

Eagle's Nest Camp



Parents' Manual

84th Season 2011



CAMP PERIODS

Counselor Orientation

June 2 - June 10

Session I

June 11 - June 24

Session II

June 26 - July 15

Session III

July 17 - August 5

Session IV

August 7 - August 14

It is very important that you plan to arrive and depart camp between 9:00 AM and 11:30 AM on opening and closing days of the session. It is disruptive to arrive at other times. Please do not arrive before or depart after that time. Exceptions can be made for campers with limited flight options; please contact the office for more information.

Dear Eagle's Nest Parents,

April 2011

We at Eagle's Nest Foundation thank you for sharing your children with us this summer. This act of significant sharing speaks to high trust, responsibility, sensitive action, expectancy, hope, vision and preparation. Thank you.

Eagle's Nest is situated in the beautiful French Broad River valley, surrounded by the lush, protective Blue Ridge Mountains. Our campus encompasses over 180 acres of magical natural spaces, where children can build forts beneath the rhododendron, look for crayfish while hiking through one of our chilly creeks, and be lulled to sleep by the sound of spring peepers and bullfrogs. This is the unspoiled and simple place that Eagle's Nest protects and provides for your growing child. We find that in this nurturing place children can transform.

At Eagle's Nest, we have created a program that teaches the skills necessary for children of all ages to participate as successful members of a community. In our community, children of all ages are able to grow in confidence, skills, friendship and in their connection to the natural world through a program that was thoughtfully designed for each stage of their development. We believe that children and adults who feel a deep connection and sense of belonging to a community are joyful, hard working, respectful, confident, and eager to do what they can to support the needs of that community.



Experiential education for young people; promoting the natural world and the betterment of human character.

Winter Address: PO Box 5127, Winston-Salem, NC 27113

Summer Address: 43 Hart Road, Pisgah Forest, NC 28768

Winter Contact: 336-761-1040

Summer Contact: 828-877-4349

www.enf.org



Accreditation:

The American Camp Association accredits Eagle's Nest Camp and Hante Adventures. Our activities meet or exceed the ACA's safety standards. The health and safety of campers is of utmost concern in everything that we do. There is a wealth of valuable information on the ACA website at www.acacamps.org.



We hope that Eagle's Nest will be one big "time out" from complexity for you and your children. Living simply is more difficult these days. Our children are often over scheduled and over stimulated by all that the world and technology have to offer. Therefore, it is very important that we teach children how to live day by day. We provide campers with simplicity, a place to play, a place to explore, and a place to connect with the joy of being a child. At Eagle's Nest our campers are encouraged to interact and connect with nature. We give them the opportunity to be independent of their parents and friends from home so that they can make their own decisions - like which activities to take. And we give them a chance to step out of their comfort zones and take on challenges with the support of their counselors and camp friends. Our campers are able to act freely among their peers, put down the masks that they may wear at home, and discover him or herself. At Eagle's Nest, children grow and bloom.

Once children have established themselves in the Eagle's Nest community we can pursue deeper relationships. Good relationships don't just happen by chance or by the fact that we are together at camp. Relationship must be taught and learned. As the world becomes filled with more distractions and becomes more complex and demanding, forming honest relationships becomes more difficult. For example, loud music creates withdrawal from the ability to hear our natural world; children who are plugged into MP3 players or focused on handheld electronic games cannot connect with each other; constant entertainment or simulation of action (like that of television and computers) create withdrawal from creative play, problem solving and learning. Too much, too fast, too soon can be a threat to our children. At Eagle's Nest we create a space for children to simply *be*, away from many of the distractions found outside of camp.

We find that it's enriching to interact together. In the camp environment campers are happy and change and grow. Camp is the perfect place to live together intentionally in cabins with peers, at family table groups where we share our daily joys, on work crews where we learn about giving service to a community, in the wilderness where we connect to what is real, on sports teams where we learn to play together as part of a team, and through dramas, musicals, art experiences, ceremonies, and high adventure classes like Hante treks, white water canoeing and rock climbing. Camp life is highly active, but it is not complex or scattered.

Of course, at the root of any successful community is our physical safety and security. Eagle's Nest Camp is in compliance with hundreds of safety standards and receives accreditation by the American Camp Association (ACA). We also go beyond ACA. Our standards for program safety are formulated with guidelines from the ACA, Outward Bound, the National Outdoor Leadership School, and the Association for Experiential Education, among others. Accountability is a deep commitment.

Thank you for helping us to nourish the bellies and spirits of your children. Please use this manual to help you as you prepare for your child's experience at camp. Please also contact us if we can provide additional help with your preparations, and throughout the camp experience. We are forming a partnership with you, the parents; we are very excited and willing to do the work to make that partnership strong and positive.

CAMPER'S EMOTIONAL ATTITUDE TOWARD BEGINNING HIS OR HER NEW EXPERIENCE STARTS WITH YOU: Talk to your child about camp and its differences from your existing home structure. You will know what these differences are by carefully reading our literature. The experience begins in the mind and at home. Help your child to understand what the time period of one to three weeks really means. Make a sample session calendar laid out on big paper. ***Do not tell your child that they may come home if they don't like camp.*** If you do, it will be very difficult for us to counsel and support them when they are homesick. Ultimately this leads to teaching children that they can break commitments and quit situations that are uncomfortable to them. Please trust that Eagle's Nest is prepared to nurture and care for your child while they are with us at camp.

