



CAMPS

EQUINUNK & BLUE RIDGE

# PARENT HANDBOOK



For generations, Camps Equinunk and Blue Ridge have created a wholesome environment of time-honored traditions and values that, by nurturing simplicity, integrity, kindness and inclusivity, build character.

Our unique culture teaches campers and staff to respect themselves, others and the environment and helps them grow into responsible, caring adults and citizens.

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*Camps Equinunk & Blue Ridge Mission Statement*

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Dear Parents,

Welcome to the Equinunk and Blue Ridge family! As we look forward to another great summer at camp, we have put together a parent handbook to serve as a helpful guide in preparation for your child's summer.

Our hope is that this handbook will answer many of the frequently asked questions that parents may have. By keeping the information updated each year, we hope to answer any arising questions that returning families may have as well.

For new campers and their parents, we recognize that although this is an exciting time, you may have many questions. This is especially true when it is a first-time sleepaway camp experience for the child and the parents. Our promise is to be there for your family every step of the way. From your first introduction to camp, enrollment, summer preparation, bus departure and every day throughout the summer, our team is here for you. The entire CECBR Leadership Team and Staff are only a phone call away.

At Camps Equinunk and Blue Ridge, we take summer fun very seriously; we look forward to working with you to ensure your children have the best summer ever! As always, please do not hesitate to contact us if you have any additional questions or we can further explain any of the topics or information discussed in this handbook.

Yours in camping,

*Sheryl, Richie and Adam*

# **CAMP POLICIES & PROCEDURES**

## **FORMS**

All required forms can be submitted electronically **through** your **MyEBR** account at [www.cecbr.com](http://www.cecbr.com) a computer or through the Companion App on a mobile device (refer to page 9).

The following forms can be submitted online and will automatically be received by the Camp office.

- Yearly Camper Application
- Health History Form & Permission to Treat (part of camper health forms)
- 7-year jacket order form (campers enrolled for 7th summer)

The additional forms listed below need to be printed, completed and then scanned and uploaded into your **MyEBR** account. Once they are uploaded, they will be reviewed by the Camp office.

- New Camper Profile (1st year campers only – Google Form)
- Physicians Form (part of camper health forms)
- Insurance Form (**IMPORTANT:** please attach a **clear** copy of both sides of your insurance and prescription cards to the form before uploading)

**Important note:** *Your child will not be allowed to attend camp without completed health forms.*

## **PACKING**

- We accept soft trunks or duffels
- All bedding must be packed in trunks. *Note: all mattress pads & egg crates WILL BE PACKED and returned home at the end of the summer.*
- Toiletries, shampoo, etc., should be stored in unbreakable containers and packed in plastic bags to protect against leaking. As a reminder we are peanut, tree nut, and sesame oil free so toiletries must also remain free from these ingredients.
- Straightening irons, curling irons and hot plates are NOT permitted at camp.

## UNIFORM

*Packing lists are emailed in December*

As a uniform camp, we require all campers to be in camp uniform items or solid grey, blue or red clothing throughout the day. During some special events and coed activities (disco, socials, square dancing, etc.) campers may wear non uniform clothing. Four to five appropriate casual outfits are recommended. (Logo'd uniform items from unofficial stores will not be permitted.)

Our official camp outfitters contact information & packing list can be found on our website at [www.cecbr.com/current-families/camp-store.php](http://www.cecbr.com/current-families/camp-store.php)

Having a uniformed camp allows campers to be free of competitive dress. Please help us keep our camp environment simple and natural by eliminating all inappropriate clothing. Let the uniqueness of our campers shine through their character, not their clothing.

ALL items of clothing and/or equipment **MUST** be labelled using sewn in labels or rub-a-dub markers to reduce lost items throughout the summer (in our experience iron-on labels and label stickers fall off, please do not use them.)

## BEDDING

Campers should bring their own twin size bedding to camp.

## TOWEL SERVICE

Full towel service is provided by camp for showers, pool, and lake activities.

## SPORTS EQUIPMENT

We recommend the following:

- Baseball/Softball mitt
- Baseball/Softball helmet (optional)
- Soccer shin guards
- Tennis racket
- Roller Blades (CE only) - Appropriate safety equipment **IS MANDATORY**, Helmets, wrist guards, knee and elbow pads. Rollerblading is not compulsory although strongly encouraged at Equinunk.

- **Lacrosse/Hockey sticks and helmets** - provided by camp however, if your child plays on a regular basis at home and prefers to bring their own, each CE group has a storage area.
- **Golf clubs for Off - Campus Golf Trips** (optional program) - must bring a "starter set" to camp and should have two collared shirts for appropriate golf attire.
- **Horseback Riding Attire – Off Campus** (optional program) - campers need appropriate riding attire including helmets, boots and jeans.

