

# Welcome to Opequon Quaker Camp!

The information in this handbook is designed to help make your camping experience wonderful. **Read all camp materials carefully.** Call the BYM office or Elaine Brigham with any questions you may have (phone numbers are listed on page 4).

## Concerning billing

- Balance due must be paid by May 15th.
- Payments accepted: check, money order, cash, or credit card (Visa or Master Card or Discover). Credit card payments are accepted online only at [www.bymcamps.org/payment.htm](http://www.bymcamps.org/payment.htm)
- All **checks should be made payable** to Baltimore Yearly Meeting. Please mark your child's name and 'Opequon' on the front of the check and send by May 15th to BYM, 17100 Quaker Lane Sandy Spring MD 20860
- Campers with prolonged illness or injury who are not able to fully participate in camp activities may need to return home.

## Refund Policy

The \$250 deposit is not refundable after May 1st. If the application for a prospective camper is withdrawn prior to May 15th, all tuition payments less the \$250 deposit will be refunded. After May 15th, no refund is available. Due to the fixed costs of running a safe and successful camping program, Baltimore Yearly Meeting Camping Program expects families to be responsible for the tuition of their registered child. Exceptions are made only if the camper is unable to attend BYM Camps for reasons of health. In this case, tuition will be held over to be used the following year, less the \$250 deposit. An alternative option is a refund of half of the tuition (less the \$250 deposit). If you fill the spot your child has vacated, you will be relieved of this financial obligation. It is not possible to make any reduction for entering late or leaving early, except for withdrawal on account of illness incurred at camp. In that case, a partial tuition credit may be applied for the following year. There will be no refund if a camper is asked to leave during the season for an infraction of a camp rule or for unacceptable behavior or if a child is voluntarily withdrawn.

## Medical information

Enclosed you will find the following forms:

- **2 Medical Information Cards** (these do **NOT** need to be notarized)
- **2 Medication Cards**
- **1 Release and Agreement Form**
- **1 Immunization Form** (easiest to get a copy from your child's doctor or school)
- **1 In-depth Health Information Form**

**In addition you need to bring two copies (one for in camp, one for the trail) of your child's health insurance card (copy the front and back).**

Please **bring all these forms with you to camp.** Do not send these ahead of time. Please send **medications** in the original bottle with the doctor's name, child's name, name of medication, dosage and date marked on the label.

When you arrive at camp, the camp medical staff will interview you to be sure that all is in order and to receive any special instructions. Please ensure that your child arrives at camp **healthy**. Strep throat, viruses, flu bugs and lice spread quickly at camp.

## Lice Policy

Parents should check their campers for lice and nits before they come to camp. Campers should not come to camp if they have an active case of head lice or any nits. If a camper comes to camp and is found to have either nits or live head lice, at the director's discretion they may be sent home to be treated and might be permitted to come back to the residential camps when the camper is nit-free. Lice checks should be

done at least one month ahead of time to give time for thorough eradication before a camper shows up. Parents may either do the work themselves or hire the services of a professional nit-picker if such is available to them. For more information on head lice: <http://www.cdc.gov/lice/head/index.html>

## Creating a Diverse Community

At Opequon we strive to create an emotionally safe, fun, inclusive, respectful, engaging community where diversity is honored and celebrated. Campers, staff, and families at Opequon may represent diversity in terms of learning styles, life experiences, and social identities (including: religion, class, race, ethnicity, gender, sexual orientation, and ability). With the guidance of our trained staff this can create a wonderful opportunity for young people to expand their awareness and learn from each other's experiences.

To further our goal of an inclusive environment we also encourage parents to talk to their campers before arriving about feelings that may come up when encountering new kinds of people. Help your camper think through how (s)he can take part in creating an atmosphere where (s)he and all other members of the community feel welcome. The following are some resources to help you get ideas about how to start these conversations.

- Click on "Teaching Diversity" at: <http://life.familyeducation.com/>
- "Talking to Our Children about Racism and Diversity"  
[http://www.civilrights.org/publications/reports/talking\\_to\\_our\\_children/](http://www.civilrights.org/publications/reports/talking_to_our_children/)

## Arrival Day

Please plan to arrive at camp **between 1:00 and 4:00 p.m.** on arrival days. Please note below what day your child's session begins and ends!

