



CAMP FOWLER

a guide for cabin counselors



W E L C O M E

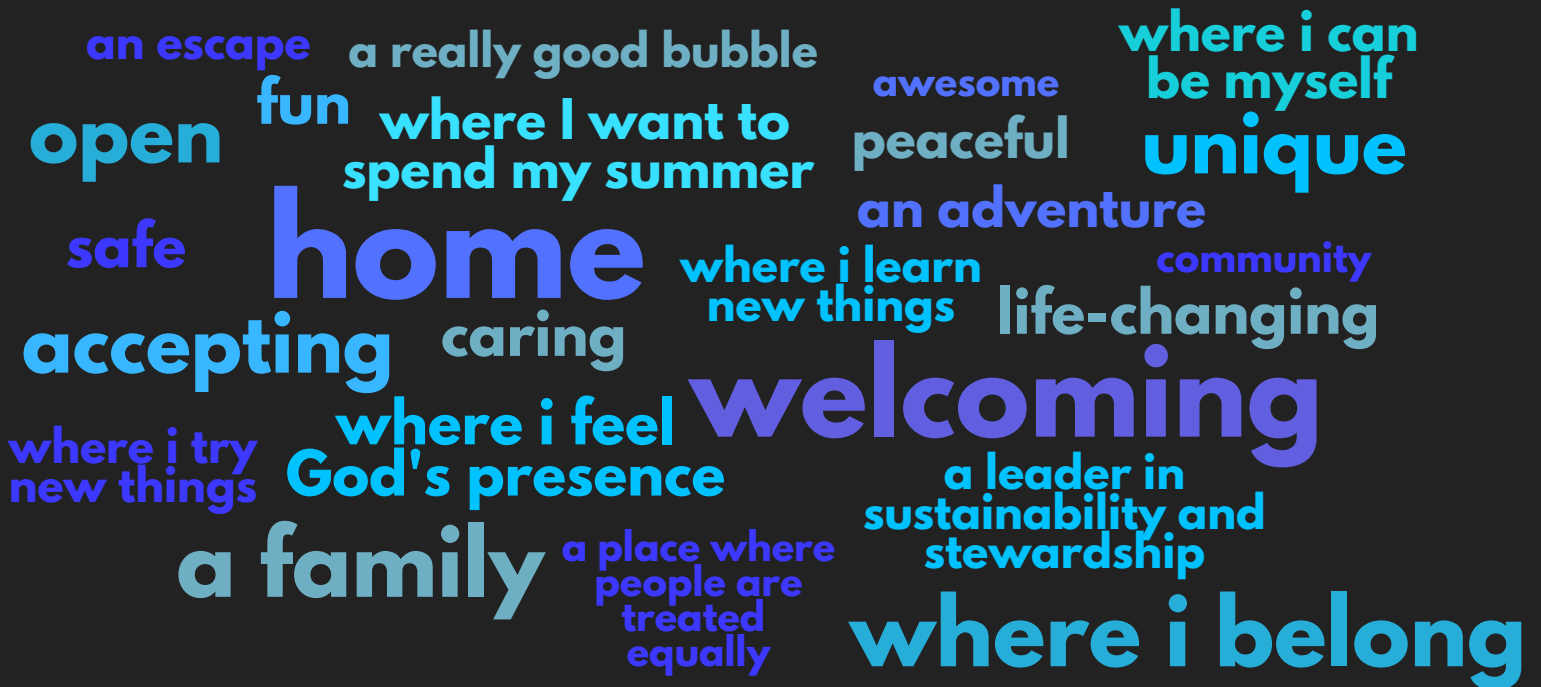
We are so glad you're here. Since our very first week of Camp in 1954, Fowler has relied on the wisdom, enthusiasm, and love of volunteers to provide all children with a safe place to explore the world and experience love. You are now part of this "cloud of witnesses," this community of saints, this Body of Christ.

It is with deep gratitude that we welcome you into this funny little community we call Camp Fowler.

