

Welcome!

We are delighted you will be joining us this summer. You will be joining a long line of former and current campers who now serve their Church and communities in so many different ways as a direct result of participating in summer camp programs at St. Andrew's.

We are so proud of our history and our many, many summers of providing a safe, fun, spiritual environment in which our campers can grow, with confidence in themselves and in their love of the Lord and each other.

Camp Philosophy:

“With us, everything should be secondary compared to our concern with children, and their upbringing in the instruction and teaching of our Lord.” --St. John Chrysostom

This beautiful quote sums up our mission at St. Andrew's Camp. Our summer camping program gives young people an opportunity to live in a true Orthodox community, and enjoy all the facets of daily Christian living. Our program aims to instill a truly Christian attitude to all forms of activity - prayer, worship, music, games, learning and participating in new skills, as well as eating, and working together, in fellowship. Our goal is to give campers understanding that their spiritual life goes beyond “just” loving Christ; beyond just worship on Sunday. Our spiritual life, seeking to live as the Lord taught us, is an integral part of everything we do.

Campers learn more about their faith and developing a deeper relationship with God. Each camper is also challenged to put faith into practice in daily living—working to bridge the sometimes - challenging gap between ideals, principles, and everyday life.

Camp History:

At St. Andrew's, we realize the way we live and the way we treat each other are modeled on what Christ taught us all - to love and respect one another. That is the teaching that guides all we do here, and has since our beginnings, with our first summer season in 1955. Our camp is based on the principle of respect for each person, and for the rules we have as a community. Our rules are developed to keep campers safe, and to provide a nurturing and healthy environment for all.

Since 1955 we have served over 2,000 children. Our campers are primarily Orthodox children, with a variety of backgrounds and ethnic heritages. Our inclusive program is open to all, but all are expected to participate in the daily Orthodox worship and liturgical life of the camp.

Rules for Daily Living at St. Andrew's Camp :

Here are some guidelines campers and parents need to know. We all work together to abide by them:

- Campers are expected to be courteous and kind to each other, as well as to all staff, clergy, and visitors. They are expected to follow the instructions given by their counselors and other staff.
- We work together to practice an acceptable style of communication: no put-downs, name-calling, or cursing. And physical threats or actions are never acceptable. Remember campers, you are a role model not only to the younger campers, but to each other.
- Words can hurt if we are not careful, so we choose kind ways of communicating our feelings. Staff is committed to this philosophy, and we work with our campers to help them develop the skills they need in this area. Repeated violations of this respect policy will, however, result in camper dismissal, as we are here to create a safe, fun, and spiritual environment for all.
- In any community, even a caring Orthodox Christian community like St. Andrew's Camp, some disagreements will arise. Our model is Christ for resolving differences in love. If you have a serious disagreement, see a counselor immediately. Don't take it upon yourself to resolve an argument. Counselors are here to help campers learn to deal with conflict in a healthy, Christian manner.

General Camping Program:

- We host four one-week sessions, along with two teen weeks for older campers (age 13 to 17). Many of our long-term campers enjoy staying the entire summer, and this is permitted as long as there is space available.

Counselor-in -Training Program:

- St. Andrew's Camp offers a CIT (Counselor-in-Training) Program, for our older campers, most of whom have attended camp here before. St. Andrew's Camp has shown vision and leadership in future staff development by offering this type of program in some form since the early 1960's.
- One of the biggest benefits of the CIT program is the opportunity for those interested in learning about camp life on a staff level to work closely with clergy as well as with counselors. CITs develop skills in diverse areas, and come away from the experience as changed, more confident individuals.
- At St. Andrew's, CITs learn by doing. They become aware that there are many challenges and opportunities for growth when one "steps up" and works to develop leadership skills. A greater understanding of all facets of camp life is gained, far beyond what is experienced as campers.
- CITs at St. Andrew's are a selective group, chosen from applicants who wish to develop their skills in a variety of areas—particularly in learning what it takes to become an effective, caring counselor. This group works closely with staff to develop organizational, spiritual, and creative skills. They also serve the camp community by helping with programming activities, maintenance around camp, and kitchen tasks.
- It is a rewarding experience for long-time St. Andrew's staff to watch children grow from campers to CITs, and from there often to "regular" camp counselors. Creating growth and development in our Orthodox community is an important part of what St. Andrew's Camp is all about. Being a CIT is hard work, but rewarding and fun too. Friendships made, just like as a camper, can last a lifetime.

