

Nurturing a Love of Nature

# CAMP FOREST 2011



A Wilderness Day and Expedition Camp

A project of Expanding Opportunities, a 501(c)3 organization

*DAYCAMP SCHEDULE*

*HOME SCHOOL SCHEDULE*

*EXPEDITION SCHEDULE*

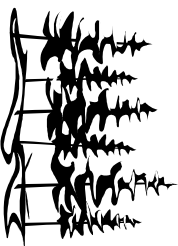
*ADULT WORKSHOPS*

*INTERNATIONAL OPPORTUNITIES*



Licensed Day and Trip Camp in the State of Maine

**60 Payson Road  
Brooks, Me 04921  
1-888-760-7943  
camp@campforestmaine.com  
www.campforestmaine.com**



Address service requested

## CAMP FOREST

60 Payson Road  
Brooks, ME 04921  
camp@campforestmaine.com  
www.campforestmaine.com



Nurturing a Love of Nature

Please consider passing this flyer on or dropping it where someone who is interested may find it instead of discarding. Thank you



Non-Profit Org  
U.S. POSTAGE PAID  
BROOKS, ME  
PERMIT NO.  
3

# Camp Forest Registration Form

Complete and mail with non refundable deposit.

DAY CAMP Deposit \$25.00

EXPEDITIONS

Deposit \$100.00

Camper Name \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency Name \_\_\_\_\_ Emergency Phone \_\_\_\_\_

**Check Weeks Desired**

June 27-July 1 Float Friday

July 4-8 Parade Monday

July 11- 15 Sleep Over Week

July 25-29

August 1-5

August 8-12 Sleep Over

August 15 - 19

Day Camp \$175.00 per week  
*SO indicates an optional Thursday night sleep over \$25.00*

July 18-22 Beaver \$395.00

August 22-26 North Woods \$600.00

Check if YES  First time overnight camping

Wilderness Skills experience

ADULT WORKSHOPS Deposit \$25.00

SATURDAY 9am-4 pm

July 16 Simple Shelters \$65

August 13 Wild Edibles & Medicinals \$65

Please send me further information about the international opportunities with Camp Forest.

I give Camp Forest permission to disclose my phone number for the purpose of coordinating a car pool.

**MEDICAL INFORMATION: Please bring or mail a copy of child's immunization record**

Permission form will be mailed to you.

Date of last Tetanus shot \_\_\_\_\_

Does child have : Heart Trouble \_\_\_\_\_ Epilepsy \_\_\_\_\_ Asthma \_\_\_\_\_ Allergies \_\_\_\_\_

Does the child take any medications regularly \_\_\_\_\_ if so what \_\_\_\_\_

Insurance or Medicaid Number: \_\_\_\_\_

Physician Name \_\_\_\_\_ Physician Telephone: \_\_\_\_\_

HOMESCHOOL Deposit \$10.00

FULL DAYS circle desired days  
 May 18, 25; June 1, 8 Sept 10, 17, Oct 1, Nov. 5, 7, 9, 14, 16, 21, 23, 19 \$40 per day

WEEKENDS circle desired weekends  
 May 28, 29; June 4, 5; June 11-12; June 18, 19; Aug. 30, 31; Nov 12, 13 \$125.00 per wknd

Is there anything physical, mental or emotional about your child we should know? Is there anything you would like us to know about your child?

Wilderness camping will enrich your child's life

## ACTIVITIES

- Shelter Building
- Outdoor Safety
- Tracking
- Hiking
- Cordage
- Fox Walk
- Coal Burned Bowls
- Plant Identification
- Compass and Map
- Weaving
- Stone Tools
- Tool Safety
- Lost Proofing
- Special Visitors
- Global awareness
- Tree Planting
- Youth 4 Youth: 5% of Camp Fee supports orphans in Kenya



## VISION

- CAMPERS AT CAMP FOREST BUILD A NATURAL VILLAGE.
- CAMPERS LEARN BY DOING
- THE STAFF USE COYOTE TEACHING' TECHNIQUES
- CAMPERS OBSERVE AND PARTICIPATE IN THE NATURAL WORLD AROUND THEM.







