



## HUNTERDON COUNTY

# DIVISION OF PARKS AND RECREATION

Mailing Address: PO Box 2900, Flemington, NJ 08822-2900

Office Location: 1020 State Highway 31, Lebanon, NJ

Telephone (908) 782-1158 • Fax (908) 806-4057

E-mail: parks@co.hunterdon.nj.us



Dear Parent/Guardian:

Your child is scheduled to participate in the Hunterdon County Department of Parks & Recreation Summer Nature Program. Please be prompt in dropping off your child at the designated location at 9:00 a.m. and picking up at 3:30 p.m. each day. ***Please call the Park office by 8:45 AM if your child cannot attend camp for any reason, so we can notify your child's counselor.*** (Echo Hill is located on 42 Lilac Drive, Flemington, NJ 08822 in Clinton Township. Teetertown is located at 40 Pleasant Grove Road, Port Murray, NJ 07865.) Campers will be met each day by their leaders. Campers will be met each day by their counselor, who will give you an introductory letter on the first day of camp.

**ALL CHILDREN MUST BE SIGNED IN AND OUT OF CAMP EACH DAY. YOU ALSO MUST PROVIDE A WRITTEN NOTE TO LET ANOTHER PARENT TAKE YOUR CHILD HOME.** When you, or the person designated by you, drops off or picks up your child, please go directly to their group. This will also give the leader a chance to pass along any information or news about your child's day or upcoming activities

Each child must bring a lunch and snack. In keeping with the theme of the camp, please try to pack as much of your child's lunch as possible in recyclable or re-useable containers. Water is available at the park, but we recommend each camper start their day with a full water bottle from home. **Please put your child's full name on ALL ITEMS brought to camp. Make sure to check the Lost and Found box at the camp at the Each Day.**

On all days of camp, please have your child wear comfortable play clothes and shoes or sneakers with socks. **No flip-flops or clogs.** The children will probably get their feet muddy or wet on most days; old shoes/sneakers are therefore advised. In very hot weather, we often allow the children to wade in the cool creek or play some water games. Because our activities are held outdoors as much as possible, please send along a rain jacket on cloudy or rainy days. If you are planning to buy new footwear for the summer, please make sure they are broken in before camp starts.

Insect repellent and sunscreen are often desirable. Please be sure your child knows how to apply them, or apply before coming to camp. Information on Lyme disease is enclosed. We will do frequent "tick checks" during the day, but please also check your child(ren) for ticks each evening.

During the course of the Program, Eyes of the Wild will host a mammal show and Rizzo's Reptiles will host a reptile show. Also at some point your child(ren) will have the opportunity to tie-dye with a shirt that we will provide.

- For **Nature Discovery and Pioneers**, the program concludes on Friday with a campfire and s'mores.
- For **Juniors Explorers in sessions A1, B1, C1 & D1s** and all **Senior Explorers** will have their first Canoe Paddling Clinics on the first day of camp and will need a swimsuit/change of clothes, towel and old sneakers for this activity
- **The Junior/Senior Explorer Campout will be the second Thursday of camp. Pick-up is on the following day at noon (12:00pm).** Personnel tents are permitted, but we are not responsible for them. Tents are available from the Park Division.
- **Environmental Camp:** Please review the permission slip for starting times and tentative pick-up times for the field trip and overnights. When the drop-off time is earlier than normal, siblings in lower levels may be dropped off at the same time.
- **In the event that a camper with a serious known food allergy is attending the session, your child may be asked to refrain from bringing certain food items to camp.**

**The focus of all the Summer Nature Program sessions is appreciation and awareness of our natural world.** Our leaders develop activities that present these themes in a fun AND educational way. We always appreciate any comments or suggestions you may have. Feel free to contact me directly at the number above with any questions or concerns. We look forward to seeing your child this summer!

Sincerely,

Tom Sheppard

Chief Park Naturalist



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## **CELL PHONES AND OTHER ELECTRONIC DEVICES ARE NOT PERMITTED AT SUMMER NATURE PROGRAM**

In past years, our camp staff noticed that some of our campers have been using cell phones or other electronic devices during the day. Cell phones and other devices are a distraction and are inappropriate for the activities presented at our Summer Nature Program. For the enjoyment of all campers, we try to create a serene and tranquil atmosphere in the natural landscapes of our parks. Our goal is to provide as much exposure, enjoyment and immersion into their surrounding natural world, not their electronic world. The sounds and temptations of these devices interfere and distract from the fun and exciting activities our counselors have created to achieve our goal. Therefore, our policy is that no cell phones or any other electronic devices are allowed at camp.

Please contact our office at the above phone number if you need a message sent to your child(ren). If your child(ren) needs to contact you for any issue, a phone can be made available to them. We will contact and inform you of any unexpected changes on a field or canoe trip. If you have any concerns with our policy, please feel free to speak with me.

Thank you for your consideration in this manner.

