

# 2011 Camp Westwind Information

## Camp Westwind

**Encouraging Community**

**Embracing Diversity**

**Exploring the World Around Us**



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## Congratulations!

You chose an American Camp Association (ACA) Accredited Camp. Developed exclusively for the camp industry, this nationally recognized program focuses on health and safety issues and requires camps to regularly review every facet of operation. YWCA Camp Westwind voluntarily submits to this independent appraisal performed by camp experts.

You can learn more about ACA at [www.acacamp.org](http://www.acacamp.org)



## Important Dates

**Health History Forms:** Due 3 weeks before your session begins. If Health History Forms are received less than three weeks before the first day of camp there will be a \$25.00 late fee applied to your camp balance. Health History forms are completed online.

**Camp Payments:** Balance is due in full 2 weeks before your session begins.

**Financial Assistance:** Due March 1st. Download the application online at [www.ywca-pdx.org](http://www.ywca-pdx.org) OR call the office at 503-294-7476 to request an application.



## Visitors' Day

Please join us for an Open House for parents, friends, and relatives on Saturday, June 18th. Boat crossings have changed! They will start at 1:00 with the final crossing back out at 4:00pm. This is your opportunity to meet the YWCA Camp Westwind staff, tour the beautiful camp grounds, and participate in special activities. No RSVP required.

We look forward to seeing you at camp! Please see our website for more information. [www.ywca-pdx.org](http://www.ywca-pdx.org)

Directions to camp are located inside (page 7).



Camp Director: Janette Kunkel  
 Camp Office Manager: Sarah Keplinger  
 General Info Camp Hotline:

503-294-7460 [janettek@ywca-pdx.org](mailto:janettek@ywca-pdx.org)  
 503-294-7476 [westwind@ywca-pdx.org](mailto:westwind@ywca-pdx.org)  
 503-294-7474

# Camper Packing List

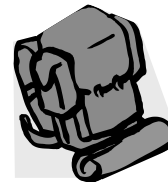
## Suggested for All Campers

- Warm sleeping bag
- Jeans, pants or sweatpants (2-3 pair)
- Shorts (2-3 pair)
- T-shirts, long sleeved shirts
- Sweatshirts, warm sweater
- Underwear
- Socks
- Sleeping attire
- Sturdy shoes or boots for hiking
- Sturdy shoes for sand & water (flip flops are not recommended)**
- Flashlight, extra batteries
- Warm jacket
- Waterproof rain gear (poncho)
- Swim suit, beach towel
- bath towel, washcloth
- Soap/shampoo & Comb/brush
- Sunscreen-VERY IMPORTANT**
- Sun hat or visor
- Bug repellent
- Toothpaste and toothbrush
- Camp Store Money (see below)
- Additional "Hefty" bags labeled with name (for return trip)
- Medications (in original containers, marked, with instructions)
- A set of shorts, t-shirt, shoes that can get **really muddy** - "mud mucking clothes"
- Small backpack for hikes/overnights
- Something White to tie dye
- Water Bottle



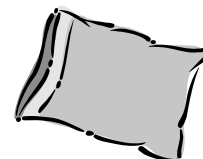
## Extras for All Teen Programs

- Large backpack—for a 2-day overnight trip
- Notebook
- Extra warm sleeping bag



## Optional for All Campers

- Pillow
- Inexpensive camera, film
- Stationary, pre-stamped envelopes
- Single sheet to cover mattress



## A note about Personal Care Products

Westwind is on a septic system, and we need your help to keep it running properly. Please use biodegradable, castile and other environmentally-friendly soaps and shampoos. Please **DO NOT** use anti-bacterial soaps (the septic systems relies on healthy bacteria to run properly), body washes and other products high in fats and proteins.

## Sun Safety

We will remind campers about sun safety and taking proper precautions, but please help us by talking to your child about the importance of sun screen.



