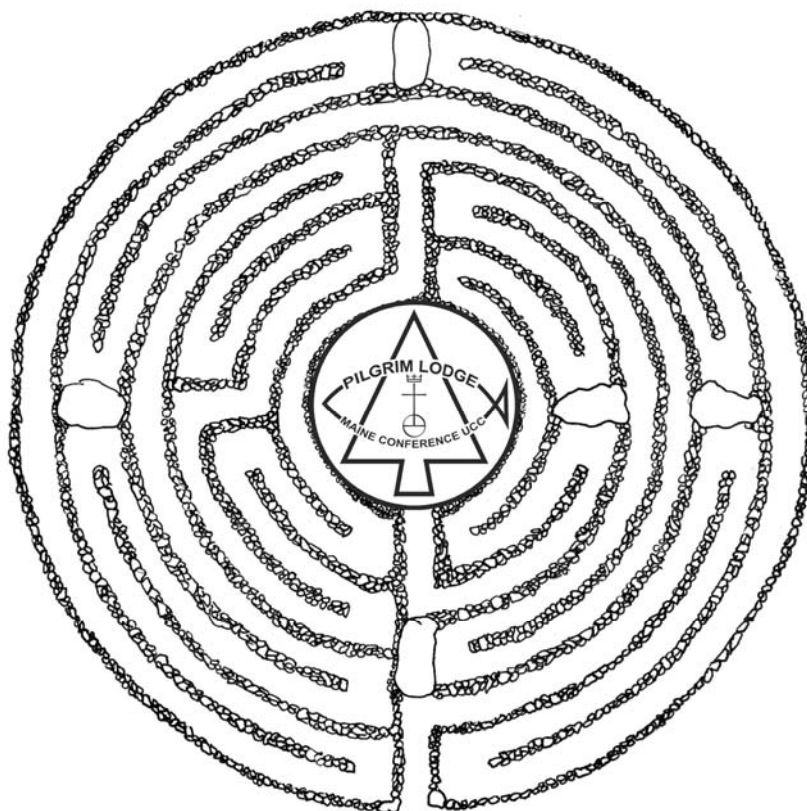




Pilgrim Lodge 2011 Parent & Camper Guide



This guide is for:
Parents and guardians sending children to Pilgrim Lodge
Children and youth attending camp at Pilgrim Lodge
Attendees of adult or Family Sessions at Pilgrim Lodge

OUR MISSION is to help each other grow as Christians, through experiences in group living which involve: exposure to the world of nature; helpful caring relationships; experiences of sharing recreation, fellowship and worship; and purposeful programs to broaden our understanding of God and our world. Together we seek to overcome fears and frustrations, and to experience the joy of giving and receiving love. The camp community creates a life-style in accordance with Christian values, an openness to the Holy Spirit, and the grace of Jesus Christ.



Stay in touch this summer with



Online Photos, News, & Camper Email!

We are excited to tell you about our partnership with Bunk1.com! Bunk1's secure, easy to use, summer website services let you stay in touch with your camper all summer!

RETURNING PARENTS: If you had an account at this camp last summer, you can continue to use your old username and password. Simply sign in at the link below. The first time you visit the site you will be prompted to update your contact information and re-activate your account.

GET STARTED TODAY

To set up a new account and visit our Online Community:

1. Go to our website at www.pilgrimlodge.org
2. Hover over "Summer Camp" and click the "Photos" link
3. Click the flashing "Camp Photos / Camper Email" button *
4. Click the "Register Now" link
5. Enter your Pre-Approved Registration Code: **[you'll get this when you register]**
6. Fill out all the required information
7. Pay the registration fee and purchase Bunk Note credits (you will need a credit card)
8. View camper pictures and send an email to your camper!

* If you cannot find this button, go to www.pilgrimlodge.bunk1.com and continue on to the next step

** For your camper's safety, please do not share the Pre-Approved Registration code above.

FREQUENTLY ASKED QUESTIONS

Why do I have to pay a registration fee?

This fee goes to pay for the photographer, server space & bandwidth, website security (required by law), customer support, and helps us cover the cost of paper, ink, and labor. This frees us to do what we do best – be with your kids! Without this fee we would not be able to offer this service. **The registration fee is \$10.**

How do I view pictures?

Follow the instructions above except, after registering, simply sign in and click on the Photo Gallery button. Photos are kept in folders found on the left side of the page below the words "Image Folders". Click on any folder to see the pictures within that folder. You can even purchase prints or other photo gifts (e.g., t-shirts, mugs) of your favorite pictures!

How do I send a Bunk Note (one-way email) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct cabin, type your message, and hit the "Send" button.

Can other relatives use these services?

Certainly. Once you have set up your account, you will be able to invite other people to access these services.

Why do I have to pay to send Bunk Notes (one-way email)?

Each morning, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and labor. Bunk Note credits cost \$1 each and are purchased in packs of various sizes.

Do I need multiple accounts if I have multiple campers?

No. You can use the same account for all the campers you have at this camp.

What do I do if I lost my username and password?

You can get it online by going to www.Bunk1.com and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You will receive an email with your username and password within a few minutes.

QUESTIONS OR PROBLEMS?

Please call Bunk1 at 1-800-216-9472 or go to www.bunk1.com/contact.asp



Greetings Parents and Campers!

Thank you for considering sending your child, or yourself, to Pilgrim Lodge this summer. This guide has been developed to help parents prepare for time at Pilgrim Lodge; and to help you and your child know what to expect and prevent miscommunications on policies and procedures when camp time comes. We are always looking to improve our program and communication so if you have any suggestions please do not hesitate to contact me, or any member of the Outdoor Ministry Committee.

Faithfully,



Rev. Bryan S. Breault
Director of Outdoor Ministries
Maine Conference, United Church of Christ



Rev. Bryan Breault - Director
103 Pilgrim Lodge Lane
West Gardiner, ME 04345
207-724-3200
bryan@pilgrimlodge.org
www.pilgrimlodge.org

Registration questions:

Karen Steelhammer—Administrator
207-724-3200
karen@pilgrimlodge.org

Pilgrim Lodge Camp Philosophy

Inspiration is infused into lives through the power of love, nature, and God. Along the shores of Lake Cobbosseecontee, the Maine Conference United Church of Christ is blessed to nurture this ministry of inclusion. Amidst all the fun of summer camp, we teach stories from the Bible, as well as critical thinking. We find creative and fun new ways to bring meaning and enjoyment to worship. We celebrate and explore the awesome power of metaphor. We set the table for the feast God offers, without the arrogance of assuming we have all the answers, or that everyone's experience of God is identical. We encourage and enable people to listen for God; we do not claim to speak God's voice. Often empowerment comes from recognizing the divine through healthy human connection: Christ is in the eyes and hearts of our brothers and sisters. In seeking, and finding that connection in one another, we recognize it within ourselves. Outdoor ministry has two foundational elements: community and creation. As our culture is increasingly withdrawing from community we believe that intentional periods of living together surrounded by the beauty of the earth, away from the stress and strain of ordinary, technology-centered routines, give our spirits a chance to be open to life in a real and vital manner.

Open Registration Policy

Anyone may attend Pilgrim Lodge. Campers do not need to be a member the Maine Conference, United Church of Christ. Rules concerning acceptance and participation in all Maine Conference Outdoor Ministry events are the same for everyone without regard to race, color, sexual orientation, gender or national origin.

Accreditation



Pilgrim Lodge is accredited by the American Camp Association. Information on accreditation standards can be found at www.acacamps.org.



Section ONE: Information for All Camp Sessions

Payment & Refunds: There is no refund for campers sent home for illness, homesickness, injury or discipline. A non-refundable deposit of \$75 for week-long sessions and \$25 for shorter events is required with the initial registration. **The balance is due two weeks before the start of the event.** We do not accept payment at camp. If payment is not received on time, campers may forfeit their spot to others on the waiting list. If a camper withdraws more than one week before the start of a session the deposit will be forfeited, while any additional payments that have been made will be refunded. *If a camper withdraws one week or less before the start of a session the parent (or adult camper) will be responsible for the full camp fee; no refunds will be made.*

Open Invoices: Individuals with an unpaid balance from previous years will not be allowed to register until past balances are paid. Payments received will be used to pay open invoices from previous years and not toward registering for new events.

Event Cancellation: All events are subject to cancellation due to insufficient registration. If an event is cancelled, full refund of payments (including registration deposit) will be made. Confirmation notices will be sent after a registration is received and accepted. Online confirmation is by way of email.