Are you ready?

According to
our community,

fowler is...



Camp Fowler has been playing with the idea of Summer Camp since 1954. Though our programs and model have shifted and morphed since then, we have stayed true to our core philosophy of hospitality. We combine the skills and passion of volunteers, staff, clergy, and non-profit organizations to help more children experience the wonder of camp.

We are guided by three core values that we strive to make visible in everything we do:

community

To understand the Christian faith and what it means to be in the body of Christ, we must have solid examples of what community looks and feels like. We witness the image of God in one another through fellowship and interdependence.

simplicity

In an age of ever increasing speed and technology, opportunities to "be still and know that I am God" will become even more important. We strive to provide space for children and adults to be wholly present, with body, soul and mind.

caring for the world

Our response to God's presence is always one of thanks and care: for the people who stand beside us and for the world in which we live. Together, we are learning to love outside of ourselves, which we believe will make the world a better place.

by the numbers

800

campers served
each summer

8

weeks of camp
offered each
summer

25%

of our campers
come from low
SES families

150

volunteers
support our
ministry each
summer

5

year
round
staff

25

seasonal
staff

5

winterized
buildings to host
retreats, weddings,
and more all year
long

15

non-profit organizations that we partner with to provide opportunities for more children and young adults to come to camp. These include: the RCA, PCUSA, UCC, The Lower East Side Girl's Club, Perfect Ten of Hudson, Community Hospice, Al-Hidaya Mosque, Parque Camp, Adirondack Wild, Hope College, Skidmore College, Anderson University, and more

20%

of our campers
are racial
minorities

snapshot:

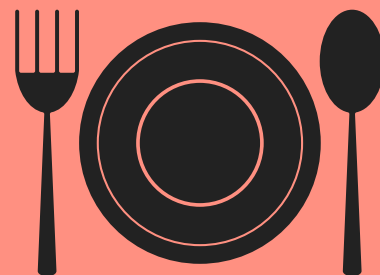
What it looks like to be a cabin counselor at Camp Fowler



Your basic responsibility is to care for the physical, mental, emotional, and spiritual health of 5-8 children or adolescents for one week, in conjunction with our paid summer staff.



You will stay in a cabin with your group of campers all week. Our cabins sleep up to 10 people in bunk beds and each have a half bathroom with access to a shared Shower House. You will typically be the only adult in your cabin.



You get to eat 3 meals a day for 5 days straight with your group of campers. This might be more uninterrupted time with an adult than they get all year. Meals are a great time for you to engage in meaningful conversation with your campers.



Each day, campers head out in small groups for their "sessions." Sessions might be anything from a day long canoe trip to an intensive arts session. While you are not responsible for leading sessions, you will accompany campers on sessions to support the staff leading them.



Most children only get 7 minutes of intentional time a day with adults. Your week as a cabin counselor presents you with the opportunity to really get to know a small group of young people. You have the power to use that time to impact their life in a positive and lasting way.



You will walk--a lot (maybe 4 miles a day)! One of your responsibilities is to go where the Campers go, which is everywhere! We'll be upfront with you: your week as a cabin counselor will be tiring, but it will also be rewarding and refreshing in a really unique and special way.

sample schedule

of your week as a cabin counselor

We'll say up front that no two weeks are the same. However, the general flow of a week of Camp is relatively similar week to week. Please view this as tentative and subject to change. We stay flexible and open here at Camp Fowler; changing things up is one of our favorite things to do!

sun.

10:30 | Optional Worship & Brunch
1:00 | Volunteer Meeting
2:00 | Camper Registration
4:00 | All Camp Games
4:45 | Camp Tour & Orientation

5:30 | Dinner
6:15 | Volunteer Meeting
7:15 | Campfire
8:00 | Vespers
8:30 | Back to Cabins OR Campfire
9:30ish | Lights Out

mon. - thurs.

