



Rock Eagle 4-H Camp Orientation Meeting

June 8-12, 2015

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DEPARTURE: ECHS Bus Ramp - Monday, June 8 at 8am

- Check-In will not begin before 8am. **Please do not bring your child to the bus or attempt to check in early.** The 4-H staff will need time to organize our stations. Check-in will begin promptly at 8:00am.
- ****NOTE**** Monday we will have lunch at the Rock Eagle 4-H Center cafeteria.

RETURN: ECHS Bus Ramp - Friday, June 12 at 1pm

- Please make sure that someone will be available to pick up your child at 1pm. We will issue 4-H pick-up passes on Monday morning. **WHOEVER PICKS YOUR CHILD UP ON FRIDAY *MUST* HAVE THE PICK-UP PASS FOR YOUR CHILD IN HAND.**
- ****NOTE**** we will NOT be stopping for lunch on the way home. You may want to have a snack/lunch waiting for your child upon their return.

PROCEDURE FOR CHECK-IN ON MONDAY MORNING

- Enter the bus entrance of the Effingham County High School.
- Find your child's Bus Number and put luggage (labeled with your child's name) below. BUS ASSIGNMENTS will be mailed to you and posted in the loading zone.
- Check your child in with the Registration Adult for their bus; this adult will be stationed at the bus door. *Once your child is checked-in they will need to get on the bus and stay on the bus!!*
- AFTER loading your child and their luggage on the bus, please visit the Medication Table to drop off meds or make any emergency changes. Medication needs to be in a Ziploc bag labeled with child's name and cabin number. If changes need to be made, you will have to note the changes on two forms. To speed this process, we request that changes be made the week prior to camp other than emergency situations that happen over the weekend.

LUGGAGE GUIDELINES

- Luggage must be limited to 1 medium suitcase & carry-on OR 2 smaller duffel-like bags and carry-on. **NO LARGE DUFFLE BAGS OR LARGE SUITCASES** – your child should be able to manage his/her own luggage.
- Sleeping Bags must be put in some type of bag and clearly labeled with child's name. Please do not tie sleeping bags to suitcases
- All luggage should be clearly labeled. You may even want to flag them with bright ribbon or tape so your child can easily identify.
- If you send a dirty clothes bag-please make sure it is also labeled or instruct your child to put it inside their suitcase before returning home.

CLOTHING/SHOE POLICY

- **NO FLIP-FLOPS** except in the cabin, all shoes must have a back strap on them. Sports-type sandals and tennis shoes are best.
- Girls must wear a one-piece bathing suit or tankini that meets the bottoms. If you have already purchased a 2-piece suit, a colored t-shirt must be worn over it at all times.



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June 8-12, 2015

CELL PHONES AND OTHER ELECTRONICS POLICY

- 4-H'ers are to leave radios, computers, televisions, DVD players, video games, laser lights, and cell phones at home. Safety and damage/loss of expensive items are the concern.
- This is not only an Effingham 4-H policy; it is a ROCK EAGLE policy. Effingham County 4-H WILL NOT be responsible for lost or stolen items of this nature. If the items are found they will be confiscated.

MONEY

- Snacks and souvenirs are available for purchase at the Rock Eagle Canteen. 4-H'er will probably want to have \$5 per day to purchase snacks/drinks and \$15 to \$20 for items such as t-shirts and hats. We highly encourage to send daily money envelopes for your child to assist in budgeting for the week.
- DO NOT send excessive amounts of cash to camp with your child. Money seems to get misplaced easily. Please talk to your child about keeping up with their money and work with them to create a system so that their money does not go missing.

ADMINISTRATION OF MEDICINE

- Please make sure any over-the-counter or prescription medicines have been included on your child's medical information form. No medicine can be given without parental permission. This includes medication such as Neosporin, Pepto, Tums, and Tylenol. Please be specific when identifying what medications can be given.
- Bring any medications (that 4-H staff will be responsible for administering) to the medication check-in. It must be in a zip-lock bag and clearly labeled. You do not have to send common OTC medications.
- DO NOT put inhalers or other necessary medications in their suitcase if there is even the slightest possibility that 4-H'er may need while traveling.
- If any last minute medication needs to be added to your child's medical information, please try to make those changes by 5pm the Friday before we leave for camp. If something must be added on Monday morning we leave, please do this at the medication check-in. We will need to know any additional medicine that is not listed.

PLEASE TALK WITH YOUR 4-H'ER ABOUT THE FOLLOWING

- Bathing . . . i.e. swimming does not count as bathing.
- Changing his/her clothes daily . . . do not assume we have washed, dried, and folded your child's clothes prior to our returning home. If it is folded . . . it has not been worn!
- Keeping up with money. We suggest envelopes with money for each day. You may also want to pack the money in different locations in the suitcase.
- Behavior. It is imperative that all 4-H'ers follow rules and guidelines for their well being and safety while at camp. Please be sure that you understand camp is a privilege and in the case of a behavior problem, we reserve the right to have you pick your child up from camp early.