Behavior: Certain behaviors which are deemed inappropriate, may result in a camper being sent home and the camper's minister being notified. These behaviors include, but are not limited to, fighting; hitting; biting; stealing; destruction of, or intrusion into, another's property; threatening another; defying a counselor or dean; refusal to eat; wandering from established program areas; sexual activity; possession or use of cell phones, possession or use of weapons, alcohol, or illegal drugs; misuse, distribution or concealing prescription or non-prescription medication. Any camper sent home will be reaccepted for an Outdoor Ministries event only after consultation with the Outdoor Ministries Committee and the Director of Outdoor Ministries.

Deans' Letter: Each session at Pilgrim Lodge is organized by volunteer leaders called deans. Most sessions have two deans who are responsible for recruiting their volunteer counselors and organizing the program and schedule. Because the deans and counselors are at PL as volunteers, for your event only, they bring a fresh and exciting feel to each session. Shortly before your session is to begin, you will receive a letter from your deans either by email, or U.S. postal mail. This letter will describe the theme, outline special events, tell you special things to bring, and let you know of any deviation from information in this guide (for example, pick-up time.) Deans' letters are also posted online so if your event is getting close and you haven't received it, check online first, then give us a call. (207-724-3200)

Alcohol and Drugs: Alcohol and other drugs are not permitted at Pilgrim Lodge or Outdoor Ministries events. Drugs include inhalants such as gas or glue and the misuse of over the counter or prescription medicine. Anyone using or possessing alcohol or illegal drugs or misusing prescription drugs will be sent home immediately and the camper's minister will be notified

Fireworks: Fireworks are not permitted at Pilgrim Lodge or at Outdoor Ministries sponsored events. Anyone using or possessing fireworks will be sent home immediately and their minister will be notified.

Scholarships: Many local churches have their own camp scholarship program. Please ask your pastor if such a program is available in your church. Additionally, partial scholarships are also available from the Maine Conference UCC for members of Maine Conference UCC churches. Application for scholarships are on page 21 of this guide. **Applications are due by May 15.** Application received after May 15 will be offered only if funds remain after on-time applications have been considered.

Photographs and Publicity: By registering for camp, campers and parents agree that photographs taken of campers may be used for promotion by the Maine Conference, including, but not limited to: future camp brochures, promotional slide shows, video presentations, CD-Roms sold to campers, and the Pilgrim Lodge website.

U.S. Mail to campers: Letters from home are encouraged. Please keep letters upbeat and do not focus on how much you miss your camper. **Do not mail candy or food.** Do not send any mail after Thursday's pickup. Address letters this way:

Camper's Name, Cabin # [camper's cabin number]
 Name of session (ie: "Arts Alive")
 Pilgrim Lodge
 103 Pilgrim Lodge Lane
 West Gardiner, ME 04345

Email to campers: Please see the inside front cover (page 2).

Phone Calls and Off-Hour Emergencies: Phones are available for use by campers only in case of emergency. The office phone number is 207-724-3200. If the office is closed and IN THE EVENT OF EMERGENCY ONLY you may call 207-724-3300. Please do not call the emergency line for administrative or non-emergency reasons. Please do not ask to speak to your camper for non-emergency issues. The camp director and staff are happy to check in with deans and counselors and give you a full report on how your camper is doing. Call the office during business hours for a check in.

Insect Repellent and Sunscreen: Lyme Disease and other insect-borne illnesses are a risk in any outdoor activity in the state of Maine. Campers need to bring and apply appropriate, non-aerosol insect repellent. There have been cases of Lyme Disease allegedly contracted at Pilgrim Lodge. Exposure to the sun also carries risk. Campers need to bring and apply sunscreen with an SPF factor of at least 30 before outdoor activities. Please send only sunscreens and insect repellents in non-aerosol containers

Smoking: Events sponsored by the Outdoor Ministries Committee are tobacco-free.

Camp Mission Project: Campers will be learning about the **Grace - Street Ministry**, an outreach ministry offering a consistent, compassionate, pastoral presence to the homeless and marginalized in downtown Portland, Maine. Their mission is to relieve suffering, to address the spiritual needs in this ever shifting community and to decrease the prejudice between the housed and the homeless through preaching, education and experience. Campers will learn about the ministry, the root causes of homelessness, Jesus' response to the poor, and ways to help. More information on this ministry can be found at [www.http://gracestreetministry.blogspot.com/p/vision.html](http://gracestreetministry.blogspot.com/p/vision.html). During the week, an optional offering for Grace-Street Ministry will be made.



Personal items: Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the lodge), compact discs, and sporting equipment, provided their name is written on the item. The Maine Conference, United Church of Christ is not responsible for lost, stolen or broken items. We recommend writing your name on all items, including clothing.



Section TWO: Information for Children and Youth Camp Sessions

(required reading for parents and guardians sending their children)

First read section one “Information for all sessions.” That material applies to children and youth camps, as does this section.

Theme and Curriculum: Pilgrim Lodge will draw much of its program from the National Council of Churches “New Earth: Christian Resources for the Outdoors.” Some sessions rely more heavily on this curriculum than others depending on the volunteer leaders (or *deans*). This year the theme, “**Got Spirit? Finding God in the Everyday**” helps campers consider that God is everywhere and not just in church on Sunday morning. The curriculum takes each theme and develops program ideas for age appropriate activities. Counselors are supplied with their own bible study and theological reflection. Usually these themes and Bible verses are used during worship planning and “family time.” Some deans weave the themes throughout the day. While a particular camp may or may not follow this structure closely, the daily themes and Bible verses are:



Section Two:: Children & Youth

Themes	Title	Scripture	Focus	Campers Will:
Sunday	Wonder Makes God Real Every Day	Psalm 8	Campers will hear a psalm of praise and be invited to wonder.	<ul style="list-style-type: none"> • explore creation using their senses. • experience the wonder of camp and its community. • participate in praising God.
Monday	Gratitude Makes God Real Every Day	Luke 17:11–19	Campers will hear the story of ten lepers and will identify reasons they are grateful.	<ul style="list-style-type: none"> • explore the goodness of God using their senses. • develop ways to express gratitude to God. • participate in expressing gratitude to others.
Tuesday	Hospitality Makes God Real Every Day	Luke 24:13–35	Campers will hear the story of the disciples encountering Jesus on the Emmaus road and reflect on the meaning of hospitality.	<ul style="list-style-type: none"> • explore how experiences in community enrich our relationship with God. • explore ways to open their lives to the movement of God’s Spirit. • participate in acts of hospitality.
Wednesday	Generosity Makes God Real Every Day	1 Corinthians 12:1–26	Campers will hear how the community of faith is like a body and examine the ways they respond to God’s generosity.	<ul style="list-style-type: none"> • remember how God is generous to the church. • identify their gifts. • share their gifts to build up the community.
Thursday	Worship Makes God Real Every Day	Psalm 96	Campers will hear psalms of praise and identify a variety of ways to worship God.	<ul style="list-style-type: none"> • deepen their understanding of the purpose of worship. • explore the vast variety of expressions of worship encouraged in the psalms. • develop and participate in a worship service.
Friday	Live in Christ’s Love	John 15:1–17	Campers will hear the story of the true vine and choose ways they will practice their spirituality.	<ul style="list-style-type: none"> • explore what it means to live in Christ’s love. • identify changes they want to make in their lives. • celebrate their camp experience.

Background checks: Deans are responsible for recruiting counselors for their session. Counselors are then screened and trained by the Pilgrim Lodge staff. Background checks are performed on all adult deans, counselors and staff members. Counselors meet daily with the deans and a member of the PL staff to discuss camper issues and gain support for particular behavioral issues.

Counselorships: A \$75 discount is offered to parents who serve as a counselor (\$37 for the half-week session.) This discount is to be used in the same year as the counseling session and is to be used for immediate family members only. To apply for a counselorship simply mail in the form at the back of this guide (103 Pilgrim Lodge Lane, West Gardiner, ME 04345) or bring it with you.

Supervision: Campers are supervised. At each interval campers know what their options are and where they are supposed to be. Sometimes the volunteer counseling staff is in charge and at other times (ie: 'option time') the summer staff are supervising. There are some periods of informal socializing in the lodge or on the boardwalk, but with adults close by. Campers are not allowed to wander the camp alone or without supervision and can be sent home for defying this regulation. Most cabins have a shower installed within them, but for those that do not, set shower times are supervised by an adult of the appropriate gender sitting outside the shower house within earshot.

