



CROSS TRAILS MINISTRY
SUMMER CAMP 2017



TEXAS TREK

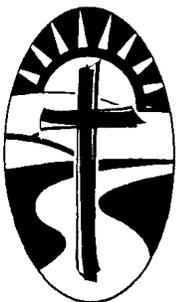
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Please Note: This booklet is meant to provide basic information to parents and campers. If you have any questions, please don't hesitate to contact our office.



Cross Trails Ministry
391 Upper Turtle Creek Road
Kerrville, TX 78028
(830) 257-6340
info@crosstrails.org
www.crosstrails.org

Welcome to Texas Trek

Dear Camper and Parents,

Come to Texas Trek and experience all God has created! There are so many opportunities we have to see what God has given us, but sometimes we have to step out of what we're used to in order to appreciate it.

The colorful church calendar repeats itself, but what does it all mean? Campers will explore Advent, Christmas, Epiphany, Lent, Easter, and Pentecost learning their origins and what we do to celebrate today.

We are learning that every single day that God has created presents itself as an opportunity for us. There is so much to share and appreciate, and so much creation to explore, and this summer we will have a ton of fun doing exactly that!

Camp provides so many opportunities for growth. By coming to camp this summer you will grow in your relationship with Christ, and also grow as a leader and servant in your home community.

We are looking forward to your arrival this summer and we can't wait to be a part of your faith journey. We are praying for you and your safe travels this summer. If you need anything, please feel free to contact me with any questions or concerns.

Blessings,

Fred Klinker
Adventure Director

Our Mission

***The Mission of Cross Trails Ministry
is to provide unique settings & experiences
in which youth, adults & families
are strengthened in their relationship
with Christ, each other, the church and community.***

Paperwork & Payment

In order to complete your child's registration, the following items need to be sent or submitted to our office by May 1st, 2017. If your child is coming with a group, your group leader may wish to collect these. Please remember, financial aid Camperships are available. Contact our office for more information.

- Balance Due. If your child is coming as an individual, an invoice will be mailed to you. If your child is coming as part of a group, an invoice will be sent to your congregation. Contact your pastor or youth leader to determine if you owe any additional money.
- Health History Form—**signed or submitted online**
If you submit this form online, please send a copy of your insurance card with your child.
- Cross Trails Ministry Release Form—**signed or submitted online**
- Group Photo and Summer Video Order Form—Optional—New this year, we will be taking a group photo each week that can be used as a souvenir for our campers. Order one at the beginning of the week to guarantee you get one!
We are sorry, but because of limited resources, there will not be a DVD produced of your Texas Trek week.

Arrival & Departure

Arrival:

Your camper may arrive at **Ebert Ranch Camp** between 3 and 5 pm on the first day of their camp session. Because our staff has other responsibilities, we can not accept early arrivals. Because Ebert Ranch Campers will be arriving at the same time, please look for signs to the Main Site as you arrive. Staff will direct you through the check in process.

Departure:

To ensure your child's safety, our policy requires that all campers be signed out by a person designated on the Health History Form. Please note this portion of the form.

Camp ends at 2:30 pm on Friday. Family and friends are welcome to come at 2 pm and join our closing worship at the outdoor, Wayside Chapel. Come to the Main Site and the staff will direct you. Please arrive to pick up your camper no later than 2:30 pm.

Early Departure:

If a camper must leave camp early, arrangements must be made with the Adventure Director, and the camper must be signed out.

Contacting Your Camper

We encourage camper families to contact their campers during their stay. However, because the Trek campers will be camping in different locations, they will only receive mail or email sent to the addresses below on Thursday and Friday.

Some parents choose to write letters and postcards prior to the camp week, and leave them with the camp staff to distribute. We recommend this if you would like your camper to receive notes from you earlier in the week.

Letters:

If you would like to write to your camper from home, please mail very early. Write to: (Camper Name and Program), Ebert Ranch Camp, 752 Ebert Lane, Harper, TX 78631. Faxes to campers will not be accepted.

Email:

Campers can receive email! Email to campers will be printed out while at Ebert Ranch. During the week there is no internet access, so all email will be distributed upon return on Thursday. Because office space is limited, campers will not have access to the computer to reply. Email with attachments, including photos, will not be accepted.

