



Summer 2010

Greetings from Camp Highlands!

Sunshine! Yea! There is nothing like a seventy-degree day to make us realize that camp time will be here before you know it. This is the first of two pre-camp mailings to help you prepare for the upcoming camping season. Here are some tips as you look over these forms.

- The **Emergency Information Form** gives us permission to seek proper treatment if your son must visit the doctor. Be sure to sign the authorization box. We always call, but there may be times we can't reach parents and need to authorize an x-ray. Our nurse lives at camp and monitors all medications. We utilize the services of the Marshfield Clinic or the Howard Young Memorial Hospital in Woodruff if needed.
- The **Camper Health Information** must be on file with us. The data may be taken from the doctor's records rather than having a complete physical exam as long as your son's records are up-to-date. The examination portion of the form should be completed and signed by the doctor's office.
- The two **Expression Forms** are a big help as cabin counselors plan for the arrival of their campers.
- The **Travel Form** helps us sort out the logistics of camper travel.
- The **Initial Statement** details the financial specifics.
- The **Visiting Camp** page tells you of the best times to visit, and invites you to stay in one of our **Camp Highlands Lodge cabins**. It is fun to have your own cabin right at camp. Know that the Lodge fills quickly for the end of each session. If you would like to stay with us, we would advise you to send your reservation form and deposit by return mail.
- Some families have discovered how fun it is to take part in **Camp Highland's Friends and Family Camp**. We keep some counselors to teach activities like water skiing, wakeboarding, archery, and sailing. Each family has their own cabin. The meals are great, and it is a lot of fun. This year's dates are from August 7 to 14. With some sisters at camps that finish after us, Highlands Family Camp would provide a great option for those of you with kids to gather at both camps.

Our second mailing will come closer to camp time. Please don't hesitate to contact us with any comments, questions or concerns. We are looking forward to a wonderful time with your son!

Cordially,

Andy, Tracy, Mike and Sharon

PS: We always appreciate names of prospective campers that you may pass along.

Until May 25, send forms to: Camp Highlands, 4146 Lawn Ave, Western Springs, IL 60558

After May 25, send forms to: Camp Highlands, 8450 Camp Highlands Rd, Sayner, WI 54560

Be sure to check the web site for more camp information and news: www.camphighlands.com.

Camp Highlands for Boys

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CAMP HIGHLANDS 2010 TRAVEL INFORMATION

Please review the following travel options and return the Travel-Picnic Plans form.

CHAPERONED BUS TRAVEL FROM CHICAGO TO CAMP

1. Campers may travel one way or round trip on our chartered motor coaches.
2. We will depart from the EAST SIDE of the O'Hare Oasis on Highway I-294 on both Sunday, **June 20** and Sunday, **July 11**.
3. Please have your son there to load all of his baggage and leave by 10:00 a.m.
4. We will travel by way of Rockford and Madison where we can pick up campers.
5. Each boy should bring a **sack lunch** to eat along the way.
6. The bus cost of \$75 each way will be added to your statement at the end of camp.

FLYING INTO CHICAGO TO JOIN THE BUS GROUP

1. Campers flying into O'Hare should arrive **before** 9:00 a.m. June 20 or July 11.
2. Please UPS or Fed Ex your son's baggage to camp a week ahead.
3. To complete an unaccompanied minor form, call or email camp so that we can give you the name and phone number to use on the form. The counselor in a Highlands shirt will meet your son at the arrival gate.
4. If you are not using the unaccompanied minor form, we will be at baggage claim.
5. If you purchase a round trip ticket, please have a return departure time **after 5:30 p.m.** so we can be sure to make the flight.

