

Choosing the Best Camp for your child

Summer camp is a special time for your child. Most of us still have fond memories of camps we attended when we were young. Consider these seven tips to help find a special, and safe, camp that will provide memories your child will treasure for years to come!

Sponsored by:

Whole Earth Nature School
A local non-profit provider of after-school nature programs and summer nature camps.

1. What Does Your Child Want to Experience This Summer?

"Pretend summer has ended and it's been the most fantastic summer ever. Tell me what you did!" Make a long list of your child's answers. Also, consider the areas you'd like to see your child grow, then look over the local camps with him or her and decide which ones meet their needs best. This is your starting point.

2. Locations?

Is the camp held at one convenient location, or will your child spend a lot of time every day on a bus? Would you rather your child's summer experience be about transformation, or transportation? Find a camp that works with your needs.

3. Considering Nature?

Richard Louv, author and former board member of Parents Magazine, details extensive research which concludes that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children. Your kids are inside for most of their school year. Make at least one of their camps this summer a nature camp.

4. Director/Staff Qualifications, and Staff-to-Child Ratio?

Does the Camp Director have extensive experience managing a camp? Are the main instructors mostly high schoolers or are they highly trained and experienced professional instructors? Does the camp include volunteers or young Counselors-In-Training (CITs) in their Staff-to-Child ratio? Having extra bodies looking after your child is a good thing, but even better is having a full staff of trained professional instructors.

5. Child Safety Policies and Training?

Do all of the instructors have current CPR/First Aid certification, or just the lead instructors? Have they been trained in handling life-threatening allergies? Are background checks run on all employees? Does the camp director have a safety sheet for the particular summer camp site? Make sure your camp is prepared!

6. Can the Camp Meet Your Child's Individual Needs?

Is the camp skilled in, and able to handle, the individual needs of your child? For example, if your child has a peanut allergy, is the camp able to keep your child safe? If your child is on the Autism Spectrum, are the camp instructors experienced in working with the common needs of similar children? Contact them and find out!

7. Does the Camp Organization Give Back to Your Community?

Are they for profit or non-profit? Are they based in your town? Some organizations encourage community growth through potlucks and inexpensive programs for families or adults. Does yours?

CALENDAR

portation 20th Anniversary Celebration, 1-7pm, 455 W. 1st Ave., info at catoregon.org or cat@catoregon.org

Homecoming Concert for activist David Oaks w/Don Latarski, Walker T. Ryan, Eugene Peace Choir, Peter Wilde, David Rogers, Kristen & Takilma Slim, 6-9:30pm, Eugene Hotel, 222 E. Broadway. \$10.

8th Annual Medal Ball, an elegant evening of showcases & general dancing, semi-formal/formal attire, 7-10pm, Staver-DanceSport, 41 E. 6th Ave., info at 746-6268. \$10.

KindTree Autism Rocks 2nd Annual Adult Prom, adult dance party & silent auction, 7:30pm-midnight, Vet's Club Ballroom, 1626 Willamette St., info at prom@kindtree.org \$15, \$25/2 people.

BetterFest continues. See Thursday, May 16.

"Bloom: The Art of Gardens," continues. See Thursday, May 16.

Collectors West Gun & Knife Show continues. See Friday.

Eugenius Indoor Market continues. See Friday.

KIDS/FAMILIES Full Moon Moombah! 10am Morning Moombah, 11:15am The Music Box, 1pm Afternoon Moombah, The Shedd, info & tix at theshedd.org \$5.

I Spy Spring! Nearby Nature Family Fun Day, 10am-1pm, Alton Baker Park, info at nearbynature.org or 687-9699.

Lane Family Day, 10am-1pm, LCC Campus, info at lanecc.edu/food/lane-family-day

WREN Family Exploration Day at Golden Garden Ponds, 10am-2pm, Golden Garden Ponds, info at 338-7047 or info@wewetlands.org FREE.

Family Music Time, 10:15am, downtown library, info at 682-8316. FREE.

Tiny Tots Spring Carnival & Open House, 11am-2pm, Tiny Tots Indoor Playground, 2200 Coburg Rd., info at 343-1413 or info@tinytotscoop.org FREE.

Cuentos y Canciones: Stories & Songs in Spanish, 11:15am,

Bethel Branch Library, 1990 Echo Hollow Rd., info at 682-8316. FREE.

Parent & Baby Yoga, 11:45am-12:45pm, Just Breathe, 2868 Willamette St. #200, 852-6866. \$8-\$11.

