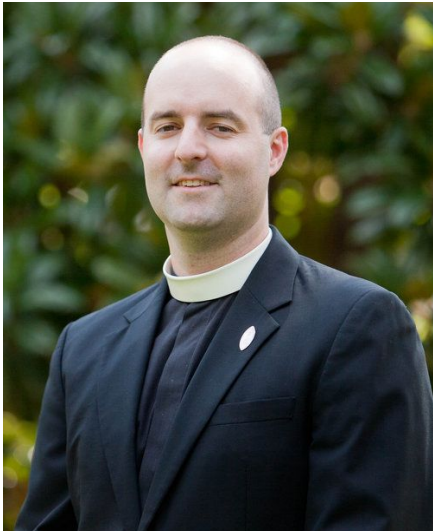




CAMP MCDOWELL FALL FLING 2019



Letter from the session chaplain: **The Rev. Geoff Evans**



Parents and Campers,

My name is Geoff Evans and I'm the Rector of Holy Trinity in Auburn. My family, Emily, Parker and Lucy, and I are really excited to spend Fall Fling with you at Camp McDowell. The end of October is an amazing time at Camp and I look forward to all the great camp activities, connecting with old and new friends, and worshipping we will do in God's backyard.

Our theme for this retreat is *Fear Not* based on Isaiah 43. In the midst of desolation Isaiah sings this beautiful song of redemption: "Fear not, for I have redeemed you; I have called you by name, you are mine." The Lord has redeemed us, called us by name and claimed us which is a truth greater than any fear.

Our children face challenges - the work of building a strong sense of self-respect, bullying and the temptation to bully, learning to negotiate the trick mirror of social media. I want them to know the Lord who is there guiding light in all of these struggles; the Lord who loves them, calls them by name and claims them and says emphatically that they are enough. Please remember to pack a Bible so that we can do deeper in this passage and others on the theme of *Fear Not*.

Throughout the weekend, we will be incorporating this program into the classic summer camp activities, such as canoeing, hiking, arts and crafts, and so much more. Don't be afraid to invite a friend to sign up for the retreat as well; whether or not they have ever been to camp before we would love to have them with us. We can't wait for this incredible opportunity to be with you to worship, work, and play in God's Backyard. See you soon at Camp!

God's Peace,

Geoff

P.S: Last year Ellie Holcomb put out a record called *Sing: Creation Songs* and the whole thing is great, but one of the songs, *Fear Not*, is based on Isaiah 43 and will be our theme song for the session and it might be fun to listen with your camper ahead of camp.

Fall Fling Description



Check-in: Friday, October 25th from 5:00pm - 6:00pm

Location: Eppes Dining Hall

**105 DeLong Road
Nauvoo, AL 35578**

Fall Fling is a Summer Camp retreat designed for rising 5th and 6th grade campers to attend. This weekend retreat is designed to gather children together for classic camp fun and christian fellowship. The campers stay engaged all weekend long in exciting activities while our enthusiastic staff and volunteers take care of the details.

All campers stay together in lower camp cabins (camp on Clear Creek). We cannot predict the weather for the weekend, so please prepare your camper with bedding for cold or warm weather! A college-aged cabin counselor (Camp McDowell Summer Staff Volunteer) also stays in the cabin. Fall Fling is a wonderful and rare opportunity for children to spend time at camp during the school year and experience the joy of fellowship in Camp community. Come join us in "God's backyard," You will be glad you did!

Fall Fling activities include farming, canoeing, hiking, arts & crafts and more. Saturday morning, campers begin their day with worship after breakfast, singing songs and having small group discussion about the program presented by the Chaplain. After morning program, the campers have four opportunities throughout the day to participate in a variety of activities that camp offers. We wrap up Saturday with a Pasture Party for dinner where we grill hamburgers and hot dogs, play field games, and even go on an old-school hayride! Both nights come to a close with group worship in the Chapel down the hill. Many campers find this peaceful end to a fun-filled day to be among their most cherished memories of Camp.

