



Family Guide Camp Kennedy - 2018



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Camp Kennedy

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Welcome

Hello! Welcome to the Family Guide. My name is Jacob Hankin, and I am excited to begin my first summer as Camp Kennedy Director. I have enjoyed Tamarack since I was eight years old, and as soon as I experienced outpost camp, my life was changed forever. I wouldn't be who I am today without my Agree and Kennedy camper summers from 2008-2010. I was privileged to return to Camp Kennedy as a counselor, a role I happily held for four summers! This chance to lead a program I love so much is the opportunity of a lifetime.

Outpost camp presents teenagers with profound opportunities to reflect, bond, and grow as they transition into adulthood. As someone who experienced this process firsthand as a camper and witnessed it countless times as a counselor, I fully understand its value and the importance of my role.

My goal is for all campers to embrace personal growth and passionately contribute to the Kennedy community, with a supportive and awesome staff ready to facilitate however it can. Outpost camp is a blast; being part of an incredible community and exploring the beautiful North never disappoints. Outpost camp is also meant to be challenging; our high communal standards allow participants to push themselves to new levels. Our close community draws strength from its unique members, so no two Kennedy sessions are ever the same. All campers bring something to the table, even if they don't know it yet! This summer will be incredible and rewarding. I couldn't be more excited that you and your child have decided to join the Kennedy family!

Purpose of the Family Guide

This packet is your reference for Camp Kennedy. It includes helpful information for you and your camper prior to the summer, and addresses policies and procedures that apply during the camp season. Please become familiar with the information in order to ensure a successful experience for you and your child. We look forward to a fantastic summer!

Camp Kennedy Goals

Camp Kennedy is a wilderness leadership program, where campers will be asked to step outside of their comfort zones, experience new adventures, meet new people and become a part of a special community. It is an opportunity for campers to explore a minimum impact lifestyle, to practice "letting go," and to develop autonomy and a stronger sense of self.

Location

Camp Kennedy is located in Michigan's Upper Peninsula, just east of Munising, on Nevins Lake. We are approximately 20 miles south of beautiful Lake Superior, against the southernmost border of the Pictured Rocks National Lakeshore.



Picture of sunset over Lake Superior, taken at Mosquito Beach

Pre-Camp: Getting Ready

Packing

Gear and Orientation Meeting. ALL campers and parents must attend one Gear and Orientation Meeting, held at Joe's Army Navy in Waterford (981 W. Huron St. Waterford, MI 48328). Additional information about how and what to pack will be covered at meetings. The meetings will be held in April, and all families will receive more information about the meeting times in March.

Don't buy a whole new wardrobe. New outdoor gear is extremely tempting to buy! However, Camp Kennedy is more rugged than life at home and you will find that items come home much more "well-loved" than when they left. **Do not send anything sentimental or expensive! TAMARACK CAMPS IS NOT RESPONSIBLE FOR ANY LOST, MISPLACED OR STOLEN ITEMS.**

Packing List. Please refer to the Camp Kennedy packing list for items that are required and recommended for camp. The *Camp Kennedy Equipment Glossary* clarifies the gear on the packing list, and should be used when purchasing new items, like sleeping bags, hiking boots, and long underwear. Please do not pack more than the quantity we suggest, as cabin space and bus space are extremely limited. We will do laundry once during the session, between the two trips.

Shabbat. Camp Kennedy may be rugged, but we do try to capture the spirit of Shabbat by wearing a clean (or our cleanest) outfit. No special outfits are necessary.

Labeling Personal Items. To minimize loss, please mark **all** of your child's clothing and personal property (including socks) with first and last name. Please use permanent marker or purchase nametapes. Please label all sports equipment, cameras, eyeglasses, sleeping bags, etc.

Electronic Devices. Camp Kennedy is about enjoying the outdoors and sharing wonderful experiences with new and old friends. Electronic devices take away from time we could be spending enjoying each other's company and our beautiful surroundings. Smart phones (which will not work due to camp's remote location), e-readers, tablets, gaming systems, and music players are not welcome at camp. Digital cameras and GoPros are permitted. Playing cards, favorite travel games, guitars, hand drums, cowbells, and tambourines are welcome and highly encouraged!

Watches and Alarm Clocks. Camp Kennedy runs on the magic of our sleeping and eating cycles. We eat when we're hungry and we sleep when we're tired. Watches are not necessary and will be confiscated and returned at the end of the session.

