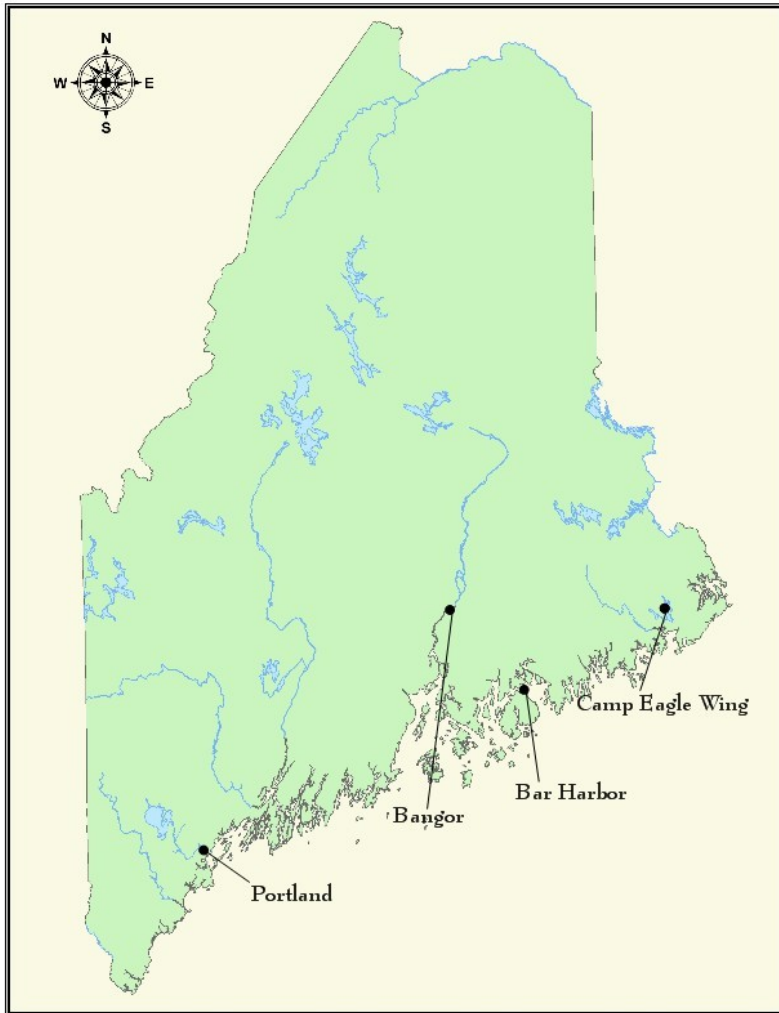


Camp Eagle Wing
A Coed Resident Camp
Located in Marion Township, Maine

State of Maine



THE PARENT'S GUIDE TO CAMP EAGLE WING

Marion Township, Maine



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WEEKLY SCHEDULE

Sunday	Sleep-in, Chapel (non-denominational), Regatta Day
Monday	Movie Night
Tuesday	Regular Activities
Wednesday	Laundry day (boys)
Thursday	Laundry day (girls)
Friday	Staff Meeting
Saturday	Campfire Program

The Parent's Guide to Camp Eagle Wing has been designed to be a single source for answers to the questions that are of concern to every parent. For additional information, or comment, we invite your calls.

Chick BeVier

Dir. Camp Eagle Wing

ARRIVING AND DEPARTING

By Private Car

In order to avoid the traffic congestion in southern Maine, camp sessions will begin and end mid-week. Parents who drive their children to camp should plan to arrive between three and four in the afternoon.

Parents who pick their children up at the end of the session, should plan to depart between 9:00 and 10 a.m.

By the Camp Bus

The Camp Bus will depart the School of Swimming (Rocky Hill, CT) parking lot at 7:00AM sharp! Please arrive early. An on-time departure is necessary to assure a mid-afternoon (3-4PM) arrival at camp. Campers should bring money for 2 short stops made each way. This money is collected upon arrival at camp and returned upon departure.

