

Get Ready for Summer Camp!

Metigoshe Memo

Summer 2019

What You Need to Know



Welcome to Camp Metigoshe!

Are you ready to get out of the house and surround yourself with God's creation? We are looking forward to a week of swimming, hiking, worship, Bible Study, games and more! Pack your bags and we will see you soon for Adventure Anchored in Christ at Camp Metigoshe!

The following information is helpful for campers and their parents. If you have additional questions about your camper's time at camp, please call 701-263-4936 or email program@metigosheministries.com. We are excited to have you at camp and look forward to meeting you.



Before You Arrive

- Every participant needs to complete a **Health History and Medical Information Form** and a **High Ropes Consent Form**, if applicable. These can be submitted online by logging into your account or by mailing a paper copy. Please complete all forms and submit at least two weeks prior to the start of your camp session.
- Pay any camp balance at least two weeks prior to camp session.
- If you completed your **Health History and Medical Information Form** online, please check the form at least 2 weeks prior to camp and make any changes, if any.
- Please call if there are any special needs or concerns. See page 3 for more details.
- Review the **"What to Bring Guide"** and ensure you have everything you need. Please note that some items are optional. Also, if you would like to take part in the summer service project, see page 7 for details.

What To Bring

- Your Bible
- Medicine (only amount needed for the week) Please make sure all meds are labeled.
- 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
- Sunglasses
- Sunscreen
- Flashlight
- You may also bring camera, fishing gear, spending money for trading post clothes or miscellaneous items.

Please Do Not Bring

Cell Phone, Knives/Guns/Weapons/Explosives/Fireworks, Pets of any kind, Hair Dryer, Curling Iron, Illegal Drugs or Alcohol, Valuables: Electronic Devices/Radios/MP3 Players/iPod's

facebook

FOLLOW "CAMP METIGOSHE" &
"METIGOSHE MINISTRIES"

Instagram

@CAMPMETIGOSHE

twitter

@CAMPMETIGOSHE

VISIT OUR WEBSITE AND FOLLOW US ON
SOCIAL MEDIA TO LEARN MORE ABOUT WHAT
IS HAPPENING AT CAMP METIGOSHE.

Arrival and Departure Information

Arrival & Check-In Information

Camp begins with check-in at the times listed below. Check-in takes place in Anna Manor. If you are unable to check in at the time listed, please contact the camp office in advance to make other arrangements. Campers will be informed of their cabin assignment upon arrival. Cabin assignments are prearranged by the administrative staff based on age, grade, and cabin friend requests. We encourage parents to briefly visit with your camper's counselor before saying goodbye.

Closing Day & Check-Out Information

A closing program will be presented at the times listed below. The closing program will be held in the Koinonia Worship Center. After the program, campers will be ready to depart camp. Please make sure your child has all of their belongings.



Check in at Anna Manor



Cookies and Lemonade during registration



Closing Program at Koinonia

Camp Session	Check-In Date & Time			Closing Program Date & Time		
Explorers	4 pm	Sunday	June 9	2 pm	Friday	June 14
Confirmation	4 pm	Sunday	June 9	2 pm	Friday	June 14
Trailblazers I	4 pm	Sunday	June 16	7 pm	Wednesday	June 19
Pioneers I	4 pm	Sunday	June 16	2 pm	Friday	June 21
Discoverers I	4 pm	Sunday	June 16	2 pm	Friday	June 21
Seek Week I	4 pm	Sunday	June 16	2 pm	Friday	June 21
Day Play I	4 pm	Sunday	June 23	7 pm	Monday	June 24
Trailblazers II	11 am	Tuesday	June 25	2 pm	Friday	June 28
Day Play II	4 pm	Sunday	July 7	7 pm	Monday	July 8
Trailblazers III	4 pm	Sunday	July 7	7 pm	Wednesday	July 10
Homestead I	4 pm	Sunday	July 7	7 pm	Wednesday	July 10
Discoverers II	4 pm	Sunday	July 14	2 pm	Friday	July 19
Discoverers Infinity	4 pm	Sunday	July 14	2 pm	Friday	July 19
Voyageur Partners	4 pm	Sunday	July 14	2 pm	Friday	July 19
Day Play III	4 pm	Sunday	July 21	7 pm	Monday	July 22
Trailblazers IV	4 pm	Sunday	July 21	7 pm	Wednesday	July 24
Homestead II	4 pm	Sunday	July 21	7 pm	Wednesday	July 24
Trailblazers V	4 pm	Sunday	July 28	7 pm	Wednesday	July 31
Pioneers II	4 pm	Sunday	July 28	2 pm	Friday	August 2
Seek Week II	4 pm	Sunday	July 28	2 pm	Friday	August 2
Stargazers	4 pm	Sunday	July 28	2 pm	Friday	August 2
Day Play IV	11 am	Thursday	August 1	2 pm	Friday	August 2
Trailblazers VI	4 pm	Sunday	August 4	7 pm	Wednesday	August 7
Pioneers III	4 pm	Sunday	August 4	2 pm	Friday	August 9
Discoverers III	4 pm	Sunday	August 4	2 pm	Friday	August 9

What to Expect

Special Needs or Concerns

Please contact Program Director Katie Edgar (701-263-4936) at least one week prior to your child's arrival at camp if there are any special challenges or considerations (e.g., diabetes; severe asthma; emotional, behavioral or social 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 guardian.

