



**April 14, 2009**

**Dear Parents & Guardians,**

Annie's Hope is pleased to be hosting the 11<sup>th</sup> Annual Camp Courage this summer. **Please read through all the Camp Courage details.** As you may know, our organization offers 10 different programs and services to support grieving kids and their families. Camp Courage is a favorite - mainly because it is an experience designed solely for children between the ages of six and twelve who are struggling with the death of someone significant. This is a place and time when the campers can feel they are normal, can receive individualized concern and care, and can find hope in tomorrow. Please know that if you choose to send your child(ren) to Camp Courage that your trust will be protected. Due to a greater demand to attend than beds available, kids will be accepted according to how many times they have attended Camp Courage. Preference will be given to kids who have never attended or have attended once. Below is information about Camp Courage that should answer most questions. Please do not hesitate to contact Annie's Hope for further information or questions.

### **Dates**

Sunday, June 7th through Thursday, June 11th, 2009.

### **Location**

Sunnyhill Adventures in Dittmer, MO 63023

### **Cost**

There is no fee for a child to attend Camp Courage. Yet, if your family is able to make a full or partial donation it would be greatly appreciated. The value of attending is \$475 per camper. Making a donation, or not making a donation, does not influence acceptance into Camp Courage.

### **Facilities**

Sunnyhill Adventures is a program managed by Sunnyhill Inc. It is situated on over 60 wooded acres at the northeast edge of the Ozark Mountains with a driving time of about 40 minutes from downtown St. Louis. It has a basketball court, volleyball court, baseball field, hiking trails, archery, swimming pool, alpine climbing tower, challenge course, campfire site, lake fishing, canoeing, and all the peace that comes with being in a secluded, serene starlit atmosphere. Campers will stay in an air conditioned lodge with rooms that have bunk beds and electricity. Showers and restrooms are located down the hall in the same building while the cafeteria is one level below.

### **Activities**

In addition to the regular camp experiences, we will be having a **"No Talent Show"**. Each camper, individually or as a group, is strongly encouraged to do some kind of performance. Please help your children to think about this and to bring props, dress up

clothes or items that will help them in their performance. Also, we will be having an **Around the World party** on Wednesday evening. If they can find something to wear/bring for the party that follows the theme, please help them to remember to pack it. Some ideas include a beret from Paris, Hawaiian leis, safari hats, tourist attire, etc. Please know though, there is no need to buy new clothes for this event. Thank you.

## **Meals**

Three balanced meals are served daily, plus snacks at various times. The Kitchen Staff provides choices for campers with special dietary needs. If your child has particular restrictions or needs, please communicate these needs on the Health Form before camp begins. We request that no gum, candy or food be brought by the campers.

## **Registration**

Openings up to a **maximum of 80 campers** will be filled on a **prior attendance and first come, first serve basis**. To ensure placement of your child, please read and complete the Enrollment Packet (*if mailed to you, all white sheets of papers or if received in an email, it's the Camper Enrollment Packet file that was attached*) and return them to the following address by **Friday, May 8, 2009**:

Annie's Hope - Camp Courage  
1333 W. Lockwood, Ste 104  
Glendale, MO 63122

Incomplete applications will delay review and acceptance.

An interview is required before acceptance can be determined. After the enrollment forms have been submitted and reviewed, Annie's Hope will contact you to set up this interview with you and your child(ren).

## **Check-In and Transportation**

Camp check-in will take place on **Sunday, June 7th, 2009, at Annie's Hope**. You will see the buses and the staff awaiting your arrival. In order for timely departure to the camp site, **you must arrive at 12:30 PM** for the check-in process. We will leave the site at exactly 1:30 PM. If you are not there by 1:15 PM, you will be responsible for transporting your camper to Sunnyhill Adventures in Dittmer, MO. It is the parent or guardian's responsibility to provide transportation to and from the pickup location by the designated times. If transportation to Annie's Hope is **absolutely not possible**, please write a note on the Enrollment Form. If we do not get a written message of the difficulty, we will assume the camper has transportation.

During the check-in process which **starts at 12:30 PM**, a staff member will be available to check-in the camper and help your child onto the bus. This will also provide time for the parent/guardian to visit with the Camp Nurse to discuss any special needs and to drop-off medications (process described in the Health Information Section of this Information Sheet).

To help make the check-in process easy for all, please ensure that all forms have been completed and mailed to the above address by **Friday, May 8, 2009**.

We would prefer that all campers ride together on the provided transportation. As such, we ask that you complete the Transportation Release Form in the Enrollment Packet and return it by **Friday, May 8, 2009**. Should it be necessary for you to drive your child to the camp site, please alert the Camp Director, Rebecca Byrne, at (314) 965-5015 or 314-368-1818 prior to **Thursday, June 4, 2009**. You may follow the directions provided in the attached map.

