

**Dorothy P. Flint
Nassau County 4-H Camp**



**2010
PARENT-CAMPER
HANDBOOK**



THIS IS THE 4-H CAMP PARENT-CAMPER HANDBOOK. It is **MANDATORY** reading for all campers and their parents. Please read the handbook with your child, then sign the appropriate section of the Camper Health Examination Form to indicate your agreement with the policies and procedures contained herein.

IMPORTANT

CAMPER HEALTH EXAMINATION FORM
MUST BE RETURNED BY MAY 14, 2010

PREPARING FOR CAMP

The staff of Cornell Cooperative Extension and the Dorothy P. Flint Nassau County 4-H Camp want your child's stay at camp to be a happy, stimulating and successful experience. The information in this handbook will help you and your child understand what to expect while at camp. Please read and discuss this handbook with your son or daughter.

Sleep-away camp is a unique opportunity for a young person to experience independence, self-reliance and a variety of learning opportunities. If you attended camp as a kid, share your favorite memories with your child. Be positive about how you handled living away from home.

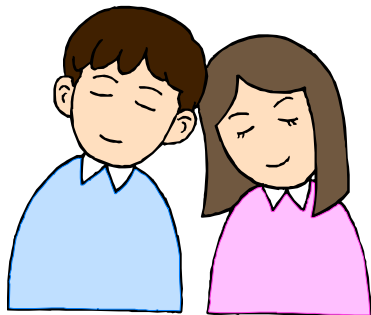
If your son or daughter has never been away from home, you may want to arrange overnight visits with friends or relatives. These experiences, while not the same as sleep-away camp, can help a young person adapt to being away from Mom or Dad.



Talk about living with others and sharing space, time and activities. Campers will meet other campers and staff from diverse backgrounds. We value acceptance, tolerance and mutual respect.

Discuss your child's plans for learning activities, classes and projects. We encourage campers to try new things and to participate fully in the camp program. By talking about the camp program ahead of time, you can increase your child's interest in and enthusiasm for camp.

HOMESICKNESS



Most campers are too busy having fun at camp to get homesick. Occasional homesickness for first time campers is not unusual. In fact, you may receive a postcard or letter from an unhappy camper.

Don't worry. In most cases, by the time you receive this kind of mail, your son or daughter has already happily adjusted to camp life.

When campers are very homesick and cannot adjust to camp life despite the best efforts of staff, the camp director will call the camper's parent and discuss the matter.

In the event that homesick campers cannot adapt to camp, they will be sent home at the director's discretion and there is no refund for the remainder of that session. Subsequent sessions are subject to a \$200 cancellation fee per session and there are no refunds for special program fees, bus fees or extender weekends.

PREVENTING HOMESICKNESS

There are a few steps parents can take to prevent severe homesickness.

- Never bribe or coerce an unwilling child to come to camp.
- Emphasize that your child is "going to camp," rather than you are "sending your child to camp."
- Avoid statements like, "I'm really going to miss you," which may make your child feel badly about going away.
- Speak directly and honestly about homesickness, making clear that it is a natural and normal feeling. Then discuss coping strategies your child can use when he or she is homesick.
- Do not say, "If you don't like camp, you can come home." When children know that parents will take them home, they are less likely to give camp a fair chance.
- Write to your child at camp. You may want to mail the first letter 2 days before your child departs for camp, so that it arrives on the first day. Be careful not to emphasize all the fun that's happening at home or how much the camper is missed. Instead, ask the camper all about camp.

PACKING FOR CAMP

EVERYDAY WEAR AT CAMP

Socks and shoes/sneakers must be worn at all times (except water activities).

Please use your discretion in choosing camp clothes. Modest clothing should be worn at all times. Inappropriate language or graphics on clothing is unacceptable. If you are not sure about something, ask before you wear it.

Girls: Short shorts, slit shorts, tube tops or see-through tops are *not* allowed. Shirts must cover your stomach at all times. One piece bathing suits and tankinis are preferred. Bikini's must be modest (no string bikinis).

