



Camper Handbook
2011

Your guidebook
to a super summer!

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## Camp Terminology

- **FPC-** Friendly Pines Camp
- **NPC-** No Personal Contact- A term which means you are not respecting someone's personal space and you must stop any physical contact and give them more space. Used by counselors towards campers, campers toward one another, and even counselors toward counselors.
- **Council Fire-** Traditional Native-American themed ceremony held once a week for all campers at camp.
- **Friendship Circle-** Following the ending of all camp evening activities, campers cross arms and join hands with those on either side and form a circle- sing the friendship song and say goodnight.
- **Stick Dedication-** This is an important ceremony held the last night of each session. It involves tossing a small stick in the fire and then "dedicating" your stick to the person, place, or event that made your time at camp special and memorable.
- **Quiet Coyote-** The hand symbol used to let all know that they must be quiet and listen to whomever is speaking.
- **H.E.R.O.-** Honoring Everyone, Respecting Ourselves (See Page 9).
- **First Help-** The 10-15 min. period at the beginning of every meal during which everyone is silent while they are being served and enjoying their first helping of food.
- **Head of Table-** The counselor at each table who is in charge of serving the food.
- **Foot of Table-** The counselor at each table who is in charge of serving the drinks.
- **Rover-** A counselor whose job it is to take over other cabins when the head counselor is on his/her day off.
- **CILT-** Camper in Leadership Training- A 15 yr. old returning camper who lives with younger campers and learns the responsibilities involved in being a counselor but is not yet a counselor.
- **CIT-** Counselor in Training- A returning camper who is typically 16 years old and a former CILT. He/she still lives with the younger campers but is still not yet a counselor.
- **Tree Talk-** The explanation, under a large tree near the Western Tack Room, given to all riding classes before being allowed near the horses for the first time.
- **Cowboy Cookout Day-** The one day of the week when the food is cooked and served by the counselors and program staff and everyone eats outside.
- **Placements-** Occur during the first full day of camp to help place each camper at his/her appropriate level.
- **Quiet Place-** Where the entire camp assembles on Sunday to sing songs and learn about the different things that are important to camp such as attitude, respect, etc.



- **Cabin Shield-** The round sign that indicates your cabin name and symbol. It's important for Council Fire.
- **Siesta-** The hour following lunch that is a quiet time in the cabins used for letter writing, reading, and sleeping.
- **Cabin Clean-Up-** The half hour after breakfast and before first activity during which the campers clean and organize their cabin.
- **Hammock Siesta-** A siesta spent outside in the hammocks, awarded to the cleanest cabins each day.
- **Horsengoggle-** The game played at the dining table to determine who wins the extra dessert, should there be one.
- **UV-** Upper Village- The 6 or 7 cabins that house the oldest girls and boys at camp.
- **Cabin Choice-** An evening activity where the cabin group chooses what activity it would like to do for the evening.
- **Meal Card-** Brought to lunch and dinner to indicate that all cabin mates are present and that they have washed their hands; the counselor must have the card before entering into the dining lodge.
- **Night Duty Counselor-** The staff member who sits outside of the cabin after lights-out and makes sure the campers go to bed quietly. He/she stays outside until the head counselor returns for bed.
- **Re-Group-** A time following 2<sup>nd</sup> and 4<sup>th</sup> activity periods when the campers meet up with their cabin mates and counselor before returning to the cabin for free time.
- **Bells-** Used throughout camp to signal different things:
  - ◆ **Big Bell-** Wake up/end of siesta/beginning or end of evening activity/meet at benches.
  - ◆ **Clean Up Bell-** 15 min. prior to meals to remind campers to wash hands and head to dining lodge with cabinmates.
  - ◆ **Activity Gong-** end or beginning of activity.
  - ◆ **Cow Bell-** You may enter the dining lodge and head to your table.
  - ◆ **Dining Lodge Bell-** Used to signify that announcements are about to begin.



## Important Song Lyrics

Here are some songs that we sing at camp. Though we can't give you the tune, you'll catch on quickly. For the time being, it might be helpful to know the words.



