

Not Back to School Camp 2007 Handbook

Oregon Session I: August 20-27, Camp Myrtlewood

Oregon Session II: August 30-September 6, Camp Myrtlewood

*Vermont: September 14-October 21, Farm and Wilderness School, Indian Brook
Camp*

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***“Education is the process of living, not the preparation for future living.”
–John Dewey***

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Hello, and thanks for registering for Not Back to School Camp! In this booklet we will try to address any questions you may have, and also to give you an idea of how camp works. Even if you've been to camp a trillion (or 5) times before, please read this stuff. And invite your parents to read it too, unless you are 18 or older.

If you have questions after your big reading project, feel free to contact us. We're looking forward to being with you this summer!

Cheers,

Grace Llewellyn, Sarabeth Matilsky, Brittney "Maori" Andrews, and co.

Logistics

What we need from you and when we need it

These are the dates we need to *receive* your stuff, not the acceptable postmark dates. More details on some of these items later in this handbook. Please double check everything for completeness and accuracy. Every year we get a lot of forms that are neither complete nor accurate, and it's a really big, frantic job for us to contact all the culprits. Save yourself and us sometime and keep us in our usual happy friendly mood by doing it right the first time, thank you. Also, any forms that you are not filling out online must be typed or filled out in ink, and snail mailed—not faxed or emailed—to us. (If you register quite late or other extenuating circumstances apply, sometimes we can make exceptions—contact us by phone or email.)

A special note for Canadians

Occasionally a few of the items that Canadian campers mail us take an extremely long time to arrive. (In one case the postmark date was over 5 weeks prior to when we actually received the item.) If you are Canadian you probably know more about any vicissitudes of the system than we do, but we do think it might be a good idea for you to 1) airmail your stuff, 2) get it in the mail early, and 3) phone or email to make sure we received it after a week or so.

About Money

Make checks out to *Not Back To School Camp*. If we do not receive your entire camp fee by July 2, 2007, we will bill you for an additional \$25 late fee. Important: Unless prior arrangements have been made, you may be dropped from our roster if we have not received your tuition balance by July 18, 2007. Sorry, we know that seems harsh, but often there are a few campers who let us know they are not coming to camp by not paying. We tend to wait for their money, call them and not hear back from them, all the while holding their spot—and eventually it turns out they've decided not to come...and by then it's too late for many people on the waitlist to change their plans. So we are now sticklers. And, please don't expect us to remind you to get your money in. We will give you a call or send an email before dropping you, but if you don't check your email, never hear the phone message we leave, etc., the responsibility and consequences are still yours. Anyway, by the time we call, you may need to overnight your check (along with the late fee) in order not to be dropped—so just avoid all of this, in the first place, by sending your money on time! Thank you.

Due by July 2, 2007 (All Sessions Campers):

Optional

- Your entry(ies) for the t-shirt design contest.
- Completed order form and snail-mailed check if you're ordering camp Stuff.
- Photo for the directory.
- Page for the bliss book (optional, but you'll be glad if you do it).

Required Items

- Money—the balance of your camp fees. To see your invoice, go to <http://www.nbtsc.org/registrations/app.php/mypage>

- Completed questionnaire (online or snail mail). You should have received an e-mail pointing you to it. If not, or if you don't have internet access, give us a call. You may want to have your directory bio and workshop plans ready to paste in to make filling it out a breeze.
- The health history form (make sure you and a parent sign it!).
- The signed Waivers Form: photo/video release, hiking waiver, athletic waiver, ocean field trip waiver, if you're attending an Oregon session and want (or might want) to go to the coast with us.*
- The "bothies" form, only if you're attending both Oregon sessions.
- The F&W Release, only if you're going to Vermont Camp.

*1/9/07 **Since we don't yet have updated guidelines from our insurance company, campers and parents may need to sign different versions of the waivers before camp.**

Due by August 2, 2007 (All sessions campers)

- Completed travel questionnaire (snail mail), with your travel plans, train or bus arrival time, etc.

How to contact us

Now and after camp:

Data on the front of this booklet.

From August 1 until the beginning of Oregon Session II (Oregon Campers Only):

If you're calling about camp in Oregon, it's best to contact our Oregon office: Lowry.House@gmail.com, 541-686-2315.

September 1-10

We will try to be especially easy to reach by phone (607-330-1201) in case you have last minute questions. After that we may be difficult to reach as we will be traveling and in staff orientation, but we will be at Farm and Wilderness by the late morning of September 12 (perhaps earlier) and able to retrieve messages at Indian Brook (802-422-3448), and will return calls at that point. There may be another number at which you can reach us September 14-21, and if so we'll either post it on our website or email all Vermont campers with that information.

How people can reach you during camp

Note to parents: If you call camp and reach voicemail but want someone on staff to return your call, please be specific as to the nature of your question or concern. That way, the appropriate person can call you back. For instance, it's a waste of your time and ours if you ask for Grace to call you back, but what you really need is to discuss with Brittney the changes to your daughter's travel plans.

During Oregon Camp (Oregon Campers Only)

Phone (emergencies only): 541-572-5307

Mail: *Camper's Name*, c/o NBTSC, Camp Myrtlewood, 49658 Myrtle Creek Road, Myrtle Point, OR 97458

During Vermont Camp (Vermont Campers Only)

Phone (emergencies only): 802-422-3448.

Additional F&W emergency pager number: 888-622-3276. A Farm and Wilderness staff person is always on call in case we are away from the Indian Brook phone (late at night, for example). Page Kate O'Neil, who is the school year programs coordinator.

Mail: *Camper's Name*, c/o F&W NBTSC, 263 Farm and Wilderness Rd., Plymouth, VT, 05056

More about phones and mail

There are no pay phones at either Camp, and at both camps there is one phone to be used for important or urgent situations only. “Important” can mean checking in with your parents occasionally if you’re not used to being away from home or just need to hear a familiar voice, so please do ask us if that applies to you, but you will need to keep your conversations relatively short.

Emergencies: Be sure to give your parents the camp phone number for the session(s) you're attending.

About cell phones: Both Camp Myrtlewood and F&W are too remote to call out or receive calls.

Senders of mail should keep in mind that delivery can be slow, as in any remote area. (We request that parents not send large quantities of cookies, candy, etc., in care packages. There is usually a lot of sugar floating around camp already—because campers bring and share it—and we feel it really contributes to their getting sick.)

Visiting Camp

Sorry, no visitors except during open houses. Occasionally we make exceptions, especially if requests are made before the camp week. And of course, someone may drop you off or pick you up, but except for our brief welcome meeting on the first day of camp, they shouldn't think of that as an opportunity to visit with staff—those are busy times for campers and especially for staff, with everyone getting settled in or packing up and cleaning (and the staff in long meetings). But, do see the section on open houses!

What to bring

This is a long list—you don't necessarily need every single thing on it; certainly you don't need a complete set of clean clothes for each day. On the other hand, laundry facilities are not available, so do bring socks for the whole week and extras in case it rains. (People attending both Oregon sessions and staying at Camp Myrtlewood in between will have an opportunity to do laundry.) Use your best judgment. (Vermont campers: If our vans are picking you up in a town near Farm and Wilderness, pack compactly—there won't be a lot of luggage space.)

Label your important possessions, big and small, with your first and last name. We suggest that you make a list of everything you bring with you, so you can use it as a checklist when you pack to go home. NBTSC assumes no responsibility for lost, stolen, or otherwise disappeared items. (If you ask, we can keep items like plane tickets or cash in a relatively safe place for you—i.e. the locked trunk of a car.)

Oregon Weather

It's usually hot/warm in the day, cool at night, and it rains occasionally. But for maximum fun you want to be ready for anything, because anything can happen. Nights and mornings can be quite chilly—bring a warm sleeping bag, cozy sweats, a toasty sweater, a warm hat, and a jacket. You may enjoy a hot water bottle, too. People who don't take our advice about bringing warm stuff usually regret it.

Vermont Weather

It's likely to be warm (60's) during daytimes, cold at night (low 40's; one night last year it was in the low 30's), and it may rain too. But for maximum fun you want to be ready for anything, because anything can happen. Bring a *very* warm sleeping bag, cozy sweats, a toasty sweater, a warm hat, and a jacket. You may enjoy a hot water bottle, too. People who don't take our advice about bringing warm stuff usually regret it. The cabins are not heated—in fact, they are open on one side.

- watch—very important!
- water bottle—labeled with your first and last names—important for the bus rides, hiking, and preventing sickness (more on that topic later).
- daypack, for hiking and for carrying stuff with you during the day.
- T-shirts and tank tops or sports bras
- shorts
- socks and underwear

- wool or other socks for hiking
- athletic shoes for sports and hiking
- sandals
- swimsuit
- hat to keep the sun off you
- 1 or 2 towels & a washcloth
- rain jacket
- warm long pants and/or warm sweats
- warm sweater
- jacket or coat
- warm hat
- sunglasses
- A very warm sleeping bag, and a pillow if you need one. You can also bring blankets and sheets (if you're coming to Vermont, bring the warm sleeping bag as well), a pillow if you need one. Camp Myrtlewood and F&W provide a mattress; the rest is up to you.
- flashlight—important! (In Vermont, there are no electric lights in cabins or bathrooms)
- alarm clock (recommended for heavy sleepers—we have a wake-up call shortly before breakfast, but a few people sleep through it).
- any necessary medications*
- toiletries—shampoo, soap, toothpaste/brush, hairbrush/comb, lip balm, etc. (Please avoid strong smelling spray deodorants and hair sprays and such, or at least try to use them outside rather than in your shared bathrooms.)
- insect repellent
- lip balm
- sunscreen
- hat to help keep ticks off you while hiking (can double as sun hat)
- pens/pencils—for writing workshops, bring a smoothly rolling pen that you really enjoy using
- clipboard and/or a good notebook—something you'll enjoy taking notes in. If you might attend a writing workshop, consider a spiral notebook.
- a phone card
- vitamins, tinctures, herbs, homeopathic remedies, essential oils that help you stay healthy (see more under “the vitality project”)
- alcohol-based wipes, to quickly sanitize your hands when you don't have easy access to a sink.
- your checklist of everything you're packing
- flexibility
- 150% of yourself

Optional stuff to bring

- supplies for your workshop
- a small amount of money (\$20 should do it) for miscellaneous stuff like the rare workshops that have fees for supplies, extra T shirts, vitamin C, etc.
- flip flops or other shoes to wear in the shower
- rain boots, for Vermont campers
- a hot water bottle, for Vermont campers
- a few small items that you know make your life more familiar and comfortable (for example, Grace brings

her favorite ceramic mug, which is huge, and she carries it around with her constantly drinking hot tea)

- healthy snacks if you want your own private stash. (Communal snacks are usually available.) We discourage sugary, greasy, or salty snacks.
- camera
- hot water bottle or other securely closing container/bottle you can fill with hot water and take to bed with you
- sketchpad
- journal
- games to share
- a favorite dancing CD (or more than one), labeled with your name and favorite dance tracks
- a drum or musical instrument
- good earplugs
- Frisbees (make sure to label with your name!)
- softball mitt(s)—helpful for serious games—be sure to label with your name!
- rain pants
- cheap tennis/canvas shoes or tevas, etc., to wear for creek wading
- something festive (but not necessarily fussy or expensive) to wear for special evenings (the prom, your talent show performance, our last evening together, etc.)
- stamped postcards, or stamps/paper/envelopes
- whatever you need for your talent show performance

If you go on the Session 1 field trip to the coast, you may want

- An extra towel
- Strong sunscreen
- Shoes you can walk around on damp rocks in
- A windbreaker

What not to bring

- illegal substances
- whiny faces
- boom boxes, except walkperson-type things with headphones
- if you're not sure about something, please ask.