This summer, we are using a system to regulate our email to protect us from viruses and to help cover the cost of printing each email to pass it along to the camper. To email your camper, you'll need to set up an account:

1. Go to our website at www.crosstrails.org (Click on Summer Camp and find Connect to Campers)
2. Click the "Camper Email" button - This will direct you to a new site
3. Click "Register Now"
4. Enter your Pre-Approved Registration Code: **crosstrails2017**
5. Fill out all the required information
6. Purchase Bunk Note credits—You will need a credit card
7. Send an email to your camper!

You will only need to register once and once you register you will be able to invite others to use these services. **Choose Ebert Ranch as your camper's site.**

In Case of Emergency:

In case of emergency, please call (512) 296-8000. If you do not reach the director, please call our main office at 830-257-6340. If you call during non-business hours, please know that the office line is checked regularly for messages. If there is a life or death emergency after 11 pm, call our Chrysalis Health Center at (830) 792-4868.

Schedule

Sunday—Ebert Ranch Camp

Arrive and Learn the Basics! All campers and staff will be staying at Ebert Ranch Camp the Sunday that they arrive. At Ebert Ranch we will learn the basics of tent camping and camp cooking as well as get to know everyone in the group.

Monday—Enchanted Rock

Discover the Rock! We will depart from Ebert Ranch Camp to hike and explore Enchanted Rock State Park

Tuesday—Pedernales Falls State Park

Backpack Basics! We will explore the river and spend Tuesday night in their private youth campground.

Wednesday—Pedernales Falls, Longhorn Caverns & Inks Lake

From the Backcountry to the Cave! We will hike out of the backcountry and head to Longhorn Caverns to explore the cave. After exploring we will drive to nearby Inks Lake State Park where we will set up camp on a campground to enjoy the lake.

Thursday—Inks Lake State Park & Ebert Ranch

Exploring the Lake! We will enjoy kayak and swim time at the lake. Then we will depart to go back to Ebert Ranch Camp for the evening.

Friday—Back at the Ranch

We will enjoy a relaxing morning as we close out our week with one another on the ranch.

Some activities and locations may change depending on the weather. If it rains, we will play and camp in the rain. If there is lightning or extreme weather, we have alternative plans for each of the days.

Online & Camp Photos

Online Photos:

Parents will be able to view online photos of camp during the week. Because of variation in internet access, they may not be posted each day, but a few photos will be posted for viewing when internet is available. To see the photos, you will need to set up a Bunk1 account. Please follow the instructions under camper email (page 4). Viewing pictures is free and each high quality photo download is \$0.99. For your camper's safety, pictures are password protected. The password will be emailed to your family email the week before your camp session.

Group Photo:

Upon arrival, campers and parents may purchase a group photo for their week of camp. It will be an 8x10 photo and will have all campers, staff, and information about the week printed on it. Campers who order this will receive it prior to going home. Cost—\$5.00

Daily Activities

The Texas Trek program is designed to teach all of the campers low impact rustic camping skills while fostering a small community of faith.

Each day will have a different set of outdoor recreation activities including hiking, exploring a cave, swimming, kayaking and more.

Campers will also learn low impact camping skills such as how to properly set up a tent, build a fire, use a small cook stove, filter water, pack a backpack with just the necessities, and safely hike and swim in natural bodies of water.

Campers will learn to be an active part of a small community. They will take turns serving one another in preparing meals, cleaning up, and helping one another to set up and tear down the camp as we move from place to place.

Finally, campers will discover more about God and their faith. Each day will begin and end with devotional worship. We use worship to focus our entire day on God. Also, each day will include a Bible study led by the camp staff. This is a time to go deeper into scripture and discover its relevance to our life today.



Meals & Snacks

Cross Trails Ministry strives to provide nutritious and satisfying meals. Food is an integral part of our program. Campers come together as a community to share a meal and fellowship. In the Texas Trek program, campers take turns serving each other by cooking and serving meals, cleaning up after meals and washing dishes.

The following is a sample menu for a typical camp day.

