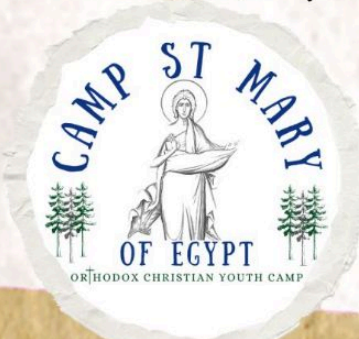


Camp St Mary of Egypt

July 6th  
@ 3:30pm



CAMPER

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Handbook

Summer



2025

Dear Parents/Guardians,

We are so pleased that you have chosen to send your child to Camp St Mary of Egypt (CSME) and humbled that you have entrusted us with your child's care, a responsibility that we take very seriously! Here, our campers have the unique opportunity to experience life in community together and to live out their faith as Orthodox Christians in the grand natural beauty of the Northwest. There is nothing quite like it!

It is our goal at CSME to create a space for youth to live in community together, to have fun and to fellowship, to experience the natural beauty that God created for us, and to learn how to deepen their spiritual lives.

Campers are afforded the rare opportunity to interact with a number of clergy who are there to answer their questions, hear confessions, and to teach on the spiritual life. There are also many faithful staff in residence for the week. Campers also have the chance to fellowship together and engage in fun activities like fishing, boating, ropes course, team activities, and many other memorable pastimes!

Now more than ever, it is critical for our youth to be steadfast in their faith and to have a clear understanding of the essence of what it means to be an Orthodox Christian. Camp is an integral time for youth to make firm their foundation (Matthew 7.24-27). Many of us have witnessed and/or experienced how one week at Camp can transform a young person's life both in the short term and in the long term.

Here, you'll find valuable information that will help you and your camper prepare for their camp experience. Please read this booklet carefully, and don't hesitate to contact me with any questions that you may have.

With Love in Christ,

Kh Kara Vollman

Camp Director

425.420.8778

[kara.vollman.csme@gmail.com](mailto:kara.vollman.csme@gmail.com)

# Camp St. Mary of Egypt Mission Statement

*The mission of the Camp St. Mary of Egypt is to provide to youth with a living experience of the Holy Orthodox Faith in community with other campers in a peaceful camp environment. We promote the enrichment of our Orthodox Faith through concentrated time with clergy, through the experience of living together as Orthodox Christians in community, via opportunities to gain an understanding of how to take personal responsibility for oneself, one's faith, and one's environment, and by providing the space in which to gain an appreciation for living in God's creation.*

## Important Info

### Cancellation and Refund Policy

Cancellations before June 1st receive a full refund less the \$75 deposit. After June 1st, refunds of tuition payments may be requested in writing and will only be granted if a replacement for the open spot is found, except in cases of family emergency (not family choice). The deposit is non-refundable and non-transferable.

### Important Dates

Requests for Financial Assistance - **May 1st**

Full Payment Due - **June 1st**

Completed Online Health Form - **June 1st**

\*Failure to complete the online health form by the due date may result in a \$50 fee due prior to admission to camp. ***Please note that we cannot admit any camper to camp who has not completed all of the health forms and signed the terms and permission to treat.***

### Location of Camp

CSME Summer Camp will be held at Aldersgate Camps and Retreats located at:

7790 Marion Rd SE, Turner, OR 97392

<https://aldersgateretreat.com/>

### Camp Leadership Team

**Camp Director** - Kh Kara Vollman 425.420.8778

**Spiritual Director** - Fr Jeremiah Vollman 425.286.0497

**Assistant Camp Director** - Amy Bauck

**Activities Director** - Dave Mathieson

**Medical Director** - Kh Makrina Shanbour, M.D.

## **Prior to Camp**

### **Times of Arrival and Departure**

Camp begins on Sunday and registration is from 3:30 pm to 4:30 pm. Early arrivals are discouraged as we will not be accepting campers prior to this window. No camper can be dropped off until they have been checked in to camp. Campers may not drive themselves to camp as adult must check them in and there is no parking available to campers. Please make sure that your camper eats lunch prior to arrival and make every effort to arrive no later than 4:30 pm. If you have a first-time camper, you may want to arrange to arrive with enough time to meet your camper's counselor, tour the camp, etc.