***If you're bringing medications**

In case of emergency, they must be kept in the original prescription bottle, with your name and instructions (time intervals and dosage) clearly readable. If you'd like us to dispense them or remind you when to take them, talk to your advisor on the first day of camp.

Travel arrangements

Please make certain that you tell us your travel plans on time! (We need to *have your form in the office* by August 2, 2007. Include pertinent cell phone numbers, if possible. If you're traveling by public transit, pack any medications in your carryon luggage in case your checked baggage is lost.

Please note that this year we will not be hounding you for your travel information!

If you send us your travel information on time, we will gladly reserve bus or van space for you and expect you to show up where you said, and check up on late flight information that you've provided, etc., if you're not there, and do everything in our power to get you to camp, assuming you haven't made a major mistake on your end like forgetting to catch your train. (You will get on our bad side quickly if you send in a travel form but then change your plans

without notifying us.) If you *don't *send in your travel form on time, instead of calling you and leaving dozens of messages and spending lots of time or money trying to track you down (as we have sometimes done in the past), we will simply expect you to show up at Camp Myrtlewood or Farm and Wilderness at the start of camp, and welcome you with the usual friendly hug when you get there. If you show up at one of our bus/van locations instead, you will be given a seat *if *there is room for you, which is likely, but priority will go to people who reserved a seat by sending in a travel form on time. If there isn't a bus seat for you, *it will be entirely your own responsibility *to get yourself to camp. This might mean taking a greyhound bus 70 miles south to Roseburg and hiring a taxi to drive the 55 miles west from there.

Travel Overview, Oregon

Unless you're driving directly to Camp Myrtlewood, you can meet our buses at the Amtrak station, Greyhound station, airport, or at Monroe Park.

If you're meeting us at Amtrak, Greyhound, or the airport, please arrive by 2:30 if possible, and 4:00 at the absolute latest.

Monroe Park folks need to meet us at 2:30, rather than later.

Do not change your meeting place without letting us know; we take a checklist of campers to each site, and if you show up at the wrong place it'll delay our getting on the road.

How to recognize us

We'll watch for you, and all our meeting places are small enough that it won't be a problem. In addition, our staff wears NBTSC T-shirts to make them easier to recognize. If you're new to NBTSC, chances are good you will hook up en route with returning campers who can help you spot us.

Arrival Information, Oregon

Amtrak train or Amtrak bus

We'll pick you up at the station by 2:30 (4:00 at the absolute latest, and only if you make advance plans with us). Amtrak trains (not buses) are usually late, so make sure that your train is scheduled to get into town by about 1:30. If you're coming from the north, our preference is that you take the train/bus combination (Amtrak bus #5501), which arrives at 1:40 pm.

If you are coming from the south via the Coast Starlight, you **MUST** plan to arrive the night before and spend the night in Eugene. This particular train arrives very late every year, and it's enough of a hassle that we don't want to count on its reliability this year. We can arrange for accommodations in gender-segregated bunks at the youth hostel if you reimburse us; see the travel form for more details.

Otherwise, please do not assume that you need to arrive in town a day early—both the NBTSC schedule and the train schedule has changed enough to make this unnecessary for all but the northbound Coast Starlight riders and a few (Canadian) folks. If you are traveling north after camp, you should be able to catch the 12:44 train—no need to spend an extra night in Eugene.

Greyhound bus

We'll pick you up at the Greyhound station by 2:30 (4:00 at the absolute latest, and only if you make advance plans with us). Often we only have 1 or 2 people arriving there, so we make individual arrangements with them for a pickup time that is convenient for them and us. If we don't contact you to make these special arrangements, please just wait at the station and a staff person will come pick you up as soon as you arrive as we possibly can. Feel free to call our Oregon office when you arrive to find out what our plans are.

Traveling by air

We'll pick you up at the Eugene airport by 2:30 (4:00 at the absolute latest, and only if you make advance plans with us). Don't worry about finding us. First of all, we'll have your flight number, and second, the Eugene airport has 4 gates. Total. Two upstairs, two downstairs. Just go ahead and get your baggage and enjoy getting to know other

campers. As long as you're in the airport (but not past the security checkpoint, please) or immediately outside (on the grass), we'll find you.

Note about escort services for young travelers: If you are going to be attended by an escort service, be sure to let us know by sending a snail-mail note or talking directly with a person at the NBTSC office. But before you decide to sign up with an escort service, realize that while all your soon-to-be-friends are getting to know each other in the lobby of the airport, you may be stuck in a little room all by yourself, not even allowed to use the bathroom by yourself until we come sign you out.

Flying into Portland

Sometimes it's considerably cheaper to fly into Portland than into Eugene. (Portland is 100 miles north of Eugene.) Of course, that also means you add one more leg to your journey, and one more opportunity for Murphy's law to kick in, but it works well for many people. If you go with this method, you should know that there are several shuttle companies that run from the airport to the train station, and many campers take the train from Portland to Eugene (about \$30 round trip). If you want to do that, make sure that your flight coincides with the train schedule. Here is the shuttle company info we have:

Royal: (503) 554-0005, 503-222-3317, or 503-319-3911 (\$13 each way)

White Van: 877-774-9750 or 503-774-9755 (\$25 each way)

Wings: 503-330-5040 (1st person \$25, each additional person \$5, 7 max.)

Traveling by car

You can:

- Have someone drop you off at Monroe Park in Eugene no later than 2:30.
- Have someone drop you off between 5:30 and 6 p.m. at Camp Myrtlewood, not earlier
- Drive yourself to Camp Myrtlewood, arriving between 5:30 and 6 p.m. (See note below.)

We prefer that drivers do not meet us at the Amtrak or Greyhound stations in Eugene. It's just easier to have the extra room to organize at Monroe Park

Please note: as soon as our Monroe Park bus is loaded and ready to go, it will leave. This could be at 3:00 p.m. or it could be at 4:30 p.m., but it will not wait for late drivers. So, if you get to Monroe Park after 2:30 and we're not there, drive on to Camp Myrtlewood. Or, call our office (541-686-2315) to see if you can catch up with a bus at another location in Eugene.

If you are driving yourself to camp

Please do be aware that you can't drive your car during the week, regardless of your age—we will ask to keep your keys. Also, we will probably ask you not to use your car as a hangout space during the week; sometimes in the past this has contributed to a little bit of a separate culture that has felt exclusive and not so great to everyone else.

If you're bicycling to Eugene (but not all the way to Camp Myrtlewood)

Meet us at Monroe Park. You'll need to stash your bike somewhere safe before meeting us; no room for bikes on our buses.

Directions to Monroe Park in Eugene

Monroe Park is small, so we won't have any trouble finding each other. To get there:

From I-5 traveling South, take Exit 194-B (Eugene/highway 105), go about 3 miles, take the W Eugene/Florence, which feeds you onto Sixth Ave. heading West. Go about 3 blocks and turn left on Blair (it's a diagonal cross street with a stoplight—you'll see a 7-11 just past Blair on your right). After 2 blocks, Blair turns into Monroe, and the park is one more block on your right. (It's bordered by Monroe, Broadway, Tenth, and Adams.)

From I-5 driving North, take the U of O/city center exit. You will find yourself driving West on Franklin Boulevard.

Stay in the right lane and go about 2 miles, following the signs to downtown. Franklin becomes 6th avenue after a sharp S curve, which will put you on 6th heading West. Go about half a mile and take a left on Monroe (immediately after Madison). Go 3 blocks and you'll see the park on your right. (It's bordered by Monroe, Broadway, Tenth, and Adams.)

Directions to Camp Myrtlewood

From I-5 just South of Roseburg, take the Winston/Dillard exit into Winston, then travel WEST on Highway 42 almost 50 miles to the tiny town of Bridge. Turn LEFT onto Myrtle Creek Road and go approximately three miles to Camp Myrtlewood.

From 101, take Highway 42 (five miles south of Coos Bay) EAST to the Bridge Junction (very roughly 30 miles), and turn RIGHT onto Myrtle Creek Road, and go approximately three miles to Camp Myrtlewood.

Departure Information, Oregon

Traveling by car

If someone picks you up at Camp Myrtlewood, they should arrive by 8:30 a.m. If they haven't arrived by the time our buses leave, you'll need to travel back to Monroe Park with us, since we are responsible for getting everyone out of Camp Myrtlewood.

Traveling by bus, train, plane, or if you're being picked up in Eugene

Our buses will drop you off at your preferred location: Greyhound, Amtrak, airport, Monroe park, or—if you're leaving town the next day and we're handling the arrangements—at a hotel. You should be back in Eugene by approximately noon, but try to arrange your departure for 1 p.m. or later in case of snags. (The 12:44 train will be fine, though.) The buses will go to Monroe Park and the hotel last, so ask parents or other drivers to meet you at Monroe Park at approximately 1:30 if they don't want to wait. (In reality the buses sometimes arrive at Monroe Park as early as noon, so if your drivers don't mind waiting, they could come earlier.)

Travel complications, Oregon

What if you can't arrive in Eugene early enough? What if you can't leave Eugene late enough on the day camp ends?

You are, of course, more than welcome to make your own overnight arrangements. But if necessary, we can arrange for you to stay in a hotel room with other campers. We will also provide transportation to and from the hotel, along with a list of pizza joints that deliver, and a map with good cafes, restaurants, and grocery and natural food stores marked. (Please be aware that on the day before camp we consolidate our driving errands somewhat, so you may not be picked up immediately upon your arrival. You probably won't have to wait more than about an hour, though.) Your cost is \$30—that pays for your bed and our time in making arrangements and doing extra chauffeuring. You'll also need to bring money for food; the first meal we provide is dinner on the day camp starts. We do enforce a curfew and quiet hours, and generally have high expectations for your conduct.

If you do not arrange in advance to stay in one of our hotel rooms, don't count on being able to at the last minute, even if all your friends are sharing a room and invite you to sleep there with them.

If you need help with a hotel, please contact us NO LATER THAN AUGUST 2, by calling 607-330-1201. If you miss the deadline, you can still ask for our help but we can't guarantee it, and your cost may be higher. And sorry, we can help only if you just can't arrange to coincide with our schedule—not if you feel like hanging out in Eugene an extra day.

Before you ask us to arrange a hotel, note that:

On the first day of camp, if you can arrive by about 4:30 p.m., contact us—we can sometimes accommodate up to about 5 people with that kind of schedule. (They can be shuttled to and stuffed into a bus last minute, or can ride to Camp Myrtlewood in staff cars.)

On the last day of Session 2 (but not Session 1), we may be able to transport 3-5 campers to Eugene by 11:00 a.m. for

early departures. These spots are first come first served, so please phone or email right away if you're interested.

Except for Canadians, train folks coming from the north no longer need to come a day early. See "traveling by Amtrak train or bus."

