

Chestnut Ridge Camp & Retreat Center

Our mission is to make the love of Christ visible through the practices of hospitality, responsible care for the earth, and fellowship that strengthens the community.

S U M M E R C A M P 2 0 1 2

Welcome!

We are delighted that you have chosen to spend a week with us in this beautiful natural setting set apart for Christian ministry. Our mission is to make the love of Christ visible through the practices of hospitality, responsible care for the earth, and meaningful fellowship that strengthens the community. Everything we do is rooted in our mission - from amazing programs and engaging worship, to caring for the farm and gathering around the table for a meal. Our staff are here to help, so please let us know if you have any questions about summer camp. We are looking forward to a great week of camp with you this summer!



Lake Chapel Cross

Contact Information

The office at Chestnut Ridge is staffed the majority of the day, 7 days a week. We realize, however, that situations may arise in which you need to communicate immediately with your camper and leaving a voice mail may not be satisfactory. If you have an urgent message related to your camper, please try reaching the camp using the following phone numbers:

Camp Office – 919.338.2820

Camp Director's mobile phone – 919-599-5387 (urgent messages)

History

Chestnut Ridge was founded by the United Methodist Church in 1959. The first summer campers stayed in covered wagons and hogans out in the woods and rode in the back of a pick-up truck to go to the swimming pool. From these humble beginnings, Chestnut Ridge has grown and has now been offering quality summer camp experiences for over 52 years. Chestnut Ridge is greatly indebted to the visionaries that dreamt of this camp, and the folks that donated the land to make it a reality. Our current staff seeks to carry on the tradition of excellence

passed down to us through the years so that this sacred place will be here for generations to come.

ACA Accredited

Chestnut Ridge Camp and Retreat Center is an accredited camp with the American Camp Association. Chestnut Ridge meets or exceeds standards set by the ACA to ensure that excellence in the program and safety are foremost in the Chestnut Ridge experience.



Frequently Asked Questions

What time are drop off and pick up for day camp?

Drop off at camp is 7:30-8:30am. Pick up is 5:00-5:45pm. Parents picking children up more than 10 minutes after the ending time will be expected to pay a late fee of \$5.00 per 10 minute interval after 5:45pm.

What time are drop off and pick up for residential camp?

The Parent Tea information session is Sunday afternoon at 3:30pm. Drop off is immediately following the Parent Tea. You can pick up your camper at their cabin 6:00-6:30pm on Friday evening, then join us for the closing dinner celebration in the Morris Center at 6:30pm.

What time is the closing dinner celebration on Friday night?

Day camp dinner - 5:15pm. Residential camp dinner - 6:30pm. Dinner is in the Morris Center.

Is my camper allowed to bring a cell phone?

Campers are not permitted to have cell phones with them at camp. Camp helps campers learn to be independent individuals, while living as part of a secure, protected community. Receiving calls from home can make the camper homesick and defeat the purpose of the camp experience. If there is an emergency, please call 919.338.2820 and we can get a message to your camper. Our staff or camp nurse will call you if there is a problem that needs your attention.

How can I contact my residential camper?

Email - mycamper@campchestnutridge.org. Put your camper's name and cabin in the subject line.

Mail - Send a letter to your camper at 4300 Camp Chestnut Ridge Rd. Efland, NC 27243

Email and letters are passed out at dinner each night.

Can I download photos of my camper?

Click on the photos link on our website.

Click on the picture you want.

Right-click on the picture.

Choose "save image as".

Then save it to your computer. It's that easy! and free!

Are meals provided for day campers?

Morning snack, lunch, and afternoon snack are provided for day campers.

Do you offer transportation for day camp?

Transportation is provided from Chapel Hill convenient to I-40 and 15-501. Pick-up is at 7:45am each morning. Drop-off at 5:30pm. Pick up and drop off will be in the parking lot of Chapel Hill Bible Church (260 Erwin Rd.)



Typical Daily Schedule

7:30-8:30am Day Camper drop-off

8-8:45am Breakfast for resident campers

9-9:30am Morning worship

9:30-12pm Morning camp activities

12-1pm Free time in Main Camp

1-1:45pm Lunch

2-4:30pm Afternoon camp activities

4:30-5pm Small Group time

5-5:45pm Day campers depart

Residential campers cabin time

6-7pm Dinner for resident campers

7-8:30pm Evening activities

8:30-9pm Evening vespers

9-10pm Cabin fellowship time

10pm Lights out

The First Day of Camp...