Sincerely,

Thomas E. Sheppard  
Chief Park Naturalist

# LYME DISEASE PREVENTION

## A Fact Sheet for Parents

Hunterdon County continues to have one of the highest rates of Lyme disease in the country. The disease is transmitted by the bite of an infected deer (black legged) tick. Common habitats for the deer tick are leaf litter in wooded areas, grassy areas along wooded edges and low bushes and shrubs. Deer ticks are not commonly found on athletic fields, cut lawns or agricultural fields. The majority of Lyme Disease cases are "caught" around the home. Children may be at particular risk because of the amount of time they spend playing outdoors. To help reduce this risk of tick exposure, remind your family of these "tick-safety tips":



### Before Going out:

Wear light-colored, tightly woven clothing to make it easier to spot ticks; tuck shirts into pants and pants into socks; wear closed shoes / sneakers rather than open sandals; use a tick repellent as directed. Products should contain DEET (for clothing OR skin) or Permethrin (for clothing ONLY). Remind children to ask an adult to apply the tick repellent and DO NOT apply to hands or face. Use products with less than 10% DEET. Pay particular attention to tops of shoes and lower portion of pant legs, as ticks are most likely to attach here. Follow manufacturer's directions carefully. Do not use on children under 3 years of age.



### While Outside:

Stay in the center of trails; avoid low bushes and leafy brush; periodically check clothing and skin for ticks and remove.



### Upon Return:

Check clothing, skin, and hair for ticks (take special note of your child's navel, underarm, groin area and behind the ears). If a tick is found, remove it carefully with tweezers. If it was attached, note spot of attachment, mark calendar, and save tick in a jar for later identification. Should symptoms such as an expanding "bull's eye" rash, flu-like symptoms or painful joints develop, contact your physician.



### Use These Steps for Proper Tick Removal:

- **GRASP** tick as close to skin as possible, using tweezers;
- **PULL** gently with a steady, backward pressure. Be patient!
- **WASH** area with soap, water and topical antiseptic

### REMEMBER:

Never burn, smother or crush a tick!  
This can increase your risk for Lyme disease.

### Don't Forget:

It generally takes 36 hours for a deer tick to infect its host with the bacteria that causes Lyme Disease. So remember:

**Do tick checks DAILY!**



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### PLEASE READ THIS IMPORTANT MEDICAL INFORMATION

Dear Parents/Guardians,

Please be advised that a camper has a **severe peanut allergy** – the food allergy that claims more lives each year than any other. A child with a serious peanut allergy can suffer a reaction merely by touching a peanut-containing food. Therefore, the following safety guidelines are put into effect:

- Please do not send any peanuts, peanut butter or foods containing peanuts to be eaten at camp.
- If your child ate peanut butter for breakfast, we would greatly appreciate you make sure that his/her hands are washed with SOAP and water before leaving for camp. Water alone does not do the trick!

You have all read the headlines and seen the news stories: food allergies are a growing concern across America. Millions of children – children who are perfectly healthy and normal in every way – must watch every single bite they eat, or risk suffering a severe or even life threatening reaction. A major health issue such as this one needs to be taken very seriously, and it has always been the policy of this organization to make the safety and well being of our campers top priority.

Thank you in advance for your cooperation and understanding. Listed on the back of this letter is a list of peanut free snacks and drinks! If you have any questions or concerns please do not hesitate to contact me. (908)782-1158.

Sincerely,

A handwritten signature in cursive script that reads "Thomas Sheppard".

Thomas Sheppard, Chief Park Naturalist  
Hunterdon County Department of Parks & Recreation

## Peanut/Nut-Free Snacks

### Fruits-

All Fresh Fruits  
Dole Fruit Bowls  
Del Monte Fruit  
Sun-Maid Raisins  
Apple Sauce

### Vegetables-

All Fresh Vegetables  
Including:  
Carrots with Dip  
Celery Sticks with Cream  
Cheese or Dip  
Gummy Snacks-  
(Not Brachs.) Only Betty  
Crocker or Nabisco Fruit  
Fruit Roll-Ups  
Fruit by the Foot  
Gushers  
Shark Bites  
Fun Fruits  
Scooby Doo Fruit  
Trix Fruit Snacks  
Hi-C Fruit Snacks  
Pokemon fruit Snacks

### Cookies-

Nilla Wafers  
Oreos & Mini Oreos  
(Not Mint-Crème)  
Chips-A-Hoy  
(Not minis)  
Bisco Wafers  
Teddy Grahams  
Hostess Ho-Ho & Twinkies

Rice Krispie Treats  
Nutri-Grain Apple  
Cinnamon/Brown Sugar  
Twists  
Keebler-Butter Cookies,  
Grasshopper Cookies  
Nabisco-Barnum Animal  
Crackers, Oatmeal, Iced  
Oatmeal Cookies, Cameo  
Cookies, Fig Newtons, &  
Kool Stuff Strawberry Seas  
Bars