6:00-8:00 | Cabin Counselor's may shower
7:15 | Polar Bearing (optional)
8:15 | Morning Watch
8:30 | Breakfast
9:15 | Cabin Clean Up
10:00 | Discovery Time OR Sessions
11:15 | Sessions for all Groups
12:30 | Lunch
1:15 | Sessions Continue

4:00 | Flex Time
5:30 | Dinner
6:15 | Volunteer Meeting
7:30 | Evening Program OR
 Discovery Time
8:30 | Vespers
9:00 | Back to cabins (younger) OR
 Campfire (older)
10:00ish | Lights Out

fri.

6:00-8:00 | Cabin Counselor's may shower
7:15 | Polar Bearing (optional)
8:15 | Morning Watch
8:30 | Breakfast
9:15 | Cabin Clean Up

10:00 | Discovery Time Wrap Up
10:30 | All Camp Activity
12:30 | Lunch
1:15 | Pack up and Debrief with Staff
4:00 | All Camp Celebration
5:00 | Hotdog Cookout and Depart

packing list

clothes:

- Rain Jacket
- Warm sweater or jacket
- Bathing suit (one piece please)
- Comfortable clothing that is appropriate for active days
- One set of clothes that can get dirty
- Hat
- Sunglasses
- Nice outfit for Worship

shoes:

- At least 2 pairs in case one gets wet
- Sneakers or shoes that tie
- Shoes that can get wet
(crocs, tevas, chacos, keens, etc.)

please avoid bringing:

Fans - Each cabin is equipped with an overhead ceiling fan and we believe there is value in falling asleep listening to natural nighttime sounds

Electronics - We are a screen free camp. Please avoid bringing tablets, computers, E-Readers, smart watches, etc. You may bring your phone for emergencies and keep it in your car

misc:

- Bible
- Toiletries
- Beach Towel
- Bath Towel
- Shoes for the Shower
- Camera (optional)
- Sunscreen
- Bug Spray
- Watch
- Flashlight
- Backpack
- Sleeping Bag
- Fitted Twin Sheet
- Pillow

staff and volunteer conduct standards

adapted from the American Camp Association*

Fowler Camp and Retreat Center is committed to ensuring all campers are treated with respect and care for their physical, emotional, and spiritual safety. At all times, the Staff and Volunteers of Fowler Camp and Retreat Center are expected to respect and protect the boundaries and rights of all campers. Any violation of the guidelines set forth in this policy will result in disciplinary action, including the possible termination of your employment at Camp Fowler. Fowler will cooperate with appropriate legal authorities and will pursue prosecution of any Staff Member or Volunteer who engages in any illegal activity with any camper or adult under Fowler's care.

Guidelines for Staff Behavior

Staff and Volunteers will...

- Serve as positive role models for all campers
- Prioritize the safety (physical, emotional, and spiritual) of all campers
- Wear clothing that is appropriate to public interaction with children
- Set limits with children who "cling" or hang on them
- Set boundaries with campers who may develop "infatuations" with them
- Avoid using sexually explicit language, making suggestive comments, swearing, or demeaning others in front of Campers
- Shower only in buildings where Campers are not showering
- Sit on and sleep only in their own bed and not allow any campers to sit on their bed.
- Obtain explicit consent from camper's legal parent or guardian before contacting them via phone, email, or social media

Staff and Volunteers will not...

- Look to campers for emotional support
- Call campers derogatory names
- Haze campers in any way
- Be alone with a camper in any place where they cannot be seen by another adult
- Share their romantic lives with campers under any circumstances
- Enter cabins other than their own without explicit permission from the cabin's counselor or in the case of an emergency
- Tickle or tease campers
- Force a relationship with a camper
- Become overly involved in the conversations campers have about romantic relationships
- Unduly influence campers with their own personal beliefs
- Engage in horseplay or overly competitive activities with campers

