Parents’ Guide to Camp Talooli 2020

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Welcome from our Directors

Thank you for choosing and trusting Camp Talooli with the care of your children. While we have a lot of fun and exciting activities planned for this summer, the safety and security of our campers is our highest priority.

The best way for us to meet both of these goals is by assembling the best possible staff to lead the way. One of the things that makes our staff exceptional and unique is that most of our 75 summer staff members have grown up at Camp Talooli as former campers. This history and connection strengthens their commitment to being positive role models and ensuring that future campers experience the same magic they remember from their youth.

If you have any questions, please do not hesitate to email me.

Kelly Peneston
Camp Director since 2014, staff since 2002
kelly@camptalooli.org

On behalf of our community of campers, staff, and board, I would like to welcome your family to the Camp Talooli family!

Talooli is a home away from home for generations of young people. We believe in the value of community and friendship. We are dedicated to helping young people unplug, grow, and develop confidence, as well as skills to last a lifetime. We are fortunate to have an exemplary staff and this beautiful Happy Gathering Place.

As we begin this special year of celebrating Talooli’s 75th summer camp season, I encourage you to visit our website. You will find a tremendous amount of information to assist with your family’s camp experience. Follow our Facebook page and Instagram and most importantly, come to one of our open houses to hear about our program and meet some of the staff.

Jan Peneston
Executive Director since 2006, staff since 1984
jan@camptalooli.org

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Introduction

The Parent’s Guide to Camp Talooli was created to help parents and campers become familiar with important details of the camp experience. We hope you will take the time to read through this guide with your campers and let us know if you still have questions.

Phone: 315-934-4051   Fax: 315-272-4020

Camp Address: 520 County Route 54
Pennellville, NY 13132

Office Address: 71A State Street
Phoenix, NY 13135

*Note: This sign is at the head of the Camp road where you should enter
Our History

1945
Camp Fire Girls purchased the Betts family farm, which became Camp Talooli

1947-58
Through the efforts of donors, fundraising and volunteers, initial buildings were erected. These included Duff Lodge, three cabin sites, and Totem Lodge

1975
Camp Talooli welcomed its first boys and all programs became co-ed

1988
The Talooli Integration Program officially began, helping children with special needs attend summer camp

1984-87
Following a Capital Campaign, Duff Lodge was repaired and renovated. Also, the first shower house was built.

1992
The first Winter Day Camp!

1994
The Stage was built by volunteers

1995
The ELFUN Society volunteered their talents to bring electricity to our cabin sites

1996
The first Mega-Dog was cooked!

2000-04
Major Program Updates: the Nature Den was built, a new daily schedule was created, the Challenge Course was built, the old barn was renovated and became the Art Barn

2016
In great need of repair, Betts Lodge was renovated and renamed in honor of the volunteers that made it happen. Van Dyke Lodge became home to our first Pre-K Day Campers

2018
Camp Talooli became an independent non-profit organization

2018
We broke ground on Nokomis Lodge. Nokomis will be a year-round educational space with dormitory-style sleeping.

2020
Camp Talooli celebrates its 75th Anniversary!

Our Core Values

Camp Talooli is an outdoor community fostering personal growth, leadership, service and a sense of belonging.

RESPECT

Respect for yourself. The development of self-esteem, confidence, and respect is at the heart of what we do. Campers are reminded to take care of both their

Respect for others. Our goal is to create a supportive community that recognizes and values every child. We wouldn’t be surprised if your child makes lifelong friendships during their camp experience.

Respect for the environment. Environmental awareness incorporated into everything we do, from the programs we offer to the way we maintain our facility.

TRADITION

While the world and Camp have modernized a great deal since 1945, we continue to value our history and maintain many of our original traditions. Campers still swim in a lake, sleep in rustic cabins, and sing silly songs. We also value the impact of small-group living and learning.

INCLUSION

At Camp Talooli, everybody matters. We welcome all youth and families, regardless of race, religion, ability, gender, sexual orientation, or socio-economic status. We work hard to support each person’s needs and help them feel welcome and included in our camp family.

UNPLUGGED

One of the greatest aspects of the Camp Talooli experience is being free from modern distractions. To maintain this ideal, we have a strict no electronics rule for campers. This includes phones, tablets and music players. Except for emergencies and specific activities, our staff also refrain from using electronics.
What to Pack

**Overnight Camp**

There is limited space in the cabins for large trunks, but most campers will bring their belongings in duffel bags, suit cases or small totes. A great option is a large plastic storage bin for ease of transport and organization.

