

Windsor Mountain International Summer Camp



**FAMILY HANDBOOK
2009**

SAMPLE DAILY PROGRAM for August 1st 2nd 3rd

NAME	PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4
Ozzy	SLAMFEST 	STEP IT UP 	SOFTBALL 	WATERWORKS 
Ali	Lea Pappell 	TREE HOUSE MURALS 	BOY PAINTING 	IMPROV 
Jessica	RANDOM ACTS OF KINDNESS 		all strung out 	Theater 
Chimwe	MATCH POINT 	ANDY UPTON PREP. 	U.S. OPEN 	
ALF		Aussie FOOTBALL 	ULTIMATE FRISBEE 	Junkyard Jammin' 
Sheena	BATIK FREAKS 	STICK DRAWING 	FOOTBALL WORKS 	
Marghini	SECRETS OF HERWOOD 	BROOM BALL 	SOCCER 	INTERNATIONAL DAY PREP 
Bri	WOLLY BALL 		FRYET French Style 	DAY PREP 
HASEY	CLAY CUTS 	SUPER SCULPY 	WHEEL THROWING 	
HOWARD	CALIGRAPHY 	HERALDS 	BOSS IT SWORDS 	FAST 
LEAH	Photograms 	SHUTTER BUG 	DECENT EXPOSURE 	
KRISTEN MATT	OUT OF CAMP 		KAYAK ADVENTURE 	
MARC	ARC 5 	PIRATES 	BEG. SAILING 	RAFT BUILDING 
Kerry, JON	BANJO MAKING 	MONKEY BUSINESS 	RISKY BUSINESS 	
JAMES	LAKE LAUNCH 	MUD MAIDENS 	GatorBALL 	ZEP 
Lock	START ROCKN' 	feeding frenzies 	KEEP ROCKN' 	

TUNING AND STEERING

*YOUR NAME: _____ YOUR COUNSELOR: _____

Dear Camp Families,

We're happy that you'll be joining us this summer at camp and hope all your preparations will go smoothly. We recommend keeping this Family Handbook accessible to guide your preparations. It's full of information about your child's summer at camp.

We try to have as few rules as possible regulating life at camp, but those that are spelled out are important and we hope you will take note. We do want to be in touch with you in general, especially regarding the happiness and well being of your child.

Our preferred means of communications is by letter because it creates a useful record for dealing with issues, problems or whatever special requests you may have. Every camper has his or her own folder; it's available to your child's counselor and contains useful guidance information such as the camper application form and important communications from you.

Sometimes it is necessary for parents to call camp and we ask that you try to reach us during office hours, 9:30 - 6:00 p.m. Please understand that it is very difficult to accommodate all parent, camper and staff telephone needs during the summer, so we urge you to use the phone only when really necessary. We believe it's wonderful for people to enjoy the ancient art of letter writing, especially in an increasingly high-tech video/phone/fax/e-mail fast moving world!

PLEASE NOTE!! Starting and ending days of the week have CHANGED:

Session 1: Begins Sunday, June 28	Ends Thursday, July 23
Session 1 INTRO: Begins Sunday, June 28	Ends Sunday July 12
Session 2: Begins Sunday, July 26	Ends Thursday, August 20
Session 2 INTRO: Begins Sunday, July 26	Ends Sunday, August 9

We hope you can come see us during the summer, even if you live far away or in another country. We look forward to welcoming you at camp!

Sincerely,



Sarah Herman, Summer Camp Director

Travel Arrangements



By Bus or Airplane

Please refer to the
TRAVEL PLANS AND RESERVATION FORM
for more details.



CHARTER BUS: available from NYC, Mt. Kisco, and Hartford.

VAN: available from Boston.

AIRPORT SHUTTLE: available from Manchester, NH and Boston, MA.

Please note: Boston Massachusetts Logan Airport is for **International Campers Only**.

**Your Transportation Information Form MUST be sent to us
by April 30th even if you are being driven to camp.**

Please note the NEW opening & closing days of the week!

Driving Directions to Windsor Mountain

ARRIVAL/DEPARTURE TIMETABLE: Please plan to bring your camper between 2:30 and 4:00 pm. Please pick up your camper before 12:00 noon.