**NO PLASTIC, CARDBOARD or SNAP DRAWERS** are allowed at camp. Each camper has sufficient space for his/her clothing and accessories. There is no need to send extra drawers or shelving of any kind.

**Please note:** *We are not responsible for baggage, clothing, electronics, sporting goods, laundry, etc., sent or brought to camp that may be damaged, lost, or stolen, either during transit or while at camp. (Secure yourself against the above by getting coverage under a broad personal effects floater policy.)*

## **ELECTRONICS POLICY AT CAMP**

Trying to preserve innocence in our camp environment in a technology driven world can be a difficult task.

**Any devices with Wifi, video, cameras or gaming content, apps, messaging, or phone call capabilities are NOT allowed at camp.**

Staff will be checking throughout the summer to make sure that campers are following the electronics policy. Any restricted items that are found will be confiscated and returned on visiting day or at the end of camp. We ask for your help in restricting the items listed in the table below.

**ALLOWED AT CAMP -** iPods (Nanos or Shuffles) & MP3 Players

### **NOT ALLOWED AT CAMP -**

- Devices with video content, cameras, messaging or internet/data capabilities including cell phones, apple watched, laptops, kindles and other E-Readers
- Cameras (including disposable), iPad, iPhones, Nintendo Switch and PSP Systems (not even for music purposes)

## SMOKING, DRINKING, AND ILLEGAL SUBSTANCES



- At no time during the summer either on or off campus are campers allowed to smoke, vape, drink alcohol or use drugs of any kind. Camp is a nonalcoholic, nonsmoking and drug free environment. There are never any exceptions to this policy.
- All violators will be subject to a zero-tolerance standard and immediate dismissal with no tuition refund.
- Weapons of any kind are prohibited at camp. Anything that may be perceived as a weapon will be immediately confiscated and person in ownership is subject to further action.
- Animals of any kind are **not** to be brought to camp at any time (even for a visit.)

## TRUNKS



We will only accept soft trunks and duffels delivered by **Century Camp Trucking** (561-200-5020) for families from NY, NJ, CT, or Philadelphia area; **Trunks to Bunks** (413-344-8155) for families living in Florida, VA, MD, DC, DE or GA. They are fully licensed and pick up at your home. The baggage is then delivered to camp and placed directly into your child's bunk.

Camp baggage pickup will be in early to mid-June. This schedule enables our staff to unpack for the lower camp during orientation (campers going into 3rd, 4th, 5th and 6th grade).

**In early spring our trucking companies will send out information directly to you to organize the collection and delivery of your camp trunks. The charge for this service is billed directly from the trucking company.**

**Please note:** Our bus companies **do not** permit duffels or camp trunks on or under the bus in the storage compartments. Children are permitted **ONE** carry-on bag on the bus and a sports equipment bag under the bus. Please contact camp to discuss transportation of items that may still be needed after the trunks have been picked up.

**UPS/FedEx** - only for families who **do not** live in the areas covered by the aforementioned companies. The shipping address is 788 Legends Path, Equinunk, PA 18417.

**To Camp:** Clearly mark all luggage with camper's name and division. Call the camp office to advise of expected delivery date. Trunks must be delivered a week before camp starts; please **do not** lock them.



***Return from Camp:*** Organize a pick-up with your carrier. Call the camp office to advise the date of pick up, tracking number and send shipping labels if necessary.

**Reminder:** Campers need to be in uniform on the bus/plane to camp.

We do NOT permit luggage to be driven to camp.

## **COMMUNICATION WITH CAMP**

[Summer Communication]



### **TELEPHONE**

- **We have two scheduled phone calls during the summer for our campers to call home.** Please refer to the phone schedules which will be emailed in June. If you will be unavailable to take a scheduled call, please call the camp office to schedule an alternative date.
- We are more than happy to speak with you about your child's progress at camp. You may call camp anytime to speak to a Director or Grouphead. Please understand that the person you are looking for may be at an activity with the campers, in which case you will be able to leave a message for them in their voicemail and they will get back to you within 24 hours.
- Prior to the start of camp, each family will have a call with their child's Grouphead to introduce him/herself and discuss any important issues. While this call is important for all Lower Camp families, we encourage our Upper Camp families to speak with their Grouphead as well. New camper families will receive a call from our Camp Leadership within 24hrs of your child's arrival.
- The week before camp begins, our nursing staff arrive to set up the health centers and review camper health records. They will only contact you if after reviewing your child's records they have any questions.

**Please Note:** Our main summer office is open from 8AM to 9PM. We have an answering service when the office is closed, and in emergency situations they are always able to contact the camp.