- Pillow, fitted twin sheet, sleeping bag and/or blankets
  - **Potential bed wetters**: extra bedding
- 6 days of clothing (there is no laundry)
  - **T-shirts, shorts, pants, socks, underwear**
- Sweatshirt or jacket, rain gear
- Swim suit and 1-2 beach towels
- Toiletries (shower towels, washcloth, soap, brush, shampoo, shower shoes, toothbrush, toothpaste)
- 2 pairs of sneakers (in case 1 gets wet or muddy)
- Flashlight and batteries
- Insect repellent and sunscreen (wipes, lotions, and pumps only, **NO aerosol sprays**)

**Optional Items**

- Books and games (card games are great!)
- Water shoes
- Water bottle
- T-shirt for tie-dying
- Hat and/or sunglasses
- Letter-writing materials (paper, pen, stamps, pre-addressed envelopes)

**Day Camp and Pre-K Day Camp**

Campers should bring their belongings to camp in a backpack each day. We have a shelter where bags are stored during the day and campers can go retrieve items from them, as needed.

- Swim suit and beach towel
- Sneakers and socks (**NO** sandals or Crocs)
- Sunscreen and insect repellent (wipes, lotions, and pumps only, **NO aerosol sprays**)
- Lunch (we provide milk at lunchtime)
- Water bottle
- Recommended: change of clothes in case they get wet or dirty
- **Pre-K Campers**: morning snack

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**LABEL EVERYTHING**

We encourage you to label your camper’s belongings, especially towels, backpacks, and lunch boxes. We hold up lost & found at the end of every day and labels help a lot!

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**WHAT NOT TO BRING**

- Electronics (including phones, apple watches, tablets, music players, video games, etc.)
- Knives or any kind of weapon
- Lighters or matches
- Alcohol, cigarettes, vaping devices, or any kind of drug
- Sports equipment or fishing poles
- **OVERNIGHT CAMPERS** can not bring any food or snacks. No food is kept in the cabins.
Group Assignments

The essence of the Camp Talooli experience is living and learning in small groups, where campers can meet new friends and develop close bonds throughout the week. To make this happen, we assign groups of between 6-9 same-age campers per counselor; our youngest campers will be in groups of no more than 6 kids per counselor and group size

Things to know:
1. Counselors stay with the group all day and lead them to each activity.
2. Overnight camp groups are assigned by gender and will sleep in a cabin together with their counselor.
3. Day camp groups are generally co-ed.
4. Groups are assigned by age and grade—all campers in a group will be within one grade apart.
5. Most campers come to camp not knowing anyone. Monday activities are focused on helping campers to make new friends and bond as a group.
6. Campers of all groups and ages interact during meals, activities, campfires, and all-camp games.

Friend Requests:
- We do our best to honor friend requests, however, they are not guaranteed.
- Requests can be made on the registration form, or by emailing/calling our Camp office—parents of both campers will need to submit requests.
- Friends must be within one grade apart.
- We can generally accommodate requests of 2 or 3 campers, but groups of 4+ will need to be split up. Large group friend requests can make it difficult for campers outside of that group to feel included.
- When making a request, please consider the closeness of the campers and how it may impact their camp experience. Sometimes friends bring outside drama and conflict to camp, impacting their fun.

Camper Behavior

When campers arrive, we begin with a large group welcome and orientation to Camp. This includes a review of some of our rules for safety and behavior including:

- **RULE OF THE GIANT** - We respect all living creatures at Camp, including plants and animals. People are much larger than animals like frogs and turtles, so respect means not picking them up or harming them.
- **BUDDY SYSTEM** - At Camp, no one goes anywhere alone. Campers should always take a buddy and tell their counselor when they need to go somewhere like the bathroom.
- **BE RESPECTFUL** - Respect means that we treat ourselves, each other, and the camp property with kindness, even if we are upset or disagree.
- **PARTICIPATION** - Camper groups stay together and follow a schedule each day. If a camper does not want to participate in an activity (e.g. swimming), no one will force them. However, they will still travel to that activity and are expected to not detract from those who wish to engage. We encourage everyone to try new things and participate in activities, but we will not force anyone to do something they are not comfortable with.

**WHEN CAMPER BREAK THE RULES**

1. If campers break the rules, the first step in our response comes from the **counselor** or the **program area director** supervising them at the time of the behavior. Staff are trained to respond with strategies that clearly identify the problem behavior and establish future consequences (e.g. time out of an activity) for continued problems.
2. If problem behaviors continue, the counselor involves the **Camp Director**. Next steps may include:
   - Time out in the Camp office
   - Call home to talk to parents about behavior
   - Individual or group discussion about behavior concerns and problem-solving solutions
3. If problems persist, campers may be sent home.