FIRST DAY AT CAMP: That day never-to-be-forgotten by anyone. Plan to **arrive on the day that camp starts between 9:00 a.m. and 11:30 a.m.** On the last day, pick up is between **9:00 a.m. and 11:00 a.m.** Our system will be to park your car in the parking lots. Then the family proceeds on foot to check in to receive cabin assignments, sign your child in, and get screened at the Health Hut. After you've completed this process, you and your child walk to the cabin to meet the counselors and begin the transition. Parents are invited to spend a brief period of time at the cabin meeting the counselors and seeing the cabin; **HOWEVER**, please use this time to establish the transition of care to the counselors. Please allow the counselors to help your child pick out a bed, make the bed and begin to unpack. This act establishes trust and security for everyone. Parents are then welcome to stroll around Camp at their leisure, but are encouraged to leave before lunch. Goodbyes should happen at the cabin. The camper is then in the charge of his or her counselors and him or herself. If you feel that this transition will be difficult, please make a "goodbye" plan with your child before coming to camp and stick with that plan!

DIVERSITY AT CAMP: Eagle's Nest's philosophy is built on respect and being responsive to cultural differences. This includes being inclusive in light of differences in religion, cultural backgrounds, economic status and sexual orientation. We seek campers and staff members who are able to reflect the diversity of our world in many different ways.



Cabin Assignments:

We ask that you support us on our cabin assignments. We will not make changes in cabin assignments. We only have 6 cabins for each sex. Ages in cabins may change each year. Some cabins have mixed grades. The only hard and fast rule in cabin age differential is between the grades 6 and 7. When making cabin assignments we read requests that families have made, but we can not guarantee that all buddies will be together. We will support campers in fitting into their assigned cabins. We encourage new friendships and expanded horizons. We do not use the cabin unit for activity life as many camps do. All through camp we mix ages and sexes except in the cabins. Friendships are just as tight outside cabin life. This is the true Eagle's Nest spirit which encompasses the ENC nation. Thanks for understanding and supporting us.

Age and Cabin Grouping:

Campers are accepted from kindergarten graduates through 11th grade graduates. Participants are grouped according to grade level to ensure homogeneous maturity. Grades K-6 comprise the ranks of Junior Program Assistants (JPAs) and Program Assistants (PAs). Grades 7-9 comprise the Counselors in Training (CITs). Those who have completed the 10th or 11th grades may apply to be Junior Counselors (JCs). These camper ranks are designed to establish categories for participation in community life.

HOMESICKNESS: Some children get homesick and some parents get camp sick! Of course, you have been wonderful providers and now it's all so new and different. Parents with non-homesick children, please don't start feeling guilty. Your child's independence speaks wonders of your ability to let an already out-going child reach his or her potential. At camp we are all in tune with spotting and caring for homesickness, and we acknowledge homesickness, we are sympathetic to it, but we do not encourage it. We set up direct plans of action to avoid homesickness. The important thing is that we all stay in communication. Please call and tell us as soon as you feel your child is expressing continued homesickness. It has been our experience that campers want to tell their parents much more about the difficulties of their new life than their blessings. This seems perfectly natural. First of all, you are their first and foremost confidant. We hope you always maintain that trust and support it. Your child wants someone to know how hard it all is. For us, he wants to appear big and brave and may not confide any negative feelings. Secondly, he really cannot see his own growth; but we will be able to tell you about it. Thirdly, he really, sincerely misses you. Actually, we think it is more healthy for a child not to be too brave in his letters home. He needs his child securities. Finally, he may be worried about you. We find this to be the case more and more in today's stressful society. Did you leave things squared up on an emotional basis at your or his departure?

The second to third day is generally the low point for homesick campers. We begin working with homesick children immediately. If the homesickness is acute and continues for more than a day or two, we will contact you to let you know what is happening and enlist your help with a plan. Generally we will not allow the camper to talk with you as that doesn't help the camper or the parent. If the camper does talk with you, please support him being at camp and do not tell him that you'll come and get him. Please trust that we are caring for and nurturing your child through his homesickness and we will not let him be miserable.

TELEPHONE USE AND CONTACT WITH CAMP: Telephones and mother's and father's voices endanger the child's total independence in one fell swoop. Hearing that loving and concerned voice on the other end of the phone is simply too much. Therefore, we don't allow telephone contact with the child except in cases of emergencies. We will, however, deliver important messages from you. The camp leadership will be happy to speak with parents at any time.

We do not want to keep parents in the dark or be in any way inaccessible. **Please call or email us when you need to connect or would like an up-date.** We enjoy talking with parents about their child's experience at camp. You can contact Paige Lester-Niles, the Camp Director, at paige@enf.org.

Please do not send personal faxes or emails to campers, unless it is from abroad.

VISITING: We parents love to participate in, observe, or be part of our children's experiences. Visiting camp seems like a way of being able to do this; however, we have found that visits to camp by parents and friends can be very disruptive, in much the way that the telephone is. It tends to be disruptive to the campers who are being visited and those who are not being visited. Therefore, **we do not allow campers to have visitors**, and ask parents to experience and observe camp through letters, pictures posted on the web, and conversations with camp leadership. You'll also have lots of stories to look forward to at the end of the session. If you have any questions, please contact the Camp Director (Paige).

LETTERS: Links with home are very important. They are your expression of love and support for the experience your child is having. They furnish security in knowing that everything is all right at home. **Please Write To Your Child At Least Once A Week** and preferably two or three times. You may even want to send letters ahead of time so that your child will have a letter waiting for him when he gets to camp. The address is found on the front of this manual. Give it to other friends and relatives too. (Please include camper's cabin number and your return address.) If you could see the face of a child watching "the others" get their mail, when he has not for a period of time, you would rush to the P.O. You don't need to write long letters; just a post card or note with something positive. It is not helpful to discuss home problems or to over emphasize how much you miss your child (that can also produce anxiety). Simply write frequent, newsy dispatches, supporting your child's experience at camp. If you do receive troubling correspondence from you child, please contact us so that we can help. On our part, we will try to get the campers to write home once weekly in the event that home has become for them "out of sight, out of mind." Remember, they are busy!