The dress up theme for this year is "Fear Not" along with the program theme. You can dress up as something you think is appropriately scary that you don't need to fear anymore! We are called as God's children, and we don't need to fear things that may seem scary to us. For example, you could dress up as a witch, ghost, or werewolf. You could also dress up in a Halloween costume to follow the general things you don't need to be afraid of - like Halloween! The options are endless and get creative! We can't wait to see everyone's fantastic costume at the Pasture Party on Saturday night!

Sunday morning, we will have Holy Eucharist (church with communion) in the Chapel of the Ascension in lower camp at 10:00 am. Campers may be picked up during or after this service. Parents and guardians are welcome and encouraged to join us for this service! If you are not a part of the Episcopal Church or familiar with Episcopal tradition, please do not feel intimidated by this service! All are welcome to the service and table for communion, and the chaplain will explain how to receive communion for anyone who may be unfamiliar. We would love for you to participate with us in worship to conclude your campers fantastic weekend in God's backyard.Á

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Arrival and Closing



Check-in: Friday, October 25th from 5:00pm - 6:00pm

Location: Eppes Dining Hall

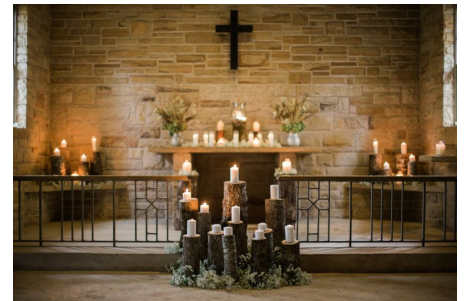
Address: 105 DeLong Road
Nauvoo, AL 35578

When you arrive at camp, continue on DeLong Road for about a mile. The Camp Store will be the first building on your left. The store will be open if you want to stop in! When you pass the store, stay to the left. You will then pass the two-story welcome center and the Chapel of St. Francis on your left. Continue straight until you see the fork in the road (literally!) Stay to the left of the fork and drive down the hill. Eppes Dining Hall will be at the bottom of the hill to your right. You will check in and get your cabin assignment and then you can move into your cabin.

Check-out: Sunday, October 27th from 10:00 am to 10:30 am

Location: Chapel of the Ascension

We will have a closing worship service with communion Sunday morning. Campers may be picked up during or after this service. Parents and guardians are welcome and encouraged to join us for this service!



REGISTRATION

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The registration fee for Fall Fling is \$135 per person. You may submit payments in your online account, over the phone, or by post mail 10 days prior to opening day. **All balances are due Tuesday, October 15th, 2019.**

Online payments may be made in your Camp McDowell camper account. Access your camper account through <https://campmcdowell.com/summer-camps-retreats/registrationlogin>

NOTE: If you have misplaced your password, you may request a new one on the login page by emailing or calling MaKenzie Parker at wonderful@campmcdowell.com or calling 205.387.1806 Ext. 100

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COMMUNICATION (cell phone, email, device policy)

We try very hard to be “the way the world could be”. Part of this goal is getting totally unplugged for a short time and being present with those around you during this retreat. We ask that you either do not bring your phone with you or that you be discreet and considerate if you need to use your phone at any time during the retreat.

Urgent: Should you need to reach anyone while at Camp, please call 205.387.1806, EXT 101

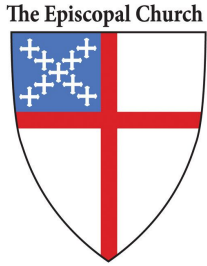
Registration Questions: MaKenzie Parker 205.387.1806 ext 100 wonderful@campmcdowell.com

(Non-Urgent) Fall Fling Coordinator: Virginia White - 205.739.9848 (cell) or 205.387.1806 Ext.122

virginia@campmcdowell.com

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Episcopal Diocese of Alabama: Welcome Statement



The Episcopal Diocese of Alabama welcomes and affirms all because God welcomes and affirms all, regardless of age, race, ethnicity, religion, culture, ability, financial means, family status, sexual orientation, gender identity, or gender expression. For us, welcome means ensuring that each person's dignity is honored and affirmation means safeguarding all persons as unconditional and equal members of the body of Christ.

