



4-H Camp News

Summer, 2019



Dear 4-H Camp Families:

We are excited that your 4-H campers will be joining us for Walworth County 4-H Camp at Upham Woods Outdoor Learning Center from June 11 – June 15. This year's theme is "Going for the Gold!" This newsletter includes important details about camp. If you still have questions after you have read it through, call us! We will do what we can to get you answers and put your mind at ease.



4-H Camp '19 is sponsored by Walworth County's UW-Madison Division of Extension and your Walworth County Junior and Senior Leaders' Associations. Camp is conducted in cooperation with the professional staff at Upham Woods.

Your 4-H Camp Leadership:

Debbie Burkman
4-H Youth Development Educator

Janel Heidelmeier
4-H Youth Development Coordinator

Amanda Papenfus & Lillie Cauffman
Co-4-H Camp Junior Directors

ALL CAMPER FORMS DUE BY MAY 23 @ 5 P.M.

This year, we will not be collecting camper forms during camp check-in. As a result, all camper forms **MUST** be turned in to the Extension Office by May 23 at 5 p.m. in order for campers to attend camp. Required forms accompany this newsletter and include:

- *Assumption of Risk*
- *Youth Expectation Agreement*
- *4-H Camp Health Form*

○ 4-H Camp Photo Release Form

Campers whose forms have not been turned in by May 23 at 5 p.m. will not be allowed to board the bus to camp on June 11, and refunds will not be issued. Thank you for your attention to this change.

CHECK-IN PROCEDURES

Camper check-in will occur in the Park Stage Area (across from Machinery Row) at the Walworth County Fairgrounds on Tuesday, June 11. Check-in will open at 11 a.m. and continue until 11:25 a.m. During check-in, you will...



- Complete a medical form update card.
- Designate who will be picking the campers in your family up at the end of camp week and submit that person's phone number.
- Turn in any medications that you have to the camp nurse.
- Turn in your snack donation item.

When you have completed the check-in process, campers will meet in their cabin groups to color-code their belongings and board a bus to Upham Woods. Buses will leave the fairgrounds parking lot between 11:45 a.m. and noon.

SACK LUNCH NEEDED

Campers will need a sack lunch and beverage to enjoy on the bus ride to camp. Please bring this to check-in with you, and be sure to keep it separate from the luggage.



NO PHONES



Campers will not be allowed to call home or accept calls from home unless there is an emergency. Campers are absolutely prohibited from bringing cell phones to camp

with them. Phone communication with home increases the risk of homesickness both for campers making the calls and campers watching calls be made. If cell phones are discovered, they will be confiscated and returned at checkout. This is an Upham Woods policy.

BRINGING MEDICATIONS?



If campers are bringing any medications to camp with them, please be aware that they must be turned in directly to our camp nurse

during check-in. They must also be in original packaging.

Please seal medications in zip-style bags with the camper's full name clearly written on the outside in permanent marker. If the medication requires refrigeration, please write this on the bag, as well. If you have multiple medications for one camper and some require refrigeration, while others do not, please pack two bags to keep them separate. Please put a brief note of explanation inside each bag confirming what conditions the medicines have been prescribed for.

Our camp nurse will have basic medications and ointments available at the nurse's station for campers that need them. This includes anti-itch lotion, Tylenol (acetaminophen), an antihistamine, Ibuprofen, etc. Please do not send such medications to camp with your child. Of course, these types of remedies will only be used with parent permission. Parents must check the consent on the *4-H Camp Health Form* in order for campers to receive these medications.

NO ELECTRONICS

Campers are not permitted to bring any electronic devices (for gaming, music, taking pictures, etc.) to camp with them. These items are a risk in terms of getting lost or stolen. They also tend to cause exclusionary behavior. Cabin

counselors will be providing music and entertainment for their campers.

SNACK POTLUCK



Each family is asked to bring a snack item to share. Snack items will be collected at check-in.

(Absolutely no food or candy is allowed in camper cabins. It tends to attract unwanted 4, 6, and 8-legged visitors.)

In an effort to offer healthy snacking options during camp week, we are asking that families bring items from specific groups of foods. Please refer to the chart below.