CARE PACKAGES: Campers enjoy receiving fun packages from home. One package a session is all they need to add a little extra excitement to the day. We find that more than one package isn't necessary; please do not send more. When planning a care package, please send environmentally friendly "treats" (NOT FOOD) that your child can enjoy at camp. For example: games, stationary, cards and books. Please do not send lots of plastic toys. Food (even healthy snacks and homemade treats) is not acceptable. When a child receives a package at camp, she will open it with her counselor. We are sorry to say that any food or sweets, in spite of your very sweet thought, cannot be given to the camper. Our website has information on a number of companies who put together care packages for campers.

PHOTOS AND WEB UPDATES: We are happy to provide digital photographs of daily camp activities. Simply visit the Camp section of www.enf.org and click on the "Blog and Photos" tab. We also offer pictures from our Hantes in the corresponding section of the Hante page. Response to this feature has been overwhelmingly positive. However, we sometimes encounter occasional misunderstandings as to what we offer. While we will do our best to update the pictures every few days, we are occasionally unable to do so because of timing, internet access, and our need and desire to spend time with the campers. We try to be very unobtrusive in our picture taking as we find some children to be camera-shy and picture taking can be disruptive to the experience. We are unable to take picture requests from parents or other relatives. Please remember you are only viewing a "snapshot" of life at camp and a photo of a leg sporting a band-aid or a picture of a studious child are all part of daily life and not a sign of distress. Your children are in the hands of caring, capable professionals dedicated to their daily well-being.

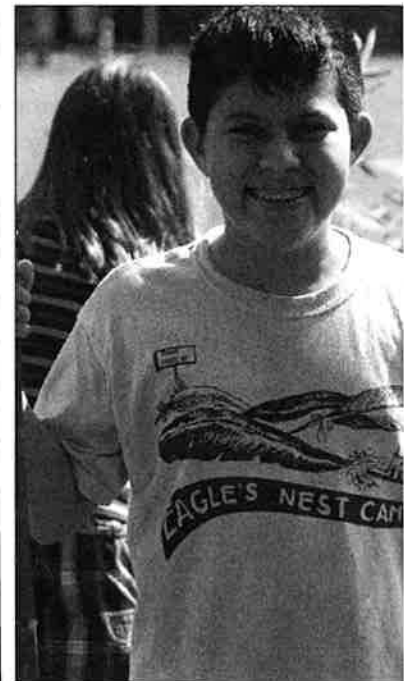
CANTEEN ACCOUNT: Each camper has a canteen account (\$60.00 per session recommended for two – three weeks, \$30.00 for one week). This should cover such expenditures as camp memorabilia, postage, needed toiletries, and spending money for additional outings. JCs may need an additional amount to cover "JC Outing" expenses. We will do our best to ensure campers do not exceed parents' initial canteen deposit. Charges for shipping trunks and additional medical expenses are also handled through canteen accounts. Any balance above \$5.00 will be refunded at the end of camp. Canteen balances of \$5.00 or less will be donated to the camp scholarship fund unless otherwise requested.

CHILDREN GOING OUT OF CAMP: We do not allow your child to leave camp with other families for any reason without specific written permission from you. This permission must include the name of the person, over the age of 18, with whom the child may leave camp.

STAY-OVER CAMPERS: There is a special elective stay-over program for campers staying for more than one session. The fee for this program is \$150. This program is only open to those campers staying between programs. Campers must pre-enroll.

TIPPING: We ask that our parents not tip the staff. The work we do is out of love and respect for children and the gratification of such work. Donations to the camp scholarship fund are welcome and appreciated.

SHIPPING: Baggage and trunks may be shipped to and from camp via UPS, FedEx or DHL. It should be shipped a week in advance in the campers name. Camp will make arrangements for trunks, etc., to be shipped home at the close of the session. **Please contact the office for details if you would like to have your camper's trunk shipped home.**



Helpful Links for Parents:

The following sites offer great additional information about how to prepare your child for camp, how to prevent home-sickness, etc.

www.acacamps.org

www.campspirit.com

www.enf.org

LOSS AND THEFT: Theft is extremely rare at camp but can occur. Most often, campers lose track of the precious items that they bring to camp. The best medicine is prevention. Please do not bring/send costly and valuable objects like jewelry, expensive or new clothing, expensive watches, etc. to camp. We understand your desire to bring valuable outdoor equipment to camp such as sleeping bags, boots, personal tennis racquets, etc. To a certain extent, we can protect these things in locked sheds and trunks, etc. Also, we do everything we can to help the camper use good care habits. The camper will be given help with this through cabin guidance, program guidance, and ample scheduled time to clean up, pack up, and make transitions. At the end of the session, campers are given a full half-day of supervised cabin time for packing and other final cabin activities. Still, many campers struggle to keep up with their personal things and often go home missing a few items with which they arrived. Prior to camp, please have a discussion with your child about how to care for (and recognize) their possessions. It will help if they are involved with packing for camp. We also ask that you label all of your child's clothing and gear (including toiletries). A Sharpie works well for doing this. We cannot guarantee total protection and we cannot replace stolen or lost items. A camper will have to assume responsibility for her own possessions, although we will work closely with you and your campers in this matter.

EXPECTATIONS FOR BEHAVIOR: Eagle's Nest promotes a safe and nurturing community in which children and teenagers may mature at an appropriate pace. We are very clear with our campers about our rules and boundaries, and about our expectations for their behavior. We also teach them to understand the connection between their behavior (good or bad) and the resulting consequences (natural and imposed). We teach our counselors and campers to remove the negative connotation of discipline, and view it as a positive way to help children become their best selves. For example, we think of successful athletes as being very disciplined in order to meet their goals. In the same way, we help children to be disciplined about the way in which they interact with each other within our community. We also help children to be disciplined and make good choices by teaching respect for each other, our camp community and our expectations for camper and staff behavior. We are not punitive, but operate through a sense of caring for our campers.

