

[www.pendola.org](http://www.pendola.org)

# 2017 Camp Pendola Parent Handbook



A parent's guide for a successful  
week at Camp Pendola!





*Camp Pendola exists to build lasting relationships and teach stewardship of God's creations through Christian community living in the outdoors.*

### Camp Pendola's Mission Statement

Camp Pendola, a resident camp, is owned by the Catholic Diocese of Sacramento and is celebrating its 57th season in 2017. The program gives campers an opportunity to develop an appreciation of the out-of-doors, an opportunity to develop as an individual and an opportunity to participate in small group Christian living with their peer group.

Activities are of the type that create a sense of stewardship of the environment; emphasizes the small group as well as the individual; emphasizes the acceptance of differences in people; and is a loosely structured, child-centered approach.

Camp Pendola serves young people between the ages of six to seventeen and is open to all children without regard to race, color, religion, sex, national origin or economic status.

Camp Pendola is proud to be accredited by the American Camp Association. Developed exclusively for the camp industry, this nationally recognized organization focuses on program quality and health and safety issues, and requires us to review every facet of our operation. Camp Pendola has voluntarily submitted to this independent appraisal conducted by camp experts and is proud to have earned this mark of distinction.



### Camp Pendola Goals

1. To instill a reverence and sense of stewardship of all living things
2. To provide opportunities that challenge each person according to their skills and abilities
3. To experience small group Christian living
4. To provide opportunities to deepen one's faith
5. To grow and develop as an individual



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## Contact Directory

Camp Director (Jennifer Campbell)	530-389-2780
Registrar (Rochelle Gammad, Lupe Fernandez)	916-733-0123
Summer Camp Office (June 1– August 15)	530-288-3263
Mailing addresses:	
Registration forms before June 1	All Forms after June 1:
Camp Pendola	Camp Pendola
2110 Broadway	PO Box 188
Sacramento, CA 95818	Camptonville, CA 95922
Financial Aid Requests Before June 1	All Payments:
Camp Pendola	Camp Pendola
28000 Rollins Lake Road	2110 Broadway
Colfax, CA 95713	Sacramento, CA 95818



# Money and Paperwork

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## Forms

All forms will be completed online. Please be sure to read our forms carefully. Registrations will be considered incomplete until the online forms, including Health History, and \$150 deposit is received.

## Health History Form

Camper registrations are not complete until the Health History has been completed. With our new registration system, your child's health history information will be completed online and can be simply updated each year. All campers health information are reviewed prior to your child's arrival at camp so we can be prepared to meet their needs.

## Camper Registration Fee

Includes meals, snacks, accident insurance, leadership provided by specially trained staff, and use of camp equipment. Additional money is not required except for quarters for ping pong balls.

## Balance of Registration Fees Due

**All fees are due by June 1, 2017** Fees can be paid all at once, or in increments between the time you register and date they are due. Once registered, at [www.pendola.org](http://www.pendola.org), you may make additional payments with checks or credit cards using the account login you create in the registration portal.

## Returned Checks

A \$45 fee will be charged for checks returned due to insufficient funds. You will then be required to make all payments with a cashier's check, money order, cash or credit card.

## Confirmation

Once you have registered online and paid your deposit you will receive an automatic statement indicating any remaining balance and registration status.

## Cancellation Policy

Camp Pendola reserves the right to cancel any session or program for just reason. Prompt notice will be given.



## Money and Paperwork

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### Refund Policy

**If your child is unable to attend, please let us know as soon as your plans change.** If your cancellation occurs prior to June 1<sup>st</sup>, then all fees are refundable, less a \$75 administrative fee. If your cancellation occurs after June 1<sup>st</sup>, or within 2 weeks of the beginning of the session, whichever is earlier, a \$100 administrative is retained. No refunds are given to families of children who must be sent home due to improper behavior. You may transfer to another session without penalty.

### Financial Aid

Scholarships are available to qualifying campers. Applications may be downloaded from [www.pendola.org](http://www.pendola.org) or by contacting the camp director.