Physical Exam and Health Form Requirements: Health forms (in the back of this guide) are to be mailed to camp (not Yarmouth) at least two weeks prior to arrival. (103 Pilgrim Lodge Lane, West Gardiner, ME 04345). Health forms are available on-line, or will be mailed by request. (207-724-3200)

EXAM: A physical examination is required by a licensed physician within the previous two years.

WHICH HEALTH FORMS?

- *Parents* fill out **FORM 1** (3 pages)
- a *doctor's signature* is needed on **FORM 2**
- Only those with inhalers, epi-pens, or other medications that must be kept on their person must fill out **FORM 3**, signed by both a doctor and a parent (Maine State Law)

USING LAST YEAR'S FORM: If a camper has a health form on file, signed by a doctor in 2010 parents may update and re-sign last year's form upon arrival. If you are not dropping your child off yourself and using the form from last year for your doctor's signature, be sure to also send a new FORM 1, signed and dated by a parent. Please call 207-724-3200 if you are not sure if your child's health form is still valid.

DOES MY CHILD'S SPORTS EXAM SUFFICE? A physical form *signed by a doctor* within 2 years that clears the camper for school sports may be substituted **for form 2 only. Parents still must complete FORM 1.**

Medications: All medications (including non-prescription medicines) must be turned over to the camp nurse or designated trip leader at registration. **Failure to surrender medications to the nurse will result in a camper being sent home without refund.** Do not bring common over the counter medications such as Tylenol: these are available from the camp nurse. Medications should be in their original container and clearly marked with the camper's name, the name of the medication, and usage instructions. Unused medications are to be picked up at the end of the week. We recommend you *speak with your doctor* about your child remaining on medications prescribed during the school year while at camp.

Disclosure of Medical Conditions: In order for us to help your child have the best experience possible, the Camp Director needs to be aware in advance of any physical, emotional or behavioral needs a child may have. Special arrangements can be made. This information is shared only with those responsible for the care of your child.

Health Screening: A camp nurse or doctor will train staff members to perform a brief health screening upon arrival. This includes a few questions, and a check for evidence of head lice.

Health Care: A nurse is on duty during all youth camps, with standing orders from a doctor on call. We will attempt to reach parents if an illness or injury requires a visit to our on-call doctor's office or the emergency room. If we cannot reach parents, we will take the camper for treatment and continue to try to reach parents. Parents or guardians are responsible for health care costs should a camper need to be brought to our on-call doctor's office, pharmacy, or the emergency room. Invoices for such visits will be given to parents when they pick up their camper. Parents are responsible for payment directly to the health care provider. At the time the camper is picked up, parents will reimburse the Maine Conference for prescription medication purchased on a camper's behalf.



Drop Off and Pick Up: Drop off and pick up times are posted in the camp brochure and on-line. Most sessions register between 2 and 4 pm of the first day and pick up is usually at 10 am on the last day. Any changes will be reported in a deans letter.

Dropping off late/picking up early: Pilgrim Lodge desires to create a community with all of its participants. Arriving late and leaving early creates gaps in that community that affect all participants. Therefore **we expect campers to arrive at the designated time and to stay for the duration of the program.** If you cannot make this commitment because of sporting events, vacations or other reasons, please cancel or reschedule your camp experience by calling us at 207-724-3200. Deposits are non-refundable. (Please note, a few parents with last minute issues like traffic have been concerned that their child would not be accepted if they were a bit late. This is not the case: This policy is about pre-planned missing of a portion of camp.) A camper will be released for their own medical health or on the death of a family member.

Visitation: Parents, family members and friends of campers are cordially invited to visit during registration and departure only. At other times campers will be fully occupied and family and friends are asked to please refrain from visiting or calling by telephone.



Cell Phones: Disconnecting from the world of electronics is a necessary part of camp community building. Youth campers are not allowed to possess cell phones or other forms of electronic communication at camp and may be sent home if found possessing a cell phone. Parents have access to an emergency number (207-724-3300). Using cell phones as a watch is not an acceptable excuse for possession of cell phones at camp. Aside from the fact that cell phones are expensive and can get lost or stolen and that the physical camp environment is not kind to such items, there is a fundamental problem with campers having cell phones at camp, and that is trust. When children come to camp they—and you—are making a leap of faith, temporarily transferring their primary care from you as their parents to us and their counselors. This is one of the growth-producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow and learn, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one important way your child develops greater resilience. Contacting you by phone essentially means they have not made this transition. It prevents us from getting to problems that may arise and addressing them quickly. Sending a cell phone to camp is like saying to your child that you as the parent haven't truly come to peace with the notion of them being away from you and in our care. We agree to tell you if your child is experiencing a challenge in their adjustment to camp. *You can help* by talking with you child *before they leave for camp* and telling them that there is always someone they can reach out to, whether it be their counselor, a trusted activity leader, a lifeguard, a dean, the camp nurse, or the director. We are all here to help. **Please don't give your child permission to break this rule: it is a confusing message and a precedent about how other rules apply to them.**

Campers staying in the same cabin with friends from home: We do not house friends from the same church together, nor do we grant requests for campers to be together. Our experience is that friends from home tend to relate to one another instead of getting to know new cabin mates. We hope campers will make new friends in their cabin. Cabin time is limited and there is ample time for friends to be together during camp.

Camp Store, Mission Offering, and Store Accounts: The camp store sells postcards and stamps, Pilgrim Lodge T-shirts, hats, and flashlights, memorabilia, and necessary items such as toothbrushes, and combs. All Pilgrim Lodge clothing is certified sweat-shop and child labor free! All proceeds from the Pilgrim Lodge store go directly to support the ministry of Pilgrim Lodge. No cash is accepted at the store during the week. Parents set up camper store accounts upon arrival. The account is drawn down during the week. On Saturday you will receive any change due. During the week the store will open once a day for ice-cream sales (\$1.00 per cone) and once a day for other items. During the week campers will be presented with information on the camp's mission project and will be invited to make an offering to the project from their store/mission accounts.

Pre-camp Visits: Parents concerned that their child is nervous or may become homesick can do some things to help the child prepare for camp. A visit to camp ahead of time is the best way for a child to know what to expect. **Please call before you visit.** Coming to camp with a friend is another good idea (although we do not house friends in the same cabin).

Clothing: The Outdoor Ministries Committee wishes to affirm everyone's right to self-expression and their right to express their individuality. The intent of the OMC's suggested attire is to ensure that everyone feels comfortable and accepted as they are at all Pilgrim Lodge and Outdoor Ministries activities. Clothing should be worn so that all body parts are covered to maintain generally accepted levels of modesty. Undergarments, appropriate to age and physical development should be worn at all times and should not be visible, with the exception of bra straps showing underneath sleeveless blouses and other garments. The following will not be tolerated on clothing: profanity; pictures or message of a sexual nature; weapons, violence; drug, alcohol or tobacco related material; or any item that degrades others or is offensive. It is our hope that everyone will support compliance with this policy.

Group Photos: Every camper will receive an 5X7 photo of all the people in their camp. CD-Roms of digital photos of most sessions can be purchased at the camp store. If you pre-order a CD at registration you will save the cost of postage because the disc will be waiting for you when you pick up your camper.

A Typical Day at PL: No two days are exactly alike and no two weeks have the exact same schedule. There are, however, rhythms to the day around which most sessions drape their program. Generally the framework of the program looks like this:

- 7:00 Wakeup bell, optional swim
- 8:00 Breakfast
- 8:30 Cabin cleanup
- 8:45 Worship in the outdoor chapel
- 9:15 Morning watch (5 minutes for young children, 10-15 for older) quiet reflection
- 9:30 Family Time (small group) curriculum based, group building challenges, worship planning
- 11:00 Option time (swimming, boating, crafts, nature education, games in the lodge)
- 12:15 Lunch, singing & camp store open
- 1:00 Bunk Time (state mandated) nap or lay on the bed reading or writing; Mail delivery
- 2:00 Interest groups (small group activities led by counselors or staff)
- 3:15 Ice Cream time
- 3:30 All group program (large group activities)
- 4:30 Option time (swimming boating, crafts, Nature education, games in the lodge)
- 6:00 Dinner
- 6:30 Evening program
- 8:30 Snack
- 9:00 Vespers (earlier for younger campers)
- 9:30 Boardwalk Time (middlers and seniors) time for socialization on the boardwalk
- 9:00-10:30 Bed time (earlier for younger campers)

IT'S ALMOST TIME FOR CAMP!