The Dunes of Westwind

## CAMP STORE



You are encouraged to provide your camper with spending money for the camp store online. No more worrying about loose cash or checks. Please contact the registration office at 503-294-7476 if you would like to add money to your camper's account. Please note that you will

be **unable** to add money online once your camper's session begins.

If you intend to send money with your camper, please send spending money in a sealed envelope with the camper's name and session clearly written on the outside. Checks should be made out to YWCA Camp Westwind. You will turn in your envelope when you check your camper in, either at the bus or at the beach.

At the end of camp any remaining funds may be designated by the camper as a donation or returned in full to the camper (any change under \$5.00 will not be returned).



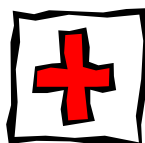
# Packing Tips

1. Please label all belongings with the camper's name to avoid items being left at camp. Names on belongings also facilitates lost & found claims after camp.
2. **In the past we encouraged the use of black garbage bags for luggage. We will no longer allow them.** Last summer 3500 black garbage bags went into the trash. This does not support our environmental mission. Bags so rarely fall into the river that we feel the impact on the environment far outweighs the risk. If you are concerned about the bags getting wet we encourage you to invest in a dry bag.
3. Pack items in luggage your camper can easily carry. A duffle bag or backpack and a small suitcase works well. Two small bags are easier to get up a steep hill than one large bag. The camper must be able to carry his/her own luggage. Please do not tie luggage together; it is harder to move from the barge to the tractor.
4. Avoid luggage with wheels. Luggage pieces with wheels cause staff injuries and bruises when moving luggage. The wheels also do not work in the sand.
5. Pack with your camper. Campers may be less likely to leave items at camp if she/he knows which items they brought to camp initially. A checklist for younger campers to take to camp is also handy when re-packing.

**Hint:** adding a colorful ribbon to the top of the bag or adding colored duct tape to the bag will help you, and your camper, identify luggage even quicker.

## Health Forms

All campers, adults, and volunteers must complete a current Health History Form each year. All participants must have proof of a physical examination that has occurred within that last 24 months. The proof can be a document from your doctor with the results from the exam, or you can use the form we provide for the doctor to complete and sign. That form is online for you to download or send to your doctor electronically. The remainder of the Health History form is now online and it must be completed at least 3 weeks prior to the camp session. If your Health History form is turned in *after the three-week deadline*, you will be assessed a \$25.00 late fee, to be paid before the camp session begins.



### Health and Safety:

The safety and health of campers is a priority to the Staff. A Registered Nurse is available on-site at all times. A physician is also on call from nearby Lincoln City. All staff hold current certification in First Aid/CPR and go through criminal background checks. Lifeguards are on duty during waterfront activities and lifejackets are required during boating activities.

### Camper Medications:

All prescribed medications must be in **original containers with camper's name and dosage instructions on labels**. Hand written notes are not accepted. The camp health center is stocked with a supply of over the counter drugs for the normal childhood aches and pains (i.e. runny nose, sore throat, headache, stomach ache). We ask you not to send over the counter drugs for your child. All medications will be turned in as the camper is checked in, either at the bus or at Knight Park.

### Please Do Not Bring to Camp:

- \*Tape/CD/MP3/I-Pod Players
- \*Cell phones
- \*Expensive cameras
- \*Other electronic equipment
- \*Weapons
- \*Alcohol/cigarettes/illegal drugs
- \*Pets
- \*Food/candy
- \*Magazines– such as Teen, Cosmopolitan, etc.

**All of these items will be collected and returned at the end of the camp session.**

### Lost & Found:

Lost & Found may be claimed at the YWCA, 1111 SW 10th Ave, Portland

Please keep in mind that items will only be held for two weeks after each session.

503-294-7476 OR westwind@ywca-pdx.org

### Special Needs:

The more we know about each camper, the more we can help her or him have a great time at camp. Please don't withhold information about your camper because you don't want him or her "treated differently." Please call to discuss your camper's special needs.