### **The Last Day of Camp Courage, Thursday June 11<sup>th</sup>.**

You are invited to the Family BBQ at **NOON** in Dittmer, MO at Sunnyhill Adventures Campground. The campers will be anxious to see you and report about their camp experience. If at all possible, **PLEASE** be there. You may bring anyone who is important to the camper. Lunch will be served and an award ceremony will be completed where each camper is recognized for the special person that he/she is. Your child(ren) can ride home with you but if no family members can attend the BBQ, the camper will return to St. Louis on a bus and meet you at Annie's Hope office at **3 PM Prompt**. Please call for any questions or concerns.

### **Health Information**

A Health Form has been enclosed in the Enrollment Packet. It is very important that this form be carefully completed, signed by a parent/guardian, and returned by **Friday, May 8, 2009**. Our Camp Nurse must have these completed records prior to the start of Camp. In order to prepare medical records and to alert the staff to special situations, **anyone arriving at check-in without a current Health Form on file will be sent home!**

All medications must be presented to the Camp Nurse upon check-in. Please **do not send** vitamins or over-the-counter drugs. The Nurse will be responsible for dispensing medications, including over-the-counter drugs. All medications brought to Camp must be in the original bottles with a legible prescription, dosage instructions and the name of the prescribing physician. Campers are not allowed to keep any type of medicine in their cabins. **ALL medications, including Tylenol, must be kept by the Camp Nurse.**

Should an emergency arise with your child, we will contact you from the information provided on the Health Form. Please ensure that this information is accurate. Should additional medical care be necessary over and above that which can be provided by the Camp Nurse, we will seek care at St. Anthony's Urgent Care at the corner of Highway 141 and Gravois Bluffs, or St. Anthony's Hospital in South County on Tesson Ferry.

### **Camp Experience**

You can do much to prepare your child for going away to Camp, especially if it his or her first camp experience. Talking honestly about homesickness and what to expect (i.e. rustic living) can ease the transition from home to camp. Please ensure that your child

has spent at least one night away from home before attending the Camp session. This will assist not only in the area of homesickness, but also prepares the child to care for him - or herself (e.g. showering, fixing hair, making bed). Please express your confidence in your child's ability to cope with the five day session and that the Counselors are there to help. Please explain to your child that you expect him or her to stay the whole time. Gaining independence from family is a developmental task that all must encounter at some point. Camp can be a positive step in the life of the camper.

## **Behavior Policy**

To maintain a safe, fun and enjoyable experience for all, as stated before, **no one is allowed, under any circumstances, to bring cigarettes, street drugs, sniffing glues or compounds, knives, pocket knives, guns or alcoholic beverages to Camp. Anyone who chooses to bring any of these items, or anything else deemed inappropriate, to Camp Courage will have his/her parent/guardian notified & will be immediately sent home.**

**Cell phones are not permitted.** They will be taken and returned to the camper as they leave on the last day.

Time out discipline will be used for any minor behavior issues. Anyone who intentionally physically, socially or emotionally harms another camper or staff person will be immediately withdrawn from the camp experience and parent(s)/guardians notified for pick up. There will be zero tolerance for misbehavior of any kind. This includes use of foul language, disrespect of authority, damage or theft of another's belongings. It is your responsibility to drive to Camp Courage to take your child home!

## **Important Numbers**

The telephone is for emergency purposes only. Should you need to call because of an emergency, you may contact the following in the order described below:

1. First contact Becky Byrne, the Camp Director, by calling her at (314) 368-1818 (cell phone).
2. If no answer, please call Rob Darroch, Camp Director of Sunnyhill Adventures at (314) 800-6954 (cell phone).

Further, campers are not allowed to make or receive calls. *Please do not allow a cell phone to be taken to Camp.* A note or two sent from home to the camper is welcomed. Please **start the mailings on Friday, June 5<sup>th</sup>** and stop the mailings two days before the end of camp, Tuesday, June 9<sup>th</sup>. An expression of confidence and encouragement will brighten any child's day.

**The address to send mail is**

**Sunnyhill Adventures  
Camp Courage  
Name of the Camper  
P.O. Box 246  
Dittmer, MO 63023**

## **Personal Property**

*Annie's Hope* is not responsible for the loss of personal property at Camp Courage. Campers are required to leave their CD players, CD's, IPODS, MP3 players, Gameboys, portable DVD players, PSPs, jewelry, cash, and other valuables at home. Items found at camp will be kept with the Camp Director, Becky Byrne, and, if claimed within two weeks after the end of camp, they will be returned to the owner.

