

## CAMP WELOKI for GIRLS 2017: Session 2, July 2<sup>nd</sup> - 8<sup>th</sup>

Dear Campers & Parents,

We are all very excited that you will be with us at Camp Weloki this summer. Camp will be a wonderful learning experience that you will carry with you for the rest of your life. We trust that you are looking forward to learning a ton about yourself and having a **great** time!

**Camp Weloki Tuition Payments are due in full at this time. Please send in the balance prior to your session by Friday, June 2<sup>nd</sup>.** Please make checks payable to Camp Weloki or contact the camp office to arrange payment by credit card. Camp Address and phone numbers are below.

This pre-camp packet contains several forms that must be completed and returned to the address, e-mail address, or fax number listed below **NO LATER THAN FRIDAY JUNE 9<sup>TH</sup>** (sooner if possible for easier processing). Your camper will get the most out of their week if our staff is able to review this information in at our pre-camp staff meeting. **We read and discuss every form to assure a loving and personal experience for every camper.**

### **Forms to be returned: (attached in Microsoft Word format)**

1. Liability Release
2. **Photo of Child, Shirt Size**
3. Camper Health History Form
4. Note to Instructors from Parents
5. Love Letter To Child
6. Camper Questionnaire
7. Immunization Record (copy)
8. Medical Insurance card (copy)

This packet also contains a suggested packing list, directions to Camp Trinity (including the camp address and emergency phone number), and information about Parents' Day.

**Camp starts on Sunday, July 2.** We ask that all campers arrive between 4:00- 4:30 p.m. Please do not arrive earlier; our staff has a limited amount of time to get camp set up for the campers.

**"Parents' Day"** will be held on **Saturday, July 8<sup>th</sup>** from 1:00-2:30 p.m. **Please arrive on time** to greet campers and load gear into cars. This will be an informative and participative overview of the week. You will discover practical techniques and new perspectives for you to help your child keep the positive things they experienced at camp going throughout the year and help to incorporate those experiences into your home. Please **bring a water bottle as it will be warm and drinks will not be provided.**

If you have any questions, please do not hesitate to call the office. We look forward to a wonderful week of learning and a ton of fun.

Warmest regards,

*Tim & Anne Jordan, Erin Lynch, & The Camp Weloki Staff*

300 Chesterfield Center – Ste. 255 – Chesterfield, MO, 63017  
Ph. 636-530-1883

# Camp Trinity

We have the pleasure to use Camp Trinity again this summer during the hotter weeks. Camp Trinity is owned and operated as a Lutheran Camp. It was founded in 1973 and is now run by the founder's grandchildren. Because it is a religious camp that owns this property, there are scripture quotes and crosses displayed on the grounds. We are only renting this property and this does not reflect Camp Weloki teachings. Camp Weloki is not based on any one religious belief and we encourage inclusivity, openness, and respect of everyone's beliefs. We always encourage campers to talk with their parents and to follow their values.

We hope that when visiting Camp Trinity, you will discover the beautiful setting for yourself too. Camp Trinity also offers groups a setting to swim, fish, canoe, kayak, take a nature walk, play horseshoes, basketball, softball, volleyball or simply relax. We are looking forward to enjoying all that and more at Camp Trinity this summer. The housing includes a dormitory style building with eight air conditioned rooms. Each of these rooms has its own bathroom and shower. The rooms have bunk beds to sleep on. They are not the standard ones you would buy for your house and are low to the ground which means only very small suitcases will fit underneath. This does mean that the person on the top bunk isn't close to the ceiling which should make it nicer to sleep on. **We will have to be courteous of others and pack sparingly so that our rooms don't get too crowded.** Camp Trinity has room for up to 88 people which is more than our max amount of campers and staff at camp so each room will not be completely filled. We will have counselors in each room. We have found the Camp Trinity staff to be friendly and courteous, and look forward to their assistance in offering a wonderful Camp Weloki Experience.

## Camp Trinity Offers...

- Air conditioned Lodge (seating 100) & Bunkhouse (Sleeping 88)
- 2 fire circles & Outdoor Chapel
- In-ground, lighted swimming Pool
- Recreation Room
- Four Lakes
- Creek Frontage
- Fishing
- Canoeing / Kayaking
- Hiking Trails
- Sand Volleyball
- Basketball
- Softball Field
- Capture the Flag Field
- Horseshoe Pits & Frisbee Golf Course

**Check out the pictures on our [Facebook](#) page for a better understanding of the facility.**

## CAMP WELOKI-- SUGGESTED PACKING LIST

**Please label ALL items with camper's name.** We do not have a laundry facility at camp. Please bring enough clothes to last entire week without doing laundry. Clothes do get stains so don't bring anything you are worried about getting ruined.