...is often filled with excitement, nervousness, and wonder. It should not be confusing, so we try to give as much advance information as possible. When you arrive you can expect to find helpful, well-trained staff to welcome campers and parents and point you in the right direction!



Parent Tea

The Parent Tea is at 3:30pm in the Morris Center on the Sunday before each camp week. This is an information session where you can ask questions and meet the camp staff. Day and Resident Campers are welcome to attend. The Parent Tea will not be held on Aug 12 or 19.

Arrival/Check-In

Resident Camp check-in is immediately following the Parent Tea on Sunday afternoon. Check-in will be held inside the Morris Center, which is the large gray building next to the main parking lot. Signs and team members will assist you in locating the Morris Center.

Day Camp check-in is from 7:30 – 8:30 AM on the first Monday of the session. The balance of day camp tuition is due at registration on the first day of the camp week. On subsequent days of camp, we will check in your camper each day as you drop your camper off at our “kiss and go” traffic circle.

Departure/Check-Out

Resident Camp ends Friday at 6pm. Parents can pick up their camper at their cabin between 6:00 - 6:30pm on Friday. Parents and campers are then invited to join us for a closing dinner celebration in the Morris Center at 6:30pm. Before leaving camp, be sure to check that you have all belongings. All resident campers must be picked up by 7:00pm on Friday.

Day Camp pick-up begins at 5:00 PM and ends at 5:45 PM each day. Please sign your camper out with the appropriate staff member and remove all items from the camper’s cubby at the end of each day and the end of the camp week.. On Friday, parents and campers are invited to join us for a closing dinner celebration in the Morris Center at 5:15pm.

Early Departure: With campers spread across 362 acres, it is difficult and disruptive to check out day campers prior to 5:00pm. You should plan to wait 15-30 minutes for your child to be transported back to the pavilion and ready for early check-out. Please notify the staff at check-in if your camper needs to leave early.

What to Bring to Check-In

In order to complete the check-in process you will need to bring the following items with you to the registration line:

- Copy of your invoice showing payment in full.
- Your camper’s medications. ALL prescriptions should be in the original container with proper pharmacy levels for each camper attending and instructions for dosing.
- **New for 2012!** Please complete **online health form PRIOR to arriving at camp on the first day. This will expedite check-in.**
- Personal money. The camp store will be open during drop off and pick up. Items such as hats, t-shirts, sweatshirts, water bottles, mugs, and coffee will be available for purchase. Campers do not need money during the camp week.



What to bring

Day Campers

- Wear camp clothes for the day (comfortable clothes that can get dirty)
- Change of clothes, including extra shoes, in your backpack
- A towel for the pool
- Sunscreen
- A modest swimsuit
- Closed-toed shoes (required for some activities)
- Sandals are permissible unless your program major specifies otherwise. Sandals need to be sturdy, athletic sandals that strap around the ankle. Flip flops are allowed only at the pool.
- Hat or sun visor
- Raincoat, parka, or poncho
- **Water bottle**
- Completed Health Form
- Prescribed medications (if any) in original bottle/ packaging along with written directions from a doctor for administration

Optional Items -

- Insect repellent
- Fishing Pole
- Rain pants
- Bible - we have many!

Residential Campers

- Camp clothes for the entire session, including the following:
 - a light jacket
 - shorts
 - short-sleeved shirts
 - long-sleeved shirt
 - socks
 - underclothes
 - pajamas
 - hat or sun visor
- Bible
- Sleeping bag
- Bed linens & blanket (twin size) if not using sleeping bag
- Pillow
- Towels, washcloth, soap, shampoo toothbrush, toothpaste, floss
- Comb/brush
- Insect repellent
- Sunscreen
- A modest swimsuit (two if possible)
- Tennis shoes
- Comfortable hiking shoes
- Sandals are permissible unless your program major specifies otherwise. Sandals need to be sturdy, athletic sandals that strap around the ankle. Flip flops are allowed only at the pool. Raincoat, parka, or poncho
- **Water bottles** or canteens
- Flashlight or headlamp and batteries Completed Health Form
- Prescribed medications (if any) in original bottle/ packaging along with written directions from a doctor for administration

All items brought to camp should be labeled with the camper's name. It is good to label small items like toothpaste and sunscreen. Please remember that camp is not responsible for lost or damaged personal belongings brought to camp.

