

Ukrainian Orthodox Church of the USA



Camper /Parent Information

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We would like to thank Camp St. George in Cedar Rapids, IA for their permission to use their parent guide as a model for our own.

About Diocesan Church School Camp

Program Mission

Diocesan Church School Camp is an Orthodox Christian ministry. The mission of DCSC is to teach the Gospel, and instruct young people in Christian living. We do this by providing a safe, Christ-centered, and joyful environment in which campers and staff members can discover more fully the gift of our Orthodox Christian Tradition. Daily they interact as a community of Orthodox Christians, gaining a greater appreciation for the Orthodox faith and building friendships based on Christian love. This interaction occurs through participation in daily prayer services, Church School classes, camp activities such as Aquatics, Arts & Crafts, Athletics, Music, Ukrainian Culture, service projects, and especially through cabin and communal life.

The Cornerstone: Our Staff

With Christ as the foundation, the staff at DCSC is the cornerstone of the program. We have been blessed with dedicated and talented volunteers who give their time to deliver a safe, fun, dynamic, and educational encampment. Their preparation begins well before summer and culminates with an intensive 2-day training and orientation session. There is one counselor (and frequently 2) for each cabin, which houses a maximum of 8 campers; we also have several auxiliary staff members and staff aides. Our average camper to staff ratio is 5:1.

History

In 1975, Rev. Fr. William Diakiw (now Protopresbyter William) served as the director of the Diocesan Church School Commission of the Ukrainian Orthodox Church of the USA. Fr. Bill approached the Consistory for the Blessing to begin a camping program for the primary aged children (9 – 13) of our church. The Teenage Conference had already been established to serve the needs of our teenagers for nearly twenty years.

With the blessing of the Hierarchs, Fr. Bill then approached the W. Pennsylvania Deanery to support this new endeavor on a financial level. He then proceeded to involve the entire church in this ministry through spiritual, physical and financial support.

The first encampment took place during the summer of 1976 for one week at Camp Lutherlan, just a few miles outside of Butler, PA.

When the Consistory, with the invaluable aid of the Ukrainian Orthodox League, purchased our own camp property, the Diocesan Church School Camp moved to its new home at All Saints Camp in 1978.

Location and Facilities

DCSC is held at All Saints Camp located in Emlenton, PA. The camp facility has accommodations for 80 campers and 25 staff members. It includes the following:

- St. Thomas Chapel
- A private river front beach area
- Pine forests
- Log cabins for camper and staff accommodations
- Dining hall
- A large swimming pool
- The Millennium Cultural Center
- A pavilion for gatherings and activities
- A soccer field, two volleyball courts, two tennis courts, and a basketball court

Preparing for Camp...*things to know beforehand*

The camp experience is like other important experiences in life: the better one is prepared, the more one gets out of the experience. This section covers key areas that require attention before your camper leaves home. Please also refer to the information specific to this year's program, which has been included

Getting ready for Camp Life

Just about everything concerning life at camp is different from life at home. Preparing your camper with as much information as possible will be helpful to their adjustment. While giving them a positive preview of their coming experience, let them know that life will be different, and that you want them to gain many new experiences.

Some issues to discuss with them include a very different summer time schedule (wake up at 7:30 am!), sharing close quarters with other people, "wash house hygiene," common meals with some new foods, being responsible for picking up after themselves, and sharing in the chores necessary for successful group living.

Last but not least, this may be their first independent time away from you, with very little contact during the camping session. This can be a very positive experience and one that can be invaluable in the process of growing up. Be aware that parents need to prepare for this as much – if not more – than campers!

It's also important that you advise the Camp Director if there have been any recent events in your child's life that may affect his/her behavior. Frequently, children who seem to be coping well with changes at home may have problems with the same issues when they are in a different environment. Any information you share will be confidential.

Please continue reviewing this guide for additional information about our program and policies. We hope that it answers any questions you may have and provides helpful information for preparing your family for camp. If, however, you do have additional questions or would like to discuss specific situations, please feel free to contact the Directors listed on page 14.

Fees

Balance of payment is due by June 23 or June 30, 2019 at registration. **All balances will be billed to camper's parents, regardless of any parish subsidies.** Optional fees include: laundry fee \$5.00 (for camper's laundry to be done mid-encampment, for 2-wk campers only), and canteen money (your discretion).

Cancellation and Refund Policy

If the encampment director is contacted *prior* to the early bird deadline date of May 15, 2019, there will be a 100% refund. If the director is contacted *after* the deadline date but *prior to the start* of the encampment, there will be a 50% refund. If there is no notification prior to the start of the encampment there will be NO REFUND. All refund requests must be made in writing and sent to Office of Youth Ministry, PO Box 869, Carnegie, PA 15106. Exceptions to this policy may be made in the event of a family emergency.

Cabin Assignments

Cabin assignments are made strictly in accordance with age and gender, and cabin requests will not be accepted. *If your camper has special circumstances* and you feel a specific cabin mate is necessary, inform the Camp Director, prior to the encampment. You may make your request during the registration process. We can not guarantee all requests will be granted. Requests made at the encampment will be considered. All requests will be granted at the discretion of the Camp Director.

Health Care

There will be medical staff in residence during the entire encampment to take care of health care needs. If you are packing medication for your child, it must be in its original container, packed in a zip lock bag, and marked

with your child's name. Include written instructions for medicine administration. One of the medical staff will be present at registration to discuss your child's needs.

Insurance

All campers should be covered by their family health insurance policy. While DCSC will act as a guarantor, any costs incurred by the Camp in providing required treatment for doctor's appointments, prescriptions, etc. will be billed to the parents.

