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Summer Camp 2018 What You Need to Know

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Program Director: Katie Edgar
Business Office: Metigoshe Ministries
165 Lake Loop Road
Bottineau, ND 58318
701-263-4788

Phone at Camp on Pelican Lake: 701-263-4936

2018 Summer Theme: "This Changes Everything!"



We Are so Excited You are Coming to Camp Metigoshe!

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

What To Expect When You Arrive

When you arrive at Camp Metigoshe, you will be:

- Greeted at the front gate by a Camp Metigoshe Staff member
- Directed to a parking spot.
- Guided to the registration table (now in Anna Manor)
 - Please have any money for trading post, any electronics, any medications, and your health form (if not completed online) easily accessible at registration
 - Pick up early bird registration t-shirt (if applicable)
 - During this time, we will have some lemonade, coffee and delicious cookies available for you!
- Able to check in with our registrar and then visit with the camp nurse
- Brought to your cabin to meet your counselor and cabin mates, where the fun of the week begins!



INFORMATION

Parents! A Few Details for You

We feel privileged your child is registered for camp this summer. Our accreditation by the American Camp Association (ACA) is your assurance that the highest standards of safety are practiced by all our staff. We will provide quality "Adventure Anchored in Christ." Here are some details that you will need to know:

- Final registration is between 4:00 and 4:45 pm. Please do not arrive before 4:00 pm.
- Please complete the online health form and other release forms that show on your dashboard once logged in, or mail in the paper health form and high ropes form, if applicable. Please complete all forms and submit at least 2 weeks prior to camp.
- If the camp your child is registered for includes a high ropes experience, a release form must be completed. This can be accessed on your online account and submitted electronically, or it can be downloaded, printed, and completed manually. Please mail 2 weeks prior to camp.
- A closing program will be presented on Friday at 2:00 pm. Campers will have had lunch and be ready to depart camp at 3:00 pm. Camps ending mid-week will have the closing program presented at 7:00 pm on the last day of camp.

Summer Service Project

Each summer Camp Metigoshe collects an offering at our closing program in which the funds support either local, national or international causes. With our summer theme of "This Changes Everything" as our guide we plan to recognize the immense impact time at camp makes in peoples' lives – not just at Metigoshe but throughout the country.

Lutheran Outdoor Ministries (LOM) is the "parent" organization that provides direction and support for ELCA camps throughout the USA and we are happy to support the important work they do in raising up current and future camp leaders.

Closer to home, the Teri & Mark Galusha Voyageur Campership Fund has been established to ensure any potential Voyageur camper can attend a week of camp, regardless of their financial situation. Voyageurs Camp is for adults and teenaged youth with physical and developmental disabilities. Your offerings will support these two important ministries.

Camper Medical Care



Your child's medical needs will be cared for daily by our health aid who is first-aid certified and in consultation daily with our supervising RN. All summer staff members are first-aid certified and trained in CPR. In the event of major sickness or injury, we will make every effort to contact you, and a staff member will transport your child to St. Andrew's Health Center. For unique medical conditions/needs, a registered nurse is on site for four of our nine weeks. If your child needs the services of an RN, please call us to learn when those weeks are and to discuss any medical conditions unique to your child. While your child is attending camp, Metigoshe Ministries assumes secondary insurance coverage.

Special Needs or Concerns?

Please contact Program Director Katie Edgar (701-263-4788) at least one week prior to your child's arrival at camp if there are any special challenges or considerations (e.g., diabetes; severe asthma; emotional, behavioral, or social needs, etc.) for which our staff should prepare. We want to meet your child's needs as best we can.



Release of Campers

Metigoshe Ministries requires written permission to release any child to anyone who is not her/his legal guardian. A "Parent's Permission To Release" statement is contained in the online forms. For every child's safety, personal information about any child will not be released without the prior written consent of her/his parent or



Cell Phones and Technology at Camp

Camp is a place set apart.



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

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

- Cell service at Camp Metigoshe is limited or not available.
- With outdoor activities, games, weather, etc, we do not want expensive devices damaged, lost or stolen.
- Campers are busy, involved in the daily life of camp.
- Because of this, we will continue to keep your child safe in all ways and keep you informed. We will contact you:
 - If there is an emergency concerning your child.
 - When there is weather-related news that impacts your child.
 - If your child is homesick and needs your attention and we cannot deal with it at camp.
- Because of this, even in our technologically advanced world, campers and staff can still remain connected to the world. You can:
 - Write letters to your camper
 - Write emails to your camper
 - Trust that we will contact you if your camper has health concerns or is experiencing difficulties adjusting to camp.

