

Camp Fatima

A CATHOLIC CAMP FOR BOYS IN GILMANTON IRON WORKS, NEW HAMPSHIRE

Camp Bernadette

A CATHOLIC CAMP FOR GIRLS IN WOLFBORO, NEW HAMPSHIRE

PO Box 206
Gilmanton I.W., NH 03837
603-364-5851
603-364-5038 (Fax)
info@diocamps.org
www.diocamps.org

April 1, 2009

Dear Bernie Families,

I would like to extend a warm welcome all our Bernie families both old and new. This will be our 57th summer of camping excellence and we are all excited about celebrating our long-standing traditions of the Fourth of July (1st session), Christmas in July (2nd session), Color Wars (3rd session) and the Olympics (4th session). We are excited to welcome Ellen Sears (Sports Director), Loreal Brown (Boating Director), and Becca Egler (Intermediate Division Head) to our Head Staff this summer. They will be joining Liz Marcoux (Seniors), Hollie Doyle (Juniors), Lily Morin (Arts), Emily Hallett (Cit's) and Nora Sullivan (Program). I am sure all of them will keep us very busy this summer.

We are again asking that care packages be kept to one per session and no bigger than a shoebox. Home-made brownies are always a treat! Each camper is offered candy and soda on a daily basis in our Camper Canteen. Please remember we do not allow campers to have a cell phone, itouch or portable DVD player. iPod's are ok.

Be aware that Camp Bernadette has a "No Nit" Policy. Lice checks are performed on every camper before entering camp. I have also included some suggestions for first time campers and their families in preparing for camp. I hope you find this helpful as you ready your camper for an experience of a lifetime. Also in this spring packet is a **camper letter** to the counselor which will given to the counselors prior to your camper's arrival. We hope this will help in easing your camper's transition from home to camp. Please send this in at least one week before your camper's arrival.

The camp store will be open on change Saturdays and Sundays. For those campers coming to camp on the **bus**, you will receive a camp store order form with your bus confirmation. Please send the order form in with the appropriate amount and we'll do the rest.

For this summer, we are asking all campers to send in their health forms by June 15th. this will give the nursing staff time to review and clarify any health issues. We are hoping that this small change may speed up the registration process. Please read carefully the letter from our camp nurses. There are helpful tips in it that will make the registration process move more quickly. ***The health form has changed so please read it over carefully.*** And don't forget to make a copy of your health insurance card - both back and front and slip it into the health form.

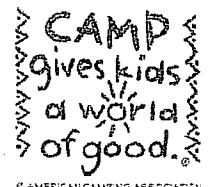
If you have any questions, please feel free to email me any time at:
smarcoux@campsfatimabernadette.com.

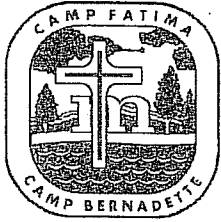
Sincerely,

Sue Marcoux, MSW
Resident Director



Chairman of the Board - Bishop John B. McCormack
President - Sr. Mary Elizabeth Whalen, SNDdeN
Diocesan Director - Gus Planchet, CCD
Board of Directors - Karen Bianco - Brad Cook - Jennifer Stephen
Ruth B. Ford - Jim Freiburger - Michael French - George J. Larkin, Jr. - William Storo, MD





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Dear Parents & Guardians,

The nursing staff at Camp Bernadette tries very hard to ensure your child's safety while at camp. Please help us by filling out the health history form as completely and honestly as possible. **Please mail your Health Form to camp by June 15th.**

Please send your child to camp with any medications in properly labeled containers. The label must have her name, medication, dosage, time schedule, doctor's name and phone number and prescription number. No medications are allowed in the cabin with campers. This includes vitamins and all over-the-counter medications. If your child has an allergy, please note it on the health form. If your child requires an Epi-Pen, please include the Epi-Pen and a written doctor's order. If your child has asthma requiring an inhaler, please send two. The camper may carry a rescue inhaler and one will be kept in the health center. In the event that your child has had a recent injury or surgery, please include these in the health history.

If your child has any special needs, please feel free to call ahead or set up an appointment with the nursing staff before your child is scheduled to arrive at camp. We strive to make your child's camping experience the best it can be!

As always, your child's camp health folder ***must*** include the following:

1. **Physical exam by a doctor within the last 24 months**
2. **A copy of both sides of your health insurance card**
3. **A copy of an up-to-date immunization record**
4. **Parent/Guardian signature to authorize treatment in case of emergency**
5. **Written M.D.'s orders for any and all medications to be given by the nurse**
6. **List any and all emergency phone numbers including cell numbers**

Lastly, remember to send your camper with plenty of sunscreen, a reusable water bottle and insect repellent in a non-aerosol pump bottle or lotion.