We are committed to providing assistance to any camper in need, and must rely on the generosity of individual donors, benevolent organizations and Friends of Pendola's More Than S'Mores annual fundraiser. In order to assist as many campers as possible, only partial camperships are awarded in most cases. Camperships are awarded on the basis of financial need and are granted on a first come, first serve basis until the funds are exhausted.

We are also willing to work with families to accommodate a personalized payment plan.

### New Camper Recruitment Bonus

Bring a new friend to camp for the week and earn a \$25 discount for you. There is a limit of one per person. New campers cannot have attended Camp Pendola in the past two years or be members your immediate family.

### Early Bird Discount

Submit your completed registration form by April 15th and receive a \$25 Early Bird Discount.

### Multi-Child or Multi-Week Discount

An additional \$25 discount off the full week will be applied for additional weeks or additional children from the same household.



## Just Wondering

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### Food Allergies

Camp Pendola is committed to making the camp experience as safe as possible for all children. That includes working with parents to accommodate special diets for children with food allergies. This does require prior planning on our end since the closest grocery store is 1 hour away. Have a special diet? Allergies? Let us know at least 2 weeks before you are scheduled to come to camp and we will do our best to make our menu work.

### Valuables and Electronics

Please keep valuable possessions at home, including , jewelry, personal sports equipment, designer clothes, radios, CD players, Walkman's/Discmans, iPods or other MP3 players cell phones and digital cameras (see pages 16-17). Campers should not bring electronic games or trading cards/items. We cannot be responsible for the loss of any items. Please follow the packing list.

### Lost and Found

Pendola is not responsible for lost items. Mark each item with the camper's full name to assist in identification. Items left behind at an overnight site may not be able to be recovered. Unclaimed items are donated to a local Thrift Store the end of August. Mabel's Labels (<http://www.pendola.mabel.ca/>) is a company we work with for your convenience. Camp Pendola receives a portion of these proceeds.

### Cabin and All Camp Photo's

On opening and closing days Camp Pendola's camp store, The Treasure Shack, is open. We have a wide variety of items available for purchase from souvenirs to camp clothing. If you pre-order All Camp or Cabin Photos by Sunday, your camper will have them to take home on Saturday.

#### **Pictures Last a Lifetime**

ORDER AN OFFICIAL CABIN OR ALL CAMP PHOTO \$10 .

8 X 10 Photo and Bookmark

Ready to take home on Saturday



## Just Wondering

### Camp Pendola Photo Gallery

Each week, Camp Pendola tries to take digital pictures of camper activities. These photos are uploaded as soon as possible after the session has ended, to the Camp Gallery hosted through Flickr and may be accessed at: [https://www.flickr.com/photos/camp\\_pendola/](https://www.flickr.com/photos/camp_pendola/) Please be patient as sometimes we have a difficult time with our satellite internet service. During some weeks it is difficult to take pictures either because of the length of time children are in session (Mini Weeks) or because the activities take place at night (Invaders of the Night).

### Insect Repellant

Insect repellant is an item included on the Packing List for camp and campers are expected to supply their own. However, Camp Pendola keeps a supply on hand for first aid kits and locations like the archery range where campers and staff may find themselves without their own supply. Though we do not purchase any particular brand, we do select brands that we find most effective in our environment. They are DEET based with a 8-10 hour effectiveness.

### EDGE CITY By Terry & Patty LaBan





## Just Wondering

### Bus Transportation

You asked and we listened. We are pre-scheduling the bus for most of our sessions. You will be able to sign up for the bus when you register OR you may register for the bus at a later time. You have the option of round trip (\$65) or one way (\$40), but please note that priority will be given to round trip passengers. There is no bus available for First Time Campers leaving on Wednesday evening. See page 22 for Arrival and Departure times.

