

# Camp Metigoshe on Pelican Lake

Dear Parents,

We feel privileged your child is registered for camp this summer. Our accreditation by the American Camp Association (ACA) is your assurance that the highest standards of safety are practiced by all our staff. We will provide quality "adventure anchored in Christ."

Final registration will be between 4:00 and 5:00 p.m. Please do not arrive before 4:00 p.m. The balance due and completed health form will be collected when you arrive. (Please do not mail in the health form sooner.)

It is imperative that the immunization schedule is fully completed with specific, accurate dates. General terms such as "up-to-date" or "current" are not helpful. Your child should already have had 4 polio, 4 DPT/DT, and 1 MMR. A DT vaccination is required every 10 years.

LABEL ALL YOUR CHILD'S BELONGINGS  
with HIS or HER NAME!!

Your child's mailing address while at CAMP METIGOSHE will be:

YOUR CHILD'S NAME  
CAMP METIGOSHE  
2051 105TH ST NE  
BOTTINEAU ND 58318-6145

A closing program will be presented on Friday at 2:00 p.m. Campers will have had lunch and be ready to depart camp at 3:00 p.m. The campers' programs for DayPlayers, Trail-blazers, and Homesteaders will be presented at 7:00 p.m. on Monday and Wednesday, respectively.

Your child's medical needs will be cared for daily by our health aid who is first-aid certified and in consultation daily with our supervising RN. All our summer staff members are first-aid certified and trained in CPR. In the event of major sickness or injury, we will make every effort to contact you, and a staff member will transport your child to St. Andrew's Health Center.

For unique medical conditions/needs, a registered nurse is on site for four of our nine weeks. If your child needs the services of an RN, please call us to learn when those weeks are and to discuss any medical conditions unique to your child. While your child is attending camp, Metigoshe Ministries assumes secondary insurance coverage.

Please contact director Betsy Debertin (701- 263-4936) at least one week prior to your child's arrival at camp if there are any special challenges or considerations (e.g., diabetes; severe asthma; emotional, behavioral, or social disorder) for which our staff should prepare. We want to meet your child's needs as best we can.

We require written permission to release any child to anyone who is not her/his legal guardian. A "Parent's Permission To Release" statement is contained on the back side of the health form. For every child's safety, personal information about any child will not be released without the prior written consent of her/his parent/guardian.

If your child is a "no show," you will be contacted to verify that s/he will not be attending camp. However, if you know that your child will not be attending camp, please notify the business office (701-263-4788) as soon as possible.

[www.MetigosheMinistries.com](http://www.MetigosheMinistries.com)

## A Note About Homesickness

We have learned some concrete ways that your child can avoid homesickness. Here are some tips:

- Speak openly about the possibility of homesickness before your child leaves for camp.
- Try to visit the camp ahead of time so that your child can become familiar with the general surroundings.
- Arrange for a first-time camper to attend camp with a close friend or relative. Make sure they are mutually registered with the cabin mates of their choices.
- It's not helpful to tell your child that you will come and get him, or call her. Simply assure your child of your love and that s/he will have a great time at camp.
- Send letters to your child before camp begins so messages from home will be awaiting his/her arrival.
- Due to the limited number of phone lines at camp, our policy is *only emergency calls to and from campers* will be possible. Overcoming homesickness will be a great success for your child. Phone calls from you or to you will prevent this opportunity for success.



## What To Bring

- Money to pay the final balance due at registration.
- health form completed, signed, and dated by your parent or guardian
- your Bible (very important)
- a warm sleeping bag (or plenty of blankets) and a pillow
- warm clothing (including long pants)
- a heavy jacket
- a rain coat or poncho (We don't stop for rain!)
- comfortable athletic shoes for vigorous activities
- appropriate swim suit(s)
- old (disposable) clothing and shoes for messy activities
- washcloths and towels, biodegradable soap, other personal toiletry items
- insect repellent!
- a small backpack to carry water, insect repellent, etc.
- You may also bring sun glasses, flashlight, camera, fishing gear, and spending money for clothes, snacks, and other items for sale in the Trading Post.

## Please do not Bring

- hair dryer or curling iron
- cell phone
- electronics of any kind (CD player, hand-held game, iPod, etc.)
- fireworks
- firearms

ALL YOUR BELONGINGS SHOULD BE LABELED WITH YOUR NAME.

## Directions

Camp Metigoshe is located in the Turtle Mountains on Pelican Lake approximately 5 miles east of Lake Metigoshe via Highway 43.

From Highway 5, turn north onto Main Street (at State Bank of Bottineau); continue north about 9 miles. At the stop sign, turn right (east) onto Highway 43—(It's 3 miles to the next stop sign; Sawmill Lumber and Sawmill Corner Stop are at the intersection.)—; continue east about 4 more miles. At the Camp Metigoshe Pelican Lake sign, turn right (south); continue about 1 mile (follow camp signs); turn left (east); continue about 1 1/4 miles to the camp entrance.

Through Dunseith follow U.S. 281 and N.D. 3 north about 10 miles to Highway 43; turn left (west) onto Highway 43; continue west about 9 miles. At the Camp Metigoshe Pelican Lake sign, turn left (south); continue 1 mile (follow camp signs); turn right (west); continue about 1/2 mile to the camp entrance.

## Directory

Directors ..... Kyle & Betsy Debertin

Business Office Address....

METIGOSHE MINISTRIES  
10605 Lake Loop Road East  
Bottineau ND 58318-8055

Business Office Phone ..... 701-263-4788

Camper's Mailing Address While At Camp:

Camper's Name  
Camp Metigoshe  
2051 105th St NE  
Bottineau ND 58318-6145

Telephone at Camp Metigoshe

on Pelican Lake ..... 701-263-4936



Dear Camper,

We are so excited that you will be a part of our thrilling, Christ-centered summer. Our staff is ready and awaiting your arrival! Together, we will share a Christian adventure in the rustic beauty of Pelican Lake. Come ready to take the challenge of living life for all it is worth in Christ's name.

The answers to most questions have been addressed in this leaflet. If you and your parents still have inquiries, however, feel free to call our business office (701-263-4788).

A health form must be completed, signed, and dated by your parent (guardian). (Please do not mail it to us.) There is a health form available on the "Forms" page at [MetigosheMinistries.com](http://MetigosheMinistries.com).

***Welcome to Adventure  
Anchored in Christ***