**The YWCA is not responsible for items which are lost, stolen or damaged. Do not send items that cannot be easily replaced or that you consider to be expensive.**

# Parent Information

## Parent Notification Procedures:

**Illness** – The Camp Director or Camp Nurse will notify parents/guardians or emergency contacts if their child becomes ill and needs to be seen by a physician. Parents/Guardians may also be contacted to discuss symptoms exhibited by the child.

**Injury** – The Camp Director or Camp Nurse will notify parents/guardians or emergency contacts if their child is injured (injuries requiring more than a band-aid or basic first aid, i.e. sprained ankle, broken bones, etc.) at camp.

**Extreme Homesickness**—If your camper has extreme homesickness that lasts more than 2 days the Camp Director will contact you and develop a plan of action.

**Behavior Issues** – Parents/Guardians may be contacted by the Camp Director to assist with developing a plan for a camper that is having extreme behavior issues. Parents/Guardians will be contacted if their child brings a weapon, illegal drugs, tobacco, or alcohol to camp, commits a violent act against another camper or staff, exhibits overt sexual behavior towards another camper or staff, or commits a theft or vandalism. Campers are not permitted to smoke and will be sent home if he/she cannot follow this guideline. A camper involved in the above behaviors may be promptly excluded from camp.

## Cancellation/Refund Policy:

- ◇ A refund of purchase cost, less \$50.00 cancellation fee, will be made only when a doctor's written statement indicating illness or injury is presented prior to the beginning of camp.
- ◇ A refund of purchase cost, less \$50 cancellation fee, will be made when a written statement indicating absence from the area is presented four weeks prior to the beginning of camp. A refund of 50% will be made with three weeks written notice. A refund of 25% will be made with two weeks written notice.
- ◇ No refunds will be made if a camper does not show up or has given less than 2 weeks notice that they cannot attend.
- ◇ Campers who are sent home for failure to comply with camp policies will not receive a refund and parents will assume responsibility for the camper's prompt transportation from camp.
- ◇ Campers sent home due to illness will receive a prorated refund based on the amount of time spent at camp. (Campers

## Illness Policy:

It is the goal of camp to keep all campers healthy and safe while in attendance at any of our camp programs. In order to do that we need your help in making sure campers are healthy prior to arrival at any of our programs. We ask that all parents/guardian follow our illness policy.

If your child or anyone in your immediate household has experienced any of the following within five days of the beginning of the camp session they are attending please notify our office immediately. We will look at each case and make a decision with you if we feel it is ok for your child to come to camp, see a Dr. for a medical release, or not attend that week.

- \* Fever
- \* Vomiting and or nausea
- \* Severe cold/congestion
- \* Sore Throat or Dry Cough
- \* Muscle Aches
- \* Extreme Tiredness
- \* Diarrhea for more then a 24-hour period

Children and adults with flu like symptoms can be contagious 24 hours prior to showing any symptoms and up to 5 days after symptoms occur. Please keep that in mind if other members of your family have been ill or exposed to someone with flu like symptoms. Campers will be screened once at camp for signs of illness and if any of the above are present you may be asked to come pick up your child. It is best to talk with us and share information prior to sending a child to camp that may have to be sent home. Once a child is at camp and shows any of the above symptoms they will be placed in the health center and you will be notified and may be asked to come pick them up immediately.

# Camp Life

## What Are Cabins Like?

The cabins are basic frame buildings, with a door, windows, nine beds and electricity. They are nestled in the hillside along trails, above the Main Lodge and beach. Teen campers live in canvas tent platforms in the dunes. The tents can get cold, so an extra blanket is suggested. Campers have their own counselors who live in their cabin.

## Restroom & Showers

Campers use outhouses and the centrally located "Cascade Head" showerhouse that has flush toilets, sinks, and showers. YWCA Camp Westwind is in a remote location, and this means the site must depend on a septic system. How does this affect camp? Part of the water conservation that is practiced by campers includes a limited number of showers during their camp session. We also ask that you send your camper with "septic friendly" soaps and shampoos.