Boys: Shirts must be worn at all times unless you are on the beach. If you wear baggy pants, they must be "pulled up" and your "undies" may not show. No brief style bathing suits are allowed. Only boxer style suits should be worn at camp.

WHAT TO BRING TO CAMP

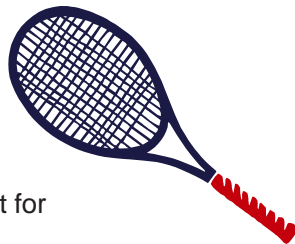
The Camp recommends that campers pack the following items for a one week stay at camp. If campers are staying for two consecutive sessions, please bring enough clothes for both sessions.

- | | |
|---|---|
| <input type="checkbox"/> 1-2 pajamas or nightshirts | <input type="checkbox"/> 3-4 towels and washcloths |
| <input type="checkbox"/> 2-4 pairs of shorts | <input type="checkbox"/> flashlight |
| <input type="checkbox"/> 2-3 pairs of long pants | <input type="checkbox"/> soap in waterproof container |
| <input type="checkbox"/> 6 shirts or t-shirts | <input type="checkbox"/> shampoo |
| <input type="checkbox"/> 2 bathing suits | <input type="checkbox"/> toothbrush and toothpaste |
| <input type="checkbox"/> daily change of underwear | <input type="checkbox"/> comb or hairbrush |
| <input type="checkbox"/> daily change of socks | <input type="checkbox"/> laundry bag |
| <input type="checkbox"/> 2 pairs of sneakers/shoes | <input type="checkbox"/> note paper and envelopes |
| <input type="checkbox"/> water shoes | <input type="checkbox"/> pen or pencil |
| <input type="checkbox"/> rain jacket or poncho | <input type="checkbox"/> stamps in sealable bag or affixed to envelopes in a sealable bag |
| <input type="checkbox"/> jacket | <input type="checkbox"/> water bottle |
| <input type="checkbox"/> sweater or sweatshirt | |
| <input type="checkbox"/> hat/cap | |
| <input type="checkbox"/> sleeping bag or two blankets | |
| <input type="checkbox"/> 2 sheets | |
| <input type="checkbox"/> pillow and pillow case | |

OPTIONAL ITEMS

Campers are permitted to bring the following items.

- baseball mitt
- tennis racket
- lacrosse stick
- inexpensive camera and film
- guitar or harmonica
- work gloves for farm
- a white or light-colored T-shirt for silk screening or tie-dyeing



WHAT TO BRING FOR EQUITATION CLASSES

Campers taking Horse Camp classes must wear long pants and sensible hard-soled shoes with a heel that is no higher than 1 inch and does not have platform soles (NO SNEAKERS). The camp will provide safety helmets, which must be worn by all campers and staff.

WHAT *NOT* TO BRING

Campers are NOT permitted to bring the following items:

- X** cell phones
- X** money
- X** medicine (except prescription medicines which must be given to camp nurse)
- X** pressurized aerosol sprays, including but not limited to hair sprays, shaving cream and insect repellents
- X** cigarettes, cigars, matches, lighters
- X** alcohol
- X** candles and lanterns (except battery operated)
- X** food, candy, gum (food is not allowed in the cabins)
- X** laser pointers or pens
- X** electronic equipment, including but not limited to video games, portable TVs, radios, iPods or CD players, beepers, cellular phones, etc.
- X** sports equipment (except baseball mitt, tennis racket and lacrosse stick)
- X** weapons of any kind, including pocketknives, folding knives, sheath knives and hatchets
- X** expensive cameras or jewelry

If a camper brings any of the above items to camp, he or she may face disciplinary action. At a minimum, he or she will be asked to relinquish the items. The camp will not take responsibility for any items confiscated.

LUGGAGE THE CAMP RECOMMENDS THAT
CAMPERS PACK THEIR PROPERTY IN A DUFFLE BAG. TRUNKS OR SUITCASES MORE THAN 12" HIGH ARE NOT PERMITTED.