Packing for Camp

Dress Code

Camping by nature is informal and comfort and safety should be your first concern when packing with your child. However, in keeping with our mission of creating an Orthodox Christian community, we have developed a Dress Code for all participants in the encampment—staff and campers. This Dress Code has taken into account

- ✚ Christian modesty and respect for the clergy and monastics that are with us during the encampment
- ✚ Preparation of mind, soul, and body for the prayer services in which the campers participate throughout the day
- ✚ Development of a healthy body image, in ourselves and others
- ✚ Relief—however temporary—from peer-driven fads and competition

With this in mind, we ask that the following **NOT** be packed:

- Micro-mini skirts or dresses – length must reach at least finger tips while at their sides
- Short shorts - length must reach at least finger tips while at their sides
- Strapless or spaghetti strap tops
- Midriff or halter tops
- T-shirts with inappropriate words, pictures or sentiments
- Midriff baring or cut-out swimsuits (full "tankinis" are the only acceptable 2-pc suits – this means that the two pieces must meet or overlap)
- Muscle tanks
- Low-rise pants or shorts
- Oversized pants or shorts (for boys)

At least two outfits for Divine Liturgy should be included in the camper's wardrobe. The campers will be given the opportunity to participate in the Divine Liturgy on more than one occasion. Boys are expected to wear long pants and a special shirt, and girls should wear a dress, skirt (close to knee length) or nice pant suit.

Altar Boy Robes

If your child would like to serve at the altar while at camp, and if it is possible, they may bring their altar robes with them. It is not necessary to bring the robe in order to participate as a server. There are robes provided at All Saints Camp. If you choose to bring your own robe, please bring it in a protective bag and it will be stored with all of the liturgical items.

Camper Packing List

We do not recommend bringing expensive or name brand clothing or other expensive items to camp. All items must be clearly labeled for identification. Cabin storage space is limited to under the bunk beds and one small cubbie space per camper, so please keep this in mind while packing.

Must haves:

- One outfit that can get VERY dirty
- Sleeping bag(or blankets), sheets, pillow
- Towels and wash clothes
- Toiletries including: toothbrush, toothpaste, soap, shampoo, deodorant, hairbrush, comb
- All medications in their original containers in bag marked with camper name and directions for administration
- Underwear
- Sweatpants/Jeans/Shorts
- Sweatshirts/T-shirts
- Nice outfits for Divine Liturgy
- Socks/Tennis Shoes/Water shoes
- Modest swimsuit – no bikinis or cutout one-pieces, speedos, or shorts, - modest tankinis(the two pieces must meet) or a full coverage one piece swimsuit for girls and lined swim trunks for boys are best – these can be found inexpensively at Walmart or Target)
- Rain Jacket/umbrella
- Light Jacket
- Baseball hat or sun hat
- Laundry bag marked with camper's name
- Sunscreen, insect repellent (with tick repellent), lip balm
- Flashlight
- Water bottle *Nice extras:*
- Outfits or special shirts for our Ukie Zabava, Pajama Party!, African Safari, Hoedown! Campfire, 4th of July
- Prayer Book/Bible (service books are provided for all liturgical services)
- Photos of family members – especially mom and dad!
- Old Costumes for skit night
- Ukrainian shirt or costume
- Musical instrument
- Fishing pole/fishing license
- Tennis racket, baseball mitt
- Camera (marked with name), journal, travel games
- Pre-stamped postcards to write home
- Watch

Absolutely nots:

- ✗ Cell phones, CD players, tablets, electronic games, ipods/mp3's, etc.
- ✗ Food...including candy, gum and drinks
- ✗ Jewelry and other valuables
- ✗ All tobacco products
- ✗ Immodest apparel (see dress code on page 5)
- ✗ Dangerous implements, i.e. knives, fireworks, etc.
- ✗ Any illegal substances (campers found with any will be sent home immediately as per the signed rules submitted with your application)
- ✗ Pets
- ✗ Posters of celebrities and teen pop culture magazines

Please be sure to label every item with your camper's name for easy identification. DSCS and ASC are not responsible for any lost, damaged or stolen items.

Arrival and Registration

Check-in Day

First Week Only or Two Week Campers

Sunday June 24th – On the first day of the session, campers being driven to the camp should be checked-in between **2:00 p.m. and 4:30 p.m.** Arrivals at any other time must be approved in advance by the Camp Director.

Registration will take place in the outdoor pavilion (see map, Appendix). The process will include meeting the medical staff to discuss any health issues and/or turning over all medications (in original containers), which will be kept in the Infirmary, and collecting all laundry money to prevent loss during the session. Any funds not spent will be returned at the end of the session.

Immediately following your child's check-in, a staff member will bring his/her belongings in the golf cart to his/her cabin. Cars are not permitted in the cabin area. Once your child is settled into the cabin and you have met his/her counselor, feel free to tour our facilities. Your child will be taken for a swimming test at this time.

Once your child is checked in, he/she becomes the responsibility of the encampment.

Registration Day! Parents are invited to remain and join us in prayer with the Akhathist - Glory to God for All Things to open our encampment for the year. The Akhathist will begin at 4:30pm and then the campers will depart for dinner.

Second Week Only Campers

Registration will begin at **3:00 p.m. on the mid-encampment Sunday** and will take place at the Dining Hall (map provided). Since camp is in session, there will be children and staff utilizing the campgrounds. We ask that you use extreme caution while driving into the camp and park only in the designated area. Your child's counselor will be located and his/her belongings will be taken to his/her assigned cabin by golf cart. You are more than welcome to help your child or children make themselves at home.

During the Camping Session...*the ABC's of DCSC*

Activities

Your child's day at DCSC will be a very full one! Daily prayer and Liturgical services are the focal point of the program, as are daily church school classes, which revolve around the year's theme. But there are many more activities that will keep your child busy: swimming and sports, elective Special Interest classes, crafts, service projects, Ukrainian dancing, field trips, singing, and special fun evening events. Add in cabin time and planning cabin activities such as skits and you can see why we never get the complaint, "There's nothing to do!"

Behavior

All campers are expected to act in ways appropriate in an ***Orthodox Christian setting***. While we would hope that this is not too different from a child's normal behavior, the reality is that language and behavior that was once unquestionably considered inappropriate and/or vulgar is more and more frequently acceptable in the daily lives of children. And, unfortunately, they may feel the need to act the same in order to be accepted by their peers. Please take some time to discuss this with your child; help them understand that their time at camp can be a welcome relief from peer pressure and media bombardment.