Thank you for your time and effort in helping us make sure your child is safe and healthy while at Camp Bernadette.

Sincerely,

The Bernadette Nursing Staff



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PARENT INFORMATION SHEET

(Important information - save for future reference)

CHECK-IN: Check-in time at both camps is from 9:00 am to 12 noon. The Camper's Sunday Obligation should be fulfilled before coming to camp in that our camp Mass is Saturday evening. Check-in will be in the Rec Hall at Fatima and in the fieldhouse at Bernadette. Completed camper health forms and any medications must be given to our medical staff at check-in. **BE SURE THAT IMMUNIZATIONS ARE UP-TO-DATE.** It is imperative that all insurance information is provided. Please have a copy of the front and back of your insurance card. You must have written orders from the doctor in order to dispense over-the-counter medications.

CHECK-OUT: We will have check-out on **SATURDAY**. Garden City bus will leave at 9:00 am and all other campers going home will check-out between 9:00 am and 12 noon. Check-out will be held in the Rec Hall at Fatima and in front of the office at Bernadette so please stop there before leaving.

HEALTH FORM: **NEW PROCEEDURE** – Please mail your health forms to camp by **June 15th**.

LOST & FOUND: Lost clothing is a major concern for both camp personnel and parents. Therefore, we stress the necessity of labeling all clothing and belongings. We ask that parents instruct campers as to their responsibility for their own possessions and that you make every effort to inventory your child's belongings before leaving camp.

FEES: All balances are to be paid **AT LEAST 1 MONTH PRIOR** to a campers arrival at Bernadette or Fatima. If you have children attending both Fatima and Bernadette please send separate checks made payable to each respective camp. Personal checks from outside the U.S. must be marked "U.S. Funds". **THERE WILL BE A SERVICE CHARGE OF \$20.00 BILLED TO YOUR ACCOUNT ON ANY RETURNED CHECKS. THE REGISTRATION FEE WILL NOT BE RETURNED IN THE EVENT OF WITHDRAWAL.** There will be no reduction of fees for early departure or late arrival. Should a camper withdraw after the start of camp, tuition will not be refunded (unless withdrawal is for medical reasons recommended by our medical staff.)

CAMP STORES: Both stores will be open during check-in and check-out times. Camp shirts, shorts and other items will be available for purchase during these times. Campers are not required to wear uniforms, but we do like each camper to have a camp shirt to wear on any trips out of camp or for special occasions.

VISITING DAYS: On "Change" Saturdays and Sundays **ONLY** (the weekend ending each two-week session). There are **NO** visiting days during the sessions. If a visit is required, we ask that you call ahead so that we can have your child ready and waiting. Please be advised that "in-session" visits have proven to disrupt your child's camp experience and promote home-sickness.

PHONE CALLS: Phone calls to campers may be made in **EMERGENCY** situations only. The office phone must be kept available for business. You can be assured that we will contact you should need arise. Your child can share in family birthdays, anniversaries, etc. via the mail by providing them with the appropriate cards. We encourage parents to write often to their children as mail is delivered daily and they look forward to hearing from you. Moreover, a "Care Package" filled with homemade snacks are also a welcome treat.

LAUNDRY SERVICE: Laundry service is available only to those campers who are staying at least a month at Fatima and weekly at Bernadette. The service we provide is wash and dry only. The average fee is \$15.00 per bag. There are laundromats in the towns of Wolfeboro and Alton which parents may wish to use on Change Weekends. (Campers should bring enough clothing to last the two-week session. Generally, ordinary school/play clothes are worn. Older campers will want a casual outfit for dances/socials.)

EPI-PENS AND INHALERS: If you would like your son or daughter to keep their epi-pen/inhaler in their possession, NH state law now requires that the camps must receive written permission from the camper's physician. Please contact the camps to request a waiver form.

AIRPORT PICKUP: For International and long distance campers we will pick up and drop off at the Manchester, NH Airport only. Please call to request a form.