What if you get into Eugene late, and miss us?

If you're driving, meet us at Camp Myrtlewood. We won't wait for late folks to meet us at Monroe Park (But you might swing by there just in case the buses haven't left, or give our office a call to see if the buses are still loading elsewhere in town.)

If your train/bus/plane is running late, call 541-686-2315. If no one answers, try any backup phone # that is mentioned on the voicemail, or if there's no backup #, leave a message—we'll check frequently. If you don't have the chance to phone, we'll figure out your situation by asking at the airport/station. We'll have a staff person stay and wait for you, or deal with it another way. (Despite airline strikes, fogged-in airports and delayed-till-the-next-day flights, lost luggage, and other mishaps, we've always managed to get everyone to camp. So, no worries.)

The first day can be a bit stressy & confusing, so

- Pack in a day pack or other accessible place: a warm sweater, healthy snacks, a water bottle, a watch, and any necessary medications. Our first meal will be dinner, at about 7:00 p.m.
- Be sure to use the restroom at the airport, train depot, or bus station before you get on the unschool buses.
- Make sure to bring a lunch with you, or (if you'll have enough time between arriving in town and meeting our buses) money to buy lunch in Eugene. Otherwise you'll be famished by the time we serve dinner around 7:00 p.m.
- When we are traveling and make stops, it is very important that you are back on the bus and ready to go at the appointed time.
- Be sure to listen to staff announcements during the bus rides.

Travel Overview, Vermont

You may choose to travel directly to Farm and Wilderness with your parents or by carpooling with other campers. A few people drive themselves. You need to arrive between 4:30 and 5:45 p.m.

You may also take the train or bus and meet us in White River Junction at the Amtrak or bus stations by 3:30.

If you fly into a regional airport, you will need to carpool from the airport with other campers, or take a bus so that you can meet us in White River Junction.

It is important that you let us know how you are traveling, and that if your plans change, you let us know. Thanks in advance!

How to recognize us

We'll watch for you, and all our meeting places are small enough that it won't be a problem. Our staff wears NBTSC T-shirts to make them easier to recognize; Farm and Wilderness van drivers will wear Farm and Wilderness shirts. If you're new to NBTSC, chances are good you will hook up en route with returning campers who can help you spot us.

Arrival Information, Vermont

Amtrak or Bus

We'll arrange for someone (a Farm and Wilderness van driver, and possibly an NBTSC staffer as well) to pick you up at the Amtrak or bus station in White River Junction. You need to arrive by 3:30pm. Unless we contact you to plan a different pickup time, please don't wander far from the station so your ride can easily spot you.

Traveling by air

You will want to fly into Rutland and carpool or take a taxi to Farm and Wilderness from there.

Rutland Taxi, (802) 236-3133 (\$50 each way, \$5/each additional person up to 6)

Traveling by car

You can either:

- Have someone drop you off between 4:30 and 5:45 p.m. at Farm and Wilderness Indian Brook Camp. As soon as you arrive you will check in with a staff person and then you can start settling into your cabin. If it takes you a while to get unpacked and get your bed set up and such, you may want to arrive closer to 4:30. (You will be busy with camp activities—dinner in your advisee group and a full group orientation—from 6:15 p.m. until about 9 p.m.)
- Drive yourself to Farm and Wilderness Indian Brook Camp (but you can't use your car during the week, regardless of your age—we ask to keep your keys). Again, plan to arrive between 4:30 and 5:45 (see above).

If your parents need to drop you off earlier, you can arrive as early as 3 p.m. However, 1) you must let us know on your travel questionnaire, 2) campers arriving before 4:30 will need to help the junior staff with camp preparation tasks, 3) you may want to bring snacks to tide you over until dinner at approximately 7, and 4) we absolutely cannot have campers arrive before 3 p.m. Also, while the junior staff will be available to greet your parents, Grace and the senior staff cannot be available to meet parents until official open house times.

If you are driving yourself to camp

Please do be aware that you can't drive your car during the week, regardless of your age—we will ask to keep your keys. Also, we will probably ask you not to use your car as a hangout space during the week; sometimes in the past this has contributed to a little bit of a separate culture that has felt exclusive and not so great to everyone else.

Directions to Farm and Wilderness Indian Brook Camp

In addition to driving directions, a simple map can be found at the Farm and Wilderness website (www.FandW.org).

From Boston:

Interstate 93 to Interstate 89, Take Vermont exit 1 - Woodstock/Rutland/US Rt. 4. West on Rt. 4 to Rt. 100 South in West Bridgewater, south on Rt. 100, 1.9 miles to F&W entrance (Farm and Wilderness Road) on left. Follow the signs to Indian Brook.

From New York City, New Haven, and Hartford

Interstate 91 to Rt. 103, (Exit 6 - Ludlow/Rutland) West on Rt. 103 to Rt. 100 North. Go 12.3 miles north on Rt. 100 and turn right on Farm and Wilderness Rd. Follow the signs to Indian Brook.

From Western New York State Areas

Interstate 87 to Exit 20 (Fort Ann) to 149 East. From 149 E take US 4 northeast to VT. Follow Route 4 east through Rutland and Killington, then take Rt. 100 south in West Bridgewater. Drive 1.9 miles and turn left on Farm and Wilderness Road. Follow the signs to Indian Brook.

When you reach Indian Brook

You're home! Come up the drive; the parking area is on your right. You can drive all the way into the camp in order to unload near the cabins, but if your parents are staying for the open house they should first return their vehicle to the main parking area.

Departure Information, Vermont

Traveling by car

Parents can pick up campers at Farm and Wilderness Indian Brook Camp between 10:30 and 11:00 a.m. Please note

that it is very important that campers are off the premises by 11:30 a.m., as the staff will be in a meeting from 11:45 onward. If you want to meet your camper's new friends, or if you think it will take a while to load your vehicle, come closer to 10:30. Also, the staff will gladly say hello to parents, but unfortunately won't have much time to chat or discuss the week during this time.

If you can't depart by 11:00, we have room for a small number of campers to stay and help with final cleanup until 2 p.m. (at the absolute latest). You will need to make arrangements with us in advance, and pay for lunch. Please note that anyone still present on the grounds at 11:30 or later will be expected to help out. Breakfast is the last meal of camp, so plan for snacks if you'll need something for the ride home.

Traveling by Bus or Train

Our buses will drop you off at the bus or Amtrak stations. You should be back in White River Junction by approximately noon, but it may be possible to arrange for a slightly earlier departure (must be discussed in advance with the NBTSC office!) Breakfast is the last meal of camp, so plan for snacks if you'll need something for the ride home.

Travel Complications, Vermont

What if you can't arrive in White River Junction early enough? What if you can't leave late enough on the daycamp ends?

You are, of course, more than welcome to make your own overnight arrangements. If your travel schedule is such that you will **need a hotel** in White River Junction and want us to help you set that up, please contact us by email or phone **NO LATER THAN AUGUST 2**. (However, we may not be able to save you any money by arranging for you to share a room with other campers, since at our East Coast camps we have only one time had one person need a room). Your cost is TBA, depending on the number of campers who need a room. You'll also need to bring money for food; the first meal we provide is dinner on the day camp starts. We do enforce a curfew and quiet hours, and generally have high expectations for your conduct.

If you do not arrange in advance to stay in one of our hotel rooms, don't count on being able to at the last minute, even if all your friends are sharing a room and invite you to sleep there with them. And sorry, we can help only if you just can't arrange to coincide with our schedule—not if you feel like hanging out in White River Junction for an extra day.

Before you ask us to arrange a hotel, note that:

On the first day of camp, if you can arrive by about 5:00 p.m., contact us—we may be able to accommodate up to about 7 people with that kind of schedule.

On the last day of camp, we may be able to transport up to 7 campers to White River Junction by 11:00 a.m. for early departures. These spots are first come first served, so please phone or email right away if you're interested.

What if you get into White River Junction late?

If your bus or train is running late, call F&W Indian Brook (number will be sent to you in an e-mail, and posted on the website soon). If no one answers, try any backup phone # that is mentioned on the voicemail, or if there's no backup #, leave a message—we'll check frequently. If you don't have the chance to phone, we'll figure out your situation by asking at the bus or train station. We'll have a staff person stay and wait for you, or deal with it another way. (Despite airline strikes, fogged-in airports and delayed-til-the-next-day flights, lost luggage, and other mishaps, we've always managed to get everyone to camp. So, no worries.)

The first day can be a bit stressy & confusing, so

- Pack in a day pack or other accessible place: a warm sweater, healthy snacks, a water bottle, a watch, and any necessary medications. Our first meal will be dinner, at about 7:00 p.m.
- Be sure to use the restroom at the train or bus station before you get on the unschool vans.
- Make sure to bring a lunch with you, or (if you'll have enough time between arriving in town and meeting

our vans) money to buy lunch in White River Junction. Otherwise you'll be famished by the time we serve dinner around 7 p.m.

- Be sure to listen to staff announcements during the van ride.

Open houses and meet-the-staff opportunities for parents and prospective campers, Oregon

On one day each session, we have official time when parents can stop by to see what camp looks like. Also, on the day that each session begins, Grace will hold a (necessarily brief) meeting with people who'd like to meet her and other staff. Parents of current or prospective campers are welcome at any or all of these events. Prospective campers may also come with their parents or a friend's parents. (Sorry, no prospective campers without parents; we can't take responsibility for supervision.) We regret that we can't take time on the last morning of camp to have extended conversations with parents, though we love to say hello.

Precamp meetings—August 20 and 30, 5:15-6:00 p.m. at Camp Myrtlewood

5:15-5:30—tours of Camp Myrtlewood led by NBTSC junior and/or senior staff

5:30-6:00—meeting and Q/A for parents with Grace and possibly other staff.

It's a big day for us, so we'll need to stay within these time parameters.

(If you are driving your kids to camp, feel free to arrive at 5:15 rather than waiting until 5:30.)

Camp open houses at Camp Myrtlewood

If you'd like to eat lunch or dinner with us, please RSVP by August 6. Otherwise, you can just show up. For security reasons, please do be sure to check in with a staff person as soon as you arrive.

Session 1, Thursday August 23rd,

10 a.m. through the end of lunch (probably 2 or 2:30 p.m.).

If you'd like to witness our large group morning meeting, do come promptly at 10 a.m. We might not invite you to participate in our half-hour small (advisee) group meetings, but during that time you can wander around or look over the schedule and other postings in the dining hall, or take a tour with a staff person who is free. Then there will be a couple workshop slots before lunch—you are welcome to participate.

Session 2, Monday September 3rd

3:15 to 8 p.m..

This will take you from the end of siesta/well-being time through a workshop slot or two, spontaneous or group-discussion time, and then dinner and an evening all-group meeting.

Open houses and meet-the-staff opportunities for parents and prospective campers, Vermont

On Monday, September 17 we have official time when parents can stop by to see what camp looks like. Also, on the first day of camp, staff will give a tour for parents, and Grace will hold a (necessarily brief) meeting with people who'd like to meet her and other staffers. Parents of current or prospective campers are welcome at either or both of these events. Prospective campers may also come with their parents or a friend's parents. (Sorry, no prospective campers without parents; we can't take responsibility for supervision.) We regret that we can't take time on the last morning of camp to have extended conversations with parents, though we love to say hello.