From the New York City Area -Take Interstate 91 North to Brattleboro, Vermont. Take Exit 3 (Route 9 East, Keene, NH) in Vermont. Follow Route 9 over the river and into NH. (PLEASE NOTE: there are often speed traps on Route 9 during the summer months.) As you approach Keene, Route 9 makes a left turn at the light just after the Super 8 Motel/Monadnock Shopping Center. Continue on Route 9 towards Hillsboro and Concord for approximately 25 miles. At the junction of Route 31 North (you will have already passed the turn off for 31 South), make a left hand turn onto Route 31 North. Continue 1 and 1/2 miles, you'll pass Williams Store on the left. Take your next left onto Windsor Road (sign posted for Windsor Mountain International) and travel approximately 3 miles to a second Windsor Mountain sign at the top of a hill. Bear left and go 1/2 mile. Our entrance is on the right, marked with a large Windsor Mountain sign with our logo in the center. PLEASE NOTE: the speed limit on Windsor Road is 25 MPH and is enforced!

From the Boston Area:

From the Boston Area - Interstate 93 North, take Exit 12 for Interstate 89 North in Concord. Follow Interstate 89 North for approximately 7 miles, take Exit 5 (a left hand exit) for Route 9 West (Henniker/Hillsboro). (PLEASE NOTE: there are often speed traps on Route 9 during the summer months.) Continue on Route 9 West for approximately 20 miles. After you pass around Hillsboro on the bypass, you will reach the junction of Route 31 North at the 1830 House Motel and an Antique Gallery. Take a right onto Route 31 North. Continue 1 and 1/2 miles, you'll pass Williams Store on the left. Take your next left onto Windsor Road (sign posted for Windsor Mountain International) and travel approximately 3 miles to a second Windsor Mountain sign at the top of a hill. Bear left and go 1/2 mile. Our entrance is on the right, marked with a large Windsor Mountain sign with our logo in the center. PLEASE NOTE: the speed limit on Windsor Road is 25 MPH and is enforced!

In Case of Emergency

If you need to reach us on an important matter or would like to discuss your child's adjustment to camp, you may reach us during regular office hours, 9:30 a.m. - 6:00 p.m. EST at:

603-478-3166

When you call this number after hours you will reach our voice mail system. The message will give instructions on how to reach a director in the event of an emergency.

Camper Telephone Policy

Camp is an opportunity for campers to develop independence and to mature in a supportive environment. In order to help kids develop a healthy sense of independence, we encourage campers and parents to communicate by letter writing, rather than phone calls. Therefore, the following telephone policy has been established:

CAMPERS ARE NOT ALLOWED TO CALL HOME. If it is urgent that you speak with your child, please call a director who will arrange a time for the child to take the call.

We strongly encourage parents and families to write to campers; they are very appreciative of letters from home. It's a good idea to send a supply of pre-addressed, pre-stamped envelopes to camp with your child. We've found that many campers do not really know how to address an envelope properly, and this helps to ensure that letters will actually reach you!

If your child is having a difficult time adjusting to camp, or if there are any other questions or concerns, we will call to discuss them with you.

Fax & E-Mail Policy

We will allow faxes and e-mails to be sent to **INTERNATIONAL CAMPERS ONLY**. These campers will also be able to FAX a letter to parents. Please limit these letters to no more than **TWICE** a week. For FAXes, use dark ink on white paper (and encourage your child to do the same). Outgoing e-mails from campers will not be permitted.

Mail & "Care Packages"

Kids love to receive mail! We strongly encourage lots of letter writing as a means for parents and children to stay in touch during the summer. In addition to a letter from Mom & Dad, they also can't wait for a "care package". Following are some suggestions of items to include in a package to your child. Please feel free to suggest other items to include on the list for next year.

NO FOOD!

hats

postcards

small games

stationary

small stuffed animals

fancy pens

fun socks

sunglasses

comic books

toiletries

pins

rubber stamps/pads

t-shirts

sun visors

books

posters

stickers

stamps

NO FOOD!