REASONS FOR BEING EXPELLED:

1. DRUGS AND ALCOHOL: One of the fears that we parents have is the exposure to drugs, alcohol or illegal substances that our children may receive in schools, clubs, camps, social organizations, or just walking down the street. Drugs that are illegal in our society are illegal at camp. **If a camper brings or uses illegal substances or alcohol at camp, on camp trips, or at any Eagle's Nest Foundation program, or offers illegal substances or alcohol to others, he or she will be sent home on the first offense.** Counselors are carefully screened and comply with federal and state statutes and will receive the same consequences. We don't think we can be clearer than that. There are no gray lines in this issue. We cannot compromise on this strict policy because of the safety risks involved.

2. SMOKING and the use of tobacco products are not permitted at Eagle's Nest Camp. A violation of this rule is grounds for expulsion from the program.

3. SEXUAL RELATIONSHIPS: Eagle's Nest has been co-ed for its entire existence. We recognize that sexuality is a vital aspect of growth in young people. We feel that schools and organizations such as ours, which are interested in the total growth of young people, must address this fact. We have found that the camp setting becomes, for some campers, an environment where the camper becomes comfortable enough to ask questions concerning sex and/or their sexuality. Our staff has been trained during orientation to field questions or discussions amongst campers, in an age appropriate, healthy and sensitive manner. The Eagle's Nest plan for our co-ed community is to provide, first and foremost, a well-communicated structure that our campers and Junior Counselors can understand and live up to.

Rules for sexual behavior at camp:

- Physically intimate relationships at camp by participants, including JCs, are not acceptable and are grounds for dismissal.
- Campers learn to get to know and trust the opposite sex.
- Campers learn to have inclusive, not exclusive relationships and leave camp with good friends and a love for themselves for who they are.

Enforcements:

Cabin rules: Cabins are absolutely off limits to the opposite sex.

Quad (girls' cabin area) rules: After goodnight circle, quad is absolutely off limits for the men and the men's hill is off limits for the women.

Bed time rules/Lights out hours: This is that area where camper trust and love for his or her counselors has to be extremely high. It is also the point where high quality, carefully chosen, highly trustworthy Eagle's Nest counselors shine. We do not operate from a hierarchical attitude but from inner discipline. We do not police all night and we do not lock doors. Even so, there are rare occasional sneak outs but, as far as we experience it, this is a group "fun thing" when it happens. In any event, we always hear about it the next day and community consequence goes into action. At Eagle's Nest cabin raids are not tolerated at any time.

Camping: All camping expeditions or overnight activities will maintain the single sex rule; i.e., separate tarps.

Dress and Appearance: Eagle's Nest Dress and Appearance Code calls for functional, non-provocative or offensive clothing. No sexually provocative or revealing attire is allowed. We ask that you not advertise tobacco products or alcohol or wear articles of clothing containing profanity, sexual connotations or racial slurs. No strapless shirts, tube tops or tops that don't cover the midriff. No short shorts, very short skirts or string bikinis. Pants and shorts should be worn at or above the hip bone with no underwear showing. Body piercings should be unobtrusive and not create safety issues. We find that earrings in the outer lobe of the ear are acceptable. Some piercings we find unacceptable or unsafe are navel, inner ear, tongue, eyebrows, lips, face, nose studs are acceptable) and ear spools. These piercings should be removed before coming to campus. We expect everyone to keep their body clean and their hair washed.

4. HARRASSMENT: Eagle's Nest Camp does not tolerate harassment or bullying of any kind.

If Eagle's Nest is unable to effectively counsel a child and if his actions breaks Eagle's Nest policy, the child is sent home without a refund.



FOOD: We serve natural, healthy foods. Our diet at camp consists of simple, fresh, from scratch cooking. We use lots of healthy ingredients like whole grains, fruits and vegetables, local produce, white meats, dairy products, nuts, etc. Protein balanced vegetarian options are served every meal for those who desire. We do use some sugar - moderately - and we do serve yummy desserts. We also have a garden which produces some of the produce that we use in our meals. We don't want your camper to arrive with five sacks of candy bars in the bottom of the trunk. If campers arrive at camp with food, it will be taken away. We can accommodate most special dietary needs upon arrangement. We are not a nut free campus. Thank you for helping us get healthy, natural foods on our tables and for promoting healthy eating habits.

EATING HABITS AND DISORDERS: Unfortunately, we do see children with eating disorders. Eagle's Nest is not equipped to counsel those with serious disorders. Our counselors have a unified approach to the presentation of food at the small family grouped tables of eight or ten. At Eagle's Nest, we do not push food on children. At the same time, we will withhold a dessert, like brownies for instance, from a camper who has eaten nothing. There are quite a few main meal options and we do not feel sugar to be a healthy, sole nutrient to satisfy hunger. Given an active life, our campers soon develop healthy appetites. We stress that eating not become an emotional nor reward issue. For the camper who does not eat for fear of weight gain, we offer non-pressured guidance. At the same time, the camp cultural image of strong active bodies often shifts the attitude through adoption of new roles.

SPIRITUAL DIRECTION: This subject is very important and we are fully aware of its controversial nature; however, we find that our attention to the spiritual aspect of life may be the real basis for success at Eagle's Nest. We feel that love and care is best taught from a basis of devotion and humble respect for the gift of our lives and all nature. At Eagle's Nest we strive to create connections to nature and to joy. We believe that children and adults need to feel connected to something greater than themselves. This sense of membership or belonging has significantly positive ramifications. So, our spiritual approach is a practice of a sense of connection.