Pre-camp meeting—Friday, September 14

5-5:30—tours of the site led by NBTSC staff

5:30-6:00—meeting and Q/A for parents with Grace and other staff.

(It's a big day for us, so we'll need to stay within these time parameters.)

NBTSC open house—Monday, September 17

9:45 a.m. through the end of lunch (about 2:30 p.m.)—If you'd like to witness our large group morning meeting, do arrive by 10 a.m. We won't invite you to participate in our half-hour small (advisee) group meetings, but during that time you can wander around or look over the schedule and other postings in the dining hall, or take a tour with a staff person who is free. Then there will be a couple workshop slots before lunch—you are welcome to participate or even offer your own workshop. (If you let us know a day or more ahead, we'll add it to the schedule and announce it in morning meeting.) You're welcome to eat lunch with us. For security reasons, please be sure to check in with a staff person as soon as you arrive.

Work trade positions available for lifeguards in Vermont

In addition to our regular scholarship opportunities (see the website for details), we also offer partial worktrades at the Vermont session for campers who are currently certified as American Red Cross lifeguards. Please read the information at <http://nbtsc.org/scholarships&worktrades.htm> and then fill out the relevant part of the application if you'd like to be considered for one of these positions.

Camp Life

How to get the most out of camp

You'll hear more on this Relevant Topic once we're there, but it's good to ruminate on a few concepts beforehand:

If you're lonely, or nervous about making friends, go to stuff! The easiest and least threatening way to make friends at camp is to participate in workshops and other scheduled events, of which there are tons. NBTSC is also a very welcoming community in which to simply introduce yourself to other people and strike up a conversation, join people you don't know at breakfast, start your own lunch-table discussion group, or ask for volunteers to help you with a skit for the talent show. Everyone benefits when campers reach out this way, and many do. But we repeat: you don't even have to be that proactive in order to start making friends—you can just start by going to stuff that other people have organized!

No matter whether you're new to camp or a 5-year veteran, we suggest that you see yourself both as a newcomer and as an "old camper," which you will technically be after the first night anyway. See yourself as having everything to learn about these 130 people and what they know about, and about yourself in this particular context. At the same time, see yourself as having all kinds of wisdom and knowledge and experience from your own life (and possibly from past sessions of NBTSC) to share. Everyone, new or not, is welcome to feel like a raw beginner and to have waves of insecurity. And everyone, returning or not, is welcome to fully participate in co-creating NBTSC.

Organization—plan how to not lose your stuff, label your possessions, and check the lost and found frequently. Write your name on the paper items (directories, bliss books, etc.) we give out at camp. We will make sure everyone gets one of everything, but we won't plan to bring extras.

We strongly suggest that you make a schedule for yourself each day—workshops you'd like to attend and what time they start, when you have chores, potential nap times, people you want to make a point of talking with, things you want to prepare for (talent show, your workshop), etc. There are so many choices at camp that it can get overwhelming if you don't do some planning. Many people comment on the last day that they wish they'd been more proactive in this way. There are also many spontaneous opportunities that you and others will create, but a little bit of planning can really enhance your week.

Along that same line—some people have a hard time dealing with the wide open structure of camp; they find that making plans, choosing what to do throughout the day, etc., can be really challenging. If you find yourself in this position, ask your advisor for help, or turn to an older sibling or friend or somebody in your advisee group who's been at camp before.

Plan to take care of yourself. We don't baby you—you get a lot of freedom, choose your own bedtime, etc. Fun

spontaneous group things do occasionally happen at night, but you can miss them and still have a fabulous week. We address the sleep issue directly and proactively at camp, but how much you get is ultimately up to you. And we're not talking only about sleep—stay centered, go off by yourself and sit in the sun and just breathe when you need to.

Turn to your advisor when you need support. We're here for you, whether you have questions, need a hug, want our best attempt at advice, whatever. If your advisor is busy or you'd rather talk with someone else, any of the other staff are usually available also.

Remember that sharing your skills with others doesn't have to be limited to our official workshop schedule, and feel free to watch for opportunities to do so. This also means you may want to bring along your hacky sack or a couple embroidery hoops or a harmonica.

You reap what you sow. If you arrive determined to give your whole self to camp—communicate honestly and openly, be emotionally available and authentic, take risks, wipe tables or scrub toilets with gladness (yeah, really), make a fool of yourself trying new stuff, share what you know, listen deeply to your new friends—we can promise you one of the best weeks of your life.

The vitality project

What with people bringing germs from all over the continent, and folks not sleeping a whole lot, and getting worn down traveling and visiting friends before camp even starts, and then hugging people nonstop at camp, we sometimes have a lot of sickness. We take measures to counter that, but also suggest the following:

We strongly encourage you not to bring candy, soda, or other sugary snacks, or caffeinated or salty/greasy foods or beverages—for yourself or to share. Or, if you do decide to bring some, consider bringing the smallest amount that you think you can live with for the week. We are not trying to make anyone feel ashamed of their eating habits, or moralize—Grace, for example, eats more than her share of Ben & Jerry's—we just want to keep people healthy at camp, and both caffeine and sugar (and even natural sweeteners like honey) can disable immune systems!

Bring a water bottle, labeled with your first and last name, which you will carry around all the time and not share with anyone. This way you'll likely drink more water, and you'll be less likely to acquire—or spread—germs. The dish people will have less work, too.

Get lots of sleep before camp.

Wash your hands obsessively, especially before meals. You might carry alcohol-based wipes with you, too—they're great for after you've been hugging and holding hands with germy people.

Make sure you have a warm jacket to wear at night and in the morning.

Cover your mouth and nose with a tissue if you sneeze or cough. If you don't have a tissue, sneeze/cough into your elbow. (You are less likely to touch someone else, someone else's food, or something that someone else will touch, with the inside of your elbow than with your hand.)

If you live in a different time zone (or even if you don't), try to adjust your body to the practice of getting up at approximately 8:30 east coast time before camp starts. (Breakfast will probably run from 9:00 to 10:00 a.m., and the first required moment of the day is check-in, probably about 9:45.)

Watch what you do in the days and weeks before camp. If you're traveling a lot, or visiting friends, get plenty of sleep and take care of yourself so that you don't come to camp sick.

Do what you can to not pick up germs or get sick in the airports, bus terminals, or train stations you're traveling through: drink lots of water. Get rest. Wash your hands frequently, especially after touching other people or before eating or touching your face.

If you do have a cold or flu or other contagious illness before the start of camp, notify us. We may still allow you to come, but will likely ask you to bring special items, and may want to meet with you at the start of camp or just before camp, to talk about ways you can keep from spreading germs to other folks. In some cases, we may request that you not attend camp (in which case you would be refunded all but \$100 of your fees).

Consider bringing:

- Echinacea tincture. (Take 1-2 droppersful 3 times a day, or more often.)
- Thyme essential oil. It's a great natural antibiotic and antiseptic. Don't put it directly on your skin without diluting it. Put a few drops on your collar, a few times a day, and put a few drops on your pillow each night.
- Tea tree oil. Use in combination with thyme oil, or alone. Also antibiotic, antiseptic, and perhaps antiviral. Most people can tolerate it directly on their skin, but to ward off airborne germs your best bet is just to make sure you're breathing it in, so again, try a few drops on your collar and pillow.
- Vitamin C, particularly Emergen-C (it comes in packets and you mix with water). Or chewable vitamin C, if you're more likely to take it that way. Or both. (We love it when people pass out chewable vitamin C, instead of candy bars, to their friends.)
- Other homeopathic remedies, essential oils, herbs, vitamins, etc., that you know to be helpful.

A little postscript on this section, from Grace: I hope all these suggestions don't overwhelm you. I offer them to help you think about some of your options and choose a few that you're already familiar with or that you know you would actually use at camp. Speaking for myself, over the years through trial and error I've boiled my own little stay-well-at-camp strategy down to a few things that I know work for me and I trust myself to use. (I rely on daily Emergen-C, a 2 oz. bottle of echinacea tincture from the Vitamin Shoppe—I take 2 droppersful several times each day throughout each session of NBTSC, lots of hot herbal tea, plenty of sleep, a protein-heavy breakfast, a double dose of daily multiple vitamins, stretching, breaking a sweat daily, and if despite all that I feel symptoms, I'll chew up a clove of raw garlic twice a day, with meals. Also, when it's cold I take several capsules each day of ginger and cayenne.)

Now, part of the whole sickness issue is related to sleep, and bedtimes...

The NBTSC approach to bed times

We do take the bed-time issue seriously. It is important to us that people take advantage of what NBTSC offers during the day times. NBTSC is a great social gathering, but it is also much more than that. A great social gathering would not need to cost as much, nor require a posse of talented and dedicated staff people who travel from all over tarnation to contribute their expertise. We rarely require people to do anything in particular during the daytimes except attend two meetings; however, we do want to encourage you to take workshops, teach workshops, enjoy the sunshine and the forest and the lake, and eat breakfast, lunch, and dinner.

Four reasons we talk about bedtimes

- So that it's easy for people who want to sleep to do so.
- So that cabins are quiet.
- To encourage people to be quiet outside cabins.
- So that people don't get sick at camp.

We know that many factors are involved in each of these four goals. One of those factors is what time people go to bed, and where and in what manner they sleep. We think this is a very important factor, since sleep is very healing and some people get very little of it at camp.

We have never enforced a bed time at camp, and don't want to; we never want to unnecessarily limit freedom. However, we do proactively address the issue, so come prepared for that. Essentially, we ask each of you to contemplate your needs and your goals and make a commitment regarding what time you go to bed at camp. This commitment could be, but doesn't have to be, something as concrete as specifying your latest possible bedtime. It could also be a list of the factors you will consider in deciding when to go to bed each night, or it could be a commitment to take 15 minutes alone at midnight, to tune in to your body and decide what's best for you that night. Whatever works best for you. If you have a mentor or another person whom you respect and whom you know cares about you, we suggest you talk with this person ahead of time about how you might choose your bedtimes at camp.

We have a space on the questionnaire for you to write a policy ahead of time. You can change it once you're at camp

if that makes sense. But we like people to come to camp with a clear idea of how they intend to take care of their sleeping needs. At camp, your advisor (and other staffers) will be available for support. You can also find a few sample bedtimes policies later in this handbook.

Also, we do have a curfew in some or all of the public buildings (around 2:00 a.m.). Depending on various aspects of the particular NBTSC session, we may provide an indoor space on some nights for group slumber parties.

To help you sleep better, we recommend good earplugs. If you're a light sleeper, you may also want an eye pillow or bandana, and heavy duty earplugs. (Grace once shared a room at a workshop with a woman who slept with huge headphones, and a bandana wrapped around her eyes. She looked hilarious, but got plenty of sleep.)

Another good way to improve your chances of sleeping well at camp is to request a quiet cabin. While all campers are expected to be quiet and keep the lights off in cabins between midnight and 8:30 a.m., people who choose quiet cabins usually tend to cooperate with each other even better in this realm. (And lights out time begins at 10 p.m., though you don't need to be in your cabin by any particular time.) We also designate the most isolated cabins as the quiet ones, so they are also less likely to be disturbed by noise from other cabins.