A Quick Review for Children and Youth Sessions



Reminders: (see previous pages for details)

Section Two:: Children & Youth

WHAT TO BRING:

- casual relaxing clothes
- warm clothes for cold days
- warm sleeping clothes
- rain gear
- shorts
- jeans
- sweatshirts
- Bible
- notebook or stationery and pen
- bathing suit
- beach towel
- beach footwear
- musical instruments
- 1 nice outfit (not *too* formal)
- bathroom items in an easy to carry bag or bucket (towels, washcloth, soap, toothbrush, floss, comb/brush etc.)
- sleeping bag or bedding
- pillow
- comfortable sneakers
- flashlight
- laundry bag
- insect repellent (non-aerosol please!)
- sunscreen (SPF 30 or more)
- water bottle with camper's name written on it
- items listed in your Deans' letter
- money for store/mission (look to the right)

Personal items policy:

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the lodge), compact discs, and sporting equipment provided their name is written on the item. The Maine Conference, United Church of Christ is not responsible for lost, stolen or broken items.

Mail: Please do not send food or candy

Camper's Name, camper's cabin #
Pilgrim Lodge
103 Pilgrim Lodge Lane
West Gardiner, ME 04345

Email and On-line Photos

require a \$10 per camper account set up on line. A credit card is needed. Email cost one credit, credits are available when you set up your account. See the inside of the front cover for details.

Epi-pens or inhalers:

In order to keep an epi-pen or inhaler with your camper new state regulations require special forms (in addition to the health form) signed by both parents and physicians. The form is available at: www.pilgrimlodge.org or by calling 724-3200

Health Forms:

Your physician signed health forms should be mailed in to: Pilgrim Lodge, 103 Pilgrim Lodge Lane, West Gardiner, ME 04345. Call 724-3200 if you're unsure if your form from last year is still valid. Form 2 must be signed by a physician in 2010 or 2011.

Head Check: A health screening including a head check is being performed upon arrival. Thanks for your patience and understanding.

Please do not Bring:

Cell Phones or other electronic communication devices (campers who bring cell phones may be sent home) alcohol or illegal drugs; weapons (including pocket knives); personal listening devices; electronic handheld games, pets; valuables; jewelry; beepers; computers; fireworks, SCUBA equipment, "healies" skate boards or in-line skates

The Camp Store and Mission Offering

Upon arrival there will be a table where you can set up an account for the store. Cash is only accepted at the store during drop off and pick up, not during the week. During the week your camper will have an opportunity to make a donation to our mission offering from that account. Parents will make the decision for younger campers. Ice cream is \$1 per day.

Photo CD's: You can order a CD-Rom of photos of your campers week at the store for \$15 and it will be ready for you when your camper leaves. Photo CD's may be ordered after camp but a shipping charge is added.



THIS FORM IS ONLY FOR THOSE WHO DO NOT REGISTER ON-LINE

2011 PILGRIM LODGE YOUTH CAMP REGISTRATION

Use a different registration form for family/grandparents camp and adult sessions

Mail to: Karen Steelhammer-Registrar, 103 Pilgrim Lodge Lane, West Gardiner, ME 04345

Camper Name : _____

Address: _____

Home Church _____

Church's town _____

Home Phone: _____

I am registering for the following session:

Date of Birth: _____

First Choice _____

Gender _____ Grade in autumn 2011 _____

Second Choice _____

Parent or Guardian Name _____ Work or Cell Phone _____

Parent or Guardian Name _____ Work or Cell Phone _____

Parent e-mail (kept private, for our use only) please print: _____

Camper e-mail (also kept private, for our use only) please print _____

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless/Certification of Agreement: **Each person signing below has read through all the rules, regulations and policies contained in the 2011 Pilgrim Lodge Parent-Camper Guide. Each person signing below further understands and agrees to abide by these rules, regulations and policies at all times.** Each person understands that participation in the Maine Conference of the United Church of Christ ("Maine Conference") program can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that Maine Conference, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) occurring during or arising out of participation in any Maine Conference program. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Maine Conference program. Each person signing below hereby releases and agrees to indemnify and hold harmless Maine Conference, its agents, officers and employees, from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) that may arise or occur during or in connection with said program. In addition, each person signing below is aware that a list of camper names is distributed to event participants at the end of camp. Each person signing below permits the Maine Conference to use images of me or my child taken at Pilgrim Lodge or its camp trips in promotion of Maine Conference programs, including, but not limited to, future camp brochures, promotional slide shows, video presentations and the Pilgrim Lodge website. Each person signing below is aware that minors are not allowed to bring cell phones to outdoor ministry events and that **a child or youth camper may be sent home for possession or use of a cell phone.**

_____ date _____
Parent or guardian's signature (required)

Total Amount Enclosed \$ _____ Please enclose checks payable to "Maine Conference, UCC"

A \$75 nonrefundable deposit required for registration

(except for events under \$75, in which case the entire fee is due on receipt of this form)

Important: On the back page please list any medical, emotional, developmental issues or needs that will help us make your child's week a Pilgrim Lodge more successful. Feel free include any parental 'gut instincts.' This information is shared with the Director, Nurse and adults interacting with your child.

Please list any medical, emotional, developmental issues or needs that will help us make your child's week a Pilgrim Lodge more successful. Feel free include any parental 'gut instincts.' This information is shared with the acting Director, Nurse and adults interacting with your child.



Section THREE: Information Family and Group Sessions

required reading for those attending

Family Camp, Grandparent's Camp, Expedition Everyone and A Day At Camp

First read section one "Information for all sessions." That material applies to family camps (which include Grandparents camp and Day at Camp) as does this section.

Supervision of Children: Children are not to be allowed to wander the camp without adult supervision. Family camp events are designed to be time for families to be together. As such, adults are responsible to supervise the children they have brought with them. There may be occasions when the camp staff organizes activities and will make it clear that it's OK for adults to send children without attending themselves. At the conclusion of such events, adults will resume supervision.

Waterfront and Boating: Swimming and boating are only allowed when the waterfront is opened by the Pilgrim Lodge lifeguards. Under no circumstance are children or adults to swim anywhere on the lake except on the waterfront with a Pilgrim Lodge lifeguard present. The waterfront is only open during daylight hours.

Health Form Requirements: Health forms (in the back of this guide) are to be mailed to camp (not Yarmouth) at least two weeks prior to arrival. (103 Pilgrim Lodge Lane, West Gardiner, ME 04345). Health forms are available on-line, or will be mailed by request.

Who needs what form?

Grandparent's Camp & Expedition Everyone::

Minors need **FORM 1** completed by **PARENTS** *not grandparents* and **FORM 2, including a doctor's signature**. If the child carries an inhaler, epi-pen or other medication *on his or her person* is **FORM 3** signed by a doctor *and* parents needed. If your grandchild has a form on file signed by a physician in 2010 or 2011, we can use that form, just give us a call at 207-724-3200 to find out. Please mail forms two weeks prior to the start of camp.

Adults complete a single-page **FORM 4**. No doctor's signature is needed. You can fill this out prior to camp or when you arrive at camp. Mail it or bring it with you.

Day at Camp:

No forms are needed **unless** you are bringing a minor that is not accompanied by their parent or legal guardian. If you are bringing a minor that is not accompanied by their parent or legal guardian, have the parent or legal guardian complete and sign form 1 only, and if necessary form 3. Ignore forms 2 & 4

Family Camp

No forms needed **unless** you are bringing a minor that is not accompanied by a parent or legal guardian. If you are bringing a minor that is not accompanied by a parent or legal guardian, that child needs **FORMS 1, and 2**, (and 3 if he or she has carries and inhaler or epi-pen) with appropriate parent and doctor's signatures.

Cell Phones: Disconnecting from the world of electronics is a necessary part of camp community building.

- **Children and Youth:** Youth campers are not allowed to possess cell phones or other forms of electronic communication at camp and may be sent home if found possessing a cell phone. Please don't give your child permission to break this rule: it is a confusing message and a precedent about how other rules apply to them.
- **Adults:** We recognize that adults may have family and business requirements that require them to make contact. Please do not use your cell phones in the company of others. Please set your phone to vibrate or silent if you must carry it with you. If you must carry your phone with you, please let voice mail answer the phone and retreat to an isolated place to check the message and return the call. The best option is the leave the phone at home. The next best option is to turn it off, leave it in your belongings at camp and check it occasionally or use it only if need be. Third, If you must carry the phone with you at camp, please honor the above guidelines.