# MAIL FOR CAMPERS



- While the one-way e-mail service through **MyEBR** may be the most convenient way to write to your child, we see every day how excited campers are to open and read a handwritten letter. We suggest finding a nice balance between the two.
- Mail is very important to campers during the summer. We recommend sending a letter one week before your child leaves for camp, so they have a letter on the first day of mail delivery. (see below for mailing address)
- Supply ample amounts of stationary, pre-addressed envelopes, stamps, and pre-stamped and addressed postcards.
- Please keep letters to campers positive and encouraging.
- **Remember:** Mail can be slow. Mail you receive may be dated. If there appears to be a problem, it has probably already been resolved so don't panic! As always, you are more than welcome to call anytime to speak with your child's Grouphead.
- **Packages:** We have a **no package policy at camp**. The only exceptions are birthday packages or necessary replacement items that have been pre-approved by the Camp Director, Head Counselor, or Grouphead. Anything that has not been approved will be held and returned on Visiting Day or at the end of camp. Please be sure to share this policy with your extended family members.

Please send letters to:

**Name of Camper, Bunk #**  
**Camp Blue Ridge OR Camp Equinunk**  
**PO Box 365**  
**Equinunk, PA 18417**



# VACATION

If you will be away from home during the summer, please **do not forget** to provide us with your contact information. If you are traveling overseas, we would also suggest you provide us with an alternative emergency contact person within the US. You can email this information to [info@cecbr.com](mailto:info@cecbr.com).

## MYEBR ONLINE DATABASE

Your [MyEBR](#) account gives you access to your individual family records, camp forms, documents and all the exciting online summer tools.



### Forms and Documents

Complete forms online and print documents for the summer.



### Camper Application

Fill out our online camper application.



### Update Addresses / Phone Numbers



### Login Details

Change your e-mail address or password.

You can retrieve your password to our online database (**MyEBR**) by going to [www.cecbr.com](http://www.cecbr.com) and clicking on the set/reset password link. This can be found on the left side of the home page next to the countdown.

## CAMPANION APP

Our technology partner, CampMinder, has a mobile app called Companion that we recommend all camp families download.

Companion is a great way to submit all camper forms and view important documents.

Companion also takes the content we create over the summer at camp and organizes it into a curated stream that's customized specifically for you.

A special feature of the app is "Face Finder" which searches through all camp photos to find your child through facial recognition. All photos are available to download at no cost to you.

You can download "[Companion](#)" in the App Store and use your MyEBR login details to get started.

## SUMMER ONLINE TOOLS

As mentioned above, this area of our website is password protected, therefore we are only able to give this information to parents or legal guardians. For the safety of our campers, please be very selective with whom you decide to share your login and password. You may create a guest account to share with select family and friends, so they can view photos or email your child.



Purchase one-way e-mails to write to your camper all summer



Keep up to date with camp news



New photos uploaded everyday

## TRAVEL TO AND FROM CAMP

Travel assignments will be emailed in June **provided that all necessary forms have been received.** For any changes that need to be made, please call the camp office.



### BUS TRAVEL

- ⇒ Arrive 30 mins. before departure time.
- ⇒ Camp Uniform is required for the bus trip. It's a good idea to pack a sweatshirt or jacket as the buses are air conditioned.
- ⇒ Pack a light lunch and drink for the trip, **please remember items with nuts, nut products, or products processed in a facility with nuts** of any kind are **NOT** allowed on our buses. **Additionally, please DO NOT send foods containing sesame seeds or oils.**
- ⇒ Carry-on luggage is limited to **ONE** piece per child. Please print camper's name clearly on the bag.
- ⇒ If your child is carrying last minute doses of medication or forms (previously authorized by camp directors) please hand those items to your bus captain upon arrival. All items must be labeled clearly with your child's name printed on the plastic bag/envelope. Emergency medications (epi-pens and emergency inhalers) should travel on the bus with the camper.
- ⇒ In order to have a timely departure, please do not prolong your goodbyes.
- ⇒ Only campers and camp staff are permitted on buses.

## AIR TRAVEL (Florida campers)



- ⇒ Camp uniform is required for the trip.
- ⇒ Arrive no less than one and a half hours before flight. A staff member will meet you and your child at the prearranged departure meeting spot.
- ⇒ Pack a light lunch and drink for the trip, **please remember items with nuts, nut products, or products processed in a facility with nuts** of any kind are **NOT** allowed. **Additionally, please DO NOT send foods containing sesame seeds or oils.**
- ⇒ If your child is carrying medication or forms on the plane (previously authorized by camp directors), please hand those items to the camp staff member upon arrival. All items must be labeled clearly with your child's name printed on the plastic bag/envelope as well as the medication. Emergency medications (epi-pens and emergency inhalers) should travel on the bus with the camper.
- ⇒ No checked baggage is permitted.

## TRAVEL FROM CAMP

We will be confirming travel with families the week prior to the end of the summer. Bus stop locations will be communicated at that time as well. Please contact our camp office if your campers' from-camp travel plans are different from their to-camp travel plans.