Last Names Starting With...	Food Category
A-E	Fruit (Watermelon, bananas, strawberries, oranges, apples, or seedless grapes)
F-K	1 large bag of plain popcorn, cheese-flavored popcorn, or pretzels (No spicy cheese-flavored popcorn, please.)
L-R	1 box of Ritz crackers, cookies, fruit snacks, or cheddar fish crackers
S-W	Cheese cubes, slices, or curds OR a log of summer sausage

TIE DYE OPTION

Tie dying has been a beloved tradition at our camp for many years. This year, tie dying will be an optional activity that campers can sign-up for if they are interested. If your camper wishes to participate, please send a white or light-colored 100% cotton t-shirt with them to camp. To insure that the dye sets effectively, it is best to send this item freshly washed without the use of any fabric softener.



WHAT DO CAMPERS NEED TO BRING TO CAMP?

Limit belongings to one suitcase or duffel bag and one sleeping bag or sheets/blanket combo. It is a long hike up the hill to the cabins.



ITEMS NEEDED:

- ✓ Sleeping bag OR sheets and blanket
- ✓ Pillow
- ✓ Towels (for bathing and swimming)
- ✓ Sweater or Sweatshirt
- ✓ Both long and short-sleeved shirts
- ✓ Shorts and long pants
- ✓ Sandals or Crocs for showering and swimming
- ✓ 2 pairs of closed-toe shoes or hiking boots
- ✓ Old clothes, extra shoes (that can get wet)
- ✓ Underwear and socks
- ✓ Pajamas and swimsuit
- ✓ Rain gear (poncho or rain jacket)
- ✓ Medications and toiletries
- ✓ Snack Potluck Contribution (see chart)
- ✓ One refillable water bottle (labeled)

Bug repellent and sunscreen (SPF 50) will be provided for each cabin. However, campers are welcome to bring their own from home, too.

OPTIONAL ITEMS:

- ✓ Paper, pencils, envelopes, stamps
- ✓ Addresses of friends and family
- ✓ A disposable camera
- ✓ Quiet activities (cards, books, etc.)

LABEL ALL ITEMS WITH CAMPER'S FULL NAME!

DO NOT BRING:

Cell phones, electronic devices, digital cameras, beloved jewelry, personal snacks, fans, radios, pocketknives, high value items, or gum.

Camp parents/guardians will be asked to confirm that all of the belongings their campers have packed are appropriate items to keep in the cabins. This will happen at check-in when campers hook up with their cabin groups. Should any inappropriate items surface after parents leave, counselors will confiscate them for return to parents during checkout. It is our

intention to take every step possible to ensure the safety of our campers and the well-being of their "stuff." Parental support of this effort is greatly appreciated.

CABIN ASSIGNMENTS

Each year, a number of campers request cabin assignments with friends. Understand that cabins are assigned first and foremost based on gender and grade. Cabins are also assigned with the intent of encouraging campers to meet and make new friends. Realize that you are never guaranteed your request; and usually requests by multiple people cannot all be accommodated.

Your assigned cabin, and a note from your cabin counselors, will be mailed to you in a couple of weeks!

MEET-THE-COUNSELOR NIGHT

Camp families are invited to attend "Meet-the-Counselor Night" on Tuesday, May 21, for an opportunity to meet this year's counselor and chaperone teams and learn a little about what is in store during our week at Upham Woods! This program will run from 8-8:40 p.m. in the County Government Center and will include a short program given by the counselors and an informal meet-and-greet session afterwards. All camper participants will also receive a participation prize!

CAMPER MAIL

Friends and family are encouraged to send their campers mail! Use the following address:

Camper's name
Walworth County 4-H Camp
Upham Woods Learning Center
N194 County Road N
Wisconsin Dells, WI 53965



Please do NOT send food snacks in camper mail. This is in compliance with camp policy. Snacks in the cabin attract unwanted creatures. Send your mail by June 9 to ensure that it arrives in time for campers to receive it between June 11 and June 15. Just mark the seal side of the envelope: *Deliver to Walworth County 4-H Camp.*

WHEN YOU GET TO CAMP...

Campers who have never been to 4-H Camp before may be wondering just what will happen when they arrive. Here are some things campers can expect...



Once buses arrive at camp, campers will unload their belongings and participate in a short opening session led by the Extension staff, counselors, and Upham Woods Staff. They'll review the camp rules, find out what the days and nights will look like, and learn more about this year's "Go for the Gold" theme. Then, they'll move into their cabins.

