

WELCOME TO 4H CAMP 2019

The 2019 Camp Staff Team are so excited about sharing this year's camp with you.

The fun theme this year is "DINOSAURS"

The intent of the following material is to share as much information as possible in order for all parents, campers, staff and chaperons to have the same information regarding the Summer camp program at Las Posadas 4H Camp.

Please read and discuss this material with your camper and family.
A well informed camper is a HAPPY CAMPER.

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For assistance with camp registration information, please contact:

Jim Bennett, Camp Registrar
191 Hagemann Drive
Livermore, California 94551
E-mail: alameda4hcamp@gmail.com Cell: 925/699-2838
(Or Dion Hock - Dionhock@yahoo.com)

CAMP OVERVIEW:

Las Posadas 4H Camp is located above St. Helena near Angwin about a mile into the forest. The atmosphere is rustic with everyone dining together on the covered deck area. Wooden pallets elevate both the male and female outdoor sleeping areas. A pre-planned program allowing greatest possible flexibility accommodates the individual/group living atmosphere.

Camp provides an opportunity to reside in a natural setting and have fun as a productive member of the 4H extended family. Youth are encouraged to make their own decisions for personal time and care. Group activities are a large part of the daily schedule and everyone is expected to participate. A written daily time schedule is provided on-site.

The Camp Registrar, Jim Bennett, has been receiving all applications and forms, and dispensing information regarding camp:

Jim Bennett at alameda4hcamp@gmail.com; Cell 925/699-2838

If you have other concerns regarding camp, please contact:

Jim Bennett at alameda4hcamp@gmail.com; Cell 925/699-2838 Or

Dion Hock at dionhock@yahoo.com; Cell 925-209-6931

Our goal continues to be a safe, educational and fun outdoor living experience for the youth and adults in attendance-- creating pleasant camp memories for all.

CAMP VISITATIONS:

Some parents wish to visit the camp. Advance arrangements, in writing, need to be coordinated with the Registrar. Visitation is limited to parents, siblings or grandparents--no neighbors, friends, etc. We do limit visits to the one day and that date is Tuesday, July 30th this year between 10 a.m. thru 2 p.m. Due to the limitations of seating, we will be limiting attendance to approximately 40 persons on a first-come, first-served basis.

A copy of the visitor registration form can be found on-line at the Las Posadas registration site. Please copy and send in advance to Registrar.

PERSONAL COMFORT:

The camp is located under the trees and sleeping quarters are outside on elevated wood pallets i.e. mini decks extending from the hillside. A warm sleeping bag (not a light slumber bag) is highly preferable. A piece of plastic (tarp) for rain protection is extremely helpful to protect personal possessions (a new heavier paint drop-cloth will also work) from rain & dust. Younger members may wish to bring their special sleeping item (teddy bear, etc.). The wood pallets can be quite hard at night, so an air mattress or pad will make a big comfort difference (no King or Queen sizes). Please, as explained under the bus guidelines, do not bring more than one foam pad. We simply do not usually have the luggage or bus area for transporting to and from camp.

Some years Las Posadas 4H Camp has very hot weather and other years it is quite chilly. Then at times it does RAIN. Please prepare for all three of these "mini climates" including a warm jacket and a warm sleeping bag.

FAMILIES OF CAMP ATTENDEES:

Please DO send a letter to your camp person. Everyone (campers, staff and chaperons) like to receive mail at the daily mail call. In order to reach Las Posadas, mail must be sent no later than the 3rd day of that camp session unless using Fed Ex/UPS type which does deliver to the entry gate about a mile up the hill from camp.

Address: Camper Name
4H Camp - Las Posadas
805 Las Posadas Road
Angwin, California 94508

MEDICAL ISSUES:

#1 - All medications are to be given to the Camp Nurse immediately upon or prior to camp arrival. All medications are dispensed and logged by the Nurse. If you have special asthma equipment, it should be stored with the Nurse. Inhalers should be kept with the camper at all times. Parents need to discuss the camper's responsibility of keeping the inhalers with them for use at camp. Medications which are prescribed after the camp medical form is completed and will be traveling to camp need to be explained on paper for the camp nurse's information. Notify the Camp Registrar so she can add to your existing paperwork.

#2 - Is your child allergic to bee stings? This camp has yellow jackets-some years more than others. The Nurse needs to be aware of which youth will need immediate special attention if bitten and what that attention should be. Be sure this is sent to the Registrar for inclusion with medical records. A note to the Nurse can be helpful too.