When a loss is discovered, please alert the Camp Director or Counselors immediately. It is the parent or guardian's responsibility to check the camper's belongings before leaving the drop-off point on the final day of Camp.

## **Camp Checklist and Laundry**

A Camp Checklist to assist you in preparing your child for the camping experience follows. Should you need help in obtaining any of the necessary items for Camp Courage, an additional Assistance Checklist has been included in the Enrollment Packet. Please indicate on the form any items that you are unable to provide. Camp Courage may be able to help obtain the items your camper needs. The form should be returned with the Enrollment Packet by **Friday, May 8, 2009**.

**Please mark all items with permanent marker with your camper's name!!** Laundry service is not available. Please include a plastic bag for soiled clothing.

## **Photo Release**

In order for photos to be taken of your child, documenting their fun and exciting camp experience, please complete the Photo Release Form in the Enrollment Packet. This too must be returned by **Friday, May 8, 2009**.

## **For more Information**

Should you have additional questions or need further information, please do not hesitate to contact Becky Byrne, Camp Director, at (314) 965-5015 (office) or (314) 368-1818 (cell).

**Directions to  
Annie's Hope for Camp Courage Check-in  
at  
Christian Life Center**

**From Highway 40, West of 270:** Go East on Highway 40 until Highway 270. Take 270 South for one exit to Manchester (Route 100). At the top of the exit ramp go left (East). Follow Manchester until you come to Berry (about 4 miles), (you will pass Ballas Rd, N. Kirkwood Rd., Woodlawn, & Sappington.) Berry is in just inside Rock Hill City limits. If you cross Rock Hill Rd., you have already passed Berry. When you reach Berry, turn right (South). Follow Berry for about a mile and a half. You will come to the intersection of Berry and Lockwood. The Christian Life Center (CLC) will be on the right corner (white brick with red roof). Webster Hills United Methodist Church will be on the left. Turn right onto Lockwood and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

**From Highway 40, East of Kingshighway** Go South on Kingshighway towards Highway 44. Follow Highway 44 West to Berry Exit. Look below at "From Westbound 44" for further directions.

**From Highway 170 area NOT traveling on highways:**

Get to Brentwood going south. Follow until you come to Manchester Rd. Turn right onto Manchester going westbound. Proceed about 2-3 miles. Turn left onto Berry. Follow Berry for about a mile and a half. You will come to the intersection of Berry and Lockwood. The Christian Life Center (CLC) will be on the right corner (white brick with red roof). Webster Hills United Methodist Church will be on the left. Turn right onto Lockwood (west) and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

**From Westbound 44:** Exit Highway 44 at Berry. Go right (north). Follow until Berry meets Lockwood. The Christian Life Center (CLC) will be on the far, left corner (white brick with red roof). Webster Hills United Methodist Church will be on the far, right corner. Turn left onto Lockwood (west) and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

**From Eastbound 44:** Follow until Big Bend exit. At the top of the ramp, turn right (east) and proceed to Berry Road stoplight. (You will pass Sappington Rd). At Berry Road, turn left and proceed over the railroad tracks and past the golf course on your left. At the Berry Road/Lockwood stop sign intersection, you will see the Christian Life Center (CLC) on the far, left corner (white brick with red roof). Webster Hills United Methodist Church will be on the far, right corner. Turn left onto Lockwood (west) and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

**From Highway 270, South of Highway 44:** Follow 270 until Highway 44. Go East on 44. Follow until Big Bend exit (right after Lindbergh exit). At the top of the ramp, turn right (east) and proceed to Berry Road stoplight. (you will pass Sappington Rd). At Berry Road, turn left and proceed over the railroad tracks and past the golf course on your left. At the Berry Road/Lockwood stop sign intersection, you will see the Christian Life Center (CLC) on the far, left corner (white brick with red roof). Webster Hills United Methodist Church will be on the far, right corner. Turn left onto Lockwood and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

If you need more directions, please call Becky Byrne at 314-368-1818  
or on the day of camp, call Kay Walsh at 314-596-7396

# 2009 CAMP CHECKLIST

## (For your use in packing with your Camper)

We recommend that you use this list as a guide for the clothes and equipment that your child should bring to Camp. **ALL ITEMS MUST HAVE THE CAMPERS NAME WRITTEN ON IT IN PERMANENT MARKER!!!!!!**

### Clothing Items

- 6 T-shirts for daily play
- One shirt and shorts for throw away
- 1 Long sleeve shirt
- 1 Sweatshirt or Jacket
- 6 pr. Shorts
- 2 pr. Long Pants/Jeans
- 1 Swimsuit (1 piece for girls!!)
- 1 Beach Towel (if desired)
- 1 Rain jacket or umbrella
- Hat (if desired)
- 1 pr. Tennis shoes
- 1 pr. Old Tennis shoes for mud
- 1 pr Sandals or water shoes for water play
- 6 pr. Socks - short
- 1 pr. Socks - Knee high
- 6 pr. Underwear
- 1 pr. Pajamas or Nightgown