A Note About Homesickness

Is this your child's first time away from family? Are there questions of how you will make it through the week? It is natural to feel uncertainty about being away from our family. As adults, we usually know how to deal with these feelings; oftentimes, kids do not. Here are some suggestions for you:

- Discuss what camp might be like and what they might expect. Watch the camp video together (www.MetigosheMinistries.com) or arrange to visit camp ahead of time. Let them know what you will be doing when they are away.
- Arrange for a first-time camper to attend camp with a friend or relative. Make sure they are both registered with the cabinmates of their choice.
- Allow campers to help pack what they will bring to camp.
- Overcoming homesickness will be a great success for your child. Phone calls from you or to you will prevent this opportunity for success. Please review the cell phone article.
- It's not helpful to tell your child that you will come and get him, or call her. Simply assure your child of your love and that you are so proud of his/her courage to try something new.
- Send self-addressed stamped envelopes or postcards with your child so he/she can write home easily.
- Send along a picture of the family.

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



Plan to Attend the Christ Hike

Everyone is invited to come to the Christ Hike – a walking passion play put on by the camp staff. The Christ Hike begins with a short worship service at 8:45 pm and concludes with a campfire. Family and friends are welcome to join us for this special event each Wednesday during the summer (starting June 13 and ending August 8). Please call prior to coming so we can anticipate your arrival and ensure the time has not changed (701)263-4936.



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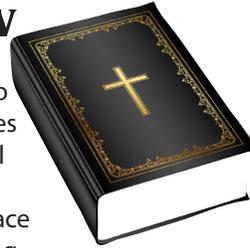
What To Bring

- Your Bible (very important)
- Medicine (only amount needed for the week)
- Warm sleeping bag (or plenty of blankets) and a pillow
- Warm clothing (including long pants)
- Heavy jacket
- Rain coat or poncho (we don't stop for rain!)
- Comfortable athletic shoes for vigorous activities
- Appropriate swim suit(s)
- Old (disposable) clothing and shoes for messy activities
- Washcloths and towels, biodegradable soap, personal toiletry items
- Insect repellent
- Water bottle
- Small backpack to carry items.
- You may also bring sun glasses, flashlight, camera, fishing gear, and spending money for trading post clothes or miscellaneous items.



Summer Bible Study Theme Overview

This summer we'll be diving into five different stories in the Bible that all center around the idea that God's grace changes everything. Campers will read about the walk to Emmaus and learn how Jesus changes everything through life, death, and resurrection! They will read about the prodigal son and learn how God's grace changes the way we forgive ourselves and our neighbor. Campers will learn how we can include our neighbor when they read about the Canaanite woman's interaction with Jesus. Campers will also take time to discover what it means to serve our neighbor when they dig into the story of the King, sheep, and goat. Through each day of bible study campers will be reminded of God's Grace.



"For it is by Grace you have been saved, through faith and this is not your own doing; it is the gift of God. -Ephesians 2:8



Money Matters

Remember to pay your balance due at least

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

If your church is paying for part or all of your registration fee, please notify the church that payments need to be submitted to us one month prior to your camp. This allows us to update your balance and email you an invoice with the remaining amount due.



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What NOT To Bring

- Cell phone
- Electronics of any kind (iPod, iPad, hand-held games, etc.) Please see page 2.
- Hair dryer
- Curling iron
- Fireworks
- Firearms



Don't Forget!

Please remember to label all of your belongings with your name. Also, please encourage your child to check for their belongings at the end of their camp week. Our lost and found is huge at the end of the summer.