CONTACT INFORMATION

The best way to contact your child in a non-emergency situation during camp is to send a letter or an email. If mailing, it is recommended that you send the letter the week before your child heads to camp. Please follow this example as you address the envelope:

Child's Name
Effingham County
350 Rock Eagle Rd, NW
Eatonton, GA 31024

To send an email use this link:
<http://www.georgia4h.org/camp>

select: camper email

password: clover

include: CHILD'S NAME and EFFINGHAM COUNTY

If you do have **an emergency** and cannot reach Abby please call the following numbers:

Main Office (8 am-5 pm) 706-484-2800

Security Guard (after 5 pm) 706-484-2821 or 706-484-2818



Rock Eagle 4-H Camp Orientation Meeting June 8-12, 2015

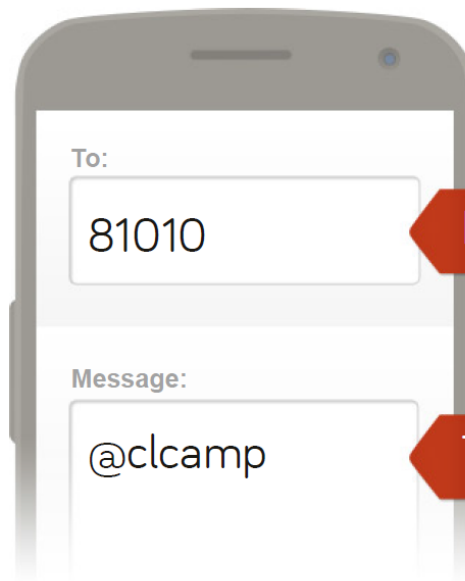
Remind101

4-H News would like you to join
Cloverleaf Camp!



To receive messages via text, text
@clcamp to **81010**. You can opt-out
of messages at anytime by replying,
'unsubscribe @clcamp'.

Trouble using 81010? Try texting
@clcamp to **(917) 746-3288**
instead.

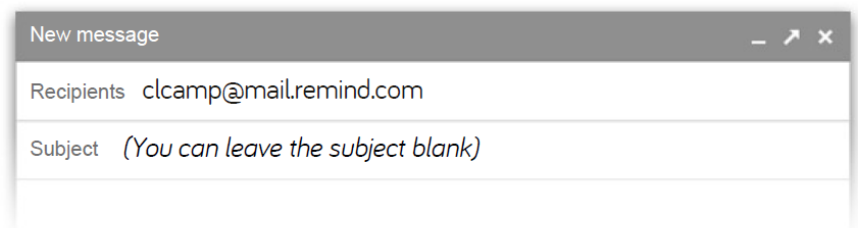


Enter this number

Text this message

*Standard text message rates apply.

Or to receive messages via email, send
an email to **clcamp@mail.remind.com**.
To unsubscribe, reply with 'unsubscribe' in
the subject line.





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June 8-12, 2015

NIGHT ACTIVITIES at ROCK EAGLE CAMP

<p>Tuesday</p> <p>7-8 American Indian Presentation</p> <p>8-9 Tribal Meeting</p> <p>9-10:15 Tribal Games/Trivia/Campfire Rotations</p> <p>9-10:15 Blue String Night Hike</p> <p>10:30 Cottage Meetings</p> <p>11:00 Chimes-Lights Out</p> <p>Wednesday</p> <p>7-7:45 Tribal Meeting</p> <p>8-9:15 Variety Show</p> <p>9:15 Night Recreation</p>	<p>10:30 In Cottage</p> <p>11:00 Cottage Meeting</p> <p>11:30 Chimes Lights out</p> <p>Thursday</p> <p>7:00 Tribal Meeting</p> <p>9:00 Rock Eagle Slide Show</p> <p>8:30 Rock Eagle Pageant</p> <p>10:30 In Cottages</p> <p>11:00 Cottage Meeting</p> <p>11:30 Lights out</p>
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** Lights out times are subject to adjustment.*

TENTATIVE MONDAY SCHEDULE

10:00 - 12:00	Recreation Options (as requested by counties)
1:00 - 3:00	Registration/Orientation/Class registration
1:00 - 3:45	Free swim for all registered campers – Pools 1 and 2
4:00 - 4:45	Tribal Meetings
	Cherokee - Callaway
	Muskogee – Hastings
	Shawnee - Bankers
4:00	Agent/Leader Meeting - Auditorium
5:00	Counselors meet Milk Cottage campers
5:45	Dinner
7:00 – 7:25	Party with Tribal Council in Area Rec Building
	Adult and Teen Leaders meet with Tribal Micos and Counselors
	Cherokees – Georgia Power
	Muskogeess – Georgia Power
	Shawnees – Wildlife Ecology
7:30 – 7:50	Tribal Meetings in Area Rec Building
8:00 - 8:45	Vespers and Monday Night Skit
9:00 – 9:45	<u>Red and White String</u> Night Recreation at designated area
	<u>Blue String</u> Pool Party – Pool 1
10:00	In Cabins /Cabin Meeting (Before Counselor Arrives)
11:00	Lights Out*

