



FIRE



WATER

CAMP FOREST

2014



camp@campforestmaine.com

www.campforesmaine.com

FOOD



SHELTER



CAMP FOREST

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

Address Service service requested



Nurturing a Love of Nature

Instead of discarding, please consider passing this flyer on or placing it where someone who is interested may find it. Thank you



Nuturing a Love of Nature

DAYCAMP

EXPEDITIONS

ADULT WORKSHOPS

SEASON EXTENDERS

INTERNATIONAL OPPORTUNITIES



ACTIVITIES

Shelter Building
Tracking
Cordage
Coal Burned Bowls
Compass and Map
Archery
Tool Safety
Special Visitors



Outdoor Safety
Hiking
Fox Walk
Plant Identification
Weaving
Stone Tools
Lost Proofing
Global Awareness

VISION

- CAMPERS LEARN BY DOING
- THE STAFF USE COYOTE TEACHING TECHNIQUES
- CAMPERS OBSERVE AND PARTICIPATE IN THE NATURAL WORLD AROUND THEM.

SPECIAL EVENT

HARVEST DINNER

August 28, 2014

4:30pm - 7 pm

This Harvest Dinner is open to the community as well as Camp Forest present and past campers and their families.

Please bring a Fresh cooked or cold harvest dish to share. You will have the opportunity to see Camp Forest, taste a bit of wild harvested food, and listen to the children tell you what they have learned.

A free will donation will be requested. The funds will be used for camperships for children who might not otherwise be able to attend Camp Forest.

Be sure to bring your dish to share, your insect repellent, and clothing for the weather. We will be outside at Camp Forest.

The Harvest Dinner is a free will donation only but please register so we know you are attending.

SEASON EXTENDERS

Time to work on your skills in nature's classroom.

Camp Forest is available during the year for home-schoolers, school groups or families.

These sessions are scheduled and charged individually.

Please call 1-207-722-3708; or 1-207-701-0221



INTERNATIONAL OPPORTUNITIES



CAMP FOREST KENYA
CAMP FOREST PERU

Customized for you.

Please contact us for information
1-207-722-3708; 1-207-701-0221



INFORMATION

Camp Forest is a Licensed Day and Expedition Camp in the State of Maine

Camp Forest day camps run from 9 am to 4 pm Monday through Friday. Advance registration is required, as our enrollment is limited to sixteen campers. Your registration at Camp Forest is confirmed when you pay your fee in full by the Friday prior to the beginning of your camp week. Under enrolled weeks are subject to cancellation, so please register early. You can register by calling (207) 722-3708 or by completing the registration form located in this brochure, or on line www.campforestmaine.com/ click on registration. Payment may be made with check, money order, 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.

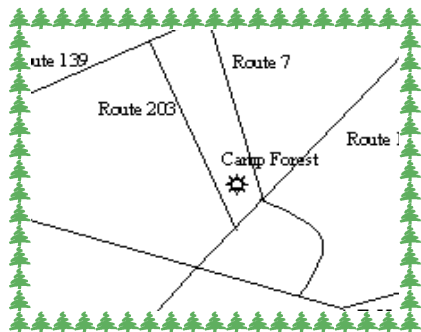


EXPEDITION EXTRAS

Pick up/Drop off: We will pick up at bus or plane in Bangor, Maine at no extra charge. Call to make arrangements. The Wabanaki West Branch Expedition will require a transportation waiver.

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

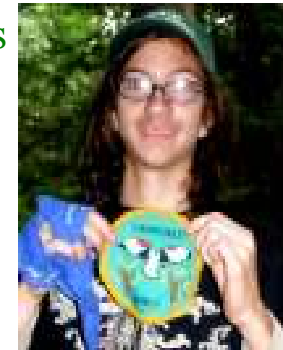


Camp Forest is a project of Expanding Opportunities, a 501(c)3 organization

Wilderness camping will enrich you and your child's life

AWARDS

Earn Skills Awards



The OSPREY represents mastery of skills in 14 skill areas. Campers earn their OSPREY before working on the EAGLE



The EAGLE represents mastery of advanced skills in 12 skill areas. Campers earn each skill badge one at a time to earn the EAGLE



Camp Forest offers a special Counselor, Teacher, Mentor Award for excellence in leadership



Camp Forest offers the Junior Maine Guide Curriculum

Level I: Junior Maine Woodsman

Level II: Maine Woodsman



GENERAL INFORMATION

ART WEEK: We will design and create a parade float. All Camp Forest past and current campers are invited to be in the Brooks 4th of July parade! Current Campers will attend the Brooks Field Day and participate in demonstrations of skills, face painting and canoe rides.