In the cabins, campers will get better acquainted with one another, decorate, and prepare for swim tests. Later in the day, they'll enjoy dinner, participate in a fun scavenger hunt style tour of camp with their cabin mates, eat a snack, and attend opening campfire! Eventually, they'll head back to their cabins to sleep! Camp days will be very busy and very fun!

CAMP ACTIVITIES

This year's camp daily activities will include two sessions of Arts & Crafts, two sessions of Recreation, Water Carnival/Swimming, Canoeing, Performing Arts, Hiking & Exploration, Archery, two sessions of Nature Science, Quality Cabin Time, and a special session led by Upham Staff.



Our special camp programs will consist of annual favorites including *Land Games*, a *Scavenger Hunt*, a circle dance, cook-out,, opening and closing campfires, our closing slide show, and the week-end hug circle.

Additionally, we'll also be hosting **TWO Workshop Night** events during which campers of all ages can sign up for one of a large variety of workshops that most interests them. Some examples of workshops that campers can look forward to include: yard games, improv, leather crafting, Mad Science, open swim time, night kayaking, a campfire with s'mores, model rocket build and launch, teambuilding at Peanut Butter Mountain, geocaching, a night hike, a bat

workshop, a constellation workshop, kickball, wiffle ball, and more!

This year's special programs will also include a Talent & Drama Show during which...

- Cabin groups can perform skits they've worked on during the Performing Arts Activity Session
- Campers can perform solo or small group acts (instrumental, dance, comedy, lip sync, magic, reading of a short story or poem, joke telling, etc.) We have not had a good kazoo performance in forever!
- Counselors can perform variety acts!

Campers interested in performing are asked to complete the sign-up sheet enclosed and return it with your camp forms by May 23 at 5 p.m.! Campers who need to bring a musical instrument to perform can safely store them in the Kiwanis Room at camp. They will not have to lug their instruments up to Cabin Hill. Basic sound equipment will be available.

CONTACTING CAMP

In case of an emergency during camp week, you can reach Walworth County 4-H Camp by calling: Upham Woods' Office—608-254-6461 or Debbie Burkman's cell phone—262-379-9784. You can also learn more about Upham Woods by visiting their website at: <https://fyi.extension.wisc.edu/uphamwoods/programs/4-h-youth/>.



GO FOR THE GOLD!

This year, our cabin groups will be "going for the gold" throughout the week, earning points for the efforts in a variety of activities each day! At the end of the week, one third of our cabins will earn bronze status. Another third will earn silver status, and the top scoring cabins will earn gold status! Everyone will come home with a medal. The question is, what color will it be? Good luck to our cabin groups!

We'll also be awarding two cabins for outstanding decorations, clean cabin efforts, and Olympic spirit! Campers in those two cabins will take home a special *Olympic Spirit Award!* Judging for spirit will begin on day 1 during the Scavenger Hunt. Decorations judging will occur on the last full morning of camp, so your cabin can make improvements all week!

CAMP CHECKOUT PROCEDURES

Camper check-out is on Saturday, June 15 at approximately 1:15 p.m. in the Park Stage Area of the Walworth County Fairgrounds. Buses will be leaving from Upham Woods at approximately 11:00 a.m. and will be traveling home with one bathroom stop. Campers will receive a sack lunch to enjoy on the bus.

To insure camper safety and prevent chaos during check-out, parents are asked to be prepared for the following...

1. Please do NOT arrive at the Park Stage Area of the fairgrounds for camp check-out before 12:45 p.m. on June 15. It is also Dairy Breakfast day in that area, so there will be a lot going on before our check-out time begins. For camp check-out, please park in the Machinery Row area.
2. When you arrive, please visit the check-out table to sign out your camper/s. BE PREPARED TO SHOW PHOTO ID. You will be given a claim card that indicates that you've completed check-out.
3. Please wait for campers to completely exit the buses and form orderly cabin groups in the lawn near the fairgrounds picnic shelter when they arrive. Your child's cabin counselors will be instructed to keep the cabin unit together. You will need to present your claim card to the cabin counselors in charge of your camper/s.
4. After you've "claimed" your campers, please proceed to the luggage piles which will be forming along the side and back end of each bus and trailer to help your camper collect ALL of their belongings. Your camper should know which bus or trailer their stuff is being removed from.
5. Safely make your way to the parking area to leave.

If you turned medications in for your camper to take to camp on June 11, you will NEED to visit the camp nurse's station in the check-out area BEFORE YOU LEAVE. Please bear in mind that the camp nurse is traveling with the campers, so

she will NOT be present if you arrive before the buses do.