The return bus leaves Camp Eagle Wing at 7:00AM, assuring an arrival at the School of Swimming (Rocky Hill, CT) parking lot, between 3 & 4 PM.

DAILY SCHEDULE

7:30	AM	Wake Up
8:00		Breakfast
8:30		Cabin Clean-up
9:00		Assembly and Activity Sign up
9:30		First Activity Period
10:45		Second Activity Period
12:00		Free Time with counselors
12:30		Lunch
1:00		Rest
2:15		Sign up for afternoon activities
2:30		Third activity period
3:45		Fourth activity period
5:00		Free time with counselors
5:30		Dinner
6:30		Evening programs begin
9:30		Lights out

INTRODUCTION

There are times [in life] that require special places in which to be properly lived. Youth is one of those times, and Eagle Wing is one of those places.

There are days when Gardner Lake is smooth as glass, begging to be parted by the quiet stroke of an oar or paddle. There are other days when it becomes a tempest daring the intrepid to sail its windswept reaches. And, then there are times when it is best left to itself.

Learning to know the difference is the stuff of wisdom, and wisdom is best acquired when we are young and still have guides to protect us from our inexperience. It is to provide such guide service, that Eagle Wing has been created.

The lake is, of course, a metaphor for a host of activities from which lasting life lessons can be learned. Whether we are paddling a flat section of the Machias River looking for moose, or flying through the rapids of the Wigwams, the lesson is there, just a canoe paddle's length away: we are neither so small, nor so great as we think. The truth lies in the middle, but the middle is not the place we wish to live. It is only the place from which we start.

The things that can pull us out of the middle are found in the strangest of places. They are found in a simple game of kick the can, played in the black of a north woods night; in a story told around a campfire under a canopy of stars, which can no longer be seen from many places; in a debate around the dinner table; or during a game won or lost on the athletic field. All these, and more, are the stuff of Eagle Wing.

THE CAMP EAGLE WING MISSION

For more than thirty years, at Camp Eagle Feather, and now at Camp Eagle Wing, our mission has been best described as helping parents teach their sons and daughters to become Gentlemen and Ladies. What is a Lady or a Gentleman?

To be a Lady or a Gentleman is to possess a particular set of virtues: Honesty, Compassion, Selflessness, Chasteness, Temperance, and Love. These have been chosen as the core virtues because even when misapplied they tend to yield goodness, or at least do no harm.

Many other attributes that we consider to be virtues are only virtues when correctly applied. For instance, courage braces both the barbarian as he pillages, and the patriot who is defending his home and family. Perseverance enables both the policeman and the thief, and so forth.

To be applied rightly, these “conditional” virtues require the possession of the “prime” virtue: Wisdom, which is usually acquired over time, at cost, and with the help of those who already possess it.

While the final path to wisdom may be different for each of us, the starting point is common to all. We begin by learning, acquiring and putting into habitual use the core virtues.

Thus, the Mission of Camp Eagle Wing is to assist your sons and daughters to learn, acquire and put into habitual practice those Virtues that define a Lady and a Gentleman.

THE CORE VIRTUES

Honesty

To tell the truth, not only when convenient and advantageous, but particularly when inconvenient, is evidence of an honest nature, not merely a self-serving one.

Compassion

To develop a concern for the condition of one’s fellow, by learning to see ourselves in his shoes, is a safeguard against ‘living carelessly’ and without regard for the consequences of our actions. When we consider all that we do from the perspective of, “To do unto others as we would have done unto us...” we are well on our way to acquiring Wisdom.

Selflessness

One of the hallmark traits of those who have made the transition from child to adult is the ability to “deny myself”. The ability to put the other fellow first, truly does separate the boy from the man, and girl from the woman.

