



Family Camp Handbook

Camp Newfound for girls • **Camp Owatonna** for boys

4 Camp Newfound Road, Harrison, Maine 04040 info@newfound-owatonna.com

www.newfound-owatonna.com

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arrival dates | times

1st Week

Arrival after 1 p.m. on Monday, August 10.

Departure after church and lunch on Sunday, August 16.

2nd Week

Arrival after 1 p.m. on Monday, August 17.

Departure after church and lunch on Sunday, August 23.

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daily schedule

7:10 am	Early Risers' Breakfast (continental-style)
7:15	Reveille
7:30	Breakfast (hot meal served)
8:15-8:45	Quiet Time (quiet in camp)
9:00-9:30	Morning Meeting
9:30-12 noon	Morning Activity Period 9:00-11:45 child care/ Moose (drop-off and pick-up times)
12:15-1:00	Lunch Buffet
1:15-2:15	Rest Hour (quiet in camp)
2:30-5:00	Afternoon Activity Period
5:00 - 5:30	Family free swim / get ready for dinner
5:45	Dinner
7:00	Evening Activity

packing list

Please be sure to include the following items in your packing for Camp.
Please label everything!

- clothing for warm & cool weather
- bathing suits
- waterproof shoes
- rain gear
- sneakers
- flip flops
- twin bed sheets (unless otherwise notified)
- pillows
- blankets and/or sleeping bags
- towels (bath & beach)
- flashlight
- bug repellent

Optional Items

- tennis racket (camp has a supply)
- fishing pole
- golf clubs (see p. 5 for courses)
- musical instrument

If mailing items in advance, mail to:

Your Name
FAMILY CAMP
4 CAMP NEWFOUND RD.
HARRISON, ME 04040

Some of these items may seem obvious, but it is important for parents to be aware that camp does not have or provide any of these items. There are stores in Windham, Bridgton, and Naples where you can pick up supplies on your way to camp or after you arrive. It is IMPORTANT TO LABEL as many items as possible, especially if your child(ren) will be attending our Child Care program at any point during your stay.

packing list for babies | young children

bag or back pack	port-a-crib
baby food	warm blankets
diapers	water-wings
swim diapers	sun-screen
baby wipes	life preserver for 4 yrs. and under

child care ages 0 through 9 years

child care 0-5 moose 6-9

Our youngest campers – babies and children through age nine – who are not yet big enough to fully participate in the regular activities, can take part in special activity programs geared for their age group.

Child care activities include indoor and outdoor games, stories, arts 'n crafts, dance, nature walks in camp, life-guarded swimming, and paddling.

For the Moose, the activities include many of our summer camp activities such as street hockey, soccer, dance, swimming, canoeing, arts & crafts, and day trips. This program is offered every morning during the scheduled activity periods (see the Daily Schedule).

Morning Meeting Child Care is provided for children 5 and under each day at the Director's Cottage.

- Morning child care activity period ends at 11:45
- Afternoon child care activity period ends at 5:00 (Punctuality in picking up your child is much appreciated. These times allow childcare staff to clean up and prepare for the next session and then time to get to the dining room to serve. Thank you for your understanding and promptness!)

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travel directions

From Massachusetts

Take Route 95N into Maine. Take Exit 63 for Gray. After the tollbooth, turn left onto Route 115. Follow signs carefully to remain on 115 to N. Windham (about 7 miles). Turn right onto Route 302 in N. Windham and continue to Naples. Turn right onto Route 35, just before a drawbridge crossing into Naples. Camp is 9 miles up Route 35 on the left.

From New York

Take Route 95N to Route 91N to the Mass. Turnpike (Route 90E). Pick up Route 290N to Route 495N to Route 95N into Maine. Follow the directions above.

Airport

The closest airport is Portland's Jetport located 35 miles east of Camp. Family campers flying to Portland can arrange for camp transportation to and from the airport. Please call the business office: 207-583-6711. Or send an email to info@newfound-owatonna.com

We provide transportation to and from Portland, ME airport (Jetport).

special activities

Quiet Time and Morning Meeting

Tuesday through Saturday our camp days start with Quiet Time and Morning Meeting after breakfast. Quiet time is meant for prayer and reflection; many campers use this half hour to read the Bible Lesson found in the Christian Science Quarterly. At Morning Meeting family campers volunteer to read one section of the Bible Lesson aloud, and campers are invited to share inspiration with the community. All family campers are welcome at Morning Meeting, whether or not they are familiar with the Bible Lesson. It is a special time for establishing a great day of fun at Family Camp! In addition, following Morning Meeting there are important announcements about the day's activities.

