

Servant Camp Manual 2010

Atlantic
Mountain
Ranch Site

*(Includes SunCatcher Servant
Camp)*



For Group Leaders

Atlantic Mountain Ranch
11760 Custer Limestone Rd.
Custer, SD 57730

Lutherans Outdoors in South Dakota

WELCOME TO SERVANT CAMP AT AMR 2010! *- Includes SunCatcher Servant Camp -*

Dear Servant Camp Group Leader,

Greetings. We are very glad that your group has signed up to be a part of our Servant Camp program at Atlantic Mountain Ranch this coming summer. We hope that this will be a very enlightening, faith-enriching, and life-changing experience for you and your group. Being in service for others provides an opportunity to grow in spiritual awareness and to gain an understanding of each other and of those we serve.

We are recruiting and training a committed Christian staff, preparing our summer Bible study theme, planning a great menu, and planning programs to be fun-filled and meaningful. We are looking forward to providing a unique camping experience that will challenge your group and help campers develop spiritually, socially, and physically. This servant camp manual is intended to help you in your preparation for camp. Please read it thoroughly to help prepare the group for the experience ahead.

This booklet includes the following information:

- Details for the Group Leader
- Servant Camp: A Brief Overview
- Significant Elements of Servant Camps
- Tentative Servant Camp Schedule
- Thoughts Before Camping in the Black Hills
- Clothing/Equipment List
- Toward a Shared Experience



Please call 605/673-4040 or email mary@losd.org if you have any questions about the servant camp program. We look forward to serving your group this summer!

Yours in Christ,

Molly Sasser-Goehner, Director
Mary Stutz, Assistant Director
Outlaw Ranch and Atlantic Mountain Ranch

Lutheran Outdoors in South Dakota is an equal opportunity provider and is operating on the Black Hills National Forest under the terms and conditions of a Special Use Permit.

Details for the Group Leader for the AMR Servant Camp Program:

ARRIVAL: You may arrive at Atlantic Mountain Ranch between 3:00-4:30 p.m. (Mountain Daylight Time) on Sunday.

DEPARTURE: Friday by 10:00 a.m.

Health Forms: Be sure that all campers bring their health forms with them to Atlantic Mountain Ranch. All forms should be checked ahead of time for complete information.

Registration Fees: Pay fees in full to the Sioux Falls office two weeks prior to your arrival. If there is a change in the number attending and originally paid, refunds will be made after your scheduled week. If a camper is not able to attend, the \$100 deposit is not refundable, but is transferable to another camper from your church group. If we are not notified of a cancellation at least 2 weeks before your camp date, there is also a \$25 service charge per person.

Directions to Atlantic Mountain Ranch:

From Rapid City -- Follow highways 16 & 385 through Hill City south to the Crazy Horse Monument. Just past Crazy Horse Monument at "Heritage Village" watch for sign "Atlantic Mountain Ranch" on the right. Turn right (west) onto gravel road (Medicine Mountain Rd.) and veer left at fork (about 3/4 mile off highway) onto Custer Limestone Rd. Continue on gravel road (about 3 miles past fork) watching for our sign on the right. Turn right into Atlantic Mountain Ranch.

From Custer -- Follow Highway 16 & 385 north for three miles. Turn left at "Heritage Village" onto Medicine Mountain Rd. (at AMR sign) and continue as directed above.

Transportation: Your group is responsible for ALL transportation (including the transportation of our staff members) to your various work sites. The location of activities could be anywhere from ten to forty miles from Atlantic Mountain Ranch. There MUST be a seat belt for all of the occupants. Please carry proof of insurance for all vehicles and drivers.

Phone contact: While out during the day on your service project, you may or may not have access to a telephone or other means of communication. In case of an emergency, parents may contact Atlantic Mountain Ranch (see below) or Outlaw Ranch at (605) 673-4040. The camp will attempt to contact the group if the situation warrants such action. However, the group may not be able to receive the message until they return to camp.

Address: Atlantic Mountain Ranch, 11760 Custer Limestone Rd. Custer, SD 57730

Phone: (605) 673-3017 or (605) 673-3435

Cell phones: We ask campers not to have cell phones during the camp week, as this detracts from the focus on serving and building relationships with the group.

