

The background of the page is a photograph of a camp setting. On the left, a young woman in a white t-shirt and denim shorts is looking down at something in her hands. Behind her, a young man in a green t-shirt and another in a blue t-shirt are visible. On the right, a young woman wearing a dark blue Nike baseball cap and a grey tank top is looking down. The background is filled with lush green trees and foliage, suggesting a forest or campsite environment.

CAMP FOWLER

Kitchen & Maintenance Volunteer Guide

Packing List, Sample Schedules, and What to expect from your week volunteering at Fowler



According to
our community,

fowler is...



Camp Fowler has been playing with the idea of Summer Camp since 1954. Though our programs and model have shifted and morphed since then, we have stayed true to our core philosophy of hospitality and welcome. We combine the skills and passion of volunteers, staff, clergy, and non-profit organizations to help more children experience the wonder of camp.

We are guided by three core values that we strive to make visible in everything we do:

community

To understand the Christian faith and what it means to be in the body of Christ, we must have solid examples of what community looks and feels like. We witness the image of God in one another through fellowship and interdependence

simplicity

In an age of ever increasing speed and technology, opportunities to "be still and know that I am God" will become even more important. We strive to provide space for children and adults to be wholly present, with body, soul and mind

caring for the world

Our response to God's presence is always one of thanks and care: for the people who stand beside us and for the world in which we live. Together, we are learning to love outside of ourselves, which we believe will make the world a better place.

BY THE NUMBERS

800

campers served
each summer

8

weeks of camp
offered each
summer

25%

of our campers
come from low SES
families

150

volunteers support
our ministry each
summer

5

year round
staff

25

seasonal
staff

5

winterized buildings to
host retreats,
weddings, and more all
year long

15

non-profit organizations that we partner with to provide opportunities for more children and young adults to come to camp. These include: the RCA, PCUSA, UCC, The Lower East Side Girl's Club, Perfect Ten of Hudson, Community Hospice, Al-Hidaya Mosque, Parque Camp, Adirondack Wild, Hope College, Skidmore College, Anderson University, and more

20%

of our campers are
racial minorities

The Basics

As a Kitchen or Maintenance Volunteer, you have the opportunity to assist in the "behind the scenes" goings on at Fowler. This role is absolutely critical for the smooth operation of Camp. Your support allows us to provide healthy food and safe facilities for all the campers in our care, ensuring that we can give them the best week possible. It's a high calling, and we are grateful for your help.

Arrival/Departure

Please arrive by 1pm on Sunday for our weekly Volunteer Orientation Meeting. This will take place in Spencer Lodge in the Center of Camp. At this meeting, you will receive important information about your upcoming week volunteering. Camp concludes at 5pm on Friday.

Accommodations

Our Kitchen and Maintenance Volunteers stay in Chi Rho House, our retreat center on the edge of our property. You will share a room with one other volunteer. Each room has two beds and a private bathroom. We ask that you walk from Chi Rho House down to the center of camp (about 5 minutes) each day to work. Please park your car at Chi Rho for the week.

T-Shirt

You will receive a Volunteer T-shirt as a thank you for being part of our ministry. Please wear the t-shirt on Sunday and on Friday so parents can identify you as a volunteer.



KITCHEN VOLUNTEERS

7:00 | Report to Kitchen, help prepare breakfast. Tasks may include: preparing the breakfast bar, supervising the setting of tables, other tasks as assigned by Staff

8:30 | Breakfast. Afterward, help clean up from breakfast and prepare for lunch

Mid Morning | Short Break*

11:00 | Help prepare for Lunch. Tasks may include: prepping the salad bar, washing dishes, other assigned tasks

12:30 | Lunch. Afterward, help clean up from Lunch and prepare for Dinner.

Mid Afternoon | Short Break*

4:00 | Help finish dinner preparations

5:30 | Dinner. Afterward, help clean up from dinner.

