



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

McGaw YMCA Camp Echo Family Camp Handbook 2018

McGaw YMCA: www.mcqawymca.org

Camp Echo: www.mcqawymca.org/campecho

Branch Executive Director: Bernard Rocca: Bernardr@mcqawymca.org

Summer Camps Director: Sarah Cort: Sarahc@mcqawymca.org

Evanston Mailing Address

McGaw YMCA Camp Echo
1000 Grove Street
Evanston, IL 60201

Fremont Mailing Address

McGaw YMCA Camp Echo
3782 S. Triangle Trail
Fremont, MI 49412

Evanston Telephone Numbers

Office: 847-475-7400 x259
Fax (year round): 847-475-1764

Fremont Telephone Numbers

Office: 231-924-7076

During Family Camp:

Summer Camps Director, Mobile: 231-924-6660

Driving Directions to Camp Echo

*****If using a GPS device, enter 2000 W. 32nd St, Fremont, MI 49412 as your destination**

Approximate driving time from Evanston: 4.5 hours
Michigan is on Eastern Time (1 hour later than Chicago)
If you get lost or delayed, call Sarah Cort at 231-924-6660

We recommend taking the Edens/94 to the Skyway, if they are jammed, take Lake Shore Drive/Skyway:

Take LSD to I-55 south to I-94 south to the Skyway (toll). Upon leaving the Skyway you are on 80/90 East, the Indiana Toll Road. Leave the Indiana Toll Road at Exit #21, Lake Station, I-94, towards Detroit (2 tolls).

Proceed east on I-94 through the rest of Indiana, past Exit #40 and into Michigan, where the exit numbers will start over. Continue on I-94 for another 30 miles to Benton Harbor/St. Joseph.

IMPORTANT: Take Exit #34, I-196 & US 31 North, towards Holland. (You do not want to stay on I-94 which heads east to Detroit at this point.)

Proceed north on I-196 & US 31 through South Haven towards Holland.

IMPORTANT: Just before Holland, Exit #44 left on 31 North. (You do not want to stay on I-196 which heads east to Grand Rapids at this point). Continue on US 31 (not business 31) through Holland, Grand Haven and Muskegon.

A few miles past Muskegon, at the top of a long hill, exit US 31 onto M-120 East. The exit specifically mentions Fremont. Get into the middle lane at the exit - turn directly into the lefthand lane.

Take M-120 about 20 miles, through the towns of Twin Lake and Holton. Just before you get to the town of Brunswick, M-120 curves to the left at the intersection of Maple Island Road. Proceed 2.9 miles, through Brunswick, to a stoplight at the junction of M-82. You will see a Wesco station and the Maple Island Pie Restaurant.

Continue east on M-82 through the town of Fremont. M-82 becomes Main Street. **Watch your speed through town - 25 mph.** At the blinking stoplight where M-82 turns to the right, don't turn right -- continue straight on Main Street which becomes 48th Street. Go 3.3 miles to Baldwin Avenue (there's a sign on the left side of road for "The Shack Resort" just before Baldwin) and turn left on Baldwin.

Proceed on Baldwin for 2 miles (around two "S" curves, then to the top of the second hill). Look for a big red barn on the left side; slow down immediately and turn right on 32nd street.

Go 1.75 miles on 32nd Street and curve right to "Triangle Trail" on the right. The Camp Echo sign is low to the ground. There is a 15 mph speed limit down the camp road. As you come into camp after passing the welcome sign, Echo staff will greet and direct you. If you are arriving late, drive to the Dining Hall and you will be greeted.

Places to Stop on the Way to Camp

Below are a few places to rest, relax, and have a delicious meal or snack on your way to Camp Echo. Attractions are listed closest to furthest from Evanston.

PORT DRIVE-IN 491 N. Calumet Road, Chesterton, IN 46304

1950's Drive-In serving chili dogs, giant hamburgers, and home-brewed root beer.

- From I-94, Merge onto I-49 via EXIT 26A toward CHESTERTON/VALPARAISO
- Turn LEFT onto INDIAN BOUNDARY RD/COUNTY ROAD 1275 N
- Turn LEFT onto N. CALUMET RD

BREWSTER'S ITALIAN CAFÉ 11 W. Merchant Street, New Buffalo, MI 49117

Offers authentic Italian food including wood-fired pizzas; outdoor patio and wine cellar.