### SCHEDULE

- June 18—24 Fun in the Sun and Boys Canoe Trip, NO BUS AVAILABLE
- June 25 and July 1 Girls Just Want to Have Fun and Girls Canoe Trip
- July 5 and July 8 Variety Pack (*This bus will leave Sacramento at 8 AM from the Pastoral Center*)
- July 9 and 15 Invaders of the Night
- July 16 and 22 Weird Science
- July 23 and 29 Games Galore and Backpacking Trip
- July 30—August 5 Survivor Week, NO BUS AVAILABLE

### Camp Clothing

Campers are to wear comfortable pants, shorts, jeans, sweatshirts, t-shirts, socks and lace up shoes that are appropriate for the type of program they are registered for. Clothing displaying alcohol or tobacco advertising or inappropriate or suggestive language is not allowed. **Flip flops are not**

**allowed except while taking a shower.** Sandals are not to be worn unless on a canoe trip and then sandals must attach firmly to the feet. Campers are required to wear water shoes while they are swimming. Please see the packing list for additional information.







## Just Wondering

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### Luggage Check

Campers' luggage will be checked upon arrival. This is to help campers locate medication and food that may have been packed for them. Please do not send food items, including gum to camp.



### Vehicles

C.I.T.'s who drive themselves to camp will be required to park in a designated place and turn their keys into the camp director.

### Visitors

For the safety and security of the campers, no visitors are allowed while camp is in session.

### Alcoholic Beverages, Tobacco Products, Illegal Drugs

Not allowed.

### Weapons

All weapons, except pocket knives, must be left at home. Weapons include but are not limited to sheath knives, bows and arrows, sling shots, guns, and clubs. Pocket knives may be collected and kept by the counselor until needed for an activity.

✂

Clip this coupon and bring it to the  
Treasure Shack to Receive a Free Camp  
Pendola Luggage Tag.



## Just Wondering

### 6 Steps to Minimizing Homesickness

Missing home at any age is a normal reaction to being at camp. The combination of unfamiliar surroundings and dealing with new people can be unsettling at first. Check out our website in the Information for Parents section and you will find an online version of Chris Thurber's *Summer Camp Handbook*. This is a great resource to help prepare children for summer camp.

1. Please don't tell your child that you will pick them up or send a cell phone so they can call home. This is a wonderful intention that may prevent your child from really giving camp a chance.
2. If possible, send your child with a friend close in age. Better yet have them stay overnight at each others home prior to coming.
3. Discuss what camp will be like. Look at the website together especially A Typical Week and Day Page.
4. Write to your child. Kids love to receive letters and emails at camp and getting one from home on the first or second day does wonders.
5. If you sense that your child is nervous about going to camp and missing home, talk about it. Have them bring a special keepsake, a stuffed animal or photo, to comfort them.
6. Cabins at camp have no electricity, so make sure the camper is comfortable falling asleep in full darkness. Have them practice keeping a flashlight close at hand.

In the event that your child does have a bout with homesickness, please be assured that he/she will receive individual counseling from staff members trained for that purpose. The vast majority of homesick children feel better within 24 hours of arriving. Finally, please be assured that a camp representative will contact you directly for support if your child is having a particularly hard time with homesickness. Otherwise no news, is good news.

### PARENT/DIRECTOR CHECK-IN

Parents are often concerned with their child's ability to thrive at camp. We are very concerned about that too. Because we are working hard to see that your child has a great camp experience, we do not initiate "well camper" calls or email. However, you are welcome to call and ask questions. We will check with your child's counselor and then get back to you with an update.



## Mail, Email and Phones

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**MAIL:** We understand that mail is very important to campers and parents. In order for campers to receive mail on Monday, you may make use of the “Pendola Post” at the Treasure Shack on Sunday, or make sure you post your mail at least 4 days prior to their arrival at camp. The USPS mailing address for letters and non-food packages while your child is at camp is:

Camp Pendola  
Your Child’s Name  
PO Box 188  
Camptonville, CA 95922

There is FED Ex and UPS service to camp. Please check before using these carriers to confirm delivery schedule. The shipping address for these carriers is:

Camp Pendola  
Your Child’s Name  
17888 Mill Road  
Camptonville, CA 95922

All packages will be opened in front of a Pendola staff member. Food and beverages, if present, will be held in the Health Center until the end of the session. Appropriate items to include in a care package are: letters, magazines, small non-electronic games, stickers, books etc. Send packages early to ensure they arrive with enough time to enjoy them.