Guidelines for Discipline of Children

- Staff and Volunteers will not, under any circumstances, hit or cause intentional physical harm to a child
- Staff and Volunteers will not use abusive or derogatory language with campers
- Staff and Volunteers should use appropriate caution if they need to restrain a camper
- Staff and Volunteers are to ask for help from other Staff and/or supervisory Staff if they are unable to provide appropriate disciplinary measures as outlined in this section

Guidelines for Camper-Adult Contact

The following guidelines should be followed when touching campers:

- Never touch a camper against their will (unless in the case of clear and present danger to the child)
- Never touch a camper if they demonstrate discomfort, either verbal or non-verbal
- Only give Sideways Hugs to Campers
- Only touch a child in the presence of other adults
- Never engage in sexual activity of any kind with a Camper
- Never touch a place on a child's body that is normally covered by a bathing suit, unless for a clear medical necessity, and then only with supervision from another adult
- The best places provide physical contact to a child are on the hand, shoulder, or upper back.

Staff and Volunteers must understand that there is a clear power difference between themselves and all campers, regardless of age. Inappropriate sexual contact with or physical abuse of a camper can have severe emotional and psychological effects on that camper that can last a lifetime.

Mandatory Reporting

Fowler Camp and Retreat Center is a mandatory reporter of any abuse, observed, proven, or suspected, toward any child under the care of the Camp. Please report any abuse or suspicions of abuse to the Supervisory Staff.

Guidelines for Interactions with Other Adults

- Watch for signs of stress in yourself and in your fellow Staff and Volunteers
- Step in when other Staff or Volunteers appear to be at risk of hurting or abusing campers
- Model appropriate adult-to-adult reactions that are free of derogatory comments, inappropriate language, or flirting
- Interacting with campers should take priority over engaging with other adults.
- Remember that campers watch everything you do and they are influenced by their observations.

By adhering to these standards, Staff and Volunteers at Camp Fowler are able to ensure that a safe and healthy environment is available for all campers, allowing the focus of our attention to be directed toward their individual needs.

camper covenant

Week: _____ Cabin: _____ Counselor: _____

I agree to follow these rules in order to make sure that everyone, including myself, has a safe and fun week at Camp Fowler.

I understand and I will follow the Fowler Safety Plan (French Louie Drill) in the event of an emergency.

I agree to leave my cell phone, tablet, E-Reader, smart watch, computer, and/or iPod at home. I will turn it into a Staff Member today if I have it here.

I agree to take care of the trees, rocks, and the natural world around me. I will not pick or destroy living things.

I will not swim if the Beach is not open and/or a lifeguard is not present.

I will take care of my cabin so that others may enjoy it after me. I will participate in daily cabin clean ups. I will not graffiti the building or raid other cabins.

I know where the hazards around Camp are: the rocks along the water, the beach, and the boundaries of where I am allowed to go. I will avoid these things to stay safe.

I understand the Buddy System and I will use it any time I am swimming or traveling around Camp.

I will wear shoes everywhere except in the Cabins, the Chapel, and on the Beach.

I will report any broken equipment to a Staff or a Cabin Counselor immediately.

I am familiar with the camp layout. If I get lost, I will stay where I am and wait for a Staff Member to find me.

I agree to stay on Camp property unless I get the Director's approval to leave.

I will participate in all planned activities to the best of my ability.

I understand that smoking, alcohol, and drugs are not allowed at Camp Fowler and I know all medications must be with the Nurse.

I understand that campfires may only be built in designated areas and they must be supervised by a Fowler Staff Member.

I agree not to hurt people physically or verbally if I am having a problem. If I have an issue, I will talk to the Director, the Assistant Director, or the Nurse.

from the outside in

helping you navigate some Camp Fowler Insider Language

ORT

"Ort" is the the name we've given to any leftover food on your plate at the end of a meal. After every meal, we compile all the leftover food into buckets, and it gets weighed and shared with the camp as part of our "Ort Report." We compost all leftover food (except meat, eggs, and dairy) and turn it into soil for our garden.

