

Home Ec Camp



The Basics.....

Hi Girls (and Families)!

This packet will tell you everything you need to know, but here are a few important basics:

- Camp starts Sunday, June 20, at 3 p.m. Please note that there will **not** be a family barbecue this year!
- Camp ends Friday, June 25 with a slideshow for campers and family at 2 p.m. and goodbyes at 3 p.m.
- Make sure to fill out the enclosed waiver and medication form and bring them with you!
- Make sure to read over the “to-bring” list and projects list carefully and bring everything you’ll need!
- Please check out the enclosed information on this year’s camp missionary, Leslie Reavely, and the homeless ministry she started four years ago with her sister Lauren. We’re so excited to be supporting Hope2Others this year!

See you soon!

Rougie



Home Ec and MAN CAMP

Camp is coming up soon, and we are so excited! We are going to be doing all kinds of crazy stuff this year, and it will knock your socks off! Our directors are Oatmeal and Rougie, and they will be leading us through this adventure of challenges, traditions, and brand new activities!

So... Who are Oatmeal and Rougie?!

He's a gux...

...She's a girl.

He celebrated his fifth birthday in Indianapolis...

...She celebrated her fifth birthday in France.

While he endured rubber band fights with his six brothers...

...She chatted until midnight with her two sisters and slumber party girlfriends.

He canoed the rivers of the Midwest...

...She captained a rubber raft in Congo, Africa.

He owned a dog...

...She owned a lamb.

He spent his summers splashing around in Lake Michigan...

...She spent her summers summiting Mt. Adams.

He's a guitar dude...

...She's a piano girl.

He loves hot peppers...

...She loves mango sherbet.

He tears it up on the ultimate Frisbee field...

...She unskillfully maneuvers the soccer ball.

He studied numbers in college...

...She bandaged wounds and memorized medical terms.

He crafts a mean bowl of oatmeal...

...She creatively coordinates family holiday dinners.

He's thrilled with stories from history...

...She discusses life lessons with girlfriends over tea.

He worked at Camp Jonah for the first time last summer...

...She experienced her first Jonah summer camp in 1999.

Both are in love with Jesus. Both are married (to each other, if you hadn't guessed). Both are making exciting discoveries about what it means to be a real man and a real woman in the midst of a crazy, confusing culture. Both love to have ridiculously exciting camp fun.

We are Oatmeal and Rougie, your very own Home Ec and Man Camp directors for 2010!

Gentlemen... Ladies... prepare yourselves for a power-packed week as we learn what it means to do hard things as a real man and a real woman...

We can't wait to meet you!

Home Ec Camp

The To-Bring List

This year is going to be out of this world! For those of you who have been to Home Ec Camp before, be ready for a few great changes! We are not holding any rotations this year. Instead, you will have the chance to choose from over twenty electives! You will have time to attend thirteen of these great classes. Make sure to read the project list and find out what to bring for each project.

High School Girls: There are a few projects that only high school girls will be allowed to do, so make sure to check those out and see if you're interested!

To Bring:

Clothes (Pants, shirts, shorts...)

A sweatshirt

A flashlight

Tennis shoes

Sandals

Bible, notebook, pen

Sleeping bag and pillow

Toiletries (shampoo, conditioner, deodorant, toothbrush/toothpaste, hairbrush)

A nice set of dress-up clothes for a tea party

Supplies for any project you choose to do

To get the best camp experience, please...

Do Not Bring:

Cell phone

iPod

Laptop

Bad attitude

The Checklist

So here's how it works. This year is like a choose-your-own-adventure camp, where we offer lots of different activities and you choose which ones you want to do! You'll choose the 15 projects that sound most interesting to you, and you'll get to do 12 or 13 of them during your week at camp (we want you to pick a few extras just in case the scheduling gets tricky). Some activities are just for high school campers, so make sure to choose activities for your age group!

Four easy steps:

1. Look at the list of projects, descriptions, and what-to-bring lists on the next page.
2. Decide which projects you most want to do and check them off on this page.
3. Round up the supplies you need for each of the projects you've chosen.
4. Keep this list and bring it (and all your supplies) with you to camp!