- Breakfast — Eggs, sausage, English muffins, fruit & juice.
- Lunch — Pita pizza, garlic bread, cookies, fruit & water.
- Supper — Chicken macaroni and cheese, fruit, vegetables & water.
- Snack — Fruit snacks & trail mix.

For special dietary needs, please specify on the health form. Campers often expend more energy at camp than at home. For this reason campers are encouraged to eat an appropriate amount of food.

What to Bring

Below is a list of things to bring to camp this summer.
Please put your name on everything!

Cross Trails Ministry will provide shared tents as well as sleeping pads for each camper. We will be sleeping in the tents every night, and traveling regularly.

You will need to be able to easily carry all of your personal gear by yourself. Please pack as light as possible and assume everything will come back dirty!



- | | |
|--|--|
| <input type="checkbox"/> Bible | <input type="checkbox"/> Camera (optional) |
| <input type="checkbox"/> Sleeping Bag & Pillow | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Day Pack/School Backpack | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Towel & Washcloth | <input type="checkbox"/> Swim Towel |
| <input type="checkbox"/> Soap & Shampoo | <input type="checkbox"/> Modest Swim Suit |
| <input type="checkbox"/> Toothbrush & Toothpaste | <input type="checkbox"/> Underwear & Socks |
| <input type="checkbox"/> Other Toiletries | <input type="checkbox"/> Sun Hat or Cap |
| <input type="checkbox"/> Sunscreen & Chapstick | <input type="checkbox"/> Long Pants |
| <input type="checkbox"/> Shirts—at least one per day of camp | <input type="checkbox"/> Water Shoes |
| <input type="checkbox"/> Shorts—at least one per day of camp | |
| <input type="checkbox"/> Tennis Shoes or Hiking Boots | |
| <input type="checkbox"/> Light Jacket or Sweatshirt | |
| <input type="checkbox"/> Shower Shoes/Sandals (optional) | |
| <input type="checkbox"/> Lightweight Rain Coat or Poncho | |
| <input type="checkbox"/> Prescription Medications <i>in their Original Bottle</i> | |
| <input type="checkbox"/> Copy of Your Insurance Card— <i>If you have not submitted one yet</i> | |
| <input type="checkbox"/> Flashlight with Batteries | |
| <input type="checkbox"/> Money for Offering (optional) | |
| <input type="checkbox"/> Notebook, Pen, Envelopes & Stamps (optional) | |

Dress Code

All clothing should be appropriate for a church camp setting. Clothing should not have messages with double meanings or advertisements for adult themed products.

Shirts must cover the entire stomach and may not be strapless, spaghetti strapped or split sides. Tank tops are fine.

Shorts must be an appropriate length as to cover the buttocks, no shorter than the fingertips with arms and hands extended down the sides.

Bathing suits must be modest. Tankinis and one piece bathing suits are recommended.

For girls, no string bikinis or thong swimwear. For boys, no speedos. While at the pool, a camp t-shirt will be issued for those campers who do not bring appropriate swimwear.

Should a camper be dressed inappropriately, the camper will be asked to change into more appropriate clothing.

What Not to Bring

In order to keep in the camping spirit, please leave the following items at home. If these items are brought to camp, they will be labeled and stored by staff for the duration of the camp session. Our insurance does not cover personal belongings.

- x Pets - Not even to pick up or drop off times
- x Cell phones
- x I-Pods / MP3 players
- x Laptops / Tablets
- x Radios / Walkman
- x PSP / Nintendo DS
- x TV's
- x Food / Gum / Candy
- x Hair dryers
- x Curling Irons / Flat Irons
- x Weapons
- x Pocket Knives
- x Personal Sports Equipment
- x Tobacco Products
- x Alcohol or Illegal Drugs
- x Over the Counter Drugs
- x Anything Valuable



Cross Trails Ministry reserves the right to search a camper's belongings in special circumstances.

At Cross Trails the small groups that we form for the week a very important part of the camp experience. We strive to build an intentional Christian community in which everyone has the opportunity to be included, develop friendships and learn independence in a safe environment.