If, by chance, any forbidden items make it to camp, campers will be given a 24-hour grace period at the start of the session to turn those items in without consequence.

Spending Money. The only time your child will need his/her own money is on town day for lunch, laundry, and potentially pop-stops on our way back from trips. Campers typically spend about \$50 on these occasions. **However, campers interested in acquiring park t-shirts and sweatshirts may wish to bring more than \$50.** Please pack money in something other than a plastic bag, as these tend to get ripped during the summer. We prefer campers to hold on to their own money for the duration of the summer.

Knives. Camp Kennedy campers should **NOT** bring knives to camp. If over the course of the summer a camper has a need for a pocket knife, staff can make them available for use under supervision.

Luggage

Luggage should be brought to the bus on departure day. Our super-human staff will load bags onto the bus. **Luggage is limited to ONE duffel per camper.** As noted before, we will have a laundry day halfway through the session (and between the two trips). Hiking boots, sleeping pads, and sleeping bags may be tied together to load separately from the duffel. Pillows may be carried onto the bus.

Important Forms

Passport. Please bring a valid passport or passport card to the bus with your camper on **June 25th (1st Session) or July 23rd (2nd Session).** **Campers will not be allowed to board the bus without this essential document.** Passports will be kept in a safe at Camp Kennedy and will be returned to parents on the day of return.

Border Crossing Form. This form must be signed by a parent and **notarized.** The Border Crossing Form is necessary to cross the border into Canada for our visit to Agree Outpost Camp and canoe trip.

At Camp: During the Summer

Administrative

Camp Kennedy does not have a formal “office,” unless you were to call a picnic table a desk. If you need to contact your child or the director, Jacob Hankin, at any time during the session, please call the camp office in Ortonville, MI. Jacob is in regular contact with Jason Charnas, Director of Teen & Family Programs, and will return phone calls as soon as possible. Camp Kennedy does not have cell service, so texts and calls to the personal phones of staff will not come through.

Phone

248-627-2821 (during normal business hours)

248-627-2821 x117 (when office is closed, and in case of a **MEDICAL EMERGENCY ONLY**)

For urgent calls, please note that staff are available in the office until 1 a.m.

Hours

Sunday through Thursday: 8:30 am to 9:00 pm

Friday: 8:30 am to 6:00 pm

Saturday: Closed in observance of Shabbat

Departure Day and Arrival to Camp

Campers travel to Camp Kennedy by bus. We will depart from **Adat Shalom Synagogue** (29901 Middlebelt Rd, Farmington Hills, MI 48334) on **Monday, June 25th (1st Session) or Monday, July 23rd (2nd Session).**

PLEASE ARRIVE AT ADAT SHALOM SYNAGOGUE NO LATER THAN 8:00 AM

If you live outside of the metro Detroit area, special transportation arrangements need to be made. Please contact Jason Charnas at the office for details.

Please be sure to bring these items to the bus on departure day:

1. A daypack loaded with a raincoat, sweatshirt/fleece, long pants, hiking socks, and bug dope. Books, magazines, and cards are (optional) popular daypack items for the bus ride.
2. A bag lunch; please **do not** send lots of extra snacks --- all food must be eaten by the time we arrive at Kennedy. We'll make sure no one goes hungry after arrival!
3. One water bottle filled with water (no Crystal Light)
4. Duffel Bag (sleeping bag, sleeping pad, hiking boots, and pillow may be separate)
5. Passport or Passport Card (do NOT pack in luggage).



Camp Design

Male campers sleep in the “Warehouse,” where they have shelf space and camp cots. Male staff sleep above the campers in a loft. Female campers sleep in a dormitory-style wing of the main lodge and female staff have their own room in the same building. Camp Kennedy has a new wash house for all of our bathing needs. Our waterfront plays host to canoes, kayaks, and a sandy beach. The lodge, dating from the 1920’s, holds enough history to keep all 32 residents intrigued for the whole session, while the attached kitchen and dining room are fully functional and inviting with the smells of home cooking.

Mail and Communication

Mail. Mail is a novelty in our fast-paced world and an especially fun way to communicate from the woods of the Upper Peninsula. In other words, send us letters! They should be addressed to:

[Camper’s Name]
Camp Kennedy
E16699 H-58
Shingleton, MI 49884

Packages. Please keep packages to 8.5 x 11” or smaller. **Boxes are not permitted**, as we have a tendency of overwhelming the small post office in Shingleton, MI. Boxes will be marked return to

sender. **Please do not send food, gum, or drink mixes.** Thank you in advance for your cooperation.

