

2009 Camp Westwind Information

Purpose Statement

The YWCA promotes the understanding of racism and all forms of discrimination and fosters value, respect, and enjoyment of each person's unique contribution.

*Creates an atmosphere that welcomes and embraces diversity.

*Offers intentional programming addressing racism and discrimination.



Packing List.....	2
Packing Tips.....	3
Lost & Found	3
Prohibited Items.....	3
Camp Mailing Address.....	3
Policies.....	4
Health Information.....	4
Camp Life.....	5
Bus Travel Times.....	6
Car Camper Times/Directions.....	7
One Way E-Mail.....	8
Donations.....	8

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



Important Dates

Health History Forms: Due June 2nd. 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.

Camp Payments: Due no later than three weeks before the first day of camp.

Scholarship Applications: Due March 15th. Download the scholarship application online at 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 13th. Boat crossings will begin at 3:30 PM with the final departure leaving camp at 7:30 PM. A BBQ dinner will be provided for a nominal fee. 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
Directions to camp are located inside (page 7).

**eliminating racism
empowering women**
ywca

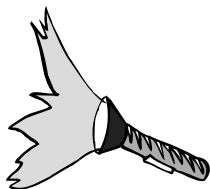
Camp Director: Kim Summers 503-294-7472
Registrar Camp Programs: 503-294-7476
Camp Hotline: General Info 503-294-7474

kims@ywca-pdx.org
westwind@ywca-pdx.org

Camper Packing List

Suggested for All Campers

- Warm sleeping bag, not slumber 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**
- Flashlight, extra batteries
- Warm jacket
- Waterproof rain gear (poncho)
- Swim suit, beach towel
- bath towel, washcloth
- Soap/shampoo & Comb/brush
- Sunscreen-VERY IMPOR-**
- TANT**
- 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
- Water Bottle

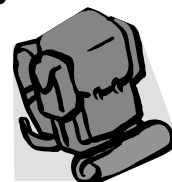


Extras for Ranch Campers

- (Boots are available to borrow if needed)*
- Cowboy boots or any boot with approximately 1" heel (no hiking boots, they catch in stirrups)
 - Extra jeans—riders must wear long pants
 - Rain pants and jacket, no ponchos
 - Athletic glasses strap (if camper wears glasses)

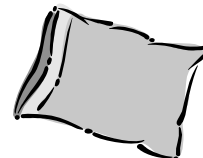
Extras for All Teen Programs

- 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



The Dunes of Westwind



You can 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. Pack the envelope with spending money in your camper's luggage. Counselors will collect envelopes on the first day.

At the end of camp any remaining funds may be designated as a donation or returned in full to the camper (any change under \$1.00 will not be returned).



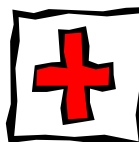
Packing Tips

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. USE HEAVY-DUTY PLASTIC BAGS TO PROTECT LUGGAGE AND SLEEPING BAGS. All luggage must travel across the Salmon River and on rare occasions some luggage will spend some time in the river. Please no zip-loc bags—they can break open easily and personal items can be lost. Duct tape and permanent markers work great for labeling heavy-duty plastic bags. **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
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

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. The Health History form will be sent with the confirmation packet (or you can download it from www.ywca-pdx.org) and it must be returned at least 3 weeks prior to the camp session, preferably by June 3rd, 2009. 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.


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 page 8 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.

Camp Address
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YWCA Camp Westwind Session # <i>Camper's Name</i> PO BOX 389 Neotsu, OR 97364	
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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 until the end of September.

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

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.

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. (Registration fees are non-refundable)
- ◇ 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 who go home due to homesickness will not receive a refund)
- ◇ A \$15.00 transfer fee will be applied to each camper that changes sessions.

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.

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. Helmets must be worn during horseback riding.

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. Upon arrival at camp each camper will visit the nurse for a health screening and give all medications to her/him at that time.



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.



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.

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

Daily Living Tasks

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 tasks such as cabin clean-up, flag raising, recycling, litter patrol, table setting/clearing and helping to keep the restrooms and other all-camp areas clean and enjoyable.

Camp Store

Westwind 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.



Cabin Mate Requests

Each child has the opportunity to select one cabin mate. In order to guarantee children are placed together they must list each other as their cabin mate. All cabin mates must be in the same grade or one grade difference. In some circumstances a group of three may be placed together. Groups of four or more will not be placed together as this makes it more difficult for those brave campers without a buddy. The best part of camp is meeting new friends and building community. In fact, our evaluations show us that "making friends" is one of the top things campers like best about YWCA Camp Westwind.



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 18-24	7:00AM	6:30 PM
Session 2 June 26-July 1	12:30 PM	8:30 PM
Session 2b June 28-July 1	2:00 PM	8:30 PM
Session 3 July 3-9	8:30 AM	6:00 PM
Session 4 July 11-16	12:00 PM	7:00 PM
Session 5 July 28-Aug 4	2:00 PM	5:00 PM
Session 6 Aug 6-11	10:00 AM	6:00 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.

