Swimming Lessons:** Swimming lessons are mandatory for all campers at Oconto. We offer Lifesaving Society (LSS) lessons only – not Red Cross. Campers must pass their Lifesaving “Swim to Survive” test (comparable to LSS level Swimmer 2) in order to participate in any boating activities. If your daughter cannot pass this swim test, we will give her extra help and swimming lessons so that she can hopefully pass quickly and participate more fully in all activities. If she is at all apprehensive, it is a good idea to have your daughter swim in a lake or river before coming to camp. Swimming in the lake is very different than swimming in a pool, and we want for her to be as comfortable as possible. Please note that Bronze Medallion candidates must also complete a separate First Aid course as a prerequisite for the next level, Bronze Cross.

**Boardsailing:** Campers must have a swimming ability equivalent to Lifesaving Swimmer 4 Level in order to participate in boardsailing activities. We do have children’s rig boards so that the younger or smaller girls may try boardsailing.

**Life Jacket:** It is essential that your daughter have a lifejacket that is government approved, fits her well, and is comfortable. It is very important to choose the right kind of lifejacket. It must be suitable for her weight, height, and size or else it won't help when it is most needed. Please attach a whistle to the lifejacket, as it is required by law to have a "noisemaker" in every boat. Please mark your daughter’s name on it with a waterproof pen, or a nametag.

With this information, you are now armed to help us provide your daughter with a safe and exciting time away from home!