

**Ascension Summer Camp**  
4700 Lincoln Avenue  
Oakland, California 94602  
(510) 531-3400

Summer 2017

Dear Parents and Campers,

Welcome to the 2017 Summer Camp season! Thank you for choosing Ascension Summer Camp for your child's summer camping experience. Ascension continues its commitment of providing a quality camping experience and we are honored to have your family join us. We are proud of our beautiful camp, highly qualified staff and engaging, fun program.

In order for your child to be prepared for camp, we ask that you thoroughly review this packet and keep it handy for reference. A better-prepared child is more able to integrate into the camp community from the beginning, and has a much better chance of having a more enjoyable camp experience.

If you have any questions please feel free to contact Director Yanni Limnios at 510-861-8861 (limnios@gmail.com) or Assistant Director Peter Anastopoulos at 925-899-5264 (panastopoulos@gmail.com).

Again, thank you for choosing to participate in our summer programs. We look forward to a fun, safe and rewarding summer.

Sincerely,

Your Ascension Summer Camp Staff



## **The Essential Facts to Know About Ascension Summer Camp**

1. **Fees, Forms & Cancellation Policy:** All camp fees and supplemental forms are due as soon as possible and at least one week prior to departure. Make checks out to "Ascension Summer Camp." Mail checks and all supplemental forms to: Peter Anastopoulos 706 Navarone Way Concord, CA. Feel free to call/email Yanni Limnios 510-861-8861 or Peter Anastopoulos 925-899-5264 with any questions. We will refund program fees for cancellations made 6 days prior to the start of the session OR in the case of illness or injury verified by a physician's statement.
2. **Mail:** We welcome letters and care packages! Please **DO NOT SEND FOOD OR CANDY**. Our kitchen staff does an amazing job of keeping us well-nourished and we have a Trading Post full of candy that is open in the evenings offering one item to each camper.

Mail takes 2-3 days to arrive, so send it early (Maybe even before they leave!) to:  
Ascension Summer Camp

Attn: (Camper Name),  
YMCA Camp Ravencleft  
PO Box 2249  
Redway, CA 95560

3. **E-mail:** Email has become an increasingly popular means of communicating with your camper(s). In order to spend more time with the children, (and less time at the computers), we are excited to once again offer the [Bunk1.com](http://www.bunk1.com) email service. For a nominal charge, parents, friends, and relatives, can send secure emails to your camper(s) any time day or night. **PLEASE NOTE:** Only emails sent via this service will be delivered to your camper. Until instructed otherwise, please do not send emails to any other accounts.

### **STEPS TO SIGNUP FOR YOUR NEW BUNK1 EMAIL ACCOUNT**

1. Go to this website: <http://www.bunk1rollcall.com/en/i/832/login>
2. Click on "Register Here"
3. Type in the Preapproval Code: **15ASC832** (*Note: For your camper's safety, please do not share this code.*)
4. Fill out all the Required information
5. Purchase Bunk Note credits (you will need a credit card)
6. You are ready to send an email to your camper!

### **Bunk1 FREQUENTLY ASKED QUESTIONS**

#### **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, type your message, and hit the "Send" button.

#### **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.

#### **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.

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

Your username is now your email address. In case you have forgotten your password, you can go online to [www.bunk1rollcall.com](http://www.bunk1rollcall.com) and click the "Sign In" tab. A screen will appear, and you can select "Forgot Your Password?". You will then be able to reset your password.

**Who do I call if I have Questions/Problems?**

Please call Bunk1 at **1-800-216-9472** or Email **support@bunk1.com**

4. **Visitors:** Because of its location and access limitations, and because it can be disruptive to the camp experience, we do not allow visitors at camp. If you have specific concerns contact Yanni Limnios. In case of emergency please contact the Church office at 510-531-3400.

5. **Phone/Email:** The phone and email is off limits to campers while we are in session (except in cases of emergency).

6. **Departure/Arrival:** The transportation schedule is as follows:

**Departure** - Saturday, June 17<sup>th</sup>. Please arrive at church **no later than 8:00am** for check-in and prayer service. Junior Leaders will be waiting to greet you and your camper(s) Buses depart at **9:00am sharp!**

**Return** – Sunday, June 25<sup>th</sup>. We leave Camp Ravencliff at 12:30p.m., and arrive back at church by ~7:00p.m. (approximate time) For a more accurate arrival time please contact Yanni Limnios on his cell phone 510-861-8861 after 5pm on Sunday, June 25th.