Teen Program:

- This is offered the last two weeks of camp, for campers aged 13-17. The Teen Program features many activities and leadership opportunities especially designed for older campers.
- A visiting clergy member leads the teens through age-appropriate discussions about the unique issues facing young people. We talk about and tackle some of the tougher challenges facing Orthodox youth today. We talk about the difficulties and opportunities of being a Christian in a post-modern society.
- Several activities and trips are planned off-site. There are service projects and guest speakers who share how they live their faith in their chosen vocations..
- Teens and campers also play an active part in the week's worship—including singing in chapel, reading psalms and the Epistle, and helping Father prepare the chapel for liturgy and serving in the altar.

How to Apply/Register as a Camper or CIT:

The link to register for all programs is http://portal.campnetwork.com/Register/Register.php?camp_id=397695. It can also be found on our Web site: www.standrewscamp.com. Potential CIT's must fill out an application (available on our website) and complete all steps indicated, to be considered for the program. If selected, CIT's must then register, on Camp Network, for the weeks they will participate in. Limited spots are available.

You'll find our calendar, and lots of great photos of campers having fun at camp on our website and Facebook page. We're glad you'll be joining them this summer! Any questions you have are just a phone call or an e-mail away. Please contact us, parents; we'd love to help answer any concerns. Please note the following:

- All registration forms must be completed one week prior to arrival at camp. This includes health forms.
- Our camp calendar, online, gives the dates for each of our sessions this summer, including CIT opportunities and Teen Weeks
- If you have further questions, or need to talk to a staff member, please call or e-mail, (315) 675-9771, saintandrewscamp@AOL.com.
- The Web site also shows our weekly tuition which includes the registration fee. We work hard to keep costs down to make St. Andrew's available to as many campers as possible. Tuition is non-refundable after the third week of June.

Scholarships:

A limited number of scholarships are available. Many parishes try to provide scholarships, partial or full, for campers from their area. A scholarship application is available online. If your parish is providing a scholarship to its own parishioners, please have them send the check or commitment letter to the camp before the camper's arrival.

Campers' Arrivals:

We know campers are eager to arrive at St. Andrew's and begin their summer adventures! We are eager to meet you too. However, we remind parents that while Sunday is arrival day, there is also Liturgy on Sunday mornings. Check-in will be Sunday between 3:00 – 4:00pm in the Dining Hall and Activity Center. At this time, you will turn in all pertinent forms and payments (if not already sent in), medications, sunblock, bug sprays, and electronics. You will also receive your camper's T-shirt, room assignment, and FREE camp swag. Campers need to be checked in at camp by 4 pm, at the latest, to participate in mandatory orientation activities.

Arrangements can be made to meet your campers at the Syracuse airport, train, or bus stations, but arrival times cannot conflict with staff worship at Liturgy on Sunday mornings. Pick up times between 12:30 and 2:30 pm on Sunday are available for a small charge. Due to camping programs we are unable to accommodate other arrival times. **Please let us know at least a week in advance if we need to meet your camper in Syracuse, to allow for staff planning and travel.**

Campers' Departures:

We hope that your child will have such a wonderful time at St. Andrew's that they won't want their session to end, but unfortunately every summer visit must come to a close at some point. Camp sessions end on Saturday, but campers must remain at camp to complete the Saturday morning schedule. This includes final room clean ups, room checks, and saying their goodbyes. On check-out day (Saturday), we will have a brief closing program at **12:45pm**, with lunch and check-out immediately following. All parents/guardians are encouraged to come for the closing program and lunch. After signing your camper(s) out and collecting any remaining money and/or electronics, you may pack up your camper's belongings, exiting campus by 2:15pm.

For safety purposes, parents MUST check their camper out formally with the Camp Director before leaving.

Camp Life and What to Bring:

Whether you are a first-time camper, or a seasoned returnee, we know you are excited about the fun this summer will hold! To help, we have developed this list of what you need to bring. Years of experience in working with children have helped us to develop this list. We ask parents' help in making sure that only appropriate items are brought to camp, so that all may enjoy their weeks in the beautiful, wooded, lakeside, rural atmosphere of St. Andrew's.

Camp is an easy, relaxed lifestyle, where the peer pressures of city and suburbs are pushed aside as much as possible. We encourage campers to enjoy their God-given physical attributes and talents, and not spend too much time on makeup, hair styling, and the like. We encourage campers to get outside in God's beautiful world and run, play, swim, garden, and hike, without too much attention to fashion and style. To that end, we have created these guidelines for apparel:

- Easy to wash-and-wear clothing is the norm.
- Weather fluctuates; with mornings that can be cool, days that are hot and humid, and evenings that can be either. It is appropriate to send your camper ready to dress in layers: sweatshirts or fleece for the mornings, and lighter cotton clothes for the afternoons. Do not send expensive clothing to camp. Send clothing that can be played in, can get dirty, and that will wash well.
- Please pack lightly, but appropriately. Drawer and storage space is limited. Boys will have a footlocker for storage; girls will only have two drawers.