Agreements, a.k.a. “rules,” a.k.a. “how we do things at camp”

We started—and continue to run—NBTSC because we have a particular vision. We want to create an environment where 130 people (that includes staff) support each other, for a week at a time, in: learning new things; growing intellectually, physically, emotionally and spiritually; challenging themselves and taking healthy risks; giving and receiving love; making friends; being supported as unschoolers; getting inspired about life and learning; and experiencing joy. We ask that you make certain agreements to help us make that vision come true. And that is the only reason for our agreements—not because we think this is the way people should necessarily live all the time, and not because we wish to police or moralize.

We are not trying to oppress anybody, and are always open to explaining and talking about the rules, so if you have any questions or concerns, please give us a call.

If you break rules at camp, do expect consequences. For very small things we may feel satisfied after sitting down with you for a chat; for medium things we'll expect you to make amends, to contribute something back to the camp community that seems commensurate with what you've done; for things that feel quite serious (and “serious” does include being repeatedly dishonest with the staff), you can expect to be asked to leave NBTSC. Grace and the other staff run NBTSC because we love to work cooperatively with teenagers, and it is not our idea of fun to have to redirect our energy to playing police. If you are looking for a place to rebel, please find it somewhere other than NBTSC.

A note to parents about our rules and agreements:

(You probably already read this on our website, but we include it again here to make sure we're all on the same page.)

NBTSC is a pretty free environment compared to most camps and other adult-organized activities for teenagers. For many of our campers, this feels natural and reflects the freedom they are accustomed to at home, although in a gathering of 115 teenagers it obviously has different ramifications. Largely because so many of our campers are already accustomed to taking significant responsibility for their own decisions, our setup tends to work quite well overall. But, if our rules don't address something that is important to you, or if your kid is on the younger side or just isn't used to being in charge of most of her decisions, please discuss any issues that you feel are important, making any additional agreements amongst yourselves that seem called for. It is our experience that when people who have good relationships with their parents come to NBTSC, they are quite willing to do things that their parents request of them. We can't take on the role of enforcing these agreements, but several campers have told us that, for instance, they are sleeping in their own beds each night at their parents' request. Also, of course, we can't guarantee to you that campers will observe even our rules, though we take reasonable steps to enforce them. Campers are in charge of their own behavior—that's how we do things at NBTSC. We don't play much of a policing role except in occasional moments when that seems called for. We do pay attention, stay in close touch, make our expectations clear, build trust as much as possible to avoid rebellion, and enforce consequences when we know of infractions. Overall, the

general vibe is usually that campers and staff respect each other and the camp rules.

Finally, on a rather different note, we want parents to be prepared for their kids to get sent home if they break rules repeatedly or in any way that the staff deems serious or likely to undermine others' camp experience. Bringing or using illegal drugs, having sex with another person at camp, abusing another person physically or emotionally, or lying to staff about their own involvement in such activities are a few possible roads to being asked to leave. The people who do such things at camp are a tiny minority, but their activities tend to erode morale for everyone. We do look at each situation individually, and make a great effort not to shame anyone in the process of handling disciplinary stuff, but it is also important to us to protect the NBTSC environment, as well as our own peace and happiness. (We tend to resent having to spend a lot of our time tracking down 1 or 2 people who are breaking serious rules, and thus not having time to do the jobs we have prepared for, and looked forward to, all year.) Thanks for reading this paragraph and we're sorry to have to include that sour little note here!

The agreements

You must be willing to keep our agreements in order to come to camp. The list that follows will give you a good idea of what to expect. But, it's possible that we'll add others, or adapt these, before camp starts. As always, we welcome your feedback.

The agreements roughly fall into four categories.

- Take care of yourself, participate in the camp community, and get the most out of camp that you can.
- Take care of each other and respect each others' differences and boundaries.
- Take care of the environment.
- Behave in a way that will allow camp to continue in future years.

Take care of yourself, participate in the camp community, and get the most out of camp that you can.

- Attend camp only if you, personally, want to, not just because your parents or your friends think you should go. This is very important. We rarely have discipline problems at camp, and we think the reason is that almost everyone is there because they want to be. Occasionally, however, someone comes to camp essentially because they let themselves be pushed into it. That is not OK with us! If you have registered for camp against your will, you have already violated one of our most important agreements. Please cancel your registration now.
- Stay within the established daytime and nighttime boundaries.
- Attend morning meeting and evening meeting eachday, without exception. No matter how late you stay up. Attend and participate in advisee group meetings. Check in with the appointed junior staff person each morning and evening.
- If somebody behaves toward you in away you don't like, talk to that person and/or to a staff person. When you see something about camp that you don't like, be proactive. Talk with the directors, an advisor, or another staff person, or simply take it upon yourself to make a positive change. Be a contribution.
- Don't lie to the staff, particularly if you have broken a camp rule. Honesty is an important part of our camp culture.
- Cooperate with any additional agreements the staff needs to request.
- Do your best to have a wonderful time and to help others have a wonderful time too.

Take care of each other and respect differences and boundaries.

- "Each other" means all campers, staff, visitors, and folks who live and work at Camp Myrtlewood and Fam and Wilderness.
- Don't gossip. If you are concerned about someone's behavior, speak directly with an advisor and/or with that person—don't spread rumors.
- No talking or lights on in or near cabins during quiet hours. Also, no talking/noise in the quiet outside areas.
- Don't go in other people's cabins.

- No radios, stereos, or amplified instruments—except with headphones, during workshops or evening group events, or in special other cases with staff permission.
- No open fingernail polish, hairspray, or other toxic chemical fumes in public spaces when it's reasonably avoidable.
- Observe the signs and notices posted around camp, and the announcements that are made in meetings by staff.
- Respect the word “no,” which means exactly that.
- Follow common sense rules of courtesy, kindness, and safety.

Take care of the environment.

- Respect the natural environment, buildings and other surroundings.

Behave in a way that will allow camp to continue in future years.

- When you experience or are aware of problems at camp, tell a staff person, so that we can address those problems.
- No sex among campers (or between campers and staff), no matter how consensual, or how sexually active each party is outside of camp, or how old the campers are.
- Swim only during official swimming hours, when supervised by a lifeguard. Among other things, this means absolutely no night swimming.
- Observe rules that are set by Camp Myrtlewood, Farm and Wilderness, and/or NBTSC primarily for legal reasons. For instance, health codes require that everyone wears shoes in the dining hall.
- Get high on the clean air and on love, truth, & adventure—absolutely no use, possession, or sales of illegal substances.

Some notes for Vermont campers – Parents, please read

Smoking

Farm and Wilderness has a strict no smoking policy. Sometimes at past NBTSCs there have been a few cigarette smokers, so we've established a smoking location. At Farm and Wilderness we won't be able to do that. A person who needs to smoke can walk off property (it's at least a .5 mile walk) for a cigarette, but it might feel like an inconvenience. If this will pose a serious problem for you, please contact Sarabeth at nbtsc@cheeber.com or 607-330-1201.

Waterfront Nudity at Farm and Wilderness

Although we will obviously be running our own event (NBTSC) at Farm and Wilderness, F&W is not a neutral site that simply rents out facilities to other groups. It's a Quaker camp with many longstanding traditions. Personally I (Grace) feel great about everything I know about F&W, but there is one tradition they have that **could** have some impact on our group and it seems best to let you know this ahead of time. The F&W summer camp season will be over by the time we get there, but it's still possible that we will encounter other visitors, residents, or groups when our campers are at the lake. So, for the record, F&W camps (and the larger community that lives there and visits) do not require swimsuits. Here's a quote from their website,

http://www.fandw.org/f/w/campinfo/faq_answers.html?cat=Choosing%20F%26W#15.

“...Campers are free to wear what they want at the waterfronts as well. The acceptance of skinny dipping at F&W waterfronts has roots going back 60 years and happens only when specific conditions are met. Staff initiate discussions about respect for the human body, nudity, privacy, making choices, and respecting others' choices. Campers are encouraged to choose what they want to wear at the waterfront and that choice can include nothing at all. Some campers and staff continue to wear suits, while others choose not to. We actively support every individual's choice. Because of the active interactions between our camps during square dances, trips and other shared activities, it is likely that campers will encounter co-ed environments. This may include waterfronts where skinny-dipping is practiced...”

At Not Back to School Camp, we've always chosen to keep things simple by not having any kind of nudity (except of course in the gender-segregated showers). I think it's fine and wonderful that F&W does what they do -- and their own camps last 4-8 weeks so they have time to ease into their own culture. However, for many reasons I don't want to change our own policies around swimming. And, in September we aren't likely to be spending a lot of time at the lake anyway. (In reality, no swimming happened in 2006 at all, and there were no other groups using the waterfront during the camp week.) Swimming or going to the lake will never be required by us. All that aside, it still seems necessary to let campers and parents know that NBTSC campers who do choose to swim or spend time at the lake may see other people without clothes on. If that poses a problem for your family, please contact Sarabeth at nbtsc@cheeber.com or 607-330-1201.

Bring Warm Clothes and Bedding!

Do you notice a chill in the air where you live, come September? Well, September is definitely the beginning of fall in Vermont. We'll be spending our nights at Not Back to School Camp in three-sided (obviously non-insulated) cabins, and last year it was in the low 30's one night. ...Imagine yourself warm and snug in your fluffy mummy-bag, down comforter (complete with bottom sheet to fit a single bed), or layers of wool blankets...nice and cozy, resting yourself for each action-packed day at camp. Also, you've got your trusty flashlight by your side in case you need to see anything in the night (there's no electricity in the cabins). That's a lovely thought...

...especially considering this alternate scenario: you've brought maybe a dinky little comforter that's threadbare, with pictures of woodland creatures on it, which you've had since you were four. Or, maybe you're lying in bed, trying to tuck yourself into a faux-quilted van bag that leaves your top half out in the cold. Or maybe you just thought, "I'm tough, I don't need bedding!" and there you shiver, as the temps dip in the night, and the breezes blow through, and your fingers turn purple (though it's hard to see them, since you forgot your flashlight), and...you get the picture.

Did we mention? PLEASE BRING WARM BEDDING! It's very likely that we'll have warm, sunny weather during camp. And, there are plenty of fire-lit, warm, cozy spaces at Farm and Wilderness, and we would never let anyone's fingers or toes turn purple. But, don't forget to BRING WARM STUFF! Check the packing list for detailed suggestions.

Your workshop

Workshops are the backbone of camp, and it's truly awesome to watch (and partake in) the incredible energy of 130 people teaching each other all kinds of stuff. We encourage you to teach a workshop, but it's also fine if you don't. We always have plenty going on, and you'll have other ways to share yourself.

Teach something you love.

At the start of the week you'll have the chance to advertise your workshop to the whole group, so you may want to prepare a brief, relevant presentation or performance.

You don't have to be an expert to teach a workshop. As many campers have discovered, even if you are a beginner, you can be a good workshop teacher.

Some workshop topics work well in our mostly-outdoor camp setting, and others don't. If you need a table or a large floor space or a piano, we can provide that. Most workshops take place outside, people sitting in a circle on the ground. Sorry, no workshops in the kitchen.