- From I-94, take the M-239/LA PORTE RD exit, EXIT 1, toward NEW BUFFALO
- Turn LEFT onto MI-239/LA PORTE RD, follow MI-239, MI-239 becomes N. WHITTAKER ST.
- Turn LEFT onto W. MERCHANT STREET

REDAMAK'S TAVERN 616 W. Buffalo Street, New Buffalo, MI 49117

A famous burger joint - make sure to bring your appetite.

- From I-94, take the M-239/LA PORTE RD exit, EXIT 1, toward NEW BUFFALO
- Turn LEFT onto MI-239/LA PORTE RD. Continue to follow MI-239
- Turn LEFT onto W. BUFFALO ST/US-12

WHISTLE STOP 15700 Red Arrow Highway, Union Pier, MI 49129

Offers great carryout sandwiches, baked goods, and Itelligentsia coffee.

- From I-94, merge onto W PULASKI HIW/US-12 W via EXIT 4B
- Turn RIGHT onto S RED ARROW HWY

RED ARROW ROAD HOUSE 15710 Red Arrow Hwy, Union Pier, MI 49129

Traditional American eats in informal, lodgelike digs with pine walls, taxidermy & full bar.

- From I-94, merge onto W PULASKI HIW/US-12 W via EXIT 4B
- Turn RIGHT onto S RED ARROW HWY

BLUE PLATE CAFÉ 15288 Red Arrow Highway, Union Pier, MI 49129

Great sit-down family breakfast spot offering baked goods and fresh coffee.

- From I-94, merge onto W PULASKI HIW/US-12 W via EXIT 4B
- Turn RIGHT onto S RED ARROW HWY

LUISA'S CAFÉ 13698 Red Arrow Highway, Harbert, MI 49115

Serves breakfast and lunch including Swedish pancakes, paninis and salads; great bakery as well.

- From I-94, take UNION PIER exit, EXIT 6 and turn LEFT at UNION PIER ROAD
- Turn LEFT at LAKESIDE ROAD
- Turn RIGHT at SOUTH RED ARROW HWY

SHERMAN DAIRY BAR 1601 Phoenix Road, South Haven, MI 49090

A local favorite offering huge cones filled with quality homemade ice cream.

- From I-94, merge onto I-196 N/US-31 N via EXIT 34 toward HOLLAND/GD RAPIDS
- Take the PHOENIX RD exit, EXIT 20, turn LEFT onto I-196/CR-388/PHOENIX RD

DUTCH FARM MARKET 6967 109th Ave, South Haven, MI 49090

A family run business that specialized in homegrown fruits and vegetables, pies, and ice cream.

- From I-94, merge onto I-196 N/US-31 N via EXIT 34 toward HOLLAND/GD RAPIDS
- Take the 109TH AVE exit, EXIT 26, toward PULLMAN, turn RIGHT on 109TH AVE

Family Camp General Information

PACKING LIST

This is a list of suggested items to make your stay at Camp Echo more comfortable. If you forget anything, ask the staff for help. We might have what you need, or we can give you directions to the nearest store.

CLOTHING

- Shirts or T-shirts
- Long Pants
- Shorts
- Underclothes
- Socks
- Swimsuit(s)
- Beach Towel
- Light Jacket
- Sweater or Sweatshirt
- Jacket or Fleece
- Poncho or Raincoat
- Pajamas
- Hat or Baseball Cap
- Gym Shoes
- Sandals
- Flip-Flops (for shower use)

BEDDING

- Sleeping Bag
- Blankets
- Sheets
- Pillow
- Pillow Cases

OTHER ITEMS

- Soap
- Toothbrush
- Shampoo
- Washcloth
- Bath Towels
- Comb or Brush
- Water Bottle
- Flashlight(s)
- Bug Repellent
- Sunscreen
- Medications

OPTIONAL ITEMS

- Backpack
- Camping Chairs
- Coffee Mug
- Coffee Maker
- Cooler
- Games and Cards
- Goggles
- Books
- Air Mattress
- Rain Boots
- Water Filter

FOR THE LITTLE ONES...