## Camp Westwind Staff

Camp Westwind staff are well-trained caring individuals who know how to work with campers in an outdoor setting. Most staff are college-age students heading toward careers involving many skills they use in daily camp life. We recruit and hire a diverse staff experienced in a wide variety of program areas. Staff seek positions at Camp Westwind because they understand the powerful impact they have on a camper's experience. Staff are chosen for their ability to work with youth and to serve as positive role models. Staff receive a minimum of 100 hours of training on safety, child development, diversity and programming before working with campers.

## Daily Living Service Projects

Camp Westwind strives to educate all campers about being good stewards of the environment; therefore, we stress simple living, conservation, team work and cooperation. Your understanding and cooperation is essential for us to succeed in our efforts! Every camper and staff member is responsible for water conservation and daily service such as cabin clean-up, flag raising, recycling, composting, litter patrol, table setting/clearing and helping to keep the restrooms and other all-camp areas clean and enjoyable.

## Camp Store

Camp has a small store with souvenirs. The store carries a stock of t-shirts (\$10-15), sweatshirts & fleece vests (\$25-40), stuffed animals (\$5-15), hats (\$10-12), postcards, pens & pencils and other fun souvenirs. Campers will visit the store once during their stay. Due to scheduling, it may not be on the first or second day of their session..



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Making New Friends

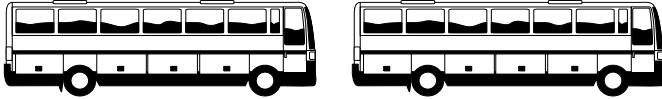


## RULES ON THE BUS

*Please be sure to review these with your camper if they are registered to ride the bus*

1. While bus is in motion all campers must be sitting in their seat unless they have permission to use the restroom.
2. Keep the volume at a reasonable level so as to not distract the driver.
3. All items brought onto the bus must be packed off the bus - including all garbage.
4. At least two staff members will be on each bus. All campers must listen to and respect the driver, staff, and each other.
5. No food is allowed on the bus. Please feed campers before checking them in.

# Information for Bus Riders



SESSION	CHECK - IN at PCC	PICK - UP at PCC
Session 1 June 19-24	11:30 AM	6:30 PM
Session 2 June 26-July 1	8:00 AM	1:30 PM
Session 3 July 5-July 8	11:30 AM	6:00 PM
Session 4 July 10-15	7:30 AM	2:00 PM
Session 5 July 24-29	1:30 PM	1:30 PM
Session 6 August 1-8	10:00 AM	6:30 PM

## IMPORTANT AT PCC-Sylvania:

- Follow traffic laws on PCC campus, tickets are given by campus patrols.
- Remember to drive SLOWLY as there will be lots of excited kids at the bus.

### DROP OFF:

- Campers must pre-registered for the bus, turn in health histories and be paid in full prior to boarding the bus.
- Buses are equipped with restrooms.
- Campers are parent's responsibility until they board the bus, please do not leave your child at PCC before they have boarded a bus.

### PICK-UP:

- **At pick-up please show picture ID.** Campers will remain on bus until parent is present to show ID. When you see your child exit the bus, please come forward to pick her/him up. This takes a little time, so your patience is appreciated.