Two important things to note: (1) Having ort should not be something that campers are shamed for. We do the Ort Report to help campers think about food waste and consider starting with a small portion before asking for more, and (2) Food that is left on the serving platters is not counted as Ort.

POLAR BEARING

Polar Bearing is the name of the beloved tradition of jumping into the lake in the morning before breakfast. It is offered every morning at 7:15 as long as it is not thundering (yes, we'll do it in the rain). It involves dancing in a circle and chanting a song, running in to the lake, playing a quick game, and singing another song. The whole thing lasts about 10 minutes. Campers, volunteers, and staff who go Polar Bearing every morning during their week of Camp (M-F), will receive a certificate and a patch during our closing celebration. Polar Bearing is always optional.

SESSIONS

Sessions refer to the activities that campers sign up to do during the day at Fowler. We intentionally engage campers in an intensive experience rather than jump around from activity to activity every hour so they can really be present where they are. Staff will lead the sessions, but cabin counselors can be really helpful in providing support and adult supervision.

KISS THE MOOSE

We have a moose named Bullwinkle that has been hanging on the wall of our Dining Hall even before we had Fenimore Hall. Legend has it that Bullwinkle delivers mail to the campers every day. It's a tradition for campers who receive three letters or a package over the course of a week to give Bullwinkle a kiss on Friday to thank him. It's always optional and campers who don't get mail can also give him a kiss. It's a funny tradition--it wouldn't be Camp without it!

AFTER-MEAL-SONGS

After each meal, a couple of staff will stand on a bench in the dining hall and lead everyone in singing an after meal song. This activity has two purposes: (1) to serve as a "deinhibitizor," allowing kids to be silly and to help them engage with one another, and (2) to give the staff and other adults clear the tables. If you want to help us do that, that'd be great!

OUTCAMP

You might hear people talking about "Outcamp" or our "Wilderness Program." This is what we call our expedition based wilderness trips that we offer each week of the summer. Two of our Wilderness Staff take small groups of campers out on the trail for week long backpacking and canoe trips. They leave Monday morning and return Friday. You'll see them at the Celebration on Friday afternoon. These trips are a great option for campers looking for something a little different.

MORNING WATCH

Morning Watch is what we call our Morning Worship Time. We try to start and end every day together in worship. We'll have Morning Watch in the Outdoor Chapel every morning at 8:15am as the first official activity on our schedule. We will sing a few songs and have an introduction to the day's theme from our Chaplain. Then we'll line up at Fenimore Hall for breakfast!

JUMPING

For each meal, we have one cabin come in early to eat ahead of everyone else, set the tables, serve food during the meal, and help clear the tables after the meal. They are called our "Jumpers." There is a schedule of who is jumping hanging in the Dining Hall. When your cabin is jumping, you should arrive 30 minutes before the scheduled meal. The Kitchen Staff will guide you in setting the tables and serving the meal. You should prepare a grace to say for everyone before we eat.

SWIMS

SWiM stands for "Students Working in Ministry." That is what we call our high school students who serve as student helpers for some our weeks for younger campers. SWiMs go through a training program prior to volunteering to equip them with some of the skills necessary to help out the cabin counselors in the cabin and help the staff on sessions. However, they are not adults and may need to be coached in order to be helpful. SWiMs are a really helpful resource and can assist with everything from consoling homesick campers to taking kids to the nurse to a number of other things.

FLEX TIME

Flex Time refers to really the only unrestricted free time that campers get. It happens in the hour and a half before dinner every day. Flex Time is when the beach is open for free swim and when campers may shower. Basically, they can go wherever they want within the boundaries of the property as long as they have a buddy and an adult is present.

