

SUMMER COMMUNICATION– Our camp policy does not allow telephone calls to or from campers. Phone calls interrupt activities, which are the reason for being at camp - and letters are eagerly received. Calls from home are apt to touch off homesickness even when everything is going beautifully, and a call to your daughter may cause unhappiness to those who do not receive calls. There is only one phone line into camp, so the difficulties of completing a call are usually frustrating to all concerned. If you need to get a message to your daughter, or have questions for the directors, please feel free to call the office (9 A.M. to 1 P.M. is best). The Sebago Wohelo office is 207-655-4739 and the Little Wohelo office is 207-655-4730. The camp FAX # is 207-655-2292. We don't feel that instant messages to and from the campers are essential, and recommend the regular mail service as most desirable for the girls. We would like to reserve the fax machine for international correspondence where letters are very slow. E-mail is not an effective means of communication during the summer.

VISITING – Parents are welcome to visit after the first two weeks of camp (first visiting day, July 4). You may be particularly interested in coming on a Saturday evening for Frogs' Frolic at Little Wohelo or on a Monday evening for Council Fire at Sebago Wohelo. You are invited for an informal picnic supper before Frogs' Frolic on Saturday, both because we welcome guests and because restaurant service cannot be depended upon to assure prompt arrival at camp.

When visiting camp please check in at the camp office or with your daughter's counselor. Visitors are not allowed to participate in the camp program or use the camp facilities. We feel it is important to adhere to this policy in order to have maximum supervision of the campers and maximum participation. We feel sure you will understand.

OUT OF CAMP OUTINGS - Each camper is restricted to two out-of-camp outings with people other than her parents or immediate family. Leaving camp with family is not restricted, except that return to camp should always be a half hour before taps, and campers do not stay away from camp overnight. Going out for meals before Frogs' Frolic or Council Fire is not recommended, and we ask all campers to be at the Sunday morning Sivad, to which parents are also invited. The form giving permission for your daughter to leave camp with people other than you was included on the back of the application card, and is repeated on the Camper Information sheet enclosed with this folder. Campers and First Year Trusted Girl Counselors may leave camp with persons under 21 years of age only with specific written permission from their parents.

When leaving camp your daughter needs to check out with an adult and sign out and back in at her camp office. To leave camp with anyone other than family members she will need specific written permission from a parent.

ACCOMMODATIONS - Summer is a busy time for local resorts and motels, and accommodations are harder to obtain on weekends, especially the last two weekends in July. It is wise to make reservations as soon as possible. Some of those listed will accept reservations for no less than three or four days, but any motel will accept you for only one night if they find they have space at the last minute. The following are a few suggestions:

Migis Lodge, South Casco, ME 04077 207-655-4524 Resort Hotel, American Plan (3 miles)
Tarry-A-While, Bridgton, ME 04009 207-647-2522 Resort Hotel, American Plan (15 miles)
Aimhi Lodge, Little Sebago, N. Windham, ME 04062 207-892-6538 Resort Hotel, American Plan (15 miles)
Inn at Long Lake, Naples, ME 04055 207-693-6226 Bed & Breakfast (8 mi.)
White Pines Motel, Raymond, ME 04071 207-655- 3345 (7 miles)
Alyssa's Motel, Casco, ME 207-655-2223 (3 miles)
Augustus Bove House, Naples, ME 04055 207-693-6365 (8 miles)
Windham Way Motel, North Windham, ME 04062 207-892-4762 (8 miles)
Romah Motel, Naples, ME 04055 207-693-6690 (7 miles)
Wind in Pines, Raymond, ME 04071 207-655-4642 (7 miles)
Sebago Lake Lodge & Cottages, North Windham, ME 04062 207-892-2698 (10 miles)
Pleasant Lake House, Casco, ME 04015 (207)627-6975 (10 miles)
Simple Abundance Bed & Breakfast, Poland, ME 04274 207-998-2132(10mi.)
The Inn at Little Creek, Oxford, ME 04270 1-888-539-4046 (20 miles)
Songo Locks Bread & Breakfast, Naples, ME 207-693-6955 (8 miles)
West Shore Motel, Naples, ME 04055 207-693-9277 (8 miles)
Goodwin's Lodge & Cottages, Sebago, ME 207-787-2101 (15 miles)