TENTATIVE TUESDAY THROUGH THURSDAY DAY SCHEDULE

Red String Schedule	White String Schedule	Blue String Schedule
7:30 Breakfast	7:30 Breakfast	7:30 Breakfast
8:30 - 9:50 MI Workshop	8:30 - 9:50 SIP Rotation	8:30 – 9:50 Workshop
10:00 – 10:50 Organized Recreation Area Rec Building	10:00 – 11:00 Swimming Putt-Putt Canteen	10:00 – 11:20 Workshop
11:10 – 12:10 Swimming Putt-Putt Canteen	11:15 – 12:05 Organized Recreation Area Rec building	
12:20 Lunch	12:15 Lunch	11:30 Lunch
12:50 – 1:20 Movie/Raptors/Museum	12:50 – 1:20 Movie/Raptors/Museum	
1:30 – 2:50 SIP Rotation	1:30 – 2:50 MI Workshop	1:30 – 2:50 Workshop
3:00 – 3:50 Swimming Putt-Putt Canteen	3:00 – 3:45 Organized Recreation Area Rec Building	3:00 – 4:20 Workshop
4:05 – 4:50 Organized Recreation Area Rec Building	4:00 – 4:50 Swimming Putt Putt Canteen	
5:00 Fun with Milk Cottage	5:00 Fun with Milk Cottage	5:00 Fun with Milk Cottage
5:45 Dinner	5:45 Dinner	5:30 Dinner

**Every Blue String Camper will attend these nine workshops:

New Games	Lake Ecology	HOP!	Zip Line	Canoeing
Sling Shot	Sailing	Archery	Climbing Wall	

**Blue Strings will also have a free swim during one of their workshop sessions.



Rock Eagle 4-H Camp Orientation Meeting June 8-12, 2015

Items to Bring:

- Waterproof sunscreen, chapstick with SPF
- Linens, blankets or sleeping bag, pillow (Linens are NOT provided)
- Daily change of clothes and underwear (shorts, tee shirts, etc. Pack clothes that can get dirty!)
- Shoes and Socks (Bring at least 2 pairs-one that can get wet and muddy and/or sports sandals with a heel strap-NO FLIP FLOPS ALLOWED AT CAMP!!)
- Towels (wash cloth, shower towels and pool towels)
- Soap, toothpaste, toothbrush and other toiletries
- Females: one piece bathing suits (t-shirts are required over 2 piece suits or if deemed inappropriate)
- Rain Jacket
- Sunglasses and/or hat
- Money for canteen
- Plastic garbage bag for dirty or wet clothes (be sure to label it with first and last name)
- Insect Repellent
- Water Bottle
- Camera (use of disposables is recommended be sure to put your first and last name on camera)
- Shower shoes (these may be flip-flops)
- Waterproof Watch
- Pen, paper and stamps for writing home

Do Not Bring:

- Knives or any other weapon
- Radios, video game devices, Ipods or mp3 players, cell phones
(NO CELL PHONES ARE ALLOWED AT CAMP! –Parents will be given phone number for Rock Eagle 4-H center & 4-H Staff.)
- Shaving cream
- Excessive amount of cash or items of great value (emotional or monetary)

Clothing Guidelines:

- No clothing should be worn that violates the Code of Conduct or the Georgia 4-H Camp Dress Guidelines (on back).
- Underwear should be worn at all times and should not be visible
- Camp is rough on clothes (Bring clothes that are okay to get wet or muddy)
- Bring extra socks and underwear-you always need them!

*****NOTE: Everything should be marked with the child's first and last name with a waterproof marker. Be sure luggage is labeled.**



Rock The Rock Eagle Lingo



Mico: The counselors at Rock Eagle are called micos which is in keeping with the term native Americans in middle Georgia used for their leaders.

Tribal Council (TC): The head counselors who help determine who wins the tribal shield and lead the other micos.

Tribal Shield: An award presented at the end of the week of camp to the “best” tribe in the Rock Eagle nation.

Clean Cabin Stars: Campers are expected to clean their cabin each morning. Cabins earn a star based on how good of a job they do cleaning up.

Green=Perfect Silver=Just Ok Red=Poor effort

Thunderbird: Is awarded to the cleanest cabin in each land.

Milk Cottage: a time when cabins meet with their assigned counselor often called a “milk mama” or “milk daddy” because at night they actually bring the campers milk and juice.

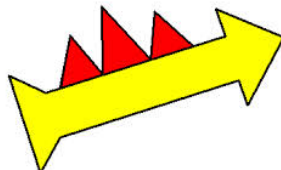
Cabin Swag: feel free to bring decorations that go along with your tribal colors to “spruce up” your cabin. You can also bring candy to leave for TC when they come check cabins and award stars.

Area Rec Building: This is where your tribe will meet for tribal meetings and organize recreation times.

The Tribes/Lands:



Cherokee



Muskogee



Shawnee