## CAMP HEALTH INFORMATION

### HEALTH CENTER



- Our primary goal is the safety and health of all of our campers. Our Health Centers are well equipped and staffed by a team of exceptional RN's and a Medical Doctor in residence 24 hours a day.
- If your child is admitted to the Health Center overnight, you will be called either at the time of admittance or in the morning, depending on the severity. Our Health Center staff will always keep you informed if your child is prescribed medication or referred to an outside provider.

- It is imperative that we receive the necessary completed health forms before the beginning of camp. Parent and Doctor signatures are required on the forms.
- If your child has been exposed to any communicable diseases/illnesses (i.e. lice, measles, chicken pox, influenza) within 3 weeks prior to camp please inform us as quickly as possible.

**Please remember:** NO child will be permitted to attend camp if we have NOT received their health history & physicians forms.

- If your child has an orthodontic appliance, please schedule a checkup before camp and send the necessary replacement items for the summer (wax, bands, etc.).
- We work with a pre-packaged medication company for daily prescriptions and OTC medications. Details of this program will be emailed in the spring. This is a required service for all daily medications (including OTC and vitamins). **IMPORTANT:** Any **refrigerated medications** must be clearly marked on the inside and **outside** packaging **"Refrigerate Upon Arrival."** Please call the camp office to advise when refrigerated medications are shipped and expected delivery date. It is important for any medications that need to be refrigerated are sent no earlier than the week before camp starts.
- Lifesaving medication such as EpiPens and rescue inhalers are to travel with your child on the bus/flight to camp. Specific instructions for emergency medications (including EpiPens and rescue inhalers) will be emailed in June.
- Camp stocks medications such as Tylenol, Advil, Benadryl, Tums, etc. There is no need to have these medications sent to camp.
- If necessary, any pharmacy charges, or costs incurred by outside medical or dental providers, will be charged to the credit card you provided on the Insurance Form. We will supply your insurance information to the provider at the time of visit/purchase but cannot guarantee it will always be applied. In these circumstances, if camp receives any charges, you will be invoiced accordingly and sent you a copy of the receipt so that you can submit a claim for reimbursement from your insurance company.
- If your child wears eyeglasses or contact lenses, please send enough replacement lenses and an extra pair of eyeglasses. Label clearly with name and bunk number.

**All medication and vitamins will be kept in the Health Center - No exceptions!**

## LICE PROGRAM

Camps Equinunk and Blue Ridge are committed to the safety and well-being of everyone in our camp community. While lice are not harmful, it is an unpleasant experience that we would like to avoid. We have adopted a unilateral approach to the prevention and treatment of head lice. All campers and staff are screened upon arrival at camp. Our lice prevention and treatment program will be fully outlined in a separate email in June.



## VISITING DAY

Visiting Day guidelines will be e-mailed to you during the summer.

Visiting Day is on a Saturday in the middle of July. The date can be found on the camp website under important dates. The following day, Sunday, is designated for parents requiring a separate visit and must be arranged with the camp in advance. Campers are not permitted to leave the campgrounds on these days without expressed permission from the Directors.

If you have campers at both Equinunk & Blue Ridge, details will be sent out closer to the day as to indicate the best place to park and which camper to meet first.

Visiting Day will conclude for both camps midafternoon. We ask you to make your "good-byes" 15 minutes prior to departure to permit our younger children to have a general swim with their "Big Sisters" and "Big Buddies." Your cooperation will enable the children to get back into camp routines as quickly and smoothly as possible.

## PLEASE REMEMBER

- **DO NOT BRING ANY FOOD THAT CONTAINS NUT PRODUCTS OF ANY KIND or any food to camp that contains sesame seeds or oils.** Please carefully read each label to ensure any food you bring is not made or processed in a factory or on equipment that may contain/handle or has traces of nuts. This includes baked goods either homemade or purchased.
- **Immediate Family Only** will be allowed on campus. This is limited to parents and siblings.
- No pets are allowed at camp at any time.
- In alleviating the stress, competition, and financial pressures while protecting the integrity and wholesome nature of our uniform we have specific guidelines for bunk gifts (please refer to our spring email).

## GRATUITIES

We have a **no tipping** policy at camp. Our staff are all aware of this policy so please do not put them in an uncomfortable position. Staff members who violate this policy may be subject to dismissal. You may show your appreciation to a deserving staff member by writing a personal note of thanks.

## OTHER CAMP INFORMATION

### CAMP DINING

All meals at camp are served family style by our wait staff with the exception of weekly barbeques.



If your son/daughter has any allergies or dietary concerns that you have not already shared, please contact camp to discuss.

### NUT & FOOD ALLERGIES

All food served at Camps Equinunk & Blue Ridge is nut and sesame seed free. **Please do not bring nuts, nut products or sesame of any kind onto campus or include in your child's lunch for the bus ride to camp.** Please pay careful attention to all labels of packaged food to ensure they do not: "contain nuts," "may have traces of nuts," "processed in a factory or facility that handles nuts."