#3 - In case of medical emergencies, you will usually be consulted by phone. The Nurse will treat if possible and if needed, your child will be taken to the hospital in Angwin. 4H carries a special insurance which should cover all costs. If you receive bills after camp, please send immediately to the 4-H office for processing and payment by UC.

CAMP TELEPHONE POLICY

Yes, there is a telephone but it is for *emergencies only*. Contact Cheryl Frazier for info if you need to get a message to camp quickly. That one phone line is used for all contact with the outside world--both in and out. (Your camper will be gone for only 5-1/2 days.) Campers are not permitted to use the camp phone unless there is an emergency. Most cell phones do not have service within the camp site. In the instances where service is available, use is discouraged as it disturbs the magic atmosphere of remote camping if cell phones are being used. Please help your child and others to experience the "peace of nature" for just one week without interruption.

2019 CAMP THEME:

The theme this year is "DINOSAURS". Along with this theme, the Camp Staff have planned fun, interactive, and educational program activities. Camp emphasis is always placed on nature, recreation and outdoor education in a camp setting.

Everyone is welcome to bring any inexpensive or recycled items which will enhance the theme. We encourage all participation to be through the use of inexpensive and "recycled" less than \$2 or \$3 items for any special events. *Do not bring any valuable items.* Participation is in no way meant to be "mandatory"--just fun. There is also a "twins and triplets lunch" where campers dress similar. This can be fun for friends to plan before camp.

CAMP ANIMALS:

Since this is an outdoor environment, animals are in residence. These include a few rattlesnakes, an occasional bear and always foraging raccoons. Every effort is taken to educate and protect your child to adjust to and handle their camp environment.

CANDY AT CAMP:

This year, the camp steering committee again has a goal of "no candy brought to camp" by the participants. Parental participation is solicited in reaching this goal. The principal problem is that candies attract the animals to the sleeping area. This is a safety issue as the raccoons rip open sleeping bags with or without the child sleeping inside.

We do request that family and significant others send **non-candy** items if mailing "care packages" to camp. All suggestions will be welcomed on this issue.

Free snacks are served for everyone at mid-morning, mid-afternoon and during evening activities.

CAMP STAFF LEADERSHIP:

Camp is staffed by a dedicated group of teen youth who have been active members of the Camp Academy project during this past year. They serve as Counselors and Counselors-in-Training (C.I.T.'s) for the tribes and act as the committees who assemble and produce the camp events and activities. Teen staff does provide the camp leadership on-site.

GENERAL INFORMATION:

- There is NO NEED FOR SPENDING MONEY at camp. Nothing will be sold at the camp site.
- All craft items will be simple and principally nature-oriented without an additional fee for individual items.
- Camp T-Shirts have been pre-ordered for delivery at camp prior to camp. T-Shirts are not sold at the camp site. (Included in camp fee)
- Snacks will be available between meals as part of the meal service program or youth may check with the cooks.
- Locked items such as "lockers or trunks" are not allowed at camp. The camp steering committee has stated that the 2019 camp will not allow CD players, walkman-type players, computers, I-pods, game-boys, TV's, or other such devices. (No electronic or battery operated items except flashlights.) The Camp Coordinators will impound if brought to camp. This has been discussed with the camp teen staff. **Leave your cell phones at home.** They are NOT to be used at camp. Anticipated bus arrival times are listed both here and on-line--no need to call home.

VALUABLES:

- Again, do not bring items which are valuable or irreplaceable. Camp is an informal atmosphere which does not lend itself to protecting valuable items. Remember no personal electronics this year. There is no way to protect them from temptation or breakage.

INVOLVE YOUR CAMPER:

- Quite often youth do not know exactly what they each brought. Personal space is limited on the sleeping decks, things may become mixed unless you have a very neat child. If the campers help to pack their own items, they will recognize and take more responsibility.
- Mark your clothing, towels, disposable cameras, etc., with names before departure. Items unclaimed within a month of camp conclusion will be passed on to the Goodwill or Salvation Army after camp. Contact Jim Bennett for lost/found items after camp.

CAMP MENU:

Our Cooks can accommodate most special dietary needs, however, meal items are prepared for the entire camp. Menus are planned several weeks in advance and supply orders are completed approximately two weeks prior to camp. Please contact Registrar at least TWO WEEKS prior to camp if any special dietary items will be brought by your camper to camp.

- Most food is served buffet style with hot items dispensed by the cooks to each tray.
- Breakfast bar daily with hot and cold cereals plus a hot item.
- Lunch features daily salad bar with sandwich or hot item.
- Dinners vary with hot item, salad/vegetable, bread, dessert, etc.
- Snacks will be almost continuously available during day and evening hours.
Included are fresh fruit, cookies, crackers, etc.
- Milk will be served or available with all meals.