We have found that cell phones make this process more difficult for two reasons. First, most cell phones are able to access the internet quickly and take photographs and videos. Although we cannot control what participants post after camp, we want to limit opportunities for images of your camper to be put onto the internet without your permission. We also want to make sure your child is not shown anything on the internet that you would not want them to see. Second, if campers are able to constantly connect to those outside the camp community, they tend to not fully participate in camp and miss the opportunities they have to grow.

We know that being disconnected from your camper is difficult, but we want this to be a safe learning and growing opportunity. For that reason, we ask that cell phones to be left at home. If they are brought to camp, we will collect them and securely store them until the end of the camp session.

Summer Offering

Cross Trails Ministry wants to give each camper an opportunity to serve once they go home. One of those ways is partnering with an organization that is in a lot of communities around the United States. Meals on Wheels is a community based program that has volunteers deliver meals to people who are homebound. Many of the people who require Meals on Wheels are elderly, people with a disability, or are recovering from hospital care. Volunteers deliver not only needed meals, but also companionship and hospitality to people in need.

How can our campers help if they don't have a driver license? There are lots of ways. We are taking a monetary donation from all of our campers to be able to send to Meals on Wheels programs in Central Texas to better our communities. Campers will also learn the effects of aging and how they can show hospitality to people in various stages of life. Campers often feel like they cannot relate to older generations, but with this learning opportunity and some interactive activities, campers will feel more comfortable with these people. This will allow our campers to join in with a driver in their own communities, giving them an option of serving and another way to show Christ's love to everyone.

Money Matters

The only scheduled opportunity for campers to spend money is on Friday at Ebert Ranch. Some of the State Parks have small stores with souvenirs, but we can not guarantee that we will visit these.

If you camper brings any money, we recommend it be minimal as we are not responsible for any cash the campers keep during the week.

Campers can turn in any money they would like on Sunday. We will hold it in the Ebert safe until Friday when the Ebert Ranch camp store, "The Trading Post," will be open for Trek Campers.

Snack items include water, soda and candy.

The Trading Post also sells various camp attire and memorabilia. The following is a sample inventory and price list.

- T-Shirts cost \$15
- Hats, caps and visors cost \$15
- Stuffed animals cost \$8 to \$10
- Carabiners and other small items cost \$3 to \$6

Any unused funds collected will be returned before the close of camp.

If campers would like to donate their unused funds to aid our offering to Meals on Wheels, they may do so in the Trading Post after closing worship. Checks for store purchases may be made payable to Cross Trails Ministry. Visa, MasterCard and Discover Card are accepted.

Camper Expectations & Guidelines

It is our priority to take care of the physical, emotional and spiritual needs of both the individual and the group. In order to do this we have established some basic guidelines and expectations for campers.

Some camper expectations are:

1. Explore your faith.
2. Try new things and learn new skills.
3. Be an active part of the Christian camp community.

Some camper guidelines are:

1. Respect others by using only appropriate language, clothing, actions and physical contact.
2. Respect your cabin mates privacy, personal space and possessions.
3. Respect and care for the camp facilities and natural environment.
4. Respect your safety by staying within camp boundaries, using the buddy system, and telling a staff member if, at any time, you feel unsafe.
5. Respect the rules shared with all campers on the first day of camp and those given at specific activity areas during the camp week.

Camper Consequences

Our staff practice positive behavior management and work with their campers to build communication and cooperation within the group. If a camper breaks a rule or fails to follow the camper guidelines, our staff work with him or her to define what the appropriate behavior would have been and to determine the appropriate consequences for their actions.

If a camper continues to break rules, or becomes disruptive to the camp program, he or she will meet with the Director to develop a written agreement on appropriate behavior called a behavior contract. Parents will be contacted if their child is placed on a behavior contract. If the behavior contract is broken, parents will be required to come pick up their camper.

Campers may be sent home at any time, even for a first offense or without a behavior contract, if the Director and Executive Director determine that the camper poses an emotional or physical threat to themselves, other campers or staff.

If your camper is attending with a pastor or youth director, this adult will be involved in the behavior management strategy.

Health & Wellness

For the safety of your child, your camper cannot be at camp without a completed **Health History Form**. Please fill this out as completely as possible. This can be found online and can also be printed off of our website. Please submit it online or mail it to camp by May 1, 2017. This gives our on-call nurse time to review it and ask any questions they need to.