If you need supplies, we are happy to provide ordinary and inexpensive art and office supplies (such as a stapler, paper, watercolor paint, crayons, embroidery floss, glue, origami paper, construction paper, etc.), a boom box (plays tapes and CD's), basic sports equipment, small hand tools like screwdrivers, and a few other items, provided that you request them on your questionnaire and get it in on time. If you need more extensive supplies, you'll need to bring them yourself. (We'll have equipment for basketball, softball, soccer, volleyball, ping pong, and Ultimate Frisbee—no need to arrange it in advance.)

Some people who bring their own workshop supplies charge a small fee (\$5 or less) to participants, to help cut down their own costs. It's fine to do this; usually at any given session of camp there aren't more than 1 or 2 workshops with a fee. However, before announcing a fee, check with the logistics director (at camp) to see if we can write you a

check to partially or fully cover your fees—often we still have money available in our workshop supply budget.

Workshops and games generally run one hour during the daytime. Occasionally we can accommodate a request for something different, especially if you contact us ahead of time. Many groups make plans to get together again later or to continue a discussion over lunch.

You can limit your workshop to any number you wish. Some people limit their workshops to approximately 10-15 participants. And it's OK to restrict your workshop to people who already have particular skills or knowledge. For example, you could teach a singing workshop for people who already know how to read music.

Controversy is welcome, particularly since no one is required to attend your workshop. Basically, you can teach or lead whatever you want to as long as it works logistically and doesn't violate camp agreements. You are welcome to discuss pretty much everything—for instance, smoking marijuana at NBTSC is not OK, but talking about it is fine.

You may want to write your name and a description of your workshop on an index card, or make a poster advertising your workshop. At camp, you can add the date and time of the workshop and then post it in the dining hall.

Don't spend so much time preparing for your workshop that you'll be devastated if only a few people (or even no one) decides to come. All of us take some risks at camp. No one is required to attend workshops, and although most people attend numerous workshops, sometimes people get worn out, or have a hard time choosing between all the options. Please don't take it personally if it turns out people are more interested in playing in the water during your workshop slot. (Grace says: speaking for myself, I teach about 5 workshops at each NBTSC, and the number of people attending ranges from 0 to about 30.) If you put in a lot of preparation time, we suggest you give your workshop elsewhere before or after camp, perhaps to other homeschoolers, or in a school or at your church, so that you won't feel your efforts are wasted if no one or only a few people attend at camp. Remember: it's an experiment. Have fun getting ready.

Finally, here are a few possibilities. Just about anything goes—as long as it will work in our camp setting, doesn't require extravagant supplies (unless you are willing to buy and bring them), and doesn't violate camp rules:

- any political or social issue (animal rights, education, poverty, whatever)
- foreign language stuff—songs, beginning conversational skills, etc.
- astronomy
- any kind of dance, yoga, martial art
- all kinds of inexpensive arts and crafts
- drama, magic tricks, other performance art
- all kinds of music, singing, drumming, etc.
- all kinds of writing, poetry, journaling
- massage, reiki, aromatherapy, other healing stuff
- math tricks/rapid math, alternative math, science projects
- all kinds of nature/wilderness skills and exploration
- or coach/organize a sport—soccer, volleyball, basketball, softball, ultimate frisbee, etc.
- or organize a game: hide and seek, capture the flag, freeze tag, twister, a chess tournament...
- or facilitate an event—an art exhibit, a poetry slam, a dance jam, a spelling bee, a quilting bee...

A few past workshop topics: breakdancing, solar cooking, kung fu, orienteering, yoga, cob-oven building, Zimbabwean singing, college applications, web-page designing, surrealist games, co-counseling, VW engine fixing, drama, poetry, getting published and self-publishing, human digestion, origami, art booklets, swing dancing, youth rights, tree identification, conscious communication, beading, and photography.

Show and tell extravaganzas

On several evenings we have fantastic talent shows, which are truly memorable highlights of NBTSC. You are invited to participate! Bring whatever you need (fiddle, pointe shoes...). Almost anything goes—play the piano, tap dance, let the audience give you math problems and solve them in your head, sing, show your artwork, do stand up

comedy, turn cartwheels, juggle forks, tell us the wildest thing that ever happened to your family, swallow a sword, read your poetry or a very short story, or just get up and tell what makes you tick. One good approach is to perform or share something related to your workshop.

Grace's little sermon: Please be brave and take this opportunity to let it shine—we're all richer if you share your gifts with us. I know there is a tendency, particularly among young people (but perhaps more among schooled young people) to feel it is narcissistic or egotistical to get up and perform. I feel very strongly that the opposite is true, that we are selfish when we don't share our unique selves. (I'm fond of something modern dance pioneer Martha Graham said: "There is a vitality, a life force, an energy, a quickening that is translated through you into action and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and be lost, the world will not have it.") (Grace's sermonizing now finished.)

Each act gets up to 4 minutes—occasionally more is OK if you clear it with us ahead of time. Performers need to observe the time limit; after all, there are 130 of us! And, each person performs just once, unless they're also assisting with someone else's act.

Possibly a small field trip or two, Vermont

Depending on how many staff vehicles we have at camp, small groups of people may go on short excursions during the week. This may not happen (it hasn't yet in the history of NBTSC East), but if it does, the people who go will need to have written permission from their parents (unless they are 18 or older). So if you'd like to have this option at camp, be sure to sign the field trip waiver. (It's included in our online and paper forms packages.)

The optional ocean field trip, Oregon Session 1

We offer an optional day trip for people who want to see the ocean. These folks will leave on buses in the morning, and return in the evening. If you want to go, here's what you need to know and do:

Your cost is \$25. Reserve your spot on the "order form" and send a check along with it.

Although we are covered by insurance at Camp Myrtlewood, we are not covered by insurance during the field trip (except while actually riding in the buses). So, we need you and your parents to be aware of this and to sign our waiver form. If you break your leg at the beach, you will need to cover your medical expenses with your own insurance or pay for them directly.

Sometimes, we have spots available at the last minute. If you want to not commit to going, but still leave open the possibility of going if there is space available, you can send in a signed waiver. Then, once you're at camp, if you decide you want to go, ask us if there's a spot open. To do this, you must have a check or cash with you (\$25) at camp—we don't want to have to bill you for it later. If you are 18 or older, you don't need to send in a waiver ahead of time, but will need to sign one at camp.

If you reserve a spot (and pay for it), don't plan on necessarily being able to change your mind and get your money back. You can decide not to attend, but unless our bus is full or almost full, you likely won't get a refund—even if you find someone else to take your spot. If this seems unfair, here's the logic: we sometimes hire buses even when we don't have quite enough people to pay for them. We know that there are usually at least a few people who decide they want to come at the last minute, so we go ahead anyway. But if these last-minute folks simply replace people who've already paid, that doesn't help us.

The Oregon coastline is notoriously dangerous, with undertows, frigid water, and such. This is not a swimming trip—you're welcome to wade, but you can't swim. You gotta agree to that ahead of time.

Extra stuff to bring: an extra towel, strong sunscreen, flip-flops or other beachy shoes if you want them, a windbreaker, a water bottle.

Projects, Oregon Session 2

A music project led by Nathen, natural building with Dawn, other good stuff. . . . campers cluster in groups for four mornings (9 hours total) to undertake nifty projects—and then at the end we have show-and-tell. This year some projects will be dedicated to "committed" participants only—people who agree to be present for all the sessions;

others will be set up to accommodate both drop-in and full participants. We'll have descriptions of each project up at www.nbtsc.org by July 1, and by July 3 we'd like you to tell us via e-mail (nbtsc@cheeber.com) or phone (607-330-1201) which are your first and second choice projects so we can do some advance planning. (If you don't have internet access, we can snail mail you the descriptions or tell you over the phone.) Once we're at camp, you'll have the chance to hear each leader talk about her/his plans, and at that point we may also be able to do some shifting around if you change your mind. Almost everyone has gotten their first choice project in the past, even taking into consideration these last minute changes. However, if there's something you really want to do be sure to make your choices promptly (via e-mail or phone), because early responders get first priority.

The bliss book

This is a most delightful booklet containing a one-page contribution by each camper and staff person who chooses to participate. Many people dedicate their page to the subject of their workshop. The idea is to give each other tools and ideas that are helpful and inspiring. All campers and staff receive the booklets. If you want to participate

- You can snail mail your page (we don't return it) or email it as an attached MS word document or PDF file.
- Use one side of one page only.
- Leave margins or part of it will get cut off.
- Best to type or write in clear handwriting. We don't retype—we just photocopy your page.
- If you want to illustrate your page, great, but photos don't generally copy well.
- Write your name and the title of your page clearly.
- Make your page in black and white only, as color doesn't copy well (the booklets are printed in black and white).

Some possibilities (don't try to do all of these things—they probably won't fit on your one page):

- Titles/authors of your favorite books for learning the subject, with brief descriptions
- A 1-paragraph or so autobiography of how you learned about this subject
- Any great quotes on the subject
- Web sites, etc., of national organizations or clubs, or related mail-order catalogs
- Any other ideas or suggestions for becoming involved in this field.
- Role models or people you admire in this field, and what you admire about them (it would help if they are famous enough that most people could find information about them in a local library or on the internet).
- Pitfalls to avoid in learning this subject
- Illustrations, cartoons, etc.

Your directory bio and photo

Directory Bio

We also ask for a short (200 word) bio for the directory, which you can cut-and-paste into your online questionnaire, or e-mail to: nbtsc@cheeber.com.

Directory Photo

If you want to have your likeness in the directory, send us a recent, clear, face photo--either a high-quality print (which we can't return) or a digital file. If you want to send us a digital photo, email us a JPG file named "yourfirstname_yourlastname.jpg". Since a couple useful things about the directory are to 1) help us learn names at camp, and 2) remember names after camp, we request that you do not use a baby photo or a cartoon caricature of yourself.

The health history form (parents, please read)

The primary purpose of this form is to provide helpful information to the staff and/or to hospital people in case of a health problem or emergency during camp. Also, it is imperative that if you have any kind of mental health or other condition that might pose a challenge for you at camp, or impact others negatively, you let us know very clearly on your health history form. We may want to talk with you and/or your parents ahead of time, too. In these situations, ignorance is not bliss for anyone—the camper involved, the staff, or other campers.

The second purpose of the form is to protect us legally, so please fill it out completely for our sake as well as yours. If a question doesn't apply to you, like if you don't have a family physician, please write in "none" or "N/A." Important: if you already told us something about your health (on your registration form or otherwise), you still need to write it down on the form.

If you think you might attend camp another year, we suggest that you make a copy of your form so you can work from it in the future and save yourself some time. We are required by law to request a new health history from each camper each year.

You absolutely may not attend camp if you don't provide a filled out and signed health history form.

More under "Concerns with the health history form?"

Insurance, Vermont

While we do carry limited accident insurance, it excludes pre-existing conditions, optional accidents that happen off of the property of our retreat centers, and sometimes athletic accidents and other specifics, so it is important that you have your own insurance that meets your needs. We require that you sign a waiver affirming that you take responsibility for yourself in this regard.

Insurance, Oregon

While we do carry limited accident insurance, it excludes pre-existing conditions, accidents that happen off of the property of our retreat centers, and sometimes athletic accidents and other specifics, so it is important that you have your own insurance that meets your needs. We require that you sign a waiver affirming that you take responsibility for yourself in this regard. Most of the hiking trails are off Camp Myrtlewood property. For this reason, you must sign a waiver to be allowed to hike on the trails. While we're on the big yellow buses, we're covered by their insurance policy. If you go on our field trip to the ocean, you're not covered except while on the buses.