Complete Your Registration Process Online

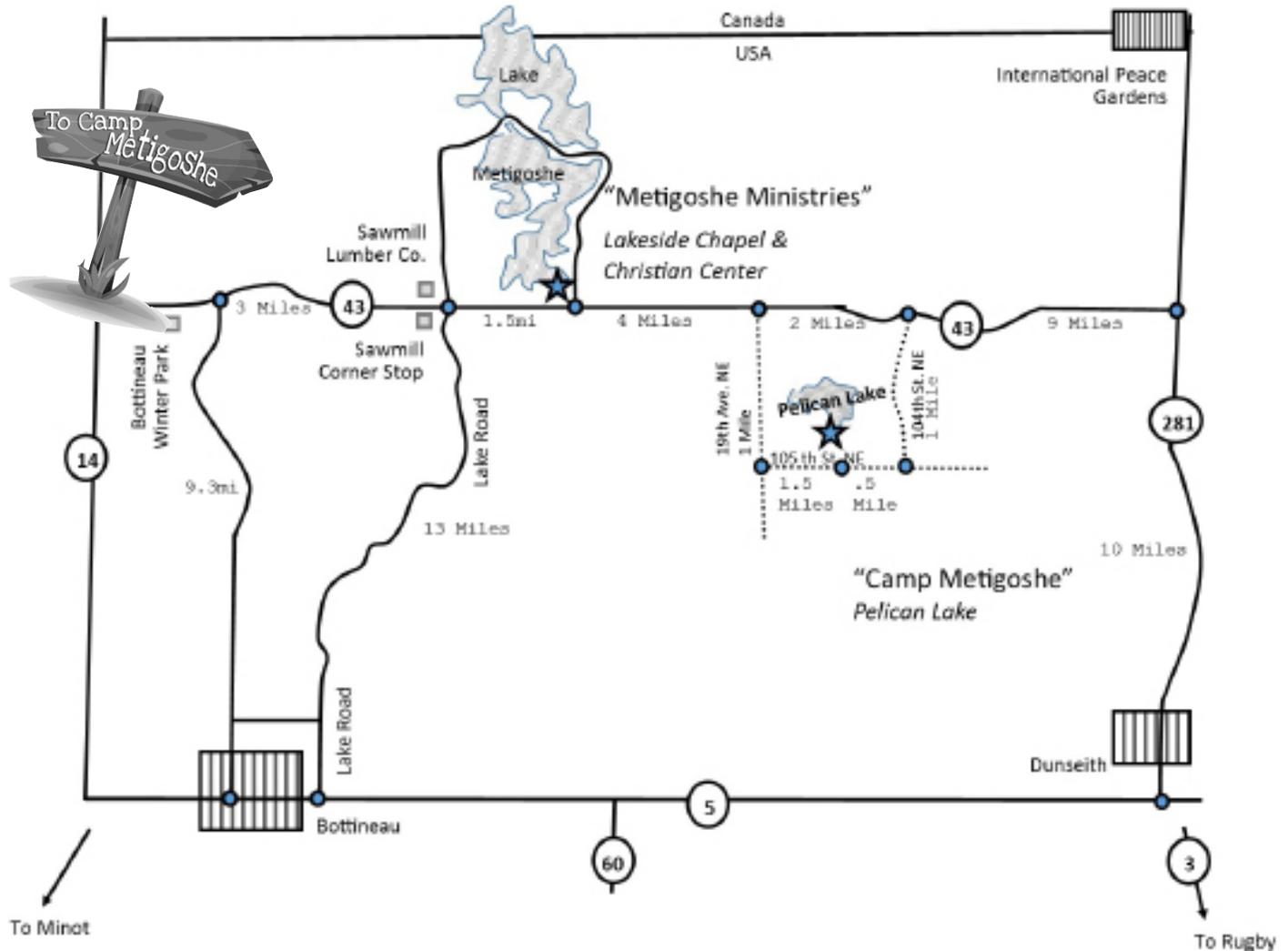
If you registered online, you already have an account login and password. If you registered by paper, please contact Peggy at registrar@metigosheministries.com or call the office at 701-263-4788 to receive a log in.

Your online account allows you to do the following:

- Pay any balance due before arriving at camp. (All account balances must be paid 2 weeks prior to camp to avoid late fees.)
- Complete and submit the online Health and Medical Form. Complete and submit the online High Ropes Release Form for those entering 8th Grade and above.
- Deposit money into your trading post account to use during camp to purchase the cool Camp Metigoshe merchandise. (Optional)

Using the online account for the tasks listed above will benefit you not only this year, but for future years too.

- Any information entered on your account will carry over for future years. All you will need to do is update your information each year, making registration a quick and easy process.
- All information on the health form will also be saved in your account. You simply need to update any new information each year. This is a huge timesaver!
- When forms are completed and submitted using your online account, the registration process on the first day of camp will be a quick process. We will have all the information ahead of camp, allowing us to streamline the registration check-in procedure.



Directions to Camp

Directions From Hwy 5:

- Turn north onto Main Street in Bottineau (State Bank of Bottineau is on the corner)
- Go north approximately 9 miles
- At stop sign, turn right onto Hwy. 43
- Go east approximately 8.5 miles
- At the Camp Metigoshe Pelican Lake sign, turn right on the gravel road
- Drive 1 mile and turn left at Camp Metigoshe sign
- Drive 1.25 miles to the camp entrance on your left.

Directions Through Dunseith:

- Follow US 281 and ND 3 north about 10 miles to Hwy. 43
- Turn left onto Hwy. 43 and drive approximately 9 miles
- At Camp Metigoshe sign, turn left onto a gravel road
- Drive 1 mile--you will come to a dead end.
- Turn right and drive 1/2 mile to the camp entrance on your right

Questions?

If you have questions about any of the information provided, please call 701-263-4788. You may also email registrar@MetigosheMinistries.com or program@MetigosheMinistries.com.

Ways to Contact Your Camper

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

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



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