Chasteness

Since the days of my childhood, the 1950s, much has changed with regard to the notion chasteness. Yet, the human heart, which must suffer the consequences from the misuse of sexuality, has not changed one iota.

The human heart is a fragile thing. When it is bound to another, in the most intimate of ways, and then torn apart, it suffers to the same degree today as it always has. Chasteness, like compassion, offers a safeguard against harming others and ourselves from actions that are both ill advised and premature.

Temperance

Temperance, as we intend it, is not limited to drinking, but rather is expanded to include, “Moderation in all things...” Many of the conditional virtues become vices when taken to excess.

COMMUNICATION WITH THE CAMP OFFICE

Communication with our office can be by either telephone or by e-mail. Please have mercy on the staff by calling during camp business hours, which are (9:00AM-Noon) and (1:00-4:00 PM). We also check for voice mail that is left during times when the office is closed.—

(207) 255-3116—eaglewingcamp@aol.com

VISITATION

Parents are welcome and encouraged to visit camp. However, during the first week of each session the camp is closed to visitors. This is to allow campers a chance to settle into camp life. Following the first week, parents are welcome at anytime. Parents who take their children off camp during a visit are asked to have them back by bedtime. Overnight absences from camp are discouraged.

While visiting, parents may expect a full tour of camp by the best tour guide available, their own child. We are always happy to meet and talk with parents, but ask that mealtimes are reserved for campers only.

SUNDAYS

Sundays are a special day at camp. Sundays began with a sleep-in, followed by the optional morning masochist swim, breakfast and cabin clean-up. Campers and staff dress in Camp-Whites and attend the non-denominational chapel service. Following chapel is Sunday Dinner, which is the best meal of the week. After Sunday Dinner, the camp returns to the normal schedule, and the weekly regatta is held.

LAUNDRY

Campers send their laundry out once a week. In order to help campers keep track of their belongings, it is most important that their name be placed on every article of clothing they bring to camp.

Since it takes a full day for laundry to be sent out, and then returned, campers must have enough clothing to get through an eight-day laundry cycle. It is also important for campers to have a mesh laundry bag in which to store their dirty clothes.

BEDDING

Pillows, sheets, and blankets are provided by the camp. Sheets and pillow cases are laundered each week along with the camper’s clothes.

HOMESICKNESS

Homesickness is a natural response (by all humans, not just children) to being separated from our friends, loved ones, and the place we call home. Like everything else that happens at camp, homesickness becomes part of the program. Hence, its occurrence provides an opportunity to learn the skills with which we cope. What are those skills and how do we learn them?

Our parents, siblings, friends and home cannot be replaced. They have a position of primacy that will remain for our entire lives. However, the love, friendship, camaraderie, and comfort they provide, can be found in other people and places. It is through this transference that counselors can become surrogates for parents, fellow campers can become additional brothers and sisters, and camp can provide the same sense of haven, as does our home.

Camp is a community, and like all communities is a construct of those who call it home. At the beginning of every camp season and session, we (staff and administrators) engage in the process of building that community. It must be understood that this is a process, which requires time. It is not an event, which instantly occurs. Moreover, the effects of this creation are not felt either to the same degree or at the same rate by all campers. Children, like adults, have different capacities to adjust to change.

Time, the great healer of most emotional upsets, when accompanied by a concerted effort by the staff to help every camper become “deeply involved” in camp life, is the medicine that works. Campers need time to make “that first new friend.” They also need time to begin a project that directs their thoughts forward.

COMMUNICATION WITH CAMPERS

Throughout the summer, it is best that campers neither receive nor place telephone calls. We realize that parents are often anxious to know how their children are doing at camp, thus we invite you to call our office and speak with one of the camp directors. We will give you an accurate and up to the minute update.

During that period when campers are adjusting to their new community, too much contact with home lengthens the time necessary to make the transition.

Campers will be writing a weekly letter home. We recommend that they also receive a weekly letter. Parents should not be surprised if they receive a “lonely” letter during the first week of camp, and they should respond with an upbeat reply.