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Summer Camps and Retreats: Covenant of Common Life

As a camper, I agree to live by the standards set for the event.

I understand there is no use or possession of alcohol, tobacco, e-cigarettes including JUULs, illegal drugs, firearms, lighters, explosives, or weapons of any kind.

I understand that inappropriate sexual behavior is not tolerated. In order to respect all participants' privacy, at no time may a male enter a female housing area or a female enter a male housing area. Common areas for males and females to gather in the same spaces will be stated during the schedule.



If I choose to violate the above standards or am knowingly in the presence of others violating these standards, I will be sent home immediately at my own expense.

I will respect camp, respect myself, and respect others while at Camp McDowell. I respect the policy of zero tolerance of physical, verbal, or emotional bullying.

In addition, I understand that camp is one of the rare places where I can get "unplugged" and have a true "camp" experience; in order to make this kind of experience a reality for me and the other participants, cell phones, other communication devices and other electronics are not allowed in my possession during the event.

I understand that I will be able to use the camp phone in case of an emergency. I agree to honor the "no cell phone" policy and my own experience by either leaving my cell phone (or other electronic device) at home or give it to a staff member at check-in for safekeeping during the event.

I plan to participate fully in the program, worship, and activities offered during this event.

Sample Schedule

Friday, October 25th

- 5:00 Camper Check-in at Eppes dining Hall
- 6:00 End check-in
- 6:15 Porch Songs at Eppes
- 6:30 Dinner
- 7:15 Community Time: welcome, singing, games
- 9:00 Worship
- 9:30 Cabins
- 10:00 Lights Out

Saturday, October 26th

- 7:30 Wake up
- 7:45 KP
- 8:00 Breakfast
- 9:00 Program
- 10:15 Lemonade
- 10:30 Activity 1
- 11:45 KP
- 12:00 Lunch
- 12:45 Rest Time
- 1:45 Activity 2
- 3:00 Farm Tour
- 4:00 Canteen
- 4:30 Environmental Center Programming
- 5:30 Cabin Time/prep for Pasture Party
- 5:50 Walk to Pasture Party
- 6:00 Pasture Party (costume time!)
- 7:00 Evening Activity: Songs, Sparks & Stories
- 8:30 Smores
- 9:00 Worship
- 9:30 Cabins
- 10:00 Lights Out

Sunday, October 27th

- 7:30 Wake up
- 8:00 Breakfast
- 8:30 Pack & clean cabins, community spaces
- 9:00 Activity - program themed or not
- 10:00 Eucharist
- 10:30 Campers check out

We will miss you! Look out for other opportunities to come to camp this year!

Camp Store Hours

- Friday 3:00pm - 5:00pm
- Saturday 12:30pm - 2:00pm
- Sunday 8:30am - 2:00pm

PACKING LIST

Campers will be housed in dorm-style cabins. Beds are twin sized. Suggested container for clothes include large suitcase, trunk, or plastic container that can go at the end of the bed. Also suggested is a basket or bag for dirty laundry and a toiletry bag or shower caddy. All cabins have heat but do not have air conditioning. PLEASE LABEL IMPORTANT BELONGINGS WITH CAMPER NAME. *Lost and found items IF FOUND may be mailed back to campers for a fee with possible delays.*

Comfortable, casual clothes that can get dirty (t-shirts, shorts, jeans). Lightweight, loose-fitting clothes are best.

Socks and sturdy, closed-toe shoes for working, playing, hiking, and other outdoor activities. Flip flops are only allowed in cabins. If bringing sandals, please bring sandals with a heel strap.