FLYING TO RHINELANDER or CENTRAL WISCONSIN AIRPORTS

1. A counselor in a HIGHLANDS shirt will meet each boy who flies into Rhineland (RHI) or Central Wisconsin Airport in Wausau/Mosinee (CWA).
2. We will call to let you know your son has been met.
3. If you are completing an unaccompanied minor form, call or email camp to get the name of the counselor who will meet your son.
4. If you purchase a round trip ticket, please arrange a **return departure after 9:00 a.m.** from Rhineland and **after 10:00 a.m.** from Central Wisconsin.
5. **We must have a copy of your son's itinerary and confirmation code.**

ARRIVING BY CAR

1. The best time to arrive is between 1:00 and 3:00 on June 20 or July 11.
2. If you are staying in the area and need to drive back home, you may bring your son earlier that day.
Directions from Minoqua: US 51 North to County M. Right on M until you reach N. Right on N 4.5 miles to The Corner Store. Great ice cream cones! Turn left at the store on Razorback Road, then right on Camp Highlands Road; the road dead-ends at Camp. It's about 5 miles from The Corner Store to Camp.
Directions from Eagle River: Hwy 70 west to St. Germain. Go straight on 155 at the intersection with the giant statue of Chief St. Germain. Go through Sayner to County N. Left on N to The Corner Store. Best ice cream cones anywhere! Then right on Camp Highlands Road; turn right on Camp Highlands Road, the road dead-ends at Camp. It's about 5 miles from The Corner Store to Camp.

RETURNING HOME

The return days are **July 10 and August 7**

Bus: The motor coaches will return boys to O'Hare Airport, and the O'Hare Oasis on I-294 heading south. We expect to reach the O'Hare Airport by 3:45 PM. A counselor will get each camper on his flight. The bus will continue to the Oasis. It should arrive by 4:00 P.M..

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TRAVEL TO CAMP PLANS 2010

Camper: _____
Phone to reach you on travel day,
cell phone preferred: _____
Other phone number: _____

Travel to camp date: First term, June 20
 Second term July 11
 Other _____

Please check the box that applies to you:

Check if you will **arrive by car**.

Who will bring you? _____ What time do you expect to arrive? _____

Check if you will join the group on the **bus at the Northbound side O'Hare Oasis**.

Check if you will join the group at the Rockford Clock Tower Business 20/State Street.

Check if you will join the group in Madison at the Pine Cone Shell Exit 132 51 Madison/Deforest.

Check if you are **flying to Chicago** to be met by Highlands staff for the bus trip to camp.
Please provide us with the itinerary and confirmation code.

Check if you are flying into

Rhineland (RHI)

Central Wisconsin (CWA)

Please provide us with the itinerary and confirmation code.

For other arrangements, check here and email or call with specific information.

Comments:



TRAVEL HOME AND FAMILY PICNIC PLANS

Your plans may change, but as of now, how do you plan to return home? Please check boxes that apply.

Camper: _____

Phone to reach you on travel day,

cell phone preferred: _____

Other phone number: _____

Return date:

- July 10
- August 7
- Other _____

- Travel by car, and will attend Picnic.
- Travel by car and will not attend Friday Picnic
- Bus with the group to be met at Pine Cone Shell Exit 132 51 Madison/Deforest at 1:00 PM
- Bus with the group to be met at Rockford Clock Tower Business 20/State Street at 2:15 PM
- Bus with the group to be met at Southbound side O'Hare Oasis at 4:00 PM
- Bus with the group to Chicago's O'Hare Airport to catch plane after 5:30 PM

Please provide us with the itinerary and confirmation code.

- Fly from Rhinelander (RHI)
- Fly from Central Wisconsin (CWA)

Please provide us with the itinerary and confirmation code.

- For other arrangements, check here and email or call with specific information.

PICNIC

Most parents who come to camp to gather their sons at the close of each term attend our fun Family Picnic the night before the departure day. If you wish to come for the picnic at a cost of \$10.00 per person, please use this space to make a reservation. We will add the amount due to your final statement.

Please reserve _____ places for the Family Picnic

- July 9
- August 6

Names of all those in attendance:



VISITING CAMP HIGHLANDS!

We do not have a set visitor's day or parent weekend, but you are always welcome to visit CAMP HIGHLANDS. Most parents who visit come for the closing picnic of their son's term.