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.



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 12 and ending August 7. Please call 701-263-4936 prior to coming so we can anticipate your arrival and ensure the time has not changed.

What To Expect When You Arrive

When you arrive at Camp Metigoshe, the following will happen:

- Greeted at the front gate by a Camp Metigoshe Staff member
- Directed to a parking spot
- Given cookies, lemonade and/or coffee
- Guided to the registration table, now in Anna Manor, where forms will be checked, informed of cabin assigned and directed to other check points (nurse, high ropes, trading post), if required.
- Brought to your cabin to meet your counselor and cabin mates, receive your early bird t-shirt (if applicable) and start having a great week of fun!

Final Payment

Please 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.



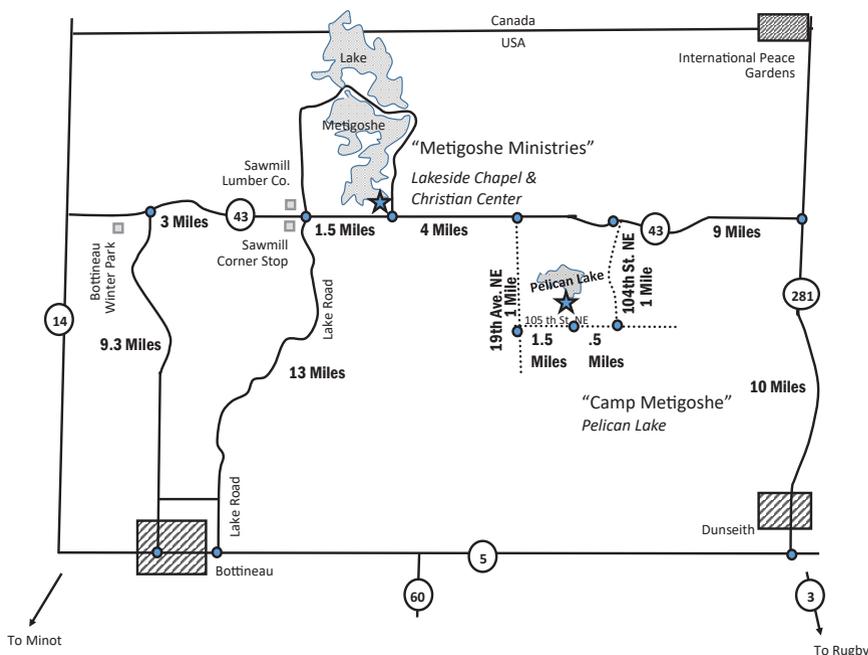
Please mail payments to: Metigoshe Ministries, 165 Lake Loop Road, Bottineau, ND 58318. Please be sure to indicate the camper's name when a payment is sent in.

Early Pick-Up

We hope all campers will participate in the entire session. However if your child needs to leave camp early, please let us know at check-in. Early pick-up will be at Anna Manor.



Camp Communications & Directions



Directions to Camp

Directions From Hwy 5:

- Turn north onto Main Street in Bottineau
- Go north 9.3 miles
- At stop sign, turn right onto Hwy. 43
- Go east 8.5 miles
- At the Camp Metigoshe sign, turn right on the gravel road
- Go 1 mile and turn left at Camp Metigoshe sign
- Drive 1.5 miles to the camp entrance on your left.

Directions Through Dunseith:

- Follow US 281 and ND 3 north 10 miles to Hwy. 43
- Turn left onto Hwy. 43 and drive 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 go 1/2 mile to the camp entrance on your right



Look for the Front Gate when coming to Camp Metigoshe

Trading Post (Camp Store)

We have t-shirts, sweatshirts, hats, water bottles and many other camp memorabilia for sale. Our online trading post is also available. Campers have the opportunity to go to the trading post during the week. Trading post money can be prepaid online before the beginning of camp or collected in cash during check-in. Remember snacks are included in the price of registration, so trading post money is not necessary, but an option. Purchases will be tabulated during the week, and all unspent money will be returned to campers at the end of their stay. Clothing prices range from around \$15-\$50, depending on the clothing item.

