

# The Center

The Chicago Southwest Suburban Community

Parish and Community Center Foundation

12700 Southwest Highway • Palos Park, Illinois 60464

Telephone: (708) 361-3650 • Fax: (708) 361-2811

www.thecenterpalos.org

email: centerpalospark@sbcglobal.net



---

**DAVID F. SANDERS**, *Executive Director*

**REV. CHRISTINE HOPKINS**, *Pastoral Director*

Dear SOL Camp Families,

Thank you for registering for the Senior Outdoor Leadership Program! We are excited that you will be a part of this hands-on experience to develop leadership and outdoor skills. SOL participants work within the unique Farm and Ranch Camp philosophy of learning to live in harmony with the earth and each other, and we're looking forward to you being a part of things.

This online packet is to serve as your Pre-Camp Planning and Informational Guide. The following pages will explain camp drop off and pick up, how to communicate with your camper while they are away at camp, what's appropriate (and not) to bring to camp as well as information about our health care policies, a Health History form, and parental release. In addition to the standard camp paperwork, SOL campers also need to complete a canoe release form from the outfitter C & M Canoe Rental for the trip along the Fox River, and a waiver for Irons Oaks Environmental Center. Please print out this entire document and keep as a reference guide.

The balance of your camp fee, if you still have one, is due no later than June 1st. June 1st is also the deadline for submitting all your required paperwork and forms. Please understand that once camp is in session, our staff needs to be focusing on our current campers rather than processing late paperwork, so please be respectful of the June 1st deadline.

At the core of SOL is a sense of adventure and openness in facing challenges together, and enjoying the fun of the camp community and friends. Each day will be filled with our adventure challenge approach to teamwork and accomplishing goals together. Our energies will be focused on developing skills such as: canoeing, team initiatives and activities, leading programs, how to live in the outdoors and at the farm, and hiking. The idea of living more closely to the earth is one of the main facets of this program.

Our trips will be at local sites, such as hiking through our own forest preserves and Starved Rock State Park as well as overnight trips to the Fox

River for canoeing and to Indiana Dunes State Park. The SOL Program Director and Counselor are both trained in American Red Cross CPR and first aid and the Program Director is Lifeguard certified as well.

SOL campers will be transported to these locations one of two ways: Long distance trips will be chartered by a professional bus service and shorter trips will be driven by Center staff members. The cabin up on Indian Hill serves as the SOL home base, while utilizing the washrooms in the Anderson Center and a summer washroom facility at base camp.

SOL begins at 5 p.m. at Indian Hill on the farm, located on the east side of Southwest Highway. Families should plan to depart by 5:30 p.m.

Campers are expected to stay at camp during the entire program session. Campers should not plan to leave for sport events, family picnics, etc. We feel that total participation is important to the success of the program. We encourage families to write/email often to their children as there is no phone available to SOL campers, and we kindly ask you to support our no cell phone policy. It makes for a more cohesive group dynamic, as cell phones can become a distraction from the program. If camper family communication becomes necessary, arrangements should be made via the camp director.

On the last Friday evening of camp, families are invited to the rodeo at the farm, from 5:00 p.m. to 6:00 p.m. Camp will officially end with the goodbyes and luggage pick-up after the rodeo at the Anderson Center. SOL campers will be managing and emceeing the rodeo.

I hope you enjoy preparing for the Senior Outdoor Leadership Program!

Thanks and we look forward to a great 2017 season of camping!

Amy DiDominicis  
Camp Director

## SENIOR OUTDOOR LEADERSHIP EQUIPMENT LIST

**LAUNDRY OPTION:** Parents may pick up dirty laundry on the Saturday during each session. Please come to the Lodge office between 9am and 5pm on Saturday. Clean laundry can be returned Saturday between 9am and 5pm or Sunday between 9am and 11am. Arrangements for other times should be made by calling The Center at 708-361-3650.

### Personal:

Sleeping bag in tight stuff sack  
Pillow and Pillow Case  
Sheets (for warm nights without sleeping bag)  
Towels (3-4)  
Washcloth  
Soap  
Shampoo/Condition and comb  
Toothbrush/toothpaste  
Small plastic tote/bucket for carrying stuff to showers  
Insect Repellent (Pump or lotion – **No aerosol cans!!**)  
(The American Academy of Pediatrics recommends repellants containing 10-30% DEET)  
Sunscreen  
Flashlight/Lantern with batteries  
Pencils, Pens, Stamps  
Bag for dirty laundry (Please label with campers name)  
Spending Money (**\$20, No more please!**)  
Watch  
Sunglasses  
Nalgene or stainless quart water bottle (**Essential!!**)  
White Tshirt for Tie Dye/Silk Screen

### Clothing:

#### **All clothing should be casual outdoor clothing**

Long pants (3-5 pairs)  
Shorts (3-5 pairs)  
Long Sleeve shirts (3-4)  
Short Sleeve shirts (6-8)  
Sweatshirt (2)  
Pajamas  
Swim Suit  
Lightweight Jacket  
Raingear (Waterproof poncho or rain suit)  
Gym or Hiking Shoes  
Shoes for canoeing or strap on water sandals  
Flip Flops for showers  
Socks  
Underwear  
Bandana  
Backpack  
One set of creek "Creek Clothes" (pants, socks, shirt, shoes) **DO NOT EVER EXPECT THESE CLOTHES TO LOOK THE SAME AGAIN!**

**DO NOT BRING:** Low cut, extremely tight tops, tops with bare midriffs, short shorts, or clothing with alcohol or drug related slogans or vulgarity

Returning campers - bring your camp nametag necklace!!