*Check luggage carefully to ensure that it does belong to your camper.*

## Map

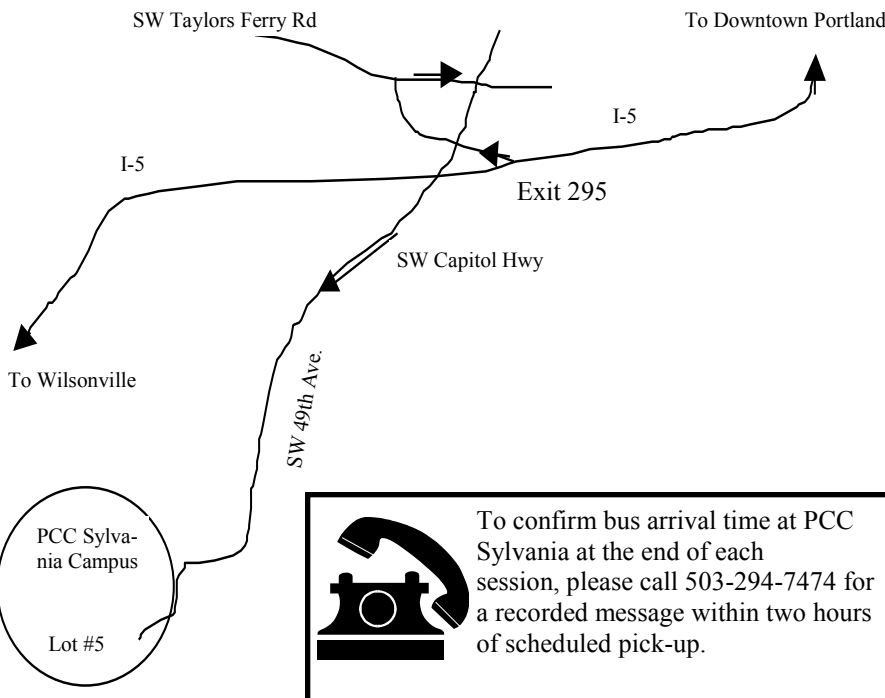
### Directions to PCC Sylvania

#### Heading South on I-5 (see map)

Take exit 295 (Capital Hwy)  
 At end of exit, turn right on Taylor's Ferry Rd  
 Turn right on Capitol Hwy at four-way stop  
 Take Capitol Hwy (which becomes SW 49<sup>th</sup>)  
 Go past five traffic lights to the Sylvania Campus on the right.  
 Turn left after entering campus and follow signs to Lot #5.

#### Heading North on I-5 (see map)

Take exit 294 (Barbur Blvd) and turn right on SW 60<sup>th</sup>  
 Follow 60<sup>th</sup> to Lesser Rd  
 Turn right on Lesser Rd  
 Campus entrance is ½ mile on the left.  
 Follow entrance road around perimeter of campus past field, Lots # 14, 10, and 9 to main entrance. Keep going past visitor's center to Lot # 5.



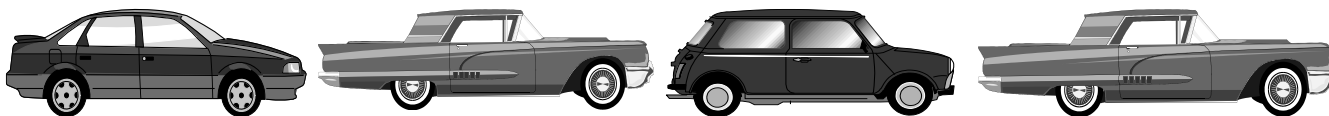
# Information for Car-Campers

SESSION	CHECK - IN at Knight Park	PICK - UP at Knight Park
Session 1 June 19-24	1:30 PM	4:00 PM
Session 2 June 26-July 1	10:00 AM	11:00 AM
Session 3 July 5-8	1:30 PM	3:30 PM
Session 4 July 10-15	9:30 AM	11:30 AM
Session 5 July 24-29	3:30 PM	11:00 AM
Session 6 Aug 1-8	12:00 PM	4:30 PM

## IMPORTANT AT Knight Park:

- Please drive SLOWLY and follow staff instructions, there will be many excited kids in the parking lot.
- Knight Park is a PUBLIC park. Please remain with your child at all times. No running or playing in the parking lot.
- Please park and bring camper(s) with luggage to the boat dock. **Do not** park in boat trailer spaces and give the right of way to boaters. Parents are not permitted to cross the river, so don't forget the hugs and kisses at the dock.
- **At pick-up you will be required to show picture ID to check- out your camper with Camp Director/Staff.** Campers will not be released until parent/guardian has checked-in with the Camp Director and shown ID. The Camp Director is the person with the clipboard!