Please remember that camp is for the boys, so time your visit to have a minimum impact on your son's camping experience. Please don't plan to take him out of camp except for special circumstances, and know that you may not take his friends out of camp. Be aware that visits can actually cause homesickness! You should call ahead to make sure that your favorite camper is not off on a camping trip. The following calendar is subject to change, but it should be pretty close to what happens this summer.

MONDAY-TUESDAY/THURSDAY-FRIDAY: These are the most routine of our days. Campers are getting activity instruction and going about camp life as usual.

WEDNESDAY: Every Wednesday afternoon, each division has an activity together. The older boys may be hosting a social with a nearby girls camp, and the younger campers may be in town seeing a water ski show. These events are just for campers and staff.

SATURDAY: This is usually a fun time to visit. There is normally some kind of all-camp special event on Saturday afternoon or evening. We have a big cookout supper at 6:00 every Saturday night.

SUNDAY: There is a Sunday Assembly at 11:15 each week. This special program is led by one of the counselors with his cabin. A lively and fun Sunday Night Sing is at 7:30.

SPECIAL CELEBRATIONS: We always have two big all-day camp Celebrations. First term's All Camp hoopla will be Saturday, June 26. We will enjoy the Sayner fireworks on the 4th. Second term, we will celebrate Camp's 106th Birthday on Saturday, July 24. We will have our traditional Stunt Nights, Campfires, and Theme Picnics throughout the summer.

FAMILY PICNICS: With the first term ending July 10, we will have a closing Family Picnic July 9. The camping season is over August 7, so the season's Final Family Picnic will be August 6. These are loads of fun and a great way for you to get a feel for what has transpired during your son's time at Highlands.

THE CAMP HIGHLANDS LODGE: If you plan to visit camp during the summer, or come to gather your son at the close of his session, you will want to know that we operate our own Highlands Lodge which features seven guest cottages and a separate dining facility.

The Lodge cabins all focus on the lake and maintain their rustic north woods charm. Of course, you can relax and play, too. This is a convenient and fun way to visit camp! As you can imagine, the lodge cabins fill up quickly at special times. You may make reservations by calling Sharon Bachmann at 708-246-1238 before May 30th, and at 715-542-2950 during the camping season.

Camp Highlands is in a popular vacation area with many motels and resorts nearby. We are including a list for your reference. All fill in July and August, so we advise you to make your reservations as soon as possible.

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CAMP HIGHLANDS AREA ACCOMMODATIONS

Camp Highlands is located in the heart of a popular vacation area. Since our Camp Highlands Lodge fills quickly, we are passing along a partial list of other area accommodations. These motels and resorts get booked most weekends of the summer, so early reservations are advised.

We have listed the town and minutes to reach camp. You can check them out on the internet.

SAYNER – 10 minutes

Froelich's Sayner Lodge..... 715-542-3261

BOULDER JUNCTION – 20 minutes

Boulder Bear Motor Lodge..... 715-385-2662

Boulder Junction Motor Lodge 715-385-2825

Northern Highlands Motor Lodge 715-385-2150

ST. GERMAIN – 20 minutes

Black Bear Lodge 715-479-5778

Hearthside..... 715-479-2500

Rustic Manor Motor Lodge 715-479-9776

Whitetail Lodge 715-542-2578

MINOCQUA – 30 minutes

AmericInn Motel 715-356-3730

Bayview Motor Lodge 715-356-9610

Comfort Inn..... 715-358-2588

New Concord Inn..... 715-356-1800

The Pointe Hotel..... 715-356-4431

Super 8 Motel 715-356-9541

The Waters of Minocqua..... 877-992-8377

EAGLE RIVER – 30 minutes

American Budget Inn 715-479-5151

Best Western Derby Inn 715-479-1600

Days Inn 715-479-5151

Eagle River Inn..... 715-479-2000

Super 8..... 715-477-0888

DEPARTMENT OF NATURAL RESOURCES CAMPGROUNDS 715-542-3923

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CAMPER EXPRESSION

Camper: _____

Grade completed this year: _____

Below are the regularly taught camp activities. Place a 1 by the ones you most want to do. Place a 2 by those that you like, but are not particular favorites. Place a 3 by those you don't particularly care for.