Light rain jacket or coat

Clothing appropriate for the weather

Bedding and pillow for a twin bed

Picnic blanket for pasture party

Blue jeans or Overalls for the Pasture Party Cookout

Towels for bathing

Sunscreen

Bug Repellent

Toiletries: Soap, Shampoo, Conditioner, Deodorant, Toothbrush, Toothpaste, brush/comb

Underwear and socks

Sleepwear

Flashlight

Fan (preferably one with a clip) and extension cord if needed.

Reusable water bottle – to be filled during hydration breaks at the various activity sites each day. NOTE:

Our Camp Store has attractive, sturdy, 32 oz water bottles available for purchase.

Musical instruments for free time and assisting with worship

Any prescriptions and over the counter meds should be ready to turn in to the nurse upon check-in. See Below for more information.

Dress up costume according to provided theme

Optional: We will gladly take any used or new costumes for our costume closet if you have any you would like to donate!

Things NOT to bring:

Alcohol, illegal drugs, or weapons of any kind; Fireworks or any explosive devices

Youth may not bring tobacco, tobacco products, or electronic cigarettes (including JUULS)

Snacks ARE allowed, but MUST BE IN AIRTIGHT CONTAINERS and they CANNOT CONTAIN ANY NUTS or NUT PRODUCTS. Many of our campers have nut allergies. Crumbs will attract insects in our cabins.

Thank you in advance for keeping our campers with allergies safe and the cabins as bug-free as possible!

Additional Money (Optional):

Starting in 2018, the fee for the session includes canteen costs. There is no need to submit extra money for canteen. Every camper will get two snacks at each canteen visit during their event. .

The camp store will be open if you would like to purchase any camp gear including shirts, water bottles, toiletries, candy and more. See the bottom of the schedule for store hours.

We will collect an offering at our closing worship service for the Camper Scholarship Fund. Please consider making a contribution.

****MEDICATIONS NOTE: For safety and per Camp's liability, all medications must be kept in the Health Hut. Camp's liability does not allow medications to be stored where children are housed. Thank you in advance for your understanding.**

Camp McDowell Packing Sheet & Medicine Reminder 2019

PLEASE READ!

for Parents

Scheduled medicine times are: Before Breakfast, After Breakfast, After Lunch, Canteen, After Dinner and after nighttime Chapel.

Prescription medicines **MUST** be in their original containers and have a label containing:

- Camper Name
- Name of Prescription Drug
- Strength of Prescription Drug
- Administration directions (“give as directed” is **NOT** acceptable)
- Parents must indicate what time medication is to be taken

Please remember that parents **must provide any over-the-counter medicines** they anticipate their child may need.

***If your child requires an Epi-pen or other injection, please contact the Nurse at 205-387-1806 ext. 125 or rn@campmcdowell.com*

Stacey Glenn, R.N., Camp McDowell Nurse
McDowell Summer Camp

Medication Packing Sheet *for Parents and Guardians*

Please place this sheet in a bag with your child’s medicine. All information must be completed by a parent or legal guardian. Please fill out the information for prescription and over the counter medicines.

Camper Name: _____ DOB: _____/_____/_____

Session: _____

PRESCRIPTION MEDICATIONS:

Circle the time(s) to administer this medicine to the child, choosing from the following:

B*= Before Breakfast, **B**= After Breakfast, **L**= After Lunch, **C**=Canteen (4PM), **D**= After Dinner, **HS**= At Bedtime

*If a time is not selected, medicines will be given after breakfast.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS

OVER THE COUNTER (OTC) MEDICATIONS: ALL OTC MEDICATIONS MUST BE PROVIDED BY PARENTS/LEGAL GUARDIANS OF THE STUDENT. Circle “As Needed Only”, if medication is not taken daily.

Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only
Medication:	Dosage:	Reason:	Time Given: B* B L C D HS As Needed Only

Parent/Guardian Printed Name: _____

Parent Guardian Signature: _____ Date: _____