*At pick-up: Check luggage carefully to ensure that it does belong to your camper.*



## Late Arrivals & Early Departures

The location of YWCA Camp Westwind is one of the unique characteristics that make our camp a magical place. Its isolation also makes it more difficult to come and go. Therefore, please note that requests to arrive after the scheduled time or leave before the scheduled time will not be granted. This includes All-Star games that often occur during the summer months. Camp is a busy place, but extremely well scheduled. Due to the tide schedule, the staff time required, and the cohesiveness of cabin groups, extra crossings will not be permitted. Our refund policy stands, regardless of unknown summer activities that may arise with very little notice.



## Directions to YWCA Camp Westwind (Knight Park)

### From Portland

Take I-5 south to Tigard/99W exit.

Continue on 99W through Sherwood and Newberg.

Take Hwy 18 and follow signs to Hwy 101.

Take Hwy 101 north for one-half mile.

Turn left on Three Rocks Road.

Follow road for approximately 3 miles to Knight Park, location of the boat ramp.

Park and check campers in at designated location.

Make sure to leave enough time for summer traffic delays. Approx. 2 1/2 to 3 hours from Portland.

# Staying in Touch With Your Camper

One way e-mail is available to parents and friends of campers through our Camp Westwind office. The cost will be \$8 for unlimited emails during your campers' session. This allows you to email your camper from ONE email address only. If you wish to add additional email addresses, so that other family members or friends may email your camper, the cost will be \$2 per email address. Once you have purchased this option, our camp email address will be sent to you directly.

- Emails are downloaded once a day at 10:00am. It is our goal to have them to campers by dinner each day. Due to the busy schedule on the last day of camp (departure day), no emails are delivered.
- Please do not send email prior to your child leaving for camp. We serve 110 campers each week and cannot save emails to be delivered at future dates.
- Emails are to be text only, no attachments will be printed.
- We will do our best to ensure speedy delivery but are not responsible for "lost in cyber space" email, down servers, or mechanical malfunctions.

## Why do I have to pay to e-mail?

Each morning, the Media Specialist will bundle, sort, and print out e-mails so that we can distribute them to campers. Your payment helps us cover the cost of paper, ink, and labor.

## MAIL

One of the highlights of YWCA Camp Westwind is the remote location. Mail is a challenge that we face each summer. It generally takes 2-3 days for mail to reach the coast from Portland. However, the mail is delivered to a PO BOX in a rural office with limited pick-up hours. Some people send mail to their camper prior to departure to ensure they receive mail while at camp. Mail cannot be sent overnight or by special delivery. Please see above for information on how to send e-mail to your camper.

Please DO NOT send food to camp. Food/candy will be stored in the Lodge until departure to prevent hurt feelings by campers not receiving packages and most importantly to cut down on critter invasion.



## Phones at Westwind:

The phone at Camp Westwind is a business phone. Campers may not call out or receive calls except in emergencies.

Parents who need to get a message to their campers should first phone the YWCA at 503-294-7476.

The emergency number at camp, to be used only after first calling the YWCA, is 541-994-4591. Please leave a clear message and a staff person will get back to you as soon as they are able. It is important to note that this line is not answered during breaks between sessions.



YWCA Camp Westwind  
Session #  
Camper's Name  
PO BOX 408  
Otis, OR 97368



## Donations

Camp Westwind is over 70 years old and we take pride in our stewardship of the land. Camp has prospered because of the incredible donations and care given by countless friends.

- Funds for camp scholarships
- Art Supplies
- Magazines for art projects
- Beach sports equipment (volleyballs, soccer balls, footballs & frisbee golf discs)
- Sand/Beach toys
- Board games & children/young adult books
- Digital cameras

If you would like to make an in-kind donation or financial contribution, please contact the YWCA Camp Westwind registration office at 503-294-7476 OR [westwind@ywca-pdx.org](mailto:westwind@ywca-pdx.org)



Arts and Crafts