Camp Store: The camp store sells postcards and stamps, Pilgrim Lodge T-shirts, hats, and flashlights, memorabilia, and necessary items such as toothbrushes, and combs. All Pilgrim Lodge wear is certified sweat-shop and child labor free! All proceeds from the Pilgrim Lodge store go directly to support the ministry of Pilgrim Lodge. At family camp events the store *will accept cash* whenever it is open during your session. Store accounts are not necessary during family camps. During the session the store will open once a day for ice-cream sales (\$1 per cone) and once a day for other items.

Photos: (not available for Day at Camp) Every camper will receive an photo of all the people in their camp session. CD-ROMS of digital photos from your camper's week can be purchased at the camp store. If you pre-order a CD on arrival you will save the cost of

It's Almost Time For Family and Grandparents Camp - Quick Reminder

WHAT TO BRING:

- casual relaxing clothes
- warm clothes for cold days
- warm sleeping clothes
- rain gear
- shorts
- jeans
- sweatshirts
- Bible
- notebook or stationery and pen
- bathing suit
- beach towel
- beach footwear
- musical instruments
- 1 nice outfit (not *too* formal)
- bathroom items (towels, washcloth,

- sleeping bag or bedding
- pillow
- comfortable sneakers
- flashlight
- laundry bag
- insect repellent (non-aerosol please!)
- a good book
- sunscreen (SPF 30 or more)
- water bottle with camper's name written on it
- items listed in your Deans' letter

Be sure to review you deans' letter. Check online if you haven't received one or call. 207-724-3200

Please do not Bring:

Alcohol or illegal drugs; weapons (including pocket knives); personal listening devices; electronic handheld games, pets; valuables; jewelry; beepers; computers; fireworks, "healies," SCUBA equipment, skate boards or in-line skates



THIS FORM IS ONLY FOR THOSE WHO DO NOT REGISTER ON-LINE

2011 PILGRIM LODGE FAMILY CAMP REGISTRATION

For children and youth sessions use page 11. For adult camps use page 19.

Mail to: Karen Steelhammer, 103 Pilgrim Lodge Lane, West Gardiner, ME 04345

We're Registering For

Expedition Everyone

Grandparents 1

Grandparents 2

A Day at Camp

Family Camp

Home Church (include town) _____

Contact - one adult (include this contact in the chart below please)

Name : _____

Number of adults: _____

Address: _____

Number of Children _____

Home Phone: _____

Deposit is \$25 per person
(\$15 for Day at Camp)

Cell Phone _____

Amount enclosed:

Email address _____

\$ _____

kept private, our use only

If children are attending without legal parents (ie: Grandparents camp) please offer

Parent's information here. Use other side for multiple parents.

Home Phone: _____

Name _____

Cell or Work Phone _____

Address _____

Email address _____

kept private, our use only

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless/Certification of Agreement: **Each person signing below has read through all the rules, regulations and policies contained in the 2011 Pilgrim Lodge Parent & Camper Guide. Each person signing below further understands and agrees to abide by these rules, regulations and policies at all times.** Each person understands that participation in the Maine Conference of the United Church of Christ ("Maine Conference") program can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that Maine Conference, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) occurring during or arising out of participation in any Maine Conference program. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Maine Conference program. Each person signing below hereby releases and agrees to indemnify and hold harmless Maine Conference, its agents, officers and employees, from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) that may arise or occur during or in connection with said program. In addition, each person signing below is aware that a list of camper names is distributed to event participants at the end of camp. Each person signing below permits the Maine Conference to use images of me or my child taken at Pilgrim Lodge or its camp trips in promotion of Maine Conference programs, including, but not limited to, future camp brochures, promotional slide shows, video presentations and the Pilgrim Lodge website.

Individual's Name	Birthday	Gender	Relationship to above (son, grand-daughter etc)	Camper Signature attesting to above "Certification of Agreement"	PARENT of minor attesting to above "Participant Release/ Assumption of Risk/Agreement" Required.

Please list any special conditions about which the Camp Director should know:



Section FOUR - Information for Adult Sessions

Greetings Men and Women of the Maine Conference and beyond! Who says camp is just for kids? Not us! Adults need time apart too. Time to relax, to change the routine, to listen for God and to make new and renewed connections with others. Throughout life's journey these are basic needs and Pilgrim Lodge is a place to help meet them. This guide is designed to help you prepare for your time at PL and to know what to expect. It is my hope and my prayer that you will join us this summer and let the stress of daily life melt for just a short while to reveal the profound, fun, and often neglected camper that needs to sit on a porch and read, jump in the water, sleep, walk alone in the woods, or stay up late connecting with others. And when the time comes to return home, my hope is that you will have tapped that deep well that gives purpose and meaning to living, and gained new perspective that brings a tangible sense of the divine to all facets of your life. Welcome.

First read section one: Information for all sessions.

Health Form Requirements: No medical examination is required for adults. Adults must sign and submit a one page health form (**FORM 4**) authorizing 'permission to treat' in the event of emergency and list emergency contacts. Either mail the health form before hand or bring it with you. We'll have some on hand when you arrive but it's best to get this out of the way beforehand. Form 4 is in the back of this guide.

Medications: During adult-only events at Pilgrim Lodge, adults may keep medications (prescription or non prescription) with their belongings. We ask that you be discreet and keep medications out of site.

Health Care: There is no nurse on duty for adult camps with the exception of Vintage Ventures. Adults are responsible for their own health care. In the event of an emergency participants will be brought by ambulance or arranged ride to the Maine General Medical Center emergency room in Augusta.

Visitation: Please do not arrange visits from non-participants during your event.

Cell Phones and other communication devices: Disconnecting from the world of electronics is a necessary part of camp community building. We recognize that adults may have family and business requirements that require them to make contact. Please do not use your cell phones and other communication devices in the company of others. Please set your phone to vibrate or silent if you must carry it with you. If you must carry your phone with you, please let voice mail answer the phone and retreat to an isolated place to check the message and return the call. The best option is the leave the phone at home. The next best option is to turn it off, leave it in your belongings at camp and check it occasionally or use it only if need be. Third, if you must carry the phone with you at camp, please honor the above guidelines.

Camp Store: The camp store sells postcards and stamps, Pilgrim Lodge T-shirts, hats, and flashlights, memorabilia, and necessary items such as toothbrushes and combs. Pilgrim Lodge wear is certified sweat-shop and child labor free! All proceeds from the Pilgrim Lodge store go directly to support the ministry of Pilgrim Lodge. Cash is accepted at the store during adult events.

Group Photos: Every adult camper will receive an photo of all the people in their camp.

Staying in the same cabin with friends: If you have a request of whom you might like to stay with, please let us know. Also let your friend know that he or she will need to make the request too. When we have *both* requests, we will make the effort to lodge you in the same cabin.

Waterfront and Boating: Swimming and boating are only allowed when the waterfront is opened by the Pilgrim Lodge lifeguard. Under no circumstance are adults to swim anywhere on the lakefront except on the waterfront with a Pilgrim Lodge lifeguard present. The waterfront is only open during daylight hours. If you have your own boat or kayak and would like to use it feel free to bring it but be sure to confer with the lifeguards.

IT'S ALMOST TIME FOR CAMP!

A Quick Review for Adult Camps



WHAT TO BRING:

- casual relaxing clothes
- warm clothes for cold days
- warm sleeping clothes
- rain gear
- shorts
- jeans
- sweatshirts
- Bible
- notebook or stationery and pen
- bathing suit
- beach towel
- beach footwear
- musical instruments
- 1 nice outfit (not *too* formal)
- bathroom items (towels, washcloth, soap, toothbrush, floss, comb/brush etc in an easy to carry bag or bucket)
- sleeping bag or bedding
- pillow
- a good book
- comfortable sneakers
- flashlight
- laundry bag
- insect repellent
- sunscreen (SPF 30 or more)
- water bottle with camper's name written on it
- items listed in your Deans' letter
- money for store/mission

Personal items policy:

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the lodge), compact discs, and sporting equipment provided their name is written on the item. The Maine Conference, United Church of Christ is not responsible for lost, stolen or broken items.

Mail: Please do not send food or candy

Camper's Name, camper's cabin #
Pilgrim Lodge
103 Pilgrim Lodge Lane
West Gardiner, ME 04345

Health Forms:

You'll need to fill out and sign FORM 4 in the back of this guide and list emergency contacts. You can do this when you get to camp, or mail in the form which is available on line.

Please do not Bring:

Alcohol or illegal drugs; weapons; pets; valuables; jewelry; computers; fireworks, SCUBA equipment, skate boards or in-line skates.

Please be discreet

about cell phones and medications.