You and your child signed the camp rules as part of the registration process. We have included a copy of the rules for your reference. While every attempt will be made to resolve disciplinary problems on site, *the Camp Director reserves the right to dismiss campers for gross violations of camp rules.* **Parents will be responsible for arranging and covering costs for their child's early departure.** You may want to go over the rules with your child one more time before coming to camp.

Camera Usage

Obviously, taking pictures is one of the best and most permanent ways for campers to capture memories of great experiences at DCSC. However, use of cameras at camp creates two situations about which we would like to caution all campers and families.

1. Each camper has the sole responsibility for his/her own camera. Diocesan Church School Camp and its staff is not responsible for damaged, lost, or stolen cameras.
2. Pictures taken by campers should be used only for the enjoyment of that camper and with the permission of those in the pictures. Pictures taken at DCSC should be appropriate and should not be posted on the internet or in any other public place as this could potentially violate the photo release agreement each parent signs. The only exception to this rule is parish use. We do encourage campers to share their memories with their parish family!

Failure to adhere to the camera use policy may result in the camper's camera being confiscated and potentially being sent home (depending on the infraction).

Canoeing and Swimming

Due to insurance constraints, All Saints Camp is no longer able to provide canoeing opportunities.

There is designated time each day for swimming in our in-ground swimming pool. A licensed lifeguard is on duty during the entire swim session; camp staff is also present for the duration of swim time. To determine your child's ability level, the lifeguard will administer a swim test. If the lifeguard discerns that your child should not be in the deeper water, they will be given a wristband to wear during swimming time.

**Children who choose not to take the swim test will wear a wristband and will not be permitted in the deep end of the pool.*

Campers whose parent/guardian has not given express permission for swimming on the application will not be permitted in the swimming pool.

Contact with your child

The active camp schedule prevents regular phone contact with your camper. If your child is sent to camp via plane, bus or train, he/she will be required to call home immediately after checking in, in order to confirm his/her safe arrival. Thereafter, outgoing calls may be allowed only at the discretion of the Camp Director, and only for urgent matters. **Receiving or placing phone calls during the session disrupts the program and often makes homesickness worse, so we do not allow them except for emergency circumstances. If your child does call home for any reason, a staff member will be present while the call is being made. Campers are not allowed to have cell phones.** Therefore, you will probably not hear from the camp, and "no news is good news!"

If your camper suffers serious injury or illness, you will be promptly notified. These calls include any issues requiring off-camp health services or an illness in which a fever lasts for more than 24 hours. Should a serious need to communicate with your child arise, please call the Camp Office at (724) 867-5811 and ask for the Camp Director.

We encourage letter writing both to and from camp, with mail being delivered daily. Sending a letter before your child leaves home is a good idea, as the mail may be waiting for your child on their first full day at camp. Ask questions about camp, but avoid telling your child how much you miss them, as this may spark homesickness. Short declarations of love such as, "We're so proud of you," or "We love you," or "See you real soon" are just what your child will want to hear. Mailing address: **All Saints Camp – 110 All Saints Road, Emlenton, PA 16373.**

You may also utilize our new service by Bunk1 which enables you to easily correspond with your child while they are at camp as well as viewing up-to-date photos and read our daily blog!

Field Trip(s)

We do not have a special field trip planned for the 2019 season.

Food and Fasting

If your child has any food or diet issues that you did not disclose on your camp application, it is important that you advise the Camp Director immediately, so that the kitchen staff may be informed.

We serve three hearty and healthy meals a day. Campers are encouraged to eat balanced meals and to try new foods. Meals are served family-style, with campers taking turns as waiters. Fruit and other healthy snacks and drinks are available throughout the day.

Due to their active schedule, campers are also encouraged to keep well hydrated. They are asked to drink a glass of water before any other beverage at meals. You may want to send a water bottle along with their name printed on it for daily use.

Generally, the Fast of Saint Peter and Saint Paul is observed for at least some of the DCSC encampment. We observe fasting days on Monday, Wednesday and Friday.

The community standard that has been set is fasting from meat only. We understand that many of our children have never fasted before and that is why we have chosen only to fast on Monday, Wednesday and Friday. However, if your family follows daily fasting for the duration and you would like your child to continue doing so, please advise the camp director so that the kitchen staff may be informed (there are usually several staff members and campers who choose to fast more strictly.) If your child is not accustomed to fasting, please rest assured that nutritious and tasty meat alternatives are served.

Fasting is a tool that we as Orthodox Christians use to grow closer to Christ. All Ukrainian Orthodox Church Camping Programs observe all the fasts of the church. Fasting should not be looked at as something that "we have to do." Instead, it is a tool that God has given us to simplify our lives. Through fasting, the Church removes some choices from our lives, freeing us to focus more on God. We feel blessed to be able to share this experience with our campers.

First Time Campers and Homesickness

If your child will be attending camp or staying away from home for the first time – we strongly recommend you reading the special section starting on page 12. Your family will be receiving special instructions for a First Time Away to Camp video from Expert OnLine Training. It is also a great help to send your child to camp with a photo of your family!

Laundry

All campers should bring a laundry bag in which to accumulate dirty clothing. To minimize loss, we recommend that your child's name be written on each piece of clothing with a permanent marker or name label. Campers attending the two-week program will have the opportunity to have laundry done during the middle weekend. If you would like to have your camper's laundry done, \$5.00 can be added to your child's registration at anytime on-line.

Clothing and other items left behind will be held until August 31, 2019, after which all unclaimed items will be donated to local families in need.

Musical Instruments

Although we generally request that valuables not be brought to camp, many campers enjoy bringing their musical instruments from home to entertain their campmates, and we enjoy their performances. As with all his/her belongings, ultimate responsibility for the instrument rests with your child. However, we understand the value of these instruments, and will attempt to see that special care is taken in their use and storage.

Stewardship – DCSC Cares!

One of the goals of DCSC is to promote Christian stewardship, charity, and care-giving in our campers. One project each year is dedicated to the beautification and/or maintenance of All Saints Camp. At least one other project is planned to be people-oriented.