- All-Terrain Stroller
- Snugli
- X-Small Life Jacket
- Diaper Disposal Bags

NUTS AND BOLTS

Housing: Families stay in Camper Cabins and Peak Cabins. All buildings on camp have electricity, electrical outlets and heat. There are four bathroom facilities located throughout camp with toilets and showers.

Healthcare: There is no designated health care provider during Family Camp. Parents are responsible for their family members' health and should bring over the counter medications and first aid supplies. If a camper has a serious injury or illness, we have relationships with doctors and dentists in town.

Internet Access: WiFi is available near Trip Center, the Social Lodge, and outside the Program Office. There is not a computer lab for families to access, but if you need to access a computer, please let us know.

Cellular Service: Cellular service on camp property is spotty. The best place to get a strong cell phone signal is on the Peninsula.

Trading Post: The camp store, known as the Trading Post (TP), will be open after dinner each day for clothing, treats and/or various supplies. Payments do not need to be made at the time of purchase; a "tab" is kept, and at the end of Family Camp we will charge your credit card on file through CampInTouch. If you'd like to pay by cash, check or another credit card, contact the TP Manager.

Pro Tip: Many families bring strands of decorative lights to display on their cabins, as well as folding lawn/beach chairs.

Family Camp General Information

FAMILY CAMP RULES

- Know where your children are at all times.
- Don't enter any program area until a Camp Echo staff member is present and allows you to enter.
- You must check in and check out of aquatic areas with a Camp Echo staff member.
- Don't go near the lake except at the designated aquatic areas.
- Everyone wears a lifejacket when in a boat.
- No bare feet, except on the sand in the aquatic areas.
- If you hear a simultaneous bell and siren, come to the Dining Hall.
- Please have at most two people help out during meal cleanup (too many helpers creates chaos).
- At least one family member is expected to stay after meals until announcements are over.
- Bring all lost & found items to the stage and we'll hold them up at meals.
- Saska is quiet time – please no ball playing or noisy outdoor games.
- Put garbage, wrappers, etc. in the garbage cans.
- No graffiti.
- The swing is for sitting and enjoying the vista. It's not a playground swing.
- For Trading Post purchases, use your Family's name, not your cabin name.
- Camp Echo is smoke free. Please leave camp in your car if you must smoke.
- Adult beverages may be consumed with discretion in your cabin.
- Camp traditions can create positive awe and wonder! The opposite of Awe and Wonder is a prank at the expense of another individual or group of people, which is unacceptable. Too often they waste resources; damage property and/or the environment; require extra work to clean up; are potentially dangerous to perpetrators and/or victims; inconvenient, offend, or hurt others; and affect the operation of camp

SWIM EVALUATIONS

Before using any aquatic area at Camp Echo, all campers must complete a swim evaluation. The evaluation consists of swimming laps in our swimming area and treading water or floating. After the evaluation, campers receive a swim level:

- Red - non-swimmers and campers who do not complete the evaluation
- White - swim 4 lengths of any recognizable stroke (1 length is about 35 yards); jump into deep water; tread water for 1 minute then float or tread for 9 minutes.
- Blue – swim 6 lengths of any recognizable stroke; jump into deep water; tread water for 1 minute and then float or tread for 9 more minutes.



Campers may participate in different aquatic activities based on their swim level. Blue and White swimmers may water ski, sail, and use the boats and canoes. Red swimmers may participate in boating activities if accompanied by an adult who is a blue swimmer or a staff member. Swim evaluations are conducted on the first day and any time the waterfront is open during your stay.

Family Camp General Information

ACTIVITIES AT FAMILY CAMP

- | | |
|---------------------|-------------------|
| Archery | Paintball+* |
| Arts & Crafts* | Sailing |
| Biking | Sports |
| Canoeing | Square Dancing |
| Camp Fires | Swimming |
| Carnivals | Water Skiing |
| Climbing/Traversing | Tubing |
| Fishing | Talent Shows |
| Golf+* | Team Elements |
| High Ropes | Horseback Riding* |
| Kayaking | Nature Hikes |

*Extra fee may apply
+Off-camp outing

AGE GUIDELINES

You must be at least 8 years old to

- ... use the hot cocoa machine
- ... go on a trail ride
- ... go on a bike ride
- ... participate in Archery