Email and On-line Photos require a \$10 per camper account set up on line. Incoming email only. A credit card is needed. See inside front cover for details. There's no wi-fi; let it go for the weekend.

Think about how you will make this experience prayerful.





2011 PILGRIM LODGE ADULT CAMP REGISTRATION

Please use a different registration form for youth (p. 15) and family/grandparents camps (p.21)

Name : _____

Address: _____

Home Phone: _____

Cell _____ Work _____

e-mail _____

(kept private, for our use only) please print

Home Church _____

Church's town _____

Date of Birth: _____

Gender _____

In case of emergency contact:

_____ Phone: _____ Relationship: _____

I am registering for the following event:

- Alumni Weekend
- GLBT Weekend
- Women at the Well
- Vintage Ventures
- Spirituality in Woodworking
- Pay It Forward Mission Camp
- Lighten Up, Loosen Up
- Women's Autumn Weekend
- Lifeguard Training (*those under 18 please use the youth form on page 11*)

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless/Certification of Agreement: **Each person signing below has read through all the rules, regulations and policies contained in the 2011 Pilgrim Lodge Parent-Camper Guide. Each person signing below further understands and agrees to abide by these rules, regulations and policies at all times.** Each person understands that participation in the Maine Conference of the United Church of Christ ("Maine Conference") program can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that Maine Conference, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) occurring during or arising out of participation in any Maine Conference program. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Maine Conference program. Each person signing below hereby releases and agrees to indemnify and hold harmless Maine Conference, its agents, officers and employees, from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of Maine Conference, its agents, officers or employees) that may arise or occur during or in connection with said program. In addition, each person signing below is aware that a list of camper names is distributed to event participants at the end of camp. Each person signing below permits the Maine Conference to use images of me or taken at Pilgrim Lodge or its camp trips in promotion of Maine Conference programs, including, but not limited to, future camp brochures, promotional slide shows, video presentations and the Pilgrim Lodge website.

_____ date _____
Participant's Signature (required)

Please make checks payable to "Maine Conference, UCC" Total Amount Enclosed \$ _____
A \$25 nonrefundable deposit required for registration

**Mail to: Karen Steelhammer,
Registration Form
103 Pilgrim Lodge Lane
West Gardiner, ME 04345**

Please list any conditions of which the Camp Director should be aware:

Pilgrim Lodge Camper Health History for CHILDREN, FORM 1

(page 1 of 3) To be completed by parents.
(Children also need form 2 to be completed by a licensed physician)

Developed and reviewed by *American Camp Association American Academy of Pediatrics Council on School Health & Association of Camp Nurses*

Mail at least two weeks prior to event to:

Pilgrim Lodge - Health Form
103 Pilgrim Lodge Lane
West Gardiner, ME 04345

Dates attending camp: from _____ to _____

Camper Name: _____

Male Female Date of Birth _____

To Parent(s)/Guardians(s): Attach additional information if needed.

- 1) Complete pages **1, 2, & 3** of this form (Form 1) and **make a copy**
- 2) Send the original, signed **FORM 1** to camp two weeks before arriving.
- 3) Complete the top of FORM 2 (Camper Health Care Recommendations) and provide the copy of FORM 1 With FORM 2 to your child's health care provider for review and completion
- 4) If your child carries an **inhaler, epi-pen** or other medication on his or her person, fill out the bottom section of FORM 3, have the physician fill out the top section.
- 5) Return Form 2 (and if applicable FORM 3) completed and signed by your child's health-care provider, camp at least two weeks before arrival.

Camper Home Address: _____
Street Address City State Zip Code

Parent/guardian with legal custody to be contacted in case of illness or injury:

Name: _____ Relationship to Camper _____ Preferred Phones (____) _____, (____) _____

Email: _____ Address: _____
(if different from above)

Second parent/guardian or other emergency contact:

Name: _____ Relationship to Camper _____ Preferred Phones (____) _____, (____) _____

Email: _____ Address: _____
(if different from above)

Additional contact in the event parent(s) or guardian(s) cannot be reached

Name: _____ Relationship to Camper _____ Preferred Phones (____) _____, (____) _____

Allergies: No known allergies This camper is allergic to: Food Medicine Environmental agents
(please describe below what the camper is allergic to and the reaction seen.)

Diet, Nutrition: This camper eats a regular diet. This camper eats a regular vegetarian diet.
 This camper has special food needs *(Please describe below, continue on back if necessary)*

- I have reviewed the program and activities of the camp and feel the camper can participate without restrictions
 I have reviewed the program and activities of the camp and feel the camper can participate with the following restrictions or adaptations
(Please describe, continue on back if necessary.)

Medical Insurance Information: This camper is covered by family medical/hospital insurance Yes No
Include a copy of your insurance card if appropriate; copy both sides of the card so information is readable.

Insurance Company _____ Policy Number _____

Subscriber _____ Insurance Co. Phone No. (____) _____

Parent/Guardian Authorization for Health Care:

This health history is correct and accurately reflects the health status of the camper to whom it pertains. The person described has permission to participate in all camp activities except as noted by me and/or an examining physician. I give permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to the health of my child for both routine health care and in emergency situations. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for this child. I understand the information on this form will be shared on a "need to know" basis with camp staff. I give permission to photocopy this form. In addition, the camp has permission to obtain a copy of my child's health record from providers who treat my child and these providers may talk with the program's staff about my child's health status.

Signature of Custodial Parent/Guardian _____ Date: _____ Relationship to Camper: _____

If for religious or other reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.

Camper Name _____

(For Camp Use) Cabin _____

CAMPER HEALTH HISTORY FORM 1

Developed and reviewed by: American Camp Association, American Academy of Pediatrics Council on School Health, & Association of Camp Nurses

Camper Name: _____
 First Middle Last

Birth Date: _____
 Month/Day/Year

Immunization History: Provide the month and year for each immunization. Starred (★) immunizations must be current. Copies of immunization forms from health-care providers or state or local government are acceptable; please attach to this form.

Immunization	Dose 1 Month/Year	Dose 2 Month/Year	Dose 3 Month/Year	Dose 4 Month/Year	Dose 5 Month/Year	Most Recent Dose Month/Year
Diphtheria, tetanus, pertussis ★ (DTaP) or (TdaP)						
Tetanus booster ★ (dT) or (TdaP)						
Mumps, measles, rubella ★ (MMR)						
Polio ★ (IPV)						
Haemophilus influenzae type B (HIB)						
Pneumococcal (PCV)						
Hepatitis B						
Hepatitis A						
Varicella (chicken pox)	<input type="checkbox"/> Had chicken pox Date: _____					
Meningococcal meningitis (MCV4)						

Tuberculosis (TB) test Date: _____ Negative Positive

If your camper has not been fully immunized, please sign the following statement: I understand and accept the risks to my child from not being fully immunized.

Signature of Custodial Parent/Guardian: _____ Date: _____ Relationship to Camper: _____

Medication: This camper will not take any daily medications while attending camp.
 This camper will take the following daily medication(s) while at camp:

"Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins & natural remedies. ***Please review camp instructions about required packaging/containers. Many states require original pharmacy containers with labels which show the camper's name and how the medication should be given. Provide enough of each medication to last the entire time the camper will be at camp.***

Name of medication	Date started	Reason for taking it	When it is given	Amount or dose given	How it is given
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		

The following non-prescription medications may be stocked in the camp Health Center and are used on an as needed basis to manage illness and injury. ***Cross out those the camper should not be given.***

- | | |
|---|---|
| Acetaminophen (Tylenol) | Ibuprofen (Advil, Motrin) |
| Phenylephrine decongestant (Sudafed PE) | Pseudoephedrine decongestant (Sudafed) |
| Antihistamine/allergy medicine | Guaifenesin cough syrup (Robitussin) |
| Diphenhydramine antihistamine/allergy medicine (Benadryl) | Dextromethorphan cough syrup (Robitussin DM) |
| Sore throat spray | Generic cough drops |
| Lice shampoo or cream (Nix or Elimite) | Antibiotic cream |
| Calamine lotion | Aloe |
| Laxatives for constipation (Ex-Lax) | Bismuth subsalicylate for diarrhea (Kaopectate, Pepto-Bismol) |

CAMPER HEALTH HISTORY FORM 1

Developed and reviewed by: American Camp Association, American Academy of Pediatrics Council on School Health, & Association of Camp Nurses

Camper Name: _____
First Middle Last

Birth Date: _____
Month/Day/Year

General Health History: Check "Yes" or "No" for each statement. Explain "Yes" answers below.