PERSONAL PROPERTY

The Camp makes every effort to see that campers return home with all of their personal property. Still, campers do lose or damage property. Consider packing only old clothes and do not pack expensive items such as jewelry and designer clothes. Write the camper's first and last names on all property with an indelible marker or pen. The staff of Cornell Cooperative Extension of Nassau County and the Dorothy P. Flint Nassau County 4-H Camp reserve the right to inspect the personal property of campers and are not responsible for loss or damage to personal property. Unclaimed lost and found items will be donated or disposed of as of October 1.

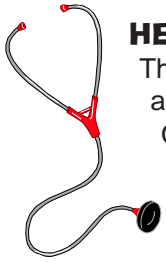


MEDICAL INFORMATION AND GUIDELINES



CAMPER HEALTH EXAMINATION FORMS

Health examination forms must be completed, signed by a physician and parent or guardian and returned to the Hempstead office by May 14, 2010. The physical exam must be within 2 years of the camp session and must be filled out and signed by a licensed physician this year. Campers are not allowed to remain at camp without a completed health examination form.



HEALTH AND SAFETY

The camp takes every precaution to provide a safe and healthy environment for campers. Our camp nurses live at camp during the camping season. Our camp pediatrician is on call. Peconic Bay Medical Center is approximately 4 miles from the camp.

MEDICAL SCREENINGS

On the first day of camp, the camp nurse, as required by the NYS Department of Health, examines all campers. The camp director must be notified in advance of any concerns regarding their child's special needs such as: hearing impairments, psychiatric concerns, recent traumatic events, language barriers, home life, divorce, learning disabilities, recent change in medications, etc. If a child comes to camp with a pre-existing illness or injury, he or she may be sent home or treated by the camp physician at the parent's expense. No refund will be issued.

MEDICAL TREATMENT

In the event of minor illness or injury at camp, the camp nurse will treat the camper. If necessary, the camper may be examined by a local pediatrician. In some cases, campers may have to remain overnight in the infirmary. Parents will be notified only when an injury or illness is serious or outside treatment is required. All fees are the parent's responsibility. A copy of the front and back of your insurance card is required by the pediatrician.

EMERGENCY MEDICAL TREATMENT

In the event of serious injury requiring emergency treatment or hospitalization, campers will be taken to Peconic Bay Medical Center and every effort will be made to contact the parent immediately. A camper who becomes ill or is injured and cannot resume regular camp activities may be sent home at the discretion of the Camp Director. There will be no refunds.

PRESCRIPTION AND NON-PRESCRIPTION MEDICATIONS

If it is necessary for your child to receive any medication while at camp, please adhere to the following guidelines:

- The parent or guardian must give permission to the camp nurse to administer medications by signing the appropriate section of the Health Examination Form.
- The parent or family physician must provide clear instructions about the use of prescription medications on the health examination form.
- All prescription/non-prescription medications, including inhalers, must be packed separately and given immediately to the bus chaperone or the camp nurse.
- All prescription/non-prescription medications must be in their original containers and labeled correctly. Medications will not be dispensed with expired expiration dates and can only be dispensed by the camp nurse and/or witnessed by the camp health staff.

Prescription medications:

- Complete name of patient
- Date prescription filled
- Expiration date
- Directions for use/precautions (if any), storage (if any).
- Name and address of dispensing pharmacy
- Name of physician prescribing medication

Non-prescription medications:

- Complete name of patient
 - Authorization and instructions for use (i.e. from parent/guardian or individual's physician).
- All children on prescription medications will be instructed on the first day of camp about the schedule for dispensing medications. Emphasize the importance of and encourage your child to take responsibility for complying with this schedule.
 - No camper is permitted to have medications, including vitamins, ointments and lotions of any kind, on his/her person at camp without the express permission of the camp nurse. Campers are allowed to bring sunscreen and insect repellent in lotion form (no aerosol or other sprays), but must use these appropriately and keep them in their luggage. Improper use of sunscreen or insect repellent will result in disciplinary action.