Camp ends on Friday at 12 pm. We request that parents pick up campers promptly as our facility contract requires us to vacate the facility at a specific time. Please keep in mind that all staff are volunteers who have devoted an entire week to providing a memorable experience for your camper. Please be courteous and make every effort to ensure that your camper is picked up in a timely manner so that staff does not have to make special arrangements for late pickups as many staff members have traveled a long way. There will be a \$75 fee per camper applied to your account if you are late and special arrangements need to be made for offsite pickup (this does not apply to extreme emergencies). Campers may not drive themselves to camp

### **Check-In Process**

As you arrive at camp, please park in the designated area of the main parking lot and follow signs to check-in located inside the Aldersgate auditorium where volunteers will be waiting to assist you. During check-in you will be asked to provide the name of the person who has your authorization to pick up your camper on departure day. If your camper is carpooling with another family, please make sure to print and complete the Health Screen Form on the morning of camp and send it with your camper to turn in at camper check in.

Your camper will then receive their cabin assignment, turn in any cell phones, (these will be returned upon check-out on Friday), have their medical history reviewed, turn in medications - prescription/OTC/supplements, and screening questions asked. Please note, CSME is a "no-lice" camp. Your camper will not be allowed to attend camp if they have lice. Likewise, they will not be able to attend if they have a fever of 100.4 degrees or higher regardless of the reason. After the health screening, campers will meet their counselor.

The counselor will escort your camper (and parent if desired) to his/her cabin. Here, they will meet other campers as well as their second cabin counselor. At this point, parents are free to leave, and their campers are now in the care of their counselors and will begin their fantastic weekend at CSME!

## **Departure/Check-Out**

Camp officially ends at 12 pm on Friday. You will meet your camper in the same building as check-in. Your camper's counselor will have a sign-out sheet for the authorized pick-up person to sign. **Your camper cannot be released until the counselor has verified the identity of the authorized person via a valid ID and they have signed the sign-out sheet.** The counselor will then return any stored cell phones and, if medications/supplements were collected upon arrival, direct you to the medication retrieval table where medical staff will be stationed to return all medications.

Just about everything about life at camp is different from life at home! Preparing your camper with as much information as possible will help them to better adjust. Some key differences are - having a different daily schedule, sharing living quarters with others, and eating food that they may not be used to having at home. If you are sending a first-time camper, please review this section with them so they know what to expect.

## **Camper Rules and Expectations**

**Please read the following carefully and share with your camper(s).**

### **Camper Code of Conduct**

All campers are expected to act in ways appropriate to an Orthodox Christian setting and as those who seek to be living examples of Christ. Campers and staff alike comment year after year about the loving, positive, inclusive environment. Such an environment involves the commitment of each and every camper to follow the rules as outlined below. Failure to do so may result in a camper or staff member being sent home.

### **Camp Rules**

1. You will be expected to do as you are asked by those in authority, including the camp director, clergy, counselors, and camp staff.
2. When someone is speaking, you must be quiet and listen.
3. Dress modestly in accordance with our current dress policy. **Violation of this policy will not be permitted and campers will be sent home if they do not have appropriate attire.**

4. All campers and staff are expected to treat everyone with respect as their brother and sister in Christ. Therefore, any exclusive pairing off as a couple, or encouragement of this behavior (through talking about “crushes” or gossiping, etc.) or the formation of exclusive cliques is unacceptable and will not be tolerated.
5. Smoking, cigarettes, vaping, alcoholic beverages, drugs or other illegal substances, are not permitted.
6. Knives, lighters, matches, fireworks, firearms, and other dangerous items or weapons of any kind are not permitted. CSME reserves the right to search a camper’s or staff’s belongings if any of these items are suspected to be in their possession and will confiscate such items. At the discretion of the Camp Director, these items may be disposed of or returned to the camper’s parents upon departure from camp.
7. Fighting is not permitted, including rough housing which might damage property or hurt smaller campers.
8. Swearing will not be tolerated.
9. “Raiding” of cabins is not permitted.
10. NO pranks of any kind will be allowed—on your cabin mates, other cabins, siblings, etc.
11. Taking anything that is not yours without permission is stealing and is not permitted.
12. We respect camp property as well as the property of others. No defacing or destruction!
13. All medications including prescription, OTC, and supplements must be given to the medical staff at Registration.
14. All campers must remain at camp for the ENTIRE camp session with the exception of an emergency situation. Please no late drop offs or early pick-ups without prior arrangements being made with the Camp Director. Requests for late drop-offs or early pick-ups will be accepted on a case-by-case basis only. Failure to make prior arrangements will result in a \$50 fee applied to your account that must be paid prior to registering for a future camp session.
15. Camp fires are permitted only in a designated area at the direction of the Camp Director.
16. The signal bell will be used only by the Camp Director in case of fire or emergency.
17. Fire alarms and extinguishers are for emergency use only.
18. No pets or animals are allowed at camp.
19. Any electronic items that accompany the camper for the trip to camp must be stowed in the camper’s luggage during the entirety of the time that camp is in session and may not be used. CSME

is not responsible for the loss or damage of such items. If such items are found to be in use, they will be removed from the camper's possession until departure time. We **STRONGLY** encourage campers to leave all electronic items at home.