Coming to both Oregon sessions?

We do have expectations for people coming to both Oregon sessions, regarding what they do in between, in the interest of starting Session 2 with as healthy a group as possible. As a general rule, the more mellow and proactive about their health "bothies" are, the sparklier they are on the first day of Session 2.

Your options are these: 1) stay at Camp Myrtlewood and follow a mellow schedule with lots of sleep and other take-good-care-of-your-body stuff, 2) return to your own home with the intention of recuperation, 3) stay at the home of another camper, if a parent in charge vows solemnly that the main event will be rest and relaxation, or 4) make us another proposal that scratches our itch. You can let us know what you're planning on the "bothies" form which should be included in your mailing if you're reregistered for both sessions. Here's a little more about staying:

Staying at Camp Myrtlewood

People who do this pay \$80, pitch in for about 6 hours of chores, and agree to take good care of themselves by getting enough sleep and eating well and doing other things that they know support their health. We'll provide lodging (you may need to switch cabins), simple food, and a staff person who will keep an eye out for you, make sure your laundry gets done, maybe lead yoga and other well-being stuff, and whom you can talk to if you have questions or concerns. We need you to be cooperative, mellow, and more or less responsible for yourselves during this time. It won't be camp; we won't plan many activities for you or make ourselves very available—as staff we'll be focusing on sleep, logistics, sleep, cleaning, sleep, and on holding our long post-camp and pre-camp meetings. (We will continue to keep a general eye on things and will want you to continue to live by NBTSC agreements, and to check in

with us each late morning and each evening.) You can hike, flop around on the grass, continue to teach workshops, read, sing together, whatever. You may be able to use public buildings (Forest Dell, the Dogwood lounge, the main lodge) at times, but don't count on constant access—staff may need those spaces for meetings, and they will also need some downtime for cleaning.

We may ask you not to run around shrieking or listen to loud music at night, etc.—we staffers want to get as peaceful as possible and we want you, too, to get lots of rest and relaxation.

Important note

Sorry, but if you sign up to stay at Camp Myrtlewood between sessions, you can't get a refund if you change your mind, because we buy food, hire staff, and make other arrangements according to the number of people who have registered and paid.

Frills

More details to questions you may have

Some people like to read everything they can about camp beforehand. Other people don't. So we've organized this long handbook to accommodate both kinds of people. You can be done now if you want! But, there is all kinds of good stuff ahead, such as information on the annual T shirt design contest.

This section includes two subsections: 1) more details to answer questions you might have about camp, and 2) information on more ways you can get more involved in camp. (Not that there's a distinct boundary between these two, but we're doing our best to be more organized and thereby save you time and energy.)

Finances

About refunds

We do not give any refunds until after camp is over. At that point, we give refunds thusly:

- 1) Anyone who got contagiously sick enough at the last minute that **we asked them not to come** to camp gets a refund of all but their \$100 deposit. (We may require a written and signed statement from a healthcare provider. And, sorry, but we are talking only about contagious diseases here, not broken legs or non-contagious illnesses.)
- 2) If you canceled by our cancellation deadline (six weeks before the start date of your chosen session), but had paid more than your \$100 deposit by that time, you will receive a refund of everything but that deposit.
- 3) If you canceled after that deadline, **but your session of camp filled up anyway**, we retain your \$100 registration deposit, but refund everything else. (If camp was not full, no refunds, sorry.)

Please note that **we do not give refunds when someone chooses to leave camp part way through**, whether due to illness, homesickness, or any other reason. Virtually all of our expenses are incurred before the start of the camp week. Also, the staff typically spends a lot of time with these individuals before they leave. We are more than happy to do so, but tend to get irritated if they later ask to have their money back. (We have had approximately a dozen people choose to leave camp over the course of the past 11 years.)

Similarly, we cannot give refunds to people who have registered for more than one session if they choose during their first session not to attend another session. (Unless that session fills up anyway—see above.)

Personal fundraising

People earn camp money in all kinds of ways—one girl used to sell candy in her yard, right after the nearby school was out and kids were walking home. Some people get jobs. One girl earned all of her money by playing her violin on street corners. You could also ask for a group of your friends and relatives—or your local homeschool support group—to sponsor you, spreading the cost among lots of people.

Some people earn money by selling copies of Grace's books (The Teenage Liberation Handbook, Real Lives, and

Freedom Challenge) to friends, relatives, school friends, local homeschoolers, whoever. (Several campers have sold over 50 copies of the TLH to their friends.) You earn approximately 35%, or about \$6, for each copy. (This is after paying shipping costs.) Contact us for more information.

Health, safety, and special needs

If you have special needs: our camp facilities can accommodate wheelchairs, though like any outdoor settings, they can pose challenges to anyone (including people in “normal” physical condition). Educate us about your needs, and we’ll do our best to make your week comfortable, safe, and exciting.

Health and Safety, Oregon

We usually have no camp nurse or equivalent medical person on staff. There will, however, be at least one staff person trained in first aid and CPR. Often we have one or more staffers who with higher-level training, such as wilderness first responder or EMT. In case of emergency, you will be taken by ambulance to the nearest hospital—approximately 45 minutes away but the ambulance is local and can arrive quickly. You must basically be responsible for your own health, bring any (regular) necessary medications with you, etc. Your camp fee does include insurance for accidents/injuries that take place on the camp grounds.

Natural hazards

Camp Myrtlewood does have poison oak. In previous years, a few people who have gone hiking (and strayed a bit from the trails) have had very minor poison oak incidents. We’ll teach you to identify it, and if you pay attention, it shouldn’t be a problem. Don’t touch other people or things who have touched poison oak. If you do touch poison oak or someone/thing that has contacted it, wash well with cool soapy water and Tecnu (in the first aid kit). Strip off your clothes inside out and keep them that way until you can wash them. Take the homeopathic remedy rustox (also in the first aid kit). And don’t scratch. We’ll give you a little spiel in person too.

Health and Safety, Vermont

We usually have no camp nurse or equivalent medical person on staff. There will, however, be at least one staff person trained in first aid and CPR. Often we have one or more staffers who with higher-level training, such as wilderness first responder or EMT (all Farm and Wilderness staff are wilderness first responder certified as well). In case of emergency, there is a 911 First Responder Team in Plymouth; if necessary you will be taken by ambulance to the nearest hospital. (Rutland Hospital is 30 minutes away; Dartmouth is 12 minutes away via helicopter.) You must basically be responsible for your own health, bring any (regular) necessary medications with you, etc. Your camp fee does include insurance for accidents/injuries that take place on the camp grounds.

Natural hazards

Farm and Wilderness has ticks, poison ivy, and snakes. None of these are likely to pose any real problems, and at camp we’ll talk about ways to deal with them.

What if you get sick when it’s time to come to camp?

Depending on how sick you are and what you have, we may ask you not to come. We will consider on a case-by-case basis whether people who are already sick (and contagious) should attend. If we ask you not to attend, we will give you a refund of all your money, minus a \$100 processing fee. (Before sending the refund we may request that you send a signed statement from a healthcare provider.)

The media at NBTSC

Sometimes we let journalists and photographers and reporters and such types come do their thing at camp—we’ve had US News and World Report, Newsweek, CBS, the Oregonian, a journalist who wrote an article for Hope magazine, a journalist who wrote an article for Teacher magazine, and a few lower-profile folks. Sometimes it’s fun having the attention, and while sometimes the results are a little weird, overall they make for good publicity for unschooling in general and camp in particular. So: be prepared for the possibility that media people will visit camp. Of course, no one is ever forced to talk with them. But you might want to think about what you don’t want to be

manipulated into saying, and what you would like to say about your unschooling experience.

Lost and found

We keep a lost and found box at camp; please check it even if you don't think you're missing anything. After camp, we leave behind everything that looks to us not terribly important, such as plain white T shirts, broken sunglasses, socks, and towels. We drag the remaining sweaty muddy items to the laundromat, hang onto everything for a month, then poke through it to see what we want for ourselves and haul the rest off to the Goodwill, never to be seen again. So, if you get home and discover that you're missing something, let us know right away. We'll ask you to send money for shipping and our time, and when we receive it we'll ship your stuff home. (We charge a flat fee of approximately \$6 for anything under 2 lbs., more for heavier stuff.)

Leaving camp part way through

Can you leave camp if you're homesick or don't like it? Yes, but it's a pain for everyone involved (you, us, your parents, your new friends), so we strongly suggest that you only come to camp if you are pretty sure you want to be there. In our 10 years (22 sessions) of running NBTSC, we have had about 12 people leave because of homesickness or just not feeling happy at camp. We do tend to support a camper's decision to leave, even though occasionally parents would prefer that we be a little more forceful about keeping them at camp. If you do decide to leave, you will need to arrange for your parents (or someone else that they authorize, unless you're 18 or older) to pick you up. If they can't, someone on staff might be able to drive you into Roseburg, OR (for Oregon campers) or Rutland, VT (for Vermont campers) to catch a greyhound bus. Sorry, but you don't get any refunds for anything from us, because our expenses are already incurred.

What if you're sick at camp? Can you leave? Do you have to leave? You can choose to leave (with your parents' approval). All the same stuff applies to you as to homesick folks (above). (We have only twice had people leave camp because of sickness.) Also—unlikely but possible: if we feel that you are so sick or contagious as to endanger yourself or others, we may ask that you leave, and work out with your parents how that can best be facilitated. The most likely scenario in which this would occur (it never has) is if someone arrives at camp already sick, having failed to notify us ahead of time of their condition.

Shopping at camp

There's not much to buy at camp, but you may want to bring money for

- Workshops that have a fee (almost all don't, but every once in a while one does, usually ranging from \$1 to \$5, to cover the cost of supplies)
- Vitamin C (Emergen-C), Echinacea extract, etc., which we may have on hand. (Much better, though, to bring your own.)
- Meals/snacks to eat during your trip to camp
- Meals/snacks to eat on your way home
- Camp T-shirts (officially, you can only order them in advance, but we may have a few extras on hand)
- Necessities like toothpaste, tampons/sanitary pads, shampoo, sunscreen, etc. in case you forget yours. We may stock a few extras to re-sell, or pick up supplies in town if necessary, but try to pack everything you need.
- Sometimes we bring some unschooling T-shirts and books to sell—it just depends...

Concerns with the health history form

We occasionally have campers whose families prefer to limit their use of conventional medicine, and thus find our form challenging. If that applies to you, here are a couple tips:

If due to your religious or other beliefs you don't have conventional physical exams or immunizations, etc., please just complete the parts of the health history that apply to you. But you also need to attach a clear note, signed by your

parents, explaining why there are blank spots. You should still fill out all parts of the form that you can, and the signature section on the back must be completed.

Some families choose to avoid conventional medicine even in some emergency situations, and so they prefer not to sign the medical release form as it is. If that is true for you, you need to attach a separate letter, which spells out in detail what sort of emergencies you are willing to have handled medically, and how—i.e. in life-threatening emergencies perhaps you are willing to go to a hospital. If you wish to do this, be as brief as possible while still being complete, and your letter must be typed or printed very legibly. You might want to fill out the release and then write, “This release is valid for life-threatening emergency situations only,” etc. The letter must be signed and dated by at least one parent, preferably both.