WHAT TO BRING FOR A 2-WEEK STAY AT CAMP :(Suggested)

| | |
|---|-------------------------------------|
| Laundry Bag | Heavy Sweater and/or Jacket |
| Personal Toilet Articles | Raincoat or Poncho |
| Socks/Underclothing | Waterproof footwear |
| 10-14 T-shirts/Jerseys | Sneakers/Shoes (2 pr.) |
| Shorts | 4-6 towels (for swimming & showers) |
| Pants (include one nice pair) | Flip Flops |
| 2 Bathing Suits | Stationery |
| Warm Pajamas | Stamped, self-addressed envelopes |
| Pillow & 2 Pillow Cases | Flashlight |
| Sleeping Bag (or 3-4 heavy blankets and 3 sheets) | |

Remember: Warm days - Cool nights

We highly recommend you do not send your children to camp with money, expensive clothes or equipment (i.e. tennis rackets, walkmans, radios, jewelry, cameras, portable chairs, mini refrigerators, DVD players, laptops, etc.) as these items tend to get lost or damaged. All sports equipment necessary during their stay is provided by the camp. If you allow your children to bring such items, camp will not be responsible for loss or damage. For insurance purposes, bicycles, skateboards, rollerblades, cell phones, and barber clippers WILL NOT be allowed in camp.

Please feel free to write or call for more information at:

*** Before June 1st ***

Camp Fatima
P.O. Box 206
Gilmanton I.W., NH
03837-0206
Tel:(603)364-5651

Camp Bernadette
P.O. Box 206
Gilmanton I.W., NH
03837-0206
Tel:(603)364-5851

*** After June 1st ***

Camp Fatima
P.O. Box 206
Gilmanton I.W., NH
03837-0206
Tel:(603)364-5651

Camp Bernadette
83 Richards Rd.
Wolfboro, NH
03894
Tel:(603)569-1692

PLEASE NOTE: All Bernadette payments and letters being mailed after June 1st should be mailed directly to Camp Bernadette at the above address.

DIRECTIONS TO FATIMA

From Southern NH and Massachusetts: Take I-93 to Exit 15E in Concord, NH. This puts you on the 393 Bypass. Take Exit 3 (Laconia, Loudon). At the end of the ramp take a left turn at the traffic light. This will put you on Route 106 North. You will immediately go through a set of lights, at the second set of lights (Fox Pond Plaza will be on your right) turn right onto route 129. Follow to the end (approximately 10 miles). At the stop sign turn left onto Route 107. Travel for 1/2 mile and take your first right onto Old Stage Road. Follow Old Stage Road until you see the camp sign on your left and dirt road on your right. Turn right onto the dirt road and follow it into Camp.

From the Seacoast Area: Take the Spaulding Turnpike towards Rochester. Take Exit 15 (Lakes Region). This puts you on Route 11. Stay on Route 11 until you come to the Alton Traffic Circle at the CITGO Station. Follow Route 11 into the center of Alton and turn left onto Route 140 at the blinking yellow light. As you enter Gilmanton Iron Works you will travel down a hill and the Fire Station will be on your left. At the bottom of the hill bear left at the Village Store. After about 2 miles you will see the camp sign on your right and a dirt road on the left. Turn left and follow the dirt road into camp.

DIRECTIONS TO BERNADETTE

From Southern NH and Massachusetts: Take I-93 to Exit 15E in Concord, NH. This puts you on the 393 Bypass which will become Routes 4, 202, and 9. Continue until you reach the Epsom Traffic Circle. Take the exit that will put you on Route 28 North. Follow 28N until you reach So. Wolfboro (road bears sharply to the left at blinking yellow light at the Weston Auto Garage). Approximately 1/2 mile down the road take a right onto Cross Road. At the end, take a right onto Pleasant Valley Road. Travel for approximately 1/2 mile and the camp road will be on your left. Turn left down the dirt road, bear right at the fork and follow to the end.

From the Town of Wolfboro: Take 28 South past the Kingswood Regional High School. You will come to a "Y", turn left at this fork onto Pleasant Valley Road. Travel 1/2 mile to the first dirt road on the left. Turn left down the dirt road, bear right at the fork and follow into camp.

DO NOT MAIL - BRING TO CAMP

**Diocesan Camps
Camp Fatima & Camp Bernadette
Parental/Guardian Consent and Waiver/Release
For out of Camp Adventures**

Name _____ Birth Date _____ Age at camp _____

Home Address _____

Social security number of participant _____ Gender: Male or Female

Custodial parent/guardian _____ Phone _____

Business Address _____ Phone _____

Second parent/guardian or emergency contact _____

Address _____ Phone _____

If not available in an emergency, notify:

Name _____

Relationship _____ Phone _____

Address _____

Insurance Information

Is the participant covered by family medical/hospital insurance? Yes No

If so, indicate carrier or plan name _____ Group# _____

Carrier Address _____

Name of insured _____ Relationship to participant _____

Social security number of policy holder or insurance ID number _____

I, the undersigned, being a parent or legal guardian of _____,
do hereby give my consent and permission for him/her to be transported to and from and to participate in
the activities described in "Out of Camp Adventures".