Insurance: Lutherans Outdoors in South Dakota carries a minimal insurance policy for accidents and illness incurred at camp. Our policy assumes the camper's insurance will be the primary coverage. If we must take someone to the doctor for treatment, the clinic will first file a claim with the camper's insurance. If there is no insurance, or if the camper's policy will not pay for this accident or illness, our insurance will cover the costs up to \$2,000 for an accident and \$200 for an illness. Personal property is not covered by camp insurance and any claims for loss, theft, etc., will need to be submitted to your personal insurance company.

Notice: Please check to make sure all participants have the items outlined in the clothing / equipment list.

Servant Camp: A Brief Overview

Servant camps are designed to provide meaningful times of action and reflection on our faith. During the week, campers actively participate in learning from others, sharing their faith, and working together to make this world a better place in which to live.

Goals of Servant Camp: (1) To proclaim and hear proclaimed the Gospel in word and deed; (2) To provide campers with the opportunity to express their faith, to stretch and grow as people and to feel a sense of accomplishment and adventure, all of which strengthen faith and self-esteem.

We will be operating in working groups of 10-14 people (this includes youth and adult advisors). Larger groups will be divided into several groups of this size when they arrive at camp. Our camp staff will guide you through the week as program leaders and counselors.

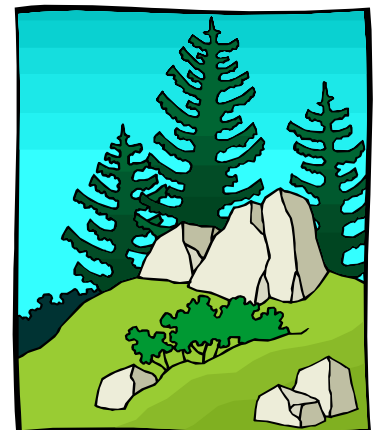
Groups arrive at Atlantic Mountain Ranch on Sunday afternoon. Campers get settled in their living area, enjoy a delicious supper and then spend the evening in group building and orientation for the upcoming week. A major portion of each day on Monday through Thursday will be spent doing service projects. The rest of the time will be spent in Bible study and discussion, recreation, mealtime chores, worship and singing, with some time for relaxation and getting to know each other better.

The **service projects this summer** will include home construction-renovation projects and work with the U.S. Forest Service. The construction-renovation project may be working on a Habitat for Humanity house in Rapid City, or it could involve work on a senior citizen's home or work with a non-profit agency in the Custer area. The project your group works on will be selected by the Atlantic Mountain Ranch staff and will depend on availability in a particular week. Your volunteer work with the Black Hills National Forest is coordinated out of the Hell Canyon Ranger District in Custer. Work could include cleaning or constructing water bars, rerouting or rehabilitating sections of hiking trails, erosion control projects, wilderness clean-up, or seeding and brushing in the Black Elk Wilderness, Harney Peak area, or other areas of the Black Hills.

Your group could also choose to do three days of servant projects and **one day of an adventure**, such as a hike, a cave tour, mountain biking, rock climbing, fly fishing, geocaching, kayaking, or challenge course and trail rides. There is an extra fee for some of these activities. For more information, contact Mary at 605-673-4040 or e-mail mary@losd.org.

For those groups scheduled for SunCatcher Servant Camp, you will be traveling to the SunCatcher facility near Rapid City each day. You will be assisting youth with special needs as they learn to ride horses, and with other projects in the SunCatcher program.

The **servant camp living area** includes cabins on the main site of Atlantic Mountain Ranch. The cabins have no electricity. That way you will get to see the night sky better when you are sitting on the porch! An outhouse is located near the cabins. The dining hall and modern showerhouse are a short walk away.



Significant Elements of Atlantic Mountain Ranch Servant Camps

- Servant Campers experience the kind of community and individual growth that tends to be characteristic of all adventure church camp experiences. Camping, cooking, working together, traveling, being away from some accustomed comforts and meeting new challenges together are all a part of the experience.
- Essential to this church camping experience will be daily times of worship and Bible study. Campers will be asked to reflect on the experience they are having.
- The camp staff and group advisors will play key roles. The camp staff will provide primary leadership for the week and serve as coordinators and resource people. They are also eager to develop significant positive relationships with the campers and to do all they can to make the whole experience as safe, fun, and meaningful as possible. Advisors who bring the servant camp groups are seen as key resource people and leaders along with the camp staff. A spirit of cooperation and partnership under the leadership of the camp staff will be one key to a great camp week.