**If you are planning transportation different than listed above** you will need to contact Peter Anastopoulos or Yanni Limnios a minimum of 1 week prior to the start of the camp session to make those arrangements.

7. **Lunch for Travel Days:** Please give your child \$20 for Lunch at McDonald's/Taco Bell on the way to camp and for the return trip.

8. **Medicine:** Medications sent to camp that are to be dispensed on a regular basis must be accompanied by doctor's instructions. Medications with someone else's name on them will not be dispensed. Over the counter medications for allergies or other occasional ailments may be sent to camp to be dispensed at the discretion of the camp nurse. Medications should be turned in to the camp Nurse at check-in on departure day. Please write, in detail, any medical instructions that you have on the camper information form. The camp nurse must hold all medications including lozenges & vitamins. Campers cannot keep possession of their own medications. The only exceptions to this rule are asthma inhalers and anaphylaxis kits.

9. **Clothing:** Mark all of your camper's gear (clothing, luggage, equipment, etc.) with their name in permanent ink. A "Sharpie" pen is really the best and most economical way to do this. **Lost & Found** is shown to campers throughout the week in hopes they will recognize their own gear. All lost and found items not retrieved will be donated 2 weeks after camp. If you are missing anything contact the church office at 510-531-3400

iPhone's, iPad's, cell phones, etc. - Personal electronics are expensive, can easily be damaged, and not conducive to our camp program. **KEEP THEM AT HOME!!!!**

10. **Emergency Contact:** It is vital that your emergency contact information include a minimum of 2 people staff can contact in case of emergency. Additionally, it is occasionally necessary to have campers picked up due to illness or rule violation. If you are planning to be out of town at any time during your camper's stay at camp you will need to arrange pick-up contingencies in advance with your emergency contacts.

11. **Behavior Management/Discipline Policy:** Clear expectations of behavior are outlined on the first day of camp. Our first step is being proactive in our approach towards behavior management. The more we know about a child the easier it will be for us to be able to take this step. Please include any appropriate information on your Camper Information Sheet. Additionally, we use positive reinforcement by consistently acknowledging good behavior.

In the event of severe problems, staff will take the following progressive steps: 1) Have the camper take a 5-10 minute break and counselor discusses situation with the camper; 2) Counselor consults with Director; 3) Director meets with counselor and camper to clearly define appropriate behavior; 4) Director notifies parent, parent may talk with camper; 5) Parent is informed camper may not remain in camp and parent arranges transportation home that day. In extreme cases involving safety of campers or staff, staff may proceed immediately to step 5.

**IMPORTANT NOTE:** While we don't ever expect it to occur, if a camper reaches step 5 it is the parent's responsibility to make immediate arrangements to remove the camper from camp regardless of the distance to the camp or what day of the session it may be. If parents will be out of town during the camper's stay, emergency contacts will be responsible for these arrangements. Please communicate this information to the people listed as your child's emergency contacts. Campers in Step 5 are removed from the general camp program and must be supervised independently by staff. Because of the limited number of staff available at camp, this situation over a long period of time can jeopardize the overall safety of the entire camp.

## **General Ascension Summer Camp Ravencliff Information**

**Location:** YMCA Camp Ravencliff is located in southern Humboldt County along the Eel River, approximately 10 minutes from Garberville (200 miles north of Oakland).

**Cabin Assignments/Requests:** Campers are divided into cabin groups according to AGE and GENDER. We generally put siblings into different cabins even if they are the same age, but we also are very careful to take the feelings and the needs of the camper into account. Although we do not accept cabin assignment requests, every effort will be made to keep small groups of friends (2-3) together as long as they are similar age. A cabin group consists of up to 10 campers, 1 Leader and 1-2 Junior Leaders.

**Camp Staff:** The Ascension Summer Camp Staff is an incredible group of talented, caring, and fun people. Many of our counselors have previously been Ravencliff campers. Our staff is trained each year so that the quality of our program remains high. Most of our program staff members are certified in CPR and First Aid. Prior to the first day of camp, staff participate in a rigorous training program that covers such topics as camp safety, group development, camper needs, and the camp's individual programs and objectives.