Since campers will not have access to a computer, it is best that mail come in the form of written letters delivered by the post office. Please do not send e-mail letters.

The camp mailing address is Camp Eagle Wing, P.O. Box # 230, East Machias, Maine 04630. (The camp’s physical address is Tech Camp Road, Marion Township, Maine.)

Courage becomes recklessness. Perseverance becomes obsession. Self-esteem becomes narcissism, and so forth. Temperance and its enabling virtue, self-control, offer us another protection from harming others and ourselves.

Love

Love of God, love of others, love of self, is a complex that is composed of distinct parts, yet only operates correctly, when taken as a whole. Only when love of God precedes and informs love of one’s fellows, and love of ourselves, can love be saved from degrading into lust and egotism. This is the lynchpin that holds everything together.

Note:

It is not our place to instruct your children as to whether this is the God of Abraham and Isaac, the God who became human in the man of Jesus, or the God who guided Mohammed. This instruction, if it is to come at all, must come from you.

Even though we know of no way to avoid the woes that come from Love incorrectly understood, we will not engage in religious instruction at camp. We will, however, endeavor to impart a morality that is based upon those virtues that come from a knowledge of God, in whatever way parents have chosen to teach it.

The camp program contains no lectures or classes in morality (the non-denominational Sunday Chapel excepted). Camp, itself, produces teachable moments from which the lessons of life can be extracted.

It is this special nature, that is intrinsic to camp, that gives truth to the statement, “The lessons of camp outlive the games that teach them.”

CAMP ACTIVITIES

Swimming

A mandatory swim test will be given to all campers upon arrival. Passing this test is a prerequisite for all boating activities. Additional optional swimming activities include the island swim, morning masochist, water games and free swims. The camp has a “world class” sand beach, which allows us to include “day at the beach” activities during hot spells.

Regardless of swimming ability, all campers and staff wear PFDs while boating.

Sailing

The JY-15 sailboat has been chosen as the camp fleet boat. This is a fast sailboat, equipped with a main and jib. It is normally crewed by two but may accommodate up to four.

The JY is a self-rescuing and self-bailing boat. Thus, when it overturns (they all overturn) campers can right it themselves and continue sailing. While fast, these boats are stable enough to serve as trainers. JYs are sailed by camps, schools and

colleges throughout the country, which makes them most suitable for intra-camp competition.

Before campers can check out a sailboat, they must be “checked out” themselves. The process of earning the right to skipper a boat makes an unmistakable linkage between training—competence—privilege.

Kayaking

The camp’s kayaks are a white water boat. These small, highly maneuverable boats are fun to paddle and will go anywhere, which provides campers with the opportunity to paddle on rivers away from camp as well as on Gardner Lake.

By practicing the various forms of assisted rescues, Kayakers learn to care for one another while paddling. Additionally, mastering the various forms of self-rescue, including the Eskimo roll, are prerequisites to taking a kayak on a trip away from camp.

Canoeing

Few vessels have proved to be better adapted for transporting people and cargo into the wilderness than the canoe. To paddle a canoe efficiently, safely, and powerfully, requires a host of skills that are incredibly fun to learn and practice.

Various activities and games such as “canoe wars” and the “great race” provide exiting ways to spend an afternoon at the camp waterfront and become a competent paddler at the same time.

Windsurfing

This modern device allows the sailor and his craft to become one. Once mastered, the windsurfer allows the sailor to achieve speeds and thrills that are—well—thrilling. Windsurfing in a brisk wind is not for the faint of heart!

Sloyd

Sloyd, also known as woodworking, is held in the camp’s well-equipped shop. Campers, working under the supervision of a local instructor/craftsman have the opportunity, and the machinery, to make wooden objects of beauty and utility.

Developing safe working habits and “shop sense” are an integral part of Sloyd.