- | | | |
|--|--|--|
| <input type="checkbox"/> Archery | <input type="checkbox"/> Flag Football | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Adventure Ropes | <input type="checkbox"/> Golf | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Kayaking | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Lacrosse | <input type="checkbox"/> Track & Field |
| <input type="checkbox"/> Camping Skills | <input type="checkbox"/> Music | <input type="checkbox"/> Tubing |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Nature Activities | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Crafts | <input type="checkbox"/> Riflery | <input type="checkbox"/> Wake Boarding |
| <input type="checkbox"/> Disc Golf | <input type="checkbox"/> Rowing | <input type="checkbox"/> Water Skiing |
| <input type="checkbox"/> Fishing | <input type="checkbox"/> Sailing | <input type="checkbox"/> Wind Surfing |

What other activities would you like to have us consider adding?

1. _____
2. _____
3. _____

Each counselor has an activity that meets on rainy days or during free time. Put an x by the activity you would like to try this summer. Your selections will help us know which activities to offer.

- | | | |
|--|--------------------------------------|---|
| <input type="checkbox"/> Astronomy | <input type="checkbox"/> Magic | <input type="checkbox"/> Rocket Building |
| <input type="checkbox"/> Cards | <input type="checkbox"/> Music | <input type="checkbox"/> Running |
| <input type="checkbox"/> Cahibo (yearbook) | <input type="checkbox"/> Newspaper | <input type="checkbox"/> Stunts |
| <input type="checkbox"/> Checkers | <input type="checkbox"/> Photography | <input type="checkbox"/> Video Production |
| <input type="checkbox"/> Chess | <input type="checkbox"/> Ping Pong | <input type="checkbox"/> Weight Lifting |
| <input type="checkbox"/> Juggling | <input type="checkbox"/> Reading | |

What other rainy day activities would you like to have us consider adding?

1. _____
2. _____
3. _____

What are three things you most want to accomplish at camp this summer?

1. _____
2. _____
3. _____



PARENT EXPRESSION

Camper:

The e-mail we should use to reach you:

Are there activities in which you would like your son to work on specific skills?

Are there activities in which your son should not participate?

Are there areas in which you hope camp can help develop your son's personality?

Names and ages of any brothers or sisters?

How does your son relate with his peers?

How does your son do with his schoolwork?

Is there anything we should know about the home situation? (separation, divorce, death, etc.) If you prefer, feel free to attach a separate letter or call.

Senior trips

The Senior campers who qualify have the option of hiking across Isle Royale National Park, camping in the Boundary Waters Canoe Area, sailing among the Apostle Islands of Lake Superior, or Sea Kayaking the caves of Lake Superior.

There is an extra cost of \$100. If your son qualifies, may he take one of these trips? yes no

Photo release

We take lots of pictures and video for inclusion in the camp yearbook and promotional materials.

If you do **NOT** want your son included in these, check here .

Cabin placement

Campers live in cabins with two staff members and five other boys.

There are four age groups: **Cubs:** 8,9,10; **Colts:** 11,12; **Juniors:** 12,13,14; **Seniors:** 14,15,16

If your son's cabin placement is borderline, which division do you recommend? Or, would you prefer he be the oldest in a cabin or the youngest?

Do you have any other specific requests or suggestions?



EQUIPMENT LIST

There is no uniform at Camp Highlands. It is a good place to wear out old clothes. The laundry is sent to town each Wednesday and returned the next day. Each camper's laundry is washed individually. The laundry prefers a **24 x 36, well labeled, cloth or nylon, clearly labeled laundry bag** with a drawstring. Please be sure that **each** clothing item is clearly labeled. A sewn name label works best.