MEDICAL INSURANCE

The parent's personal medical insurance is the camper's primary coverage. All campers must have medical insurance or coverage to attend camp. All registered campers are covered by excess coverage accident insurance while at camp.

ATTENDANCE AT CAMP

Continuing attendance at camp is contingent on proper enrollment, full payment and appropriate camper conduct. Please note the following policies and procedures.

DISMISSAL FROM CAMP

In the interest of the health and welfare of all campers, those campers who can not adjust to camp (e.g., severe homesickness, bed wetting, disruptive or dangerous behavior, non-compliance) may be sent home by the Camp Director(s) and there is no refund for the remainder of that session. Subsequent sessions are subject to a \$200 cancellation fee and all fees for special programs, bus fees and stayover weekends are non-refundable.

MEDICAL DISMISSAL

In the event that a camper becomes ill at camp and is sent home at the discretion of the camp medical staff, there will be no refunds.

CHANGES, CANCELLATIONS AND REFUNDS

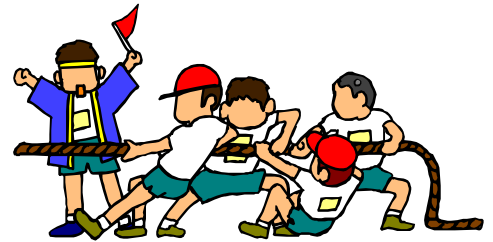
- There is a \$25 fee for any change of sessions.
- There is a one-time \$100 fee for any cancellation received in writing before June 1, 2010.
- For any refund after June 1, 2010:
 - Written cancellation must be received at least 2 weeks prior to the start of the scheduled session.
 - A \$200 fee is non-refundable for each session.
 - No refunds for special programs, bus fees or stayover weekends.

CAMPER SESSIONS

- Campers leaving camp on Saturday and returning Monday must bring their belongings home.
- **Campers will not be excused or dismissed during a session or prior to the end of a session except for emergencies approved by the camp director.**

STAYOVER WEEKENDS

Stayover Weekend sessions run from Saturday to Monday. Campers must pre-register and pay for stayover weekends in advance – space is limited. Campers who remain at camp on weekends will



move their belongings to cabins in a centrally located area under staff supervision. They will enjoy regular meals and a variety of recreational activities. Campers participating in stayover weekends may **not** leave camp during the weekend. **No bus transportation is provided on Monday; campers not staying for the next session need to arrange to be picked up before 9 am on Monday.**

CAMP COMMUNICATIONS



MAIL

Campers love to receive letters and postcards from home. Parents may want to mail the first letter 2 days before their child departs for camp, so that it arrives on the first day. Be careful not to emphasize all the fun that's happening at home or how much the camper is missed. Share brief, upbeat news and ask your child to write back. The camp address is:

DPF Nassau County 4-H Camp
(son or daughter's name here)
3186 Sound Avenue
Riverhead, NY 11901-1096

CARE PACKAGES

Limited to approved items to bring to camp — see page 3. **Do not send food, candy or gum.** These items **will be confiscated.**

VISITATION

For health and security reasons, visitors are not permitted at camp. Only staff and registered campers are allowed in the camp living areas when camp is in session.

BUNK 1

Through Bunk1, for a fee, send a one-way email to your child at camp. You and your family can also view current summer camp photos for **free** through Bunk1. Registered campers will receive complete information about Bunk1.com web services and fees. If you are interested, you can set up a password-protected account after your child is registered for camp.



PHONE CALLS

The camp phones are for emergency purposes only. Campers are not permitted to receive or make phone calls. Please refrain from calling the camp to check on your child. If there is a problem or unusual situation involving a camper, the camp directors will contact the parent. If you do not hear from us, you can assume your child is having a good time at camp.



