



KINDREDMATTERS

# **SIBLING CAMP HANDBOOK**

**JUNE**

**2024**



Kindred Matters believes in the dignity and the intrinsic worth of every human being. We welcome, affirm, and support young people and adults of all abilities and disabilities, experiences, races, ethnicities, socio-economic backgrounds, sexual orientations, gender identities and expressions, religion and non-religion, citizenship and immigration status, and any other category people use to define themselves or others. We strive to create safe and inclusive environments that celebrate diversity and foster positive relationships. All are welcome at Kindred Matters.

To learn more about Kindred Matters commitment to inclusion please visit our website at

<https://www.kindredmatters.org/inclusion-at-kindred-matters>

If you have any questions please contact our Executive Director, Tia Nordstrand at [tia@kindredmatters.org](mailto:tia@kindredmatters.org)

# Welcome to Kindred Matters Sibling Camp

You'll find this camper handbook is full of important information about Kindred Matters Sibling Camp. We strongly suggest that care providers read through this valuable information with your camper(s). Talk about the different things that will happen at camp; go over what a typical day will be like. Be sure they understand that most all activities will be shared with their sibling(s). It's fun to involve your camper in packing so they know what they brought to camp...and to make sure they bring all items home!

It is necessary for you to have completed camp application, and separate registration forms and have everything digitally signed, and Camper Fees paid prior to attending camp. Please make sure you have authority to sign the mandatory authorization before doing so.

Before camp, direct calls to Stacey Nash, (971) 600-5567. If you need to contact a camper while at camp due to an emergency, direct your calls to our Director, Tia Nordstrand (458) 488-9356. Phone service can be limited on camp grounds but we will do our very best to get back to you as soon as possible. You can also reach out team at the emails below.

Stacey: [kindredmatterssiblingcamp@gmail.com](mailto:kindredmatterssiblingcamp@gmail.com)

Tia: [tia@kindredmatters.org](mailto:tia@kindredmatters.org)

**[www.kindredmatters.org](http://www.kindredmatters.org)**

**HOST SITE:**

**Suttle Lake UM Camp**

**29551 Suttle Lake Road**

**Sisters, OR 97759**

**541-595-6663**

**<https://suttlelake.gocamping.org>**



## Suttle Lake Camp

Nestled on the eastern slopes of the Cascade Mountains fourteen miles west of Sisters, Suttle Lake Camp is a special place where the vivid green of Western Oregon mingles with the sunny beauty of the east side.

Activities will include, but not be limited to: swimming, archery, canoeing, arts & crafts, campfire songs, group games and other fun camp activities. Siblings who are separated from each other in resource care or other out of home care will gather here to share a weekend of unforgettable camp experiences, making childhood memories together, and connecting like never before.

## Cabin Assignments & Cabin Space

We invite our campers to look forward to spending two night with their sibling(s) in a cabin setting. Siblings will be sharing a cabin alongside at least two Kindred Matters staff members. Each cabin has electricity and heat as well as 4 sets of twin bunk beds. There will be space available for the storage of camper's belongings. There is a restroom facility located separately from the cabin but within VERY close proximity. The bathhouse has individual toilet stalls as well as shower stalls in addition to ADA accessible restroom options. We require that all of our campers and staff change in a private space while at camp without assistance. If this will be a challenge for your campers please communicate this with our team ahead of arrival.



## Rest Period *. . . zzzz*

Following lunch, everyone will return to their cabins for a brief rest period. This is an excellent time for a book or a quiet activity and an opportunity for campers to recharge before afternoon activities. Everyone must be in their cabin during this time...feet off the floor.

## Cash

Please, **DO NOT** bring cash to camp . . . you will not need any money during your stay. Any cash brought to camp will be collected and returned at the end of camp. There is no place or opportunity to spend money at camp.



## Cell Phones and Electronic Devices

Camp is a wonderful place to spend quality time with new friends and siblings. Please **Do Not allow campers to bring a cell phone or other electronic devices**. For those campers that do bring electronics (IPODS, MP3 players, cell phones, gaming devices), those items must be turned in at camp check in and we will lock them securely and return them to the camper at the end of camp. **There are no exceptions to this policy outside of medical necessity**. Please make sure all campers are aware of this policy prior to arrival.

## Meals

All meals while at camp are served in the dining hall. We will discuss meal procedures at camp orientation. Please remember your manners, keep your voice at a reasonable level, clean up after yourselves according to camp guidelines, and make healthy choices at each meal. Please **DO NOT bring any candy, gum or other snack-type food to camp**. We want to make sure critters don't visit our cabins!! Dietary restrictions are asked to be reported on the camper application along with any behaviors or accommodations needed regarding food.