Flex Time is also a time of day when we really rely on the support of volunteers to make sure all campers are accounted for. You will sign up to be present in a certain area of camp to make sure all areas are covered by an adult. It is very helpful if you make sure you are there on time and that you make your presence known so the campers know where you are in case of a problem.

a guide to mealtimes

At Camp Fowler, meals are sacred. Our philosophy of hospitality, community, simplicity, and caring for the world are perhaps most evident in our meals. We practice hospitality by making space for anyone who happens to be at Camp while we are eating--there's always enough. We practice community by eating together and passing food around the table. We practice simplicity by serving good, whole food without a lot of hoopla and fanfare. And we practice caring for the world by sourcing our food as locally as possible and composting the majority of our food waste.

At Camp Fowler, our food is an extension of our theology.

Here are some things that are helpful to know about meal times at Fowler:

jumpers

Jumpers allow the process of eating to be less chaotic. They arrive early to help set all the tables and then they eat before everyone else. This allows them to serve food during meals. In the middle of a meal, if your table needs something, someone should raise their hand and a jumper will come over to ask what you need. They will take your dish and bring you back what you ask for. It is helpful if you can provide them with a quantity (i.e. we need 4 pancakes, please!) to ensure we aren't wasteful.

trivia

We do trivia before every meal to help prevent a mad rush into the Dining Hall. Campers will line up in a straight line off the porch and raise their hands to answer the questions asked by the Staff. When they are called on and answer a question correctly, your whole cabin may go inside. If the meal is being served buffet style, you should wait with your campers until they answer their question. If it is being served family style, you may go in to grab a table for your cabin.

thank you for this food

We say a grace collectively as a community before we eat. This act of gratitude is important to us as we strive to remember where our food comes from and how it got on the plate in front of us. Please help us by making sure that the campers do not start eating until after the grace. If the meal is buffet style, the grace will be said outside. If it is served family style, the grace will be said once everyone is seated. Jumpers typically lead the grace.

there's enough to go around

One of the ways our philosophy shows up at meal times is in our belief that if everyone takes a fair share, there will be enough to go around. We know that children often come from competitive environments where food is scarce. Part of what we want to show them at Fowler is that if they take just enough, there will be enough for everyone to have some. You can help enforce this perspective by making sure all dishes go all the way around the table before you ask for more.

no thank you helpings

Camp is a great place to try new things, and that includes new food! We do not offer "alternatives" if campers think they don't like what is being served. There will always be a breakfast bar with fruit and yogurt in the mornings and most lunches and dinners will also have a salad bar available. We urge campers to take a "no thank you helping" if they think they might not like what is being served. They might find they actually like something they thought they wouldn't.

one at a time

In order to prevent long lines and chaos, we ask that only one person per table go up to the Breakfast/Salad bar or up to get seconds from the buffet at a time. You, as the cabin counselor, will likely have to control this. Campers will often compete for who gets to go up first. Make sure that they have eaten everything on their plate before going up to the Buffet for seconds.

start with a little bit

We try to help campers be mindful about their food: where it comes from, who prepared it, how it tastes, what happens to it when they don't finish it. One of the ways we suggest doing this is by starting with a little bit, with the understanding that you can always ask for more. This prevents the "eyes are bigger than the stomach" phenomenon and results in less waste. You, as cabin counselors, can be helpful by making gentle suggestions that your campers start with a small portion.

clearing the table

Jumpers, staff, and cabin counselors should be the only people clearing tables. In order to make it easier on the people clearing, each table should stack and sort their dishes and leftover food. Plates should be in one stack, cups should be in stacks of 5, silverware should be all together on a plate, and any leftover food should be sorted on different plates to be composted or thrown away. Food that remains in the serving dishes should stay there and not be sorted with the compost. All the dishes can be stacked at the end of the table for those clearing to pick up.

after meal songs

Staff will always lead an after meal song once it starts to feel like most people are done eating. This gets everyone up on their feet and away from the tables so staff can finish clearing them. If you are willing to help staff clear tables while the campers are singing that would be very helpful. After meal songs also serve the purpose of allowing kids to be silly and uninhibited for a moment.