Camp pays meticulous attention to detail. During the summer our Food Service Director and designated staff work closely with campers navigating food allergies. Please advise us if this applies to your child so that we may begin working with your family and our food service staff a few months before the start of camp. If your child requires special food for allergy or medical purposes, a doctor's note must be provided.

## SPECIAL PROGRAMS *(Birthdays, Golf and Horseback Riding)*



### SUMMER BIRTHDAYS

Every camper who has a birthday in camp will have a mealtime celebration including singing, cheering, cake and balloons.

That evening after Taps, the celebration continues with a bunk pizza party. Parents may select a sandwich party (instead of the pizza party) for our older campers (grades 7-11) at an additional cost. You are able to send a package for this special day but please label it "Birthday" with the



relevant date. If you want to include something for your child's bunk mates that would be permissible.

**Remember: NO nuts or sesame, if including a small treat and NO customized clothing or accessories are permitted.**

**Please share this policy with your friends and family. Only one box will be allowed.**



## **OFF - CAMPUS GOLF PLUS PROGRAM**

Our expanded golf package includes four trips to a local golf course campers going into 5<sup>th</sup> grade of the following school year. The program includes transportation and greens fees. Campers must bring a "starter set" to camp and should have two collared shirts for appropriate golf attire.



## **HORSEBACK RIDING**

Campers receive riding lessons at a local stable. Campers must bring appropriate riding attire including boots and jeans.

**Please note:** Summer Birthdays, Off - Campus Golf Plus program and Horseback Riding information and sign up is available through your **MyEBR** account.

## **BLUE RIDGE CLASS/EQUINUNK CLASS**

Blue Ridge Class takes place every Friday services and is held for one hour. This is a time when all brothers, cousins, and friends from Equinunk are invited to visit Blue Ridge to spend quality time with one another. Equinunk class takes place on Tuesday following lunch and is a special time for brothers and sisters to meet.

## **CANTEEN AT "THE RIDGE" AND "THE COURTYARD"**

Canteen takes place at a weekly evening social which includes treats, and soft drinks. There is no charge or canteen fee.

## **SWIM**

Both Equinunk and Blue Ridge have a designated free swim period just about every day. Instructional swim takes place 4-6 days a week, depending on the age group and special camp events. All campers must pass a deep-water test before swimming in deep water, boating, or water skiing.

## **MINI-CAMPS**

Mini camps are elective periods chosen by the campers, that occur 3-4 times per week. The electives are instructional based activities that the campers would like to experience more of, they are chosen at the beginning of each week.

## **MILK BAR**

A daily nighttime tradition at CECBR where campers enjoy milk and cookies before bedtime.



## **SNACKS**

In the late morning and early afternoon, our campers are provided with a healthy snack consisting of fresh fruit, pretzels, goldfish, cheese sticks, and/or other snacks. Campers with allergies will be provided with an alternative snack when necessary.

## **BUNK GIFTS**

Bunk gifts are only permitted for Visiting Day and must adhere to our guidelines (which will be emailed in the spring).



## **BOTTLED WATER (PLASTIC DISPOSABLE)**

**BOTTLED WATER IS NOT PERMITTED.** There are water fountains throughout the camp and on the porch of every bunk for drinking throughout the day. Our fresh mountain water is filtered, refrigerated, delicious and plentiful. Please pack 2 Dishwasher safe water bottles for your camper.

## **RACKET RESTRINGING**

If your child's racket needs restringing, there will be a fee paid directly to the tennis pro and will be billed through your family's account.

## **ROLL OF QUARTERS (CE)**

The CE Senior group opens their soda, and Gatorade machines for younger campers to use. Please consider sending your Equinunk camper with a roll of quarters for these special occasions. The CBR Senior group is also able to purchase soda for \$1.

## **SPENDING MONEY**

As we bring in outside entertainment our campers do not leave camp very often for trips. However, on the occasions that they do participate in a day trip, all fees, admissions, and meals are provided for by the camp. Detailed information will be emailed in the spring, should you like to provide your child with a small amount of spending money for additional snacks or souvenirs.

## **BAR AND BAT MITZVAH LESSONS**

Every summer we are fortunate to have counselors on staff who are proficient in Hebrew and capable in helping campers prepare for their upcoming bar/bat-mitzvahs. These lessons take place once a week during rest hour and are scheduled in camp to not conflict with any other activities or events.



There is no additional charge for this service. Campers should bring their preparation materials with them to camp. Please contact the camp office in advance to arrange for lessons.

## **BIG SISTERS/BIG BUDDIES**

Our younger campers receive a big sister (Blue Ridge) or a big buddy (Equinunk). The oldest campers serve as the big sisters and big buddies. Once the children arrive, they will be matched up with their sister/buddy. As campers who were once young and new themselves, they will be there to help their younger sisters/buddies transition into camp life, learn the cheers and songs, and teach the traditions of CECBR. This program begins the first day of camp and continues throughout the summer.