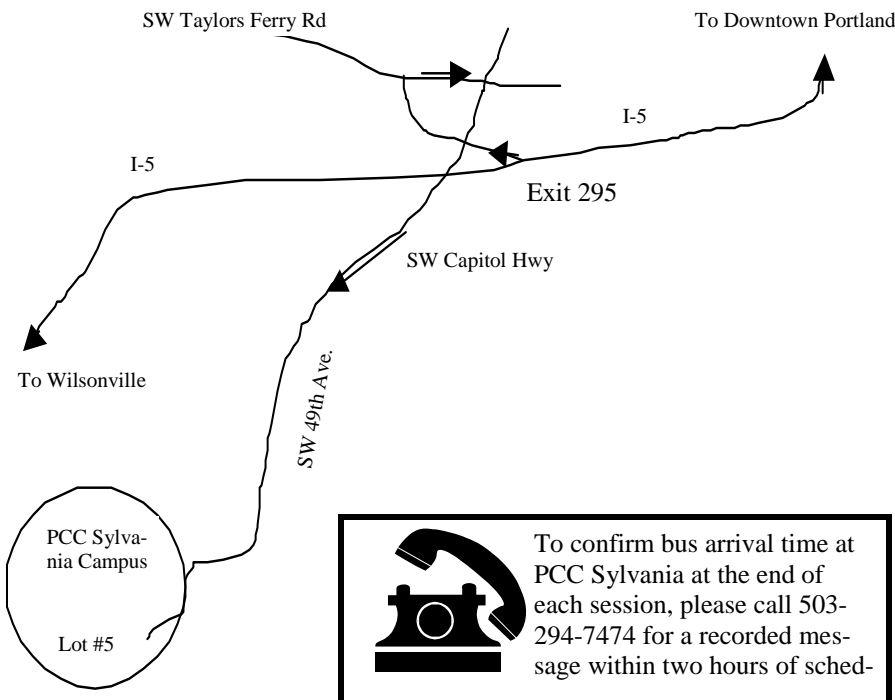
PICK-UP:

- **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



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 49th)
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 60th
Follow 60th to Lesser Rd
Turn right on Lesser Rd
Campus entrance is 1/2 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.



To confirm bus arrival time at PCC Sylvania at the end of each session, please call 503-294-7474 for a recorded message within two hours of sched-

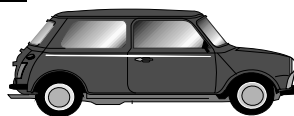
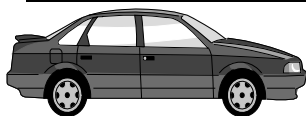
Information for Car-Campers

SESSION	CHECK - IN at Knight Park	PICK - UP at Knight Park
Session 1 June 18-24	9:00 AM	3:30 PM
Session 2 June 26-July 1	2:30 PM	5:30 PM
Session 2b June 28-July 1	4:00 PM	5:30 PM
Session 3 July 3-9	10:00 AM	3:00 PM
Session 4 July 11-16	2:00 PM	4:00 PM
Session 5 July 28-Aug 4	4:00 PM	2:00 PM
Session 6 Aug 6-11	12:00 PM	3:00 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 come across the river until parent/guardian has checked-in with the Camp Director. The Camp Director is the person with the clipboard!

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



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 Rd

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 traffic delays. Approx. 2 1/2 to 3 hours from Portland.

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. 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.

One Way E-Mail

One way e-mail is a service available to parents and friends of campers through eCamp's secure, easy to use, summer website services.

To purchase eCamp credits:

1. Go to the website at <http://westwind.ecamp.net>
2. Login using your email address and password created during online registration for camp.

—OR—

3. You can create an account under the "NEW USER" tab. A one time "camp code" is necessary for security. Our 2009 camp code: **2009westwind**.
4. Follow the instructions on site to complete.
5. A credit card is required for purchases.

FAQs

How do I send an eCamp (one-way e-mail) to my camper?

Go to <http://westwind.ecamp.net> and login using your email address and password. Click on the "e-mail" tab and compose your e-mail. When you are finished with your e-mail click on the "send" tab and your camper will receive a personal message the next day at camp! You can send e-mails up to the day before your camper's session ends.

Can other friends/ relatives use these services?

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



Attention E-Mail Senders!! All e-mails will be printed in black and white.

Why do I have to pay to e-mail?

Each morning, the eCamp 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 e-mails. Your payment helps us cover the cost of the system, paper, ink, and labor. More importantly, it frees us to do what we do best – be with your kids!

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

You can get it online by going to <http://westwind.ecamp.net> and click on the link "Lost Your Password?" You will receive an e-mail with your username and password within a few minutes. For technical assistance please visit http://westwind.ecamp.net/tech_support.php

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. The following items are currently atop YWCA Camp Westwind's wish list:

- 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
- Horse riding boots



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



Arts and Crafts