In past years, those who have benefited from our projects include the residents of the Eastern Orthodox Foundation, the children in our Consistory-sponsored special needs orphanages in Ukraine, Ukrainian Little League Baseball, and, as discussed previously, the residents of Mount Laurel Manor in Emlenton. These projects may be done entirely at camp, or we may ask that the children bring something from home to contribute to the project.

We will once again be focusing on our Card Ministry this year. If you have any cardstock paper or stickers that you could donate for this purpose, they would be appreciated.

Snacks and “Care Packages”

Campers are *not allowed* to keep food in their cabins. Please **do not** send food with your camper, or care packages by mail during the encampment. As stated previously, we serve three healthy, large meals each day; fruit and drinks are also available throughout the day. Campers also have the opportunity to purchase snacks from our Nook. *Any food sent to camp will be kept by the Director and returned upon departure.*

Special Interest Classes

These are electives, which campers choose based on their own interests. Classes offered vary from year to year. In order for us to be well prepared and supplied, we ask that campers choose their Special Interest class(es) prior to the encampment. *Please see the enclosed Letter from the Director for information regarding this year's offerings.*

Spending Money

All Saints Camp offers ASC Wear such as t-shirts and hats for sale. Any spending money for your camper must be handed-in during registration, and will be kept on account in his/her name. Any remaining balance will be returned to you upon departure. *No money is allowed to be kept with the camper in the cabins, as the Camp is not responsible for any lost money.* Average amounts brought by campers range between \$10 - \$50.

NEW – THE NOOK BOOKSTORE – We are very pleased to announce our newest endeavor, The Nook. The Nook is our bookstore and shoppe which will ASC gear, Orthodox books and items, and snacks. The Nook will be open each day after lunch. At check-in you will be asked how much virtual money you would like to place in your child's account. At pick-up, we will let you know the balance owed.

Visits to Camp

Please feel free to meet our staff and tour the camp facilities on check-in day. We ask that there be no other visits to camp during the regular camping session. The campers have very busy schedules, and only a short time at camp and visitations tend to break the flow and unity of the encampment.

Departure

Check-out Day

First Week Only Campers

You may pick up your child between **1:00 and 3:00 p.m. on the mid-encampment Sunday**. Camp will still be in session for those continuing to stay throughout the second week, and there will be children and staff utilizing the campgrounds. We ask that you use extreme caution while driving into the camp and park only in the designated area. Check-out will take place in the Dining Hall (map provided). Once you have checked-in with the director, we will locate your child and his or her counselor will bring him or her to you. His or her belongings will be ready and waiting at the Dining Hall for their departure.

Two-week and Second Week Campers

There will be a program for the parents at 12:00 p.m. on Saturday July 6th of the second week; we encourage all family members to attend. The children are very excited to show their families what they have been doing while away at camp, and you are also provided with the opportunity to experience a little taste of camp. The program is not longer than 45 minutes. Immediately following the program, campers will need to check-out at the Dining Hall. It is important that the check-out process be completed so that any remaining monies may be returned and the campers may receive their gifts and projects from the encampment. **All campers should be picked up no later than 2:00pm.**

If other arrangements need to be made, please let us know during check-in.

Lodging Accommodations/In-Between DCSC and TC

If you are traveling a long distance to pick up your child/ren and would like to come in a day prior to the end of the encampment, there are several options at your disposal. If you make prior arrangements with the Camp Director, there may be space available at the Camp itself. You would need to discuss any payment with the All Saints Camp Manager. You may also stay at a local motel.

Emlenton Motor Lodge – 724-867-2314

If you have younger children attending DCSC and teenagers that are attending TC and you live further than a two-hour drive from All Saints Camp – you may stay the Friday/Saturday evening in-between the two encampments, so as to make your travel easier. We ask that any families with this particular situation provide assistance by acting as chaperones for any children or teenagers who are staying from one encampment to the next. If this scenario fits into your family plans, please call the Office of Youth Ministry ASAP at 412-279-1076, so that we can make the proper arrangements. Please remember that unless you are staying as your child's chaperone, we have a limited amount of people who are able to watch your child for the evening. Therefore, both All Saints Camp and Teenage Conference rules will apply.

If you live close to the camp and have a child who is 13 and attending both DCSC and TC, it may be beneficial to take them home for the day. They could use the undisturbed sleep, have a chance to wash clothing and spend time with the family before they begin their next camp experience. Additionally, a priest may not be available to serve Divine Liturgy on the Sunday morning in-between encampments.

Dealing with Homesickness

Homesickness is a normal reaction for all of us whenever we leave our homes, no matter what age we are. However, the question remains, "how do we deal with this feeling, and how can we prevent it?" The following section will help prepare the parent and the camper for this very normal feeling of missing home.

"I Wanna Go Home!"

As adults, we may often trivialize the experience that young children go through when they are homesick. Even if we do begin to understand how difficult this may be, we know that our children must at some point leave home without being traumatized. Therefore, we determine that they just have to get through it. While that is often the only way to handle the situation, it would be better if homesickness could be prevented all together. Does this sound too good to be true? Perhaps not.

Dr. Christopher Thurber at UCLA has done extensive research in the area of children's experiences with homesickness (you guessed it – he was a homesick camper too). He has come up with several suggestions for preventing homesickness before it appears.

Getting Ready for Camp

We all know that getting ready for camp means pulling out the sleeping bag and flashlight, but if you are sending a kid to camp for the first time, there's a lot of *emotional* prep work that needs to be done as well. Here are three "P's" of Dr. Thurber's tips:

1. **Practice:** Don't let camp be the first time a child is away from home. That would be enough to handle alone, without the fact that it's at least a week in an unknown place, often hundreds of miles from home. Weekends with grandparents or other family or friends are great "practice runs" even if your child doesn't realize it. They learn that they can leave home and the world doesn't fall apart.
2. **Preview:** Part of a child's preparation is knowing what to expect at camp. If possible, talk with other kids who have been to camp before, ask to see their pictures. Or, you can check out the All Saints Camp website at www.uocofusa.org/institutions/AllSaints/ or the website for the Office of Youth & Young Adult Ministry which has information about camp at www.uocofusa.org, Offices of Ministry, Office of Youth & Young Adult Ministry.
3. **Prepare:** **Promising your child you'll bring them home if they don't have a good time is the same as saying, "If you want to come home, here's what to do: don't have a good time."** More than one homesick camper has tried this as their best shot at getting home. Once a child knows they are at camp to stay, they will make the effort to have a good time, but not before. You can always change your mind later, but do your child the favor by **not** letting them in on the option of an early departure. With the "try it for one more day" approach, we find that kids do just that: they stay one day, and then demand that their parents make good on their promise and come pick them up. All kids miss home when they are away

