

## ZAJAC RANCH CONTACT INFORMATION

General inquiries and feedback on your camp experience:

### The Mel Jr. & Marty Zajac Foundation

300 – 2006 West 10<sup>th</sup> Avenue

Vancouver, BC V6J 2B3

604-739-0444, [info@zajac.com](mailto:info@zajac.com)

Registration, payment, and campership subsidies:

**Annie Wilson**, Sales & Registration (Vancouver)

604-739-0444, [annie@zajacranch.com](mailto:annie@zajacranch.com)

Medical Centre or campers' medical care:

**Kim Shearer**, Nursing Director

604-462-8305 (Camp Office during summer)

[kim@zajacranch.com](mailto:kim@zajacranch.com)\*

Camp activities, or updates on a camper's progress:

**Terri Otter and Sandra Roger**, Camp Directors

**Ben Siemens and Colin Brouwer**, Assistant Camp Directors

604-462-8305

[Terri@zajacranch.com](mailto:Terri@zajacranch.com)\*

[Sandra@zajacranch.com](mailto:Sandra@zajacranch.com)\*

[Ben@zajacranch.com](mailto:Ben@zajacranch.com)\*

[Colin@zajacranch.com](mailto:Colin@zajacranch.com)\*

**Emergency After-Hours:** 604-462-8303

### The Zajac Ranch for Children

15600 Florence Lake Road

Mission, BC V4S 1C4

Phone: 604-462-8305

Fax: 604-462-8304

Email: [info@zajacranch.com](mailto:info@zajacranch.com)

\* Please note that once the summer camp season has started, the Ranch staff will have less frequent access to email. If your inquiry is urgent, please contact them by phone.



FOR CHILDREN

*Out here we raise spirits.*

## What you need to know - Before you go!

2011 Camper Information Package



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Dear Campers,

**Welcome** to the Zajac Ranch for Children!

We know you'll have a wonderful time at the Ranch this year. You'll have tons of fun in activities like horseback riding, kayaking, splashing around in the pool, and more! Take a look at this booklet to learn more about the Zajac Ranch, what you should bring to camp, and everything you need to know before you go! We can't wait to see you at the Ranch!

Sincerely,

**The Zajac Ranch for Children**

Dear Parents/Guardians,

**Thank you** for giving your child the opportunity to build independence, confidence, and friendships at the Zajac Ranch for Children this year. The information in this booklet is designed to tell you everything that you and your child need to know about preparing for camp and what to expect at camp. Keep this book on the fridge or by the phone so the contact information is always handy. If you have any questions, please do not hesitate to give us a call. Talking about the upcoming camp experience, clarifying expectations and setting a positive tone are all important steps in ensuring that your child will be able to get the most out of his or her camp experience. The full participation of each individual is required in order to make the camp experience a success for everyone. It is our intention to return your child to you full of self-esteem, new skills, new friends, and a wealth of memories to share with the entire family.

Sincerely,

**The Zajac Ranch for Children**

## CAMPER FUN PAGE!

Can you find these camp-related words?

Pool  
Yipee  
Happy  
Sun

Zajac  
Smores  
Horse  
Ranch

Bunnies  
Canoeing  
Smiles  
Campfire

E	W	M	K	R	R	A	N	C	H
R	S	B	Z	Y	L	P	R	A	V
I	N	U	G	I	U	Q	D	N	S
F	L	N	L	P	O	O	L	E	M
P	T	N	X	E	Q	K	R	I	I
M	T	I	J	E	Y	O	B	X	L
A	Y	E	W	P	M	A	S	D	E
C	B	S	P	S	N	N	S	T	S
F	Y	A	I	L	O	K	P	U	K
W	H	O	R	S	E	T	Y	F	N
A	J	A	Z	X	Z	A	J	A	C
C	C	A	N	O	E	I	N	G	R

## CONTACTING CAMPERS

### Mail

Everyone likes to receive mail, so please write! Our mailing address is on the back page of this booklet – make sure you clearly indicate both the camper’s name and the camp session they’re attending. To ensure that your postcards and letters arrive on time to our rural location, please try to mail them one to two weeks in advance. Letters that do not arrive until after the session has ended will be returned to the sender.

### Email

There is no internet access for campers at the Zajac Ranch for Children. It may be a good idea for campers to update their status on social networking sites and let friends and family know they will be inaccessible by email for a few days!

### Phone Calls

To help each camper experience the rewards of a successful, independent stay at the Zajac Ranch for Children, we believe it is best to limit telephone contact from home. Please make it clear to your child that, while you will be able to contact each other by phone in case of emergency, you will probably not need to talk on the phone during their time at camp.