EAGLE WEEK: A dedicated Day Camp Week with a required sleep over for campers with their Osprey or equivalent. Campers will concentrate on learning skills for the Eagle Badge.

BEAVER SKILLS WEEK: A dedicated Day Camp Week with a required sleep over for campers with their Osprey, Eagle or equivalent. Campers will concentrate on learning skills for the new BEAVER Badge.

HARVEST DINNER A pot luck harvest dinner from 4:30 pm—7 pm. This is an opportunity for parents, campers and community members to see Camp Forest, taste a bit of wild harvested foods and appreciate the abundance around us. Donations for future camperships would be greatly appreciated.

AGES:

Expedition and Day Camp : AGES 7-17; younger with permission

Adult Workshops: Ages 18+ - younger teens with permission

DAY CAMP HOURS: 9 am until 4 pm Mon -Fri
Optional Sleep Overs occur on designated weeks.
See schedule

FEES: DAY CAMP: \$225.00 unless otherwise indicated
Optional Sleep Over on designated weeks : \$ 25.00



Limited financial assistance is available through Work Trade, Fundraisers, sibling discount and camperships when available.
Call for information or download the application on line

Before Camp Care:
8:30-9 am: no charge
Before 8:30 am—\$3.00/ 1/2 hour
After Camp Care:
4-4:30 pm: no charge After 4:30 pm—\$3.00 / 1/2 hour

STAFF

STAFF:

Camp Forest will have never less than 1 counselor for every 8 campers

Director, Beverly Stone, holds a B.S in premed and a M.A in counseling. with more than 20 years of experience in education and over 15 years experience as camp counselor and director.

Administrative Assistant: Kelly Young is a parent to passionate Camp Forest campers, a home school teacher and student at the University of Maine. An avid reader and writer, she sometimes steals an odd moment for a book when not volunteering for the Belfast Area Homeschool Coop and the Marsh River Theater.



Head Counselor:

Adam Stone, developed the curriculum for Camp Forest out of his experience with traditional peoples in Maine, Peru and Kenya. A registered Maine Guide, he is an alum of Tom Brown's Survival School, Good Earth School and Earthways. He holds certifications in First Aid, Archery, Wilderness First Responder and Senior Life saving.



Counselor Bella Luz Maldonado: Shipibo Indian from Peru, artist, games, culture instructor, Trilingual, Wilderness First Aid.



Junior Counselors: We often have our own "home-grown" leaders



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

www.campforestmaine.com

DAY CAMP

- June 30 - July 4 **Art Week** Day Camp, Float preparation, July 4th Parade and Brooks Field Day
- July 7 - July 11 **Day Camp**
Optional Sleep Over July 10
- July 14 - July 18 **EAGLE WEEK**
- July 21 - July 25 **Day Camp**
- July 28 - Aug 1 **BEAVER SKILLS WEEK**
Required sleep over July 31
Campers with Osprey, Eagle or equivalent only
- Aug 4 - Aug 8 **Day Camp**
- Aug 11 - Aug 15 **Day Camp**
Optional Sleep Over August 14
- Aug 25 - Aug 29 **HARVEST WEEK**
Optional Harvest Dinner August 28

Parents/ Caregivers are welcome anytime
but especially encouraged Wednesdays to play
capture the flag with the campers and Friday for the awards ceremony!



- 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.

Camp Forest Registration Form

Complete and mail non refundable deposit to 60 Payson Road, Brooks, ME 04921

Camper Name _____ Date of Birth _____ Gender _____

Parent Name _____ Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Email _____

Emergency Contact _____ Emergency Phone _____

DAY CAMP

Check Weeks Desired

June 30-July 4 Day Camp/Parade

July 7-11 Day Camp & SO

July 14-18 Eagle Week & RSO

July 21-25 Day Camp

July 28-Aug 1 Beaver Skill & RSO

August 4-8 Day Camp

August 11-15 DayCamp & SO

August 25-29 Harvest Week& Meal

SO indicates an optional Thursday night sleep over \$25.00, Eagle & Beaver week sleep over required

Day Camp \$225.00 per week

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

Medical INFORMATION: A copy of child's immunization record or signed waiver is required. **Permission form will be mailed to you.**

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: _____

EXPEDITIONS

June 23-June 27 Wabanaki West Branch

August 18-August 22 Beaver

Check if YES First time overnight camping Wilderness skills experience

ADULT WORKSHOPS

SATURDAY 9 am — 4 pm

July 26 Shipibo Embroidery with Bella \$ 40

August 9, Basic Wilderness Skills \$ 40

SPECIAL EVENT

August 28 Harvest Pot Luck Dinner. Free Will Donation opportunities with Camp Forest.