oo ahh ort report

After all the tables are cleared, we will do our Ort Report. There's a little song that we always sing to announce it's about to happen. Staff will share how much food we collectively had leftover and encourage the community to try to get less ort for the next meal. To reiterate, ort should not be something that causes campers to be shamed, but rather a teaching tool about food mindfulness.

after meal meds & dismissal

After the ort report, campers should remain seated until they are dismissed. Often, there will be campers who need to take their meds at the health center after a meal. A staff member will read the list of campers who needs to do so and dismiss them to go to the health center. Then the other campers will be released by cabin. Please help make sure campers remain seated until they are dismissed.

sessions

what they are and how to be helpful

Sessions are 3-6 hour intensive activities that campers sign up to do. Each session is led by at least one staff member with the support of at least one cabin counselor. The activities are intentionally intensive to allow campers to be fully present in one place with one group of people rather than jumping from one activity to the next all day. All our sessions are educational in some way.

some tips for cabin counselors:

be prepared

Make sure you are prepared for whatever session you are helping out with. Is there special footwear that you need? Should you bring a backpack? Sunscreen? Ask the staff member leading the trip if you're not sure.

be helpful

Staff can always use your help, but sometimes you might need to ask how you can be helpful. Offer to carry part of the lunch, talk to the camper who is on the fringes, take a camper to the nurse. If you ask how you can help, Staff will tell you!

be flexible

It's very helpful to us if you are flexible and willing to help out wherever we need you. We typically ask cabin counselors where they are willing to help out because we don't want to put you in a canoe if you're afraid of water. BUT, it goes a long way if you are willing to help wherever we need you!

be cheerful

You will probably have to help with at least one session that you're not crazy about. Try to fake it! It will make the experience better for the campers.

be a servant

These sessions are not about you--they're about the campers. If you can remember that, you will have a more positive experience!

some of the sessions that we offer*

Adirondack
Chair Building

Tag
Games

Canoe Trips
(rivers and
lakes)

Short, flat
Hikes

Long, flat
hikes

Short, steep
hikes

Sailing

Stand Up
Paddleboarding

Low Ropes
Challenge
Courses

Kayak Trips
(rivers and
lakes)

Orienteering in
the Bog

Screen-
printing

Working in
the Garden

Long, steep
hikes

Learning about
Trees and
Plants

Artist
Hikes

clean cabin checklist

Everyday, every cabin should spend about 30 minutes cleaning their cabin. This is both required by the Health Department and a good lesson about living in community: when you are sharing a space with others, it is important you are respectful of that shared space. The following checklist should be done daily during Cabin Cleanup. The Nurse does cabin inspections daily to award the "Clean Cabin Award" to the cleanest cabin of the day in each cabin area.

- Clear Emergency Exit of all obstacles. This includes suitcases, clothing, chairs, or anything else
- Throw away/store all food/wrappers in Fenimore Hall
- Align pillows in the proper direction as advised by the Nurse
- Sweep the floor, including in the bathroom
- Tidy the bathroom
- Make/Tidy all beds
- Make sure nothing is hanging from the rafters
- Tidy all shoes and make sure bench area is neat
- Make sure all suitcases are neat and stored in the appropriate place (i.e. not at the bottom of the ladders of bunks, under the bed when possible)
- Make sure the clothesline outside the cabin is neat
- Turn the fan and lights off
- Sweep the porch
- Pick up the trash outside your cabin

discipline tips

Discipline issues arise as a result of something. Your role as a cabin counselor is to do your best to try to understand where the issue is coming from and address that underlying need. All discipline issues should be handled with the utmost care; compassion toward the camper is the primary goal. Please consult any of our Staff for assistance if you feel unable to handle a discipline issue with a camper.

