

METIGOSHE MEMO

Summer Camp 2012
What You Need to Know

Executive Director: Rev. Jon Halvorson
Program Director: Melissa Reinhart
Business Office: Metigoshe Ministries
10605 Lake Loop Road E.
Bottineau, ND 58318
701-263-4788
Phone at Camp on Pelican Lake: 701-263-4936

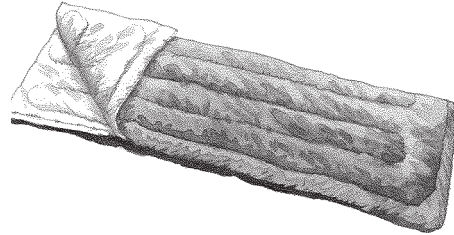
2012 Summer Theme: The Body of Christ - That's Us! Part of the Body - That's Me!

We Are so Excited You are Coming to Camp!

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 following is included with this information:

- Receipt of Registration with your session, your deposit amount and final balance due
- Health Form
- "Higher Than the Mountains" Form (if applicable)



What To Bring

- Completed health form, signed and dated by your parent or guardian
- "Higher Than the Mountains" release form (if applicable)
- Your Bible (very important)
- Medicine (only amount needed for the week)
- Warm sleeping bag (or plenty of blankets) and a pillow
- Warm clothing (including long pants)
- Heavy jacket
- 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, personal toiletry items
- Insect repellent
- Small backpack to carry items.
- You may also bring sun glasses, flashlight, camera, fishing gear, and spending money for trading post clothes or miscellaneous items.

What NOT To Bring

- Cell phone, electronics of any kind (CD player, iPod, hand-held games, etc.) Please see back page.
- Hair dryer or curling iron
- Fireworks
- Firearms



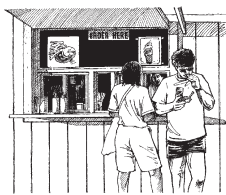
INFORMATION

Parents! A Few Details for You

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."

Here are some details that you will need to know:

- Final registration is between 4:00 and 5:00 pm. Please do not arrive before 4:00 pm.
- The completed health form will be collected when you arrive at camp.
- If the camp your child is registered for includes a high ropes experience, a release form will also be collected when you arrive.
- A closing program will be presented on Friday at 2:00 pm. Campers will have had lunch and be ready to depart camp at 3:00 pm. The campers' programs for DayPlayers, Trailblazers, and Homesteaders will be presented at 7:00 pm on Monday and Wednesday, respectively. There will be no program for camps ending on June 29. Camp ends at Noon during this week.



New in 2012 for Trading Post

Trading post will be open when you drop off and pick up your campers. This will give you an opportunity to shop for the cool Metigoshe clothes and miscellaneous items with your children. *Trading post food and drink are included in this year's registration costs. This eliminates the need to leave money on account for snacks for your child during the week!*

Don't Forget!

Please remember to label all of your belongings with your name.



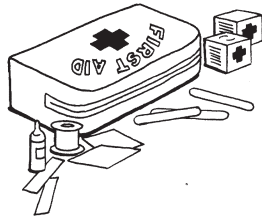
Money Matters

Remember to pay your balance due at least two weeks prior to the beginning of your child's camp session. Balances not paid two weeks prior will have an additional **\$20.00 late charge** applied to the balance. Any cancellation after May 31 or within 30 days of the registered camp session will forfeit the \$100



Camper Medical Care

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 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.

Special Needs or Concerns?

Please contact Program Director Melissa Reinhart (701-263-4788) 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.



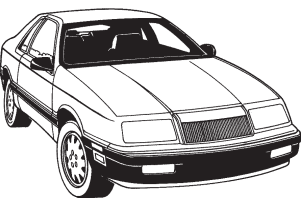
We want to meet your child's needs as best we can.

Release of Campers

Metigoshe Ministries requires 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 or guardian.



Cell Phones and Technology at Camp

Camp is a place set apart.

Old ways are new ways. Camp is about being in a caring community and living in relationship with God, self and others. Without the distractions of the outside world, campers are allowed to pray and play in new ways. Campers are allowed to use their imaginations, their ingenuity and creativity in new ways. Campers can see the world and interact with others in new ways.



Because of this, we ask that campers leave cell phones, computers, electronic games, and other gadgets at home. A few reasons for this:

- Cell service at Camp Metigoshe is limited or not available.
- With outdoor activities, games, weather, etc, we do not want expensive devices damaged, lost or stolen.
- Campers are busy, involved in the daily life of camp.

Because of this, we will continue to keep your child safe in all ways and keep you informed. We will contact you:

- If there is an emergency concerning your child.
- When there is weather-related news that impacts your child.
- If your child is homesick and needs your attention and we cannot deal with it at camp.

Because of this, even in our technologically advanced world, campers and staff can still remain connected to the world. You can:

- Write letters to your camper
- Write emails to your camper
- Trust that we will contact you if your camper has health concerns or is experiencing difficulties adjusting to camp.

Camp is a place set apart... but is still connected!



Ways to Contact Your Camper

Mailing Address:

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

Email:

metigoshemail@gmail.com
Please put your camper's name in the subject line.

A Note About Homesickness

Is this your child's first time away from family? Are there questions of how you will



make it through the week? It is natural to feel uncertainty about being away from our family. As adults, we usually know how to deal with these feelings; often-times, kids do not. Here are some suggestions for you:

- Discuss what camp might be like and what they might expect. Watch the camp video together (www.MetigosheMinistries.com) or arrange to visit camp ahead of time. Let them know what you will be doing when they are away.
- Arrange for a first-time camper to attend camp with a friend or relative. Make sure they are both registered with the cabinmates of their choice.
- Allow campers to help pack what they will bring to camp.
- Overcoming homesickness will be a great success for your child. Phone calls from you or to you will prevent this opportunity for success. Please review the cell phone article.
- 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 you are so proud of his/her courage to try something new.
- Send self-addressed stamped envelopes or postcards with your child so he/she can write home easily.
- Send along a picture of the family.

If a camper does become homesick, we keep him/her busy with the normal flow of the daily schedule. If we feel concern about your child's adjustment to camp, we will contact you.