Phone Contact. Every camper is required to call home and check in on town day. You will receive an email closer to the summer letting you know what day to expect a call from your child, but plan to be available between 11 AM and 4 PM on our town day. If you will be unable to make the call or will be out of town, please make sure your child has a number where he or she can reach you.

A Typical Day at Camp Kennedy

Camp Kennedy is unique in that it encourages campers to be independent. Campers most often decide how the day will be spent, whether they kayak, swim, tie-dye, read or play volleyball.

Breakfast, lunch and dinner – KP group will prepare hearty meals to fuel us through the day!

Morning – Early morning runs, yoga on the beach, and letter-writing on the dock are common before breakfast. After breakfast, chores like cleaning, small projects and camp tidying are usually first priority. Chores are typically followed by activities such as canoe skills, map and compass reading skills, familiarizing ourselves with outdoor gear, day hikes, etc.

Afternoon – generally free-flowing “Kennedy Afternoons,” with swimming and paddling in Nevins Lake, volleyball, ping pong, disk golf, basketball, board games, card games, pleasure reading, writing letters, tie-dye, paddle painting, art projects, and so much more!

Evening – Most evenings consist of a group activity: campfires, song sessions, staff-led games, introspective programming, or general hang-out time.

Trips

A highlight of the Camp Kennedy experience are the backcountry trips. The trips are our chance to connect with a smaller group of campers, to push our physical and emotional boundaries, to see some wildlife, and to truly experience the beauty of our surroundings.

Backpacking: Our backpacking trip will be in the Porcupine Mountains Wilderness State Park, where we will explore one of the most rugged and mountainous regions of the Midwest on foot. This trip will be 4 days and 3 nights in length, leaving us plenty of opportunity to take in Lake Superior sunsets!

Canoeing: Our canoeing trip will be in Obatanga Provincial Park (Ontario, Canada), home of Agree Outpost Camp! After spending an evening with our fellow outpost campers, we will spend 4 days and 3 nights canoeing and portaging along beautiful lakes and camping on neat rocky islands.

Return Home

Campers will be dropped off at Adat Shalom Synagogue on **Friday, July 20th (1st Session)** or **Friday, August 17th (2nd Session)** between **8:00 and 10:00 AM.**

A Tamarack Camps representative will contact you by phone and email at least two days before the end of the session to notify you of the approximate arrival time.

Medical and Safety Information

Tamarack Camps collects and manages all health information through CampDoc, a secure, web-based health management system. To submit your teen's health information, you will receive an email invitation from CampDoc. If you are a new family, instructions for creating your username and password will be included. If you are a returning family, use your same email address and password from the previous year.



Completed Health Profile

Your teen's health profile consists of several different components, including questions you answer directly into the system, documents to print and upload when completed (Healthcare Provider Form, etc.), as well as additional required items (a copy of your teen's insurance card, for example). It is an easy-to-follow process which updates your progress as you complete the components. As every profile must be reviewed by our medical staff, your camper's profile is **due by March 15, 2018**.

Please answer the questions in this health profile honestly and completely. The information we ask for will be used in our efforts to create a safe and successful summer for everyone.

Note that all campers must have a current (completed yearly) Healthcare Provider Form on file with us which contains vital health information from a physical examination completed and signed by your teen's physician within the last 12 months. We understand that your teen's physical might not be scheduled by March 15 and, therefore, the Healthcare Provider Form may not be complete. However, please complete all other components by then, and upload the signed Healthcare Provider Form as soon as it is complete. Healthcare Provider Forms will not be accepted at the bus. **DUE TO MICHIGAN BOARD OF HEALTH REGULATIONS, CAMPERS WHO DO NOT HAVE A COMPLETED HEALTH PROFILE WILL NOT BE PERMITTED ON THE BUS.**

Immunizations

The Tamarack Camps immunization policy requires everyone to be fully immunized according to the recommendations of the CDC (Centers for Disease Control), State of Michigan, and AAP (American Academy of Pediatrics). Tamarack Camps full policy can be viewed at <http://tamarackcamps.com/immunization/>.

