

United Church of Christ

# Outdoor Ministries

26449 1340 N Ave, Princeton, IL 61356-8790

Tower Hill Camp and Retreat Center is an Outdoor Ministry Site of the Illinois Conference of the United Church of Christ. As such, we believe that all people are created in the image of God and are to be treated as whole and worthy.

Our staff and volunteers will treat each person they encounter with respect.

We specifically affirm our LGBTQI+ and Black, Indigenous, People of Color siblings and welcome them as campers and staff.

We specifically acknowledge the ways that we have inherited a society where people of color have been systematically disadvantaged, and we will work to become anti-racists.

## Outdoor Ministry Goals and Outcomes for the Summer Camping Season

### **Goal #1 -- The camper will grow in understanding and appreciation for God's work in the outdoors.**

#### Outcomes:

1. Discover God's presence in the Outdoor Ministry setting  
90% of the campers will use natural (found) materials to create a reminder of their time at Tower Hill. (terrarium, piece of jewelry, sculpture, etc.)
2. Develop a sense of responsibility for stewardship of the natural world  
90% of the campers will hike in our woods, led by a local guide, to learn about the plants and animals who make this their home.
3. Introduced to the formation and impact of the local Dunes  
90% of the campers will have an opportunity to climb to the top of Tower Hill Dune, the tallest dune in our area.  
60% of the campers will be able to explain how dunes are created and why the backside of the dune is a wooded ravine.

### **Goal #2 -- The camper will continue to explore their faith**

#### Outcomes:

1. Engage in the spiritual practice of Gratitude  
Each cabin group will create and present a Grace before a meal.
2. Participate in corporate worship  
80% of the campers will have a role in leading some aspect of a morning or evening worship. (reading a prayer, creating a skit, serving communion, etc)
3. Share their experiences of being in the presence of God  
80% of the campers will answer the question (written or video) "how did you hear God speak to you during your time at camp?"

### **Goal #3 -- The camper will expand positive relationships with other Participants**

#### Outcomes:

1. Develop relationships with campers from other churches.  
This will be facilitated by opportunities interact with different campers in Cabin Groups, activity centers and at meals.
2. Develop positive intergenerational relationship skills  
Campers will have opportunities to interact with youth in grades k-12, with young adults (18-25), and with seasoned adults.
3. Develop additional leadership and community skills  
Campers will be challenged to take on age-appropriate responsibilities to help the whole camp community (clearing their table at meals, picking up trash, helping a younger camper with an art project, helping to make others feel welcome, etc)

*These Outdoor Ministry Goals and Outcomes are included in the Parent Pack*

*All Event Directors are encouraged to develop additional goals specific for their particular program.*

## CR.3 CAMPER DEVELOPMENT

**Mental health:** Each evening, campers and their counselors have time in their cabin to talk over the day. This is a time for counselors to hear about any issues that campers may be struggling with. Counselors are encouraged to bring any larger issues to the attention of the Event Director, Health Care Officer, or Camp Director. We also ask on the camper registration form if there is anything that we need to know about the camper to help make their camp experience successful.

**Emotional health:** Each evening, campers and their counselors have time in their cabin to talk over the day. This is a time for counselors to hear about any issues that campers may be struggling with. Counselors are encouraged to bring any larger issues to the attention of the Event Director, Health Care Officer, or Camp Director. We also ask on the camper registration form if there is anything that we need to know about the camper to help make their camp experience successful.

**Social Health:** The culture of our camp is inclusive, and our schedule/programming allows multiple opportunities for campers to meet new people and make new friends. They have cabin groups, meal times, activity groups, and small groups that offer these opportunities, all under the supervision and guidance of counselors and leaders.

**Physical Health:** Our schedule of activities is designed to give campers plenty of sleep (a minimum of 8 hours every night) and 1 hour of rest/flat on back each afternoon. We intentionally offer a well-balanced menu with plenty of fruits and vegetables, in addition to a snack before bedtime. Campers are asked to bring a refillable water bottle so that they can stay hydrated. Our schedule also provides a variety of fun activities to get kids moving! (Sandy volleyball, basketball, archery, soccer, frisbee, tether ball, swimming, hiking, team building games, playground, and a large playing field with access to a variety of outdoor toys and games).

## CR.4 Environmental Activities

A. Develop awareness for the natural environment:

We stand on the life-giving and nourishing Lake Michigan tributary watershed.

May this knowledge help us to make connections with so many people who do not have access to safe, clean water.

B. Build appreciation and responsibility for the natural environment:

We gather on the unceded, sacred homeland of the Peoria, Miami and Pokagon Band of the Potawatami peoples. May this knowledge help us to accept the responsibility to preserve, protect and pass on this land to the next generation.