## **FRIDAY NIGHTS**

While we are not a religious camp, both Equinunk and Blue Ridge enjoy a traditional Friday night Shabbat dinner followed by evening services where boys and girls partake in songs, responsive reading and experience an inspirational or traditional story by one of the Camp Directors.

## **THE ‘B’ AND ‘E’ AWARDS**

Among the greatest of impacts we hope for the EBR Experience to have on our campers and staff is to strengthen their character. In making new friends, growing closer with existing friends, trying new activities, showing and being the recipient of empathy, learning from counselors, being kind and showing integrity are all experiences at Equinunk and Blue Ridge that help to build one's character.

Each week at our Friday Night Services, campers and staff are selected by the counselors and camp leadership to receive a ‘B’ or ‘E’ Award recognition. A plaque in each bunk list the award criteria and camp staff speak about the characteristics throughout the week when discussing camper and staff expectations.



# Camp Blue Ridge **B-AWARD**

THE CAMPERS AND COUNSELORS  
OF BLUE RIDGE EMBODY  
THE FOLLOWING CHARACTERISTICS:

## 1. TRUSTWORTHINESS

- BE HONEST
- BE COURAGEOUS
- BE LOYAL

## 2. RESPECT

- TREAT OTHERS WITH RESPECT
- FOLLOW THE "GOLDEN RULE"

## 3. RESPONSIBILITY

- DO WHAT YOU ARE SUPPOSED TO DO
- ALWAYS DO YOUR BEST

## 4. FAIRNESS

- PLAY BY THE RULES
- TAKE TURNS AND SHARE

## 5. CARING

- BE KIND
- SHOW YOU CARE
- HELP PEOPLE IN NEED

## 6. CITIZENSHIP

- COOPERATE
- PROTECT THE ENVIRONMENT
- BE THE KIND OF PERSON EVERYBODY  
WANTS TO BE AROUND





## **MEN OF THE EQUINUNK FAMILY EMBODY THE FOLLOWING CHARACTERISTICS:**

**Display leadership in all aspects of camp.**

**Be selfless and empathetic.**

**Display good sportsmanship on and off the field.**

**Participate in all activities with a positive attitude.**

**Be the type of person everyone wants to be around.**

**Be respectful and earn the respect of others.**

**Embrace and share Equinunk tradition.**



## TRIBES

On Tuesday nights at Equinunk and Thursday nights at Blue Ridge campers and staff embrace over 100 years of history and tradition. Following great evening BBQs, each camp divides into their "tribes" and gathers around their respective Tribal Council (campfire) Rings. The evening is filled with folklore, lighting and discussing the lamps of truth, honor, beauty, and fortitude, camper and staff recognitions, sharing our "scouting reports" of the natural beauty around us, tribal competitions, and the singing of taps. It is during this weekly tradition that the tapestry of CE and CBR is passed down from generation to generation.



## OWL RECOGNITIONS

At 'Tribes,' campers and counselors come forward to read each of the four lamps and share their interpretation of the lamp's meaning to camp life. During this time, we recognize campers and counselors who have exemplified one of these lessons. This is a wonderful opportunity each week to reinforce the importance of the lessons of the four lamps.

## THE FOUR LAMPS OF THE CENTRAL FIRE:

### BEAUTY

- ◆ Be clean, both yourself and the place you live in
- ◆ Understand and care for your body
- ◆ Be a friend to all harmless wildlife and conserve the woods and flowers

### TRUTH

- ◆ Word of honor is sacred
- ◆ Play fair, foul play is treachery

### FORTITUDE

- ◆ Be brave, courage is the noblest of all attainments
- ◆ Be silent when your elders or peers are speaking

### LOVE

- ◆ Be kind, do at least one act of un-bargaining service each day
- ◆ Be helpful, do your share of the work
- ◆ Be joyful, seek the joy of being alive

## CAMP POLICY ON BULLYING

Bullying is a cruel act committed by one or more people who exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying occurs when a person or group of people want to exercise power over another and use their power to get their way, at the expense of someone else. Bullying can also happen through cyberspace: through the use of e-mails, text messaging, instant messaging, and other less direct methods. This type of bullying can also lead to persons being hurt during or between the camp seasons and be especially hurtful when persons are targeted with meanness and exclusion.

Camps Equinunk and Blue Ridge declare that bullying is inexcusable and have a firm policy against all types of bullying. Our philosophy is very simple... we place the highest priority on childcare. We have a parental concern for every child; for every aspect of their well-being, health, safety and general happiness. We want our campers to grow as individuals by making friends, learning about teamwork, improving their skills and trying new activities. Camps Equinunk and Blue Ridge are all about being: WHOLESOME, INCLUSIVE and NURTURING. We work together as a team to ensure that campers gain self-confidence.