Arts and Crafts

The Eagle Wing Arts & Crafts program encompasses a number of disciplines that range from traditional crafts to watercolors, sculpture and pottery. Mastering the skills required to create objects of imagination and beauty is at the heart of the Arts and Crafts program.

WHAT NOT TO BRING

- Electronic Devices “of any kind”—(flash lights are excepted)
- Cell phones
- Food and candy
- Computers
- Hair dryers
- I-Pods
- Make-up
- Candles
- Alcohol
- Expensive and/or unnecessary jewelry
- Drugs—other than those prescriptions given to the Camp Doctor
- Pop-culture magazines
- Pagers
- Blackberries
- Games
- Curlers, etc.
- Matches
- Explosives
- Lanterns
- Tobacco

***THERE ARE NO EXCEPTIONS FOR ANY OF THESE ITEMS ON THE BUS TRIP.**

MEDICAL ISSUES

The Camp Doctor

The Infirmary is staffed by our resident physician , APRNs or RN who provide care and treatment for all the bumps, bruises, cuts, scratches, and maladies that are a “normal” part of camp life. There is no charge for treatment provided by the camp medical staff.

The Local Hospital

Treatment of injuries or illnesses that require facilities not available at camp will be provided by The Down East Community Hospital, which is located 20 minutes away in Machias.

Camper’s Personal Insurance

Camper’s personal medical insurance will be the primary respondent for any medical care that is provided by the Machias Hospital, or for prescriptions filled by the local pharmacy.

Medicines Brought to Camp

Campers who bring medication to camp must deliver the medications, in their original containers to the camp doctor who oversees the administration of all medications.

(2) bathing suits, (boxer style for boys, one piece for girls)

(1) white tee-shirt for swimming (required)

(1) hat

(1) fleece or similar jacket

(1) toilet kit bag including:

toothbrush

tooth paste

hair brush/comb

shampoo

deodorant

soap dish with (1) bar bath soap

(2) towels

Equipment

(1) mesh laundry bag

(1) sleeping bag

(1) flash light (with D batteries)

extra batteries

baseball glove (optional)

lacrosse stick (optional)

athletic supporter with cup (boys– optional)

bug spray

super-soaker or water gun (first session campers only)

Compass (optional)

Books (not too many)

Writing supplies

Spare pair of glasses if needed

Musical Instrument

Inexpensive camera

**At Sunday dinner, Chapel, and season-end banquet ceremony, campers and staff will be wearing “camp whites” (long white pants or shorts & white, short-sleeved collared shirt).

NOTE: CAMPERS’ FIRST AND LAST NAMES SHOULD BE WRITTEN ON EVERY ITEM OF CLOTHING/EQUIPMENT BROUGHT TO CAMP.

The Camp Outfit (required tee shirts and shorts) is available from Hadfield’s Sporting Goods in Berlin CT. After registration an order form will be sent to campers.

Drama

Beyond providing a creative outlet for the performing artist, drama offers a “painless” way to learn and practice the art of public speaking. This art is a requisite for those who aspire to positions of leadership, or professions that require the delivery of public presentations.

Drama, at camp, is not limited to the stage. The dining hall often becomes the venue for after dinner reports, speeches, stories and impromptu performances of all kinds.

Additionally, the subject matter of skits and plays produce opportunities to “act out” and extol the virtues of a Lady or a Gentleman.

Journalism

The Camp newspaper provides campers an opportunity to transform camp events into “stories”.

Land Sports

Baseball, Lacrosse, Soccer, Basketball, and Ultimate Frisbee are included in every day’s mix of activities. Team sports, when properly engaged, have traditionally provided coaches with the means to teach sportsmanship, honesty, self-control, humility, and a host of virtues that characterize a Lady and a Gentleman.

Archery

To be able to launch an arrow, follow its arcing flight, and watch it strike the target at the aim point produces a satisfaction that Man has enjoyed for thousands of years.