### Forms – Please complete & return by Friday, May 8, 2009

- Enrollment Form
- Health Examination Form
- Transportation Waiver and Photo Release Form
- Confidentiality Agreement
- Release of Responsibility for Valuables Form
- Camper Assistance Checklist
- Authorization for Release of Information
- Behavior Agreement

### Toiletries

- Toothbrush & Toothpaste
- Hair comb or brush
- Hair ties or pony tail holder (long hair)
- Soap
- Shampoo/Conditioner
- Deodorant
- Eye Glasses and case ( if necessary)
- Contacts, case and Saline solution (if necessary)
- 2 Bath Towels and Wash Cloths
- Sunblock or Sunscreen (at least SPF 15)
- Chapstick or Lip balm
- Insect repellent (prefer lotion)
- Prescription Medications (if necessary)

### Camp Necessities

- Bedroll, Sleeping Bag, or 2 sheets and blanket - and comfort item (if desired)
- 1 Pillow and pillow case
- Duffel Bag, Backpack, or suitcase
- Flashlight and batteries
- Laundry bag or pillow case
- Plastic bag
- Alarm clock (if desired)
- Any supplies/props needed for your participation in a No Talent Show.
- “Camp Courage Around the World” costume for Tuesday evening party (beret from Paris, Hawaiian leis, safari hats, tourist costumes, etc )

**Directions to**  
**Camp Courage BBQ at Sunnyhill Adventures**  
**on Thursday June 11<sup>th</sup> at noon**  
**Dittmer, MO**

**From St. Louis City:**

Take Highway 44 to Highway 270 South. Travel on Highway 270 for 2 ½ or 6 1/2 miles, respectively. Take the MO-30 exit- EXIT 3- toward GRAVOIS RD (right). Travel 0.3 miles. Merge onto MO-30 W toward FENTON. Travel 22.2 miles. Turn RIGHT onto DITTMER CATAWISSA RD. Travel 0.7 miles - but make sure you follow the curve to the left soon after you are on Dittmer Catawissa Road. Turn RIGHT onto SUNLIT WAY. Travel 0.1 miles. End at **6555 Sunlit Way** Dittmer, MO 63023-3306

**From West County area:**

Take Highway 141 South until it meets Highway 30. Turn right (South) and travel about 18-20 miles to DITTMER CATAWISSA RD. Travel 0.7 miles - but make sure you follow the curve to the left soon after you are on Dittmer Catawissa Road. Turn RIGHT onto SUNLIT WAY. Travel 0.1 miles. End at **6555 Sunlit Way** Dittmer, MO 63023-3306

**From Far West County area:**

Take Highway 109 South until it ends in a “T”. Go left at the “T” onto Highway W. Follow the curvy road about 5-6 miles until it intersects with Highway 30. Turn right (South) and travel about 11 miles to DITTMER CATAWISSA RD. Travel 0.7 miles - but make sure you follow the curve to the left soon after you are on Dittmer Catawissa Road. Turn RIGHT onto SUNLIT WAY. Travel 0.1 miles. End at **6555 Sunlit Way** Dittmer, MO 63023-3306

**From North County area:**

Take Highway 270 South to MO-30 exit- EXIT 3- toward GRAVOIS RD (right). Travel 0.3 miles. Merge onto MO-30 W toward FENTON. Travel 22.2 miles. Turn RIGHT onto DITTMER CATAWISSA RD. Travel 0.7 miles - but make sure you follow the curve to the left soon after you are on Dittmer Catawissa Road. Turn RIGHT onto SUNLIT WAY. Travel 0.1 miles. End at **6555 Sunlit Way** Dittmer, MO 63023-3306

**From South County area:**

Take Highway 270 North to the MO-30 exit- EXIT 3- toward GRAVOIS RD (right). Travel 0.3 miles. Merge onto MO-30 W toward FENTON. Travel 22.2 miles. Turn RIGHT onto DITTMER CATAWISSA RD. Travel 0.7 miles - but make sure you follow the curve to the left soon after you are on Dittmer Catawissa Road. Turn RIGHT onto SUNLIT WAY. Travel 0.1 miles. End at **6555 Sunlit Way** Dittmer, MO 63023-3306

**If you need additional directions for your trip to Sunnyhill Adventures, please call Becky Byrne at 314-368-1818 or Rob Darroch at 314-800-6954 for help.**