**EMAIL:** One way email service will be available for friends and families to send email messages to campers. There is an “Email Your Camper” button on the home page of the website ([www.pendola.org](http://www.pendola.org)). You may also use [camppendola@scd.org](mailto:camppendola@scd.org) to email directly. Please put the name of the camper and their cabin name in the subject line. Emails are distributed with regular mail once a day unless your camper is on their overnight. Because of our auto-print feature, we are unable to accommodate email attachments.

**PHONE CALLS:** Campers do not have access to telephones. Parents will be called if any concerns arise. Exceptions may occur in unusual situations with prior arrangements made with the Camp Director.



## Life at Camp

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### Housing

Campers at Camp Pendola will live in primitive screened cabins with other campers of a similar age. Girls will live with other girls and a female counselor. Boys will live with other boys and a male counselor. Restrooms and showers are located down the hill from the cabins. During their week, all campers will spend at least one night sleeping “under the stars” with their cabin mates and two counselors.

### Meals

Meal time is important! On Sunday, the first meal is supper. Campers sit together as a cabin group with their counselor and meals are served Family Style.

Each meal is balanced within the food pyramid. Typical dinners in camp include: baked chicken, spaghetti & meatballs, tacos, or pizza. Most lunches include a salad bar of fresh produce. Breakfasts start the day and could be scrambled eggs or hot & cold cereal. Don't forget juice and maybe some fresh fruit too. The hot cocoa to warm the body after your Polar Bear Swim is served not just Monday morning, but every morning in camp.

Campers are not allowed to have food in their cabins at any time. Any food that campers bring to camp (or that may be sent to them) will be held for them until their departure, unless it is to be used as a part of a special diet.

Then there's cooking over an open fire on your camp-out. Try foil packets or pita bread pizza's, or macaroni & cheese.



### Birthdays

Birthdays are always special at camp! On the actual day we will all sing “Happy Birthday”, and the kitchen adds a candle to that night’s dessert. Friday night’s dessert is always BIRTHDAY CAKE. Those who celebrated their birthday that week get to cut the cake and serve their table first.



## Life at Camp

### Staff

At a minimum, Camp Pendola staff are at least 18 years old and have graduated from high school, and most have completed one or more years of college. Following the Diocese of Sacramento policies, all staff undergo biometric scanning through both the DOJ and FBI.

All staff complete a pre-camp training on site at Camp Pendola. In addition all staff are certified in First Aid and CPR/AED.

Most staff are certified lifeguards. On site training includes child development, behavior guidance, homesickness, and general safety in and around all of the



various camp activities. We have certified archery instructors in charge of our archery and sling shot ranges.

### Activities

Camp Pendola is a “traditional summer camp” and therefore offers activities that are found in most general interest summer camps for children.

Activities include arts and crafts, (yes we do tie dye and plastic lacing), archery (yes with real bows and target arrows), overnight campouts (yes we sleep out under the stars and cook over an open fire when fire conditions allow) and water activities in a natural pond (and yes it is quite cold). We also play lots of games, go on hikes, learn about our natural world, sing goofy songs and have opening and closing camp campfires.

We celebrate Mass on Sunday afternoon as a way to start our week at camp, have morning and evening prayer each day, and we sing Grace in the dining room before each meal.

One of the highlights of the week is Party Day which takes place on Friday afternoon.





## Health and Wellness at Camp

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### Health Check-In

All campers check in with our Health Center personnel when they first arrive at camp. The Health History form is reviewed and all medications (both prescription and over the counter) are turned in. Parents have an opportunity to discuss any concerns they may have at this time. To provide a safe and healthy environment for all campers, children with a temperature of 100° F or higher and/or flu-like symptoms will be asked to return home, and arrangements will be made to participate in a different session.