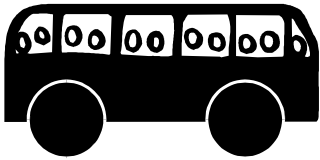
There is a staff member in the office from 8 am to 6 pm. The phone number for West Woods is 631-727-6958. After 6 pm a message may be left by calling 631-727-6958 and messages will be checked throughout the evening.

TRANSPORTATION

CAMP BUS

The camp provides bus transportation to and from camp. The one way (\$45) or round trip (\$60) bus fare must be paid in advance. The bus fare is not refundable after June 15. The bus is chaperoned by an adult volunteer and/or staff. Campers are expected to observe all safety rules and behave appropriately on the camp bus at all times.

The bus departs from and returns to 1 Nevada Way, Hicksville (South on Rt. 107 – make a left into the Red Lobster parking lot). Buses are loaded on **Mondays** at 8 am and depart at 8:30 am. For all sessions (1-8), buses leave camp at 9:30 am on **Saturday** and arrive at the parking lot at Red Lobster by 10:30 am.



BUS CONDUCT

All campers are expected to observe the following safety rules while being transported by the camp bus or other camp vehicles:

- Campers and parents must wait until the bus has stopped and the engine is turned off before loading.
- Campers must remain seated at all times.
- Seat belts must be used.
- Campers must keep hands and arms in windows and must not throw objects from windows.
- Disorderly behavior is strictly prohibited.
- Campers are expected to follow the directions of the bus chaperones or driver.

PERSONAL CAR

Although bus transportation is encouraged, parents may drive their children to camp.



- All parents/guardians will be required to show picture identification upon entering camp. They will also be asked to sign out as they exit camp. *Please know this policy is for the safety and welfare of your child.* **Parents may bring campers to camp between 9-10 am on Monday.**
- **At the end of the session on Saturday, campers must be picked up between 9-10 am.** Campers on the stayover weekend who are not staying for the next session must be picked up on Monday before 9 am.

DIRECTIONS

TO CAMP BUS

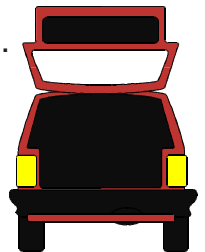
**Red Lobster Parking Lot
1 Nevada Way, Hicksville
(left off of Rt. 107)**

From East or West

- ✓ Take the LIE to **Exit 41S** (106/107 Hicksville) or the Northern State Parkway to **Exit 35S** (106/107 Hicksville).
- ✓ Travel **south** about one mile on Rt. 107.
- ✓ Turn **left** into the Red Lobster parking lot (1 Nevada Way). This is the camp bus parking area.

TO CAMP

- ✓ Take the LIE to **Exit 71** (Hampton Bays Calverton).
- ✓ Turn **left** at bottom of exit ramp, cross the railroad tracks through light at Route 25 and continue north until you reach traffic light at Sound Ave. (approximately 3.9 miles from LIE to Sound Avenue).
- ✓ At traffic light turn **right** and continue east for 2.5 miles until you see the 4-H Camp sign at the West Entrance on the left side of the road.
- ✓ Turn **left** at the sign. Continue to drive into camp and park in the designated visitor parking. **Camp staff will meet and direct you and your camper to the camp office.**



CAMPER CONDUCT

In order to provide the best possible experience for everyone, all campers must conform to camp policies and group rules.

THE FOLLOWING BEHAVIORS **WILL RESULT IN IMMEDIATE EXPULSION FROM CAMP:**

- Possession and/or use of cigarettes, cigars and other tobacco products
- Possession and/or use of matches, lighters, candles, lanterns and other combustibles
- Possession and/or consumption of alcoholic beverages
- Possession and/or use of illegal drugs
- Possession and/or use of a weapon, including but not limited to: pocketknife, sheath knife, folding knife, slingshot or firearm
- Possession and/or use of fireworks
- Leaving camp property without authorization, running away, being in restricted camp areas without permission