**20. Campers are not permitted to have cell phones at camp.** Camp is a time to "disconnect" from the everyday world and connect with nature, God, and our brothers and sisters in a unique Orthodox Christian camp community. All cell phones will be collected upon check-in on Sunday, and stored until departure time on Thursday.

21. All personal sports equipment should be left at home. This may include archery equipment, bats, hockey sticks, climbing gear, or other equipment which should be handled or stored safely from others.

22. Displays of physical affection between boys and girls will not be permitted. This includes: prolonged hugging, kissing, sitting on laps, hand-holding, and/or any other such displays that staff determine is inappropriate. Depending upon the severity of such displays, campers may be immediately dismissed from camp.

22. All vehicles should be parked only in the specified parking area. No camper is permitted to leave, or come and go, during the camp session. (Staff may only leave camp with prior permission from the camp director).

***Please Note:*** While all disciplinary action will be taken to attempt resolution on site, the Camp Director reserves the right to dismiss campers for serious violations of camp rules. Parents will be responsible for arranging and covering costs for their camper's early departure which must take place within 10 hours of camper dismissal.

## **Campers with Dietary Issues**

If your camper has a life-threatening food allergy and/or medical need for a special diet, please note it on the health form.

Aldersgate can also accommodate certain dietary restrictions (gluten-free or dairy free), but all meals are served buffet style and those campers with dietary restrictions must be able to advocate for their own diet as special dietary meals are served at a separate window.

***For campers' safety, our policy at CSME is that campers who cannot advocate for their special diet will not be able to attend camp until they are mature enough to do so.*** This policy is not intended to be restrictive, but rather to protect those younger campers who cannot manage their own diets. The

food environment at camp requires that a camper knows what he can and cannot eat and has the ability to ask for substitutes when needed.

**Please note:** Unless your camper has an actual medical need for a dietary restriction, we ask that you not request a special diet—it creates a great amount of unnecessary work and expense for the kitchen staff for diet “preferences”.

**If your camper has dietary issues, please email the Camp Director to discuss options.**

## **Health Care**

You and your camper must complete the Health History, Health Profile, Authorizations, and Permissions in their entirety. Additionally, a Physician Authorization Form is required in order to participate in camp activities. These forms must be completed along with your camp registration in order to secure your camper’s spot at camp. The Camp Nurse or Doctor reviews all Health Forms prior to camp, and is in residence for the entire camp session to handle routine and minor health care needs. Parents of campers with special medical needs that require extra and/or specialized medical care that falls outside the scope of routine/minor health care needs will be required to stay onsite for the duration of camp. Please refer to the Health Form regarding emergency medical care. ***Campers who present to the Medical Director at any time during camp with a fever of 100.4 degrees or higher, with lice, or with any other illness the Medical Director determines requires departure from camp, will be kept comfortable in the medical cabin while their emergency contact is notified. Arrangements must be made by the parent for camper pick-up within 10 hours of notification. Please make sure that you have a plan in place to pick up your camper from camp within 10 hours in case of emergency.***

## **Health Insurance**

All campers must be covered by a medical insurance policy. While Camp St Mary of Egypt will act as guarantor, any costs incurred by CSME in providing required treatment for doctor’s appointments, prescriptions, urgent/emergency medical care, etc., will be billed to the camper’s parents or guardians.

## **Media Consent**

Throughout your camper’s stay, staff members will be taking photos for the final evening’s photo slideshow (a highlight of the week!). There will also be a camp photo that will be displayed on the camp website. Please know that all staff members have signed a “CSME Volunteer Staff Policy for Social Media and Websites” and take your camper’s privacy seriously. By sending your child to Camp St Mary of Egypt, you are giving permission for their photo to be on the camp website.