### Physical Exam

A physical exam is **not** required for attendance at Pendola. Exceptions are campers who are diabetic or who are under the care of a doctor (i.e. epileptic, hyperactive, etc.). If your child is diabetic, has asthma or anaphylaxis (severe allergic reactions), please download or request that those special forms they be mailed to you. Then complete, and **return them to 2110 Broadway, Sacramento, CA 95818. Registrations are not complete until the Health history has been received. NO ONE** will be allowed to remain in camp, without a signed and completed Health History form. There is now an electronic version that is part of the registration portal.

### Medication

**All medication must be clearly marked with the camper's name, name of the medication, IN THE ORIGINAL CONTAINER WITH DIRECTIONS FOR USE.**

Camp Pendola staff cannot administer medications not in their original packaging. For the safety of all staff and campers, all medication will be turned in and kept at the Health Center. The only exceptions are epi pens and inhalers. This includes ALL prescription medication, over the counter medicine such as vitamins and cough drops, homeopathic medicine/natural meds or herbs and band aids. All campers are carefully watched for signs of illness and fatigue. In the event of serious illness, or if additional health care services are sought, you will be notified immediately.



## Health and Wellness at Camp

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### You Will Be Contacted If...

Please be advised that you will be contacted if any of the following occur: camp staff have concerns about your child's health; your child spends the night at the Health Center; camp staff have a question about your child's medications; a visit to the local clinic or hospital is needed; or there are behavioral concerns.

### Special Medical Concerns That Require Additional Forms

#### Asthma

If your child has asthma they will be allowed to carry their own emergency inhaler. The inhaler still needs to be seen by the Health Services Manager during check-in, and the Special Medical form for campers with Asthma needs to be completed and returned with the Health History Form.

#### Anaphylaxis (severe allergic reactions)

If your child has an allergy that could require the use of an epi pen, they will be able to carry their epi pen with them at all times. A special medical form must be completed so we have information about what triggers their reaction. If this is a food allergy, please contact the Camp Director before June 1, or the Health Services Manager after June 1 so we can be prepared to make any necessary changes to our camp menu.

#### Diabetes

If your child has diabetes, please complete the special medical form for a camper who is diabetic. Our Health Center has a refrigerator to store insulin. Our Health Services Manager will work with the camper to provide the support necessary to help them have a successful experience at Camp Pendola. This includes storing and making available snacks, disposal of sharps, a discrete location for testing and insulin administration, and making accommodations for the cabin overnight.



## Cell Phones, Digital Cameras, Internet

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At times, we have a parent who feels as if the life-line to their most precious gift on earth, their child, has been severed. I understand your feelings. This explanation is really for those parents who, after registering their child, 1) may be doubting their own level of comfort being separated from their child for a week or 2) doubting their child's ability to be able to handle a week away from mom and dad.

Giving your child over to the care of other people is perhaps the greatest act of trust you, as a parent, can engage in. We aim to do everything possible to earn and keep that trust. ***We also know we cannot do this without your help*** and we appeal to you as parents to partner with us to ensure that your children continue to have the safest, most wholesome camp experience possible.

When you chose to send your child to a *overnight* camp rather than to a "day-camp" atmosphere most parents hope their children:

- will gain independence,
- develop or increase their self-esteem
- make new friends
- gain knowledge & problem solving skills
- gain traditional values in a wholesome, beautiful atmosphere separate from their "day-to-day" routines at home.

When considering making new friends and gaining independence from the camp experience, a cell phone only hinders that process. Do you allow your children to text message while at the dinner table?

There is also a fundamental problem with campers having cell phones at camp, and that is *trust*. ***When children come to camp they- and you - are temporarily transferring their primary care from you as their parents to us and their care-takers.*** This is one of the growth-producing, yet challenging, aspects of any camp. As children learn to trust other caring adults, they grow, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of a residential setting. It is one important way your child develops greater resilience.

Contacting you by phone essentially means they have not made this transition.

***Sending a cell phone to camp is like saying to your child that you, as the parent, haven't truly come to peace with the notion of them being away from you and in our care.*** Together, we can explain to your child there is always someone they can reach out to at Camp Pendola whether it be their counselors, or myself, the Camp Director. We are all here to help!