## Departure Day

Please pick up your camper **by noon** on departure days. In order to allow the staff to prepare for the next session of camp, please try to arrive **before noon**. Please note which day your child's session ends!

### Session Dates:

Saturday, July 2 – Saturday, July 16

Sunday, July 17 – Saturday, July 30

Sunday, July 31 – Sunday, August 14

1 week session: Sunday, July 31 - Sunday, August 7

1 week session: Sunday, August 7 - Sunday, August 14

## A Typical Week at Opequon Quaker Camp

Children are grouped into similar-aged cabin groups. Campers do some activities with their cabin group, including art projects, games, and overnights away from camp. Campers are also part of multi-aged 'affinity groups' which participate in all-camp games, theater activities, art projects, singing, and special day events. Affinity groups also participate in the care and stewardship of camp by doing daily chores. Early in the session we offer a special day at camp, for example, Buffet Day, when campers sample many different art forms and activities. Much of the rest of the week is taken up with workshops and an overnight out of the cabin, possibly away from camp, or elsewhere on our property.

At least once a session, we have a day which is completely different. We may spend the day in a celebration of some kind at camp, or we may take a hike or other adventure away from camp. These Special Days may have an overarching theme that guides the many activities we do that day, often culminating in a big event like dinner theater or a festival. On Sunday mornings we join Hopewell Centre Friends for worship at their historic meetinghouse five miles from camp.

## A Typical Day at Opequon Quaker Camp

We wake up and gather for breakfast. Following breakfast and breakfast cleanup, we gather for the walk to our firecircle for a brief morning meeting for worship.

Morning and afternoon times offer campers the opportunity to choose from a variety of workshops and activities (See "What Do We Actually Do" for more descriptions). We also offer swim times in the pool and creek, sports, and cooperative games. We have lunch, chores and rest period in between the morning and afternoon activity times. We also serve a small snack in the afternoon.

Dinner and clean-up are followed by a special event each evening, as the whole camp gets together for a campfire, open mic night, a presentation by guest artists, storytelling, games, singing, or firecircle. We have a simple snack and sing before bed.

## What do We Actually Do?

### *Workshops and Activities*

Workshops may last several days or a week; others, an afternoon. Some examples of activities are, sign language, fry-bread making, batik, candle making, field games, ‘frazzleeram’, creek time, swimming in the pool, volleyball, stationery/postcard making, small-group singing, cooking/food projects, papier mache, improvisation, theatre games, nature walks or scavenger hunts. We have open studio time, which is supervised time to create, explore materials, finish a project, etc. We offer lots of art projects and skill-based activities as well as arts and crafts activities.

Workshops and activities support our goal of exposing campers to many different art forms in a fun and physical way; deepening their spirituality; and nurturing their understanding of themselves and the connections between creation, nature, self-expression and spiritual life. Here are some examples of workshops from the past:

**Clay:** We usually have clay workshops for several weeks during the summer. Campers and staff dug clay from our beloved Opequon Creek, learned to process it, build with it, and paint it after it was fired. A Hopewell Centre Friend donated a beautiful potter’s wheel to us, which greatly enhanced the Art Studio. Clay workshops at Opequon are physical, muddy and fun! Local Quaker potter Bob Pidgeon joined us for many afternoons of clay and fired all our pieces from the Clay Workshops. One group built a straw-firing kiln in a metal trash can. All of the pieces were fired successfully.

**Copper Journals:** Using old rubber inner tubes, spiral notebooks, copper, and metal smith tools, participants of this workshop created rubber bound copper-covered journals. The skills acquired as they learned to use the metalwork tools and the incredible designs in the copper proved this to be a valuable and fun workshop for campers. The work was not always easy and required much patience, diligence, and skill. We watched the campers stretch and grow as they got frustrated, got support, and picked up the tools to try again, creating truly beautiful pieces of art work. They began each workshop session with a ceremonial opening, some journaling and sharing of poetry, etc. that would soon fill the pages of their copper journals.

**Faces:** In this workshop, participants began by drawing the human face. A “model” sat in the sun and they learned about shadow, light, scale, and proportion. Once each person drew a head and a face, they then painted a face. Using clay the faces became three-dimensional as they sculpted heads and faces based on the scale, proportion, shadow, etc. skills that they acquired. The results were incredible.