SPIRITUAL APPROACH: Eagle's Nest is an independent foundation with no religious affiliations. We are non-denominational and inclusive. We embrace a diversity of religious, philosophical and spiritual thought. This means that if we love the Lord's Prayer, we will use it. It means that if we love a Jewish prayer or a Native American prayer, we will use it. We believe that children need to feel that there is a "goodness and beauty" out there in the universe and that this "goodness and beauty" is greater than we are as individuals. We also feel that children need to know that these qualities are both within themselves and all around them in nature.

What form does this take at Eagle's Nest? Every morning we have flag raising. Sometimes a counselor will add her flag too as our international staff often do. Usually we say a prayer. Prayers at Eagle's Nest are utterances of devotion to the greater good in a sacred manner. They are more than a "moment of silence" for the prayer of your choice. Every Sunday we have a FRIENDSHIP CIRCLE, a sharing time most easily described in the Quaker tradition. Every week we have an Indian Village ceremony, a name that has been with us since the very beginnings of Eagle's Nest. This ceremony is self-created in the Native American tradition. We look to Native Americans to be our teachers and elders as those who are Ancient North Americans. We use many traditional myths as stepping stones towards understanding the natural world and community tribal life. The Native American tradition is consciously selected as a guide for these ceremonies at Eagle's Nest and for traditional classes such as Indian Lore. The reason why we bring this emphasis to camp is to give us a tool to relate to our natural world and to each other in a tribal-archetypal way.

The primitive, simple world is a world the child understands. It is real, it is concrete, it is not theoretical. Children and teens desperately need concrete relationship with the natural world and with consequence of action. We sometimes teach these activities through role-playing. Many of our classes and ceremonies use role playing as a teaching tool.

ARE YOU INTERESTED IN BECOMING A CAMP REPRESENTATIVE?

We are so happy that your family is a part of the Eagle's Nest community. Our main source of promotion is through word of mouth and chances are good that you found out about Eagle's Nest from a friend. Hopefully you have already told several other friends about ENC. Thank you for sharing Eagle's Nest with your friends; we need your help in recruiting new campers to Eagle's Nest Camp and Hante Adventures.

How does it work? Each year administrators from camp and Hante Adventures travel all over the East to the homes of our Representative families to talk with people about our programs. Our recruitment tour is a wonderful time for us to share our mission, philosophies and goals and is also a time for us to garner new ideas so that we may continue to strengthen our program. Camp Representatives generate interest in our programs by letting folks know about Eagle's Nest and by hosting gatherings where we can show camp photos and talk about Eagle's Nest.

The BENEFITS of being a Representative are numerous and include:

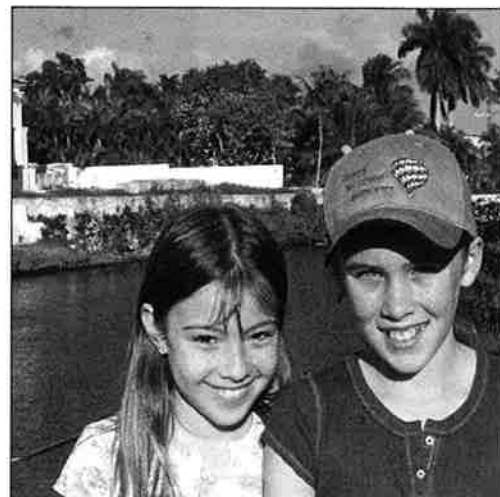
- 1) Discounts on camp tuition for each new camper that you recruit to attend Eagle's Nest Camp.
- 2) A weekend at Eagle's Nest in the fall during which time you can rock climb, canoe and enjoy life as a camper.
- 3) A discount for hosting a camp recruitment party.
- 4) Kids love playing host to Eagle's Nest and their friends.
- 5) Our thanks for helping us make Eagle's Nest the best that it can be.

Please contact us to learn more about becoming an Eagle's Nest Representative at: info@enf.org. Your willingness to spread the word is not only appreciated but needed!

CAMP WISH LIST

Please think about Eagle's Nest when you're doing your spring cleaning!

- Digital and manual cameras
- Children's chapter books for our library
- Instruments (guitars, etc.)
- Costumes (old prom dresses in small sizes are GREAT), wigs, shoes
- Board games for cabins
- Hammocks
- Road or mountain bikes for our international staff members to use
- Coffee mugs for our counselors





WHAT TO BRING: Parents often wish to bestow on their children the best society has to offer. This is very well meaning; however, if you pack a trunk with abundant, top quality, new, expensive clothing, two things will happen:

1. Your child will get stressed trying to preserve and protect these expensive items designed for the best of laundry conditions. OR
2. (more often the case) Your child will be totally oblivious to the quality of his clothing and its abundance and will mysteriously lose it and get down to the same old, trusty three outfits or will totally destroy it one muddy afternoon on the athletic field (and we have lots of those). Believe it or not, the counselors spend a great deal of time and worry over sorting clothing. Remember, we all want clothing to be the responsibility of the owner / camper. We will spend energy in the cabin to achieve this end but, please, **under pack**, if anything, and bring old, already stained clothing. The result of over packing is that new things are often lost and the old returned carefully with a bit more mildew on them! If you send new clothes, not only will they return in much worse shape, chances are your camper may not even recognize them as their own!