**\*\* The cabins are air-conditioned so fans will not be needed. The bunk beds are low to the ground which doesn't allow for large suitcases to fit. So, please pack light and no big trunks!**

- **Water bottle THIS IS VERY IMPORTANT! Find one that is easily carried and put your name on it. We want the campers to drink lots of water so they stay hydrated.** A second one is sometimes needed if theirs breaks or is lost. If water bottle is forgotten, we will provide them with one for a \$10.00 fee.
- Twin size sheets, blanket **or** sleeping bag
- Pillow & pillow case
- Underwear-(enough to last entire week)
- Long pants/jeans (2 pair)
- Shorts (several pair)
- T-shirts (at least 1 per day)
- socks (enough to last entire week)
- Rain poncho or rain jacket
- PJ's
- Sweatshirt or light jacket (mornings & nights are cool)
- 2 Swimsuits
- 1 Goddess outfit (some girls like to bring a long skirt or casual dress but this is optional)
- Laundry bag or large trash bag for dirty clothes
- **sturdy** walking shoes **or** extra tennis shoes
- Tennis shoes
- Flip-Flops/ sandals
- Hat /cap
- 3 Towels (including one beach towel)
- Soap/Shampoo/Deodorant
- Toothpaste and toothbrush w/ name on each
- Other Personal toiletries
- **Flashlight** with extra batteries
- White T-shirt for tie dye or decorating
- Sunscreen /Sun block
- Insect repellent
- **Inflatable pool rafts**/pool toys (optional)
- Pre-addressed, pre-stamped postcards or envelopes (optional)
- Inexpensive watch (optional)
- Alarm Clock (optional) **NOT A CELL PHONE!**
- Camera- we encourage the disposable type but please label with your name (optional)
- Musical Instrument or prop for Talent Show (optional)

Campers may bring or parents can send snacks and special treats that must be kept in the mess hall in sealed containers to keep bugs/animals out. We ask that campers do not bring any valuable items to camp that might get lost or ruined. Campers are responsible for taking care of their personal belongings. Please **DO NOT** send money, everything will be provided for them.

### **IMPORTANT NOTICE: THE FOLLOWING ITEMS ARE NOT ALLOWED!**

- **CIGARETTES (THIS IS A SMOKE-FREE CAMP).**
  - **CELL PHONES, IPOD TOUCH, VIDEO GAMES OR ELECTRONICS OF ANY KIND,**
  - **POCKET KNIVES, FIREWORKS, SODA OR ENERGY DRINKS.**
- IF THEY ARE BROUGHT, THEY WILL BE HELD BY OUR STAFF UNTIL THE END OF CAMP.

# Camp Weloki - Session 2, July 2 – 8

## TIMES:

- Arrival Time: Sunday, July 2, 4:00-4:30 pm
- Pickup Time: Parents Day, Please arrive by 1 p.m. Saturday, July 8, 2016

For Parents' Day please wear cool, very casual/comfortable clothes, comfortable walking shoes and bring a water bottle. It may be hot. We will **not** be serving lunch to parents. Siblings are welcomed but remember you will want to stay focused on the program, so please plan accordingly if you think siblings will be a distraction for you. Parents' Day will end about 2:30 p.m. but if you need to leave before this time please feel free to do so.

**Please do not arrive before times listed above as the Staff is busy preparing.**

## DIRECTIONS:

Directions to Camp Weloki at Camp Trinity (near New Haven, MO)

**From St. Louis, MO -** (Approx. 50 miles- drive time approx. 1 ¼ hours from I-270 & I-44) **I-44 West/US-50 West** to Exit **251** for **MO-100 West - Washington Exit** (Be sure not to take the Grey Summit Exit which is the first MO-100 exit heading East) **Turn Right on MO-100 West**; Follow MO-100 for approximately 23 miles. (When you enter the town New Haven the speed limit drops to 35 and then you pass the Pepsi Building on your right, look for the first road on your left) **Left Turn on Missouri C** and go 2 miles and **Turn Right on Gerding School Rd**. It is right after you cross the Boeuf Creek/Bridge and crest the hill, the road is a sharp turn on the **Right**. Drive slowly on this curvy road for .9 miles and **Take a Slight Left onto Boeuf Lutheran Rd**. Take the **1st right at the Camp Trinity Dr** and sign, go down the gravel road a bit and when it splits take the left fork up the hill and park in the lot. Our staff will facilitate parking and unloading of gear.