IN PORTLAND (25 miles) (many of these have toll free numbers)

West End Inn, Bed & Breakfast, 146 Pine St. 800-338-1377 westendbb.com
Near Maine Turnpike Exit 8, Portland
Doubletree Hotel, 1230 Congress St. 207-774-5611 or 800-989-3856
Holiday Inn, 81 Riverside St. 207-774-5601
Howard Johnson, 155 Riverside St. 207-774-5861 or 800-446-4656
Suisse Chalet Motor Lodge, 1200 Brighton Ave. 207-774-6101
Near Maine Mall and Airport, Turnpike Exit 7, South Portland
Embassy Suites, 1050 Westbrook St. 207-775-2200
Hampton Inn, 171 Philbrook Ave. 207-773-4400 or 800-426-7866
Mariott Hotel, 200 Sable Oaks Dr. 207-871-8000 or 800-228-9290
Sheraton, 363 Maine Mall Rd. 207-775-6161
Comfort Inn, 90 Maine Mall Rd. 207-775-0409
Amerisuites Hotel, 303 Sable Oaks Drive 888-928-8844
Days Inn, 461 Maine Mall Rd. 207-772-3450

HALF SEASON INFORMATION - 2009

Some of the details in this booklet may not be appropriate for those girls coming for just the first half or second half of the summer. Please let us know if you have questions regarding this year's slightly different schedule.

DATES

Thursday, June 25, 2009

Full and First session campers arrive after 12 noon.

Sunday, July 19, 2009

First session campers leave before 11:30 a.m.

Monday, July 20, 2009

Second session campers arrive after 9 a.m.

Thursday, August 13, 2009

Full and Second session campers leave

TRAVEL TO AND FROM CAMP

First session campers will receive information on travel to camp, and may take advantage of the chartered buses from New York, Connecticut and Massachusetts on Thursday, June 25th. Campers will also be met at the Portland, Maine airport, preferably in the afternoon of June 25th. At the end of the first session, campers will be taken to the Portland Airport or may be picked up at camp between 8 am and 11:30 am on Sunday, July 19th.

Second session campers will be met at the Portland airport, or may be brought to camp on Monday, July 20th, after 9:00 a.m. Parents will receive travel information regarding the trip home on Thursday, August 13th, and may take advantage of the chartered buses to Boston, Connecticut and New York. We will also take campers to their flights from Portland, Maine on closing day, preferably in the morning, or they may be picked up by their parents in the morning.

Please always drive slowly into camp and park in designated parking areas. All circles and pull - throughs must be kept clear for emergency traffic and camp deliveries.

DANCE PROGRAM - Each Sebago Wohelo camper has an opportunity to sign up for the modern dance program which meets regularly in the morning. Those girls who are planning to dance should bring one or two pair of leotards and tights. It is best if the tights do not have feet. It is helpful if dancers have jazz shoes or one pair of ballet slippers.

PLEASE DO NOT BRING: Cell phones, Ipods, and electronic games are not allowed in camp. If they are needed for travel please help us by reminding your daughter to check them into the camp office when she arrives at camp. Expensive jewelry should also be left at home. Aside from the danger of losing them, these items do not fit into the camp culture.

Possession of any illegal/illicit drugs or possession of alcohol on property will result in automatic dismissal from camp. Prescription medications must be checked into the nurse or office on opening day.

SMOKE FREE: Wohelo is a smoke free environment. Please refrain from smoking on property. Given the age and combustibility of our buildings this is a serious hazard to camp.

PETS & PERSONAL EQUIPMENT - Camp is not a good place for personal pets. Please keep your own dogs and cats in your car when you visit. Wohelo provides equipment necessary for all activities offered, if you daughter wants to bring her own equipment it is at her risk. We recommend keeping her belongings simple while at camp.