Meet the Summer Staff!

You can meet all of the summer staff at Camp Metigoshe online at MetigosheMinistries.com/photo-gallery after June 8.

Support and Communication

We welcome and encourage you to support your camper with notes from family and friends. Encouragement can come from letters mailed, letters dropped off at check-in or E-mails.

For US Postal Service Mail

Please ensure that mail makes it to camp the day before the last day of camp so the camper receives before camp is over. The mailing address is:

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

To Email Your Child Send Emails to:

Camper@MetigosheMinistries.com. In the subject area include your camper's full name and (if known) the cabin/counselor name. Please limit your E-mails to once per day.

Stay Connected

We post pictures as frequently as possible. Check them out at:

www.MetigosheMinistries.com/photo-gallery

Facebook.com/[campmetigoshe](https://www.facebook.com/campmetigoshe)

Twitter: [@campmetigoshe](https://twitter.com/campmetigoshe)

Instagram: [@campmetigoshe](https://www.instagram.com/campmetigoshe)

Tour of Camp Metigoshe

Tour of Camp Metigoshe

Camp can be an unfamiliar place for new campers and for those who haven't been away from home. Here are pictures of some of the main areas around camp that you will be utilizing.



Lodge



Anna Manor



Front Gate



Koinonia Worship Center



Outside of Cabin



Inside of Cabin



Gaslite



Trading Post



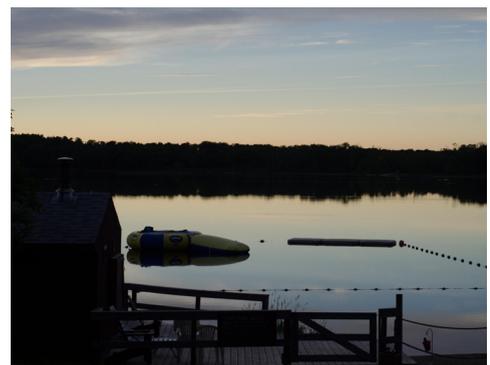
Health Shack



High Ropes



Campfire



Beach

Cell Phones, Technology & Homesickness

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 provide what they need 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 many times prevents 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.



Tips & Tricks/Service Project/Lost & Found



Tips and Tricks for Speeding Up the Registration Process

Nobody likes to stand and wait in line and we don't blame you. The following are things you can do to help speed up the registration check in process:

- Prepay all trading post money online before coming to camp. This must be done at least 1 week prior to your camp, as this feature is turned off at that time in order to prepare for camp.
- Make sure all information on the Health and Medical Information Form is correct. If you completed this form online, please make any corrections at least one week before coming to camp.
- If forms are missing, you will receive an email plus a phone call a few days before coming to camp. Paper health and high ropes forms must be filled out at that point. These forms will be attached to the email or found on the Forms page on our website.
- Leave all electronics and cell phones at home or in the car. We collect any electronics at the registration desk and they will be returned on the last day of camp.
- Make sure all medications, vials, etc. are labeled with camper's name.
- Have all forms (if turning in paper forms), trading post money (if applicable or you did not do this online) and medications readily available. Do not have any of these items in your luggage.

Summer Service Project



Each summer Camp Metigoshe collects an offering at our closing program in which funds support either local, national or international causes. With our summer theme of "God's Kingdom Come...God's Will be Done" we want to show support to our greater community by supporting North Dakota Lutheran Social Services (NDLSS). Campers will spend time at camp learning about this organization and how it is one example of how we can support God's Kingdom.

North Dakota Lutheran Social Services is a statewide social ministry providing nonprofit housing, disaster recovery, counseling, therapy and other services to neighbors in need since 1919. Camp Metigoshe is looking forward to helping our greater community of North Dakota by supporting NDLSS this summer through our offering and donations. If you and your family would like to take part in this service project this summer please consider having your camper bring one of the following items to camp with them: laundry detergent, dish soap, sponges, shampoo, towels and washcloths, gift certificates to Walmart/ Target.

Lost and Found

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.

If you are missing something when you get home, please email lostandfound@metigosheministries.com with a complete description of the item you are missing. Helpful information to give in your email is: camper name, camper session, color of item, size, plus any other information that can help. If the item is found, arrangements will be made to get it to you. If the item is to be mailed, we ask camper families to cover the cost of shipping.

Questions?

If you have questions about any of the information provided, please call 701-263-4788 to speak with the registrar or call 701-263-4936 to speak with the program director. You may also email registrar@MetigosheMinistries.com or program@MetigosheMinistries.com.

Business Office at Christian Center:
Camp Metigoshe on Pelican Lake:

701-263-4788
701-263-4936

Summer Camp Theme:
God's Kingdom Come...God's Will Be Done