THE FOLLOWING BEHAVIORS **MAY RESULT IN EXPULSION FROM CAMP:**

- Severe homesickness
- Frequent bedwetting
- Non-compliant behavior (failure to comply with camp rules and the reasonable directions of camp staff or adjust to camp routines)
- Disruptive behavior
- Profanity, obscene gestures, indecent conduct
- Sexual, racial, religious or any other forms of harassment
- Fighting, bullying, threatening and other forms of violence and aggressive behavior
- Theft, vandalism; damaging, destroying or defacing personal or camp property
- Providing false identification
- Non-participation (cutting classes, refusing to participate in programs and activities)
- Failure to thrive (not eating, sleeping, bathing)
- Use of cell phone

In the event that the camp director or administrative designees decide to expel a camper for one or more of the behaviors described, they will notify the parent immediately. The parent must provide transportation to bring the camper home. If the parent cannot pick up the camper that day, the camp will arrange for alternate transportation at the parent's expense.

Our goal is to insure that no camper is hurt or adversely affected by the actions of another camper. We will therefore apply camp rules strictly and consistently.

CAMP DATES



FIRST TIMER Camper Weekend	JUNE 12 – 13
Session 1	JUNE 28 – JULY 3
Session 2	JULY 5 – 10
Session 3	JULY 12 – 17
Session 4	JULY 19 – 24
Session 5	JULY 26 – 31
Session 6	AUGUST 2 – 7
Session 7	AUGUST 9 – 14
Session 8	AUGUST 16 – 21

Stayover Weekend, July 10-11

Stayover Weekend, July 17-18

Stayover Weekend, July 31-Aug. 1

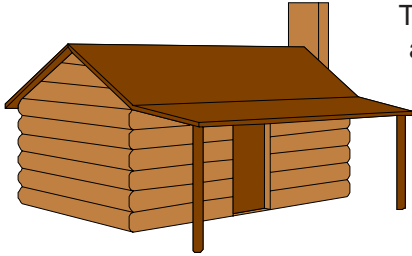
Stayover Weekend, Aug. 7-8

Stayover Weekend, Aug. 14-15

LIVING AT CAMP

ACCOMMODATIONS

Campers are housed in rustic wood cabins with 8-10 other campers and 2 counselors. The cabins are screened and equipped with lights and smoke detectors. Beds and mattresses are provided, but campers must provide their own bedding (see Packing for Camp).



Toilets and hot showers are located in wash-houses nearby. There are separate accommodations for boys and girls in each division.

MEALS

Meals are served cafeteria-style in our dining hall. Food is plentiful and prepared fresh each day. There are always additional choices at our breakfast bar or salad bar. Campers are expected to behave appropriately during meal times and to clean up after themselves. Campers may not bring food from home and no food is permitted in the cabins.

CAPERS

All campers are expected to work together to keep their cabins and other living areas neat and clean. Campers are assigned to daily capers or chores that may include picking up papers, sweeping the lodge floor, setting tables and cleaning program areas. Living areas are inspected daily by senior staff for general cleanliness.

CEREMONIES

All campers participate in camp ceremonies, including flag raising, flag lowering, thanks before meals and vespers (inspirational activities that end the day) each day. It is expected that campers will demonstrate decorum and respect during these activities.



LAUNDRY

For campers staying for more than two consecutive sessions, counselors will help camper with laundry. There is no fee.

TIPPING

Parents are asked not to tip counselors and other staff members. The American Camp Association discourages tipping to prevent preferential treatment for any camper.

CANTEEN

The canteen is the camp store where campers can purchase stamps, candy, and ice cream. Each camper receives one canteen card for the session upon arrival at camp.

These canteen cards are only valid Monday through Friday of each session and are not replaceable or refundable, so campers should take care not to lose or damage their cards. Campers visit the canteen once a day and are allowed to spend a limited amount on snacks. A special canteen card will be available for campers staying through the weekend. The following canteen items can only be bought on the first and last day of session: hoodies, sweatpants, night shirts, shorts and water bottles. Canteen items may also be purchased at the bus.