**From St. Charles, MO -** (There are three different routes to take I-70, MO-94, or I-270 which are all about the same distance and time; this is just one way to go.)

**MO-364 West/MO-94 West** continue to **Follow MO-94 West** then **Turn Left onto MO-47 South** which is at the stop light (before this turn you will cross a bridge and have to choose L or R to stay on 94, turn left) Follow MO-47 for approximately 4.5 miles. **Turn Right on MO-100 West**; Follow MO-100 for approximately 13 miles. (When you enter the town New Haven the speed limit drops to 35 and then you pass the Pepsi Building on your right, look for the first road on your left) **Left Turn on Missouri C** and go 2 miles and **Turn Right on Gerding School Rd**. It is right after you cross the Boeuf Creek/Bridge and crest the hill, the road is a sharp turn on the **Right**. Drive slowly on this curvy road for .9 miles and **Take a Slight Left onto Boeuf Lutheran Rd**. Take the **1st right at the Camp Trinity Dr**. and sign, go down the gravel road a bit and when it splits take the left fork up the hill and park in the lot. Our staff will facilitate parking and unloading of gear.

## MAIL & CARE PACKAGES:

Everyone loves to get mail at camp! We encourage parents to send letters and care packages to campers. Food and treats are fine to send and games to share. Please send mail or care packages **early in the week** to campers at address below. **It takes a few days longer to get to us**. We are not responsible for mail arriving before we arrive or after we leave camp.

Camp Address: **Camp Trinity c/o Camp Weloki  
(Camper's Name)  
439 Camp Trinity Dr.  
New Haven, MO 63068**

CAMPERS NAME \_\_\_\_\_

CAMP WELOKI, INC./CHILDREN & FAMILIES, INC.  
AGREEMENTS AND RELEASE FROM LIABILITY

1. As a participant in this camp, **I agree to respect the confidentiality of all participants and their remarks, and I agree to keep all such material private and confidential.**
2. I am aware that if my child breaks camp rules and it is deemed necessary by the camp director, he/she may be sent home at my expense without refund of tuition.
3. Camp Weloki reserves the right to use all photographs and videos taken of our campers for promotion purposes, including our website, marketing materials, and social media.
4. There will be no refund for late arrival or early departure. No refund will be made for anyone leaving camp because of homesickness, dismissal, misconduct, or illness.
5. **I, ON BEHALF OF MY CHILD, ASSUME THE RISK, BY THIS CONSENT, OF ANY ILLNESS/ACCIDENT DURING THE CAMP, AND HEREBY RELEASE CHILDREN & FAMILIES, INC. AND CAMP WELOKI, INC., AND THEIR EMPLOYEES, OFFICERS, DIRECTORS, SHAREHOLDERS, AGENTS, AND CONTRACTORS (HEREAFTER, THE "RELEASED PARTIES") FROM LIABILITY, THEREFORE.**
6. I hereby authorize the staff members of Children & Families, Inc./Camp Weloki, Inc. to take any reasonable steps on my behalf in the case of accident, injury or illness, including but not limited to emergency first aid; doctor, and hereby release the Released Parties from liability therefore.
7. In case of medical emergency, I understand every effort will be made to contact campers' parents or guardian. If the directors are unable to contact the undersigned, the directors have permission to authorize such action as they deem necessary and I hereby release the Released Parties from liability therefore.
8. I understand that my child may be transported by adult drivers (age 21 and older in their own vehicles) and hereby give my permission
9. I acknowledge that there can be no guarantee of absolute safety against risk and unforeseen accidents, and understand that although the camp has taken precautions to provide proper organization, supervision, instruction, and equipment for adventure activities, it is impossible to guarantee absolute safety. I/We consent to the participation of activities and hereby release the Released Parties from liability therefore.

\_\_\_\_\_  
Signature of Camper

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

Please list a name and phone number of who we should contact in case of emergency and a back up.

1. \_\_\_\_\_ (parent/guardian)

2. \_\_\_\_\_ (back-up person)

***Please attach copies of front and back of your health insurance card to this form. Thank you!***

# Photo of Child

We are asking for a small headshot to help the staff recognize your child upon arrival. We work very hard to help a child transition into the community after they say goodbye to their family. Even if your child has attended camp in the past our staff may not know them yet and this will allow everyone an opportunity to make that name-face connection. We would prefer a 4x6 or smaller head shot of your child. Please send in with paperwork or attach with your emailed forms (digital pictures will work).