So, bring the old shirts, shorts, and pants. Do bring some synthetic, warm clothes and a fleece jacket. Cotton sweatshirts do not give much warmth if wet. Bring general athletic / walking shoes and boots which are good for the uneven terrain at camp. Sandals (or opened toed shoes as we call them) are fine as well for parts of camp; however, campers will need closed toed / stay on your feet shoes for the majority of activities at camp. Since we do get wet at camp, we recommend two pairs of closed toed shoes – one that can get wet and stay wet, and one that can stay dry. If you intend to take horseback riding and already have hard shoes with a heel, please bring them, otherwise we do have some available for use. Please consult the packing list and the dress code for other suggestions. Please also review the dress code with your camper. We would also like for you to bring one simple white outfit (pants and shirt, skirt and blouse, or dress) for Indian Village and other ceremonies.

MUSICAL INSTRUMENTS

We are proud to continue many music classes this summer. We are hoping to build many small ensembles, so please do bring your instruments. We will store your instruments in the Performing Arts Building, Cheoah, an air-conditioned building.

WHAT NOT TO BRING

Remember, no iPods, cell phones, laptops, electronic games, radios, computer toys, dangerous weapons, food or candy. We do not allow campers to take video at camp. We recognize that many cameras have video filming capabilities. Campers may bring those cameras, but they will not be able to take video. Please leave other video equipment, Flip cameras, etc. at home.

Your child may bring a pocket knife (which will be checked in with the counselor and used only under supervision) and a wristwatch. Think function!



Packing List: Again, please bring old, sturdy, inexpensive clothes. Laundry is done at Camp on a weekly basis during the two and three week long sessions. Hante and Added Adventure campers have an additional list of clothes and equipment (sent in April) . Please refer to that list as well when packing for camp. **Please label all clothing and toiletries. A suggested list is:**

One Trunk --packed with complete inventory list of all camper's possessions taped to inside of the top. Footlockers can be purchased at your local "all purpose" store. We also work with Everything Summer Camp (see address below). They make good quality, long lasting footlockers. Eagle's Nest families receive a discount. They will also put the Eagle's Nest logo on your trunk if you ask.

4 sheets (2 fitted, 2 flat, + rubber one if necessary)*	2 jeans or long pants
2 pillow cases	1 rain jacket
1 pillow	2 swim suits (no string bikinis)
2 blankets	2 pairs of closed toed shoes (one that can get wet)- not Crocs
8 pairs of socks, 2 wool	1 pair hiking boots (can be one of the 2 closed toed shoes)
10 underpants	1 travel/attractive outfit
1 pair pajamas	4 bath towels
8 shorts	2 washcloths
9 shirts	1 laundry bag
flashlight & extra batteries	Sunscreen for personal use
toilet articles & soap—labeled	Musical Instruments - see note
1 drinking cup	1 white outfit for ceremonies (optional)
1 pair flip flops, water sandals or "Crocs"	Sleeping bag & Stuff Sack—not a substitute for sheets/ blanket
1 warm jacket, fleece or windbreaker	1-2 sweat shirts / hoodies
1 pair sweat pants	Medications in their original packaging

* Session IV campers only need one set of sheets.

For health reasons, the sleeping bag does not replace sheets and blankets. Campers may also bring baseball glove, tennis racquet, camera and film, riding boots, musical instruments, costumes, books, music for dances, and stationery. **IT IS ESSENTIAL THAT ALL ITEMS, INCLUDING TOILETRIES, BE CLEARLY MARKED WITH CAMPER'S NAME.** Campers are responsible for their own personal property.

Links for Camp Supplies:

Everything Summer Camp: www.cnmfg.com / 800-535-2057. Trunks and other camp supplies.

Diamond Brand Outdoors: www.diamondbrand.com / 800-459-6363. Local provider of camp gear.

REI: www.rei.com or www.rei-outlet.com

Liberty Mtn: www.libertymountain.com: Camp gear

MEDICAL INFORMATION

The staff at Eagle's Nest Camp always tries to take the best possible care of its campers. Whenever the medical staff feels a camper needs help that it cannot give (e.g. x-rays), the camper is taken to the camp doctor who practices with the Medical Associates of Transylvania in Brevard, North Carolina, or, if it is after hours, to the emergency treatment center at Transylvania Community Hospital. If the Camp Director or health care personnel deem that the injury or illness is of a significant magnitude, we will contact the family. This would include sutures, fractures, serious sprains, antibiotic or steroid use, or a stay of greater than 24 hours in the Health Hut (camp infirmary).

Medical Insurance is required for all campers. Most of our local medical providers will file camper insurance directly and / or accept parent credit cards for co-pays and charges. In the event a medical provider will not do so, parents will be responsible for payment of the charge through their camper's canteen account. Paperwork for such charges will be given to parents on closing day. Dental needs such as adjusting braces will be handled in the same manner. Most of our local dental providers do not file insurance and require payment at the time of service.

The Health Hut (Infirmary) is open four times a day for sick call and for children taking medications. Campers who need bed rest will be checked into the Health Hut under the supervision of the Health Hut staff. All staff are trained with a minimum of First Aid and CPR.

SUNSCREEN: Our infirmary and activity areas provide sunscreen for certain activities but we do not provide it liberally for all campers for personal use. We ask that you pack sunscreen for your camper.

MEDICATIONS: All medications, including vitamins, are kept in the Health Hut and dispensed by the nurse. If your child takes medication throughout the school year, please contact the camp office if you are considering a change for the summer months.

INHALERS: If your child uses an inhaler for asthma, please send **two** to camp. One inhaler will be kept by the child and the other by the infirmary.

CAMPER CLEANLINESS: As part of maintaining good health while at camp, campers shower and change clothes daily. If your child is not used to taking a shower please teach them this skill before camp. Counselors are also instructed to be watchful for skin infections, poison ivy outbreaks and general health of each of their campers.

REMINDER: If you have not yet returned the completed and signed Medical Forms 1 and 2 for your camper and a copy of your insurance card, please make sure they are in the camp office ASAP. In order to provide the best possible care of your child, it is of utmost importance that these forms are in to our office in a timely fashion. After May 25, 2011, all mail should go to our summer address: Eagle's Nest Camp, 43 Hart Road, Pisgah Forest, NC 28768.