### **Friendship Circle - "Day is Done" - (sung at the end of most evenings)**

Day is done, gone the sun  
From the lakes from the hills from the sky  
All is well  
Safely Rest  
God is nigh  
Goodnight - Goodnight

### **"To Friendly Pines" - (sung after Council Fire and Stick Dedication)**

To Friendly Pines  
I give my heart  
Of Friendly Pines  
To be a part  
Forever More, Forever More

When comes the time that we must part  
At Friendly Pines  
I leave my heart  
Forever More, Forever More

Goodnight - Goodnight

### **"Johnny Appleseed" - (a grace sung at the start of some meals)**

Oh the Lord is good to me  
And so I thank the Lord  
For giving me  
The things I need  
The sun and the rain and the apple seed  
Oh the Lord is good to me  
Johnny Appleseed (clap)  
Amen

### **"Morning Has Come" - (a grace sung at the start of some meals)**

Morning has come  
The board is spread  
Thanks be to God  
Who gives us bread  
Praise God for bread

### **"For Health and Strength" - (a grace sung as a round at the start of some meals)**

For health and strength  
And daily bread  
We give thee thanks Oh Lord, Oh Lord  
(repeat twice)

### **"Gracias Senor" - (a grace sung at the start of some meals)**

(One side of Dining Lodge)  
Gracias Senor  
(Other side of Dining Lodge)  
Halleluiah  
(Repeat four times then switch sides and repeat four times)

### **"Superman Grace" - (a grace sung at the start of some meals)**

Thank you Lord for giving us food  
Thank you Lord for giving us food  
For the friends we meet  
And the food we eat  
Thank you Lord for giving us food

## To Keep You Happy, Safe, and Healthy

1. **You have nothing to fear in the forest.** If you're worried about the animals and critters that live in the forest, a forest that will be your home during the summer, let us put your fears to rest. There is nothing to be afraid of. Deer, squirrels, and a few skunks are the only wildlife you will find within our forest, nothing to be afraid of. If you do find any critters small enough to fit in your hand, we do ask that you keep them in the forest and not in the cabin; it's not fair to them or your cabin mates to bring them inside.
2. **Never get out of sight of a red roof.** Getting lost or wandering too far from camp is a common concern and that is why all the buildings at Friendly Pines are covered with a bright red roof. Once you cannot see a red roof anywhere around you, then you have gone too far and it is time to sit down and "hug a tree". Don't worry we will find you. Take a look at the red roofs when you arrive. These are your boundaries and if you stay where you can always see red then you will never have to worry.
3. **The bells will tell you where you're supposed to be and when you're supposed to be there.** Because there are so many things going on during the day and because our camp is not covered in clocks, we use bells. There are 5 different bells around camp and each means a different thing - a topic we will cover when you arrive. The bells tell us when something begins or ends, when it's time to wake up, or when it's time to eat. Bells tell time for us here at camp, so you don't have to worry - simply listen for the bells.
4. **No boys in girls' village. No girls in boys' village.** At Friendly Pines girls are in cabins with girls and boys with boys. In fact, girls and boys each have a separate part of camp all to themselves. There are villages for both and boundaries between the two. No girls in boys' village and vice versa, a rule that is very important here at Friendly Pines to ensure privacy and happiness for everyone.
5. **No candy or soda pop at camp.** Friendly Pines feels as though we provide enough food and snacks throughout the day that there is no place for candy/junk food/pop or outside food of any kind in the cabins. Food attracts animals and animals in the cabin are not fun for anyone. A few weeks without gum and candy does a body good and you don't want all that sugar to slow you down and cause you to miss out on all the fun we have planned. We ask that you leave all your food at home, and we promise we will have plenty here for you to enjoy.
6. **Please wear your nametag.** As soon as you arrive with your parents or step off the bus and meet your counselors, they will hand you a nametag. We wear them everyday, not only because it tells everyone our name but also because we put our schedule of activities on the back. Nametags help everyone to get to know one another and they help you to remember your activities.

## Dress Code

We tell campers that camp is a place to relax. It's a place where style and fashion take a backseat to friendship and honesty. People are judged less by the label on their jeans and more by the content of their character (to borrow a phrase from Martin Luther King). Is it perfect? No. Old habits are sometimes hard to break. But for the most part, you can leave the cabin in the morning and know that "what you have on" will be pretty far down on the list of things your fellow campers are interested in.