We do request that care packages NOT contain food or candy of any kind. When kids have a constant supply of candy and other "empty-calorie" snacks from home, they tend to have little appetite or inclination for more nourishing foods at mealtimes. In addition, pre-packaged candy and snacks also create a litter and rodent problem at camp; especially in and around the cabins and other living areas. **WE ARE VERY STRICT ABOUT THIS POLICY AND WILL DISPOSE OF ANY FOOD ITEMS SENT TO CAMPERS.** We appreciate your cooperation.

Please address letters and care packages to the following address:



CAMPER'S NAME
Windsor Mountain Summer Camp
One World Way
Windsor, NH 03244

Homesickness

We have written an article about how to prepare for and handle homesickness at camp, and have included it in your Enrollment Packet. We encourage you to read over the article, and feel free to call us to discuss any concerns you might have. If your child becomes homesick, a camp director will contact you so we can work together to resolve the situation.

Spending Money

In addition to tuition, parents of summer campers are billed for **Camp Store** spending money in the amount of \$80 for 4 weeks and \$160 for 8 weeks. The Camp Store, open at least one day a week, sells such items as toiletries, t-shirts, postcards, postage, water bottles, flashlight batteries, disposable cameras, Frisbees and seasonal camp items. Each child begins the session with the same amount against which he or she may charge store items. Camp store funds may also be used to pay for an occasional (and optional) special excursion, such as a play or a contra dance for which admission is charged, or for a small edible treat received by all students participating in a camp outing. The unused portion of the spending money is refunded in late September. At Windsor Mountain Summer Camp, where some children come from modest economic backgrounds ***we request, in the interest of equality, that students not bring extra spending money to camp.***

Items such as hoodies, t-shirts, baseball caps, frisbees, water bottles and crazy creek chairs are also available through our on-line Camp Store on Windsor Mountain's website: **www.WindsorMountain.org/store**. During the summer we are more than happy to deliver items to campers after they have been purchased via our website. We encourage families to consider this as a way of providing "care packages" to their children while they are at camp.

Medical Forms

If your child needs a physical before coming to camp, **PLEASE MAKE YOUR DOCTOR APPOINTMENT NOW!!!** (NOTE: New Hampshire state law requires that a physical exam must have been completed within two years of the start of your program, but the doctor must sign this form within ONE year of the start of your program, noting the date of the last physical. If your child's annual physical is scheduled for late June or July, please have your doctor's office fill out this form now based on the most recent physical on record, and send it in. You can always update our records by sending in any new, pertinent information as it occurs. It is very difficult to prepare for the opening of camp when we are missing vital forms.

Doctors are always busy with spring appointments, so make yours NOW if you haven't already. **Your child CANNOT participate in a Windsor Mountain program unless we possess the medical form filled out and signed by you and the child's doctor.** By state law, those arriving without the form must be sent home. Your cooperation is essential in getting the medical form back to us.

The **FIRST THREE PAGES** must be filled out and signed by parents/guardians of minor participants of Windsor Mountain Programs. You must respond to EVERY question. Please write N/A if not applicable; do not leave blank. Please note that page 1 requires a photocopy of your child's health insurance card.

The **FOURTH PAGE** must be completed and signed by your physician, and **MUST** include a complete immunization record.

Clothing and Equipment

NECESSARY ITEMS

Clothing (please see *Personalizing the Clothing List on the next page*)

- Socks (10 pair/include some warm ones)
- Underwear (10 pair)
- Pajamas or nightgown (2)
- Lightweight shirts/T-shirts (10)
- Heavy shirts or sweaters (3)
- Shorts (5 pair)
- Heavy-duty pants (3 pair)
- Jacket or wool sweater (for cool evenings)
- Sweat-tops & bottoms (1)
- Raincoat or poncho
- Bathing suits (2)
- Towels: bath (2), beach (1)
- Rubber shower slippers (flip-flops are fine)
- Shoes or sneakers (2 pair; one pair should be tennis sneakers with light colored soles)
- Tevas or water shoes

**Name tag
or mark
EVERY-
THING
your child
brings
to camp!**

Weather varies from heat waves to frosty mornings. Plan for both eventualities.
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Other Essentials

- 2 fitted sheets, pillow and 2 pillowcases
- sleeping bag (removable, washable liner optional)
- toilet kit
- large laundry bag (name tagged)
- knapsack/daypack
- flashlight (name tagged)
- Footlocker or Duffel Bag (13 ½ inches maximum height)