Our leadership addresses all incidents of bullying seriously and trains staff to promote communication between directors, staff, campers and their parents alerting us to any problems during the summer and between camp seasons. Every person has the right to expect to have the best possible experience at camp. By working together as a team to identify and eliminate bullying, we can help ensure that all campers and staff have a great summer at Equinunk and Blue Ridge.

## CAMPER INTEGRITY CODE

"A character of integrity and empathy is essential in honoring the values of our CECBR community. I pledge to conduct myself honorably and in a way that shows pride in myself, my family, my camp and my community."

Good character at Equinunk and Blue Ridge is universal throughout one's journey; from camper, to counselor, to leadership.

At CECBR we:

- Feel empathy towards others
- Appreciate and respect our differences
- Show respect to campers, counselors and support team alike in action and words
- Hold oneself to the highest standards of demeanor and sportsmanship at all activities and inter-camps; we are fun to play on a team with and against
- Participate in all activities
- Are truthful in word and deed
- Hold ourselves accountable on occasions when not acting with integrity
- Are willing to move forward even when faced with defeat or disappointment
- Are clean and respectful to ourselves and the place we live
- Keep our word
- Display courage when standing up for what is right
- Strive to uphold a wholesome, integral and nurturing environment
- Embrace the camp family and act to include everyone in it
- Care for and support other campers
- Embrace and strengthen the traditions that define our culture
- Seek the joy of our days in camp together and are thankful to our families for this opportunity



## LOWER CAMP INTEGRITY CODE: 2<sup>ND</sup> – 6<sup>TH</sup> GRADE

Acting without integrity at Equinunk and Blue Ridge is likely to have a negative impact on the experience of other campers, counselors and oneself. I pledge to conduct myself honorably and agree the following behaviors are contrary to upholding our CECBR values.

I agree the following behaviors put myself, and others, at risk and may result in my suspension or dismissal

- Physical acts of bullying that include hitting, kicking, biting or pushing
- Physical, Sexual, Verbal Abuse
- Engaging in sexual acts and inappropriate sexual conversation
- Leaving the bunk at night without a counselor
- Leaving campus without permission or walking off camp property
- Entering the lake or pool without camp lifeguards
- Making comments or jokes to or about people that involve a person's race, culture, sexual orientation, religion or where they are from

I will treat all campers with respect and be mindful to not partake in the following behaviors:

- Bullying and name-calling
- Cursing
- Excluding others from joining group games and activities
- Behaving in a manner that is embarrassing, uncomfortable or inappropriate towards, or about, the opposite gender at coed events
- Lying or making false accusations about the behavior of others
- Intentionally keep bunkmates awake at night or wake them up early
- Exerting negative peer pressure by forcing someone to do something that they do not want to
- Uncleanliness of self, area, bunk and campus
- Annoying behavior that negatively impacts other campers
  - not helping during clean-up, sitting on another person's bed when asked not to, not respecting bunkmates' space, borrowing items without permission, or being selective in who may borrow mine

I will treat counselors and support team members with respect and be mindful to not partake in the following behaviors:

- Being disrespectful or impolite
- Not listening to directions
- Lying to or making false accusations about staff
- Going through their belongings
- Not showing appreciation to support team members (waitstaff, maintenance, medical,

kitchen, housekeeping, and laundry) and the vital work they do to keep our community, healthy, safe, clean and nourished

I will respect our campus, camp property and the property of others and be mindful to not partake in the following behaviors while at camp and when off-campus:

- Taking items for myself that do not belong to me
- Graffiti on buildings or equipment
- Littering
- Using facilities that are closed or off-limits
- Straying away from the group and counselor supervision
- Leaving the group when off-campus
- Possess or use a device to take photographs or video
- Possess or use a cell phone or wireless hotspot

## UPPER CAMP INTEGRITY CODE: 7<sup>TH</sup>-11<sup>TH</sup> GRADE

Acting without integrity at Equinunk and Blue Ridge is likely to have a negative impact on the experience of other campers, counselors and myself. I pledge to conduct myself honorably and agree the following behaviors are contrary to upholding our CECBR values.