- Campers will be sent home immediately for the following:
  - Physical violence toward self or another camper
  - Racial or bigoted language targeted at another person
  - Continued rule breaking, endangering safety of self/others
### Daily Schedule

The order and type of activities change each day.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>Breakfast for Overnight Camp</td>
</tr>
<tr>
<td>8:30-8:45 am</td>
<td>Day Camp Parent Drive Drop-Off</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Day Camp Buses Arrive</td>
</tr>
<tr>
<td>9:10 am</td>
<td>Flag Raising</td>
</tr>
<tr>
<td>9:20 am</td>
<td>1st Activity</td>
</tr>
<tr>
<td>10:20 am</td>
<td>2nd Activity</td>
</tr>
<tr>
<td>11:30 am</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:20 pm</td>
<td>3rd Activity</td>
</tr>
<tr>
<td>1:20 pm</td>
<td>4th Activity</td>
</tr>
<tr>
<td>2:20 pm</td>
<td>5th Activity</td>
</tr>
<tr>
<td>3:20 pm</td>
<td>Flag Lowering</td>
</tr>
<tr>
<td>3:40 pm</td>
<td>Day Camp Buses Leave &amp; Overnight Camp Candy Store</td>
</tr>
<tr>
<td>3:45-4:00 pm</td>
<td>Day Camp Parent Drive Pick-Up</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Evening Choice Activity</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Snack</td>
</tr>
<tr>
<td>8:00-10:00 pm</td>
<td>Games, campfires &amp; cabin time</td>
</tr>
<tr>
<td>9:00-10:00 pm</td>
<td>Lights out (time depends on age)</td>
</tr>
</tbody>
</table>

### Challenge (3x/week)

Camps play games and learn team building skills on our low ropes course.

### Archery (1x/week)

Counselors teach their campers how to use our bows and arrows to shoot at targets.

### Nature (2x/week)

Camps learn about Camp’s ecology, take hikes, and get to interact with plants and wildlife.

### Evening Choice (2x/week)

Overnight campers get to choose which activity they would like to get more of.

### Choice (1x/week)

On Friday, each group will choose an activity to get more of.

### Campfire Cooking (1x/week)

On Tuesdays, campers learn about how to prepare food over the campfire and get to taste some yummy treats like campfire fries!

### Fishing (1x/week)

On Wednesdays, all campers take a guided fishing tour (by boat) with their counselor to try and catch a fish!

### Boating (4x/week)

Camps learn to use canoes, kayaks, rowboats, and our pirate ship! Beginning swimmers must boat with a staff member. Kayaks are for experienced swimmers only. Everyone wears lifejackets.

### Art (2x/week)

Camps visit the Art Barn to work on various age-based arts & crafts activities.

### Group Time (2x/week)

Counselors plan special activities and games for their own groups.

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### Swimming (5x/week)

Camps begin their week with a swimming assessment and are categorized into sections according to their skill level.

Lessons are taught daily in each swim section Campers may re-test during the week, after participating in swim lessons in order to move up a section. Free swim is after lessons.

Our waterfront staff includes at least 4 lifeguards and a WSI at all times.

### GENERAL REQUIREMENTS FOR EACH SWIM SECTION

**GREEN:** beginner section, goes up to about 2.5 ft.

**WHITE:** swim from one end of the dock to the other without stopping & in water over their head

**YELLOW:** swim two lengths between the docks without stopping then tread water, demonstrate confidence in the water and endurance
Day Camp & Pre-K Day Camp

**Attendance**
Counselors begin each day by taking attendance of their groups. If campers are unexpectedly absent, we will call home to inquire.

- **Absences:** Please let us know if your child will be absent (email or call). If the bus staff doesn’t know, they will wait at the stop, thus making the bus late at subsequent stops.

**Changes to Pick-Up/Drop-Off**
If you plan to make changes to your pick-up or drop-off schedule (e.g. early pick up, change stop), give prior notice in writing. The best way is to email the Director. You can also send a note with your child—just please remind them to hand it in.

**Lunch**
Day Campers need to bring a lunch from home. We provide milk and water at Camp for all to access.

On Thursday, we have an all-camp cookout for lunch called Mega-Dog. This includes Mega-Dog (hot dog), fruit, and chips. Day campers do not have to bring a lunch on Thursday, but picky eaters may choose to bring one as a backup.

**Additional Notes for Pre-K Day Camp**
Pre-K day campers experience almost all of the classic camp activities with a similar schedule as typical day camp. HOWEVER, to accommodate their developmental needs, the daily schedule is more flexible to adjust activities and timing based on the weather and energy of the group.

- There are 2 Pre-K counselors and a maximum of 8 campers each week. The group stays together throughout the day and is based out of Van Dyke Lodge. Additional program staff assist with activities such as swimming, boating, nature, challenge, and art.
- Pre-K campers should pack a morning snack in addition to their lunch. We provide an afternoon snack (e.g. Goldfish).