**Health Care at Camp:** A camp medic with a fully equipped infirmary will take care of dispensing medication, monitoring the health of the campers and dealing with any minor health problems. Parents are generally not notified of minor injuries or illness unless the illness continues for more than 24 hours. More serious or longer-term illness may require us to transport the camper to the local Health Center. In case of serious accident or injury the local Emergency Medical Services will be utilized and the camper may be taken to a local hospital. Parents will be notified immediately during either such occurrence. Please note that any bills from the Health Center will be the parents' responsibility.

**Camp Pictures:** Every camper will receive a camp picture. Pictures will be distributed at the end of the camp session.

**Camp shirt:** Every camper will receive one camp shirt. Shirts will be distributed at camp.

**Activities:** While in camp, campers are offered a wide range of activity choices including archery, sports and games, crafts, nature hikes, swimming, canoeing, campfires, tie dyeing and much, much more. All activities are done with your child's cabin group. Several camp-wide events are also scheduled throughout the week.

**Questions or more information:** For any questions or additional information regarding Ascension Summer Camp, please contact Yanni Limnios 510-861-8861 or Peter Anastopoulos 925-899-5264.

**What to Bring to Ascension Summer Camp Ravencliff**  
**ASCENSION SUMMER CAMP ESSENTIALS**  
**CHECK-OFF LIST**

Please write your camper's name on **ALL** belongings., and do not over-pack!!!

- 1 = **sleeping bag & pillow**
  - 1 = twin-sized sheet (to cover mattress)
  - 10 = pairs of socks
  - 10 = t-shirts
  - 10 = pair of underwear
  - 4 = pair shorts
  - 3 = jeans/pants/or sweats
  - 2 = sweatshirts/sweaters
  - 1 = jacket (weather resistant)
  - 1 = pair of hiking boots/sneakers
  - 1 = pair of old sneakers for river hikes
  - 1 = pair of sandals/thongs for beach and showers
  - 1 = swimsuit (girls, please use discretion\*)
- \*This is a church camp and discretion is mandatory. No string bikinis will be allowed.
- 1 = hat
  - 1 = inexpensive sports theme clothing (hat, sweatshirt, t-shirt)
  - 1 = inexpensive "fun" clothing for skits
  - 1 = bible
  - 1 = beach towel
  - 2 = bath towels/washcloth/hand towel
  - 1 = hand soap/shampoo/toiletries
  - 1 = **flashlight & EXTRA batteries!!!**
  - 1 = notebook/pen/stationary
  - 1 = sun block (water resistant)
  - 1 = bug repellent
  - 1 = chapstick
  - 1 = water bottle
  - 1 = backpack
  - 1 = laundry bag
  - 2 = large garbage bags (**Heavy Duty**)
  - 1 = **Plain white T-shirt for tie-dye**

**OPTIONAL:**

- 1 = baseball glove
- 1 = sunglasses
- 1 = inexpensive camera
- 1 = musical instrument
- 1 = book

**DO NOT BRING:**

- NO cell phones, or other personal electronics
- NO tobacco/alcohol/drugs
- NO knives
- NO matches
- NO candy/food
- NO pets

**!!! WRITE CAMPERS NAME ON ALL BELONGINGS !!!**

Please limit your child to ONE (1) piece of luggage, a sleeping bag, pillow and a small personal bag (backpack size or smaller) as space for luggage is extremely limited. Ascension Summer Camp makes every effort to keep belongings safe and get them back home, but we are not responsible for loss, damage, or theft of any item brought to camp. Campers are responsible for their own gear.

# **ASCENSION SUMMER CAMP RAVENCLIFF**

## **SAMPLE DAILY SCHEDULE**

7:15 RISE-N-SHINE

7:45 SERVERS

8:00 CHAPEL

8:30 BREAKFAST

9:15 CAMP/CABIN CLEAN-UP

10:00 PERIOD 1 (Orthodox Life)

11:10 PERIOD 2 (Crafts)

12:10 SERVERS

12:20 LINE-UP

12:30 LUNCH

1:00 REST-N-MED

1:30 PERIOD 3 (God's World)

2:30 OPEN SWIM

4:30 LEADERS SWIM/ CAMPERS SHOWERS

5:30 CABIN CALL/ SERVERS

5:45 CHAPEL

6:00 LINE-UP/ MAIL CALL/ ANNOUNCEMENTS

6:30 DINNER

7:15 BOND ON THE ROCK

7:30 SPORTS AND GAMES

8:15 CABIN CALL

8:30 CAMPFIRE (Cabin Skits)

10:00 BUZZ GROUPS

10:30 LIGHTS OUT