SWIMMING AT EAGLE'S NEST

At Eagle's Nest we test all campers to assess their swimming abilities. Knowing their swimming abilities helps us properly plan for the many water oriented activities in which they will participate at camp. Campers who are unable to swim are required to take swimming classes at camp – either everyday or every other day. Our swimming program helps us meet our mission by teaching a valuable life skill that campers need in order to participate in many of our activities, by connecting campers to the natural world, and by providing campers with a supportive program in which they can step out of their comfort zone a bit and face some of their fears about lakes and other natural bodies of water.

Help prepare your child for swimming at camp. If your child is a novice swimmer, enroll them in a class at a local organization that teaches swimming. Let your child know that they will be taking a swimming test in the camp lake. Let us know if your child has fears about taking the swimming test or about taking swimming at camp. We also train our staff on how to help nurture and prepare campers for the swimming test.

DIRECTIONS TO EAGLE'S NEST

43 Hart Road, Pisgah Forest, NC 28768 Phone: 828-877-4349

Caution: Map Quest direction or GPS navigation take you on a remote, gravel road for many miles.

FROM ASHEVILLE (Approximately 40 minutes)

Get onto I-26 East south of Asheville, headed towards Hendersonville/ Asheville Airport

Take exit 40 for NC-280 towards Arden / Asheville Airport

At the end of the ramp, **turn right onto NC-280/ New Airport Road**

Continue to follow NC-280 for 16 miles

As you near 16 miles, you'll pass a large shopping center on your right with Bi-Lo grocery, then you'll arrive at a large intersection of routes 280, 276 and 64. **Go straight at the intersection.**

Almost immediately you will pass a Lowe's home improvement center on your left. **Turn left there onto Ecusta Road.**

At 1.3 miles, Ecusta Road ends at Old Hendersonville Hwy. **Turn left onto Old Hendersonville Hwy.**

Drive 1 mile, then turn **right onto Everett Road.** You will see an Eagle's Nest sign.

Drive along Everett Road of 2.4 miles, then **turn tight onto Hart Road.**

Drive down the short hill and **turn right into the Eagle's Nest entrance.**

FROM HENDERSONVILLE (Approximately 25 minutes)

From I-26, take exit 49B to merge onto US-64 West towards Hendersonville.

Within a few miles you'll drive through downtown Hendersonville. **At 2.2 miles, you have to make a quick left / right turn combination to stay on US-64 West.**

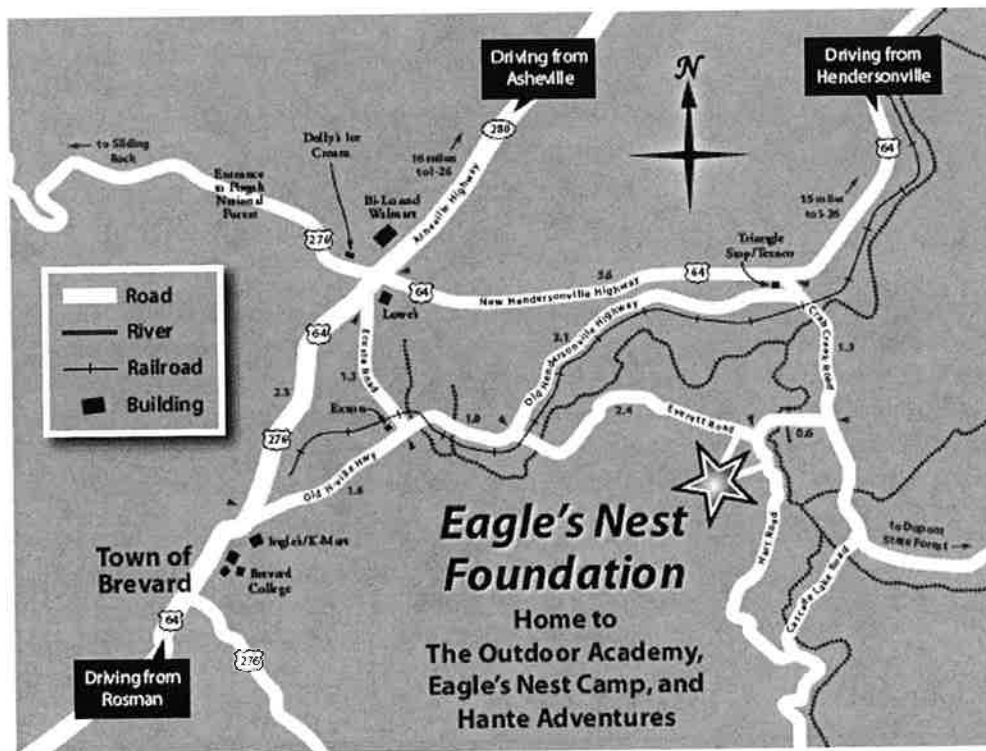
To confirm that you are still on 64, at about 2.8 miles you will pass a large cemetery on the left.

At 15 miles you will pass a small sign on your right for the Holmes Educational State Forest. Moments later you will arrive at an intersection. There is a Marathon station on the left. **Turn left here onto Crab Creek Road.**

At 1.3 miles, turn right onto Everett Road. You will see a small sign that say "Eagle's Nest".

At 1.8 miles you will see a large sign on the left that says "Eagle's Nest Camp—The Outdoor Academy". **Turn left here onto Hart Road.**

Drive down the short hill and **turn right into the Eagle's Nest entrance.**



LODGING NEAR EAGLE'S NEST CAMP

There are many motels, hotels, and bed and breakfast inns located near Eagle's Nest. Listed below are several that we recommend. There are "National Chains" located in Hendersonville and Asheville.

