



## Getting ready for Cascade at Louise

**camp@cdss.org**  
Before July 11:  
**413.203.5467x2**  
After July 11:  
**508.224.3480**

### On Arrival

Campers may arrive after 3:30 Monday. **Dinner is at 6:00.** If you are delayed, please leave a message at **(301) 351-2126**. Departure is by 11am the final day. Join the meet and greet gathering at the Swimming Pool from 4:30-5:30 with the lifeguard on duty, followed by a tour of camp.

Transportation around camp is by foot. Cars are not to be driven off the roads or onto the paths. Once unloaded, cars should be parked and left in the designated lot.

There is limited public transportation to camp; please let us know if you can offer a ride from an airport, etc.

### Housing

Most **adult housing** is in double rooms with attached bathrooms, some with AC. We will do our best to accommodate special needs.

#### General adult housing categories include:

- Specific roommate
- Specific building
- Uphill or downhill preference
- AC preference

**Family housing** is in bunkrooms with one family per room. In many cases, two bunk houses share an attached bathroom. Family housing is assigned based on age of the youngest family member.

#### Specific family housing requests might include:

- Neighbor family (shared bathroom between 2 cabins)
- Shared cabin (2 families in same cabin)

Everyone on an application is housed together. Bring your own blankets, bed linens, pillows and towels blankets (it can get cold at night). Housing is assigned in the week before camp. We cannot guarantee all requests will be filled.

### While at Camp

In order to preserve our pleasant camp social atmosphere, please avoid excessive alcohol consumption. Neither CDSS nor the camp supplies, sells or serves alcohol.

We encourage open invitation parties run by campers all week; please contribute to the camp social atmosphere by planning your own or by bringing something to share. Ice is available in the Dining Hall but is not self-serve. Please ask Camp Louise kitchen staff for ice at meal times.

Shoes are recommended at all times and are required in the Dining Hall and on the dance floors. The terrain is hilly with gravel walkways and grassy fields; comfortable shoes are encouraged. Other dance shoes, such as soft soled shoes for contra, English, Garland, Scottish, and swing, athletic shoes for morris, and hard sole shoes for sword and clogging (or clogs) are recommended.

Camp Louise is mostly a smoke free facility. There is a designated smoking area behind the Dining Hall.

### Bedtimes

Children's bedtimes are important and provide a structure for some of the freedom afforded families at this week. We realize that at home children have vastly varying bedtimes. At camp, children under 10 are "pied piped" to their cabins at 8:30. If this is too late for your children, you are encouraged to take them to bed sooner. There is another bedtime at 9:30 for 10-12 year olds. Monitors rove through the evening so that parents can return to the dance. The monitors alert parents to problems.

### Noise

There are places away from housing for late night parties and for early morning playing. Please be considerate of sleeping campers through the night and early morning.

### Food

Meals are served buffet style with a salad bar, vegetarian and gluten free options. There are vegetarian options. Please proof or correct your menu preference on your Registration information.

Snacks are provided twice a day for children.

## Mail, Phone and Internet Service at Camp

We ask that laptops and cell phones be kept out of the awareness of other campers. Even if you can't, others want to enjoy this time away from the reminders of work-a-day living. There is some cell coverage at camp, wifi is available in the Dining Hall during certain hours.

This is a one week vacation, don't expect mail from home unless it left before you did. Mail does leave camp daily. For incoming calls to **(301) 351-2126**, messages are delivered through a message board system.

## Jobs

Everyone is expected to keep their housing, including the bathrooms, tidy and clean and to leave them at least as clean as found. Additional tasks related to the program and to CDSS operations as well as some work in the Dining Hall are assigned to all campers age eight and up.

### General categories are:

- Sweeping (Dance Halls, Community areas)
- Snacks (Setup, Cleanup/Morning, Afternoon, Late)
- Clerical (Bookstore, Auction)
- Meal clean up (specify: breakfast, lunch or dinner)
- Greeters (must be able to arrive by 2:00pm)  
*confirmation will be sent to greeters in advance.*
- Last day checkers (able to stay until noon on last day)

Jobs are assigned in the week before camp. We cannot guarantee that your request will be filled, but helpful requests include: *dust allergy, unable to lift heavy objects, can't stay up late, can't get up for breakfast.* Parents are generally assigned a job with their young children.

## CDSS Bookstore

The CDSS Bookstore offers dance and song recordings and books, morris supplies, postcards and more along with staff items. It is open for browsing all day from Monday lunch until Friday afternoon. Items may be taken only after they are checked-out during posted staffed hours. Bills can be paid near the end of the week. Visa and Mastercard are accepted.

## Water Safety

There is a swimming pool at camp. For your water safety, swimming is only available as scheduled with lifeguards on duty. Also, campers 9 & under must be accompanied by their parent or guardian. There are other activities available during some swim times and you must decide together when you will swim or do other things.

CDSS and Camp Louise assume no responsibility for campers swimming.

Lifeguard equipment is only for use by the lifeguard or in the case of a water emergency. Do not swim if you have been drinking alcohol.

## First Aid

Bring any specific first aid supplies or medication that you think you may need in the course of the week. A CDSS nurse is in attendance at camp and available at all times for basic first aid and for medical emergencies. We are unable to dispense any medicine or medical advice; if there is an emergency or medical question we will direct you to the closest hospital. CDSS and Camp Louise assume no liability for accidents or illness or for their treatment.

## Bunnies, Bats, Bees, etc.

Louise is in a beautiful and rustic setting. Many creatures including yellow jackets, mosquitos, ticks, bats, gnats, snakes and bunnies share this environment. Do not approach or handle any wild animals and let us know if any animals are found in cabins or if any contact has occurred.

## Alcohol and Drugs

Illegal use and sale of alcohol and drugs is prohibited at Camp Louise. The legal drinking age in MD is 21. Parents and guardians are responsible for making sure that their children do not use alcohol or drugs at Camp Louise. Recreational use of marijuana is illegal in MD.

## Fun(d)raising Activities

Auctions are held at each CDSS camp, both for raising much-needed funds and for the entertainment of campers. This summer's nine-week goal is to raise \$40,000 for CDSS special projects and for our camp scholarships. We will have a 13 and up oriented live and silent auction and a Dollars for Scholars fund raising activity geared toward children.

Please consider bringing an auction idea or item if you have something that you could imagine yourself or your child bidding on. Items related to dance, music or song; hand-made or special clothes, crafts or art works; or humorous pieces are especially appreciated.

Remember, we need buyers as well as items to make the auction work; rather than purchasing an item to donate, bring that money to spend at the auction!

Please bring your auction items or services to the office within the first two days of camp.

*According to IRS guidelines on the deductibility of items sold at fund-raising auctions, the donor may deduct the value of the item donated and the buyer may deduct the amount paid that is above the value of the item. CDSS is not able to provide appraisals of items or services.*

## And Finally

- Guests and pets may not be brought to camp.
- Campers are responsible for their own valuables.
- Departure time is by 11am Sunday