THE CAMP ENVIRONMENT

Since the camp is located in the woods, campers should not be surprised to find the occasional chipmunk under the cabin or spider in the bathroom. There are a number of restricted areas such as the beach and farm.

Campers are expected to be supervised by camp staff at all times. They may not leave camp grounds or go to restricted areas without appropriate authorization and supervision. Respect for animals, trees and the natural environment is important.

RELIGIOUS SERVICES


There are no religious services at camp. Campers who must attend religious services on a weekly basis should attend services when at home or between camp sessions.

STAYOVER WEEKENDS

Campers who remain at camp for stayover weekends will participate in a variety of recreational activities. Stayover weekend campers will move their belongings to cabins in a centrally located area under staff supervision. If you would like your child to participate in an off-site excursion, don't forget to sign off for permission to leave camp in camp vehicle with camper staff and other campers.

SAMPLE MENU

Our nutritious meals are reviewed by a registered dietitian and prepared fresh daily in our dining lodges. The following are sample menu items for one week. A breakfast bar and salad bars for lunch and dinner offer additional choices (see below).

DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Scrambled eggs and bacon Hot/cold cereals Juice/fresh fruit Bagels	Chicken nuggets Lettuce, tomato, onion slices Oven potato fries Salad bar Fresh fruit/cookies	Spaghetti and meat sauce Spaghetti, plain with tomato sauce Salad bar Hot garlic bread Pudding
TUESDAY	Pancakes/syrup Sausage patty Hot/cold cereals Juice/fresh fruit	Grilled cheese, plain, or w/bacon or w/ham Tomato slice on grilled cheese Tomato soup Salad bar Fresh fruit	Baked chicken breast Cooked rice Applesauce Peas and carrots Salad bar Iced cake
WEDNESDAY	French toast/syrup Bacon Hot/cold cereals Juice/fresh fruit	Pizza (plain, or w/meat or w/vegetables) Salad bar	Roast beef, gravy Mashed/baked potatoes /w butter String beans Salad bar Cake
THURSDAY	Scrambled eggs Toast, butter, jelly Sausage Juice/fresh fruit	Tacos/burritos (soft/hard) Lettuce, tomato, cheese, meat Salad bar Fresh fruit	Old-fashioned barbecue—burgers, hot dogs, chicken Cole slaw, tossed salad Baked beans Tri-color salad Rolls/butter Watermelon
FRIDAY	Waffles/syrup Hot/cold cereals Bacon Juice/fresh fruit	Baked ziti (meatless and w/meat) Salad bar Hot garlic bread Fresh fruit	Sliced turkey breast/gravy Stuffing Peas/carrots Mashed potatoes Cranberry sauce Salad bar Brownies
SATURDAY	Pancakes/syrup Hot/cold cereals Juice/fresh fruit		

NOTE: WE DON'T ACCOMMODATE CAMPER'S WITH SPECIAL FOOD NEEDS.

All meals are served cafeteria-style.

There is a two week menu cycle with a few lunch and dinner changes.

✓ **Beverages:**

1% and 2% milk, 1% chocolate milk, fruit drink ("Bug Juice"), lemonade, iced tea, fruit punch and water.

✓ **Breakfast bar may include:**

Hot/cold cereals, hot chocolate, jelly, peanut butter (request due to allergies), different juices, variety of fruits, bagels, English muffins, coffee cake, muffins.

✓ **Salad bar may include:**

Potato salad, macaroni salad, macaroni/cheese, tuna salad, egg salad, cottage cheese, soup, pasta salad, breads, fresh tossed salad, tomatoes, peppers, carrots, condiments, jelly, cole slaw, pitas, yogurt, carrot/celery sticks, jello fruit molds.

Stayover groups are provided with similar meals. Due to availability, meals may change slightly.

FAMILY CAMP WEEKENDS

**MAY 28 to 31
SEPT. 24 to 26**

**FOR INFORMATION
AND APPLICATIONS,
PLEASE CALL**



516-292-7990 ext. 11



Stay in touch this summer with Online Photos, News, & Camper Email!

