

# Get Ready for Summer Camp!

## Metigoshe Memo

Summer 2024

*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 an 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](mailto: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**. This is completed online by logging into your account. Paper health forms are not longer available. **Please complete 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. Any balance not paid two weeks in advance will be charged to the credit card on file.
- **Please check your online health information 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"** and ensure you have everything you need. Please note that some items are optional.

### What To Bring

- Your Bible
- Medicine - **Please send medications in original packing or pre-filled pill packs from the pharmacy.** It is helpful to send only enough medication for the camper's time at camp as well.
- 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

### Please Do Not Bring

Cell Phone, Over-the-Counter Medications, 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

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FOLLOW "METIGOSHE  
MINISTRIES-CAMP METIGOSHE"

@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 2024 will continue to use the staggered check-in times that we have been using the past 4 summers. Check-In times are listed below. If you have campers in multiple programs in the same week, please come at the earliest check-in time. 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.

## Closing Day & Check-Out Information

Parents are invited to join their campers at 1:30 on Fridays and 6:00 pm on other nights of the week for a closing program that will last about a half hour. Camp will come to a close after the closing program which starts at the designated check-out time.



Check in begins at Front Gate



Cookies and Lemonade during registration

Camp Session	Check-In Time	Check-In Day	Check-In Date	Closing Program	Closing Day	Closing Date	Check Out Time
Trailblazers I	4:20-4:40 pm	Sunday	June 9	6:00 pm	Wed.	June 12	6:30 pm
Explorers	4:40-5:00 pm	Sunday	June 9	1:30 pm	Friday	June 14	2:00 pm
Pioneers I	4:00-4:20 pm	Sunday	June 16	1:30 pm	Friday	June 21	2:00 pm
Discoverers I	4:20-4:40 pm	Sunday	June 16	1:30 pm	Friday	June 21	2:00 pm
Seek Week I	4:40-5:00 pm	Sunday	June 16	1:30 pm	Friday	June 21	2:00 pm
Day Play I	4:20-4:40 pm	Sunday	June 23	6:00 pm	Monday	June 24	6:30 pm
Confirmation	4:40-5:00 pm	Sunday	June 23	1:30 pm	Friday	June 28	2:00 pm
Trailblazers II	10:30-11 am	Tuesday	June 25	1:30 pm	Friday	June 28	2:00 pm
Day Play II	4:20-4:40 pm	Sunday	July 7	6:00 pm	Monday	July 8	6:30 pm
Trailblazers III	4:20-4:40 pm	Sunday	July 7	6:00 pm	Wed.	July 10	6:30 pm
Homestead I	4:40-5:00 pm	Sunday	July 7	6:00 pm	Wed.	July 10	6:30 pm
Infinity	4:00-4:20 pm	Sunday	July 14	1:30 pm	Friday	July 19	2:00 pm
Voy. Partners	4:20-4:40 pm	Sunday	July 14	1:30 pm	Friday	July 19	2:00 pm
Day Play III	4:20-4:40 pm	Sunday	July 21	6:00 pm	Monday	July 22	6:30 pm
Trailblazers IV	4:20-4:40 pm	Sunday	July 21	6:00 pm	Wed.	July 24	6:30 pm
Homestead II	4:40-5:00 pm	Sunday	July 21	6:00 pm	Wed.	July 24	6:30 pm
Trailblazers V	4:00-4:20 pm	Sunday	July 28	6:00 pm	Wed.	July 31	6:30 pm
Pioneers II	4:20-4:40 pm	Sunday	July 28	1:30 pm	Friday	August 2	2:00 pm
Seek Week II	4:20-4:40 pm	Sunday	July 28	1:30 pm	Friday	August 2	2:00 pm
Stargazers	4:40-5:00 pm	Sunday	July 28	1:30 pm	Friday	August 2	2:00 pm
Day Play IV	10:30-11 am	Thursday	August 1	1:30 pm	Friday	August 2	2:00 pm
Day Play V	4:00-4:20 pm	Sunday	August 4	6:00 pm	Monday	August 5	6:30 pm
Trailblazers VI	4:00-4:20 pm	Sunday	August 4	6:00 pm	Wed.	August 7	6:30 pm
Pioneers III	4:20-4:40 pm	Sunday	August 4	1:30 pm	Friday	August 9	2:00 pm
Discoverers II	4:40-5:00 pm	Sunday	August 4	1:30 pm	Friday	August 9	2:00 pm

# What to Expect

## Special Needs or Concerns

Please contact Program Director Katie Vogel (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. 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 in Bottineau. While your child is attending camp, Metigoshe Ministries assumes secondary insurance coverage.