## Laundry

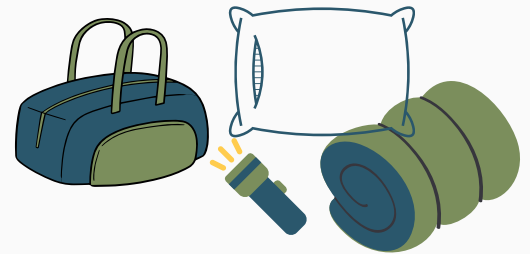
**There will not be laundry facilities available**, so be sure to follow the "What-to-Bring" list included in this packet. Each camper needs to bring enough clothing for the weekend without laundry. We have access as directors to address important concerns around camper well being such as soiled sleeping bags and clothing if needed. If there are items on the packing list that your camper does not have access to please contact our team prior to arrival and we will do our best to help.

## What To Bring

Camp is a good place for old clothes. Clothes have a habit of getting dirty at camp, despite precautions. Be sure to mark **ALL** the clothing you will bring to camp with your name using a waterproof marker. Bring the checklist of all belongings and we will make every effort to check the list at the beginning and end of camp to insure everyone goes home with all their belongings. All of your clothing needs to be stored in your travel bag. To minimize loss, please keep all your items in these containers throughout the week. A suggested list of "What to Bring" is included below. **Kindred Matters will not be responsible for lost items.** Do **NOT** bring valuables such as jewelry, handheld games like Gameboys or Nintendo, tablets, portable radios, CD/tape players, walkmans or iPods. If these are accidentally brought, they will be collected and kept in a safe place for the remainder of camp.

**The following is a list of suggested clothing and supplies that should be brought by each anything is possible with Oregon weather. Some warm clothing and adequate protection from the sun is a must. Camp is a good place for old clothes. BE SURE EVERY ITEM IS CLEARLY MARKED and you use luggage tags for your travel bags.**

- 2 Short Sleeve shirts and/or tank tops
- 1 long sleeve shirt for cool mornings and evenings
- 1 Sweatshirt/sweater
- 2 pairs of shorts
- 1 long pair of pants (jeans/sweats)
- 3 undershorts/underpants
- Shoes: 1 Pair of sneakers (Closed toe shoes required for some activities, 1 pair of water/shower shoes.
- Pajamas
- Warm jacket
- Swim Suit
- Towels: 1 for showers and 1 for swimming activities
- Pillow and Sleeping Bag
- Toiletries to include: Shampoo/conditioner, body wash, toothbrush, toothpaste, brush, sunscreen (we ask that campers are able to put sunscreen on themselves or that spray sunscreen is provided) and insect repellent.
- Flashlight



**\*\*We discourage any sharing of clothes at camp\*\***

**Please DO NOT bring cameras. KINDRED MATTERS will have photographers on site and will share photos with campers following camp.**

At the end of camp, counselors will make every effort to check the list to be sure all items are accounted for and packed. If an item is missing, campers need to inform the counselors immediately to locate lost articles before departing for home.

**KINDRED MATTERS CANNOT ASSUME RESPONSIBILITY FOR ITEMS WHICH ARE LOST, BROKEN OR STOLEN.**



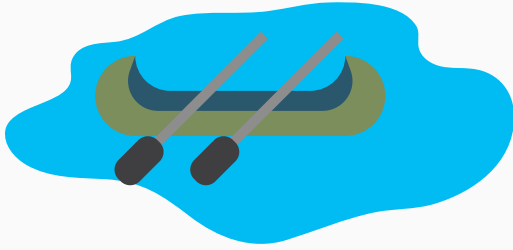
# Medications

ALL medications, including over-the-counter medications, vitamins and “just in case” medications must be turned in at registration. This assures that correct dosages are distributed. Our Kindred Matters and ODHS registered nurses will administer medications as prescribed by a doctor. **Please make sure that all medications are in their original packaging, labeled with the camper’s name, the name of the medication, and correct dosage, prior to arrival.**

**\*\*\*MEDICATIONS MUST BE KEPT IN THEIR ORIGINAL CONTAINER\*\*\***

Our medical staff will have supplies of most over-the-counter medications along with first aid kits. Please do not bring these items unless you have allergies to common medications. All cuts, scrapes and bumps must be reported to camp staff and treated by the medical staff, so campers should not be attending to their own injuries.





## Activities

Every camper will rotate through activities with their siblings and counselors. The activities will include canoeing, arts and crafts, swimming, gaga ball, archery, and more. Special nighttime activities will include campfires and other wonderful activities! Campers will never be forced to participate, but always encouraged especially with their sibling(s).