Pre-Packaged Medication

For summer 2018, our medication policy has changed, so please read the following information carefully:

We are proud to announce our partnership with AMAC Pharmacy Services. AMAC will provide each camper's medication in safe, easy to use, pre-packaged bags, labeled with your child's name, medication(s), and time of day for administration.

All campers are required to use AMAC to obtain medications that will be administered during a summer program. This includes over-the-counter medications that are taken routinely or as needed, excluding medications such as Tylenol and Ibuprofen. Tamarack Camps will not accept or administer gummy medications/vitamins; in the heat, they melt and stick together. There is a \$10

per camper service fee, charged by AMAC, to pre-package the medications, in addition to any co-payments required by your health insurance.

Some specialized medications may not be available through AMAC. In this case, and only in this case, you may obtain blister cards, and follow directions to complete the packaging process.

Those choosing not to use the pre-packaged medication process will be assessed a \$100 fee, unless you have received prior approval from Roberta Blumberg.

Upon request, exceptions will be made for items like epi-pens, inhalers, and any medication started 30 days prior to their session start date. Please clear all medication exceptions by Roberta Blumberg.

For questions related to pre-packaged medications, please email AMAC contact@amacrxs.com. Emails will be responded to within 24 hours. For emergencies, call 888-722- 5579.

As always, we appreciate your cooperation and commitment to the health, safety, and well being of our entire camp community.

Medical Staff and Supplies

Your child's health and safety are our absolute top priorities. Doctors and nurses at the Camp Maas Clinic are accessible by phone at all times. Every precaution is taken to safeguard the health of each and every camper. In addition to the clinic staff, Stacey Lusky, a licensed social worker is available for consultation. Camp Kennedy is supplied with a listing of the nearest medical facilities and consult with the Camp Clinic throughout the summer.

Camp Kennedy has several fully stocked first aid kits and supplies to spare, including dressings, splints, bandages, over-the-counter medications, antibiotic/ antifungal / steroid ointments, and Epi Pens.

Roberta Blumberg, Director, Health and Safety

It has been 22 years and I'm still blessed to spend my summers in what some might say is "the greatest place on earth, Tamarack Camps." I've been a nurse for 40 years and have worked in many different areas, including emergency and orthopedics. In my role as Director of Health and Safety I've had the opportunity to see my children and yours begin their experience at camp with delight, and return each summer growing, maturing and making lifelong friends while experiencing Judaism in an informal and beautiful setting. Our team works closely with Camp Kennedy staff to ensure that each child is cared for on an individual basis. All staff are trained to recognize and identify medical and emotional issues that can occur among their campers. From bug bites to bullying, any camper issues relating to physical and psychological health come directly to me and my staff. The safety and wellbeing of each camper is my highest priority, and the clinic is dedicated to providing the very best care we can. The clinic is a busy place and a hub of activity during camp. Many of our doctors and nurses went to Tamarack as kids and now return committed to use their expertise to provide our campers and staff with first class medical care in a warm and welcoming setting. Thank you for entrusting your most precious treasures with us.



Staff

Your child's counselors are college-aged students who have camp work experience or other informal education experience in outdoor settings working with children. The staff report to camp 2 weeks before camper arrival for highly-focused training in order to become a cohesive team.

Camp Kennedy staff receive certifications in life guarding (American Red Cross), CPR, and wilderness first aid (by the Wilderness Medicine Training Center). Each staff member will be a certified Wilderness First Responder, an advanced training level attained through 30-60 hours of online coursework, pre-tests, and a rigorous 5-day practical course full of scenarios, skill-building, and expert instruction.

Availability of Medical Services

There is a clinic and a hospital in Munising, Michigan, which we will utilize for medical issues that are more severe than what the Camp Kennedy staff is equipped to handle. While in the backcountry, each trip carries a satellite phone that can be used to contact the proper authorities or medical personnel in the event of an emergency. We also communicate regularly with the doctors and nurses at the Camp Maas clinic.

You will be contacted by a Camp Kennedy staff member if:

1. Your child needs medical attention at the clinic in Munising for an injury, x-rays or stitches.
2. Your child must receive antibiotics or steroids.
3. Your child is experiencing behavior problems that were addressed in the Camper Agreement.

You will **not** be contacted by the Camp Kennedy director or staff if your child receives treatment by Camp Kennedy staff for cuts, colds, insect bites, stomach virus or headaches, rashes, sore throat, vomiting, etc.