Free Family Day: Artful Animals, noon-3pm, Jordan Schnitzer Museum of Art, UO Campus. FREE.

Squishivities: come paint & "squish" while learning parent-child activities, 2-4pm, Parenting Now! 86 Centennial Loop, info at info.parentingnow.org or 484-5316. FREE.

LECTURES/CLASSES Compassion Center: Cultivation & Care Class, discussion, sharing, learn with growers, 10am, 2055 W. 12th Ave. \$35/non-mem., OMMA cardholders FREE.

Compost Demo w/Compost Specialist, 10am-noon, River House Compost Education Site, 301 N. Adams St. Donat.

"Doing Good Abroad While Staying Out of Trouble at Home," 3pm, downtown library, info at 682-5450. FREE.

LITERARY 3rd Saturday Readers Series: Martha & Jerry Gatchell, poetry, 5pm, Tsunami Books, 2585 Willamette St. FREE.

ON THE AIR Taste of the World w/Wagoma, cooking & cultural program, 9-10am today, 7-8pm Tuesdays, Comcast channel 29.

The De'Ampe Soul Hama Show, 10pm, Comcast Channel 29.

"The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

OUTDOORS/RECREATION Lane County Audubon Society's 3rd Saturday Bird Walk, 8:30am, Mt. Pisgah information kiosk, info at president@laneaudubon.org or 343-8664. \$3/parking.

Meditation Hike, 9am, OP Barn, 18th & University St., info at 346-4365. \$15.

Prenatal Yoga, 10-11:30am, Just Breathe, 2868 Willamette St. #200, 852-6866. \$8-\$11.

Yoga for Large Bodies, 10-11:30am, Eugene Yoga, 3575 Donald St.

Prenatal Yoga, 11:30am-12:45pm, Eugene Yoga, 3575 Donald St.

Emerald City Roller Girls Big O Tournament continues. See Friday.

SOCIAL DANCE All-Levels African Dance w/Alseny, 11am-12:30pm, WOW Hall. \$12, \$10 stu.

Hoedown for Cascadia's Ancient Forests, 6-10pm, Avalon Stables, 80143 Hazelton Rd., Cottage Grove, info at cascwild.org \$20 adv., \$25 door.

Cuban Salsa Dancing w/intro lesson, 9pm, upstairs at the Veteran's Club, 1626 Willamette St., info at meetup.com/cubansalsa \$6.

SPIRITUAL Consciousness guide to spiritual enlightenment, 10am & 11:30am, Eugene Wellness Center, 1551 Oak St., info & pre-reg. at 344-8912. FREE.

THEATER Eugene Gleemen: *Country Western Jamboree*, 7:30pm, Ebber Methodist Church, 532 C St., Spfd., info & tix at eugeneegl-eemen.org \$15, \$12 stu., sen.

Avenue Q continues. See Thursday, May 16.

Beauty & the Beast continues. See Friday.

Good People continues. See Thursday, May 16.

Schoolhouse Rock Live continues. See Friday.

Seussical continues. See Friday.

Sunset Park continues. See Thursday, May 16.

The Wind in the Willows continues. See Friday.

VOLUNTEER 25th Annual Spring Clean-up, 8am-4pm, 1600 S. B St., Spfd., info at 726-3637 or springfield-or.gov

SUNDAY

MAY 19
SUNRISE 5:42AM; SUNSET 8:37PM
AVG. HIGH 68; AVG. LOW 44

ART/CRAFT yArt Sale continues. See Friday.

BENEFITS A Celebration of Art, Poetry & Music: a benefit for Occupy Eugene, 4-6pm, Tsunami Books, 2585 Willamette St. \$5-\$10 donat.

CAMP GUIDE

ADVERTISE YOUR CAMP HERE

call your ad rep for details

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24-28: Super Sloppy Science & Crazy Kitchen Creations

JULY 1-5: Stars and Stripes
8-12: Rainbow Connection
15-19: Movin' and Grovin'
22-26: Outdoor adventures
29-Aug 2: 2013 Space odyssey

AUGUST 5-9: Under the Big Top
12-16: Teammates and treasure hunting
19-23: Super hero training camp
26-30: Musical mayhem & messy masterpieces



City of Eugene

Summer Camps
Arts, Sports, Swimming, Outdoor,
Adventure, FUN! • June 17-August 30

Ages 2 1/2-18 years • All abilities
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Call 541-682-5312
City of Eugene Recreation
www.eugene-or.gov/reccamps

Whole Earth Nature School SUMMER NATURE CAMPS