We know that parents/guardians are always anxious to have their campers back, but for the safety of the overall group, we are asking that you do NOT just take your camper and go. Signing them out is a critical first step in helping us prevent risky situations that none of us even want to imagine.

OUR 2019 JUNIOR DIRECTORS



Hello campers! I'm Amanda Papenfus, and I can't wait to be your Co Junior Director for Camp 2019! Our theme this year for camp is "Olympics," and we have a bunch of fun activities to go along with this theme. This

will be my 10th and final year going to camp, so I'm hoping to make this one the best one yet! I hope you're all as excited for camp as I am. Hopefully, you all come to camp with an open mind and lots of enthusiasm because that will make your experience even more fun. See you in June!

Hello Campers!
My name is Lillie Cauffman, and I am excited to be your Co Junior Director at camp this year! I hope that you are as excited for the 2019 4-H Camp Olympics as I am! This year is going to be one to remember. I have been going to 4-H camp since I was 9 years old, and this year I have the opportunity to be planning camp with my co-director Amanda! I cannot wait to see you on the podium! Bring your enthusiasm and love for camp along, and you are sure to have the time of your life! We have some great activities in store for you--some new ones that are sure to show off your Olympic worthy skills! See you at the opening ceremony!



2019 Cabin Counselors

Girls' Cabin #1 (G1)

Team France

Counselors: Maddy Eggert, Katie Doane, & Lauren Glos

Girls' Cabin #2 (G2)

Team Canada

Counselors: Abby Partington, Sarah Frederick, & Natalie Lohse

Girls' Cabin #3 (G3)

Team Brazil

Counselors: Madelyn Kleist & Madison Strickler

Girls' Cabin #4 (G4)

Team Germany

Counselors: Anna Hansen & Alia Woss

Girls' Cabin #5 (G5)

Team Greece

Counselors: Anna MacLeod & Maya Ehlen

Girls' Cabin #6 (G6)

Team Ireland

Counselors: Jasmine Ford & Rylee Constable

Boys' Cabin #1 (B1)

Team Jamaica

Counselors: Josiah Harder & Mason Meiners

Boys' Cabin #2 (B2)

Team Spain

Counselors: Leo Ehlen & JT Wehmeier

Boys' Cabin #3 (B3)

Team Great Britain

Counselors: Dakota Horlacher & Luke Finet

Boys' Cabin #4 (B4)

Team Australia

Counselors: Cole Flitcroft & James Finet

2019 Resource Counselors

Arts & Crafts—Ryan Gustisha & Mackenzie Constable

Recreation—Courtney Boss & Jalin DeLeon

Hiking & Exploration—Amanda Harder

Natural Science—Paige Jacobs & Emma Jacobson

Performing Arts—Robert Thomas

Water Carnival/Swimming—Nicole Plenty

2019 Chaperones

Crystal Brokopp, Caroline Cornelison, Michelle Finet, Dee Dee Giovingo, Colleen Henningfeld, Amanda Hermann, Jenny Kirkpatrick, Jennifer Ludlum, Jessica Nehs, Todd Harder, Edward Hayden, Elbert Haney, Colin Horlacher, Jon Ludlum, Darrel Markham

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Extension

UNIVERSITY OF WISCONSIN-MADISON
WALWORTH COUNTY





TALENT & DRAMA SHOW SIGN-UP SHEET

Use this form to sign-up your act for this year's 4-H Camp TALENT & DRAMA SHOW! Do a solo performance, or sign-up with some friends! Acts can be instrumental, vocal, comedy, magic, dance, lip sync, camp-appropriate skits, joke-telling, stunts, readings of camp-related skits or poems, etc.! Acts can be serious or silly, but should be limited to 5 minutes or less. If you are

bringing instruments, props, or equipment for your performance, it will be safely stored in the Kiwanis Room in the Lodge with our other Walworth County program supplies. Please pack these items separately, label them, and turn them in during Camp Check-in. A basic sound system will be available. Return this form to the UW-Extension office by 5 p.m. on May 23 with your other camper forms!



Name of Act: _____

Camper(s) Participating in the Act: _____
(List first and last names of each.)

What type of performance will this be? (Instrumental, vocal, comedy, etc.) _____

How long will your act last? _____
(Limit: 5 minutes.)

Name of Camper Submitting this Sign-up: _____

Email: _____ Phone: _____



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