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### Day Camp Bus

<table>
<thead>
<tr>
<th><strong>BUS#1 Stop Locations</strong></th>
<th><strong>Pick-Up</strong></th>
<th><strong>Drop-Off</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>719 E. Genesee Street (Syracuse)</td>
<td>7:30 am</td>
<td>5:00 pm</td>
</tr>
<tr>
<td>Glenn Crossing (Route 57)</td>
<td>7:50 am</td>
<td>4:40 pm</td>
</tr>
<tr>
<td>Bear Road School</td>
<td>8:05 am</td>
<td>4:25 pm</td>
</tr>
<tr>
<td>Cicero Elementary</td>
<td>8:20 am</td>
<td>4:15 pm</td>
</tr>
<tr>
<td>Dollar Tree (Central Square, near 81)</td>
<td>8:35 am</td>
<td>4:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>BUS#2 Stop Locations</strong></th>
<th><strong>Pick-Up</strong></th>
<th><strong>Drop-Off</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Staples (East Syracuse)</td>
<td>7:30 am</td>
<td>5:05 pm</td>
</tr>
<tr>
<td>Ulta Beauty (Fairmount)</td>
<td>7:50 am</td>
<td>4:45 pm</td>
</tr>
<tr>
<td>Thrifty Shopper (Downer St, B’ville)</td>
<td>8:10 am</td>
<td>4:25 pm</td>
</tr>
<tr>
<td>Top’s Plaza on Route 57 (by Rite Aid)</td>
<td>8:25 am</td>
<td>4:10 pm</td>
</tr>
<tr>
<td>Phoenix Elementary (Elm Street side)</td>
<td>8:35 am</td>
<td>4:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Parent Drive to/from Camp</strong></th>
<th><strong>Pick-Up</strong></th>
<th><strong>Drop-Off</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>520 County Route 54, Pennellville</td>
<td>8:30-8:45 am</td>
<td>3:45-4:00 pm</td>
</tr>
</tbody>
</table>

**Bus Rules and Information**

- Talooli contracts First Student to provide buses and drivers
- Talooli staff ride the bus to take attendance and supervise camper behavior
- ALL campers must wear seatbelts and remain seated
- Talooli staff may NOT transport campers for any reason
- Repeated behavior problems may result in a child not being allowed to ride the bus
- If a parent is not present at the stop to pick up their camper, the bus will wait 5 minutes past the posted time. After which, a staff member will get off the bus to wait with the camper and we will call emergency contacts.
- We reserve the right to change bus stops, based on demand
- We will contact parents if there is any significant interruption of the bus schedule
Overnight Camp

**Before you arrive...** It is normal for both you and your child to be nervous before arriving at Camp, but be mindful about expressing your concerns to your child. Sometimes parents’ worries can set kids up to be fearful about missing home and cause them to have difficulty adjusting. The best thing you can do is be positive, optimistic, and reassuring that you know they will be fine. Talk about how exciting Camp will be and how you will love hearing about their time at the end of the week. DO NOT make a deal with your child about picking them up early, because that can become fuel for their worry.

**Sunday night check in...** Parents must provide transportation to Camp for check-in. We check each camper in on a first come, first served basis and families will receive a number when they arrive. The process can take a while, as we check each camper in one at a time, so please be patient. You may arrive any time between **5:00pm-8:00pm** to receive a check-in number. The check-in process goes in the following order:

- **6:00 pm**  
  Check-In Begins.  
  Families may arrive early, but we will not start calling numbers until 6pm.

- **Waiting Time**  
  While waiting for your number to be called, you can take a hike around Camp, or visit the Camp store.

- **Meet Camp Director**  
  After Kelly calls your number, she will tell you your cabin assignment. At this time, you can also put money on your child’s Candy Store account.

- **Camp Nurse / EMT**  
  Each camper will check in with either the Camp Nurse or EMT to review medical records. All medications should be turned in at this point.

- **Drive to the Cabin**  
  You can drive directly to your child’s cabin site to meet the counselor and get their bunk settled.

- **Parents Say Goodbye**  
  After taking some pictures and giving them a hug, try not to linger at the cabin. Campers need to see that you are ready and trust us to care for them.

**SHOWERS**  
Camp Talooli has two shower houses, one on each side of the lake. Showers are in individual stalls with a changing space and curtains for privacy. Prior to campers’ arrival, counselors select a shower time for each group. For example, some groups will shower before or after breakfast, while others will shower after flag lowering. We recommend campers bring **shower shoes** (e.g. Crocs, flip flops, water shoes).

**CANDY STORE**  
Overnight campers have the opportunity to purchase items from the candy store Mon-Thurs. after flag lowering. Example items include: candy bars, chips, cookies, slushies, and fruit gummies.  
**$4 = 1 snack/day**  
**$8 = 2 snacks/day**  
Candy store money is paid during check-in and staff keep track.