- | | |
|--|--|
| <input type="checkbox"/> Ribbon Belt | <input type="checkbox"/> Rub-a-Dub |
| <input type="checkbox"/> Napkins | <input type="checkbox"/> How Does Your Garden Grow? |
| <input type="checkbox"/> Flip-Flop Pillow (High School Only) | <input type="checkbox"/> Milk Maid |
| <input type="checkbox"/> Hoodie Bag | <input type="checkbox"/> Hair Accessories |
| <input type="checkbox"/> Jean Bag | <input type="checkbox"/> Nanny 911 |
| <input type="checkbox"/> T-Shirt Bag | <input type="checkbox"/> Cooking 101 |
| <input type="checkbox"/> Playing Card Bag | <input type="checkbox"/> Cooking 201 |
| <input type="checkbox"/> Napkin Rings | <input type="checkbox"/> Cake Decorating |
| <input type="checkbox"/> Shrinky-Dink | <input type="checkbox"/> Snack Food |
| <input type="checkbox"/> Hemp | <input type="checkbox"/> Iron Chef 1 |
| <input type="checkbox"/> Wire Wrap (High School Only) | <input type="checkbox"/> Iron Chef 2 (High School Only) |
| <input type="checkbox"/> Interior Design | <input type="checkbox"/> Changing Oil (High School Only) |
| <input type="checkbox"/> Beauty Supply | <input type="checkbox"/> Scrapbooking |

Home Ec Camp

The Project List

Sewing Projects:

Ribbon Belt

Turn some cute ribbon into an accessory for any outfit!

Bring: Two ribbons of corresponding colors and patterns, both long enough to wrap around your waist with 6 extra inches, 2 D-rings (same width as ribbon)

Optional: Buttons, sequins, other decorations

Napkins

Create your own napkins!

Bring: 2 yards medium-weight, loose-weave material

Flip-Flop Pillow (High School Only)

Create your own flip-flop pillow to decorate your room!

Bring: Fabric for front and back: 5/8 yd
Fabric for sides and strap: 7/8 yd
Padding: 7/8 yd of 45" wide polyester fleece
Cord for Piping: 2 1/8 yd of 1/4" wide
Polyester fiberfill: 13 oz. or 364 grams
Thread

Optional: Cloth flower or other decorations
Simplicity pattern #4148 (we will have copies)

Hoodie Bag

Turn an old sweatshirt into a cool hoodie bag!

Bring: Old sweatshirt, medium/heavy-weight thread
Optional: Decorations for your bag (ex: iron-ons, patches, ribbon, buttons)

Jean Bag

Take some old jeans and turn them into a cute bag!

Bring: An old pair of jeans, medium/heavy-weight thread
Enough fabric for a liner to fit your jeans
Optional: Scarf for a belt, ribbon, buttons, patches

T-Shirt Bag

What do you do when a t-shirt is too small? Make a bag!

Bring: A t-shirt

Optional: Decorations for your bag (ex: ribbon, buttons)

Jewelry Projects:

Napkin Rings

Create table décor for your parties. Napkin rings dress up any table setting.

Shrinky-Dink

Jewelry you can make out of thin plastic! You cook it and it shrinks to a thicker, smaller version of the art you made.

Optional: A favorite piece of paper art to shrink

Hemp

Learn how to turn brown hemp string into cute, everyday-wear jewelry!

Optional: Decorative beads or pendants

Wire Wrap (High School Only)

Turn broken china or cool rocks into amazing pendants for any necklace chain or ribbon!

Optional: A rock, piece of glass, or china to wrap

Cooking Projects:

Cooking 101

A beginning cooking class. Get started by learning how to read a recipe, measure ingredients, and make a simple dessert.

Cooking 201

An advanced cooking class. You'll get to work on an advanced cooking project. Must have 3+ years of cooking experience.



Jean Bag



Ribbon Belts



Napkin Rings



Hemp



Napkins



Shrinky Dink



Flip-Flop Pillow



Hoodie Bag



T-Shirt Bag



Wire Wrap

Home Ec Camp

The Project List

Cooking Projects (continued):

Cake Decorating

Make frosting flowers and other beautiful toppings for cakes!