We don't ask our campers to wear "uniforms" (some camps do). Most of the time, a pair of shorts, a t-shirt, socks and a pair of sneakers will do just fine. Friendly Pines, however, does require its campers and staff to follow some pretty common sense dress and grooming guidelines. Some of our requirements are for safety's sake. Some are to keep appearance "camp-appropriate". Summer camp is for kids, and we want you to be able to enjoy being a kid for a little bit longer. Soon enough the world will start expecting you to be all adult and sophisticated. So for now, let's keep it real simple. Below is a list of some dress code do's and don't's.

- **Wear shorts that are at least finger-tip length**
- **Sophie shorts are okay as long as you don't roll up the waist band**
- **Only modest one-piece swimsuits. Tankini's are fine. Hope we spelled that correctly.**
- **No sleeveless shirts.**
- **Leave low neckline, sheer, or bare-shoulder shirts at home.**
- **Wear shirts that keep your tummy covered (even when you lift your arms).**
- **We really don't want to see your underwear. Keep your pants up over your waistband.**
- **No drooping shorts or pants.**
- **Leave your expensive clothes safely at home.**
- **No need for heavy make-up, large earrings, extreme hairstyles, or costly jewelry.**

## H.E.R.O.

We think that there is just too much teasing, bullying, gossiping, and just plain old meanness going on in the world. Don't you agree? In a world like that everyone is afraid to say the wrong thing or wear the wrong thing for fear of being made fun of or being picked on. Some of us lie awake at night trying to figure out ways to avoid "being different", when the truth of the matter is...we are different! That's the way it was intended, and it's a good thing. Well, Friendly Pines decided to try to make camp a little bit different - a little friendlier, a little nicer. That's why we developed the H.E.R.O program. It stands for "Honoring Everyone, Respecting Ourselves." Friendly Pines' campers all agree to sign the H.E.R.O. Contract, which is their promise that they will treat others just the way they want to be treated. (You have a sample enclosed in this mailing.) Has it worked? We think it has, though we have more work to do. Bad behavior is a tough thing to get rid of, but we're not giving up. We believe that every camper (every person for that matter) wants to do the right thing. Everyone wants to be friendly and respectful, just as much as they want everyone else to be friendly and respectful. We just need to give everyone some time, some encouragement, and some direction.

So when you come to camp, we'll expect you to try to be a Friendly Pines' Everyday H.E.R.O. We hope it becomes a habit you can't break.



## Some Typical Camper Questions

**What if I miss my family at first?** Most campers really adjust quickly to camp life; others may need a day or so. With so many new things to do, campers simply don't have time to be homesick! Sometimes a camper may feel a bit unsettled at first, especially the first night. We understand that this may happen and work hard to make the first days extra-busy. Once you're involved in your activities, and get to know your cabin mates and staff, our camp world seems so bright and friendly. Lonely feelings seldom last long, but be sure you tell your counselor if it happens. There's nothing at all wrong with missing Mom, Dad, or your pet, but learning to be away from home is one of the first important steps along the road to growing up. Camp's a GREAT place to do it!



**Why can't I use the phone?** Actually there are a couple of reasons. The first is pretty simple. We have three phone lines at Friendly Pines Camp. We have nearly 300 people at camp when you count campers and staff. If everybody used the phone for just two-minutes, that would be eight and a half hours of phone calls everyday. Nobody would have time for horseback riding or waterskiing or lunch, for that matter. They'd spend all of camp waiting in line to use the phone. So that won't work.

The second reason is a bit more complicated, but even more important. Most campers adjust quickly and easily to camp life, but it happens (because we're all different) that some campers need a little more time. Sometimes campers get a little worried and even start missing home. They believe that if they could call home it would make everything better. Now we know this sounds weird, but sometimes calling home is the **worse** thing you can do. Let us explain. You're coming to camp because camp is fun. We can all agree on that. But another reason your folks are sending you to camp is so you can become more independent and confident. These are qualities that are important to becoming adults. For some entering into young adulthood can be a little uncomfortable. After all, it's kind of a big deal. If campers were to call home every time they were missing home, it would take them a long time to get over that feeling and to start enjoying camp. It's a lot like riding a bike with training wheels. If you never took off the training wheels, you'd never really know the joy of riding a bike on your own. You'd ride most of your life tilted to one side while all the other boys and girls your age were riding straight and tall, relying on their own sense of balance. That feeling of missing home will go away quickly. We promise. But the truth of the matter is, growing up is not something someone can do for you. It's an important stage in life that you need to get through on your own and with the help of the camp friends and counselors. Before you know it, you'll be enjoying all the things at camp there are to enjoy. You'll be standing straight and moving fast, and all the while relying on your new-found sense of balance.