## Cell Phones, Digital Cameras, Internet

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**What if I need to get an important message to my child?** If you need to get a message to your child you may E-Mail your child at [camppendola@scd.org](mailto:camppendola@scd.org) and add your child's name and cabin in the subject line. Your child will get all mail early afternoon each day they are in camp. You may also call camp at 530-288-3263. The phone is answered 24 hours a day when campers are in session. Parents are often surprised when I answer at 2 a.m. because they call expecting an answering machine. And yes people do call in the middle of the night.

**Homesickness:** We've seen how calling home often hampers the enjoyment of camp and may even promote homesickness. It sounds counter-intuitive, I know, but it is true. In the event of camper illness, or any other urgent need, parents will be contacted by the camp staff. Should a child become homesick while at camp, our staff will closely monitor the child, work with him/her to overcome the homesickness, and occasionally contact parents for positive encouragement. We believe that overcoming homesickness is an attainable goal. It is important that parents be encouraging and positive should this occur.

**"Homesick Parents"** It is normally mom or dad who are sitting at home wondering... conjuring up negative images of what they *think* may be happening at camp. So much so, they end up contacting camp only to be shocked that their child is happy and adjusting well without their parents. If you are concerned, please call us and we will check in with their counselor and get back to you.

**Protecting your Child's Privacy:** The added issue of "cameras on cell phones" and the opportunity for inappropriate use of those cameras to infringe upon the privacy of others is another reason why schools and athletic clubs do not allow cell phones in locker rooms/restrooms, etc. This is yet another reason why so many camps do not permit cell phones as well.

**Please do not have your child "sneak" their phone in.** Please consider what this is teaching your child... If we do find a cell phone, we will keep it for safe keeping in the staff quarters and return it to them at the time of check-out.

**Are you still concerned about your child NOT having a cell phone at camp?** Please feel free to contact the Camp Director personally. We are here to help and want you and your child to feel comfortable. I'm sure our communication can achieve that goal.



## What to Bring

### Camp Pendola Packing List

In general, parents should pack the usual items needed by any child on a camping trip. Please pack with your child so he/she is familiar with the supplies packed. This will also help younger children prepare for their trip to camp. Please use the following as a guide for the traditional camp program.

When packing, please mark all of your child's property clearly. Label each piece of clothing separately with name tape or colorfast ink, (or order through Mabel's Labels [pendola.mabel.ca](http://pendola.mabel.ca) ). Please DO NOT SEND NEW OR VALUABLE CLOTHES. Be sure that shoes are comfortable and fit well. We suggest that parents pack with their children. We do not assume responsibility for articles left at camp after your child leaves.

There are no laundry facilities during the camp session (except in the case of an emergency), so please pack sufficient clothing for the week-long period. Miscellaneous articles should be placed in a duffle or laundry bag. Everything else should be packed in an old suitcase that will be placed under the camper's bunk.



**All medication must be in the original container with directions for use, the camper's name and the name of the medication clearly labeled.**

#### **Do NOT Send These**

- Money (except for quarters for the Ping-Pong balls or if child is on the canoe or backpacking trips for a trip to a store on the way back to camp)
- Food of any kind, including chewing gum
- **Cell Phones, Digital Cameras, Radios, Walkman/Discman, iPods, stereos, electronic toys, video games, pagers, or DVD players**
- Pets or animals are not allowed

#### **CAMPERS GOING ON TRIPS**

- Canoeers may want to bring a fishing rod and reel and basic tackle.
- Trip Campers may have the opportunity to purchase treats at the end of their trip and may bring spending money.
- Back Packers are required to provide their own framed back pack with hip belt and sternum strap.