### Salty Snacks-

Rold Gold Pretzels  
Snyders of Hanover Pretzels  
Ruffles Potato Chips  
Lay's Potato Chips  
Fritos  
Doritos  
Cheetos  
Tostitos  
Pringles (Original Only)  
Popcorn- Pop Secret, Orville  
Redenbacher, & Healthy  
Choice  
Crackers-  
Honey Maid- Cinnamon  
Grahams & Sticks, Honey  
Grahams, & Sticks  
Ritz Crackers  
Keebler Club  
Nabisco Saltines  
Sunshine Cheez-Its

Triscuit  
Wheat Thins  
Pepperidge Farm-  
Cheddar Goldfish  
Sportz Cheddar crackers  
Mootown Crackers  
Cheese Dip  
Jellos and Puddings-  
Hershey Chocolate Pudding  
Tubes  
Hunts- Juicy Gels, Vanilla &  
Chocolate Pudding  
Jell-O- Gelatin Cups, X-  
treme jello Tubes, Oreo,  
Vanilla, & Chocolate  
Pudding  
Dole Fruit-n-Gel Bowls  
Delmonte Fruit & Gel To-Go  
Bowls

### Misc.-

Cheese  
Yogurt (Not Soy Brands)  
T. Mazetitis Carmel Apple  
Dip  
Pizza  
Candy- Starburst, Skittles,  
Twizzlers, Hershey Milk  
Chocolate Bars, Hershey  
Kisses, Milk Duds, DOTS,  
Sour Patch Kids, Tootsie  
Rolls  
Jet Puffed Marshmallows

**\* Important:** Due to continual changes in manufacturer packaging and processing, please read the ingredient label of your snack chosen from this list to ensure that it does not contain any of the following... peanuts/nuts, peanut/nut butter, peanut/nut oil, peanut/nut flour, peanut/nut meal, or any of the statements "May contain traces of peanut/nuts" or "Manufactured in a facility that also processes peanuts ( and/or other nuts)".



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Dear Parents:

We are constantly striving to make our Summer Nature Programs (SNP) better for your children, and for you. Please take a few minutes with your child to complete this evaluation, so we may incorporate your input into future programs. Please return this form to the program leader, or mail or fax it to the Park Office. Thank-you!

Sincerely,

Thomas E. Sheppard  
 Chief Park Naturalist

1. My child(ren) attended camp at: ECHO HILL or MOUNTAIN FARM
2. My child(ren) was enrolled in... Nature Bugs Nature Discovery  
 Pioneers Jr. Explorers Sr. Explorers Environmental Camp

Please rate the following aspects of the Summer Nature Program on a scale of 1 – 5:

3. Camp staff was friendly and courteous. Disagree 1 2 3 4 5 Agree
4. Camp staff possessed relevant skills and knowledge. 1 2 3 4 5
5. My child’s instructor made camp fun and memorable. 1 2 3 4 5
6. Camp activities fostered better appreciation of nature. 1 2 3 4 5
7. Physical facilities were clean and safe. 1 2 3 4 5
8. Overall, our family was pleased with the program. 1 2 3 4 5
9. Was the cost of the program acceptable?
10. Was the daily time frame of the program acceptable? If not, how could it be improved?
11. My child especially enjoyed these activities...
12. My child did not enjoy these activities...
13. Suggestions for activities that you would like us to consider adding to SNP...
14. Please use the reverse side to share any additional input you may have.



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Dear Parents:

We are constantly striving to make our Summer Nature Programs (SNP) better for your children, and for you. Please take a few minutes with your child to complete this evaluation focusing on the canoeing aspect of the program, so we may incorporate your input into future programs. Please return this form to the Park Naturalist, or mail or fax it to the Park Office. Thank-you!

Sincerely,

Thomas E. Sheppard
Chief Park Naturalist

CANOE INSTRUCTOR EVALUATION

- 1. My child(ren) attended camp at: ECHO HILL or MOUNTAIN FARM
2. My child(ren) was enrolled in... Jr. Explorers Sr. Explorers Environmental Camp

Please rate the following aspects of the Canoeing Portion of program on a scale of 1 – 5:

- 3. Canoe instructor was friendly and courteous. Disagree 1 2 3 4 5 Agree
4. Canoe instructor possessed relevant skills and knowledge. 1 2 3 4 5
5. My child's instructor made canoeing fun and memorable. 1 2 3 4 5
6. Canoeing activities fostered better appreciation of the outdoors. 1 2 3 4 5
7. Physical facilities were clean and safe. 1 2 3 4 5
8. Overall, our family was pleased with the program. 1 2 3 4 5
9. Was the canoe portion of camp a key reason for selecting our camp? 1 2 3 4 5

10. Did you child feel comfortable canoeing?

11. My child especially enjoyed these activities...

12. My child did not enjoy these activities...

13. Suggestions for activities that you would like us to consider adding to SNP...

14. Please use the reverse side to share any additional input you may have.