## **Sending a First-Time Camper**

If this is your child's first trip to Camp St Mary of Egypt, your preparation in advance will go a long way towards helping them have a great experience and minimize the effects of homesickness. Please visit the Parent Resources section of our website for a link with tips from the ACA on preventing homesickness.

We do ask parents to consider carefully whether their child is ready for camp. In our experience, we have found that if a child is hesitant about attending camp or does not yet seem ready, it is often in the child's best interest to wait a year. It is better to wait one year and have a camper have a positive experience, than to come too early to camp and be left with a lasting negative impression. Readiness to attend camp varies widely, especially among 9- to 12-year-olds, so please take your own child's temperament and social maturity into consideration.

## **Dress code and Modesty Expectations**

Parents, please make sure that your camper respects the dress code and packs appropriate clothing in accordance with Orthodox Christian values.

Campers wearing inappropriate clothing in violation of the CSME Dress Code Policy will immediately be asked to change. If a camper does not have proper attire in which to change, parents will be contacted by the Camp Director to arrange for delivery of dress-code-appropriate clothing. This process can be disruptive and upsetting for your camper so please take the time to ensure that you and your camper are aware of the dress code policy and pack accordingly. Clothing that violates the dress code in any way should NOT be packed.

**Inappropriate clothing (clothing in violation of the dress code policy) includes:** leggings intended to be worn as pants are not allowed at camp, open back tops, tops with low-cut fronts, too-tight clothing of any kind, biker/spandex shorts of any kind, shirts that expose the midriff, thin/spaghetti-strap tank tops, short shorts (shorts should be worn a few inches above the knee), jean shorts with holes/rips, sagging jeans that expose underwear/boxers, clothing bearing inappropriate logos, sayings, or advertising, excessively ripped jeans and/or jeans that with holes that expose skin of the upper legs, bikinis, speedos, and costumes of any kind.

## **Attire at Summer Camp & Dress Code**

-Camper Attire & Dress Code is now a separate document [LINKED HERE](#)

## Camper Packing List & What Not to Pack

The camper packing list is now a separate document [LINKED HERE](#).

## Life At Camp

### A Typical Day at Camp (schedule subject to change)

Monday	
7:00 am - 7:50 am	Early Bird
8:00 am - 9:00 am	Orthros
9:00 am - 9:40 am	Breakfast
9:40 am - 10:30 am	Session 1
10:30 am - 11:20 am	Session 2
11:20 am - 12:30 pm	Cabin Free Time
12:30 pm - 1:10 pm	Lunch
1:15 pm - 2:15 pm	FACT 1
2:15 pm - 2:30 pm	Transition to FACT 2
2:30 pm - 3:30 pm	FACT 2
3:30 pm - 4:00 pm	Cabin Time w/ Snacks in Cabins
4:00 pm - 5:10 pm	Team Time
5:10 pm - 5:30 pm	Transition Time - Quick Cabin (Change for Vespers & Dance)
5:30 pm - 6:30 pm	Vespers
6:30 pm - 7:15 pm	Dinner
7:15 pm - 8:45 pm	Dance
8:45 pm - 9:45 pm	1st Dismissal ages 9 - 13 w/ cabin visits (2 youngest cabins)
8:45 pm - 10:00 pm	Afterglow ages 14 - 17
10:00 PM	Lights out Younger
10:00 pm - 11:00 pm	2nd Dismissal ages (w/ cabin visits (2 older cabins)
11:00 PM	Lights out Older

## Living Arrangements

There are two types of cabins at Aldersgate. The A-frames house from 6 to 8 campers and are grouped in pairs for the duration of camp. There will be two counselors per cabin pairing. The larger cabins house between 10 to 12 campers and 2 counselors. Campers are grouped according to age and gender. While we do accept roommate requests, these are not guaranteed. **Please Note - we are unable to accommodate requests for campers with an age difference of two years or more.** One of the best aspects of the camp experience is learning to adjust to group living, making new friends, and getting along as part of a team!

**NEW THIS YEAR** - In previous years it has been a challenge for staff to manage the logistics of Afterflow in cabins where 14 and 15 year olds were housed with younger campers who did not yet qualify to go. It was also disruptive to the campers who could not attend. To make things easier, we will be housing the campers ages 14-and-older separately than campers ages 13-and-younger. As such, we will not be accommodating roommate requests for campers in the 13-and-younger group to be paired with campers in the 14-and-older group.

Please also remember that all roommate requests must be submitted via the Camper Portal. **Before requests can be honored, the requested camper's family must accept the request via an email link.** If your camper has a friend that he or she has requested to be paired with, please reach out to the requested camper family to ensure that they have received the email and responded.