6:15 | Optional Volunteer Meeting

8:30 | Optional Vespers with the campers

SAMPLE SCHEDULES

Subject to change

MAINTENANCE

8:30 | Breakfast

9:00 | Assist Operations Manager and Maintenance Staff with daily maintenance rounds to all Shower Houses and cabins

12:30 | Lunch

1:00 | Assist Operations Manager and other Staff with assigned projects.

VOLUNTEERS

Late Afternoon | Short Break*

5:30 | Dinner

6:15 | Optional Volunteer Meeting

8:30 | Optional Vespers with the campers

**Breaks are given if possible and at the discretion of the supervising staff. Sometimes, breaks may be long enough to permit elective adventures such as canoeing or kayaking. Please ask Staff to help you get set up if you wish to use the boats*



SUGGESTED PACKING LIST

- Good, closed toed walking shoes (work boots may be preferred for maintenance)
- A hat or bandana (especially for kitchen volunteers)
- Clothes that are comfortable to work in/that you don't mind getting dirty
- Your own apron (for kitchen volunteers, optional)
- Rain Coat
- Warm sweater or jacket
- Nice clothes for Thursday night Worship (optional)
- Flashlight or headlamp
- Toiletries
- Bug spray
- Sunscreen

Towels and linens are provided

At the conclusion of your stay, it is helpful if you can assist with the tidying up of Chi Rho. Please strip your beds and put all linens/towels in one pillow case and place it outside the door to your room. Please do the same with trash. If you have time, you could help further by vacuuming the great room and/or your bedroom, cleaning your bathroom, and replacing the linens on the bed in your room from the linen closet in the hallway. However, know that these tasks go "above and beyond" and are not expected.

STAFF AND VOLUNTEER CONDUCT STANDARDS

adapted from the American Camp Association*

Fowler Camp and Retreat Center is committed to ensuring all campers are treated with respect and care for their physical, emotional, and spiritual safety. At all times, the Staff and Volunteers of Fowler Camp and Retreat Center are expected to respect and protect the boundaries and rights of all campers. Any violation of the guidelines set forth in this policy will result in disciplinary action, including the possible termination of your employment at Camp Fowler. Fowler will cooperate with appropriate legal authorities and will pursue prosecution of any Staff Member or Volunteer who engages in any illegal activity with any camper or adult under Fowler's care.

Guidelines for Staff Behavior

Staff and Volunteers will...

- Serve as positive role models for all campers
- Prioritize the safety (physical, emotional, and spiritual) of all campers
- Wear clothing that is appropriate to public interaction with children
- Set limits with children who "cling" or hang on them
- Set boundaries with campers who may develop "infatuations" with them
- Avoid using sexually explicit language, making suggestive comments, swearing, or demeaning others in front of Campers
- Shower only in buildings where Campers are not showering
- Sit on and sleep only in their own bed and not allow any campers to sit on their bed.
- Obtain explicit consent from camper's legal parent or guardian before contacting them via phone, email, or social media

Staff and Volunteers will not...

- Look to campers for emotional support
- Call campers derogatory names
- Haze campers in any way
- Be alone with a camper in any place where they cannot be seen by another adult
- Share their romantic lives with campers under any circumstances
- Enter cabins other than their own without explicit permission from the cabin's counselor or in the case of an emergency
- Tickle or tease campers
- Force a relationship with a camper
- Become overly involved in the conversations campers have about romantic relationships
- Unduly influence campers with their own personal beliefs
- Engage in horseplay or overly competitive activities with campers

Guidelines for Discipline of Children

- Staff and Volunteers will not, under any circumstances, hit or cause intentional physical harm to a child
- Staff and Volunteers will not use abusive or derogatory language with campers
- Staff and Volunteers are to ask for help from other Staff and/or supervisory Staff if they are unable to provide appropriate disciplinary measures as outlined in this section
- Staff and Volunteers should use appropriate caution if they need to restrain a camper

Guidelines for Camper-Adult Contact

The following guidelines should be followed when touching campers:

- Never touch a camper against their will (unless in the case of clear and present danger to the child)
- Never touch a camper if they demonstrate discomfort, either verbal or non-verbal
- Only give Sideways Hugs to Campers
- Only touch a child in the presence of other adults
- Never engage in sexual activity of any kind with a Camper
- Never touch a place on a child's body that is normally covered by a bathing suit, unless for a clear medical necessity, and then only with supervision from another adult
- The best places provide physical contact to a child are on the hand, shoulder, or upper back.