In consideration of the benefits to be derived from this activity, I hereby voluntarily for myself and anyone
entitled to act on my behalf, waive, release, and forever discharge any claim or claims against Camp
Fatima, Camp Bernadette, the Roman Catholic Diocese of Manchester, and its or their staff and leadership
in both their official and personal capacities, and any of its or their agents, assigns, representatives,
successors, or anyone acting on its or their behalf, for any and all claims, demands or liabilities of whatever
nature including but not limited to injury, death, or damage, whether in property or nature, which may arise
in connection with said activities or any phase or parts thereof. This waiver/release extends to all claims of
every kind or nature whatsoever, foreseen or unforeseen, known or unknown, and includes liability that
may arise out of negligence or carelessness on the part of persons named in this waiver/release.

In the event of an emergency involving my child, where medical treatment is required, I do hereby
authorize and consent to any x-ray examination, anesthetic, medical, or surgical treatment rendered by a
licensed physician. I understand that in the event of any such emergency, the camp will attempt to notify
me immediately based upon the contact information provided above.

I hereby certify that I have read this Consent, and Waiver/Release, fully understand it, and voluntarily
execute the same on this _____ day of _____.

Parent/Guardian Signature _____

DO NOT MAIL - BRING TO CAMP

Camp Fatima and Camp Bernadette Code of Conduct

As a camper at Camp Fatima or Camp Bernadette, I will act in a manner that is respectful to other campers, staff and myself and agree to abide by the following rules:

1. I will respect my fellow campers and their personal belongings by not; picking on or making fun of others, instigating verbal or physical fights, going into and/or stealing other camper's belongings.
2. I will respect the counselors and staff by listening to and following their instructions
3. I will respect the camps by not stealing or causing damage to camp property.
4. I will respect myself by not using inappropriate language, nor will I bring to camp any weapons, drugs/alcohol (aerosol cans), tobacco, or inappropriate/explicit material (magazines, cd's, tapes, etc.)
5. I will respect the privacy of all in camp by not posting any pictures taken at camp on the internet.

I understand that if I am in violation of these rules, my parents may be notified and I may be sent home. I also understand that if I am suspected of being in possession of any weapons, illegal drugs, alcohol, tobacco, inappropriate/explicit material, or stolen property, Camp Fatima and Camp Bernadette reserve the right to search my personal belongings (footlockers, duffle bags, purses, etc.) in its pursuit to safeguard the safety and property of the campers and staff.

Camper Name

Camper Signature

Date

Parent Name

Parent Signature

Date

Do not mail this form; bring to camp on check in day.

LETTER TO MY COUNSELOR

(To be completed by camper)

Dear Counselor:

My name is _____ My friends call me _____.

I am _____ years old and in September I will be in the _____ grade at school.
I will be attending camp the _____ session and I will be in the
_____ division.

I would describe myself as: (circle those that are most like you and add any others you wish)

Quiet Noisy Shy Friendly Athletic Creative Musical

I am going to camp because:

While at camp, one goal that I would like to accomplish is:

I would really like to learn to do the following things at camp:

Something that I would like my counselor to know is:

If you have been to camp before, what was your favorite thing that you did while at camp?

See You Soon,

(Sign here)

***CAMP BERNADETTE
LAUNDRY REQUEST***

Laundry service is available for all Bernadette campers. Laundry is sent out every Sunday and is returned on Monday afternoon. Please complete the form below and return it with a check made payable to Camp Bernadette for the total amount. The fee is \$15/bag per week.

Camper Name: _____

Session: _____ Division: _____

PLEASE CHECK THE APPROPRIATE DATES:

July 4, 2010 _____

July 11, 2010 _____

July 18, 2010 _____

July 25, 2010 _____

Aug. 1, 2010 _____

Aug. 8, 2010 _____

Aug. 15, 2010 _____

Total Amount Enclosed _____

**REMINDER: PLEASE LABEL THE LAUNDRY BAG AND
ALL CAMPER CLOTHING WITH THE CAMPER'S FULL
NAME.**

**PLEASE RETURN THIS FORM NO LATER
THAN ONE WEEK PRIOR TO THE
BEGINNING OF THE SESSION.**