# Shirt Size

Please choose one size you would like for your child's summer camp shirt.

## Child

S \_\_\_ M \_\_\_ L \_\_\_

## Adult

S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

**Camp Weloki – Camper Health History & Parent/Guardian Authorization for Medical Treatment**

The information on this form is gathered to assist us in identifying appropriate care. Any changes to this form should be provided to camp health personnel in writing upon the participant’s arrival in camp. Please provide complete information so that the camp can be aware of your child’s needs. Feel free to use a separate sheet of paper if necessary and attach to this form.

**CAMPER INFORMATION:**

Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Age at camp \_\_\_\_\_  
Home address \_\_\_\_\_  
Custodial parent/guardian \_\_\_\_\_ Home Phone \_\_\_\_\_  
Home address (if different from above) \_\_\_\_\_  
Other phone numbers, work \_\_\_\_\_ cell or other \_\_\_\_\_  
Second parent/guardian or emergency contact \_\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
Other phone numbers work \_\_\_\_\_ cell or other \_\_\_\_\_  
If not available in an emergency, contact \_\_\_\_\_  
Relationship \_\_\_\_\_ Phone numbers \_\_\_\_\_  
Insurance Information: Is the camper covered by family medical/hospital insurance?  Yes  No  
If so, indicate carrier or plan name \_\_\_\_\_ Group # \_\_\_\_\_  
Name of insured \_\_\_\_\_ SS# \_\_\_\_\_ Relationship to participant \_\_\_\_\_

***IMPORTANT - Please attach copy of your insurance card (both sides) to this form***

**HEALTH HISTORY:** The following must be filled out by the parent/guardian.

Allergies: List all known. Describe reaction and management of the reaction.

Medication allergies (list)

\_\_\_\_\_  
\_\_\_\_\_

Food allergies (list)

\_\_\_\_\_  
\_\_\_\_\_

Other allergies (list) – include insect stings, hay fever, asthma animal dander, etc.

\_\_\_\_\_  
\_\_\_\_\_

**MEDICATIONS:** Please list ALL medications (including over-the-counter or nonprescription drugs) taken routinely. Keep medications in the original packaging/bottle that identifies the prescribing physician (if a prescription drug), the name of the medication, the dosage and the frequency of administration.

This person takes NO medications on a routine basis. OR  This person takes medication as follows:  
Med #1 \_\_\_\_\_ Dosage \_\_\_\_\_ Specific time/s taken each day  
\_\_\_\_\_  
Reason for taking \_\_\_\_\_  
Med #2 \_\_\_\_\_ Dosage \_\_\_\_\_ Specific time/s taken each day  
\_\_\_\_\_  
Reason for taking \_\_\_\_\_  
Med #3 \_\_\_\_\_ Dosage \_\_\_\_\_ Specific time/s taken each day  
\_\_\_\_\_  
Reason for taking \_\_\_\_\_  
Attach additional pages for more medications as needed.

Identify any medications taken during the school year that participant does/may not take during the summer:

RESTRICTIONS- The following restrictions apply to this individual.

Does not eat:  Red meat  Pork  Dairy products  Poultry  Seafood  Eggs  
 Other(describe) \_\_\_\_\_

Explain any restrictions to activity (e.g. what cannot be done, what limitations or adaptations are necessary)

GENERAL QUESTIONS (Explain "yes" answers below)

Has/does the participant:	Yes	No		Yes	No
1. Had any recent injury, illness or infectious disease?	<input type="checkbox"/>	<input type="checkbox"/>	16. Ever had back problems?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have a chronic or recurring illness/condition?	<input type="checkbox"/>	<input type="checkbox"/>	17. Ever had problems with joints/ (knees, ankles)	<input type="checkbox"/>	<input type="checkbox"/>
3. Ever been hospitalized?	<input type="checkbox"/>	<input type="checkbox"/>	18. Have orthodontic appliance brought to camp?	<input type="checkbox"/>	<input type="checkbox"/>
4. Ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	19. Have any skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have frequent headaches?	<input type="checkbox"/>	<input type="checkbox"/>	20. Have diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
6. Ever had a head injury?	<input type="checkbox"/>	<input type="checkbox"/>	21. Have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
7. Ever been knocked unconscious?	<input type="checkbox"/>	<input type="checkbox"/>	22. Had mononucleosis in the past 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
8. Wear glasses, contacts or protective eyewear?	<input type="checkbox"/>	<input type="checkbox"/>	23. Had problems with diarrhea/constipation?	<input type="checkbox"/>	<input type="checkbox"/>
9. Ever had frequent ear infections?	<input type="checkbox"/>	<input type="checkbox"/>	24. Have problems with sleepwalking?	<input type="checkbox"/>	<input type="checkbox"/>
10. Ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	25. If female, have an abnormal menstrual history?	<input type="checkbox"/>	<input type="checkbox"/>
11. Ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have history of bedwetting?	<input type="checkbox"/>	<input type="checkbox"/>
12. Ever had seizures?	<input type="checkbox"/>	<input type="checkbox"/>	27. Ever had an eating disorder?	<input type="checkbox"/>	<input type="checkbox"/>
13. Ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Ever had emotional difficulties for which you sought professional help?	<input type="checkbox"/>	<input type="checkbox"/>
14. Ever had high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>			
15. Ever been diagnosed with a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>			