(well, OK maybe not the teens). That's normal. Tell your child that they may feel this way and that it's OK. Another big help is to let them know that **you** will be OK. Many kids' homesickness comes from worrying about how their parents are doing at home. Some good intentioned parents tell their kids, "Mommy and Daddy are going to miss you SO MUCH." Instead of conveying love, it tells the kids you need them at home. Let them know that while you will miss them, you will be happy knowing they are having a great time.

What to Expect

The first few days that a child is away from home, it is normal for him/her to miss home and to adjust to the new environment. Letters that are sent home on the first few days of camp often reflect this, and it is not uncommon for a child to over exaggerate to make the experience seem worse than it is. When a camper does this, they are also testing the parents' ability to separate from their child. Although it can be difficult for the parent to insist that the child stay at camp, it is very important. For school age children, it is appropriate to help the children deal with frustration, disappointment, conflict, and sadness while still remaining in their situation. When you give your child the confidence to cope with the difficulties of daily life and the experience of handling an appropriate degree of discomfort, you are also helping him/her to grow to be independent and strong.

Well, We Tried

So, you did all that and still you have a hysterical child calling from the camp director's office? If we at the camp think that an early departure is wise, we will tell you. The call is probably a tactic being used in the camp's treatment of the homesickness. The best thing you can do is support the plan the counselors and director are working on, which will probably include: letting the camper talk about his or her feelings without dwelling on them too long, writing letters and most importantly, keeping them busy. Receiving letters from home will be comforting (you may have to send one before the child leaves to arrive early in the session.) Phone calls usually make homesickness worse, so please refrain from calling the camp except for an emergency. In very rare cases, after some time passes and the child isn't able to deal better with the homesickness, the camp director may suggest an early departure. If that's the case, it will be helpful to reinforce the fact that the child tried in the first place, and leave a door open for next year.

With the right preparation and cooperation between parents and camp staff, your child can gain the invaluable experience of being OK away from home. Children gain independence and self-reliance from their time spent away from home at camp, so we hope that no camper leaves early. While that is going on, parents can enjoy a guilt-free week or two of peace and quiet, knowing their child is taking some great big steps toward growing up.

Tips for Coping with Homesickness at Camp

- If your child wants to talk to you on the phone, we'll talk to you in advance about it. When speaking with your child, offer calm reassurance and love. Avoid the temptation to bring them home early. Let them know it is an important step towards growing up. Speak about the positive aspects of camp.
- Don't feel guilty about encouraging your child to stay at camp. For many children this is the first step toward independence. ○ If you receive a letter saying, "I hate camp. I can't sleep. I cried. My counselor hates me," **don't panic**. This is a tactic some campers will use to achieve the ultimate aim of the homesick camper: Getting Home! Rest assured, your child is being loved, fed and cared for in every way. They're just taking a rough but necessary step in the process of growing up. Send reassuring letters to your child, and feel free to call the camp director to obtain his/her observation of your child's adjustment.

Relax!

While your child is at camp, take advantage and enjoy the (temporary) quiet! If you miss your kids, write a letter or two – campers love getting mail! Relax, knowing your children are in good hands.

Important Numbers & Addresses

All Saints Camp

110 All Saints Road
Emlenton, PA 16373
(724) 867-5811 or (724) 867-9911

Encampment Spiritual Directors

Fr. Zinoviy Zharsky Fr. Taras Naumenko
(607) 245-9988 (215) 927-2287

ASC Manager

Josh Oryhon
(518) 424-5701

DCSC Directors

Natalie Kapeluck Nixon
(412) 977-2010 cell – for emergencies during camp
uocyouth@aol.com

Payment Questions

Direct all payment questions to the DCSC Director

Driving Directions to All Saints Camp

If you are coming from Pittsburgh area or South

- Take Interstate 79 North to Interstate 80.
- Take Interstate 80 East
- Take Exit 42 (Old Exit 5) - THIS EXIT IS OPEN!
- At end of Exit follow signs for Rt. 208 East toward Emlenton
- Continue to follow Rt. 208 East
- As you start down the hill, take the first road left (Big Bend Road) – a sharp left up a hill
- Go three miles to Goshen Road and turn right
- Proceed two miles to the camp entrance which will be on your right at the bottom of the hill

From the North

- Take Interstate 79 South to Interstate 80
- Follow the Directions from Pittsburgh at this point

From the East or West

- From the East take Interstate 80 West – coming from the West take Interstate 80 East
- Follow the Directions from Pittsburgh starting at Interstate 80



The following prayer is beautiful and powerful in expressing our Orthodox Christian understanding of the awesome gift of parenthood - and the profound mystery of our cooperation in God's creative power. Truly, every child is God's child, merely "lent" to us in order to be offered back to Him. We share this prayer with you that you may share in how we feel regarding the Godly responsibility given to us as we assume parental roles in the lives of the children of Diocesan Church School Camp. The prayer may be adapted to the gender of your child or children, and prayed during camp and at any time.