If you submit the form online, please send a copy of your insurance card with your child to camp. If you submit a paper form, you should include it with your form.

If anything changes with your child's health, please call our office at (830) 257-6340.

If your child has any unusual emotional, mental or physical concerns, please contact our office to speak with the Director regarding any accommodations that may need to be made.

Upon their arrival at camp, all campers visit the Health Care Provider. At this time, all medications are checked in and all campers are screened for lice, athlete's foot and any pre-existing conditions that may affect their participation in camp activities. Please note that traveling with the campers will be a staff member trained in Emergency First Aid and CPR. We have an RN on call in case of emergencies.

If your child takes prescription medication, it must be brought to camp and turned in to the Health Care Provider in its original container with the dosage instructions. We can not administer medications without dosage instructions or differently from the instructions on the bottle. Campers should not bring non-prescription medication. We keep plenty in stock. Simply indicate which ones we can give your child on the health history form.

In the event of minor camper injury or illness, it is Cross Trails Ministry's policy to treat the camper according to physician-approved procedures. If the injury or illness prevents campers from participating in normal camp activities, parents will be notified to inform them of the situation and of treatment given.

In the event of serious camper injury or illness, it is Cross Trails Ministry's policy to notify parents by phone. If emergency treatment is deemed necessary, the camper will be taken to the emergency room and treated by a physician. Your insurance company will be responsible for the cost of any injury to or illness of your child while at camp. Cross Trails Ministry carries secondary accident insurance only.

If a camper is attending with a pastor or sponsor, this adult may be consulted and involved in treatment of the camper.

Tips for Preventing Homesickness

Many campers, whether first timers or returning, will experience some feelings of homesickness. This is normal for all ages. Homesickness can show itself through physical symptoms, strong emotions, or both. It is often strongest early in the week, and at meals, rest and bedtime.

Our goal is to help your camper be successful in their time away from home. Campers who are homesick are encouraged to be involved and active in camp activities. They are encouraged to write and talk about their feelings, but not focus on them.

By staying at camp and participating, even if they are homesick, campers gain confidence in their abilities and a healthy sense of independence.

Parents of campers whose homesickness is severe or disruptive to the camp environment will be contacted.

Help set your camper up for success!

Do's

1. Make sure your camper knows that you think he or she will have a wonderful time.
2. Talk openly with your child about homesickness. Explain that it is normal to miss home, but you know they can handle it.
3. Encourage your camper to bring a non-valuable security item to camp — such as a blanket, stuffed animal or photograph.
4. Write encouraging and enthusiastic letters to be delivered while at camp. Let your camper know you want them to have a good time and are looking forward to hearing about their new experiences.
5. For younger children, make sure your child knows how to take care of his or her own basic personal needs and hygiene. Make sure your camper knows where to find everything in the items you pack for camp.

Don'ts

1. Don't worry too much. Most homesick children are still having a positive experience. They write home when they feel sad, yet are happy most of the day.
2. Don't tell your child you will call or visit during the camp week. If you are worried that your child is homesick, you can call the camp and ask the director to check on your child for you.
3. Don't emphasize how much you will, or do miss your camper, either when saying goodbye or when writing letters.
4. Don't promise to pick up your child immediately if he or she feels homesick. Your camper may never give camp a chance.
5. Don't emphasize homesickness so much that your child expects to be severely homesick.
6. Don't let campers have cell phones. Don't encourage the camper to call home or to hide their cell phone so they can call if they are not having a good time. This teaches them it is okay to break rules and often they will not give camp a chance.

Year Round Retreating

Ebert Ranch and Camp Chrysalis are open year-round for your use. If you have a group that wants to come to camp, simply contact us and we will help you plan your event.

Who can come?

Anyone. Youth groups, church councils, sewing guilds, scouting troops, service groups, family reunions. Anyone.

When can you come?

Camp is open year round. Contact us to reserve your dates. Retreats can be for an afternoon, a weekend or during the week.

What does camp provide?

We can provide as little or as much as you need. We offer housing, meals, campfires, Bible studies, worships, challenge course activities, canoeing, horseback riding, games and more. Let us work with you.

Why come to camp?