In case of an emergency phone call from home, we will bring your child to the Camp Office as soon as possible to speak with you. Emergency and non-emergency phone numbers can be found at the back of this booklet.

### Visitors

Parents and caregivers are welcome to take some time on the first day of camp to explore the camp and meet the Camp Director, medical volunteers, and other camp staff. The last day of camp is also a great time for campers to take you on a tour of the Ranch, introducing you to their many new friends and showing you the sites of their accomplishments over the past days. However, a mid-week visit can be disruptive and counter-productive, especially for campers prone to homesickness. Please phone the Camp Director instead for an update on your child’s progress.

## A LETTER TO MY COUNSELORS

Please fill out this letter so that the Rangers and Wranglers at the Zajac Ranch know a bit more about you! Once you’re done, have a grown-up mail or fax it to the Ranch.

Hi!

My name is \_\_\_\_\_ and this will be my \_\_\_\_\_ time at camp!

In my spare time, I like to \_\_\_\_\_ and \_\_\_\_\_.

In the summer, my favourite activity is \_\_\_\_\_ and on a rainy day, I love to \_\_\_\_\_.

I am most looking forward to \_\_\_\_\_ at camp but I am not looking forward to \_\_\_\_\_.

I love to eat \_\_\_\_\_ and I love to watch or read \_\_\_\_\_.

If I had one wish, I would wish \_\_\_\_\_.

Well, see you soon!

Sincerely,

\_\_\_\_\_

## PREPARE EARLY

How to keep your child's anxiety low & anticipation high:

- Read through this booklet with your child and talk about all the different activities
- Find out what they're most interested in (horses, canoeing, archery, etc.) and get some books from the library on those topics
- Talk about what it's like living in a cabin with other kids and ways to go about making new friends
- Have a friend sleep over and sleep in their sleeping bags
- Write and send a letter before your child leaves for camp so it will be waiting at camp when they arrive
- Focus on the positive - all the new skills they'll learn, and build confidence in the skills they already have
- Talk about ways to solve problems at camp – talking with their Group Leader or the Camp Director

**Most importantly - share your enthusiasm and commitment for your child's upcoming camp experience – it is important for campers to know that someone at home will be thinking about them and missing them, but is also excited about them spending the full session at camp.**

*Out here we raise spirits.*



## ARRIVAL & DEPARTURE TIMES

Plan to arrive **between 2:00pm and 4:00pm** on the first day of camp. Say howdy to the Camp Directors, check in at the OK Corral Medical Centre, and meet the counselors.

Please do NOT arrive before the scheduled arrival times.

Pickup time on the last day of camp is **between 11am and 12noon**. Say so long to friends old and new, until next time!

***If for any reason you will be unable to make either the scheduled arrival or departure time, please contact the Zajac Ranch office at 604-462-8305.***



## ZAJAC RANCH 2011 SUMMER CAMP SCHEDULE

Spina Bifida & Turner Syndrome Family Camp	July 1 – 4
Gastro-intestinal/Hematology & Heart Network Camp	July 5 – 9
CNIB Camp for children who are blind or partially sighted	July 10 – 16
BC Professional Fire Fighters Burn Unit	July 17 – 23
Down Syndrome, Muscular Dystrophy & Epilepsy	July 25 – 29
Mixed Medical Camp/ Craniofacial Differences	August 1 – 5
Leadership in Training	August 1 – 5
Autism Spectrum Disorder Camp #1	August 8 – 12
Kidney Disorder & Multi-organ Transplant	August 14 – 21
Autism Spectrum Disorder Camp #2	August 22 – 26
Young Adult (18 – 30 y/o)	August 28 – Sept 1

## HOW TO GET TO THE RANCH

### From Vancouver:

- 🕒 Take Highway 1 East to the Maryhill Bypass (United Blvd exit).
- 🕒 Travel northeast to the Lougheed Highway and cross the Pitt River Bridge. Continue on Lougheed Highway.
- 🕒 Turn left onto Dewdney Trunk Road (Note that there are a few different turn-offs along Lougheed labeled “Dewdney Trunk Road” or “Old Dewdney Trunk Road.” Don’t be fooled! You are looking for the one in Pitt Meadows across from the Staples store).
- 🕒 Continue on Dewdney Trunk Road for 20-25 minutes.
- 🕒 About a ¼ mile past Clark's General store at the Dam, turn left onto Burma Road – there will be a sign saying “Zajac Children’s Ranch” (Note that Burma is a gravel road).
- 🕒 Stay on Burma Road for 8.5km. Turn right at the Zajac Ranch for Children sign, and you’ve arrived!