**KEEPING IN TOUCH WITH YOUR CAMPER**  
Parents and campers CAN NOT talk to each other over the phone except in cases of emergency.  
Campers LOVE getting mail at Camp!  
We encourage you to send letters (NO FOOD!) a few days ahead of time, so that they arrive during campers’ first few nights.  
**Camper Name**  
**Camp Talooli**  
**520 County Route 54**  
**Pennellville, NY 13132**  
You can also send letters electronically, using a service called **Camp Stamps**. This can be accessed by logging in to your online account. We print letters daily at 7:00pm. Campers cannot reply electronically.

**FRIDAY PICK UP**  
Parents can drive directly to their child’s cabin site to pick them up. Pick-Up time is **4:30pm**.  
Please DO NOT arrive before 4:00pm as our day campers and buses need time and space to exit.  
Be sure to look in kids’ bags and under bunks to make sure you have all your belongings.
**Meals**

**Sample Daily Menu**

**Breakfast**
Pancakes, sausage, cereal, yogurt, orange juice, and milk.

**Lunch**
Choice of turkey, PBJ, or plain PB sandwich. Served with chips, fruit, and milk.

**Dinner**
Grilled chicken breast, rice, vegetable, and milk.

**Snack**
Chocolate chip cookie

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**Our Goals**

We aim to provide healthy meals that give kids the energy they need for camp activities. While keeping nutrition in mind we don’t want food to be a barrier for campers or a source of stress while at Camp. Therefore, we plan meals that will be familiar to most campers and **kid-friendly**.

We serve a different hot breakfast each day, but cereal and yogurt are always choices. Campers order a sandwich for lunch each day—PB and PBJ are always choices, but the third choice rotates. If campers don’t like our dinner option, we can always make them a sandwich.

**Vegetarians**

We make sure that there is a vegetarian option at every meal. For example, we offer vegetarian chicken on chicken dinner night and veggie burgers for tinfoil dinners. Please identify if a camper is vegetarian on the health form.

Not all of our vegetarian offerings are vegan. Please contact us ahead of time if your camper requires a vegan diet.

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**Homesickness**

Most campers and staff experience some degree of missing home while they are at Camp, which is natural and expected. However, there are strategies that both parents and staff can use to prevent severe homesickness and also to help campers work through their feelings.

**PARENTS**

**DO talk about homesickness**

It is important talk with your child about how normal it is to feel homesick while at Camp. Let them know that it is okay to miss home, but that shouldn’t get in the way of having a good time.

**DO talk about strategies**

Talk to your camper about what to do if they start to feel homesick. This may include having a favorite stuffed animal to squeeze, looking at photos of family, writing a letter, or talking to a friend/counselor.

**DON’T tell your camper that you won’t be okay without them**

It is okay for them to know that you will miss them, but we want to avoid having them worry about you or your well-being while they are at Camp.

**DON’T make a “pick-up deal”**

By telling your child that you will come pick them up from camp if they don’t like it, children often lose motivation to try and succeed at camp. This can make it harder for us to be effective at getting campers to participate in activities and try to overcome their difficult feelings.

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**CAMP STAFF**

★ Counselors keep kids busy during the day to keep their mind and body occupied. **Limited downtime** helps to prevent campers from perseverating on thoughts of home.

★ Counselors establish **bedtime routines** to create a comforting atmosphere and to ease campers’ worries.

★ For campers that experience more severe homesickness, staff are trained to use additional strategies to reassure and redirect campers.

★ The Camp Director will **call home** to talk to parents, as needed, and for more serious cases.
Social Media

**Facebook (@CampTalooli):** During the summer, we post pictures **every day.** We do our best to post photos of as many campers as we can, but with about 250 campers each week, this can be challenging. Our photos often focus on overnight campers in order to reassure their parents.

During the rest of the year, we use Facebook to keep our community informed with announcements about events and activities happening at Camp.

**Instagram (@CampTalooli1945):** We use Instagram to share fun pictures year-round. In the summer, we generally post at least 2-3 times each week.

**Your Campers and Our Staff:** We understand that many campers wish to stay in contact with staff after they leave Camp and/or are curious about our staff’s personal lives. However, Camp Talooli’s policy is that our staff **may not interact** with campers on social media during the summer or the rest of the year. This policy includes CITs, who are still considered campers. If your child wishes to communicate with a staff member, they can send a letter to Camp, addressed to that individual.

**Communication with our Office:** If you have a question or need to communicate with our office, the best options are to email the Camp Director (Kelly) or call (315-934-4051). Facebook messages are inconsistently monitored, so responses may take longer.