OPTIONAL ITEMS

- | | |
|-----------------------------|-----------------------------|
| Tennis racquet and balls | Backpack |
| Baseball glove | Binoculars for birding |
| Musical instrument | Favorite stuffed animal |
| Fishing rod & tackle | A board game to share |
| Mountain bike & helmet | One dressy outfit |
| Hobby materials | CRAZY CLOTHES OUTFIT |
| Leotards/tights for dancers | (for special events) |
| Camera (memory & batteries) | |
| Lightweight hiking boots | |

Clothing ... continued

Valuables

Please do not bring valuables, expensive clothing, jewelry or irreplaceable keepsakes.

If you bring cameras, CD players, musical instruments, bikes, etc...YOU ARE RESPONSIBLE for any loss or damage whether they are in use by you, or on loan to a camp friend. **You must insure valuables.**

Radios, CD Players & Video Games

If you bring a radio or CD Player to camp, be prepared to have its use limited. Please do not bring video games to camp.

Sleeping Bag or Sheets & Blankets?

A SLEEPING BAG is needed for camping trips and overnight adventures, and is easier to straighten in the morning than sheets and blankets. We suggest that you also bring two fitted twin size bed sheets to put over the plastic mattress cover, and that in the interests of comfort and hygiene, you equip sleeping bags with washable liner sheets (two, so that one can be laundered each week). These liners can either be purchased or made at home from an ordinary flat sheet folded & sewn along the bottom and 2/3 of the way up the side. Some sleeping bags have ties inside for attaching liners; ties should then be sewn onto the bottom corners of the liners.

Packing

PACK IN A SMALL FOOTLOCKER/TRUNK (no more than (13 ½ inches tall). Additional items can be packed in a duffel bag or backpack. Duffel bags are an excellent alternative to trunks! These items are stored under your child's bunk.

Personalizing The Clothing List

Our clothing and equipment list is an accurate reflection of what the "average" camper needs and uses in the course of a summer; however, we realize that it may not be tailor-made for all campers. For example, if a child is especially interested in and plans to focus on a specific area of concentration (tennis, swimming, wilderness, dance, etc.) we recommend that parents pack accordingly. If your child is very interested in dance, pack leotards, tights, and ballet shoes. If he/she plans to sign up for as many wilderness trips as possible, it may be worth investing in some good hiking shoes (otherwise kids can "hike" in sneakers), and eager swimmers may need extra towels, etc. While we don't recommend adding to the list in great quantities, sometimes substitutions are appropriate. Please feel free to personalize the list to suit the needs of your camper.

Laundry

Each camper's clothing is sent to a commercial laundry in a separate laundry bag, and then washed in a large machine with many other bags.

Counselors will help your child prepare for laundry day, but the ultimate **responsibility for the clothing lies with the children and parents**. That means that the children must remove crayons, pens, markers, and other staining items from pockets. It is also advisable to refrain from sending new, brightly colored clothing to camp because it is likely to "bleed" its color onto other clothes in the load of wash. While Windsor Mountain and the laundry service make an effort to help this process, the campers have the final responsibility for the condition of their clothes. On occasion items may be misplaced by the laundry service, but with the proper labeling are returned the next week. We thank you for your understanding and cooperation.

Lost and Found

Throughout the summer we make exhaustive, and exhausting attempts to return lost items to their owners. Former campers will testify that on the final day of camp, lost items are first held up publicly to be claimed, and then displayed prominently in the main deck area with nametags showing. We have frequently been known to chase after campers, stuffing bundles of clothing into their arms as they climb into parents' cars. However, it seems no matter how hard or how often we try, we are left with heaps of campers' possessions on our hands. **OUR POLICY** is that generic items such as t-shirts and towels get donated every two weeks to the local Clothing Closet. Whenever possible, we will return more valuable items with name tags, to you by mail, **at your expense**. Please encourage your child to take responsibility for her/his possessions, and to participate actively in identifying personal items during the packing up process at the end of the session.

Tipping Policy

As an educational organization, we feel that tipping is contrary to our mission. Please consider donating to our **Educational Opportunities Fund** as a way of increasing our ability to reach out to those children who cannot afford a summer camp opportunity.