level i

used in response to the first time an issue arises or to minor issues

- Give affirmation for positive behavior
- Use appropriate touch when disciplining
- Kneel down to make eye contact with the Camper when disciplining
- Give choices--ex). you can make your bed alone or I can help you
- Make an agreement--ex). if you do this for me, I will do that for you
- Reassure--ex). I bet you can sweep the cabin really fast!
- State your expectation and detach when the camper resists

level ii

for repeated behavior of minor or mid-level issues

- Take the camper aside and ask them why they are acting that way
- Allow consequences for failure (when campers are testing limits, not when safety is an issue)
- Speak with entire group
- Generalize--ex). sometimes when i'm hungry, it's hard for me to listen
- Challenge--ex). I challenge you to clean that up in 3 minutes
- Use cool off periods
- Ask a camper to come sit near you for a while
- Give pointers about how to behave appropriately

level iii

used for repetitive behavior and campers who are not responding to discipline efforts

- Bring the camper to the Assistant Director or Director
- Put together a clear contract with the camper about what is expected of them. Be specific about expected behaviors, understanding their needs, potential consequences and rewards, time frames, and a signature from both you and the camper
- Have the camper call his or her parent with the permission of the Director
- Most level iii disciplinary actions should be done only in consultation of the Assistant Director or Director.

level iv

only after careful consideration of circumstances and multiple failed efforts at discipline

- The camper goes home. This decision can only be made by the Director.

A common mistake is getting into a power struggle with the camper. An analogy is a tug of war. If the child starts to pull the "rope" by acting out, the best reaction you can have is to "let go of the rope" and not grow angrier and more frustrated.

questions to ask campers

**"WHAT ARE YOU MOST
LOOKING FORWARD
TO THIS WEEK AND
WHY?"**

**"WHAT'S SOMETHING
NEW THAT YOU
LEARNED OR SAW
TODAY?"**

**"WHAT WAS THE
MOST CHALLENGING/
EXCITING PART OF
YOUR SESSION?"**

**"WHAT HAVE YOU
ENJOYED ABOUT OR
LEARNED IN
DISCOVERY TIME THIS
WEEK?"**

**"WHAT ARE SOME
QUESTIONS YOU HAVE
ABOUT WHAT YOU ARE
HEARING IN
DISCOVERY TIME?"**

**"HOW IS CAMP
DIFFERENT THAN HOME
OR SCHOOL?"**

**"WHAT'S SOMETHING
FUNNY THAT YOU
HEARD OR SAW THIS
WEEK?"**

**"WHICH AFTER MEAL
SONG BEST
DESCRIBES YOUR
PERSONALITY?"**

**"WHAT LESSONS OR
PRACTICES FROM THIS
WEEK MIGHT YOU
WANT TO BRING HOME
WITH YOU?"**

wisdom from former cabin counselors

"bring a book to read to your campers before they go to sleep, no matter what age they are!"

"pack some newspaper for wet shoes!"

"it's not about you, it's about the campers"

"get to know not just the campers in your cabin, but all the other campers around you, especially during free time and sessions"

"be prepared to be challenged, but also to be changed for the better."

"work with the Fowler Staff as much and as often as you can"

"there are times to control the flow and be the adult and times to 'let kids be kids.'"

"know that there is a lot of support for any problems that come up"

"this is the best community you will ever be a part of. it is not without challenges, but it abounds in grace, wonder, and love."

"walk with the campers as they experience everything and encourage their curiosity. be present, it goes fast."

"you can solve a simple problem before it becomes a bad experience."

"campers have a radar for discerning whether you are 'all in' or not, so give it your all"

"learn from the campers just as much as they learn from you"

"go in with an open mind and a full heart. these campers will give you hope that the future of our world is in good hands."

"the first year of volunteering is like drinking from a firehose: be prepared to feel clueless. but you'll catch on. ask for help when you need it."

"show up really well rested--you will leave tired, in the best way."

"bring extra batteries, flashlights, towels, and socks."

"be flexible"

"talk to the campers and really listen. they don't get that enough."

"challenge yourself to meet 2 new campers every day."

"don't be afraid if your cabin isn't 'bonding' right away. they will! it just takes time"