Camp Store

**The Camp Store includes various items for campers and families to purchase as “souvenirs.”** The camp store accepts cash, checks, and in-person credit cards. Store items change slightly each year, but generally include t-shirts, sweatshirts, stuffed animals, water bottles, blankets, trinkets, etc. Two popular items are:

- **Dog Tags ($3):** Many campers collect a dog tag for each summer they attend Talooli. Each year, the dog tag is a new color and Jeff engravess campers’ names on the back.
- **Weekly Movie ($12):** Throughout the week we take video footage of campers and activities. We make it into a movie for campers to take home on Friday. The movie comes on a USB flash drive. We do our best to make sure all campers appear on the movie at least once.

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**OVERNIGHT CAMP**

Camps can visit the store with their parents during check-in on Sunday or pick-up on Friday. They DO NOT need money during the week.

**DAY CAMP**

Camps will come home with a catalogue on Monday. We encourage parents to circle items and sizes on the form and send it back enclosed in an envelope with the payment. CHECKS are best, as cash can be misplaced.

The store is open at lunchtime Tues-Fri and during parent pick-up between 3:45-4:00pm. Most day campers will visit the store during lunch to select their items.
We ask that all health forms are submitted **2 weeks** prior to the start of your child’s session. This allows our nurse and EMT time to review forms and follow-up with questions they have ahead of time.

**Camp Talooli Health Forms**

**HEALTH HISTORY (required):** This form is completed online by logging in to your CampMinder account—the same account used to register. A link can be found on our website homepage or in an email you received after registering.

The health history is completed by parents. It includes questions about their basic medical history, insurance, allergies, asthma, etc. If you need help completing this form, call our office (315-934-4051).

**IMMUNIZATIONS (required):** Parents are required to resubmit immunizations annually. Immunizations can be submitted in several ways:

1. Type the immunization dates directly into the health history form
2. Upload a PDF of the immunizations into your Camp Minder account
3. Faxed by either parent or the child’s doctor (315-272-4020)

Most families submit the immunization records given to them by their doctor, as we do not require it to be on our form. If your doctor requires a Camp Talooli form, it can be downloaded from your Camp Minder account.

**MEDICATION:** If campers require any medication while at Camp Talooli, we will need a doctor’s note. This includes prescriptions, vitamins, and over-the-counter medications. Permission can be given on our med form (download from your Camp Minder account) or the doctor’s own letterhead.

⇒ **OTC:** Our nurse keeps certain over-the-counter (OTC) medications in stock at Camp (Tylenol, Ibuprofen, Benadryl, Caladryl), however, she cannot dispense them without a doctor’s note. We strongly recommend that overnight campers get permission from their doctor for OTC meds, in the event that they have a headache, bad bug bite, etc.

**PHYSICAL EXAM (NOT required):** We **do not** require a physical exam. If you choose to submit one, it can be uploaded into your account.

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**Camper Care**

Our Camp Nurse is a licensed nurse practitioner and oversees all camp medical care. She is on site during the day and manages the administration of all medications. Our EMT sleeps on site and covers nighttime needs, at the direction of our nurse.

If a camper requires medical attention, they are either brought to the nurse’s station or the nurse is contacted and she drives to the camper.

**Illness or Injury**

We do not call parents for every minor scrape, upset stomach, or headache. However, parents or guardians will be contacted immediately in the event of an emergency, fever over 101°, or if our nurse feels they should be seen by a physician.

**Special Needs**

Camp Talooli has a long history of integrating campers with a variety of special needs—physical, social, emotional, medical, etc. We believe that every camper can benefit from the camp experience and we work hard to make that happen. However, it is essential that parents contact our office in the spring to share information about their child and help us make a plan for success.

**Medication**

All medications must be turned into the Camp Nurse and will be kept in a locked cabinet. This includes Epi Pens and vitamin gummies. Medications need to be in original prescription bottles.
Hiring Camp Staff... The top priorities for Camp Talooli staff are to be positive role models for campers and to provide them with memorable and safe camp experiences. When searching for those exceptional individuals, our best resource for camp counselors and program area directors is our former campers and staff. Almost all of our staff are former Talooli campers and each year, between 65-75% of our staff are returning from the previous year. Of the new staff we hire, most individuals are recent graduates of our 3-year counselor-in-training program.

All new hires go through the following steps to get hired:

- Application
- 3 Letters of Reference
- Interview with the Camp Director
- Background Check

Supervision... Throughout the summer, counselors and program area directors are closely supervised by the Leadership Team. This team consists of 10-15 senior staff members (e.g. Camp Director, Program Director, Nurse) who oversee camp operations. These individuals work together to train, coach, and provide on-going feedback to seasonal staff. During the summer, staff receive 3 scheduled evaluations, with the goal of recognizing exceptional skills and identifying areas that could improve.