You must be at least 12 years old to

- ... come to evening snack

You must be at least 16 years old to

- ... use the computer lab

MEALS AT CAMP ECHO

Our cooks and kitchen staff prepare delicious meals and lay out snacks and beverages throughout the day. All meals are served family style. A salad bar with fresh vegetables, fruit, an additional entrée, and vegetarian options is available at every meal. For every meal, each family should appoint one or two people to serve as waiters. Waiters have responsibilities both before and after the meal:

- About 15 minutes before the meal come to the Dining Hall and set the table.
- During clean up, take leftover food, plates glasses, etc. back to the appropriate place.
- After the meal, wipe the top of the table, sweep below the table, and organize chairs in accordance with the clean-up process.

After every meal, a staff member will make announcements. Important information is delivered at this time. Please have at least one family member stay until the end of announcements.

CAMPER CABINS

1. Optimist Lodge
2. Ben Snyder Lodge
3. Lions Lodge
4. Y's Men Lodge
5. Kiwanis Lodge
6. Triangle Lodge
7. Wally Ford Lodge
8. Christopher Lodge
9. Potter Lodge
10. McCallum Lodge
11. Friendship Lodge
12. Steffek
13. Fremont Lodge
14. Dugdale Lodge
15. Featherstone Lodge
16. Metz Lodge
17. Codor
18. Alumni Lodge
19. Moon Lodge
20. Northbrook

TEEN PROGRAM HOUSING

21. Mouse Haven
22. Horse Haven
23. Outpost
24. The Birches

PEAKS (STAFF HOUSING)

25. Tukamoranda
26. Burke's Bunkhouse
27. Dorothy J.
28. St. Claire
29. Peak Five
30. Foster
31. Behrends
32. O'Meara Lodge
33. O'B Retreat
34. Peak Nine
35. Sisters

STAFF HOUSING

36. Program Office
37. Lakeside
38. Bungalow

PROGRAM AREAS

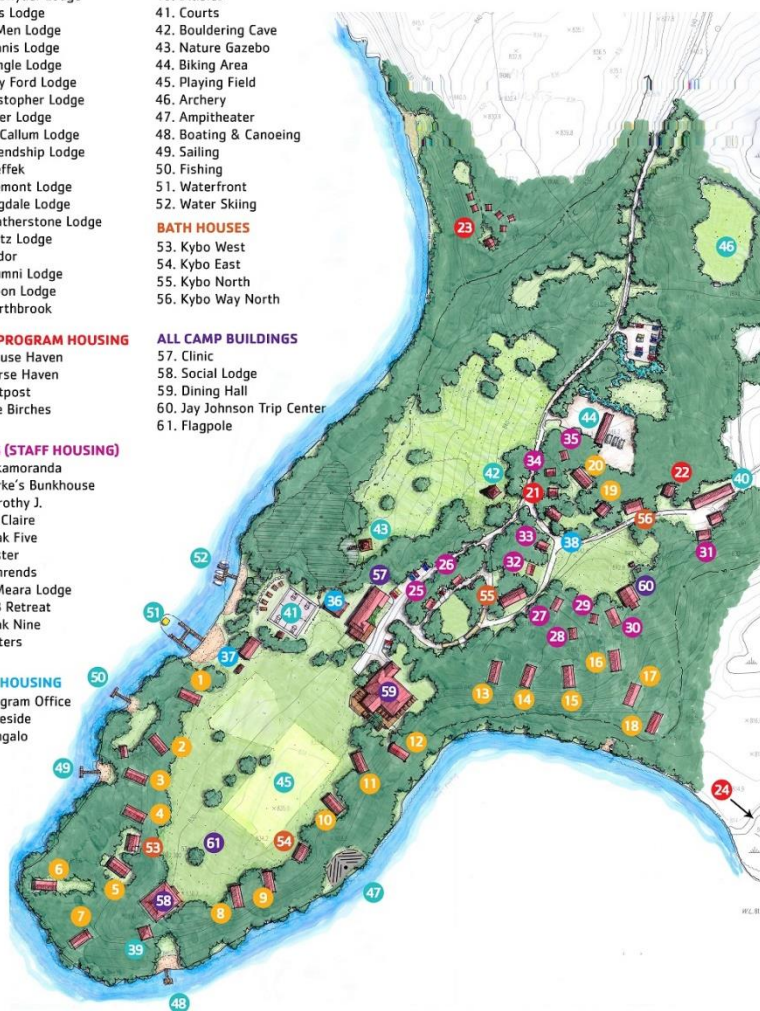
39. Craft Shop
40. Stables
41. Courts
42. Boulderling Cave
43. Nature Gazebo
44. Biking Area
45. Playing Field
46. Archery
47. Amphitheater
48. Boating & Canoeing
49. Sailing
50. Fishing
51. Waterfront
52. Water Skiing