Staff and Volunteers must understand that there is a clear power difference between themselves and campers. Inappropriate sexual contact with or physical abuse of a camper can have severe emotional and psychological effects on that camper that can last a lifetime.

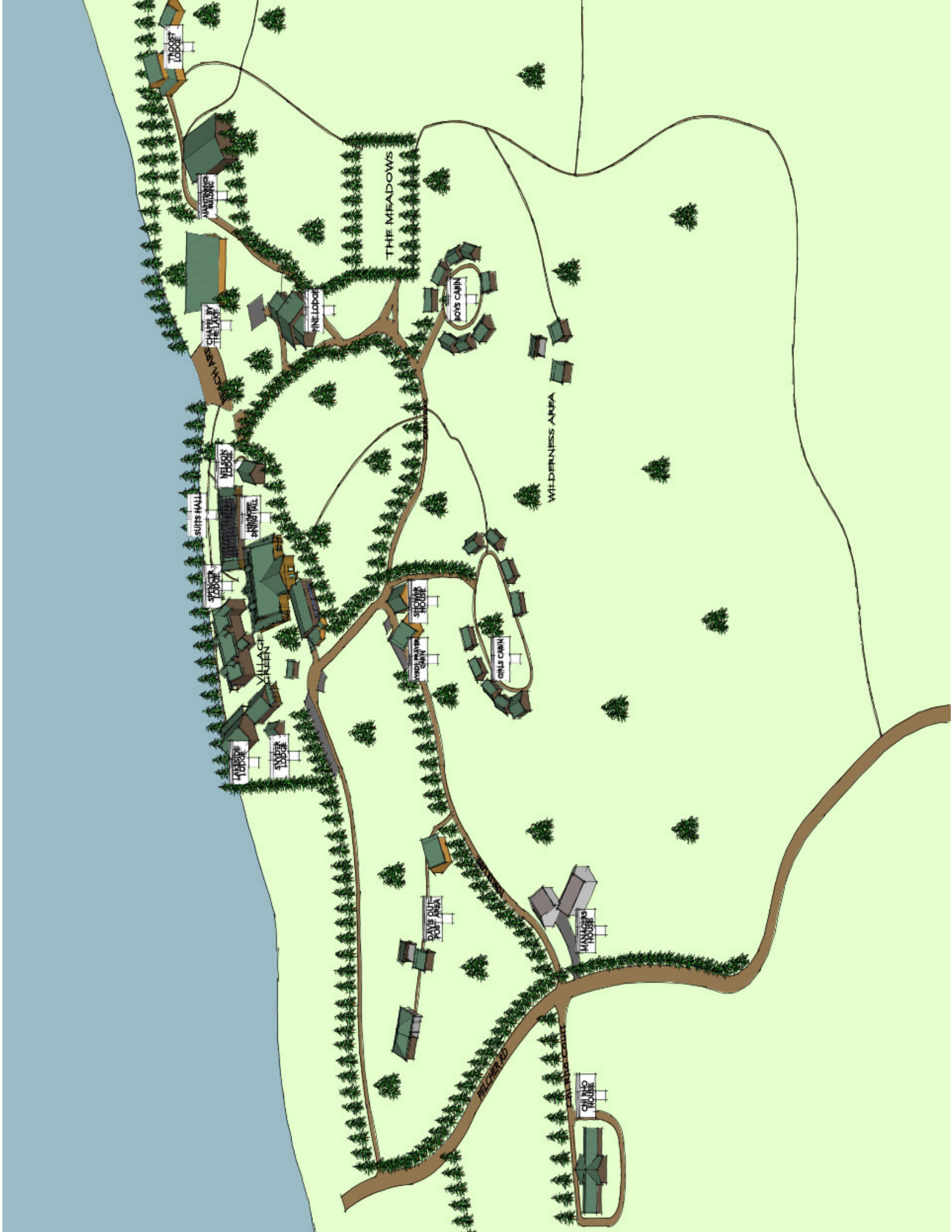
Mandatory Reporting

Fowler Camp and Retreat Center is a mandatory reporter of any abuse, observed, proven, or suspected toward any child under the care of the Camp. Please report any abuse or suspicions of abuse to the Supervisory Staff.

Guidelines for Interactions with Other Adults

- Watch for signs of stress in yourself and in your fellow Staff and Volunteers
- Step in when other Staff or Volunteers appear to be at risk of hurting or abusing campers
- Model appropriate adult-to-adult reactions that are free of derogatory comments, inappropriate language, or flirting
- Interacting with campers should take priority over engaging with other adults.
- Remember that campers watch everything you do and they are influenced by their observations.

By adhering to these standards, Staff and Volunteers at Camp Fowler are able to ensure that a safe and healthy environment is available for all campers, allowing the focus of our attention to be directed toward their individual needs.



JOCKEY LODGE

WILDERNESS

CHATEAU THE LODGE

PINE LODGE

THE MEADOWS

JOY'S CABIN

WILDERNESS AREA

SUITS HALL

STABLES

KITCHEN

CANTEEN

MEBOR

WATER

PINE LODGE

WATER

WOOD

STOW HOUSE

WOOD WATER CABIN

STOW HOUSE

WOOD WATER CABIN

GIRLS CABIN

WATER

WOOD

DAVIS OUT POST AREA

MANSIONS

CHLOE

QUESTIONS TO ASK CAMPERS

**"WHAT ARE YOU MOST
LOOKING FORWARD