Prayer of Parents for Their Child

O Holy Father, Eternal God, from Whom proceed all blessings and all goodness, we diligently pray to Thee for the child Thy mercy hast granted us. Thou hast given him being, Thou hast quickened him with an immortal soul, Thou hast granted him new birth through Holy Baptism so he might live according to Thy will and inherit the Kingdom of Heaven Preserve him in Thy grace to the end of his life and enlighten him with Thy Truth so that Thy name may be glorified in him. Help us by Thy grace in raising him to glorify Thy name and to benefit others. Grant us the means, patience and fortitude to accomplish this. O Lord, enlighten him with the light of Thy Wisdom so that he may love Thee with all his soul and mind. Plant in his heart fear of and repulsion from every kind of lawlessness. Let him be incorruptible in all his ways. Beautify his soul by chastity, diligence, patience, peace and all virtue. Guard his lips by Thy Truth that any slander, falsehood and flattery be repugnant to him. Sprinkle him with the dew of Thy grace that he may make progress

in virtue and holiness and grow up in Thy favor and in love of the faithful people. May his guardian angel ever remain with him and protect his youth from vain thoughts, from attractions and seductions of this world and

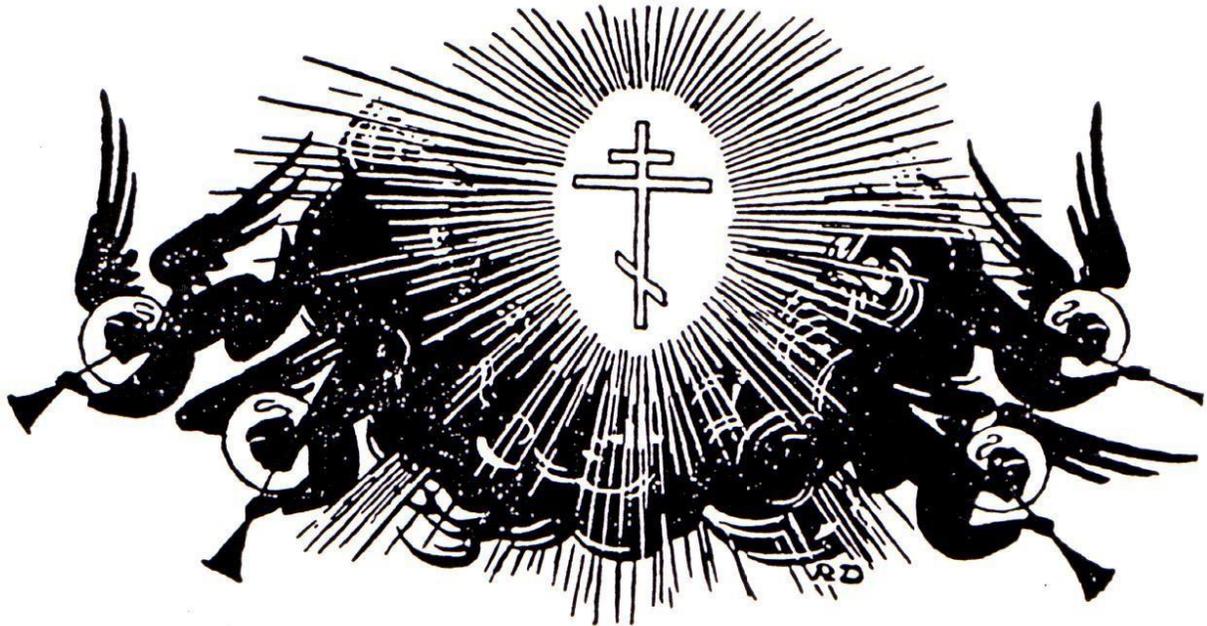
from all snares of the deceiver. Whenever he sins before Thee turn Thy face away from him but be merciful to him. Awaken contrition in his heart and with the multitude of Thy generosity cleanse him of his transgressions. Do not deprive him of Thy earthly blessings but provide him everything needful in time of existence until attainment of the blessed eternity. Preserve him from every illness, wrath, affliction, trouble and grief and cast Thy protective mercy on him. throughout all the days of his life. O Good Lord, again we pray unto Thee, grant us joy and gladness about our child and vouchsafe us to appear with him at Thy awesome judgment and without shame dare to say: This is the child Thou hast granted us, O Lord. Together with him, glorifying Thine unutterable goodness and Thine eternal love, we praise Thy Holy Name of the Father, and the Son and of the Holy Spirit, both now and ever and unto the ages of ages. Amen.

*This prayer is for the well-being of those planning, executing and participating in our camping programs.
We hope that you say this prayer during the year and most especially while our camp is in session.*

Prayer for Orthodox Camping Programs

Lets us pray to the Lord. Lord have mercy.

O Lord Jesus Christ our God, Who condescended to enter under the roof of Zacchaeus the Publican, thus becoming salvation to him and his whole household: As the same Lord, by means of our unworthy prayers, do Thou look with mercy and beneficence upon our Orthodox encampments. As our Lord and Master, enlighten our directors, counselors and staff to the doing of Thy holy Will, so that they might always worthily direct those entrusted to their care, to grow in wisdom and grace before Thy majesty. May Thy presence be felt in the midst of our encampments, thus, in Thy mercy, preserving them from the snares of the evil one and abundantly providing opportunity that all participants profit by Thy blessing. For Thou art our God, and to Thee do we ascribe glory: to the Father, and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.



APPENDIX A

Ukrainian Orthodox Church of the USA Camping Programs Camp Policies and Camper Rules

(These rules were signed by you and your child and submitted with his/her application)

Every summer, the Ukrainian Orthodox Church Camping Program offers youth of the Church a unique opportunity to retreat from the pressures and struggles of everyday life. Encouraging participants to step away from daily habits and routines, the camp makes available a community in which participants can become immersed in an authentic Orthodox Christian atmosphere.

A major component in creating such an atmosphere is separating participants from outside influences and distractions. Of course this is a cooperative effort accomplished by campers, staff, clergy, and parents. Your participation in this effort is vital to the success and effectiveness of the camp ministry. Participants and parents are being asked to start preparing for a time away from "earthly cares" by focusing on Jesus Christ.

By agreeing to these policies and rules, campers and parents show their support of the edifying environment that will be presented at the UOC Summer Camp. Please understand that no one will be permitted at camp if they refuse to agree to these policies and rules (excepting permissions for releases)

On the next two pages are the Encampment Policies and Camper Rules. We ask that both parent/guardians and campers read these thoroughly and sign acknowledgement of their acceptance to the items listed.