## Camp Pendola Packing List

Please Label all items with the child's first and last name

### Suggested To Bring: Camping Supplies

- Sleeping Bag
- Canteen or water bottle, 32 ounce or larger
- Ground cloth (to place sleeping bag on when on a campout)
- 18 feet of nylon cord (to tie sleeping bag when going on camp-out) *or* back pack to carry bag and gear.
- Plastic drinking cup.
- Flashlight with extra batteries and light bulb
- Pillow and case

### Suggested To Bring: Clothing

- 6 shirts/t-shirts
- 6 shorts
- 2 pair jeans or long pants
- Underwear for each day
- 6 pair of socks (at least 2 pair should be heavy)
- 2 sweaters or sweatshirts
- Pajamas or sweats
- Swim suit (modest)
- Wide rimmed hat for protection from the sun
- Light rain gear (an inexpensive poncho will be fine; it can also be used as a ground cloth)
- Old tennis shoes or water shoes for walking in water, crossing creeks, swimming, etc.
- **Some type of water shoe will be required for all pond activities including swimming.** (Flip flops are NOT allowed).
- Pair of *broken-in* hiking boots *or* sturdy walking shoes (No sandals or flip flops are allowed in camp).

### Suggested to Bring:

#### Miscellaneous Items

- 1-2 bath/beach towels
- Wash cloth, hand towel
- Soap and plastic soap box
- Toothbrush, toothpaste
- Comb, brush, Chap stick, skin lotion
- Sunscreen, Non-aerosol insect repellent

#### Optional to Bring

- Item to Tie Dye (100% cotton)
- Camera and film
- Stamps and letter writing supplies
- Quarters for ping-pong balls
- Bandanas
- Laundry bag or extra pillow case

Personal hygiene, applying bug spray and sun screen is the camper's own responsibility. Staff will remind campers to apply, but we recommend that you make sure your camper knows how to apply both bug spray and sunscreen prior to arrival at camp.



### **Camper Rules**

1. We are proud of Camp Pendola– help clean up at the end of activities and keep camp areas clean.
2. You need to ask the camp director for permission to use the telephone.
3. You need to ask the camp director for permission to leave camp.
4. In case of an accident, tell your counselor and report to the Health Center.
5. We wear shoes, and recommend wearing socks, while at Camp Pendola.
6. A Pendola camper tries to be on time for all events.
7. Stay with your group and your counselor. If you must leave your group, tell your counselor and go with a buddy.
8. Treat others fairly. Respect others and their belongings. Keep your hands to yourself.
9. Put away personal belongings. Clean up after yourself.
10. When eating, sit, use a quiet voice, use good table manners, and clean up the area when finished.

### **Discipline and Dismissal Policy**

Camp Pendola is interested in the welfare of all children. Participants in programs sponsored by Camp Pendola are expected to follow the rules of the program and obey the direction of the staff. A child's failure or inability to follow rules or obey directions may cause a serious discipline problem. A serious disciplinary problem may also occur when a child requires constant one-on-one attention; inflicts physical or emotional harm on other children; abuses staff or is otherwise unable to conform to the rules and guidelines of Camp Pendola's programs. If a child exhibits behavior that endangers himself/herself or others, parents will be called and required to pick up the child immediately.

If a child becomes a serious discipline problem, the staff will notify the parents of the situation, and discuss a solution. If improvement does not occur, or a solution can not be determined, the staff may recommend that a child be dismissed from the program. The staff will discuss the dismissal procedure with the parents, should a serious discipline problem occur. However, acceptance into the program is conditioned on the above policy and right to dismiss a child from the program as outlined above.

S T A O B E L D D A P B G S L  
 Y L M G Y R E H C R A O N L L  
 P S A A N B F E A S Z B I I A  
 S D S D I I B B N G M F N N B  
 O R H A D L W I D L I S R G R  
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 G C S P L M R C I D L S W U J  
 H Z R D E U G G N I K A Y A K  
 T A I S T I K S G U D A N C E  
 C N C A M P F I R E S E K I H  
 G L N M L G E O C A C H I N G

**Word List**

ARCHERY	DANCE	MAIL	SKITS
BOB	FIREBUILDING	MASS	SLINGSHOTS
CABINS	GAMES	NATURE	SMORES
CAMPFIRES	GEOCACHING	OVERNIGHT	SOCCER
CANDLEMAKING	HIKES	PADDLEBOATS	SONGS
CARPETBALL	KAYAKING	PRAYER	STARS
CROQUET	LADDERBALL	RIBBONS	STORIES
	LANYARDS	SHELTERS	SUNCATCHERS