- The bottom of beautiful Oneida Lake can be shelly and rocky. Water shoes are required. Swimsuits should be modest and appropriate for swimming and water activities; not just sunbathing.
- Clothes are washed weekly for those staying at camp for more than a week. **Please label all clothing.** Laundry is done in individual camper batches, and is NOT separated by color. Each camper needs marked clothing. This is extremely important to avoid losing clothes.
- A \$15.00 charge to mark clothing will be made if campers arrive without marked laundry. Please help us use our staff time most efficiently by preparing these items in advance. Your cooperation is greatly appreciated.

Dress Code and Clothing List:

We are at camp to have fun, and to show appropriateness in all aspects of Christian life. We desire to bring glory to God in everything we say, think, and do, including our appearance. We should dress modestly and strive that our appearance will not be a distraction or stumbling block to others. To that end:

- The length of skirts, dresses and shorts must be past the wearer's fingertips.
 - Clothing that does not fit properly (too tight, revealing, or so loose that it's falling off) is prohibited. Undergarments should not be seen.
 - No tank tops with spaghetti straps or halter tops are allowed. Cleavage and midriff must always be covered, and, again, undergarments should not be seen.
 - No pants with words written across the rear are allowed. Remember, "modest is hottest!"
 - If leggings are worn in church, a long shirt or something else must cover the wearer's backside.
 - Clothing that represents an offensive lifestyle or messages are prohibited. This includes clothing with advertisements for alcohol or drugs, or sexual innuendo, foul language, anti-Christian symbols, bands, or movies/shows (such as rated "R" or horror movies), or anything else deemed inappropriate by staff. (If these come to camp, they will be held for you in the Camp Director's office. We strongly encourage parents to monitor what children bring to camp.)
 - **Cosmetics:** Make-up is not necessary and we discourage campers from spending too much time on such things. However, make-up is allowed, providing that it is applied so that colors blend and enhance natural features. Exaggerated cosmetic styles are not appropriate for camp.
- Saint Andrew's Camp colors are green and white. Campers are given tee shirts and sweatshirts available for purchase in the camp store. These look great with khaki shorts, pants, or jeans!
 - 8 short-sleeved tee shirts.
 - 4 pairs of long pants.
 - 4 sweatshirts or fleece shirts.
 - Rain jacket or poncho (you will miss this if you don't have it when we get our summer downpours!)
 - For boys: 2 pairs of dress pants for Liturgy, along with 2 shirts with a collar. Polo shirts or button down shirts are fine. Shorts should not be worn for Liturgy.
 - For girls: 2 skirts or dresses for Liturgy. No shorts, short dresses, or material that is overly clingy or low cut. Remember, we are going to God's house to worship, and while it is appropriate to look nice, it is important to dress modestly too.
 - Swimsuits (1 or 2), appropriate for a church camp setting. Only one-piece suits are permitted for girls. Swim trunks or jama's are best for boys.
 - Warm pj's (cold nights); lighter sleepwear (humid/hot ones)
 - Sneakers, closed-toed shoes, and water shoes (For camper safety these are REQUIRED for all lake activities). There are limited places to wear flip-flops or sandals due to insects, rocks, uneven ground, and other safety issues. Camp grass is very WET in the morning on the way to Chapel and breakfast. Consider bringing a few pairs of shoes if possible, so one can dry while you are wearing the other. You may want to bring rain boots, galoshes, or other water-resistant shoe covers.
 - Soap, shampoo, toothbrush, toothpaste, toiletries. (Note: all medicines must be checked in by parents and locked down by the Camp Nurse. Medicines include aspirin, cold medicines, Tylenol, vitamins etc. Campers may **NOT** keep these in their possession)
 - Pillow and pillowcase.

- **BEDDING: For Girls:** Twin bed sheets and/or sleeping bag and/or blanket. Some evenings can be chilly. **BOYS MUST BRING SLEEPING BAGS!**
- Stuffed animals or other stuffed friend to cuddle with (for our younger campers, and older ones too!)
- Playing cards, books to read and share, stationery, autograph books, small board games that you can keep in your room or bunk area. (There are many games available for use at camp, too.)
- Hat to cover your face from the sun; sunscreen and insect repellent. (Sunscreen and insect repellent will be turned in at check-in, and brought out by staff, as needed.)

Don't forget you are packing for the country—your high heels and really good shoes and clothes will only get ruined here! Besides, you'll be having too much fun to wear them—leave them at home!