## Opening Day

This day can be filled with much anticipation and a lot of excitement! It is a time to see your siblings, meet your counselors, move into your cabin, and get settled. With traveling to a new place and getting settled it can feel like a very hectic day. Fun, friends, siblings and plenty of activities are on the way!!! Please communicate any camper nerves or hesitation ahead of arrival so that we can do our best to mitigate any concerns and set our campers up for a fun and successful weekend.

## Transportation

Campers and transporting providers will be sent more detailed information regarding transportation as we get closer to camp. Please make sure when filling out the confirmed camper form (will be sent approximately 2 weeks prior to camp) that transporting providers are listed accurately. Our team wants to ensure that campers are being dropped off and picked up by safe and trusted adults.

Drop off: Campers can be dropped off at camp on Friday, June 21st between 3:00 and 4:00 PM.

Pick Up: Campers need to be picked up between 9:30 and 10:00 AM on Sunday June 23rd.

When dropping off your camper we welcome you to help your camper drop their belongings off at their cabin and get settled. This will give an opportunity to share any unique needs of campers with our counselors and help your camper feel settled and safe. Once campers have gotten settled we ask that transporting providers leave in order to prevent any lingering feelings of home sickness and worry and let our campers start their fun weekend with their siblings.



29551 Suttle Lake Road  
Sisters, OR 97759

# A DAY At CAMP

Please note that times are approximate as we work with our host site for meal and activity times. If your campers is someone who does best with a predetermined and accurate schedule please reach out and we will try to provide a more detailed schedule a few days prior to camp.

**7:00-7:30** Rise and Shine...get ready for a great day!

**8:00-8:40** Breakfast in the dining hall

Campers and counselors will remain in the dining hall after breakfast for announcements and activity discussions. Make sure you have everything you need for morning activities. Check with your cabin counselor if you are unsure.

**8:45-11:45** Morning activities



**12:00 – 12:30** Lunch

**12:45-1:45** Everyone will return to their cabins for a rest period. Rest period is a great time to relax! We call this feet off the floor! Campers should be in their bunks doing a quite activity or napping if they would like.

**2:00 – 5:00** Afternoon activities

**5:30-6:30** Dinner in the dining hall

After dinner, announcements and evening activities will be discussed.

**6:45** Evening Activities

**9:00 – 10:15** Return to cabin, prepare for bed

**10:00** Lights out!!





# ADDITIONAL CAMP POLICIES

Camp is meant to be fun! A safe environment is essential and can only be accomplished if steps are taken to prevent accidents or tough challenges. Campers are expected to be aware of the following policies and to obey them at all times to assure a safe and fun camp experience for everyone!

## For your safety:

- Shoes are required at all times when out-of-doors. Flip-flops or slippers are recommended for the cabin.
- Water activities, including canoeing and swimming are off limits to campers unless supervised by a lifeguard. All campers will wear a water-safety vest when participating in canoeing and are available based on ability for swimming. For campers swimming, a swimming test will be given. Campers should be extra careful when walking along bodies of water.
- The fire extinguishers are for emergency use only; please do not touch them.
- Campers are not permitted to move around the campgrounds unaccompanied. **Kindred Matters operates by the rule of 3.** There will always be at least 3 people in a group. 1 Counselor and 2 Campers or 2 Counselors and 1 Camper.
- Follow the counselor leaders when crossing any streets to travel to an activity.

## Meals/Dining Hall:

- Be on time for all meals.
- Announcements follow every meal and will not begin until everyone is quiet and paying attention.
- Everyone helps with table clean up.
- Campers may not be in the kitchen area.

## Cabins:

- Campers may not go into cabins other than their own for any reason unless invited and approved by camp staff.
- Everyone helps with cabin clean-ups!
- Campers are expected to wear sleepwear to bed.
- Should a trip to the infirmary or bathroom at night be necessary, counselors must accompany campers.

## ZERO TOLERANCE RULES

Graffiti is not allowed under any circumstance.

Weapons of any kind (including small pen knives) are prohibited

The use or possession of tobacco, alcohol or other drugs is prohibited

Theft or vandalism is prohibited

Campers must stay within the area designated for camp

Hands are for high fives, thumbs up and friendly hugs, not for hitting or any kind of violence

Abusive language or name calling are not permitted

10:00 curfew is strictly enforced

**Respect for campers, counselors, personal property and the camp facility and equipment is expected**



## NEW FAMILY AND FRIENDS

Kindred Matters Sibling Camp provides a haven to reconnect with siblings. Campers also have the wonderful opportunity to meet new friends. Campers, who share life experiences whether spoken or unspoken, feel stronger and gain more trust among each other. Counselors support the campers in the spirit of unconditional love and acceptance. Kindred Matters gives the siblings the opportunity to create lifelong memories together and inspires them to believe in a happy transition to becoming a successful adults together. Above all, siblings will celebrate a renewed and refreshing connection to each other.