John Schultz wrote a small but powerful booklet titled *Portraits of a Servant*. A few excerpts from this book help us begin to prepare to be servants for a week.

- “All Christians are called to servanthood, to help other people live.”
- “Servanthood is an all day, anywhere and everywhere being.”
- “Servants plan for service, but in the midst of their programs for action, they are often met by changing situations which demand much flexibility because the structures of servanthood are always changing.”
- “Servants serve people. They serve ‘on the run’ in a variety of free form, spontaneous responses to the needs of people.”
- “In contrast to usual procedure, the servant does not demand a position of respect, status, or strength as a prerequisite for service.”

Adult Advisors at Servant Camp

We ask adult advisors to:

1. Be a part of the leadership team and attend staff/adult advisor meetings.
2. Support counselors by helping enforce camp policies and safety procedures; visit with staff for clarification.
3. Participate in worship and all group events.
4. Participate (based on your group’s needs) in daily Bible studies as led by counselors.
5. Give the camp staff feedback and suggestions about your group during the week, so that staff may better meet the needs of your group.
6. Understand that we have developed a framework that gives campers, adult advisors and staff the structure needed to have a solid, unified, community-building experience.

TENTATIVE AMR SERVANT CAMP SCHEDULE

SUNDAY

3:00 - 4:30 p.m. Arrive at Atlantic Mountain Ranch
Settle in cabins, orientation by staff begins

5:30 Supper, KP

Evening Orientation, overview of the week, sharing hopes and expectations
Campfire / Worship
Meeting of staff and adult advisors

MONDAY THROUGH THURSDAY

6:30 a.m. Rise and shine
First Word/Morning Devotions

7:00 Breakfast, KP
Pack lunches

8:00 Leave camp for work site

9:00 Begin service project

Noon Lunch at work site
Continue work project

4:00 - 5:00 Return to Atlantic Mountain Ranch
Supper, KP

Evening Bible Study
Recreation, relaxing
Campfire / Worship
Meeting of staff and adult advisors



FRIDAY

7:00 a.m. Rise and shine
Pack for trip home, return camp gear

7:50 First Word

8:00 Breakfast, KP
Clean up camp

9:00 Closing Worship
Reflections/evaluations on the week's experience

9:30 – 10:00 Goodbyes and head home

Note: The above is tentative. Scheduling needs to be flexible depending on weather and unforeseen circumstances at our work project sponsors. Each day we will eat, work, learn, participate in Bible study, worship, and have fun.

THOUGHTS BEFORE CAMPING IN THE BLACK HILLS

As you are thinking about what to bring, a brief description of the weather conditions that may be encountered will be helpful. The key thing to keep in mind is the elevation and the weather extremes that will accompany it. Elevations will range from 5,000 to 6,500 + feet above sea level. In the summer in the Black Hills, one may encounter frost, rain, hail and snow as well as 95-degree days.

The Black Hills are actually small mountains. Atlantic Mountain Ranch is at an elevation of just over one mile high. This is high for most of you who will journey to be with us for a week of camping. It takes a day to adjust to the altitude. Walking at your regular pace you will breathe deeper, become tired more quickly, and perhaps feel a little light-headed at times when you are pushing yourself. Don't worry about this. Within a day you'll be OK!

At camp and while working in the woods, staying dry is extremely important. Rain gear is an absolute must! It is also important to keep warm. The best way to stay warm and dry in adverse conditions is to pack clothes that can be layered (see equipment list). A big, bulky jacket is not necessary or even advisable.

SOME THOUGHTS ON FABRICS/ MATERIALS FOR CLOTHING:

- Cotton:** Absorbs lots of water, dries slowly and loses most of its insulating value when wet.
- Wool:** Much less absorbent than cotton, dries quicker, too. One of the best retainers of its insulating value when wet. Keeps you warm even when wet.
- Nylon:** Lightweight, good wind protection. If waterproof, good rain protection. Dries quickly. Very good outer layer.
- Down:** Lightweight and packable, but nearly worthless if it gets wet and very difficult to dry.
- Fleece:** Lightweight, non-absorbent. An excellent insulating layer. Dries quickly.

FOOTWEAR

Your feet are your "sole" means of transportation. Make sure you have work boots/sturdy shoes, not athletic shoes, for your work projects. This does not necessarily mean buying a new pair of boots because new boots can cause blisters and be very hard on your feet. If you do get new boots, buy them at least three weeks in advance of your trip. Make sure your boots, whether new or used, are well-broken-in to your feet.