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

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 EXPEDITIONS

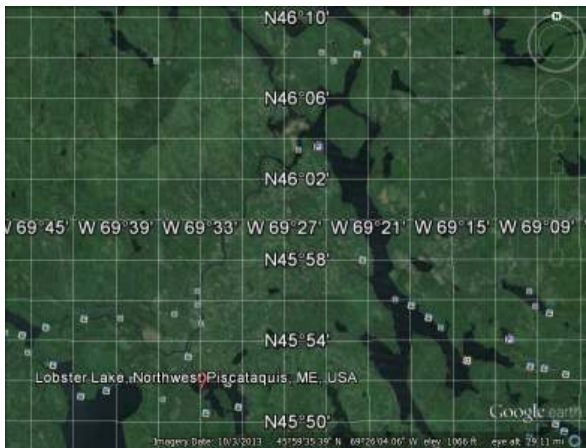
Wabanaki Trail: West Branch Expedition

FIVE DAYS

June 23 – June 27

Cost: \$600

Kick off the Summer with the quintessential Maine Family Canoe Trip! Arrive at Camp Forest on Monday morning. Travel by car to the "put in" at Lobster Lake. Follow a piece of the Wabanaki Trail that Henry David Thoreau and his Penobscot guides traveled in 1853. Of Lobster Stream, Thoreau wrote, "We saw a pair of moose horns on the shore and I asked Joe if a moose had shed them; but he said there was a head attached to them and I knew that they did not shed their heads more than once in their lives." Canoe slowly and camp along the banks. Join the West Branch and on to Chesuncook Lake while fishing, swimming and seeking the elusive Maine moose. Learn and practice primitive and canoe skills, study the Ecology of the river or work on the components of your Beaver or Eagle Badge. The journey will end at Chesuncook where Thoreau wrote, 'For my dessert, I helped myself to a large slice of the Chesuncook woods and took a hearty draught of its waters will all my senses. The woods were as fresh and full of vegetable life as a lichen in wet weather....'



Return to Camp Forest full of [photos](#), stories and memories that will last a lifetime!

Beaver Expedition

FIVE DAYS – BEGINNER

August 19 – 23

Cost: \$395.00

A wonderful 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 mountain top.

This expedition is open to all campers who are ready for a wilderness camping experience.



ADULT WORKSHOPS

SATURDAY WORKSHOPS

All day Saturday at Camp Forest

July 26 - Shipibo Embroidery with Bella

The Shipibo Indians of Peru are well known for their intricate patterns which tell tribal stories. These patterns and tribal art icons are painted and embroidered. Bella will demonstrate the embroidery techniques and patterns to help you [get started](#).



AGES: Adults 18 and over; younger teens may attend with permission ; children may attend if accompanied and supervised by an adult

THINGS TO BRING: Please bring embroidery floss, needles, cotton fabric, scissors, water bottle, lunch, snacks, insect repellent and dress appropriately for the weather..
Cost: \$40.00 min 3

August 9 - Basic Wilderness Skills:

Learn the basics that could save your life in the woods. If you want to have an introduction to what your children learn at Camp Forest, or would like to have an introduction to these skills for your own use, this is the short course to show you the basics.



Cost: \$40.00 min 3

AGES: Adults 18 and over; younger teens may attend with permission ; children may attend if accompanied and supervised by an adult

THINGS TO BRING: Please bring notebook and pencil, water bottle and water, lunch and snacks, insect repellent, a jackknife or sheath knife, sense of humor and dress appropriately for the weather,

Beaver Skills Week will be available for ALL AGES. Sign up as a camper for the week of day camp! Over 18—no birth date or immunization record required. Prior wilderness skills experience is required.

Wilderness skills classes for adults will be custom designed for you individually or for a group. Please contact Camp Forest at 722-3708