Each summer more than 100 Windsor Mountain participants receive some financial aid in order to participate in a WMI program.

Call the office at 603-478-3166, or email mail@WindsorMountain.org, for more information on the Educational Opportunities Fund. We warmly welcome your support!

Visiting Campers

Official Visiting Days

- ◆ **Opening and Closing Day** of each session.
- ◆ **Folk Festival** is Sunday, July 12, 10:30 a.m. - 6:30 p.m.
An invitation will be mailed the first week of the session.
- ◆ **Theatre Festival** is Sunday, August 9, 10:30 a.m. - 6:30 p.m.
An invitation will be mailed the first week of the session.

PLEASE NOTE: Although we love animals, we ask that you leave your pets at home!

Intersession options for Full Season Campers (and campers enrolled in a session of summer camp as well as a session of New England Adventure.



Although full season campers may not stay in camp in between sessions, they have two options:

Option 1: Spend the break with family away from camp (pick up campers on Thursday before noon; return Sunday after noon)

Option 2: Join other Full Season campers for our **Intersession** interim program (TUITION \$150.00).

Full season campers or campers enrolling in both camp and a travel program may enroll in Intersession, a 3-day camping adventure across New Hampshire. The group will hit the road exploring the Granite State, and return to Windsor Mountain in time for the second session of camp.

Dates: Thursday, July 23 - Sunday, July 26; Tuition \$150

Intersession is limited to 13 students, on a first come, first served basis.

PLEASE CALL US if you would like your child to participate in this program.

Local Lodging

If you're planning to stay overnight locally on Visiting Day weekend, be sure to make reservations well in advance!!

5-7 MILES FROM CAMP

Stonewall Farm Bed & Breakfast
Hillsborough
603-478-1947

Oxbow Campground
Deering
603-464-5952

Stone Bridge Farm Bed & Breakfast
44 Jones Road
Hillsborough, NH 03244
Contact: Abby Rand
Email: sbfb@gsinet.net
Phone: 603-478-0809
www.sbfb.com

Serenehaven Bed & Breakfast
615 East Washington Road
Hillsborough, NH 03244
Contact: Jazmine K Gabriel
Phone: 603-848-4506
www.serenehaven.com

Upland Inn
Bed and breakfast inn
Miltimore Road
Antrim, NH 03440
588-2407

10-15 MILES FROM CAMP

Maplehurst Inn
Antrim
603-588-8000

Colby Hill Inn
Henniker
603-428-3281

Henniker House
Henniker
603-428-3198; 866-428-3198
www.hennikerhouse.com

15-35 MILES FROM CAMP

Rosewood Country Inn
Bradford
603-938-5220

Hancock Inn
Hancock
800-525-1789; FAX 603-525-9301
innkeeper@hancockinn.com

Best Western
Concord 603-228-4300

Best Western Sovereign/Keene
Keene 603-357-3038

Holiday Inn Express
Keene 603-352-7616

Super 8 Motel
Keene 603-352-9780

Candlelite Inn
Bradford 888-812-5571.

Woodbound Inn (golf discounts)
Rindge 800-688-7770

The Hampton Inn
Bow 603-224-5322

Sunapee Harbor Cottages
PO Box 704
Sunapee, NH 03782
PH: 603-763-5052
toll free: 866-763-5052
FX: 603-763-5508
lodging@sunapeeharborcottages.com
<http://www.sunapeeharborcottages.com>

Jack Daniel's Motor Inn
Peterborough
603-924-7548

Trash and Treasure

At Windsor Mountain we are committed to recycling, and will accept items you no longer want. Here is our wish list:

COMPUTERS and LAPTOPS (we appreciate your donation as it allows us to rotate out our aging computers)

ART MATERIALS

Crayons, yarn, fabric,
Leather, scissors, etc.
Ceramics Wheel
Pure wool sweaters (for felting)

BASEBALL/SOFTBALL MITTS

BOARD GAMES

Stimulating games with all the pieces

BOATS

Flat-water canoes, Kayaks,
Windsurfers, Sailboats

BOOKS

Quality young adult literature,
fiction, wilderness awareness/field
guides, group building/cooperative
games, art, etc.