What NOT to Bring:

Because our program is geared to helping campers focus on their relationship with peers, and to grow in their relationship with staff, friends, and with God, we ask that all personal electronic gear and cell phones be left at home. We believe that using electronics at camp can become an isolating distraction. Don't worry campers—we love music at St. Andrew's, and we sing and dance and listen to music all the time. We just try to do it ***together!*** There is nothing like singing around a campfire, or dancing to fun music together! We even have an occasional movie night, and of course you'll sing at Church with us, even if you think your voice isn't the greatest. But please leave these items at home, and you'll be surprised at how little you'll miss them when you are outside enjoying camp life:

- Radios/stereos, MP3 players, etc.
- Cell phones (can be kept locked up in the office for calls home at the appropriate time with staff supervision)
- Nintendo Switch, Game boys and other video/computer games
- Laptops
- Clock radios (believe us, we'll make sure you get up on time!)

Banned Items:

ALL FIREARMS, DRUGS (AND/OR DRUG PARAPHERNALIA), ALCOHOL, TOBACCO, VAPES, WEAPONS, AND FIREWORKS ARE ABSOLUTELY AND UNEQUIVOCALLY PROHIBITED AT CAMP.

ANY CAMPER CAUGHT USING OR POSSESSING THE ABOVE BANNED ITEMS WILL BE IMMEDIATELY DISMISSED FROM CAMP!!

Daily Camp Life:

One of the many wonderful things about St. Andrew's Camp is that while many things are consistent each summer: worship, fellowship, campfires, etc, each staff member brings unique skills and talents to camp. That makes every summer a little different, but every summer full of fun!

Some General Things For You To Know:

- We take an all-camp trip every week, as we have done for almost 60 years. Some of our visits are to yearly favorites: Thousand Islands, The Baseball Hall of Fame, beautiful state parks for cookouts and Zoos. Where we go varies each year, but we always have fun together! Campers can bring spending money for each week if they would like. This is checked in with the staff upon arrival at camp, and can be used to purchase souvenirs or concessions on our weekly trips, or for items in the camp store. Spending money is NOT required, as we provide lunch for campers on each trip.
- **Free Swim:** Swimming is available under the supervision of trained lifeguard staff. Campers will take a test to assess their swimming skills and are allowed only in certain water areas based on their skill level.

- **Sports Programs:** All campers enjoy the physical exercise of a variety of sporting activities, played daily, weather permitting. These include volleyball, softball, soccer, kick ball, and all camp games, like Capture the Flag, and other favorites. Hikes may also be offered to interested campers as part of the sports program.
- **Meals:** All campers are expected to be present at each meal unless excused by a counselor due to illness. Camp meals are nutritious and healthy and planned by cooking staff to meet the rigors of camp life. Meals are served family style, and it is expected that campers will exhibit decent table manners and courtesy to their fellow campers. Snacks are provided at appropriate times, and water is always available. Special treats may be given on occasion, as well. Food and drinks, other than water, may not be kept in camper's rooms at any time, as these attract insects and other unwanted critters.
- **Please make any special dietary needs known to the staff well in advance of your camper's arrival.**
- **Care Packages:** These are fun to get and give, but we request that parents refrain from sending goodies unless there is enough to share with the entire camp. Better choices are crossword puzzles, small paperbacks, trinkets, small craft kits, and little toiletries, along with letters sending lots of love to your camper. If you absolutely can't resist sending goodies, please be aware that the treats will be shared with the group, so that no camper feels left out.
- **Letters:** The camp address is St. Andrew's Camp, 1280 State Rt. 49, Cleveland, NY, 13042.
- **Phone Calls:** Parents like to keep in touch, especially when their child is going to be away from home for several weeks. However, unscheduled phone calls disrupt camp life tremendously, and can actually increase homesickness. To help, we ask that campers be called if there is a family emergency, at which point you are free to contact the Camp and Camp Director immediately. Calls home are made on Wednesday or Thursday evenings, whenever possible. If the camper is unable to call at those times, due to being involved with a special activity, we will be sure to get them to call home at the next available break.

When your campers arrive, they are assigned to counselors that will be the key staff assigned to their group. You will have an opportunity to meet your child's counselor(s) when you check in.

We have tried to briefly cover life at St. Andrew's Camp in this overview. We know you may have further questions, so please, feel free to visit our Web site: www.standrewscamp.com, contact the camp at (315) 675-9771, or send an e-mail to saintandrewscamp@aol.com.

Welcome to our St. Andrew's Camp family. We hope you will be a part of our community for many years – as camper, parent, staff, or volunteer!

Here's to a wonderful summer!!

St. Andrew's Camp Board and Staff