YOUTH CAMP DEPARTURES

Campers MUST RIDE THE BUS to and from camp unless PARENT makes arrangements in writing with the Registrar. For your child's safety, the management needs to know where each child will be. If you are planning any special arrangements, please notify or discuss with Camp Registrar, Jim Bennett at least 2 weeks prior to start of camp.

If parents wish to pick up a child early from camp, there MUST BE A NOTE stating this intent to the Camp Registrar at least two weeks (or more) prior to camp. Time is needed to prepare the lists and final information for the camp administrative staff.

DO BRING TO CAMP:

- Your songs, skits, and dances to share.
- Your love, excitement and appreciation of nature.
- If you wish, do bring an inexpensive costume or T-shirt to enhance the theme for camp. Please do not bring family keepsakes or valuables.
We recommend items from swap meets, Salvation Army, Goodwill, etc.
- At times, some of the older campers like to bring appropriate costume accessories to help their tribe with spirit or skit. This is encouraged!
- Anything appropriate for the theme, do bring support items. (ie. T-shirt, etc.)

PLEASE DO NOT BRING TO CAMP:

- Do not bring personal computers, game-boy, CD or video players. Regardless of the brand or name of the equipment, the Camp Steering Committee has empowered the Camp Coordinators to impound these items during camp and return to owner at the close of camp. Camp is a time to enjoy and celebrate nature with the surrounding forest, etc.
- Do not bring any hair dryers, plug-in electric curling irons or boom box radios. Electrical items overload the limited electrical circuits. Butane-type curling irons are perfect for the camp setting if you need a curling iron for daily living.
- Do not bring soft drinks or the energy drinks (Rock Star or similar) to camp.
- No pets, guide dogs, or 4H project animals, skateboards, roller blades, etc.

PACKING ASSISTANCE LIST:

Caution to parents: We have a lot of lost items after camp-especially towels. The youth need to know what is packed in their supplies. Sometimes, they have paid so little attention (when parents do the packing for them) that they don't know what items are theirs to take home. It would also be extremely helpful to label all items (even temporarily).

- _____ Sturdy, thick-soled shoes. NO flip-flops, sandals or open-toed shoes at 4H camp. Tennis shoes are recommended (2 pair if possible)
- _____ Sleeping bag, air mattress or pad (No King/Queen) (1 pad per camper)
- _____ 2 large plastic tarps: One to cover possessions in case of rain/dust and one to place on Palette under sleeping bag. Can also fold to be ½ under & ½ over sleeping bag.
- _____ Flashlight (smaller with new or extra batteries)
- _____ Swimsuit with some type of after swim cover-up.
- _____ Jacket, sweatshirt or sweater (evenings can be quite chilly)
- _____ Several pairs of "casual/older clothes", such as jeans, pants, blouses or shirts, etc. (both warm and cool). Sturdy clothes, especially heavy shoes and a jacket or sweater will be needed for the evenings and for hikes. More modest attire is encouraged.
- _____ Toothbrush, soap, comb, mirror, towels, etc. (No supplies are provided)
- _____ Stamps and letter writing materials. Pen/pencil.
- _____ Insect repellent can be very important - especially during early evening. This year there is a new type which you pin or wear as a clip-on instead of rubbing into skin.
- _____ Personal reading materials for daily "quiet time".
- _____ Camera (inexpensive or disposable with name on it).

A REMINDER OF CAMP CONDUCT EXPECTATIONS

- Review the expectations of the code of conduct with your camper before signing and perhaps again before departure. Available on-line if you need A COPY. (We use the Alameda County Code of conduct for camp.)
- For the safety of everyone at camp, a strong enforcement of the code of conduct will continue to be used at the 4H Summer camp.
- There are several infractions which will result in immediate relocation to their home. Please discuss and review this with your camper. If you have questions or need assistance prior to camp, contact Jim Bennett or Dion Hock.

To make camp fun and safe, we expect everyone to work together toward a safe and healthy camp.

- To abide by the 4H code of conduct which they have signed.
- To treat others as you want to be treated.
- No males in girls camp, no females in boys camp at any time.
- Always 3 or more people on hikes with a sign-in or sign-out system.
- No one leaves the dining area after dark except to go, with permission, to their respective camp or for first aid treatment with the camp nurse.
- Everyone is expected to bathe regularly and wash their hands before meals.
(This does become very difficult for some campers to remember.)