BATH HOUSES

53. Kybo West
54. Kybo East
55. Kybo North
56. Kybo Way North

ALL CAMP BUILDINGS

57. Clinic
58. Social Lodge
59. Dining Hall
60. Jay Johnson Trip Center
61. Flagpole



The Camp Echo Family Camp Experience



DAILY SCHEDULE

8:00*	Wake-Up Bell
8:15*	Flag Raising & Morning Reflection
8:45	Breakfast
9:30	Service Task & Cabin Clean-up
10:15*	Round 1
11:30*	Round 2
1:00*	Areas Close; Waiter Bell
1:15*	Lunch
2:00	Saska (Rest Hour)
3:30*	Round 3
4:45*	Round 4
6:00*	Areas Close; Waiter Bell
6:15*	Dinner
7:15	Twilight Fun
8:15*	Flag Lowering
8:30	Evening Program
10:00	Evening Snack

*Bell will ring

Schedule is subject to change based on weather conditions, facility availability, and staffing needs.

NOTES ABOUT THE DAILY SCHEDULE

Please note: Almost everything is optional for our Family Camp participants. While we encourage everyone to attend all of our program time, we understand that families may have different needs. This includes with our program area times: most activities do not require advanced sign up and participants can come and go from activity to activity as they please.

Morning Reflection is a time when campers of all faiths gather together and pause for thought about the YMCA's core values of caring, honesty, respect, and responsibility.

Service Tasks allow us to work as a community to keep camp clean and running smoothly. Such tasks include sweeping the dining hall floor, raking the beach, tidying the Kybos, and litter patrol.

Saska is a rest period that allows campers to relax and rejuvenate. Areas are closed and many campers nap during this time; everyone should engage in quiet activities.

Evening Snack is served at 10:00 pm in the Dining Hall for campers who are 12 and older. We ask campers who participate to be mindful of their neighbors and keep the noise level low.

Announcements regarding activities and upcoming programs are made by staff members after each meal. Please stay for announcements to hear important information.

Activity Sign-Ups for popular events such as canoe trips, off-camp outings, horseback riding, and high ropes are posted in the Dining Hall or take place after announcements. Every effort is made to place all campers in desired activities.

The Camp Echo Family Camp Experience

TRADITIONS

The Camp Echo experience is rich with unique, silly, and time-honored traditions.

Camp Echo Song

Traditionally sung upon going under the Camp Echo gate.

I want to wake up in the morning
at dear old Camp Echo.
Where the sun comes a peepin'
into where I'm a sleepin!
and the songbirds say hello.
(Hello!)
I want to wander
O'er the hillside
Where the gentle breezes blow.
I want to be at...
Camp Echo!
It's the finest camp I know.
(without a doubt...)

Elbows on the Table

Good table manners are a necessity at Echo. If you place your elbows on the table during a meal you may hear a song sung in your honor that ends with the demand: "Kiss the moose! On the lips!" So watch out!

"In The Lake!"

A rousing chant with a fitting conclusion that is heard after singing to staff members on their birthday.

Singing for Lost Items

We encourage staff members to know where all of their belongings are at all times. If you find an item that a staff member has left behind, bring it to the Director's attention. At the next meal, the staff member will happily perform a "song and dance" to regain possession of their lost item.

E-C-H-O and Body, Mind, & Spirit

At the opening and closing campfire, staff members and campers reflect on what Camp Echo means to them in two ways. During E-C-H-O, a person chooses a word that encompasses his or her camp experience that begins with each letter of the word Echo. We also share our thoughts on how we have strengthened our bodies, minds, and spirits during our stay.