CANDY, GUM AND FOOD - We ask you not to send these items to the girls. It poses a problem of unequal distribution, and if kept in the cabins for any length of time it attracts ants and numerous animals. Gum is dangerous when chewed on the waterfront, and gum chewing is prohibited except in the cabins at Sebago Wohelo. Welcome packages might include games, stationery, marker pens, paperback books, needlepoint, puzzles, playing cards, and other activities for quiet times. At Little Wohelo, all packages containing food will be returned to the sender, or held at camp until the end.

FOOTWARE - Due to the rocky and hilly terrain at Wohelo we recommend that campers and staff only wear sandals with HEEL STRAPS. Examples of appropriate footware are Tevas or similar river sandals or rubber clogs such as Crocs. Closed toe, rubber soled sneakers are the best all around camp shoe. Shoes for tennis should be flat-bottomed court shoes.

SAFE ENVIRONMENT: Wohelo is a safe environment where staff and campers should feel comfortable expressing their individual views and beliefs.

Treating peers and participants with respect and dignity is our standard and expectation.

Summer Addresses and Phone Numbers:

Mark and Quincy Van Winkle

SEBAGO WOHELO

25 Wohelo Road

Raymond, ME 04071

Phone:

(207) 655-4739

Heidi Van Winkle Gorton

Davis and Louise Gulick Van Winkle

LITTLE WOHELO

25 Little Wohelo Road

Raymond, ME 04071

Phone:

(207) 655-4730

FAX (207) 655-2292

(checked about once a day)

E-MAIL - wohelo@wohelo.com

(checked intermittently)

Check the website at www.wohelo.com

Weekly pictures and news

TUITION BILL - The bill for tuition is sent in March, and may be paid in installments. The total payment is due June 1st. There is no refund for campers who leave before the season is complete.

TRAVEL TO CAMP - Information on the chartered buses coming from Tarrytown, NY, Darien, CT, Hartford, CT, and Boston, MA on Thursday, June 25th is enclosed. If you have questions about air travel from other areas, please contact us. We will meet planes in Portland, Maine the opening day of camp. Please be sure to return the travel form so we know how and when the camper is arriving. If driving please arrive **after 12 noon** as we are completing final preparations in the morning.

MEDICAL AND PERSONAL HISTORY FORMS - This form (green & pink) is very important. Parents should fill out the green pages and your child's doctor should complete the pink form. Every camper must have a current Health Form on record Please return the form to us by June 1st. If you plan to be away from home during the camp season, please use the Camper Information Form to tell us the address(es) and telephone where you can be reached.

HEALTH CARE & MEDICAL EXPENSES – Wohelo has a well equipped infirmary located at Little Wohelo. There is 24 hour medical care available at camp and a full time RN. Sick call is conducted everyday at each camp after breakfast and at Little Wohelo at 5 pm. If your daughter should need to see the doctor or if she spends more than 1 night in the infirmary Wohelo will notify you within 24 hours. We assume that all camp families have health insurance, and if your daughter needs medical attention of some type, we will pay the bill and then deduct it from her incidental account. Receipts for doctor visits and expenses paid will be sent home.

TRUNKS – Shipping labels for trunks which you may plan to ship to camp are included in this folder. To be safe, all trunks should be sent by June 10th (for second session, by July 1st). Please do not plan to put trunks on the chartered bus with your child, for there is not enough room, and it is much more convenient to have the trunks arrive ahead of time and be placed in the cabin. If you are driving your child to camp, please feel free to bring the trunk with you. We recommend using UPS to ship trunks. In the past trucking and bus companies have not been satisfactory. **For UPS delivery use: 25 Wohelo Rd. (Sebago Wohelo) or 25 Little Wohelo Rd. (Little Wohelo), Raymond, ME 04071.** At the end of the summer Wohelo uses UPS to ship trunks home.

BEDDING - The camp provides blankets, pillows, sheets and pillowcases. Washcloths should be brought from home if used. If a girl has her own sleeping bag, we would recommend bringing it for overnight camping trips, and

campers often enjoy using their sleeping bags as a bed cover.