The boys keep their clothing in footlockers or suitcases. Bedding is usually brought to camp in a duffel type bag. The beds use cot-sized mattresses, but twin sheets can be tucked under to fit, they usually put sheets on the bed and sleep in a sleeping bag on top. A sleeping bag is also used for camping trips and we strongly recommend one that is lightweight and packs up small.

The following list is a suggestion of items that campers typically bring.

- | | | |
|--|--|--|
| <input type="checkbox"/> 4 sheets | <input type="checkbox"/> 8 underpants | <input type="checkbox"/> extra batteries |
| <input type="checkbox"/> 2 pillow cases | <input type="checkbox"/> 6 t-shirts | <input type="checkbox"/> extra glasses |
| <input type="checkbox"/> 2 warm blankets | <input type="checkbox"/> 8 pair socks | <input type="checkbox"/> sun glasses |
| <input type="checkbox"/> 1 sleeping bag | <input type="checkbox"/> 3 long pants | <input type="checkbox"/> disposable camera |
| <input type="checkbox"/> 1 pillow | <input type="checkbox"/> 3 short pants | <input type="checkbox"/> biodegradable shampoo |
| <input type="checkbox"/> 2 laundry bags | <input type="checkbox"/> 2 swim suits | <input type="checkbox"/> stationery |
| <input type="checkbox"/> 1 set rain gear | <input type="checkbox"/> 2 sweatshirts | <input type="checkbox"/> stamps |
| <input type="checkbox"/> 3 towels | <input type="checkbox"/> baseball glove | <input type="checkbox"/> books to read |
| <input type="checkbox"/> 1 warm jacket | <input type="checkbox"/> tennis racket | <input type="checkbox"/> biodegradable soap & case |
| <input type="checkbox"/> 1 light jacket | <input type="checkbox"/> can of tennis balls | <input type="checkbox"/> toothbrush & paste |
| <input type="checkbox"/> 2 pair athletic shoes | <input type="checkbox"/> fishing gear (optional) | <input type="checkbox"/> sunscreen |
| <input type="checkbox"/> 1 pair water shoes | <input type="checkbox"/> water bottle | <input type="checkbox"/> insect repellent |
| <input type="checkbox"/> 2 pair pajamas | <input type="checkbox"/> flashlight | <input type="checkbox"/> Swiss army knife (optional) |

The most commonly lost items are unmarked equipment like tennis rackets or personal items like CDs. It is not a good idea for boys to bring expensive baseball trading cards, or similar easily lost items.

iPods, CD players, or Game Boys, may not be played outside the cabin. If used during rest hour or before taps, headphones must be worn. **We cannot be responsible for possible damage to or loss of these items.**

TV's and cell phones are not allowed. All cell phones used for travel are kept in the office. We are at camp.

We have a nice tradition that boys put their name and address in one or two books they are through with to donate to the camp library. That's why we have so many books for campers to read during rest hour!

Don't forget water shoes. The best kind are sandals or those that strap on the feet.

Dr. Bronners or Ivory are good biodegradable soaps, and .

It can get cold at camp! It is a good idea to pack a warm hat and some good warm clothes just in case!

Returning campers should remember to bring their Highlands Kerchief.

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EMERGENCY INFORMATION

Camper Information

Camper Name _____
Birth date _____ Age at Camp _____
Street Address _____
City _____ State _____ Zip _____
Parents Names _____

Home Phone (_____) _____
Mother's Daytime Phone (_____) _____
Mother's Cell Phone (_____) _____
Father's Daytime Phone (_____) _____
Father's Cell Phone (_____) _____

Primary Insurance Coverage

Policy Holder _____
SS # of Policy Holder _____
Relationship to Camper _____
Company _____
Policy # _____
Group # _____
Street Address _____
City/State/Zip _____
Customer Svc. Phone # (_____) _____

I understand that my health insurance carrier or payer of my health benefits may pay less than the actual bill for services. I understand I am financially responsible for payment in full of all accounts with the exception of fully sponsored government accounts.