Groups come for many reasons. Some want to learn more about each other and create a bonded group. Others want to get away for a meeting or to accomplish a task. Some want to serve by completing work projects. Others want to take advantage of the many activities we offer. What is your reason?

Upcoming Events

Lutheran Camp Chrysalis

Family & Friends Labor Day Retreat — September 1-4, 2017

Upper Elementary Advent Retreat (Grades 3-6) — December 2-4, 2017

Family Advent Festival — November 24-26, December 8-10, and December 15-17, 2017

Ebert Ranch Camp

Mother/Daughter Retreat — October 13-15, 2017

Girls in Grades 4-6 and their Mothers

Father/ Son "Dangerous" Retreat—October 20-22, 2017

Boys in Grades 4-6 and their Fathers

Lutheran Fall Festival in Fredericksburg

Fredericksburg Markt Platz — September 16, 2017



Directions to Camp

Ebert Ranch Camp
752 Ebert Lane
Harper, TX 78631

From San Antonio:

Take I-10 North West to exit 505 (FM 783 N / Harper Road). Turn left onto FM 783 North / Harper Road and travel 17.5 miles. Turn left onto Highway 290 and travel 1.7 miles. Across from the cemetery is Wendel Rd. Turn right onto Wendel Rd. and travel 2.8 miles. Ebert's entrance is on the second ninety degree turn. Once you enter the camp, you still have a ways to go. Keep going until you reach the Main Site.

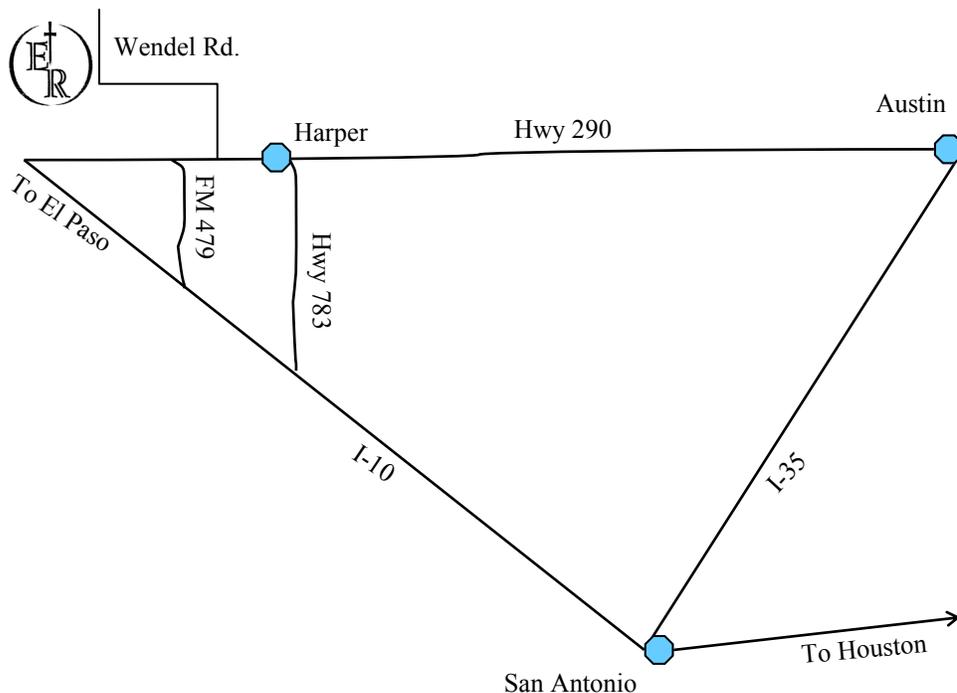
From Austin:

Take Hwy 290 West and travel approx 1 mile past Harper. Across from the cemetery is Wendel Rd. Turn right onto Wendel Rd. and travel 2.8 miles. Ebert's entrance is on the second ninety degree turn. Once you enter the camp, you still have a ways to go. Keep going until you reach the Main Site.

Getting to Ebert with a GPS navigator:

Many units can find our mailing address but can't find the road to reach it. To be sure you're getting the right directions use these coordinates.

N 30° 19.802' W 99° 17.351' OR 30.330 -99.2892



(Map Not to Scale)