## Register Early!

**REFUND:** Full refund if camp is cancelled due to low registration. Registration fee is not refundable. Camp fee is refundable up to one week before camp begins.

**REGISTRATION:** Camp space is limited. Complete the form and mail or call 1-888-760-7943 to register. **Your slot is not secured until paid in full.** You may use check, money order, any major credit card or PayPal.

**VISITORS:** Parents or guardians are welcome to Day Camp at any time. Other adult visitors are welcome at Day Camp with parent or guardian permission. If parents would like to stay for the sleep over, please pay the \$25.00 sleep over fee.

### STAFF:

Camp Forest will have a ratio of no more than 1-8

Director: Beverly Stone, B.S., M.A, educator, international work and travel, camp counselor, camp director, first aid certification, EMT course.

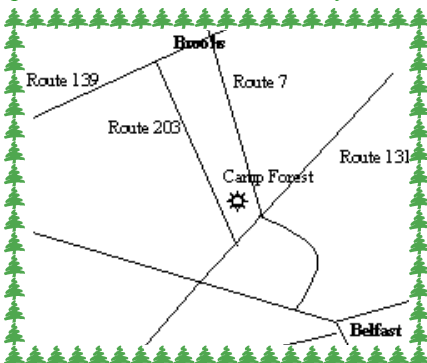
Senior Counselor: Adam Stone, Tom Brown's Survival School, Good Earth School, Earthways, international travel, wilderness skills teacher, first aid certification, Wilderness First Responder, Camp Trip Leader Permit, Senior Life Saver, Archery instructor.

Counselor: Bella Luz Maldonado, native Peruvian, Shipibo Indian, indigenous artisan

Counselors: Additional counselors are selected for their wilderness skills and ability to relate to children.

### DIRECTIONS:

Camp Forest is located in Brooks, Maine, 1/2 Mile off Route 7 on the Payson Road. At the intersection of Routes 131 and 7, go North on Route 7, under the power lines take a left onto Payson Road.



WANTED:  
Junior Counselors  
Age 14-16  
Call for information

## DAY CAMP



**Earn Skills Awards**

The OSPREY and EAGLE awards demonstrate competency in specific wilderness skills.

Hand embroidered OSPREY and EAGLE Awards to patch on your T-shirt



**AGES:** 7-17 Divided for skills acquisition

### DATES:

Camp Forest Day Camp sessions are weekly. Attend one or all.

### HOURS:

9 am until 4 pm Monday—Friday  
Optional Sleep Overs occur on designated weeks. See schedule

### FEES:

DAY CAMP: \$175.00  
Optional Sleep Over on designated weeks : \$ 25.00

Limited financial assistance is available through Work Trade, Farm Market, Fundraisers and grant based camperships when available.  
Call for information

### Before Camp Care

8:30-9 am: no charge Before 8:30 am—\$1.50/ 1/2 hour

### After Camp Care

4-4:30 pm: no charge After 4:30 pm—\$1.50 / 1/2 hour



### What to Bring to Day Camp

- Lunch, a drink and snacks
- Jacket or Sweatshirt
- Change of clothes
- Water Bottle, cup, eating utensils
- Bug repellent, if desired
- Jackknife, with parental permission only
- Sense of humor and a good attitude

Campers learn non-violent conflict resolution and ecology.