PRE AND POST-CAMP

Pre camp is for the teen staff who have completed their camp requirements through the Camp Academy project only. The necessary adult staff will be selected to attend pre-camp. All other adults will ride the bus and arrive/depart with the campers. The purpose of pre-camp is for camp staff to complete final committee and tribe work, build the staff team spirit and set up on-site. It is expected that 99% of the planning and work will have been completed prior to pre-camp.

See bus schedule on back page for timing details.

Only the camp staff "pre camp" bus WILL BE STOPPING at fast food site in Napa for lunch due to timing and "tradition" again this year. No other shopping will be available during the camp program time. This happens on the day prior to regular camp. Regular camp buses do not stop. Campers should eat prior to boarding the buses.

Camp staff youth and authorized adults are the only participants allowed at pre camp--other arrangements must be made for younger children. This is a leadership work-time which is meant to be used for set-up of the camp facility and programs along with fun and relaxation.

CAMP DISCIPLINE POLICY

- In explanation of the current disciplinary policy--we enforce the Code of Conduct signed by each person attending our camp. Again this year, we will be using a CAMP DISCIPLINE REVIEW BOARD for any necessary disciplinary review if needed.
- Because we wish to have all possible facets of the camp management known in advance, the following DISCIPLINARY ACTIONS are utilized at the camp site when absolutely necessary. We continue to hope none of them will need to be used:
- Any person (youth or adult) possessing or showing signs of the use of alcoholic beverages and/or drugs, (including marijuana) or sexual activity will be SENT HOME from camp IMMEDIATELY (including the last night). These offenses are not negotiable.
- The person signing the member's camp application or other designated person will be required to come to the camp site to take the member home when telephoned.
- Telephone calls may be placed to parent or guardian to discuss a continuing or discipline problem to reach a mutual solution. This will be facilitated by Camp Coordinators.
- Lesser problems will be dealt with first by discussion, then by camp discipline review board and, if necessary, we will include a phone call home to discuss, along with the continuing possibility of immediate relocation to their home.

PLEASE COMMUNICATE WITH THE 4H REGISTRAR:

- Jim Bennett is the Camp Registrar this year.
- **If you plan to vacation or be out of town during the time of your child's visit to camp**, it is vitally important that the person named as alternately responsible on the medical treatment form be fully empowered to act in your absence. This will include transporting youth in the event of medical or disciplinary need. Please contact Camp Registrar, in writing, with information of alternate contact person to be used in the event of an emergency. Please also discuss this with your camper.
- Please communicate with us as to special needs, medical additions or prescription changes between application and camp attendance. The Nurse reviews all forms and will abide by your information but she must have the information. Medications are housed and dispensed to your children according to your directions to the Nurse.
- It is requested that all of this communication be sent a minimum of one week prior to camp departures. E-mails are always encouraged rather than telephone. Of course, a letter to Registrar allowing plenty of time to arrive is preferred.

BUS TRANSPORTATION:

Only the pre-camp bus will make a lunch stop on the way to camp. This is a "special privilege" extended as a gesture of appreciation for leadership work to the youth staff. Camper buses will NOT BE STOPPING during the 90 mile drive to or from camp. A snack will be available when buses arrive at camp.

Most buses will depart and arrive back to the lower parking lot of Canyon Middle School, 19600 Cull Canyon Road, Castro Valley, to load and unload campers going to and returning from 4H Camp. The exception this year is for the last bus of camp staff which will unload at the "STAFF PARKING LOT" as you enter the school grounds. The school is located on the hill above intersection of Heyer Avenue and Cull Canyon Road in Castro Valley.

BUS GUIDELINES:

- **EAT LUNCH BEFORE BOARDING THE BUS TO CAMP.** All campers departing from Canyon Middle School to the 4H camp are reminded to eat lunch before departing. Bag lunches may be eaten in the parking lot or at camp. The bus company rules state that no lunches may be eaten on the bus.
- **NO FOOT LOCKERS OR TRUNKS** will be allowed onto the buses. (Weight and size are too great.) Each camper carries their own luggage and sleeping bags from bus to camp.
- **FOAM SLEEPING MATTRESSES** - Air mattresses or the "small" roll up-type foams are preferred. All luggage will be loaded first and if space is available, foam rolls will be put on the luggage truck. Due to our limited luggage (usually one 14' truck) transportation, it may be necessary to keep foam pads with you (on the floor in your seat area).