What every camper should leave home

In order to protect the atmosphere of camp and provide a true outdoor experience, please leave the following at home:

- Alcohol and drugs
- Personal sports equipment except as noted above
- Animals of any kind
- Weapons of any kind
- Cell phones
- Radios CD players iPods
- TV's DVD players Video games
- Trading cards
- Expensive cameras
- Cash
- Toys
- Food. Food in the cabins attracts rodents and insects. A balanced selection of food is provided at each meal. Snacks are provided as part of the camp program.
- *Chestnut Ridge is not responsible for lost or damaged personal belongings brought to camp*





"I highly treasure the quality of staff that you hire each summer - the role modeling for my children, as well as the caring and nurturing that they receive goes above and beyond. Thank you for a wonderful experience!"

— 2011 summer camp parent

What to Bring continued...

Some camps require specific gear. This equipment is in addition to the packing list on the previous page. Please review and send your camper prepared.



Horseback Riding

- Boots or hard soled shoes with a heel
- Long pants

Wrangler Camp

- Boots or hard soled shoes with a heel
- Long pants
- Work gloves
- Rain gear
- Backpack
- Portable sleeping bag and sleeping pad



Rock and Raft

- Shoes that can be worn in water. Sandals that securely strap around the foot and heel are best. Can use old tennis shoes or water shoes.
- A day pack
- Portable sleeping bag
- Portable sleeping pad (optional)
- Loose-fitting, non-restrictive clothing.
- Closed-toed shoes for climbing. (R&R only)
- Many ziploc bags to store clothes. (CTN only)



Mountain Biking

- Mountain Bike
- Helmet
- Bike water bottle
- Bike gloves (optional)



Counselor in Training & Ultimate Mountain Adventure & AT40

- Shoes that can be worn in water. Sandals that securely strap around the foot and heel are best. Can use old tennis shoes or water shoes.
- Hiking Boots (recommended)
- Hiking socks (recommended)
- Backpack (or camp will provide)
- A day pack
- Portable sleeping bag
- Portable sleeping pad (optional)
- Loose-fitting, non-restrictive shorts and shirt for climbing.
- Closed-toed shoes for climbing. (UMA only)
- Warm jacket, warm hat, long pants, long sleeves, and shoes that can get filthy dirty and are suitable for caving in 55 degree temperatures. (UMA only)



Cancellations may be made at any time. Cancellations need to be in writing or by email from the person responsible for the account. Refunds will only be issued for cancellations made prior to May 1, 2012. The \$75 processing fee that is part of the deposit is non-refundable. All camp fees are non-refundable after May 1, 2012. Residential Camp must be paid in full by May 1, 2012.

Care for Creation

The earth is the Lord's and everything in it - Psalms 24:1



The Community Farm

The Community Farm at Chestnut Ridge is a working multi-species farm and garden that supplies wholesome food for Chestnut Ridge, its guests, and the local community. The Community Farm also serves as a teaching model for sustainable and organic agriculture practices. Please feel free to join Chris, our Garden Manager, for volunteer hours 9am – 12pm every Saturday morning March through October. Instruction, tools and materials are provided. If you would like to bring your entire group out to the farm, please let us know in advance so we can be prepared for your group.



Meals at Chestnut Ridge

Chestnut Ridge is proud to be serving *real* food and supporting local sustainable farms. We are committed to purchasing food free of trans-fats, MSG, GMO, artificial colors and flavors, and high fructose corn syrup. We are increasing our use of organic and fair-trade products such as bananas, coffee, and tea. In addition to the food grown at The Community Farm, we are purposefully supporting local farms for products such as vegetables, fruits, milk, whole grains, and meat. Our kitchen staff takes these raw ingredients and whips up a dazzling array of made from scratch meals for all of our campers to enjoy. *Day campers are served a morning snack, lunch, and afternoon snack.



Food Allergy Policy

Chestnut Ridge prepares thousands of meals each week. Here are some notes for campers with food allergies:

- Please note the food allergy on your camper's health form and alert the nurse of the allergy at check-in.
- Nuts and nut oils will not be used in cooking.
- A "peanut free" table is available at each meal for those that need it.
- Vegetarian options are available at each meal. Campers may need to request such items from their counselor during the meal.
- Campers needing gluten-free or dairy-free meals may want to bring some of their own food such as soy milk, gluten-free bread, and pre-made frozen meals to supplement. Please label food with camper's name.