## Meals and Fasting

Meals are served buffet style in the cafeteria. The servings are generous and there are always second helpings available. ***Fasting rules are observed on Wednesday and Friday (no meat or dairy). For those campers with dietary issues, please see the section on dietary issues.***

## Camp Activities

**Morning Education Sessions** in which the campers are divided up into age groups for in-depth teaching sessions with clergy that include: teachings by the priests on the focus topic of the day, "Fire on Father", stories from the saint's lives, exploring the Bible in depth, a service craft, and service to the Church.

**Fun Activity Sessions (FACT)** that include: rock climbing, giant waterslide, basketball, inner tube creek float, carpet ball, human foosball, basketball, pickleball, crafts, and more!

**Team Activities** include exciting activities, scavenger hunts, fun team challenges, and whatever other creative activities our talented Activities Director chooses!!

**Evening Program** features things like campfires with singing, the ever-popular talent show, dances, and other surprising activities brought to you by our talented Activities Director!

## **Visiting Camp**

You will have the opportunity to meet our staff and tour the camp facilities on Friday during registration. However, because campers often become homesick when they see a parent or family member, we ask that there be no other visits to camp during the regular camping session. No unauthorized visitors are allowed at CSME during the entire duration of camp.

## **Contact With Your Camper**

The active camp schedule prevents regular contact with your camper. Outgoing calls may be allowed at the discretion of the Camp Director, and only for urgent matters. Receiving or placing phone calls during the camp session disrupts the program and often makes homesickness worse, so we do not allow them except for emergencies. Letters are okay to send but please do not send care packages that contain food as it is not allowed in cabins and we cannot store it for your camper.

If your camper suffers serious injury or illness, you will be notified promptly. Below is a list of when you'll be notified by CSME:

## **CSME “Parent Notifications”**

Parents will be contacted by the Medical Director or the Camp Director and may be asked to pick up their camper in the event of:

- Pre-Camp – Health Profile/History deficiencies or concerns
- Camp—Health Profile/History incomplete, or parental permissions not granted
- Camper medical emergency
- Medical outcome of treatment
- Non-emergency diagnostic services, rehabilitation services or specialist services are needed
- If a camper presents to the MD for a health complaint and previous permission was not given for administering stock medications

- The discretion of the Medical Director due to camper illness
- Fever of 100 degrees or higher
- Lice found on camper
- Serious violation of the rules
- At any time, to relay information about their campers physical or mental health, or other incidents of concern as deemed necessary by the Medical Director or Camp Director

**Should a serious need to communicate with your child arise, please contact Kh Kara Vollman at (425) 420-8778 or call Aldersgate directly at 503-743-2494 during normal business hours.**

*Safe travels and may the Lord Bless your camper to take home the love shared, the joy expressed, the growth in faith, the friendships formed, a deeper understanding of what it means to be an Orthodox Christian, an appreciation for God's created world, and the memorable experience of being part of the community of Camp St. Mary of Egypt!*

## **Reference Information**

### **CSME 2024 Program Goals/Outcomes**

#### **Program Goals:**

- 1) To provide young people a living experience of the Holy Orthodox Faith
- 2) Enriching our Orthodox Faith in their lives
- 3) Practice living in community with one another
- 4) Growth in personal relationships.
- 5) Growth in personal responsibility.
- 6) Develop an appreciation for living in God's creation

#### **Process:**

- 1) Provide a schedule with a daily cycle of prayer and Church Services
- 2) Daily Christian Education Sessions provided, time for Confession, faith questions answered by Priests, direct participation in Church Services
- 3) Living, eating, praying, sharing, experiences and sleeping in cabins
- 4) Friendships made in the cabin, group participation, large group activities, services, and age-grouped Education Sessions

- 5) Responsible for cabin chores, church services, personal behavior, hygiene, dietary requirements
- 6) Participation in outdoor activities, Camp theme and daily focus in Education Sessions

**Measurable Outcomes:**

- 1) Take a model of Orthodox Christian daily routine home
- 2) Acquire an understanding of the Faith, the experience of Confession, comfort in getting to know and interact with Clergy
- 3) Acceptance of all people and viewing them as an icon of Christ
- 4) Lasting friendships formed in the common family of Faith
- 5) Work/chores done in acceptance and performed in love
- 6) Recognition of the Holy Trinity in God's creation