Signature of Policy Guarantor

Secondary Insurance Coverage

Policy Holder _____
SS # of Policy Holder _____
Relationship to Camper _____
Company _____
Policy # _____
Group # _____
Street Address _____
City/State/Zip _____
Customer Svc. Phone # (_____) _____

Contact Information

If parent is not available in an emergency, notify:

1. Name _____
Phone (_____) _____
Relationship _____
2. Name _____
Phone (_____) _____
Relationship _____

Camper's Regular Physician's Name:

Phone (_____) _____

Camper's Regular Dentist's Name:

Phone (_____) _____

Camper's Regular Orthodontist

Phone (_____) _____

This PARENT AUTHORIZATION must be signed for your son to attend camp.

This health history is correct as far as I know, and the person herein described has permission to engage in all camp activities except as noted by me and the examining physician.

I hereby give permission to the physician selected by the Camp Director to order X-rays, routine tests and treatment for the health of my child.

In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the Camp Director to hospitalize, secure proper treatment for, and to order injection and/or anesthesia and/or surgery for my child as named above.

Signature

Printed name

Date _____

**** Attach photocopy of FRONT and BACK of insurance card and pharmacy card (if different) to this form.**

CAMPER HEALTH INFORMATION

Camper Name _____

MEDICATIONS TO BE TAKEN AT CAMP

Name of medication	Dose	Time(s) taken (circle all that apply)				
		Bkfst	Lunch	Supper	Bedtime	As needed

ALLERGIES

Epi-Pen Required?

- Medication (which _____) Yes / No
- Insect bites/stings (which _____) Yes / No
- Poison Ivy/plants (which _____) Yes / No
- Food (which _____) Yes / No
- Seasonal/environmental (e.g. hay fever, animal dander, pollen, mold, etc.)

MEDICAL HISTORY

Yes	No	Condition	Details, Dates, Comments
		Frequent Ear Infections	
		Heart Problem	
		Blood Disorder	
		Seizures	
		Diabetes	
		Asthma	
		Hearing or Vision Problems	
		Broken Bone(s)	
		Joint Problems / Arthritis	
		Surgery	
		ADD / ADHD	
		Depression	
		Mental Health Concerns	
		Ulcer / Stomach Problems	
		Bowel or Bladder Problems	
		Childhood Illnesses	___ Chicken Pox ___ Measles ___ Mumps ___ German Measles
		Other:	

CONCERNS AT CAMP

Yes	No	Condition	Comments
		Diet Restrictions / Needs	
		Activity Restrictions	
		Other	

>> CONTINUED ON OTHER SIDE

HEALTH EXAMINATION

Please complete this section or attach a similar form

Camper Name _____ Date of Examination _____

Height _____ Weight _____ B/P _____

System	Normal	Comments, Follow-up, or Restrictions
Skin		
Eyes		
Ears		
Nose/Throat		
Mouth/Dental		
Thyroid		
Cardiovascular		
Respiratory		
Gastrointestinal		
Genitourinary		
Neurological		
Musculoskeletal		
Spinal Exam		
Nutritional Status		
Other:		

Immunizations – Please complete this Section or attach a similar form.

Vaccine	Dates				
DPT					
TD					
Oral Polio					
MMR					
or Measles					
Mumps					
Rubella					
Hepatitis B					
HIB					
Chicken Pox					

Physician's Statement

I have examined the person described herein and have reviewed the health history. On the basis of the examination on this day, it is my opinion that this person is physically able to engage in all camp activities, except as noted above.

Examining Physician _____

Name Printed: _____ Date _____

Address _____

Phone _____



CHECKLIST

The following items must be submitted to Camp Highlands before your child arrives at camp.

FORMS

- Travel to camp form
- Travel home and family picnic form
- Camper health information form
- Health examination form
- Emergency information
- Camper expression form
- Parent expression form
- Marshfield Clinic insurance form

OTHER ITEMS

- Photo copy of insurance card
- Photo copy of immunization record
- Full or partial payment

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