Emotional Preparation

At Camp Kennedy, we take our job as in loco parentis ("in place of a parent") extremely seriously. We strive to provide the same quality of care for your children as you would. Therefore, along with preparing your child emotionally for the challenges of Kennedy, we want you to prepare your children for the realities of being away from home. As you may know, physical abuse, neglect and sexual abuse of children is an ongoing problem in our society. As such, we extensively screen all staff members with background checks and interviews. We also require all staff to participate in a sexual abuse prevention training. Be assured that our staff has the skills necessary to spot, stop, and prevent child abuse. We have reporting procedures in place which require staff that see, hear, or suspect abuse to report immediately to their supervisor or to any senior staff member. We then report all incidents to the appropriate authorities. However, parents, we need your help to keep our program as safe as possible. We implore you to educate your child on what is and what is not appropriate while they are at camp, be it amongst their friends or with their counselors. We inform our staff at training that all campers come prepared with this knowledge. Skilled counselors and knowledgeable campers help to ensure a safe camping experience for everyone. If you would like additional resources to aid in your child's emotional preparation for camp, please visit our website or contact our office for helpful tips for this important discussion.

As caretakers for your children, are we responsible for their complete safety while in our care. Like your children's teachers at school, we are mandatory reporters under Michigan law. This means we are required to report any allegations or signs of child abuse occurring at home to the appropriate state authorities. We are prohibited from notifying parents until permission is given to us by the state should such an event occur. For more information regarding mandatory reporter

responsibilities, please visit the state of Michigan, Department of Human Services website or contact our office.

Lice

Campers at Camp Kennedy are in very close contact with each other. Therefore, we expect that parents will check their teens for head lice in the weeks preceding camp and treat as necessary so that all teens coming to the trip are lice and nit free.

At lice check, on the first day of the summer, if your child's exam reveals live lice and/or nits (eggs), he/she will be sent home along with their belongings and guidelines for treatment. Parents will be responsible for administering the treatment. Or, if preferred, the Lice Sisters are available to treat your child(ren)—for a fee. The camper's head must be nit-free in order to return to camp.

Food Allergies

Increasing numbers of children have food allergies and we will gladly work with families to provide alternative menu items or special foods for most children with allergies. If, however, your teen has a life-threatening or airborne food allergy, Camp Kennedy may not be the right place for him or her.

Camp Kennedy is not a nut-free program. Nuts are served, including peanut butter, which is available to campers at every meal. Counselors are notified of children with significant allergies, including when and how to use an Epi-Pen. The counselor and/or camper will carry an Epi-Pen at all times:

We cannot guarantee that:

1. Everyone will follow the above guidelines.
2. There will not be food fights at your child's meal.
3. Campers eating peanut butter will not touch each other or objects at meals.
4. Campers will not purchase items containing nuts during pop/snack stops.

Our goal is to provide a safe and healthy environment for every camper. There may be circumstances when our program will not be appropriate for an individual child. If your child has a severe, life-threatening allergy to nuts, a nut-free program is recommended. Our Director of Health and Safety, Roberta Blumberg is happy to answer any questions or concerns. Please contact Roberta at blumberg@tamarackcamps.com.

Individuals are not allowed to bring personal food, drinks, and gum into Camp Kennedy, due to allergy concerns, kashrut, and available storage space for protection against animals. Exceptions are made for campers with food allergies or other extenuating circumstances; be sure to discuss these concerns with Jacob Hankin before the summer. Crystal Light and bottled water are also not permitted at Camp Kennedy, because these items inhibit a camper's ability to adjust to camp water and purified water on trips and has led to dehydration crises. Additionally, Crystal Light flavors also attract animals.

Support

Tamarack Camps depends upon the generosity of families like yours. You can volunteer to help with camp projects during the year. You can open your home and invite others to hear about camp at a "parlor meeting" with some of our directors. You can bring your professional expertise to camp as a doctor, nurse, psychologist, social worker, or administrative assistant. You can provide funding for a special program or initiative. You can make a contribution to the Tamarack Camps

'Send a Kid to Tamarack' fund in order to provide financial assistance for less-fortunate children to attend camp.

By doing one or a number of these things, you can and will make a difference! Please contact CEO Steve Engel for more details at engel@tamarackcamps.com. Thank you so much for your generosity.

As always, if you have any questions or comments, please feel free to contact Jacob Hankin at hankin@tamarackcamps.com or 734-476-0669.