CAMERAS

digital

CAMPING GEAR

In useable condition and light for
carrying, frame packs, daypacks,
30 degree F sleeping bags (or
older), 3-4 person tent

VACUUM CLEANER

COSTUMES

Wild & unusual clothes, hats,
shoes, (no "average" clothing,
please...we don't have the storage
space)

FOOD PROCESSOR/MIXERS

MUSICAL INSTRUMENTS

ROCK CLIMBING SHOES

ROPE

SEWING MACHINES

To make costumes for theatre/
dance

SHEETS

Top sheets are the ultimate
treasure & we can never get
enough!

TENNIS RAQUETS

Reaching High

Helping Windsor Mountain Be Its Best!

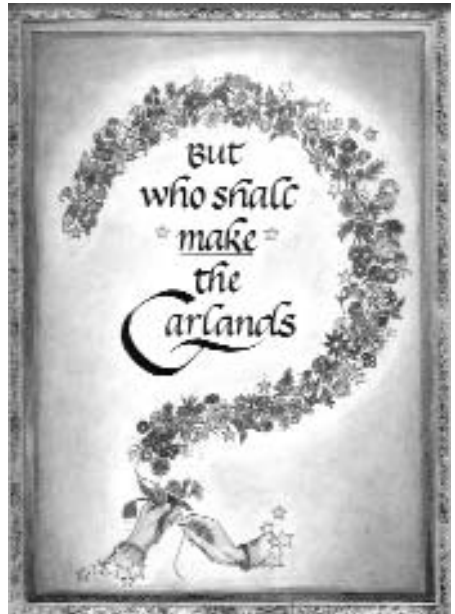
We continue to dedicate ourselves to increasing diversity (cultural, ethnic, religious, socio-economic, and physical abilities) among campers and staff. We have traditionally supported approximately 15% of our campers through tuition reductions, but now with the help of the Educational Opportunities Fund, a non-profit (501c3) public charity, our goal is to increase the support to 25%.

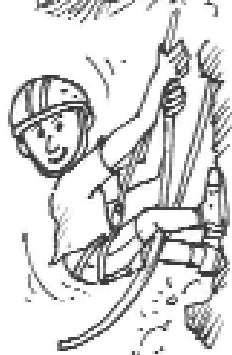
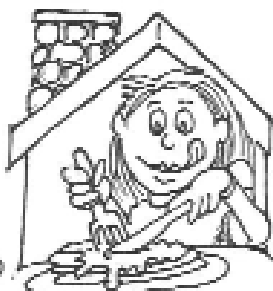
Recipients of these scholarships give as much as they gain from their experience. They enrich the group of which they are a part and gain immeasurably in terms of personal growth, skills and a fresh new perspective on themselves, their own home and the world beyond.

Recent support has come from organizations such as Summer Search, Street Squash, private contributions from individuals and Family Foundations, Sponsor-A-Camper donors; 1199, and profits from the Camp Store.

Thank you for helping with scholarship contributions to the Educational Opportunities Fund, for helping with work weekends or with volunteer teaching in the summer program. That kind of giving makes an important difference for lots of deserving people, and is central to the philosophy of community service at Windsor Mountain.

**Thanks for helping
make Windsor Mountain a
healthy cross-cultural and
socio-economically diverse
experience for everyone!**





Readiness Checklist

- Returned **TRANSPORTATION FORM** ?
(even if you're driving)?
** Note NEW starting / ending days of week!*
- Completed and returned **MEDICAL FORM** (with attached insurance card and immunization record)?
- Returned your **PARENT / CAMPER QUESTIONNAIRE**?
- Returned **TEACHER REFERENCE FORM**?
(new campers only)
- NAME TAGGED** all your clothes?
- Made arrangements for **VISITING DAY/S**?
- REVIEWED** clothing and equipment list?
- SHARED** information with ALL family members
(i.e., spouse, significant other, both parents)?
- UPDATED** us with your vacation plan/contact info?
- CHECKED** your basement or attic for good stuff...?
(see Trash and Treasure section)



**Windsor Mountain
International Summer Camp
(603) 478-3166
FAX (603) 478-5260
mail@WindsorMountain.org**