**Outdoor Living Space:** This workshop beautified camp. Campers learned basic carpentry skills, and built a large outdoor bench and an outdoor table, which they then painted beautifully. They also built a chess board in a little circle of trees by painting a board on a giant piece of slate they had made into a table, complete with log benches. They really created an outdoor living room feel to the center of camp, which is just what we were hoping for.

**Creek:** Campers and staff in this amazing workshop created with mud, sticks, water, ferns, shells, rocks, moss, and clay. It was fabulous to cross the creek during and after this workshop keeping your eyes peeled for these stunning creations that both blended into their natural home, and caught your eye.

**Multi-media self-portrait:** Through writing, painting, and drawing, campers and facilitators explored how they see themselves and how others see them. Through art they expressed who they are and what they “look like,” inside. They created self-portraits with various media; they sewed cloth dolls, used wood, collage, fabric, paint, paper, Christmas lights, you name it. Their creations were incredible and awe-inspiring.

### *Art Walk*

We concluded each three-day workshop with a camp-wide “Art Walk.” The entire camp walked from one site of a workshop to another, and experienced what each group had produced. We heard poetry and creative writing, saw musical and theatrical puppet shows, saw dance performances, and admired building projects. The Art Walk is a wonderful addition to camp. We look forward to seeing how it evolves.

## ***Sports***

Sports may include kickball, volleyball, soccer, water games, and camp favorites like jugs, capture the flag, and frazzleeram. We take full advantage of the pool, river, and large playing field.

## ***Overnights***

Campers have the opportunity to go on age- and ability-appropriate overnights that exercise their body, mind and spirit. These overnights build community, challenge campers to take risks and push themselves within their abilities, and allow campers to explore art and nature in new ways. **We are committed to being as accessible as we can be for all campers.**

'CI' stands either for **Cabin Intensive** or **Choice Intensive**. During Cabin Intensives, counselors and campers from a particular cabin group go on an overnight adventure together (see below for examples). Sometimes we leave the camp property and sometimes we go on an adventure in our own woods or by the river. Choice Intensives are a little different. Campers take a break from their cabin mates, form multi-age groups, and choose from different overnights planned by the counselors. For choice overnights we provide a wide variety of options, usually five different trips, several of which are not physically challenging. We have fun and experience opportunities for growth as we discover why these intensive experiences are so enriching.

## **Staying in Touch with your Camper**

### ***Telephone***

We have one telephone at camp. We discourage campers from calling home for chats but they may if they need to. We find that too many calls home can often encourage homesickness rather than alleviate it. The camp phone number is (540) 678-4900.

### ***Visits to Camp***

The best time to visit is Saturday afternoon during our special events. If this is not possible, come late Sunday morning. Please bear in mind that visitors who come at times other than Saturday afternoons do have an impact on the camper's experience. We discourage visiting during the week. Please keep your visits short and do not plan to stay over night. **Please always call ahead before you visit.**

### ***Mail***

We encourage you to send letters and postcards. Campers love to get mail. Please do not send food in care packages.

## **Directions**

**From I-81:** Take exit 321 (Clear Brook). Go east on Hopewell Road to a 'T' with Route 11. There will be a church in front of you and the Olde Stone Restaurant to your right. Turn left, then *take your immediate right* onto Brucetown Road. Opequon is three miles from this turn.

As you proceed on Brucetown Road you will pass Clear Brook Park, cross a set of railroad tracks, go through the little town of Brucetown and pass through a residential area. You will go down a hill passing several single family homes/trailers on your right. At the bottom of this hill make a right turn into the camp driveway. If you get to a 'Y', the right fork of which crosses a one-lane concrete bridge, you've gone too far.

## **Important Addresses and Phone Numbers**

### **Mailing Address**

Your Child  
Opequon Quaker Camp  
2710 Brucetown Road  
Clear Brook, VA 22624  
(540) 678-4900

### **Camp Director**

Elaine Brigham  
277 State Street  
Northampton, MA 01060  
413-341-3263  
[elaine.brigham@gmail.com](mailto:elaine.brigham@gmail.com)

### **Camp Program Secretary**

Jane Megginson  
413 S West End Ave  
Lancaster PA 17603  
717/481-4870  
jane@bymcamps.org  
<http://www.bymcamps.org>

# Equipment and Packing List

**NOTE:** Campers go on age and ability-appropriate overnights each week. All campers must have a camping/hiking backpack, sleeping bag, and camping pad. Your child will need them. Backpacks and sleeping bags don't have to be expensive. Many outdoors outfitters sell used backpacks and sleeping bags, or one can be borrowed from a neighbor. Our **scholarships** can extend beyond tuition. We can provide equipment such as mattresses, sleeping bags, backpacks, etc. if needed. Please call Elaine Brigham to reserve these.