I agree the following behaviors put myself and others at risk and may result in my suspension or dismissal:

- Drugs
- Alcohol
- Smoking
- Physicality
- Physical, Sexual, Verbal Abuse
- Inappropriate intimate behavior
- Engaging in sexual acts and inappropriate sexual conversation
- Raids to opposite campus
- Leaving campus without permission or walking off camp property
- Entering the lake or pool without camp lifeguards
- Making racist, homophobic, xenophobic and other discriminatory comments and jokes

I will treat all campers with respect and be mindful to not partake in the following behaviors:

- Bullying and name-calling
- Cursing
- Excluding others from joining group games and activities
- Behaving in a manner that is embarrassing, uncomfortable or inappropriate towards, or about, the opposite gender at coed events
- Lying or making false accusations about the behavior of others
- Exerting negative peer pressure
- Uncleanliness of self, area, bunk and campus

- Annoying behavior that negatively impacts other campers
  - not helping during clean-up, sitting on another person's bed when asked not to, not respecting bunkmates' space, borrowing items without permission, or being selective in who may borrow mine

I will treat counselors and support team members with respect and be mindful to not partake in the following behaviors:

- Cursing out
- Being disrespectful or impolite
- Not listening to directions
- Lying to or making false accusations about staff
- Going through their belongings
- Not showing appreciation to support team members (waitstaff, maintenance, kitchen, housekeeping, and laundry) and the vital work they do to keep our community, healthy, safe, clean and nourished

I will respect our campus, camp property and the property of others and be mindful to not partake in the following behaviors while at camp and when off-campus:

- Stealing
- Destruction of camp property including bunk windows, fans, towels and program equipment
- Graffiti on buildings or equipment
- Littering
- Using facilities that are closed or off-limits
- Straying away from the group and counselor supervision
- Leaving the group when off-campus
- Possess or use a device to take photographs or video
- Possess or use a cell phone or wireless hotspot
  - Florida campers and 9th/10th/11th grade campers are permitted to bring these devices to camp for use when traveling and/or during their overnight trips. Use and possession of phones at camp is strictly prohibited at all other times.
  - If campers are found to be in possession of a cell phone, their parents will be notified and they will no longer be considered for a position of leadership; this includes but is not limited to Color War Chief or Asst., Tribal Chief, College Day or College Games Captain, special events captain, or leading their group in Sing.

# **Equinunk Alma Mater**

The snow reflects all our memories  
The loneliness of the winter trees  
The mountains call to their youthful sons  
Come home it is time to return

Equinunk, tell your story  
Whispering hopes sending voices though the sky  
Chanting hymns of your praise  
Recalling a new red and gray

Equinunk filled with glory  
Through the years you have been our paradise  
For the friendships of gray  
Will live forever in our hearts  
Equinunk (Up Sen repeat), tell your story (Up Sen repeat),

Whispering hopes sending voices though the sky  
Chanting hymns of your praise  
Recalling a new red and gray

Equinunk (Up Sen repeat), filled with glory (Up Sen repeat),  
Through the years you have been our paradise

For the friendships of gray  
Will live ever on in our hearts!  
For the friendships of gray  
Will live ever on in our heart

# Blue Ridge Alma Mater

My mother as a young girl she would tell me  
Of a special place she embraced so long ago  
A place amidst the mountains and the valleys  
Of a place I would surely come to know

In summer months she said  
That she would go there  
To learn of life to laugh to cry to play  
She speaks of streams of friendships  
That still flow there  
Singing songs with words  
She knows like yesterday

There are places in a lifetime  
That you never leave  
You're frozen in a lasting memory  
As we sing for all the voices of the ages  
All the sisters of Camp Blue Ridge sing with me  
All the sisters of Camp Blue Ridge sing with me

As time goes by I too may have a daughter  
To her I'll pass these feelings that are mine  
That we are all connected to each other  
In an everlasting tapestry of time

How long can the legacy grow  
If we hold it close love will make it so  
Well the beauty of Camp Blue Ridge  
Is you never change  
You're frozen in a lasting memory  
As we sing for all the voices of the ages  
All the sisters of Camp Blue Ridge sing with me

So come take my hand my friend  
And this dream will never end  
All the sisters of Camp Blue Ridge sing with me  
All the sisters of Camp Blue Ridge sing with me

AND NOW TO THE FUN STUFF.....

## Did You Know???

Union Lake contains  
approximately  
488,777,143 gallons  
of water

**THERE ARE 3 VARIETIES  
OF APPLE TREES AND 3  
VARIETIES OF BERRIES  
ACROSS THE CECBR  
CAMPUS**

*In the 20's, 30's and 40's campers and staff  
would travel to camp on the Erie-Lackawanna  
Railroad from Hoboken, NJ to Honesdale, PA.*

**SUMMER 2023 IS  
BLUE RIDGE'S  
100<sup>TH</sup> ANNIVERSARY!**

In 1920 Equinunk  
campers lived in 5 tents  
alongside what is now  
the hotel hill.

On average, 25  
countries from  
around the world  
are represented  
at CECBR each  
summer.

*In the winter of 1919 when Edward Lehrer (Chiefy) first  
speculated the camp property. Ed, as the tale goes, turned  
to Bert Brínging (our first caretaker) and said, "You  
can't have camp without a lake." Bert gestured towards  
Union Lake, which was frozen and covered with snow.  
"Trust me," he said, "It's there."*



**#WE LIVE FOR THIS!**

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