Has/does the camper:

- | | |
|---|---|
| 1. Ever been hospitalized? <input type="checkbox"/> Yes <input type="checkbox"/> No | 11. Had fainting or dizziness? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. Ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No | 12. Passed out/had chest pain during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. Have recurrent/chronic illnesses? <input type="checkbox"/> Yes <input type="checkbox"/> No | 13. Had mononucleosis ("mono") during the past 12 months?... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Had a recent infectious disease? <input type="checkbox"/> Yes <input type="checkbox"/> No | 14. If female, have problems with periods/menstruation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. Had a recent injury? <input type="checkbox"/> Yes <input type="checkbox"/> No | 15. Have problems with falling asleep/sleepwalking? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 6. Had asthma/wheezing/shortness of breath?..... <input type="checkbox"/> Yes <input type="checkbox"/> No | 16. Ever had back/joint problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 7. Have diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No | 17. Have a history of bedwetting?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 8. Had seizures? <input type="checkbox"/> Yes <input type="checkbox"/> No | 18. Have problems with diarrhea/constipation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 9. Had headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No | 19. Have any skin problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 10. Wear glasses, contacts, or protective eyewear? <input type="checkbox"/> Yes <input type="checkbox"/> No | 20. Traveled outside the country in the past 9 months?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |

Please explain "Yes" answers in the space below, noting the number of the questions. For travel outside the country, please name countries visited and dates of travel.

Mental, Emotional, and Social Health: Check "Yes" or "No" for each statement.

Has the camper:

1. Ever been treated for attention deficit disorder (ADD) or attention deficit/hyperactivity disorder (AD/HD)? Yes No
2. Ever been treated for emotional or behavioral difficulties or an eating disorder?..... Yes No
3. During the past 12 months, seen a professional to address mental/emotional health concerns?..... Yes No
4. Had a significant life event that continues to affect the camper's life?..... Yes No
(History of abuse, death of a loved one, family change, adoption, foster care, new sibling, survived a disaster, others)

Please explain "Yes" answers in the space below, noting the number of the questions. The camp may contact you for additional information.

Health-Care Providers:

Name of camper's primary doctor(s): _____ Phone: (_____) _____
Name of dentist(s): _____ Phone: (_____) _____
Name of orthodontist(s): _____ Phone: (_____) _____

What Have We Forgotten to Ask? Please provide in the space below any additional information about the camper's health that you think important or that may affect the camper's ability to fully participate in the camp program. **Attach additional information if needed.**

Parents/Guardians: STOP here. The rest of this is form is completed when the camper arrives at camp. Keep a copy for your records.

You don't have to fill out page four of FORM 1,
now on to FORM 2

**CAMPER HEALTH-CARE RECOMMENDATIONS
by LICENSED MEDICAL PERSONNEL FORM 2**

Developed and reviewed by: American Camp Association,
American Academy of Pediatrics Council on School Health, &
Association of Camp Nurses

Mail this form to the address below by _____ (date)

To Parent(s)/Guardian(s): Complete this section and give this form (FORM 2) and a copy of your completed CAMPER HEALTH HISTORY FORM (FORM 1) to your child's health-care provider for review.

Dates will attend camp: from _____ to _____
Month/Day/Year Month/Day/Year

Camper Name: _____
First Middle Last

Male Female Birth Date _____ Age on arrival at camp _____
Month/Day/Year

Camper home address: _____

City _____ State _____ Zip Code _____

Custodial parent(s)/guardian(s) phone: (_____) _____ (_____) _____

Parent(s)/guardian(s) stop here. Rest of form to be completed by medical personnel.

The following non-prescription medications are commonly stocked in camp Health Centers and are used on an as needed basis to manage illness and injury. **Medical personnel: Cross out those items the camper should not be given.**

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)
- Phenylephrine (Sudafed PE)
- Pseudoephedrine (Sudafed)
- Chlorpheniramine maleate
- Guaifenesin
- Dextromethorphan
- Diphenhydramine (Benadryl)
- Generic cough drops
- Chloraseptic (Sore throat spray)
- Lice shampoo or scabies cream (Nix or Elimate)
- Calamine lotion
- Bismuth subsalicylate (Pepto-Bismol)
- Laxatives for constipation (Ex-Lax)
- Hydrocortisone 1% cream
- Topical antibiotic cream
- Calamine lotion
- Aloe

Medical Personnel: Please review the CAMPER HEALTH HISTORY FORM (FORM 1) and complete all remaining sections of this form (FORM 2). Attach additional information if needed.

Physical exam done today: Yes No (If "No," date of last physical: _____)
Month/Day/Year

ACA accreditation standards specify physical exam within last 24 months.

Weight: _____ lbs Height: _____ ft _____ in Blood Pressure _____ / _____

Allergies: No Known Allergies

To foods (*list*):

To medications: (*list*):

To the environment (*insect stings, hay fever, etc.—list*):

Other allergies: (*list*):

Describe previous reactions:

Diet, Nutrition: Eats a regular diet. Has a medically prescribed meal plan or dietary restrictions: (*describe below*)

The camper is undergoing treatment at this time for the following conditions: (*describe below*) None.

Medication: No daily medications. Will take the following prescribed medication(s) while at camp: (*name, dose, frequency—describe below*)

Other treatments/therapies to be continued at camp: (*describe below*) None needed.

Do you feel that the camper will require limitations or restrictions to activity while at camp? No Yes

*If you answered "Yes" to the question above, what do you recommend? (*describe below—attach additional information if needed*)*

"I have reviewed the CAMPER HEALTH HISTORY FORM (FORM 1), and have discussed the camp program with the camper's parent(s)/guardian(s). It is my opinion that the camper is physically and emotionally fit to participate in an active camp program (except as noted above.)"

Name of licensed provider (please print): _____ Signature: _____ Title: _____

Office Address _____
Street City State Zip Code

Telephone: (_____) _____ Date: _____

Pilgrim Lodge Camper Health History FORM 3

For children (minors) required to carry Epi-pens, inhalers or other emergency medication. All others may disregard this form. Mail this form with Health History Forms 1 & 2

Mail two weeks prior to the start of event along with form 1 & 2 to:

Pilgrim Lodge Health Form
103 Pilgrim Lodge Lane
West Gardiner, ME 04345



Camper Name: _____ DOB _____

The State of Maine has passed a law that affects all minor campers who are medically required to carry at all times and to self-administer emergency medication while at camp. These are campers who have been diagnosed to be at risk for a potential medical crisis such as asthmatic attacks or allergic reactions. The medications include, but are not limited to, an asthma inhaler or an epinephrine (epi) pen.

PERMISSION FORM: Approval for carrying self administered medication

FOR THE PHYSICIAN:

As the primary health care provider for _____, I order the carrying and self-administering, as medically necessary of the following medications by the above named camper: (Circle all that apply or list other emergency self-medication device.)

- a. Asthma Inhaler b. Epinephrine Pen

Further, I confirm that this camper has the knowledge and the skills to carry and safely self-administer the indicated emergency medication in camp.

Primary Healthcare Provider signature

Date

FOR THE PARENT OR LEGAL GUARDIAN

USE OF SELF-ADMINISTERED EMERGENCY MEDICATION

As the parent or guardian of (camper's name) _____ I approve of the carrying and self-administering, as medically necessary of the medications listed above by my child:

Further, I confirm that my child has the knowledge and the skills to safely carry and self-administer the above listed emergency medication in camp.

Parent or Legal Guardian signature

Date

Pilgrim Lodge Camper Health History for ADULTS (FORM 4)

(page 1 of 1)

This is the only health form adult campers need

Mail at least two weeks prior to event or bring it with you to:

Pilgrim Lodge ~ Health Form
103 Pilgrim Lodge Lane
West Gardiner, ME 04345

Dates attending camp: from _____ to _____

Camper Name: _____

Male Female Date of Birth _____

For adult campers: you can mail this in, bring it with you or fill one out at camp. Thank you.

Camper Home Address: _____
Street Address City State Zip Code

Person to contact in case of emergency:

Name: _____
Relationship Preferred
to Camper _____ Phones (_____) _____, (_____) _____

Email: _____ Address: _____
(if different from above)

Allergies: No known allergies I am allergic to: Food Medicine Environmental agents (insect stings, hay fever, etc.)
(please describe below what you are allergic to and the reaction seen.)

Diet, Nutrition: I eat a regular diet. I eat a regular vegetarian diet.
 I have special food needs *(Please describe below, continue on back if necessary)*

I have reviewed the program and activities of the camp and feel I can participate without restrictions
 I have reviewed the program and activities of the camp and feel I can participate with the following restrictions or adaptations
(Please describe, continue on back if necessary.)