Talent Show

The annual Talent Show will go on—Friday night! Calling all talent... big and small, family and individual, talent and no talent ... be creative!

Campfire Sing-alongs

Cozy up to a lakeside campfire and join or listen to singing under the stars. Feel free to bring your own instruments and join in!

Triathlon

Participate in a fun swim/kayak/run event as an individual or as a team, all ages welcome.

Church Services

On Wednesday, we have a testimony meeting. On Sunday morning there is a church service and Sunday School. Again, all Family Campers are most welcome to attend and participate. We invite you to sign up to read at a Morning Meeting, the Wednesday testimony meeting, or the Sunday church service. We also invite anyone to contribute a solo on Sunday. Look for the sign-up sheets posted on the bulletin board to contribute to these community activities

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day trips

Day trips will be offered on some days. Trips are geared toward a wide range of abilities. They might include exploring the coast, mountains, waterfalls, and the surrounding countryside of Maine and New Hampshire. Day trips generally depart from Camp after breakfast and arrive back at Camp in time for dinner and evening activity. In general, if children participate in trips, they are accompanied by a parent. Older children may be accompanied by a non-family member. In that case, a parent must sign a release form.

In the past we have sent trips out to:

Canoe the Saco River and the Androscoggin River (white water)
Climb Mt. Washington, Bald Face Mt., Blueberry Mt., Mt. Jefferson, Pleasant Mt.,
Mt. Chocorua, Explore Step Falls, Diana's Bath, Emerald Pool...
Kayak tours around Long Lake

golf courses

Bridgton Highlands Country Club, Bridgton 207-647-3491

Point Sebago Golf Resort, Casco 207-655-2747

Naples Golf and Country Club, Naples 207-693-6424

camp policies

EXPECTATIONS: Those attending Family Camp are expected to abide by Camp standards of no smoking, alcohol, or drugs at Camp.

QUIET TIME AT CAMP: During Quiet Hour (8:15–8:45) and Rest Hour (1:15–2:15) camp is quiet. All activities and programs are closed during these times. Please be respectful to those who need that down time.

SWIMMING – Safety Rules:

1. Certified Lifeguard with tube must be present with at least one other staff member present. Swim only during activity periods, when designated areas are “open.”
2. All family campers under the age of 18 must pass the Big Float test to go to the Big Float.
3. Swimming is allowed ONLY in the designated Swimming Areas, with a lifeguard present.
4. No swimming under any docks.
5. No running on/off of docks.
6. No swimming at night.
7. No swimming outside swim areas without permission from the Director.
8. When swimming to Cherry Island, you must have permission from the Director and be accompanied by a kayaker with a rescue tube.

BOATING: Life jackets must be worn AT ALL TIMES in all boats (canoes, kayaks, sailboats, paddle boards and windsurfers) BY EVERYONE.

PHONES/INTERNET: No cell phone use around cabins or activity areas please. High speed and wireless internet connection is available in the Counselor Cabin at Owatonna – next to Laundry.

LABEL EVERYTHING: Please label as many of your things as possible. This is especially important for children attending the childcare program.

FOOD: History has taught us that food attracts squirrels, skunks, raccoons, and other small animals into the cabins and cubie houses. Three large meals are provided daily at camp -- please leave snack foods at home.

LAUNDRY: Washing machines and dryers are located by the business office and are available for use. Laundry detergent is provided.

ELECTRICAL APPLIANCES: In keeping with the simplicity of camp life, we ask that electrical appliances be kept to a minimum. The wiring system at camp simply cannot accommodate hair dryers, shavers, etc.

PETS: Camp is not set up for pets. Thank you for leaving them at home.

physical care

As a Camp for Christian Scientists, we turn to God for healing first and foremost with the expectation that every human need is met completely and promptly. Should you have a need for immediate physical care, the closest *Journal* listed Christian Science nurse is in the Boston area. There are medical facilities in nearby Bridgton. We are happy to help and support you in whatever choice you make to help you meet your specific need.

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camp housing

Specific family needs as well as the sign-up date are taken into consideration when cabin assignments are made. Families stay at both Newfound and Owatonna. A limited number of cabins are equipped with half or full baths. There is a \$150 charge for a cabin with a bathroom.

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Important telephone numbers and addresses

Jennai and Mike Hufstader

Family Camp Directors

FamilyCamp@newfound-owatonna.com

(818) 441-9506

Seth Johnson, Executive Director

seth@newfound-owatonna.com

(207) 712-3778

Camp Office

info@newfound-owatonna.com

(207) 583-6711