Hair!

It often happens that campers imaginatively cut, remove altogether, and/or colorfully dye their hair. While the staff generally has nothing to do with this tradition, and sometimes the modifications take place not technically at camp but rather in hotel rooms or bus station bathrooms, we thought we’d mention it here so that you can have your own family discussions ahead of time, as to who precisely is in charge of the camper’s locks and what constitutes acceptable treatment of them.

Travel directory

In the e-mail you got (or are about to get) there’s a link to the travel directory. This lists all of the people who are registered at this point and who agree to be included in the directory. If there’s no note by someone’s name, you can still contact them to suggest shared travel; they just didn’t tell us to say anything particular about their plans.

Hiking and field trip waiver

Oregon

Camp insurance covers most types of accidents while we’re at Camp Myrtlewood, but not pre-existing conditions and not accidents that happen while you’re off property. **Most of the hiking trails are off Camp Myrtlewood property.** For this reason, **you must sign a waiver** to be allowed to hike on the trails. While we’re on the big yellow buses, we’re covered by their insurance policy. If you go on our field trip to the ocean, you’re not covered except while on the buses.

Vermont

Camp insurance covers most types of accidents while we’re at Farm & Wilderness, but not pre-existing conditions and not accidents that happen while you’re off property. **Most of the hiking trails are off F&W property.** For this reason, **you must sign a waiver** to be allowed to hike on the trails.

Video and photo release form—what it’s for

Video: Grace may eventually want to make a sort of camp promotional video, or finish a documentary on unschooling that she started many years ago.

Photos: The NBTSC website (www.nbtsc.org), is a place we especially like to post camp photos. Also, Grace is working on a few books and other projects, and would like to have the possibility of using a few camp photos.

So, we’d be grateful for your permission to use any videotape and photos we collect during camp. And to keep our records straight, we need you to fill out our form (saying “no”) even if you don’t want to be in any published photos or videos.

Food at NBTSC

We serve substantial, delicious vegetarian meals at NBTSC (made with fresh, sometimes local, mostly organic, ingredients). And, healthy snacks are almost always available. We encourage you not to bring candy, soda, or other sugary snacks, either for yourself or to share, because most people get sick more readily when they eat sugar. We also

discourage your bringing greasy or otherwise unhealthy snacks like potato chips.

We don't serve caffeinated beverages—we feel that caffeine can lead to health problems when people are already pushing their bodies and not getting enough sleep. If you can't live without caffeine for a week, bring your own teabags or instant coffee.

Sample bedtime policies

We offer these in hopes that they'll help you plan ahead. (See more explanation under “the nbtsc approach to bed-times.”)

Examples of policies that are too vague:

John and I are going to check in with each other every night.

I will go to bed when I'm tired.

I'll resist the urge to stay up after I'm sleepy.

Some suggested possibilities for you to adapt:

“At midnight, if I haven't gone to bed already, I will take 10 minutes to be alone, sit still, take deep breaths, check in with how my body feels, consider what I want to do tomorrow and what I want to get out of the camp week. Based on all that, I will decide what time to be in bed, and I will stick to that choice.”

“I will go to bed by 1 a.m. every night, earlier if I'm feeling sick, except the last night. And, I won't start new activities and invite other people into them after midnight.”

“I will be spontaneous about how late to stay up, but I will take a nap every day after lunch.”

“I will get at least 8 hours of sleep in each 24 hour period, from 10 a.m. to 10 a.m.”

Some actual, successful policies from previous camps (with changed names):

I will get at least 7 hours of sleep in each 24 hour period.

I will be in bed before 2 a.m. every night except for the last one.

I will set my watch alarm for 12:20, and be in bed 20 minutes after that.

I'll lay my pajamas out on my bed after dinner. I will brush my teeth and wash my face at 11:30, and then talk with Bill every half hour after that about how I'm feeling. As soon as I'm tired, I'll go straight to bed.

I will plan on going to bed by 2 a.m. every night. If and when I don't make that goal, I will lay down the next afternoon and try to sleep.

At midnight I will take a moment to think about how much longer I should stay awake and how I am feeling. If I feel tired, the next day I will take a nap. I will get 6 hours of sleep within each 24 hours.

I, Jeanette, will be in bed every night while I'm here by 12:30 a.m. at the very latest.

One of Grace's very own recent policies:

I will get at least 16 hours of sleep every 2 days. That way I can stay up late sometimes because I'll make up for it the next day by napping or going to bed early. I wish I could get by with less sleep like some people can, but at camp I do seem to need a lot of sleep in order to stay happy, friendly, and healthy.

What the days are like

We play; talk; sing; drum; dance; hike; stare at the sky; play volleyball and softball and soccer; take creative, emotional, and intellectual risks; encourage each other to do amazing things; have talent shows; teach and learn from each other. Each camper will be encouraged to contribute both creatively (teach a workshop, lead a sport or group singing, etc.) and not-quite-so-creatively (wash dishes, cut vegetables, pick up trash, etc.).

Daily schedule: Each day we have a morning meeting and an evening meeting; everyone is required to attend both,

during which important announcements are made and campers and staff are able to raise concerns. The morning meeting includes time in advisee groups, where you'll spend time getting to know and sharing with about 10 other campers and a staff advisor. Everyone is also encouraged, but not forced, to participate in evening group activities. And we share mealtimes, of course. Beyond this, there are many scheduled daytime activities, sports games, and workshops—led both by staff and by you and your peers. Usually, you can choose among these daytime activities—or nap, talk with a new friend, or create your own fun.

Evening events: are special—sometimes simple, sometimes elaborate... a campfire sing-along, talent shows, dancing, music jams, a bonding night, and other good stuff. We also try something new based on a proposal from a camper or staff person who wants to take responsibility for an event.

Sports: We typically play volleyball, basketball, soccer, ultimate frisbee, and softball. If there's another sport you want to play, volunteer to start a game.

Unscheduled activities: Most of the time you're free to make your own fun if you don't feel like participating in a group activity. You can swim whenever the lake is supervised, hike on trails, talk with new friends, read, nap, swing, practice a new skill...

Staff

One staff person will be your designated "advisor" during the week. You'll also meet briefly with your advisor (and about 10 other campers) each morning to check in, raise and discuss concerns, play games, and get to know each other. You are also welcome to talk with any of the rest of us about concerns or questions.

If you're curious about who specifically will be on staff this year, have a look at www.nbtsc.org/staff_bios.htm. We'll add to this page as we complete our hiring during the spring and summer.

Ways to get more involved in camp

Interactive website

You may want to check out the nbtsc community website (<http://community.nbtsc.org>), particularly the wiki section (<http://community.nbtsc.org/wiki.html>). This website is designed and maintained by campers (and alums) and is highly interactive. But don't feel you need to do anything ahead of time in order to bond with people at camp—ain't so, and the majority of campers aren't active on wiki anyway.

Wild card evening

There are always a few evening events orchestrated by campers, but we like to solicit proposals ahead of time from both campers and staffers who want to take responsibility for orchestrating an evening activity—something that we don't regularly do in the evenings as a whole group, although it's OK if we've done it occasionally in the past. (In addition to "wild card night" we also make official time on the evening schedule for bonding activities, which campers usually take responsibility for.) A moonlight singing circle; or a silly Olympics; or a slide show of your trip to Nicaragua; or a series of mini-slide shows by staff and campers; or a gallery opening where we slink around eating cheese, looking at each other's art, and making impressive chit-chat or a panel discussion—whatever you come up with. We may choose just one proposal or combine several shorter events. As with other evening gatherings, staff is available to assist and support you in logistics, and usually there are also lots of campers willing to help with pretty much anything from decorating to DJing to co-leading activities. And, as with most things at NBTSC, attendance is not required, so you should be prepared for any number from around 40 to 130. We're open to anything, and you don't necessarily have to take a starring role in your event—for instance, if you organize a square dance it may turn out that there is someone else you want to ask be the caller or play the fiddle. Even if you're new to camp, please feel free to send in a proposal. We're excited to see what turns up!

If you're interested, describe what you have in mind on your questionnaire.

Workshop fair

We launch each session with a fair in which everyone gets to stand up and promote their workshop and/or any other project that they would like to get people involved with during the week. We encourage multimedia presentations, demonstrations, or brief, entertaining speeches—you can have about 1-2 minutes. If you want you can also find a space in the dining hall or another public building to put up a display.

The prom

We have an unschoolers' prom at every camp session. People wear all kinds of stuff, from sweaty camp T-shirts to exquisite hand-sewn renaissance dresses to fabulous drag costumes assembled from borrowed stuff to Halloween costumes to vintage tuxedos to ball gowns made of garbage bags. (See <http://nbtsc.org/photos--prom.htm> for pictures.) You are welcome to bring one or more CD's with your name and your chosen cuts clearly labeled by track number. Any style of music is OK, but it should be danceable. "Danceable" is open to 6 billion interpretations—but you, at least, should plan on dancing to it. Depending on the number of people who bring music, you may be able to contribute anywhere from 1 to a whole lot of songs.

Group singing

One of the best part of camp is singing together in our meetings. If you know one or more songs that you would like us to sing, great! We love to learn new songs. They should not be too complicated—that is, not too many words to memorize, and not extremely tricky melodies or rhythms. (NBTSC, however, tends to attract a pretty musical bunch and we've pulled off some unusual stuff.) We like sad songs, goofy songs, joyful songs, beautiful songs, funky songs, international songs, rounds, chants. You can either:

Teach and lead a song yourself

Teach a song to someone else and ask them to teach/lead it

Teach it to other people and have them help you lead it

Bring the words and music and ask someone else to teach and lead it.

Also, for any of the above options you can either provide your own musical accompaniment (guitar or whatever you've got), ask a camper or staff person to play guitar (best to give them the chords ahead of time), or sing a cappella.

NBTSC T-shirt design contest

Fame and fortune await! Since 1997 we've had gorgeous camper-designed T-shirts, and we look forward to another great one. Send your design on a sheet of 8 ½" x 11" paper. The design should be vertical, and printed in black only. The design must include the words "Not Back to School Camp 2007." Our decision will be based on overall impact and relevance to NBTSC. The winning design will be used for all three sessions of camp. You can make color suggestions (T shirt color and 1 ink color), but even if we choose your design we may not choose your color suggestions. Artwork does not have to be original, but if you're using clip art it must be copyright-free (like a lot of computer clipart and the designs in the Dover design library). Also, the overall design must be original. That is, as long as the design as a whole is yours, it can be assembled from other people's copyright-free stuff. Tell us what T shirt size(s) you want if your design is chosen, because the winner gets 2 free shirts. The deadline for us to receive designs is July 2, 2007. It's fine to send as many designs as you want, and .jpg files or snail mail images are fine. Be sure to put your name on your work.

The contest is open to anyone currently registered for NBTSC. The prize is \$50 plus 2 T-shirts and lots of glory. All entries become the property of Genius Tribe/NBTSC and will not be returned. We reserve the right not to award the prize; that is, if we don't receive any really good entries we'll just do it ourselves or use a design from a previous year.

The end! See you soon!