We are excited to tell you about our partnership with Bunk1.com! Bunk1's secure, easy to use, summer website services let you stay in touch with your camper all summer!

RETURNING PARENTS: If you had an account [at this camp](#) last summer, you can continue to use your old username and password. Simply sign in at the link below. The first time you visit the site you will be prompted to update your contact information and re-activate your account.

GET STARTED TODAY

To set up a new account and visit our Online Community:

1. Go to our website at www.dpf4hcamp.org
2. Click the "Summer Central" button on the top right of the page *
3. Click the "Register Now" link
4. Enter your Pre-Approved Registration Code: **9DP7071**
5. Fill out all the required information
6. Purchase Bunk Note credits (you will need a credit card)
7. View camper pictures and send an email to your camper!

* If you cannot find this tab, go to www.DorothyPFlint4H.bunk1.com and continue on to the next step

** For your camper's safety, please do not share the Pre-Approved Registration code above.

FREQUENTLY ASKED QUESTIONS

How do I view pictures?

Follow the instructions above except, after registering, simply sign in and click on the Photo Gallery button. Photos are kept in folders found on the left side of the page below the words "Image Folders". Click on any folder to see the pictures within that folder. You can even purchase prints or other photo gifts (e.g., t-shirts, mugs) of your favorite pictures! **There is no cost to view pictures.**

How do I send a Bunk Note (one-way email) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct cabin, type your message, and hit the "Send" button.

Can other relatives use these services?

Certainly. Once you have set up your account, you will be able to invite other people to access these services.

Why do I have to pay to send Bunk Notes (one-way email)?

Each morning, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and labor and, more importantly, frees us to do what we do best – be with your kids! Bunk Note credits cost \$1 each and are purchased in packs of various sizes.

What do I do if I lost my username and password?

You can get it online by going to www.Bunk1.com and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You will receive an email with your username and password within a few minutes.

QUESTIONS OR PROBLEMS?

Please call Bunk1 at 1-800-216-9472 or go to www.bunk1.com/contact.asp

Bunk1.com

CAMP BUSINESS OFFICE

Cornell Cooperative Extension
of Nassau County
4-H Camp Office
247 Woodlawn Road
West Hempstead, NY 11552

9 am - 4:30 pm
Phone: 516 292-7990 ext. 11
Fax: 516 292-7990

CAMP ADDRESS

DPF Nassau County 4-H Camp
3186 Sound Avenue
Riverhead, NY 11901-1096

STATE INSPECTION

- The Dorothy P. Flint Nassau County 4-H Camp is inspected annually and licensed by the Suffolk County Department of Health Services.
- Inspection reports are filed at Cornell Cooperative Extension, 247 Woodlawn Road, West Hempstead, NY 11552 and the Suffolk County Department of Health Services, Riverhead, NY.

THE CAMP IS
ACCREDITED BY
AND MEETS THE
STRINGENT
STANDARDS OF
THE AMERICAN
CAMP
ASSOCIATION.



DAILY SCHEDULE

The camp
day is
packed full
of fun and
friendship.

AM	7:00	Youth rise and shine
	8:00	Teen rise and shine
	7:30	Youth breakfast
	8:15	Joint flag raising/ announcements
	8:30	Teen breakfast
	9:00-9:30	Cabin cleanup, camp capers
	9:45-10:45	First class
	11:00-noon	Second class

PM

12:15	Youth lunch/ teen rest time
1:00	Teen lunch/ youth rest time
2:00-3:00	Third class
3:15-4:15	Fourth class
4:15-5:15	Youth special activity
4:45-6:00	Teen special activity
5:30	Youth Dinner
6:15	Flag lowering/ announcements
6:30	Teen Dinner
6:30	Youth evening activity
7:30	Teen evening activity
9:30	Youth bedtime
10:00	Teen bedtime



Cornell University
Cooperative Extension
Nassau County
Nassau County
247 Woodlawn Road
West Hempstead, NY 11552



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