Having good socks is as important as having good shoes. Socks can help prevent blisters as well as keep your feet warm. Wearing two pairs of socks with boots can help prevent blisters. We recommend a thin pair of polypropylene/synthetic socks under a pair of heavier socks.

YOUR MOUNTAIN BED

We will be sleeping in unheated cabins with bunk beds, so a warm sleeping bag is important. Keep in mind that the mercury may dip down to freezing at night in the month of June, and in the 40s to 60s in July and August.

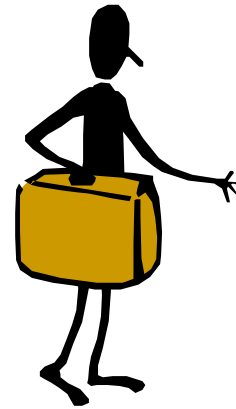
OUTFITTING

The camp will provide the following equipment: tools, work gloves, first aid kit, water bottles, experience, organization, and fun! You provide the items on the "Clothing/Equipment List" page.

CLOTHING / EQUIPMENT LIST

These are items you should bring for your week of Servant Camp at AMR:

- _____ Sleeping bag (rated at 30 degrees Fahrenheit) and pillow
- _____ Rain gear (poncho or rain coat and pants)
- _____ Work boots
- _____ 2nd pair of shoes
- _____ 2 pair long pants (work pants or jeans)
- _____ 5-6 pair socks (thin and heavy)
- _____ 2 pair shorts
- _____ 4 T-shirts (no tank tops – chance of sunburn)
- _____ 1 long-sleeve work shirt (lightweight)
- _____ Sweatshirt or windbreaker with a hood
- _____ Wool sweater or polar fleece layer
- _____ Underwear
- _____ Bandanas (optional)
- _____ Hat/cap to shield face from sun
- _____ Gloves/knit hat for warmth
- _____ Flashlight and batteries
- _____ Pen/pencil and paper
- _____ Bible
- _____ Day backpack (school bookbag size)
- _____ Water bottle (20 oz. to 1 liter size) - optional
- _____ Towel/washcloth
- _____ Clothes for your van trip home
- _____ Health form filled out and signed



Toiletries:

- | | |
|-----------------------------|---|
| _____ Toothbrush/toothpaste | _____ Brush/comb |
| _____ Soap/shampoo | _____ Deodorant |
| _____ Sunscreen | _____ Lotion |
| _____ Insect repellent | _____ Feminine hygiene supplies |
| _____ Lip protection/balm | _____ Medicines (Please send prescriptions in the original bottle with the doctor's directions on the label.) |

Optional items: Money for camp t-shirt/sweatshirt/snacks, sunglasses, long underwear, hacky sack, frisbee, deck of cards, book, camera/film, a favorite pair of work gloves.

Please do not bring: junk food, electronic devices (i.e., MP3 players, iPods), cell phones, tons of toiletries, clothing with inappropriate slogans or logos, pets, knives, fireworks, weapons, illegal substances (alcohol, drugs, tobacco products), or other unnecessary or dangerous items.

HYDRATION

As you come to higher elevations, you need to drink more water to help your body adjust to the elevation. This will help prevent altitude sickness. It is better if you drink only water or lemonade on the trip out to camp, not pop or caffeine. You will feel much better during your week if you drink plenty of water.

TOWARD A SHARED EXPERIENCE

Whether a worker at the servant event site or a member of the community back home, everyone is a participant. The servant event process of action/reflection has the capacity to make a difference not only to people on the journey but also to those encountered daily. A shared servant event can transform the congregation's life and ministry.

As you plan and prepare for your servant camp event consider the following:

- Keep the congregation informed of the planning process through the church newsletter.
- Invite the congregation to attend a servanthood Bible study or discussion with your group.
- Lead an education forum for others about servant events and Christ-like servanthood.
- Solicit support through congregational gifts of dollars, leadership, and servant camp participation.
- Hold a commissioning service acknowledging the inter-dependence of the church body. Discuss the likelihood that brothers and sisters in Christ will return a changed people. Covenant to support one another.
- Pray for one another while the servant event is underway.
- Send postcards to the congregation from camp.
- Share the servant event stories with the congregation in worship, Sunday School, and special events.
- Initiate a plan to continue service as a part of the congregation's ongoing ministry.