Please explain any "yes" answers, noting the number of the question:

Check any of the following boxes if child has had:

Measles  Chicken pox  German measles  Mumps  Hepatitis A  Hepatitis B  Hepatitis C

Name of physician \_\_\_\_\_ Phone \_\_\_\_\_

Name of family dentist/orthodontist \_\_\_\_\_ Phone \_\_\_\_\_

**Important – These boxes must be complete for attendance**

Parent/Guardian Authorizations: This health history is correct and complete as far as I know. The person herein described has permission to engage in all camp activities except as noted. I hereby give permission to the camp to provide routine health care, administer prescribed medications and seek emergency medical treatment including ordering x-rays or routine tests. I agree to the release of any records necessary for insurance/medical purposes. I give permission to the camp to arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above.

Signature of parent/guardian X \_\_\_\_\_ Printed Name \_\_\_\_\_ Date \_\_\_\_\_

I understand and agree to abide by any restrictions placed on my participation in camp activities.

Signature of Camper X \_\_\_\_\_ Date \_\_\_\_\_



# Parent's Note to Instructors

Dear Parent/ Guardian, Camper's Name \_\_\_\_\_ Date: \_\_\_\_\_

Please provide information that will help your child have a more rewarding and enjoyable camp experience and to better help us to serve them. Tell us things like how the school year was, any new + or - experiences they have had in their life, any friendship issues, behavior things you notice at home with your child, etc. **This form helps us plan our curriculum prior to camp, so please return ON TIME by emailing to: [director@campweloki.com](mailto:director@campweloki.com). Thank you!**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Love Letter to Your Child



Dear Parent/Guardian,

Here is an opportunity for you to participate in a very special camp exercise!

Please write a love letter to your child. Express to him or her what you:

- **love** about him or her
- what you **appreciate**
- and **admire** about him or her
- what you have **learned** from him or her about yourself
- and anything else that you want to share.

Take this opportunity to let your child know all of the **truly important things** that get lost in the hustle bustle of everyday life.

Seal this letter in an envelope with your child's full name on it and send it via mail with the rest of your camper's forms. Do not turn it into us on the first day of camp.

Please do **NOT** use this letter as a way to critique or give suggestions on how to improve. This letter should only state the positives that you see in your child.

## **We must have a letter for every child.**

We are not willing to do this exercise and have any child left out. Every parent must bring a letter in order to make this experience possible. Grandparents and siblings can also write letters but please put all notes in one envelope if possible. We know we can count on you in helping us make this personal and loving exercise. Thank you for your support.

With Love from us,

Camp Weloki Staff

Please have this filled out by the camper!

Camper Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

## Camp Weloki – Family Information/Background

NAME	AGE	(DESCRIBE THIS PERSON)
Mom	_____	_____
Dad	_____	_____
Step Mom/Dad	_____	_____
Sister/Brother	_____	_____
Sister/Brother	_____	_____
Sister/Brother	_____	_____
Sister/Brother	_____	_____
Sister/Brother	_____	_____
Sister/Brother	_____	_____

Please write in any additional family members who were not listed above and their relationship to the camper that you would like us to know about:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Camp Weloki – Preteen/Teen Camper Questionnaire

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

Please take a few minutes to get your thoughts and feelings down on paper. This will help you to get clear about what you want out of this experience. This information will be kept in confidence. If needed, use a second sheet of paper to answer the questions more in detail.

1. What is important for us to know about you?
2. What is one thing you'd most like to change about your friendships?
3. What is one thing you'd most like to change in your family?
4. What issue(s) is causing you the most stress, grief, or problems currently?
5. What have you experienced that you hope your kids won't have to go through?
6. What is the coolest, most positive thing going on in your life right now?
7. What do you want to learn or accomplish at camp?