**DO NOT BRING:** CDs, radios, ipods, CELL PHONES, or other electronic Equipment (no hairdryers or irons), Fireworks, cigarettes, bottled water, or other bottled drinks.

**OPTIONAL:** Camera, pocket knife (locking blade recommended, maximum blade length 2 ½")

*We recommend leaving expensive cameras, clothing and equipment at home. Please understand that we take no responsibility for lost or damaged items.*

All belongings should be labeled with camper's name.

**ALL MEDICATIONS MUST BE BROUGHT IN THEIR ORIGINAL LABELED PRESCRIPTION BOTTLES OR OVER-THE-COUNTER CONTAINERS.**

# The Center

The Chicago Southwest Suburban Community  
Parish and Community Center Foundation  
12700 Southwest Highway • Palos Park, Illinois 60464  
Telephone: (708) 361-3650 • Fax: (708) 361-2811  
www.thecenterpalos.org  
email: centerpalospark@sbcglobal.net



**DAVID F. SANDERS**, Executive Director

**REV. CHRISTINE HOPKINS**, Pastoral Director

A special letter to campers and their parents at The Center, regarding...

## A Commitment to Live Cooperatively...

The Summer Camp programs at The Center are an opportunity to live, learn, work, play, and grow in a special environment where everyone and everything is cared for and respected. This is something our camping program takes great pride in and have embraced for over 80 years.

Modern American culture is challenging. We are surrounded by images of life in the fast lane. TV programs, movies, news, and modern music often promote an irreverent disrespectful, sometimes violent, view of people and traditional values and ideals. Our society invites us to live a high and fast lifestyle which can jeopardize the foundations on which compassionate and cooperative character is built.

The Center is quite a contrast to that high and fast culture. Our programs promote a high respect and concern for all people and all of nature. We are asking you to discuss this code of conduct as a family and to make a commitment to uphold these values, behaviors and policies which are expected of young people at The Center.

*At The Center we want every camper to have the best camp session possible; full of fun, learning and growth. To ensure that we maintain a relationally safe environment and each camper is free to experience camp life to its fullest, we cannot tolerate any behavior that takes that opportunity away from other campers. We will be addressing all incidents such as bullying and irresponsible behavior seriously, and will train the staff to recognize and deal effectively with such behavior. Understanding that camp is for ALL campers, any behavior deemed by the camp to be outside of the camper code of conduct and/or unmanageable may result in any or all of the following: 1. Meeting with the cabin counselor, program director, or camp director to discuss the behavior. 2. A telephone call home to the parent/guardian to discuss the behavior. 3. Being dismissed from the camp program.*

Summer Campers Agree to:

- Show respect to other campers, and treat them as well as I would like to be treated. I will try to be a friend to all.
- Show respect and care to all farm animals and nature.
- Have FUN, but never at the expense of others.
- Respect the rights and privacy of others and treat others with courtesy and consideration.
- Communicate in an appropriate manner, which means I must not use foul language or gestures, harsh words or tone of voice.
- Resolve all conflicts through talking and use of good communication.
- Conduct myself responsibly. I understand that unwelcome teasing or other unkind behaviors are not allowed.
- Refrain from deliberately causing bodily harm to other campers or staff. I understand that pushing, kicking, hitting or fighting are not acceptable and will not be tolerated.
- Respect the property of others and camp, which includes no stealing, property damage, graffiti, or vandalism.
- Refrain from all physical displays of affection and understand that gestures of a romantic nature are not allowed under any circumstance.

- Be fully responsible for my actions and understand that irresponsible behavior will result in disciplinary action or dismissal from camp.
- Dress appropriately – no clothing with alcohol or drug related slogans or vulgarity and make sure all parts that should be covered, are covered.
- Uphold the technology free camp environment which includes no cell phones.
- Know and follow the rules of camp.
- Have lots of FUN, learn, grow, and have a GREAT time!

# The Center

The Chicago Southwest Suburban Community  
Parish and Community Center Foundation

12700 Southwest Highway • Palos Park, Illinois 60464

Telephone: (708) 361-3650 • Fax: (708) 361-2811

www.thecenterpalos.org

email: centerpalospark@sbcglobal.net



---

**DAVID F. SANDERS**, *Executive Director*

**REV. CHRISTINE HOPKINS**, *Pastoral Director*

## Camp Health Policies at The Center

Dear Parents,

If your child needs medical treatment outside the realm of our in camp treatment options, we will contact you. If you are unreachable, we will seek medical help as we deem necessary for your child's welfare. If we take your child to the Palos Community Hospital or Primary Care Center, they will make every effort to reach you and will treat your child without your consent only if life or limb are threatened according to the decision of the attending physician.

If life or limb are not threatened, your child may wait for a painfully long time while the hospital tries to reach you. Therefore, it is very important to inform us of phone numbers where you can be reached while your child is at camp.

In house camp treatment and health care policies include the administration of Motrin, Tylenol, antibiotic ointment, hydrocortisone cream, oral and cream Benadryl, insect repellent containing DEET, prescription medication that is prescribed to the camper, and other over the counter medications that come with parent consent.

Parents will be notified of illness or injury to campers in the following cases: sustained or recurring temperature over 101 degrees F, injury or illness needing the care of a physician, any other unusual illness, injury, or behavior that the camp director believes the parent would want to know or for which the parent has specifically requested notification.

The enclosed forms (Health history and Parental release) are very important for us to have on file. All completed forms are due back at The Center no later than June 1<sup>st</sup>. Please be conscientious about this deadline so that we have adequate time to be well prepared and organized for your child's camp experience

Thank you.

Amy DiDominicis  
Camp Director