Chestnut Ridge is a ministry of NC United Methodist Camp and Retreat Ministries, Inc, which is an independent 501(c)(3) nonprofit organization, responsible for its own debts and obligations. We are related by faith to The NC Conference of The United Methodist Church. Our sister camps are Camp Rockfish and Camp Don Lee.



Worship & Faith

Chestnut Ridge is a Christian camp related by faith to The United Methodist Church and working to serve local churches and the community. Campers of various religious traditions or no religious tradition are welcome to attend summer camp.

Campers will participate in vibrant worship featuring a praise and worship band, skits and engaging speakers. It is our intent to share our faith with the campers and invite them to explore what it means to live out a life of faith in Christian community. We earnestly seek to present and live out a vibrant, active Christian faith that is inviting, life-giving, and transformative. However, we reject any attempt to manipulate or push religion, and we do not demand or require campers to profess certain beliefs.



Food, Faith & Farming

At Chestnut Ridge, campers learn about many ways to care for God's Creation, such as gardening, composting, recycling, forest preservation, water conservation and more. Within this framework, campers learn that each of our actions, no matter how small, make a difference in the world. We encourage them to act in ways that make a positive difference in the world.

This concentration on our practices expands beyond the scope of the garden and creation to encompass all areas of our lives. Campers will also learn how their actions can positively or negatively impact their relationship with God and their relationships with one another; as well as their relationship to the earth. We encourage you to talk to your children about their experience at camp, and in particular about food, faith, and farming.

Ministry team members at Chestnut Ridge Camp & Retreat Center are carefully selected for their love of children and youth, their faith commitment to Jesus Christ, and their ability to

communicate in word and deed an enthusiasm for the created world. The entire staff shares the common goal of ministering in such a way that God is glorified, loved, and known. All staff share in morning and evening vespers with the campers. Our Camp Chaplains, interns from Duke Divinity School, along with staff clergy coordinate community worship services.

Cabin Assignments

Chestnut Ridge intentionally sets out to help campers build new friendships and to work with different people. This is one of the goals of the camp experience. Campers are assigned to cabins by grade level and age just prior to arrival. We try our best to accommodate cabinmate requests as long as they are made in advance, are made mutually with one other camper and are the same grade/age/gender. Specific concerns about cabin assignments can be e-mailed to info@campchestnutridge.org. Parents may also call 919.338.2820 to discuss special situations at least three weeks before the session begins.



Directions to Chestnut Ridge

Directions from the East (Raleigh, Cary, Chapel Hill):

Take I-40 west towards Chapel Hill
I-40 will merge with I-85, just west of Chapel Hill
Take Exit 160 (the "Efland" exit)
At the bottom of the exit ramp, turn left onto Mt. Willing Road
Continue through the four-way stop
Continue 1.3 miles, you will see a Chestnut Ridge sign on your left
Turn left onto Chestnut Ridge Church Road
Continue 1.6 miles, you will see a Camp Chestnut Ridge sign on your right
Turn right onto the gravel road and drive until you see the camp welcome sign

Directions from the West (Burlington, Greensboro):

Take I-40/I-85 east towards Chapel Hill
Take Exit 160 (the "Efland" exit)
At the bottom of the exit ramp, turn right onto Mt. Willing Road
Continue through the four-way stop
Continue 1.3 miles, you will see a Chestnut Ridge sign on your left
Turn left onto Chestnut Ridge Church Road
Continue 1.6 miles, you will see a Camp Chestnut Ridge sign on your right
Turn right onto the gravel road and drive until you see the camp welcome sign

Directions from the South (Charlotte):

Take I-85 north, towards Greensboro I-85 will merge with I-40
Take Exit 160 (the "Efland" exit)
At the bottom of the exit ramp, turn right onto Mt. Willing Road
Continue through the four-way stop
Continue 1.3 miles, you will see a Chestnut Ridge sign on your left
Turn left onto Chestnut Ridge Church Road
Continue 1.6 miles, you will see a Camp Chestnut Ridge sign on your right
Turn right onto the gravel road and drive until you see the camp welcome sign