Medical Insurance Information: I am covered by medical/hospital insurance Yes No
Include a copy of your insurance card if appropriate; copy both sides of the card so information is readable.

Insurance Company _____ Policy Number _____
Subscriber _____ Insurance Co. Phone No. (_____) _____

Authorization for Health Care:

I hereby give permission to the camp to provide, seek, and consent to routine health care, administration of prescribed medications, and emergency treatment for me, as may be necessary, including, but not limited to X-rays, routine tests and treatment, and/or hospitalization. I also give permission for the camp to arrange related transportation. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. Further, it is my intention that the appropriate representatives of the camp be treated as "personal representatives" for the purposes of disclosing protected health information pursuant to the privacy regulations promulgated pursuant to the Health Insurance Portability and Accountability Act of 1996. I hereby agree (pursuant to 45 CFR § 164.510(b)) to the disclosure to camp representatives of the protected health information of the person herein described, as necessary: I) to provide relevant information to the camp representatives related to the person's ability to participate in camp activities. In the event I cannot communicate in an emergency, hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips out of camp.

Signature of Adult _____ Date: _____
Camper _____

If for religious or other reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.

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Check this box and use the other side of this sheet to record any additional information that camp staff should know, or should share with a doctor in the event you are unable to communicate

Camper Name _____

(For Camp Use) Cabin _____

Pilgrim Lodge 2011 Scholarship Application



Due: May 15, 2011
Send this completed form to:

Pilgrim Lodge Scholarship Request
103 Pilgrim Lodge Lane
West Gardiner, ME 04345

Please check with your local church pastor to see if a PL scholarship is available from the church.

All applications must be **signed by a Maine Conference minister** (unsigned or incomplete applications will be returned without being processed. If the application is re-submitted and received after May 15 it will be considered a late application.)

Scholarships received after May 15 will be considered only if any funds remain after all on-time applications have been processed.

There are a limited amount of funds for distribution. Please apply only if you are truly in need in order to attend camp. The amount of scholarship offered will be dependent on the number of applications received by May 15. Scholarships do not exceed one third of the camp fee.

Number of household members: _____

Camper Name

Annual Household income: _____

Street Address

Other scholarships applied for:
Summer champs, local church etc.

City, State, Zip

Church (include town name)

Church of program

Session and Date of session

Amount requested (or granted) from above

Signature of Maine Conference UCC Pastor
(required)

Amount Requested from Maine Conference

Parent/Guardian, or Adult camper signature (required)



Request for a Pilgrim Lodge Counselorship

Thank you! Our program would not exist if not for the incredible gift of time offered by our counselors. Thank you for valuing the ministry at Pilgrim Lodge enough to offer your time.

About Counseling: If you would like to counsel but are not sure how to begin, start by contacting us at camp. (karen@pilgrimlodge.org or 207-724-3200) We'll ask you if you have particular weeks in mind. Your information will then go to the deans of those camps who will contact you about whether or not they are in need of counselors. You'll be asked to read a short book on counseling and take an on-line exam and print out the certification of completion (only the first time you counsel.) You'll also need reference forms and a background check authorization, available online or from your dean. You will be asked to attend a few meetings before camp and to arrive a day before where you will receive training more specific to Pilgrim Lodge.

Counseling when you child is at PL: Some parents hope to counsel when their child is at camp. You know your child, and whether or not this is a good idea for them. We find that for some younger children it works out fine. Middler and Senior High campers usually tend to do better given their own time and space at PL. Unless there are extraordinary circumstances, we will not place your child in your cabin. It is difficult to step out of the role of parent and trying to be a camp counselor to your own child.

Counselorships: If you have an immediate family member attending camp this summer, you can receive a \$75 Counselorship (\$37 for the half-week long session) toward his or her camp fee. Please, immediate family only. Counselorships are not offered to CIT's and are not to be used for oneself. Counselorships must be applied in the same year that you counsel.

Date: _____

Counselor Name: _____ phone _____

I am counseling for this session: _____

Please apply my Counselorship to (camper's name) _____

attending this session: _____

This camper is my: (son, sister etc.) _____

Counselor's signature: _____

You can mail this form (103 Pilgrim Lodge Lane, West Gardiner, ME 04345) or bring it with you to camp. If you're counseling after you camper's session, it is helpful to us to have this form *before* the camper's session begins.

Directions to Pilgrim Lodge phone: 207-724-3200

Traveling North on I-295: Take **exit 51**, turn **Left** on Route **126**. Follow Route 126 about 2.5 miles. / at the blinking light turn **RIGHT** onto Spears Corner Road /continue straight for 4.3 miles (through 2 stop signs) to a third stop sign: **Careful: cross traffic does NOT stop at any of the three stop signs** / at that third stop sign turn **LEFT** onto Neck Road/ Pilgrim Lodge will be one mile ahead on your **RIGHT**

Traveling North on I-95 (new shorter route): Take **exit 86** and turn **LEFT** onto Route 9 / drive a mile and half and turn **RIGHT** on route 126 / in 10.8 miles at the blinking light with “Litchfield Country Store” on your right, Turn **LEFT** at **Batchelder’s Corner** (the post office should now be on your right) / in 2 miles bear **LEFT** on Neck Road /Pilgrim Lodge is 2 miles ahead on the **LEFT**

Traveling South on I-95

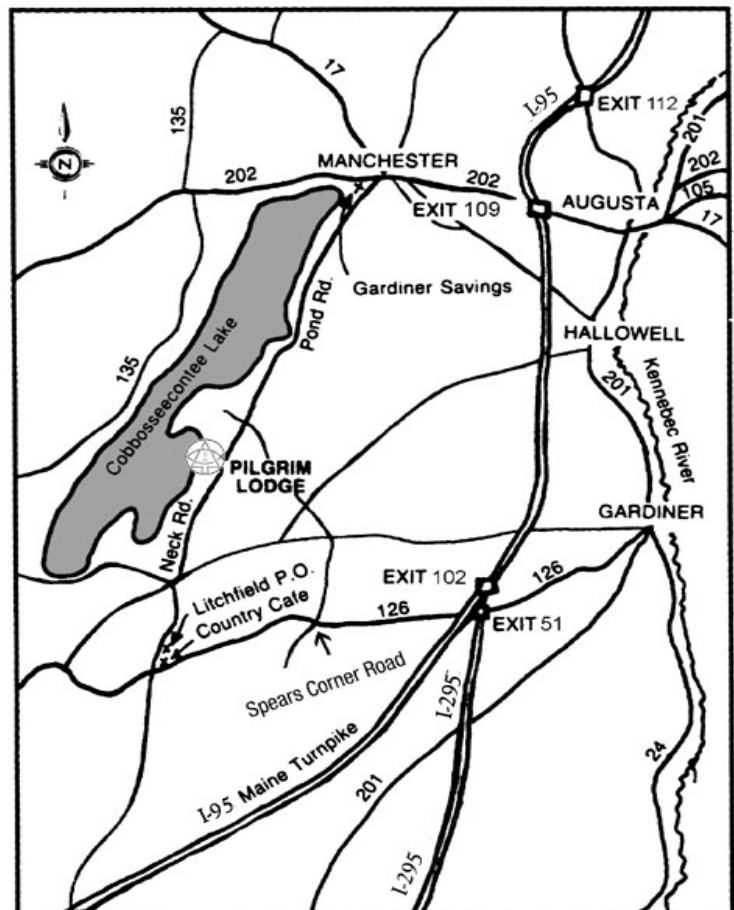
From **I-95**, take exit **109 B** onto **Route 202** west. Follow below

Traveling West: Travel through Augusta on **Route 202**, cross over **I-95**

South and west continued:

After 2.5 miles, (by the Manchester Citgo), at the stoplight where route 17 turns right (don’t turn right) and 202 goes straight (don’t go straight) turn **LEFT onto Pond Road** / proceed South for about 6.5 miles / Pilgrim Lodge will be on your **RIGHT**

Traveling East: Take 126 from Lewiston to Litchfield. At the blinking light with “Litchfield Country Store” on your right, Turn **LEFT at Batchelder’s Corner** (The post office should now be on your right) / drive 2 miles/ Turn **LEFT onto Neck road**/ Pilgrim Lodge will be in 2 miles ahead on your **LEFT**





Got Spirit?

Pilgrim Lodge
103 Pilgrim Lodge Lane
West Gardiner, ME 04345-3687