## What To Expect When You Arrive

- Greeted at the front gate by a Camp Metigoshe Staff member
- Stop at Flag Yard to unload vehicle and walk into camp
- Registration Table - Receive cabin assignment and complete any incomplete forms
- Offered Cookies and Lemonade
- Check in with our Camp Nurse
- Head to Cabin areas to meet camp counselor
- If you are to receive an Early Bird shirt, it will be waiting for the camper in their assigned cabin

## Final Payment

Please remember to pay your balance due at least two weeks prior to the beginning of your child's camp session. Balances owing within 2 weeks of camp will be run on the credit card on file. If there is still a balance 3 days prior to camp, an additional \$20.00 late charge will be 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.

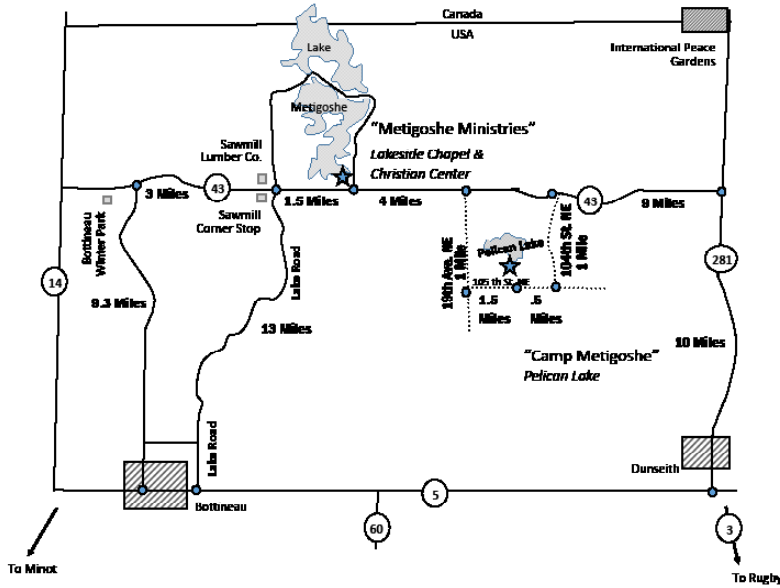
**Please mail payments to:** Metigoshe Ministries, 165 Lake Loop Road, Bottineau, ND 58318. Please be sure to indicate the camper's name when a payment is sent in. Campers who register within one month of camp will be asked to pay in full.

## 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



The camp address is **2051 105th Street NE, Bottineau, ND 58318**. GPS does not work real great in our area, so the actual driving directions are listed to the right. You can also type into your gps program **Gary's Place - Metigoshe Ministries** and it will take you to the front gate.



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. 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 item. If you do not want to stop in person, our online store is available 24/7.

## Camp Metigoshe Trading Post

SCAN TO  
ACCESS OUR  
ONLINE STORE  
OPEN 24/7



## 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

## 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](http://www.MetigosheMinistries.com/photo-gallery)

Facebook.com/**metigosheministries-campmetigoshe**

Instagram: **@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](http://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 for Registration Check In

## Tips and Tricks for Speeding Up the Registration Process

Nobody likes to 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:

- Make sure all information on the Health and Medical Information Form is correct. To check information, please log in to your account and make any corrections at least two weeks before coming to camp.
- If forms are missing, you will receive emails and texts on a weekly basis. If forms are not completed before arriving at camp, you will need to complete all the forms at camp. You will need to plan extra time to complete these forms and it will delay your check-in process. Please bring your insurance info, tetanus shot date and all medication information.
- 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 are in their original packaging. Please do not have any of the items in your luggage.
- If you plan to put money on account for the Trading Post, we recommend doing so at least 2 weeks prior to camp by either logging into your online account. This option will be unavailable one week prior to camp.



## Lost & Found

### 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](mailto: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?



Scan the QR Code to go directly to our Parent Resource page, which also contains Frequently Asked Questions. If you have further questions about any of the information provided, please email [registrar@MetigosheMinistries.com](mailto:registrar@MetigosheMinistries.com) or [program@MetigosheMinistries.com](mailto:program@MetigosheMinistries.com).

FREQUENTLY ASKED QUESTIONS AND MORE!

TO VIEW PARENT RESOURCE PAGE

SCAN ME!

**Business Office: Metigoshe Ministries**  
165 Lake Loop Road  
Bottineau, ND 58318

**Christian Center: 701-263-4788**  
**Camp: 701-263-4936**



**Summer Camp Theme:**  
**What Are We? Created To Be!**