Snack Food

Learn to make party favorites like caramel corn and Chex mix!

Iron Chef 1

Just like in the TV show, girls who sign up for this class will have to complete a challenge! You will receive a secret ingredient that you have to use in a recipe. You will compete with other girls to make the best dish centered around the secret ingredient.

Iron Chef 2 (High School Only)

The same as Iron Chef 1, but with a more difficult secret ingredient. Something we think you girls can totally rock at!

Random Projects:

Playing Card Bag

Turn an old deck of cards into a sweet purse!

Bring: An old deck of playing cards, UNO cards, Phase Ten cards, or any other cards you'd like to bring!

Interior Design

You have a bed and some dressers, but how do you make your room look cute? Find out with our interior decorating class!

Beauty Supply

Learn to make bath salts, bath balls, glitter and lip gloss... Become your own beauty supply store!

Bring: Epsom salts, scented oils, and petroleum jelly or body gel, 8 oz. canning jar

Rub-a-Dub

Learn to create healthy, homemade soap!

How Does Your Garden Grow?

Learn how to grow useful herbs and beautiful flowers, and get a few ideas of what to do with them!

Milk Maid

Milk a cow yourself and make some homemade butter from the milk!

Bring: An empty baby food jar

Hair Accessories

Learn how to create your own ribbons and hair accessories!

Bring: Plain bobby pins, clips, and/or hair ties

Nanny 911

Learn all the essentials of babysitting, including how to put together a Mary Poppins Magic Fun Bag and be the best babysitter ever!

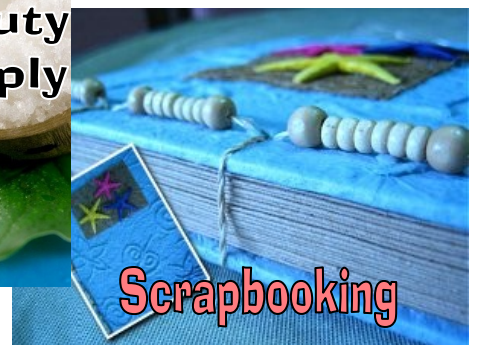
Changing Oil (High School Only)

Learn one of the basic elements of car maintenance and impress your dad and brothers when you are fully capable of taking care of your own car!

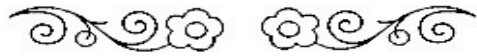
Scrapbooking

Learn how to make cute cards and celebrate memories!

Optional: Scrapbooking materials or a scrapbooking project you've already started



Home Ec Camp



The Mission...

HOPE2OTHERS

Here's some exciting news: Leslie Reavely is our camp missionary this year! She, along with her younger sister Lauren, started a nonprofit organization called Hope2Others (H2O) four years ago. They attended our Missions Camp when they were just 14 and 11 years old and got inspired to reach out to homeless people in their own area, and they've been able to help other kids, teenagers, and churches all over the world to do the same thing!

Hope2Others is a non-profit organization whose mission is for panhandlers and homeless people worldwide to receive hope through H2O bags (lunch bags containing a small non-perishable meal, a water bottle, socks, a rescue meal voucher, and a gospel tract).

We're so excited to have Leslie on staff this summer to help our staff and campers get excited about doing hard things, making an impact on their world, and reaching out to the people around them! We also want to help Leslie and Lauren grow their H2O ministry. That's why...

Campers this summer can choose to participate in this mission in three ways:

**Buy a Bag for \$3.00* and keep it with you to give hope to a homeless person or panhandler you meet.

**Bring some of these brand new supplies for a homeless shelter:*

- Bibles (NLT)
- Socks
- New undergarments (men and women)
- Hooded sweatshirts
- Jeans (men)
- Sleeping bags
- Twin blankets
- Backpacks
- Spray deodorant
- Disposable razors
- Toothbrushes
- Toothpaste
- Travel-size toiletries

**Bring money to help support a homeless person through the recovery program.* This will cost \$15,000-\$20,000, but every little bit helps! Campers can bring money with them, or they can also choose to leave any leftover snack shack money to help reach this goal.

We can't wait to have you at camp!

-Rougie and the Jonah crew