**What do I do if I have a problem?** Uncle Bud used to sit the campers down the first night they arrived, and the very first thing he told them was, "Girls and boys, everyone here is here to help you." It's that simple, and it's still true. All of our counselors, the Program Director, the nurses, and the owners of the camp are here to help you. They've been helping campers with their individual questions and concerns for a long time, so they're pretty good at it. Any problem you have, you can bring to them. If something's bothering you, start by telling your counselor. If your counselor can't help, he or she will get you to the person who can. We promise. You can always come by and see Kevin or Bebe. They will always make the time to sit and talk with you to get things figured out. It can be a big deal to go to a new place, but we dare say you've never been to a place outside of your home that is so ready to take care of you.

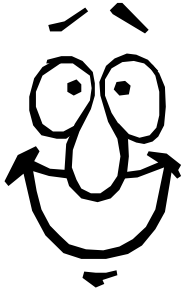
**What if I don't know how to do anything?** Well, first of all, everyone knows how to do something, and we're all very interested to learn all about the things you know and can do. But we know what you mean. Some campers worry that everyone already will know how to shoot an arrow, ride a horse, waterski, bait a hook, and feed a goat. Everyone, that is, except them. The truth is that most campers come to camp not knowing how to do most of the things we do at Friendly Pines, and that's just fine. Camp is not like a baseball or soccer team. You won't be competing to get into Western Riding. Everyone who wants to ride will get to ride, even if you've never even touched a horse before. To make learning even easier, many of our activities are offered at Elementary, Intermediate, and Advanced levels. Some of those activities include: Western Riding, English Riding, Vaulting, Pony Driving, Tennis, Archery, and Swimming. Even Challenge has activities designed for different skill levels. So you never have to worry about "just learning," and, PLEASE, never avoid signing up for a particular activity just because you're new at it. If you're worried about taking an activity, remember, we're here to help you.

**What if I don't know anybody?** You may find that some kids from your school, soccer team, or Scout troop also attend Friendly Pines. Most kids, however, come to camp for the first time not yet knowing anyone at all, but this changes pretty quickly! Plus, our counselors are trained to help campers get to know one another. If you haven't already been, camp is the perfect place to make new friends, because there's so much to share and do. When the summer's over many campers discover that they now have **two** sets of friends - their "school" friends from September to June and their "camp" friends whom they look forward to seeing each summer. Many "first time" campers leave Friendly Pines with **life-long** pals.

**I heard there is a camp store. What can I buy there?** The camp store is set up with things that you might need during the session: stamps, postcards, toiletries, water bottles, cameras, and a variety of FPC clothing. Your counselor takes care of ordering what you need. The incidental fee covers the cost.

**What do I do if I have medicine I need to take every day?** If you come with medication to camp, the counselor will collect it and take it to the nurses at the Infirmary for safe-keeping during the session. The nurses will have your meds ready for you to take every day, so you just need to go to the Infirmary to get it. We require that all meds stay locked in the Infirmary and out of the cabin. The Infirmary is fully stocked with cough drops, Band-Aids, and Tylenol, so no need to come with your own.

## A Few Helpful Names And Friendly Faces



Over 90 people work at Friendly Pines Camp, and you're going to know the names of each and every one of them before you leave. You'll know the names of the nurses, the office staff, and the cabin counselors. Before you arrive, however, we thought it might make things easier if you knew the name of some of our year-round staff. They certainly aren't the most important people at camp, but they will be able to answer you questions and point you in the right direction.

**Bebe and Jack** - Bebe and Jack May have been the owners of Friendly Pines Camp for more than 45 years. Bebe does all of the tasks in the camp office, plus she is the one who often answers the questions from camper parents. You can often find Bebe under the big oak tree outside the Post Office, sharing one of the benches with campers. When Jack May isn't doing the shopping for the camp, he's overseeing projects on the grounds. If you want to write to Bebe you can email her at [bebe@friendlypines.com](mailto:bebe@friendlypines.com).

**Kevin** - Kevin Nissen is the Director of the camp. He was a counselor himself in the 1970's. Maybe he was a counselor when your parents went to Friendly Pines. If you want to write to Kevin, his email address is [knissen@friendlypines.com](mailto:knissen@friendlypines.com).