BUS CONDUCT ("Expectations of travel")

For the safety and welfare of ALL 4H campers, the following rules and regulations will be in effect in addition to the 4H code of conduct:

- 4H members must comply with (obey) adult chaperon requests to quiet, sit, etc.
- 2 persons per bench seat. (No 3 person seating).

- No swearing.
- Campers are to remain in their seats when the buses are moving. No standing. No hands, arms, heads out of windows.
- No writing (graffiti) on bus (inside or out).
- No throwing of objects in or out of buses.
- No loud or disruptive noise.

It might be beneficial to bring a book or game from home to use during this time, as well as during quiet time each day at camp. No bus games this year - kids did not use them.

SPECIAL JUST FOR THE BUS:

Bus chaperons will monitor the behavior of all campers. Campers using off-color language or other code of conduct issues on the bus during transit to camp, may NOT be allowed to stay at camp.

DIRECTIONS TO CANYON MIDDLE SCHOOL (Bus site):

- Canyon Middle School is located on the East side of Castro Valley above the intersection of Heyer Avenue and Cull Canyon Road. Address is 19600 Heyer Avenue.

If traveling from Pleasanton on Hwy. 580,

- Take East Castro Valley Blvd. off-ramp--turn left onto Castro Valley Blvd.
- The next signal will be Crow Canyon Road--turn right.
- At second signal--turn left (Cull Canyon Road).
- Up about one block to the signal (Heyer Avenue)--turn right and go up the hill to the lower parking lot of Canyon Middle School.

If traveling from San Leandro on Hwy. 580:

- Take Crow Canyon Road off-ramp - turn left
- Turn left at Cull Canyon Road. (Several signals up Crow Canyon Road)
- About one block up (just past Firehouse), turn right (Heyer) and up the hill to the lower parking lot of Canyon Middle School.

LATE FOR THE BUS

If for any reason, you are unable to be at the bus on time, please call Carol Crossett. There will be a registration table at the bus departure site to check in for departure. Buses will depart on-time *without* late arriving campers. Parents will then be responsible to drive to the camp site. Allow plenty of time for your drive as freeway sometimes has delays.

LAS POSADAS 4H CAMP DIRECTIONS: (Three choices)

#1 - Use your GPS to Angwin. Start at #3 below: Or

#2 - Go to Napa - Use Silverado Trail to "Deer Park", Turn right, proceed up hill, or

#3 - Take Highway 29) and then on to St. Helena.

Just through St. Helena (opposite the Christian Brothers Winery)

FROM either Silverado or Hwy 29, take "Deer Park" - Howell Mountain Road to Angwin.
(Several miles up the hill)

- Turn right when you see the wood carved sign just before Angwin (near baseball field).
Watch for the 4H Camp sign (small green clover on white mounted on telephone pole.)
- Continue around on this road until you get to the Ranger Station.
- Just past the ranger station, the camp road begins (pass through closed chained gate on left side with the 4H sign.) Close the gate and continue down the hill - left turn at triangle tree (there should be a sign here) to the parking lot. **Walk up to camp!**

4H Camper, Staff, Chaperon and Camp Parent

Following is the schedule of 4H camp bus departures and arrivals at Canyon Middle School in Castro Valley. Due to traffic, etc., return arrival times are shown as closely as can be estimated at this time.

- The teen staff pre-camp buses will **depart** Canyon MS on **Saturday July 27th at 11:30 AM**
- The camper buses will **depart** Canyon MS at **12:00 Noon on Sunday, July 28th.**
Please eat lunch before departure. No food on the bus.
A light snack will be available upon arrival at camp.
- The camper buses are scheduled to depart camp at 2:00 PM on **FRIDAY, August 2nd** which means they **should arrive back at Canyon MS at between 4:00 and 5:00** if departure from camp is on-time.
- The camp staff bus will depart camp by 2:00 PM with a stop for late lunch and is expected to arrive back at Canyon MS on **Saturday, August 3rd approx. 4:30 to 5:30** if departure is on time.

There will be adult supervision at the Canyon MS parking lot until the last camper is picked up. Campers should arrive at the parking lot approximately 20-30 minutes prior to departure for camp.

The luggage truck will be at the Canyon MS parking lot about thirty minutes prior to departure. Please check in with the Camp Registrar Jim Bennett when you arrive at the parking area. If you have timing issues, cancellations, etc., please contact Jim Bennett ASAP.

Jim Bennett: Cell: 925/699-2838

While this parking lot is ideal for transportation purposes, it does **NOT** usually have an available restroom or food concession. Be prepared!

Jim Bennett, Camp Registrar
191 Hagemann Drive
Livermore, California

4H Camp Information packet

For use by camper and camp parent