TO THIS WEEK AND
WHY?"**

**"WHAT'S SOMETHING
NEW THAT YOU
LEARNED OR SAW
TODAY?"**

**"WHAT WAS THE
MOST CHALLENGING/
EXCITING PART OF
YOUR SESSION?"**

**"WHAT HAVE YOU
ENJOYED ABOUT OR
LEARNED IN
DISCOVERY TIME THIS
WEEK?"**

**"WHAT ARE SOME
QUESTIONS YOU HAVE
ABOUT WHAT YOU ARE
HEARING IN
DISCOVERY TIME?"**

**"HOW IS CAMP
DIFFERENT THAN HOME
OR SCHOOL?"**

**"WHAT'S SOMETHING
FUNNY THAT YOU
HEARD OR SAW THIS
WEEK?"**

**"WHICH AFTER MEAL
SONG BEST
DESCRIBES YOUR
PERSONALITY?"**

**"WHAT LESSONS OR
PRACTICES FROM THIS
WEEK MIGHT YOU
WANT TO BRING HOME
WITH YOU?"**

TIPS FOR A SUCCESSFUL WEEK

Have a conversation with at least 10 campers every day. Ask them how their meal was, talk to them about what they did that day, anything! These conversations are a good reminder of why you're here.

Get good sleep! You are on your feet a lot and you're working hard--make sure you get the rest you need to keep your energy up!

If you need help, ask for it! We are always willing to answer questions or provide clarity and guidance, but it's hard to be helpful if we don't know you need help.

Get to know the staff. Many of our Staff are at a place in their life where they could use guidance and mentorship from adults like you; they'll appreciate any effort you make to get to know them!

Remember that your week volunteering at Fowler is not a vacation, but a chance to engage in meaningful work to help children feel loved. What an awesome privilege!



We are grateful to have you as partners in ministry as we strive to give every camper a glimpse of God's love during their time at Fowler. We couldn't do it without you.