Health Center / Medications

Campers check-in all medicines with our camp nurse upon arrival into camp. No medications are allowed in cabins (with the exceptions of inhalers for some asthmatics and epi-pens). Camper medications are dispensed by our camp nurse. Campers who are not feeling well have the opportunity to visit the Health Center after talking with their counselor. The Health Center is open and staffed 24 hours a day for urgent medical situations. In the event that a camper spends the night in the Health Center or there is a serious situation, parents will be called. Cabin counselors are trained to inspect campers daily for cleanliness, cuts, sunburn, insect bites, etc; but teaching your child the importance and methods of prevention is extremely important. If you are bringing medications please refer to the medication section on the health form. At the end of the session, leftover prescription medications need to be picked up. All unclaimed medications will be thrown away. General medications and first aid materials are provided. To insure good health and ability to enter into normal camp activities, the Health History Form must be completed by parents. Camp is not responsible for eye glasses that are lost or broken at camp.

Discipline / Behavior

Campers generally behave in accordance with expectations. At the beginning of camp, we discuss acceptable camp behavior. Acceptable behavior shows respect for one's self, others and all of Creation. Positive language is required of all campers as our words have the capability to create a warm and supportive camp culture. This means that words society might deem acceptable, may not be words acceptable at Chestnut Ridge. In addition, endangering or threatening another camper, either verbally or physically, warrants immediate corrective measures, up to and including dismissal from camp. Counselors and support staff praise and encourage positive behavior. No type of physical discipline is used. Time out is used if redirection and warnings are ineffective. Keeping open dialogue between counselor and parent, with camp expectations refined at home, is often the best solution.

Mother-Daughter Camp

Father-Son Camp

Chestnut Ridge is proud to offer these special family camp weekends in 2012. Spend quality time with your child swimming, canoeing, making crafts, playing on the lake toys, cooking smores over a fire and more! It's a time to reconnect and enjoy being a parent again.
Father-Son Weekend - July 20-22
Mother-Daughter Weekend - July 27-29

Lost and Found

Lost and Found items are returned to the camper whenever possible. Please make sure that all of your camper's items are clearly marked with first and last names. The Lost and Found box is located in the Pavilion and is available for parents to look through at pick up. Any unclaimed items will be held for one week and then donated to a charity. If items are left, please request their return and if they can be located the items will be mailed back to the camper.

Follow Us...





Summer Camp is just the tip of the iceberg

After School



Providing an environment where children can enjoy natural fun and just be kids! While time and space is provided for homework, there is also plenty of time for outdoor play and healthy interaction. We believe our campers' creativity is enhanced through a mix of structured activities and unstructured play. Bus transportation is provided from most Orange County schools. Chestnut Ridge also offers intersession, spring break, winter break and teacher workday camps.

Outdoor Education



Farm! Forest! Fun! Our 362 acre classroom containing the Community Farm, hardwood forests, a 10 acre lake, as well as the facilities, is the ideal location for environmental education field trips. Chestnut Ridge offers a selection of over 30 informative, interactive and experientially-based programs to supplement and complement your instructional objectives. Courses are available for pre-school through high school.

Retreats



Renovations and care over the years has created a beautiful, warm, and inviting destination. Chestnut Ridge is open year-round for retreats, family reunions, team-building, scout groups, planning retreats, as well as personal getaways. Year-round facilities accommodate up to 108 overnight and 300 or more day guests. Flexible reservation options provide event organizers with dining, meeting space, education, and recreation choices to create a wonderfully memorable experience.

Challenge Course



Teambuilding at Chestnut Ridge is an experiential adventure program which offers groups and individuals the opportunity to participate in a series of activities involving mental, physical, and emotional challenges. We have a Low Challenge Course and High Challenge Course and also play initiative games. School groups, church groups, non-profit and corporate groups all enjoy the Challenge Course at Chestnut Ridge.

Horseback Riding



The 362 acres of rolling hills and hardwood forest are full of trails that are perfect for your next horseback ride. We welcome families, churches, or any other group to come enjoy a day in the saddle at Chestnut Ridge. Chestnut Ridge also offers after school lessons and weekend trail riding. We also enjoy helping scouts work towards horse related merit badges.



Chestnut Ridge, operated by The North Carolina United Methodist Camp & Retreat Ministries, Inc., is open to everyone without regard to race, color, sex, national origin, religious preference or ability. Our outdoor ministry is committed to serving all persons to provide a meaningful camp experience.