Certifications... In addition to the many staff members that are certified in First Aid and CPR, certain programs require additional certifications:

- Waterfront Director: Completion of a lifeguard management course and certification as a Water Safety Instructor (WSI)
- Lifeguards: All lifeguards are required to maintain current guard certification, as well as First Aid & CPR
- Boating Director: Completion of a watercraft safety course and on-site demonstration of canoeing skills
- Challenge Course Director: Completion of a ropes course facilitator course
- Archery: All counselors are trained in archery instruction by our Program Director, Jeff, who has been certified in archery instruction

STAFF TRAINING

The key to a successful summer is a well-prepared staff. Prior to the start of the summer, camp staff spend a week together participating in training workshops and teambuilding activities. This helps to familiarize them with camp policies, develop skills, and foster a positive group dynamic.

- **Soft Skills:** Camp staff take great pride in caring for campers throughout the summer. Several workshops focus on helping staff develop an understanding of developmental needs, behavior management, conflict resolution, homesickness and bullying.

- **Hard Skills:** Pre-camp training is also a great opportunity for staff to hone their skills in specific activity areas, so that they are better prepared to lead them. Staff attend lessons and practice skills such as fishing, fire building, archery, canoeing, and arts & crafts.

- **Safety and Risk Management:** Safety is a top priority throughout the summer, for all camp activities. Staff participate in workshops designed to teach them how to assess and manage safety risks. They also learn about camp protocols for emergency situations.

- **Teambuilding:** A big focus of the week that we spend together during staff training is developing a close-knit team that efficiently works together during the summer. We focus on developing trust, communication, and establishing a network of support.
Camp Lingo & Traditions

For some parents and campers, especially those who are new to Camp Talooli, we know that the camp lingo and traditions can be perplexing. Here are some terms, phrases, and traditions you may hear about and wonder what they mean.

ACA: The American Camp Association (ACA) is a national organization that provides accreditation for summer camps. Accreditation is not mandatory, but Camp Talooli chooses to become accredited as the process ensures best practices for safety, staff hiring and training, health care, food service, programs, and much more. Camps seeking accreditation are visited every 3-5 years.

Bett’s Lake: Bett’s Lake is one of the 3 lakes at Camp. Groups sometimes hike to this lake and cross over a bridge to its island.

Camp-Wide Campfire: On Monday and Thursday evening, overnight campers participate attend campfires. Each cabin group prepares a song or skit to perform.

CITs: Counselors in Training (aka CITs) are teenage campers who are learning about what it takes to be a member of the Talooli staff. Our CIT program is a 3-year progression, and campers can enroll in CIT 1 when they are 13 years old, followed by CIT 2 (14-year-olds) and CIT 3 (15-year-olds).

Initially, CITs spend time bonding and enjoying camp activities while also learning about leadership and topics like child development. Each year, CITs take on additional responsibilities. They are NOT staff members and are NOT responsible for supervising campers on their own. However, they help to lead activities. CITs are eligible to apply to work on staff the summer after they “graduate” from CIT 3.

Duties: All day and overnight camp groups will be assigned “duties” throughout the week to complete together. Duties are a way for campers to show responsibility and take ownership of our camp community. Example duties are setting the tables for breakfast, cleaning up after meals, raising the flag, collecting lost & found, and picking up litter.

Evening Choice: On Tuesday and Wednesday evening, overnight campers are given the opportunity to choose an activity that they would like to participate in (e.g. tie dye, fishing, archery). This is the only time during the week when campers can leave their group and make their own activity choice.

Flag Lowering: At the end of each day, all of camp gathers on the ballfield to lower the flags. At this time, we hold up lost & found and make general announcements. We also sing Taps.

Flag Raising: At the beginning of each day, all of camp gathers on he ballfield to raise the American and Camp Talooli flags. We say the Pledge of Allegiance and sing a different camp song every day.

Grace: Overnight campers sing “grace” prior to eating breakfast and dinner in our dining hall. Camp Talooli is not a religiously affiliated organization—the songs we sing are meant to be fun, brief, and remind us to be thankful for what we have. Typically we sing either the “Johnny Appleseed” or “Superman” song.

Hidden Lake: Hidden Lake is the smallest of Talooli’s lakes, located beyond the Nature Den and down a hill. Groups hike there to try net fishing and to participate in “Muck Monsters.”
Lake Swim: On Thursday or Friday, some of our strongest swimmers participate in the lake swim. Yellow tag swimmers can choose to take the lake swim test on Wednesday.

During the lake swim, small groups of campers and lifeguards will swim from the swimming area to the boating area (approximately 1/4 mile), while the rest of camp cheers them on. This activity is closely monitored by lifeguards that are in the water with campers and additional program directors following along in boats.