C. Foster a stewardship philosophy including practices to minimize the camp's impact on the environment:

Limited/no single-use packaging (water bottles, snacks, tableware)

Encourage the use of daylight rather than lights

Tower Hill Woods was placed in a Conservation Easement so that it is protected in perpetuity

We have relationships with local organizations (Harbor Country Hikers, Chikaming Open Lands) who are willing and able to lead Guided Hikes through our woods to teach about the upland and lowland dune/forest ecosystem, as well as programs about native plants and animals in our area.

We are naming Youth Cabins after the types of Pine trees that are on our property.

We have posters, flip books and signs to help young people learn about the plants and animals in our area.

*All Event Directors are encouraged to develop additional goals specific for their particular program.*

# Things to Bring

## Personal Gear--(label with name)

- Sleeping bag or sheets & blanket
- Flat sheet (for warmer nights)
- Pillow & pillowcase
- Soap, shampoo
- Combs/brushes
- Toothbrush & toothpaste
- Towels (not for pool use), washcloth
- Beach towel
- Other personal hygiene items
- Reusable water bottle
- Flashlight
- Sunscreen
- Bug spray (non-aerosol) or lotion
- Medications\* with instructions



## Clothes for the Week

- Underwear and socks (bring extra)
- Sleeping clothes
- T-shirts (bring extra)
- Shorts (bring extra)
- 2 or more pair long pants (sweatpants or jeans)
- 2 or more long sleeve shirts or sweatshirts
- Old clothes that are OK to get muddy
- Light jacket or windbreaker
- Rain gear (poncho)
- Hat
- Swimming suit and beach-type cover-up
- Flip flops or water shoes
- 2 pairs **CLOSED TOED SHOES**  
(1 **OLD** pair for creek walk)



## Other Items to Bring

- Writing materials (pens, paper, etc.)
- A Bible
- Dirty laundry bag, hamper, or garbage bag**
- Envelopes and stamps
- MP3 Player or iPod for personal time or FOB time  
(*Feet On Bunk*)

## Do Not Bring.....

- Knives, guns, or weapons of any kind
- Tobacco products of any kind
- Alcoholic drinks of any kind
- Fireworks of any kind
- Drugs of any kind

These items will be confiscated and the camper will be sent home and NO refund will be issued.

## Hints for Parents:

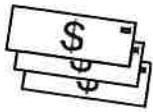
1. Put outfits in individual zip baggies for each day of camp and make sure your kids know this.
2. Remember kids play hard and sweat while at camp. They may need extra clothes for the week.
3. Double check the packing list and mark items off as you pack them.



*The camp is not responsible for any items that are lost or stolen.*

# Event Information

## Payment



Full payment of your family balance is due 2 weeks prior to the start of camp. If your church is providing a portion of the camp fee, please make sure that the Outdoor Ministries Office is aware of the amount your church will be providing.

**\*Note: Family is responsible for full camp fee amount until church portion is paid.**

## Cancellation Policy

All but \$50.00 will be refunded if cancellation is made at least 2 weeks prior to the start of camp. If cancellation is made less than 2 weeks, NO refunds can be made.

## Health History Record, Camper Release and Permission Statements Forms

These forms are required in order for all participants to attend camp. If you registered online, all of the forms were completed online. If you registered by mail and did not complete these forms along with the registration form, then they **MUST** be received at the Outdoor Ministries Office no later than 2 weeks prior to the start of camp.



## Medications



All medications that you are sending with your child to camp, whether prescribed or over-the-counter, must be in their original containers or packages.

They will be collected at registration. All prescribed medications must be in their original pharmacy container with the correct name, date, & instructions on the bottle. They will be placed in the safe care of our first aid staff & dispensed at the prescribed times. (*Exceptions may be made for metered dose inhalers for individuals with asthma & EpiPens® for individuals with hypersensitivity to bee stings or foods.*)

## Phone Calls

there is a family emergency, we ask that you call the respective camp office, Pilgrim Park Camp 815-447-2390 or Tower Hill Camp 269-426-3881. We will either make sure that the information is relayed or that you can speak with the camp director, counselor or your child as soon as possible. If you call the camp office after hours, please leave a message on the answering machine. Messages are checked upon opening of the office.



## Food Policy



Please do not bring or mail food of any kind to camp. Crumbs on cabin floors, along with the aroma of food, attracts bugs, mice, & other critters into the cabins. Food and snacks are provided by the camp and there should be no reason for an additional food or candy.

## Camp Store

Pilgrim Park & Tower Hill's Camp Store will be open at registration time & at the close of camp. At that time T-Shirts, Sweatshirts, coffee mugs, etc., can be purchased.