### From Abbotsford:

- 🕒 Take Route #11 North from Abbotsford to Mission. Stay on this road as it turns into Cedar.
- 🕒 Continue up the hill on Cedar, past the Husky Station until you come to a stop sign and turn left onto Dewdney Trunk Road.
- 🕒 After a short distance, you will cross a bridge. Turn right immediately past the bridge to continue on Dewdney Trunk Road.
- 🕒 Travel for about 10 minutes, past the dump and you will cross the BC Hydro Power dam bridge.
- 🕒 Take the first right after the bridge, which is Burma Road (gravel road). There is a small parking lot and guard house on the right.
- 🕒 Stay on Burma Road for 8.5km. Turn right at the Zajac Ranch for Children sign, and you’ve arrived!

**From Chilliwack:** take Abbotsford exit #92 and follow the Abbotsford directions above.

## CAMP ACTIVITIES AND SERVICES

Over the course of their camp experience, campers will be exposed to a wide variety of activities and experiences. They will receive individual instruction in new skills, take part in cabin group activities, and participate in games and theme events involving the entire camp. In everything we do at Zajac Ranch, we emphasize creativity, imagination, and adventure, in a safe, fun-filled atmosphere designed to encourage growth and the development of self-confidence.

The principal unit of activity at camp is the cabin group. We have found that activities focused around a small group of peers encourages the development of close friendships as they take part in activities and meet challenges together. At Zajac Ranch we do our best to foster an atmosphere of cooperation rather than competition. If we do run an activity containing some element of competition, we focus on challenging campers to achieve their own goals, rather than encouraging them to measure their accomplishments against the achievements of others. Activity areas offer specialized instruction, where campers proceed at their own pace, and the lessons are structured to allow time for campers to accomplish their goals within the timeframe of the session.

### Fun Stuff We Do At Camp:

- |                    |   |
|--------------------|---|
| 🕒 Horseback riding | 🕒 Archery                                 |
| 🕒 Canoeing         | 🕒 Arts and Crafts                         |
| 🕒 Kayaking         | 🕒 Music                                   |
| 🕒 Low ropes        | 🕒 Campfires                               |
| 🕒 High ropes       | 🕒 Talent shows                            |
| 🕒 Climbing wall    | 🕒 Playing in the new indoor swimming pool |
| 🕒 Swimming         |   |

## CAMP BEHAVIOUR POLICY

Our staff are highly trained in providing quality care for our campers, and will try several methods to correct undesired behaviour. If a situation arises where a camper threatens the safety or security of another camper, or if a camper shows a complete disregard of camp rules, the child may be dismissed at the discretion of the Camp Director. The parents/guardians will be responsible for any costs associated with the camper's dismissal for behavioural reasons. If a camper is removed from camp for behavioural reasons, no refund will be given for any portion of the camp session.

Smoking, the consumption of alcohol, and the use of illegal drugs are **not permitted** on Zajac Ranch property. Any camper or staff member who disregards this policy will be automatically removed from the program regardless of circumstance or degree of participation.

### **Homesickness:**

Camp staff are trained to detect early symptoms of homesickness and deal with it with caring supportive methods

If you have any questions or concerns about your child's ability to spend time away from home, please contact the Zajac Foundation or Zajac Ranch office; our staff would be more than happy to speak with you and discuss options that will work for you and your camper. You can also contact the Camp Director while your child is at camp to check on their progress.

### **Sleeping habits:**

Bed-wetting is a common camp situation, especially among our youngest campers. Our staff are well aware of how to deal with this issue quietly and respectfully. A washing machine is available for sleeping bags and clothes. Please inform camp of any other sleeping concerns your child may experience.

## PHOTOGRAPHY POLICY

Any photographs taken of your child while at camp by an employee or representative of Zajac Ranch will become property of the Zajac Ranch and may be used for various promotional purposes. If you or your family has reasons that your child should not appear in camp publications, please inform the Camp Director before camp.

## PACKING CHECKLIST

### **Footwear**

- Rubber boots
- 2 pairs of shoes: at least one pair should be sturdy running shoes with laces and rubber soles.
- 1 pair of flip flops or aqua socks (for kayaking, etc.)

### **Optional**

- Extra blanket (for extra warmth)
- Camera and film (disposable camera recommended)
- Self-addressed, stamped postcards, paper, pens & envelopes
- Books

**Luggage** - Luggage need not be expensive - hockey bags, duffels, old suitcases and big laundry bags are fine. Please do not pack items in garbage bags, as they rip easily and can be mistaken for garbage.