With the modern equipment that is now commonplace on the camp archery range, that joy has become even greater. To master the complex skills required for precision and long distance shooting demands concentration and discipline.

Horseback Riding

Campers may learn to ride, or improve their skills. Riding is offered daily at the stable that lies just beyond the east end of the camp property.

CABIN LIFE

Life in the “bunk” is the element that differentiates day camp from resident camp. The cabin is the center of life at camp. An adage oft heard from camp directors is, “Happy in the bunk, happy at camp.” Why is this so?—it’s simple—the bunk is where our friends are. Learning to make and maintain friendships is central to not only life at camp, but to life itself.

The cabin is the place where we find rest at the end of a long day. It is where we find quiet space to read, to write a letter, to play a musical instrument, to tell or listen to a story. The cabin is also the place to have a pillow fight or plot a prank.

There are a host of lessons learned from the simple tasks of group living:

- Keeping the cabin clean is a necessary task that must be shared.
- Keeping our personal belongings stored and neat is a personal task that cannot be avoided.
- The privilege of having a soft, warm, dry bed to sleep in comes with the obligation to make it.
- Civility, which may be optional in some places, is a necessity when living in close-quarters with one’s fellows.
- Looking out for the other fellow becomes second nature (with a little instruction).

Every day begins and ends in the cabin; it’s the “Home Room” of life at camp. The cabin counselor is an important figure in every camper’s experience. The counselors that have been selected to live in the cabin with our campers are former campers who have, themselves, acquired the habits of Ladies and Gentlemen.

Though it has been 48 years since my first summer as a camper, I still vividly and fondly remember my first cabin counselors, Johnny Belitsos and Rick Casten. They not only took good care of me, they greatly assisted my parents in the process of turning a scruffy ruffian into a Gentleman.

Additionally, Johnny taught me tumbling and boxing, while Rick taught me to play tennis. I owe them much.

MEALS AND MEALTIME

Along with the Cabin, the Dining Hall is a locus of camp life. The Dining Hall is not merely a feeding station, and mealtime is not merely a refueling stop.

Mealtime is a social event. It should be fun and yet provide opportunities to learn the art of civil discourse versus idle chatter, and debate versus argument. It is a time for stories, told by staff and campers. By weaving an experience into a story, we often discover meaning that escaped us during the moment itself. The turning of a small event into an embellished “tale” is also a lot of fun.

The ancient customs of table manners, removing hats, washing hands, and the saying of grace, separate mealtime from feeding-time. Observing such traditions and customs does not detract from camp [life]; they add.

The display of an etiquette that is proper to the time and place, along with the ability to engage in conversation that is both enjoyable and meaningful are attributes of a Lady and a Gentleman.

However, this is camp, and the Dining Hall is also the site of skits, contests, songs, speeches, spiffy questions, etc, etc.

Campers sit with their cabin mates and counselors. Meals are served family style, with the head of table plating the food. Campers take turns setting tables and serving as waiter.

The camp menu offers a wide variety of food in generous amounts. Also, a vegetarian entrée is available at each meal.

WHAT TO BRING

Because of the limited storage area available to each camper, it is important to adhere to the “suggested” camp outfit that follows.

Clothing

- (8) undergarments
- (8) camp tee shirts * required
- (3) light weight long sleeve shirts
- (6) camp shorts* (required)
- (3) jeans or long pants, (1) pair should be lightweight pants
- (1) pair of white pants or shorts for Sunday chapel**(required)
- (1) short sleeve (with collar) white shirt for Sunday chapel** (required)
- (8) pairs of socks- 7 athletic and 1 hiking
- (2) pair sneakers
- (1) hiking boots
- (1) water shoe or sandal that will not come off while swimming (required)
- (1) pair of sandals (if above is a water shoe)
- (3) sweat shirts
- (1) sweat pants
- (1) rain jacket or poncho (a good one!)
- (1) rain pants