## Camper Mail

You are welcome & encouraged to send mail to your child! The correct way to address your child's mail is:

Your Child's Name  
Name of Event, Pilgrim Park Camp  
26449 1340 N Ave  
Princeton IL 61356

or

Your Child's Name  
Name of Event, Tower Hill Camp  
12173 Tower Hill Road  
Sawyer MI 49125



To insure that your child will receive the mail, it should be mailed **no later than 3 days prior to the conclusion of camp**. Parents may wish to leave mail at registration time. Mail that is sent later usually arrives after the camper has gone home.

## Directions

Maps to the respective camps are available online at [www.il-outdoorministries.org](http://www.il-outdoorministries.org) or may be mailed or emailed per request.



## *Pet Policy*

Pets are not allowed at camp. This includes during camper drop-off and pick-up.



12173 Tower Hill Road  
Sawyer MI 49125  
Phone: 269/426-3881

E-mail: [TowerHillCamp@ilucc.org](mailto:TowerHillCamp@ilucc.org)  
Website: [www.il-odm.org](http://www.il-odm.org)  
Rev. Tracy Heilman, director



## Directions to Tower Hill Camp



### From Chicago Area

From the Chicago area, take either the **TRI-STATE TOLL ROAD, #294** or the **JFK/"IKE" EXPRESSWAY** to the **RYAN/SKYWAY/INDIANA TOLL ROAD** to **Route #94 East**.

Once you are on **ROUTE #94 EAST**, continue into Michigan and **EXIT** on **EXIT 12** (Sawyer, Michigan). There is a TA Travel Center at this exit. Exit 12 is only 12 miles into the state of Michigan. As you leave the Route #94 exit ramp, **Turn Right**. You will pass under Route #94. **Turn Right at the traffic light** onto Red Arrow Highway then within one block **Turn Left onto Tower Hill Road**. Continue along Tower Hill Road. The camp will be approximately 3/4 mile on your right, **BEFORE** the road turns right.

### An Alternate route, to avoid I-80/94

Take **I-57 TO SAUK TRAIL EXIT #339** (approx. 7 miles south of I-80). Go east through **RIGHTON PARK, PARK FOREST, SOUTH CHICAGO HEIGHTS, AND SAUK VILLAGE**.

At the **ILLINOIS-INDIANA BORDER**, Sauk Trail merges with Route 30. **DO NOT GET OFF OF I-57 AT ROUTE 30** because when Sauk Trail, Route 30 and Route 83 all merge at almost the same point, it is Sauk Trail that moves and Route 30 that gets stuck.

**CONTINUE EAST** through **DYER, SCHERERVILLE, AND MERRILLVILLE**. In **MERRILLVILLE**, go **NORTH ON I-65**. (Drive under I-65 and turn right on the clover leaf - it is a major intersection)

Proceed **NORTH ON I-65 ABOUT 7 MILES** until you reach I-94. **WORD OF CAUTION:** first exit on to I-94 is actually west bound to Chicago, wait another 1/2 mile and then exit east bound.

### From Northern Michigan

Take **I-94** towards **CHICAGO** and **EXIT** on **EXIT 12** (Sawyer, Michigan). There is a TA Travel Center at this exit.

As you leave the Route #94 exit ramp, **Turn Left**. **Turn Right at the traffic light** onto **Red Arrow Highway** then within one block **Turn Left onto Tower Hill Road**. Continue along Tower Hill Road. The camp will be approximately 3/4 mile on your right, **BEFORE** the road turns right.

### From South Bend Area

Take the **31 BYPASS** towards **NILES, MICHIGAN**. Get off the **NILES/NEW BUFFALO EXIT**, you will have to **TURN RIGHT** then get in the **LEFT HAND LANE** to head **SOUTH** on **US HWY 12**. You will follow **HWY 12** until you reach the town of Three Oaks. **TURN RIGHT** at the light onto **ELM St**. Elm St. becomes Three Oaks Rd. and you continue to follow it **about 5.5 miles** until you come to a **T Intersection**. **TURN LEFT** onto Sawyer Road then **Turn Right at the traffic light** onto **Red Arrow Highway** then within one block **Turn Left onto Tower Hill Road**. Continue along Tower Hill Road. The camp will be approximately 3/4 mile on your right, **BEFORE** the road turns right.

\* If in doubt, you can always use Map Quest ([www.mapquest.com](http://www.mapquest.com)) to get direct directions to Tower Hill Camp. \*

# Tower Hill Camp Dress Code



We want you to be safe and healthy during your stay.

Closed-toe shoes are required when participating in any work project.

We suggest a light weight long sleeved shirt that you can put on for protection against mosquitoes.

When walking the trails, long pants are a good idea to protect against poison ivy.

Please wear shorts, tshirts and shoes when walking to the beach.

Wear clothing that is appropriate for the temperatures (warm days and cool evenings).

Wear clothing that is comfortable for camp activities (running, hiking, playing, etc).

Out of love and respect for one another, any graphics, logos or slogans on clothing must not belittle or intimidate others and must not suggest inappropriate behavior.