Kindred Matters Sibling Camp is not a place to meet a new romantic partner. Romance, including flirting, indiscreet hand-holding, and intimacy is not permitted.

## INCLUSION

Kindred Matters believes in the dignity and the intrinsic worth of every human being. We welcome, affirm, and support young people and adults of all abilities and disabilities, experiences, races, ethnicities, socio-economic backgrounds, sexual orientations, gender identities and expressions, religion and non-religion, citizenship and immigration status, and any other category people use to define themselves or others. We strive to create safe and inclusive environments that celebrate diversity and foster positive relationships. All are welcome at Kindred Matters.

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### SPECIAL EMPHASIS

Kindred Matters honors the sibling bond. Siblings will be required to share most activities together.

### SPECIAL UNDERSTANDING

We anticipate, and expect, that sibling rivalry may occur. In these instances, we give benefit of the doubt for quick remedy. Our signature Sibling Enhancement Program allows for the individual campers, and sibling groups, to conquer their disconnect and rejoin the other campers as siblings.

## COMMONLY ASKED QUESTIONS



### **May I call while our camper is at camp?**

We recognize that you may be anxious to learn how your camper is doing at camp. However, it can be difficult to pull youth out of programming and away from their siblings. In the event of an emergency, we will make every effort for connection.

### **If my camper does not want to participate in an activity, do they have to?**

Kindred Matters offers and encourages participation in many different kinds of activities. Counselor interaction along with positive support from siblings oftentimes lead to the confidence to try something new and usually results in wanting to do it again! We will never force participation.

### **Who are the Kindred Matters camp counselors?**

Our volunteer counselors are a mosaic of unselfish, compassionate individuals who willingly jump in with our campers for a weekend of sibling connection. Our site hosts have been passionately involved in the camping business for many years. They welcome the Kindred Matters family with open arms and we work alongside each other to celebrate the sibling bonds. The camp site staff oversees the actual facility activities which may include canoeing, swimming, archery, and more. The Kindred Matters volunteers oversee all other programming and events.

We all experience a roller coaster of emotions with unconditional love and mutual understanding undoubtedly providing lifetime memories for the campers and the counselors. While we welcome counselors in training who are in high school, generally we are between 21 and 70, full of sincere thoughtfulness, positive energy, insightful wisdom, open acceptance, and unending flexibility to even try new things ourselves. We are former youth in care, resource parents, adoptive parents, social workers, court appointed special advocates, teachers, engineers, construction workers, doctors, nurses, computer specialists, university students - even siblings, family members and spouses volunteer together. We become one big, truly happy, family who all believe in the significance of siblings and giving our campers childhood memories together to last a lifetime. All volunteer counselors are interviewed, references checked, background checks carried out and all are trained for the Kindred Matters summer camp programs.

### **My camper is nervous about going to Camp. What can I tell them?**

Share that they are not the only nervous person going to camp. Their siblings will be there for support and other campers who share the same experiences as them will become new friends. If your camper has specific questions, please reach out. We would love to help ease their nerves prior to arrival.

### **What if my camper cannot swim?**

Camper swimming ability is assessed prior to the first water activity. Life jackets are mandatory while boating and available for swimming. Lifeguards and counselors are around, and participating in, all water activities.

## FINAL ENROLLMENT

A final enrollment form will be sent following upon acceptance to camp and need to be completed at least 2 weeks prior to camp. The information included in the application and on all required forms are all absolutely necessary for your camper to participate in the Kindred Matters Sibling Camp June 2024 summer session.

### What Campers Can Expect

- to make new friends
- to be with their sibling(s)
- to learn new skills
- to get a few mosquito bites
- to be themselves
- to get dirty and maybe a little wet
- to learn new things about themselves
- to eat camp food
- to help others
- to sometimes feel exhausted
- to sleep in a bunk bed
- to try new things
- to succeed
- to laugh
- to make choices
- to enjoy themselves
- to feel good about themselves
- to sing at a campfire
- to appreciate nature
- to be appreciated for who they are
- to cry
- to feel strong
- to work together
- to feel proud
- to meet caring people
- to experience exciting new adventures
- to get to know their sibling(s) better and better
- to meet new friends who share similar life circumstances
- to create lifelong memories with their sibling(s)
- to feel affirmed for who they are
- to HAVE FUN!

be  
you

you!  
Got  
This!



## **Your Kindred Matters Contacts**

**Tia Nordstrand: Kindred Matters Executive Director**

tia@kindredmatters.org

458-488-9356

**Stacey Nash: Sibling Camp Registrar**

kindredmatterssiblingcamp@gmail.com

(971) 600-5567

**CHECK OUT OUR WEBSITE AT: <https://kindredmatters.org>**