## WILDERNESS EXPEDITIONS

### BEAVER EXPEDITION

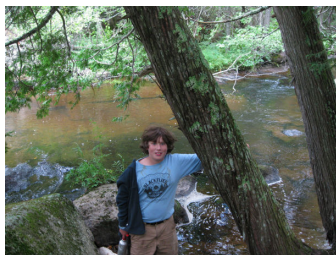
FIVE DAYS — BEGINNER—INTERMEDIATE

Ages 9-12 (or special permission)

July 18–22

Cost: \$ 395.00

A great first expedition: Five days exploring the headwaters of the Passagassawaukeg River. Begin at Camp Forest: pack all gear and hike to Half Moon Pond. Set up a primitive base camp: explore, fish canoe, visit beaver, hike to the top of the mountain to find a surprise. Open to all campers.



### NORTH WOODS

FIVE DAYS — INTERMEDIATE—ADVANCED

Ages 13-17 (or special permission)

August 21–27

Cost: \$600.00 Minimum 3

Start and end with a sleep over at Camp Forest. Travel to the North Woods of Maine. Canoe the Moose River. Learn and practice primitive skills in this pristine environment.

This expedition will enhance confidence, and teamwork .

#### Expedition Extras

Pick up/Drop off: We will pick up at bus or plane in Bangor, Maine at no extra charge. Call to make arrangements.

The North Woods Trip will require a transportation waiver.



## HOME SCHOOL

Day Sessions: SPRING 2011—May 18, 25, June 1, 8

FALL 2011—Sept. 10, 17, Oct 1, Nov. 5, 7,  
9, 14, 16, 19, 21, 23

Day sessions 9 am-2 pm: Bring your own lunch and snacks.  
\$40.00 min of 3

Weekend Sessions: SPRING 2011

Ages 13-17: May 28,29; June 4,5

Ages 7-12: June 11-12; June 18,19

FALL 2011

Ages 7-12; Aug. 30,31; Ages: 13-17 Nov 12,13

Weekend Sessions :9am Sat.- 4 pm Sun., \$125.00 min of 3

Call for **CUSTOM** Home School, In School classes or workshops. 1-888-760-7943



## ADULT WORKSHOPS

### SATURDAY WORKSHOPS

All day Saturday at Camp Forest

**SIMPLE SHELTERS:** Learn the basics that could save your life in the woods. A shelter will protect you from the sun, insects, wind, rain, snow, and hot or cold temperatures. It can help you maintain your will to survive.

DATE: Saturday, July 16

9am-4pm

Cost: \$65.00

**WILD EDIBLES & HERBAL MEDICINES:** Learn the edible and poisonous plants of the wild and learn plants that grow around you that can help you and your children. Plants can provide you with food, medicines, the raw materials to construct shelters, build fires and more .

DATE: Saturday, August 13

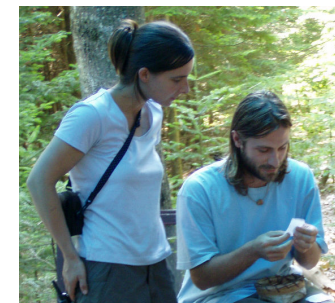
9am-4pm

Cost: \$65.00

**CHILDREN:** Children are welcome to attend. Parents are responsible for their children.

#### What to Bring to the session

- Notebook and pen or pencil
- Water and snacks - Lunch for a Saturday session
- Jacket or Sweatshirt
- Bug repellent, if desired
- Knife
- Sense of humor and a good attitude



**RSU #3 ADULT EDUCATION:** Camp Forest, Adam Stone, is offering classes in Lost Proofing, Basic Survival, Medicinal and Edible Plants; Permaculture and Spanish

Reach for your Adult Education Brochure, visit <http://rsu3.maineadulted.org/> or call 1-207-568-3426 for more information

## INTERNATIONAL OPPORTUNITIES



### CAMP FOREST KENYA

Experience the bush and forest of Kenya as a Maasai or Okiek.

### CAMP FOREST PERU

Experience the Peruvian jungle at the Jungle Earth Living School

VISIT [www.campforestmaine.com](http://www.campforestmaine.com) or [www.exop.org](http://www.exop.org)