**Sylvia** - Sylvia Hutchinson is the Program Director. That means that she oversees the counselors and makes sure that the days are going just as planned. Sylvia was a counselor, so she understands your questions and most everything about your experience at camp. Sylvia's email address is [sylvia@friendlypines.com](mailto:sylvia@friendlypines.com).

**Michael** - Michael Geyer is a Program Assistant. He performs all kinds of tasks, Michael has worked for FPC since 1997, so there isn't anything about the camp that Michael doesn't know. Michael's email address is [mgeyer@friendlypines.com](mailto:mgeyer@friendlypines.com).

**Lilly** - Lilly O'Neill is the head of our riding program. She oversees all of it - English Riding, Western Riding, Bareback Riding, Pony Carts, Vaulting, Packing, and Ranch Hands. Lilly also trains all of our riding staff.

**Chris** - Chris Unrath is the head of our challenge program. He not only trains our staff to use the ropes course and climbing wall, but Chris is also the one who takes campers on climbing trips. He can answer all of your challenge and ropes course questions. Email Chris at [chris@friendlypines.com](mailto:chris@friendlypines.com)

**David** - David Wangerin is the kitchen manager at Friendly Pines. He and his staff are the ones who put out all the great meals at camp. Some campers often email David after camp is over to ask about a certain recipe. David's email address is [dwangerin@friendlypines.com](mailto:dwangerin@friendlypines.com).

**Josh** - Josh Scott works in the kitchen as part of our food service staff. The rest of the year he takes care of housekeeping, maintenance, and whatever else is needed.

**Stever and Javier** - Stever Speirs and Javier Gonzalez are the main maintenance men at Friendly Pines. They are the ones that fix the leaks, repair the screens, and generally make sure things keep running at camp. They are a couple of important and valuable guys to know.

**Cabo** - Cabo is the camp dog. That's his job and he is still learning. He is a beautiful black Labrador retriever who dedicates his life to his campers. He's still young and energetic, but he's a very smart dog. Some of us are thinking about having Cabo do our taxes this year.



## A Brief History of Friendly Pines Camp

FRIENDLY PINES CAMP has been around since 1941. That's a long time. It was before everyone had television. Computers? Video Games? Forget about it. When Friendly Pines started, people listened to President Franklin Delano Roosevelt on the radio. Most of your parents hadn't been born. We wouldn't even go to the moon for almost 30 years.

Friendly Pines Camp was the dream of Uncle Bud and Brownie. They wanted to create a place where boys and girls could go not only to get "out of the summer heat" but also just to enjoy being kids. At Friendly Pines children could ride horses, hike the mountains, and sleep under the stars. Sure, camp was fun, but it was also a place to learn; yet, it wasn't learning like one does at school. Uncle Bud was a longtime schoolteacher; however he and Brownie knew that it was important that boys and girls learned outside the classroom. They needed to learn by doing. So Uncle Bud and Brownie made sure that campers had the chance to bottle-feed goats and lambs; that they learned the proper way to swing an axe and build a fire. Every camper learned to roll dough in his or her hand and produce the perfect golden Dutch Oven Biscuit. And when the day was done the campers learned to entertain themselves by singing songs, telling stories, and playing games.

Uncle Bud and Brownie lived long enough to see Friendly Pines grow from a tiny camp of mostly family and family friends to a camp that serves 1000 boys and girls each summer (when we include our three special medical camps). They saw not only the children of former campers return to Friendly Pines, but also the grandchildren of former campers. That's pretty amazing. That's why we say that Friendly Pines has become an Arizona tradition.

Unfortunately, Uncle Bud and Brownie aren't with us anymore. But their daughter and son-in-law (Bebe and Jack May) have been running the camp since the 1960's. Even Uncle Bud and Brownie's grandchildren are involved in the camp. PLUS, many of their great grandchildren have attended FPC, and, in fact, one is on staff. Bebe and Jack have been very careful to make sure that the camp runs the way the founders had intended it to. As a result, the things you do at camp will be similar to what boys and girls did nearly 70 years ago. Okay, there are some differences. We have bathrooms and showers in the cabins. We have computers and fax machines. We use handheld radios to communicate with one another instead of just shouting real loudly. But we are still committed to fun and learning by doing.