PINES COUNTRY INN ~ (828) 877-3131

Approximately 2 miles from Eagle's Nest on Hart Rd. Quaint accommodations; not fancy, but clean. Serves breakfast and dinner. Open May - October.

KEY FALLS INN ~ (828) 884-7559

Originally a home built in the 1860's, now a Bed and Breakfast. 2.5 miles from Eagle's Nest. Nice accommodations.

HAMPTON INN BREVARD ~ (828) 883-4800

Located in Brevard at the intersection of Highways 280/276/64.

ROAD WAY INN ~ (828) 862-4200

A typical motel approximately 4.5 miles from Eagle's Nest.

EARTHSHINE MOUNTAIN LODGE ~ (828) 862-4207

Located between Brevard and Cashiers on Rt. 1, approximately 13 miles from Brevard. Family vacation resort.

HOLIDAY INN at the ASHEVILLE AIRPORT ~ (828) 684-1213

Located at Asheville Airport Exit, Fletcher, NC.

INN AT BREVARD ~ (828) 884-2105

Located on Highway 276 in Brevard. Breakfast included, other meals available. 410 E. Main, Brevard.

RAINBOW LAKE RESORT ~ (828) 862-5354

Located in the East Fork area of Brevard. 13-acre resort with 9 cottages.

HOLIDAY INN EXPRESS ~ (828) 862-8900

Located on Highway 280 at Ecusta Road in Brevard (10 minutes from Eagle's Nest).

CLADDAGH INN ~ (828) 693-6737

Bed & Breakfast located at 775 N. Main St. in Hendersonville (20 minutes from Eagle's Nest).

HIGHLAND LAKE INN ~ (800) 635-5101

Located in Flat Rock, NC with an exceptional restaurant (20 minutes from Eagle's Nest).

BEST WESTERN HENDERSONVILLE INN ~ (828) 692-0521

Located in Hendersonville, NC (20 minutes from Eagle's Nest)

BLAKE HOUSE INN ~ (828) 681-5227

Pet friendly Bed & Breakfast located in Arden, NC (30 minutes from camp)



Daily Schedule

7:30	Rising Bell
7:45	Table Setting
8:00	Flag Raising
8:15	Breakfast
9:00	Cabin Clean-Up or Bread Making
9:30	Class Period 1
10:40	Class Period 2
12:00	Cabin Time before lunch
12:30	Lunch and singing
1:30	Rest Period
2:30	Class Period 3
3:40	Class Period 4
5:00	Cabin Time before dinner
5:30	Dinner
6:30	Free Choice Time
8:00	Goodnight Circle and Snack

Evening Schedule**K-3rd grade:**

Activity Time: 8:00—8:30

Lights Out: 9:00

4th-6th grade:

Activity Time: 8:00—9:00

Lights Out: 9:30

7th-9th grade:

Activity Time: 8:00—9:30

Lights Out: 10:00

Camp Administration:**Executive Director:**

Noni Waite-Kucera

Camp Director:

Paige Lester-Niles

Assistant Camp Director:

Liz Snyder

Assistant Camp Director:

Caroline Toy

Pisgah Forest Office Manager:

Bonnie Lance

Hante Coordinator:

Nate Sutton

**Winston-Salem Office Manager/
Camp Registrar:**

Melissa Engimann

EAGLE'S NEST CAMP DICTIONARY

We thought it would helpful to give you a little more insight into your camper's experience here at Eagle's Nest. Here are some "Eagle's Nest" words and phrases that should help you in understanding a bit more of your child's experience. Also, there are a few questions below to help you and your camper better share the camp experience.

Big Scoop!: If a cabin gets 6 A's in a row on cabin clean-up inspection, they get to go on a trip to Big Scoop (a local ice cream shop called Dolly's) and get two heaping scoops of delicious ice cream..

Birthing Hole: This is an underground tunnel hidden in the woods at camp.

Capture The Flag: The entire camp is divided into two sides by a sawdust line and the brother and sister tribes team up to try to capture the other team's flag.

Cho-Chos: A delicious chocolate chip brownie dessert.

Circle Up: We ask for people to circle up in classes, before meals, at goodnight circle, and other times we want to join together as a group.

Goodnight Circle: happens each night as a time for the entire camp community to gather in one huge circle and close the day together.

Lodge: We join as a camp in the Old Lodge and have an all camp dance party.

Migisi: The male tribe of the Eagle, from the East (Yellow).

Natseeho: The male tribe of the Bear, from the West (Red).

OD Board: is the place where every camper goes in between activities to change their tag from their last activity to their next one.

Rabbit Hole: This is a great big muddy pit on the Weedigo Trail.

Three Falls: A small, natural three-tiered cascade on the creek that borders Indian Village. There is a hole in one of the rocks and the bottom of the cascade. Many campers have dipped their heads into the water there to find a special camp name for themselves.

Twilight: Twilight is free choice activity time after dinner.

Weedigo: The story of the Weedigo is a favorite spooky campfire tale.

Winnesquam: The female tribe of the Mouse, from the South (Green).

Wohelo: The female tribe of the Buffalo, from the North (Blue).

QUESTIONS TO ASK YOUR CAMPERS:

What was your favorite evening activity?

What was the funniest skit you saw this session?

Were any of your cabin mates or counselors from a different country?

Who was your bunk mate?

Did you go on any outings away from camp?

Where did you go and what did you do?

What was your favorite place to be at camp? What did you do there?

What were some of your favorite things to do at Twilight?

What was your favorite new food that you ate at camp?

What tribe are you in? What did you do when you joined your tribe?

What was your favorite thing you did with your tribe?

What was the best part of your cabin outing?