## **PRE-CAMP CHECKLIST**

- ☐ Read this booklet, even if you are a returning camper.
- ☐ Complete your health forms. Submit completed forms no later than June 1.
- ☐ Include a photo copy of the camper's Health Insurance card, both front and back
- ☐ Payment must be complete by June 1, 2016
- ☐ If you did not sign up for the bus at the time of registration, please do so by June 15.
- ☐ You may pre-order Cabin and/or All Camp photos with the Treasure Shack order form. Unless designated, items pre-ordered will be delivered to your camper with the first day's mail.
- ☐ Pack for camp using the information on Page 18 and 19 of this booklet. Please take note of the items not to bring.

## **ARRIVAL INFORMATION SUMMARY**

**Sunday Arrival Time at Camp Pendola is from 2 - 4 PM.** Any camper who must arrive after 4:00 should contact the camp office with the anticipated time of arrival. Please call 530-288-3263 or email the camp director at [jcampbell@scd.org](mailto:jcampbell@scd.org)

The bus will leave the **Pastoral Center** at 2110 Broadway in Sacramento at **Noon on Sundays** as scheduled.

July 5 Arrival time at Camp Pendola (Mini Week only) is from 9:30 - 11 AM.

The bus will leave the Pastoral Center at 2110 Broadway in Sacramento at 8 AM on Wednesday July 5 ONLY

## **DEPARTURE INFORMATION SUMMARY**

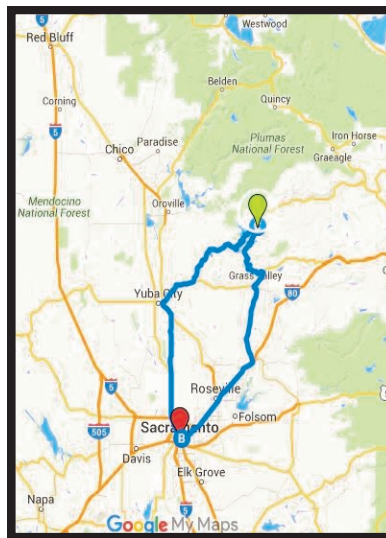
First Time Camper Sessions need to be picked up on Wednesday evenings from 7:00—8:00 PM after dinner. No bus transportation is available.

Saturday Departures are from 9:30—10:30 AM. Please notify the office if a camper needs to be picked up earlier. Late pick up times are not available.

The bus will arrive at the Pastoral Center at 2110 Broadway in Sacramento at noon on Saturdays as scheduled.



Camp Pendola is nestled in the Tahoe National Forest two hours northeast of Sacramento. The facility consists of 40 acres of pine, oak and Pacific Madrone trees with 24 buildings to serve the campers who visit. Our Lady of the Sierra Chapel sits prominently in the middle of the camp. Campers enjoy swimming and paddle boating in the pond, archery, hiking throughout camp and the surrounding area, sleeping out under the stars and opening and closing campfires.



#### DRIVING DIRECTIONS

**Please use the following directions beginning at the turn off from Highway 49 to Camptonville, CA.**

**Continue on Highway 49** for another 3 1/2 miles - **DO NOT TAKE PENDOLA ROAD!!!** (please check your odometer) Take the road to your left, it is called Pendola Extension Road (3 1/2 miles past the Camptonville turnoff) **YOU WILL NOT SEE THE NAME OF THE ROAD FROM HIGHWAY 49...THERE IS ONLY A GENERAL INFORMATION SIGN SHOWING THERE IS A ROAD TO THE LEFT.** Follow this road for 4 miles, remaining on the blacktop. Two further signs will direct you to Pendola Center. This last section is on gravel road. The total distance from Highway 49 to Pendola Center is about 5 1/2 miles.



# PENDOLA CENTER

## DIOCESE OF SACRAMENTO