## **All Campers Must Have:**

- 1. Frame backpack (external or internal frame):** The pack must also have padded shoulder straps, and a functional, one-piece padded hip belt. A properly fitting pack can make hiking a pleasure; an ill-fitting pack makes it torturous. Padded shoulder straps and hip belt are essential. The pack should fit your child: the hip belt should draw tightly around the waist such that the child's legs carry the weight of the backpack. Check borrowed or hand-me-down packs for needed adjustments and repairs. Outdoor outfitters stores will adjust a pack to fit your child, even if you didn't buy it there.
- 2. Sleeping bag with stuff sack:** Flannel sleeping bags are too heavy and bulky for backpacking. We recommend a synthetic fabric bag filled with synthetic fiber. Down filled sleeping bags become waterlogged and useless if they get wet. An ensolite (closed cell foam) sleeping pad is recommended as well, to cushion campers from the stony ground and keep them warm and dry.
- 3. Footwear:** one pair hiking shoes, one pair 'creek shoes'. Avoid new or newish hiking boots. We recommend sturdy sneaker type shoes in good condition for hiking, or broken-in lightweight hiking boots. Campers also need a pair of shoes (old sneakers are best) for swimming in the creek. These shoes will get wet and muddy and probably stay that way through the session. Flip flops are not good creek shoes. Campers may also wish to bring a pair of sturdy sandals or other shoes for general in-camp use. Note: Flip-flops may be worn **ONLY** in the shower.
- 4. Sleeping pad or foam mattress for in-camp bunk:** We do not provide mattresses for campers to use on the spring and/or plywood bunks. An ensolite pad is good for backpacking but most campers prefer a thicker mattress for sleeping in camp. We recommend a bunk sized 2-4 inch thick foam pad. See the web for more info: <http://www.bym-rsf.org/camping/>

## ***Further Essential Items:***

Packed into one duffle bag or trunk. Please do not send good luggage.

- Pillow
- Flashlight
- Toiletries
- Writing materials
- Stamps—the self-sticking kind (gummed stamps get too damp)
- Swim suit
- Towels - for bathing and swimming
- Underwear
- Pajamas
- Jeans or long pants
- Shorts
- Shirts
- Old tee shirts for messy projects
- Warm shirts, sweaters, or a jacket  
(wool keeps you warm, even when damp!)
- Socks – at least one pair wool or specific hiking synthetic
- Laundry Bag
- Small book bag or day pack
- One or two plain white 100% cotton t-shirts for tie-dye and/or batik. These can be purchased at camp for a few dollars.
- Water bottle
- Plastic bowl and spoon or mess kit
- Rain poncho

- Ensolite pad or sleeping pad for camping (light and small)

**Optional Items:**

- Sheets/Bedding (more comfortable than using sleeping bag while in camp)
- Song books
- Music, musical instrument/s
- Journal or sketchbook
- Reading materials
- Bug repellent (no aerosol spray cans – should contain permethrin to repel deer ticks)
- Hat or bandana
- Sunscreen
- Kleenex

**Consider the following carefully:**

- Please do not send food with campers.
- ***Please do NOT send food in care packages*** (send comics, Mad Libs, art stuff, etc). Campers are very well fed by our Kitchen Manager. The kitchen staff prepare three delicious meals a day as well as two snacks.
- You do not need to send spending money with your camper except to purchase tee shirts for art projects or camp tee shirts. (\$15.00 should be plenty)
- Pocket knives will be kept by the staff unless being used in a supervised art activity.

**Items you may NOT bring to Camp:**

No cell phones

No matches, candles, incense, or lighters

No drugs or alcohol: the possession or use of alcohol or drugs, or the misuse of prescription drugs, will result in camper(s) being sent home.

No weapons

No aerosol cans

No electronic games

No radios, Mp3 players, Ipods etc.