1. I/we understand that the consumption of alcoholic beverages, use of any illegal substance or tobacco products is not permitted by any UOCCP Participant. Violation of this will result in immediate dismissal from camp and possible legal action.
2. I/we understand that no camper is permitted on the river front without permission of the UOCCP Director and without supervision by an encampment counselor & river front lifeguard. No swimming is permitted in the river and in violation of Pennsylvania State Law the river front is OFF-LIMITS to all UOCCP participants after dusk.
3. I/we understand that no firearms or weapons (including "Swiss Army" knives) of any kind will be permitted on the camp grounds and possession of these items may result in immediate dismissal from camp.
4. I/we understand under NO circumstances is any form of hazing permitted by campers or staff. Incidents of hazing shall be reported to the director & staff immediately. *Aggressive behavior between any persons* including between campers will not be tolerated. Hitting, pushing, choke holds, kicking, or threatening behavior *of any kind* may result in serious charges with the authorities and immediate removal from the program.
5. I/we understand that for the safety of the campers, they should appraise their counselors of their whereabouts and remain in supervised areas at all times and after "Lights Out" no camper is permitted to leave his or her cabin without the permission of the counselor.
6. I/we understand that defacing or willful destruction of any furniture, cabins, camp equipment, trees, camp grounds, cars or personal belongings of any other participant will not be tolerated. Violators will be responsible for full financial compensation of any damage. Also, furniture (beds, chairs, tables, ...etc.) may not be moved. Any damages or breakage in the cabins, buildings, courts, or wash houses should be reported immediately to the Director.
7. I/we understand that no camper will be permitted to leave on the last day until his or her cabin and area is properly cleaned and the grounds have been inspected by the Camp Manager and Encampment Director. I/we understand that due to the natural setting, it is not permissible to bring extra food/candy to be kept in the cabin area. We agree not to send/bring EXTRA FOOD.
8. I/we understand that at no time are females permitted on the male cabin side of the encampment, in any of the male cabins or in the male washroom. Likewise males are not permitted on the female cabin side of the encampment, in any of the female cabins, or in the female washroom. Females will only use wash house #1. Males will only use wash house #2.
9. I/we understand that all individuals must participate in the **entire camp session* including** all day and evening events, unless under medical restrictions which should be explained on the camper health form and discussed with the camp nurse the first day of any UOCCP. (*If it is not possible to participate in the entire session, a letter in writing or by email must be submitted by the first day of the encampment. You will receive notification if the request is accepted or not.)
10. I/we understand that cabin assignments are arranged by age and that individual requests may or may not be honored as the situation so permits. Requests for cabin mates should be made during the application process.
11. I/we agree that if deemed necessary by the Camp Director, bag searches of anyone who is suspected of possessing items prohibited at camp may be required. The search will take place in the presence of at least the Camp Director and a member of the Clergy.

APPENDIX B

Ukrainian Orthodox Church of the USA Camping Programs Encampment Policies

(These policies were accepted by you and your child and submitted with his/her application)

Dress Policy

Camping by nature is informal and comfort and safety should be your first concern when packing. However, in keeping with our mission of creating an Orthodox Christian community, we have developed a Dress Code for all participants in the encampment— staff and campers. This Dress Code has taken into account:

- Christian modesty and respect for the clergy and monastics that are with us during the encampment
- Preparation of mind, soul, and body for the prayer services in which you will participate throughout the day
- Development of a healthy body image, in ourselves and others
- Relief—however temporary—from peer-driven fads and competition

IT DOES NOT MEAN WE DON'T LIKE YOU OR YOUR CLOTHES! WE JUST WANT YOU TO TRY SOMETHING

DIFFERENT! With this in mind, we ask that the following **NOT** be packed: Micro-mini skirts or dresses – *length must reach at least finger tips while at their sides*, Short shorts - *length must reach at least finger tips while at their sides*, strapless or spaghetti strap tops, midriff or halter tops, T-shirts with inappropriate words, pictures or sentiments, midriff baring swimsuits (full “tankinis” are the only acceptable 2-pc suits – this means that the two pieces must meet or overlap), muscle tanks, low-rise pants or shorts, oversized pants or shorts (for boys). In addition, males must wear shirts at all times. It is suggested to bring appropriate clothing for Divine Liturgy.

Mobile Technology Policy

Campers

I understand that contact with friends and family members back home by phone, e - mail, or text messaging during the camp session removes me from the focused atmosphere of the camp. For this reason, I agree to not bring my mobile phone or if I do, I will check it in to a designated staff member upon arriving at camp. Not having access to a personal mobile phone is essential to the camp environment, in addition to being standard American Camping Association best practice.

Use of personal gaming systems (PSP, DSi, etc.) and personal audio systems (i - Pods, mp3 players, etc.) are a distraction to the program and removes me from the focused atmosphere of the camp experience. For this reason, I agree to not bring personal gaming devices to camp. If I do, I will check it in to a designated staff member upon arriving at camp.

I further agree to only use personal audio systems for my own purposes during free time and I understand that music that contains violent, sexually explicit, racist or morally offensive lyrics is strictly prohibited and I may be asked to check in my device with the camp director if this music is played.

Use of video production devices are prohibited by both campers and staff (unless permission is given) during the camping session. Videography may be taken at Ukie Night and Skit Night only. (Photography is permitted except in the bath house, rest rooms or in the cabin.)

Parents

- I understand that being in contact with my child by phone, or text messaging during camp removes them from the focused atmosphere of the camp. As well, I understand that speaking to a parent back home worsens cases of homesickness. For this reason, I agree to refrain from contacting my child during the camp session, except in cases of emergency or in prearrangements with the camp director. I will make contact through the Camp Director. While at camp the director may be reached at the camp line 724-867-9911. The Encampment Director or Staff Member will be present through out all calls of underage campers.
- Likewise, should a serious need arise regarding my child, the camp will contact me immediately.
- I feel that it is important for my child to participate in the focused atmosphere as a full participant in the camp community. For this reason, I agree to discuss this Policy with him/her prior to camp and to support its goals and methods.