### **Lost and Found**

All lost and found items are kept in the Program Office. Please encourage your camper to ask their leader to help them look through the lost and found if they misplace any items during their camping session. Upon arrival home, if you find that your camper has forgotten items, please call the camp office with a detailed description of the items lost. If we have found the items, we will make arrangements for you to pick them up at the Ranch in Mission or our office in Vancouver. Please note that we will not take responsibility for items lost; for this reason it is best to leave valuables at home.

## PACKING CHECKLIST

### Bedding

- Sleeping Bag- warm, preferably synthetic fill
- Pillow and pillow case
- Sheet for mattress

### Medication

- All medication must be packed in original pharmacy bottles or blister packs, clearly labeled with camper's name and dosage.  
**Campers cannot check in unless their medication is properly packaged.**

### Personal Care Items and Gear

- Shampoo and soap (in a plastic container)
- Toothpaste and toothbrush
- Hairbrush/comb
- 2 towels: 1 large, 1 small
- Insect repellent-non aerosol
- Sunscreen: min SPF 30
- Lip balm
- Laundry bag (breathable, to keep dirty clothes separate)
- Water bottle
- Flashlight with fresh batteries

### Clothing (based on a 5 day session)

- Supply of underwear for the session
- 5 pairs of socks: both thin and thick (wool)
- 3 pairs of shorts
- 4 T-shirts
- 2 long sleeve T-shirts
- 2 pairs of pants (sweatpants are warmer than jeans)
- 2 warm sweaters or a warm sweater and a fleece jacket
- Waterproof rain suit (camp activities continue in the rain)
- 2 sets Pajamas
- Swim suit
- Hat (for sun and rain)

## BUMPS, BAND AIDS, & MORE!

All staff at camp have Standard First Aid and CPR C training, our Nursing Director is always on site or readily available, and our Medical Centre is open 24hours a day for any immediate medical care. Due to the nature of our outdoor activities, scrapes and bruises are bound to happen. If we feel a phone call home is necessary, we will make this a priority.

If a trip to the clinic or hospital is necessary, a staff member will accompany your camper. Our Camp Director will contact you prior to the visit and again upon returning to camp. If any prescription drugs are necessary, parents will be billed accordingly.

### MEDICAL INFORMATION

- The Medical Centre will be staffed by nurses and/or physicians 24 hours a day. They take care of every child's routine medical care and emergencies.
- Medical resources in the centre include: emergency medications, oral antibiotics, IV fluids, and a treatment room for minor emergencies.
- Minor medical problems (i.e. minor cuts, ear infections, sore throats, vomiting, sprains, etc) can be handled at Camp. Emergency medical care will be given as needed (i.e. IV antibiotics for fever, pain medicines, etc). If a child becomes seriously ill, the parent and the child's doctor will be notified. If necessary, we will arrange transport to the local hospital.
- All campers check into the Medical Centre when they arrive at Camp. Parents can talk with the doctors or nurses and tell them about all of their child's special needs, medications, restrictions, etc. The child's nurse will set up a schedule for his/her routine care.
- Chicken pox and Shingles can be very serious to some of our campers. If your child has had or been exposed to someone with chicken pox or shingles in the three weeks before coming to Camp, we are regrettably unable to allow him/her to attend. Please call the Nursing Director if you have any further questions.

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## WHAT TO BRING:

The list in this booklet is a good guideline for packing for camp. It's not necessary to go out and buy every item on the list; use your own judgment and make substitutions.

Gathering and packing the proper clothing and equipment are important parts of your child's camp experience; be sure to involve your child in the packing process. Being well prepared and knowing what you have and where it is can help campers be comfortable and confident. It also makes it more likely that everything that goes to camp will come home again!

## WHAT NOT TO BRING:

Matches, MP3 players, firearms, knives, hatchets, tobacco, video games, cellular phones, portable radios, hair dryers, expensive clothing/watches/jewelry, food, candy, gum, or any valuables.

## PACKING TIPS:

**Label Everything** - Label everything your child brings to camp with the camper's full name: clothing, shoes, toothbrush, flashlight, everything!

**Rain Gear** - A good set of rain gear is one of the most important things to bring to camp. Camp programs continue despite the occasional rainy day. Your camper will be more comfortable both in camp and on an out trip if he/she is well prepared for the weather. A rain suit is best, providing full coverage of the body, including the head. Test yours in the shower! A good pair of sealed rubber boots completes the picture (dry feet are very important). Don't forget to label the boots - they all look the same!

**Laundry** - In the event of an immediate need, arrangements can be made.