Lake Temalo: Lake Temalo is our main lake, situated at the center of all the action. Campers swim in and boat on Lake Temalo each day. Temalo is a 13-acre private lake—Camp Talooli owns all of the surrounding property. Our lake is perfect for learning to canoe, as there are no waves and provides good visibility from shore.

Mega-Dog: On Thursdays, we have an all-camp cookout for lunch where we serve Mega-Dog. Mega-Dog is a 12-pound hot dog that we special order and cook on a spit over a campfire all morning. Throughout the morning, campers have the opportunity to turn the Mega-Dog on its spit. As it cooks, Jeff slathers it in our homemade “secret sauce” to keep it moist.

To feed 300 campers and staff, we cook 4 Mega-Dogs. They are sliced and served on hamburger buns. Mega-Dog is all-beef and the sauce is both peanut and gluten free. Campers LOVE Mega-Dog!

Muck Monsters: On rare occasions, we offer a choice activity called Muck Monsters. Campers have the opportunity to take a dip in Hidden Lake, which is much smaller, colder, and “muckier” than Lake Temalo. Supervised by a lifeguard, campers and staff wear lifejackets and carefully wade into this mysterious body of water.

Pennellville Pond Canoe Trip: Pennellville Pond is a body of water directly across the street from Camp. Once a week, Jeff takes a small group of campers (10-15) on a 2-3 hour canoe trip. Campers have the opportunity to express interest in going, but have to be selected. The boating director and counselors work together to select a group of campers based on age, skill, strength, and endurance.

Polar Bear Swim: On Friday morning before breakfast, overnight campers have the opportunity to swim while there is still mist on the lake. The air may be cold, but the water is surprisingly warm.

Tinfoil Dinner: On Thursday, overnight campers cook their own dinner over the campfire. During the day, campers will prepare their own tinfoil dinner, which includes a burger, potatoes, carrots, and onions. Later in the day, counselors will cook all dinners over a campfire at their cabin site.

Tipping Day: When campers go to boating on Friday, they can choose to boat like normal, or participate in tipping day. For tipping, campers and staff wear bathing suits and lifejackets and practice tipping canoes and kayaks in the shallow area. The boating director and counselors get in the water with campers and closely supervise.

WoHeLo: WoHeLo is a greeting that has been used at Camp Talooli since the beginning. It stands for WOrk, HEalth, and LOve.

WoHeLo Cabin: The WoHeLo cabin is a small and rustic cabin in the Outback at Camp, a short hike away from most cabins. This is a popular destination for hikes and some adventurous overnight camp groups even choose to spend a night there.
**Camp Lingo & Traditions**

**Progression Awards:** For each of the 5 main program areas, there is an associated award that campers can work toward earning. Each award has its own set of criteria, overseen by the program director. Most awards take campers between several weeks and several years to complete.

Most campers do not work toward these awards, as they sometimes take time away from other camp activities. However, they can be a great goal for older campers or those who come multiple weeks.

Upon completion of each award, campers are presented with an award-specific bead. These beads can be saved and added to a staff whistle, when they complete our CIT program.

★ **Canoe Master (boating):** Campers learn to efficiently pilot a tandem canoe, solo canoe, kayak, and row boat. They learn the parts of a boat and paddle, as well as various paddle strokes. They also learn how to complete a canoe-over-canoe rescue.

★ **Art DaVinci (art):** Campers learn to master various arts & crafts skills (e.g. boondoggle, bracelets). Campers develop and design their own project for camp improvement.

★ **Tall Pines Guide (challenge):** Campers participate in each of the 14 elements at the challenge course. With the help of the Challenge Course Director, they learn to lead activities by describing the safety rules and then debriefing an activity.

★ **Gold Tag (swimming):** Campers learn and demonstrate various swim strokes, as well as basic first aid and rescue skills. Campers also complete a double lake swim.

★ **Wilderness Guide (nature):** Campers learn to identify various plants and animals, as well as visiting specific locations around Camp property. Campers work with the Nature Director to lead and help teach a nature lesson.

**CANCELATION POLICY**

The initial deposit of $50 is not refunded in any instance and is not transferable between weeks. If, after registering, you need to change weeks, a change fee of $50 will be applied for each child/week, as the deposit is not transferable.

If cancellation is made up to 2 weeks prior to the start of the session, a full refund, less the deposit, will be issued. For cancellations made less than 2 weeks prior to the start of the session, a request for refund may be submitted in writing to the Board of Directors (mail to: 71A State St Phoenix, NY 13135). The Board will meet in September and consider any requests at that time.

In case of injury or illness, a full refund, less the deposit, will be considered with a documented medical excuse.

Once the session begins or a camper arrives at Camp, no refund will be issued.