Social Networking and Blogging Policy

In general, the Ukrainian Orthodox Church Camping Programs view social networking sites (Facebook, MySpace, etc.), personal Web sites and Weblogs positively and respects the rights of campers to use them as a medium of self-expression. If a camper chooses to identify himself or herself as a camper at the UOC Camping Program on such Internet venues, some readers of such Web sites or blogs may view the camper as a representative or spokesperson of the UOC Camping Programs. In light of this possibility, the UOCCP requires, as a condition of participation in the camp, that campers observe the following guidelines when

referring to any encampment of the Ukrainian Orthodox Church or All Saints Camp, its programs or activities, its campers, and/or other staff, in a blog or on a Web site:

(continued Page 2 of Policies)

Social Networking and Blogging Policy Continued

Campers must be respectful in all communications (text and photos) and blogs related to or referencing the camp, camp staff, volunteers, employees and other campers.

Any photos or messages that are linked or "tagged" from "friends" and attached to your site(s) or profile(s) that are inappropriate should be removed.

Campers must not post photos unless those within the photo have given expressed permission and any photos taken anywhere at the camp that are inappropriate should not be shared or posted. (Bathhouse, cabins, etc.) Campers must not use obscenities, profanity, or vulgar language.

Campers must not use blogs or personal Web sites to disparage the UOC Camping Programs, other campers or staff of the UOC Camping Programs.

Campers must not use blogs or personal Web sites to harass, bully, or intimidate other campers or staff of the UOC Camping Programs.

Behaviors that constitute harassment and bullying include, but are not limited to:

- Comments that are derogatory with respect to race, religion, gender, sexual orientation, color or disability; -
Comments that are sexually suggestive, humiliating or demeaning comments; - Threats to stalk, haze, or
physically injure another person.

Campers must not use these venues to discuss engaging in conduct prohibited by camp policies and an Orthodox Christian lifestyle, including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment, and bullying.



Millennium Building



Girls Wash house and Cabins



Boys Wash house and Cabins



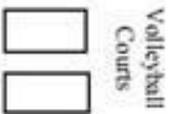
All Saint Camp Ukrainian Orthodox Church



Cross



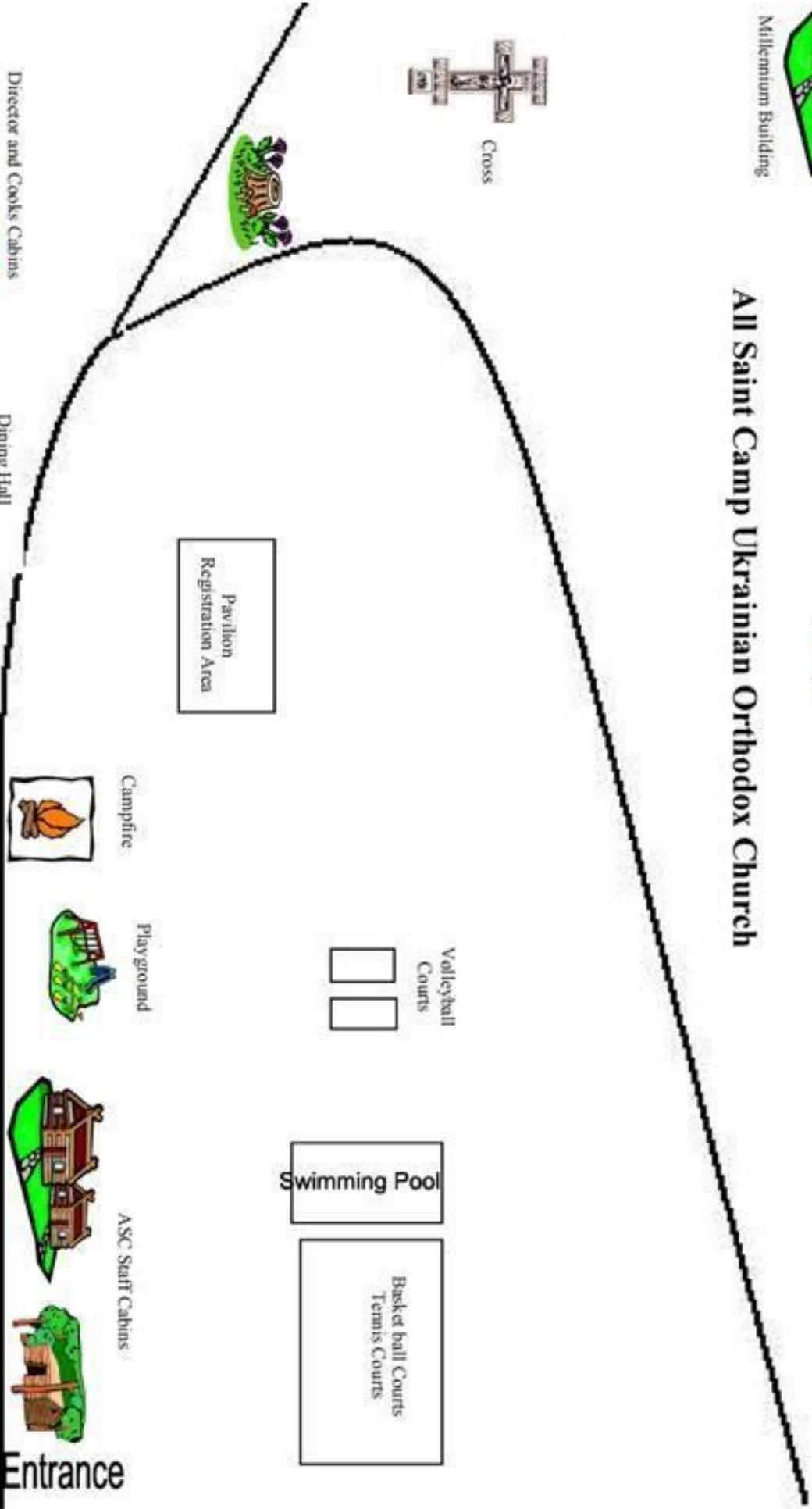
Pavilion
Registration Area



Volleyball
Courts

Swimming Pool

Basket ball Courts
Tennis Courts



Entrance

Dining Hall

Campfire

Playground

ASC Staff Cabins

Director and Cooks Cabins



Garage

Chapel

