



# PARENT HANDBOOK

## MINI MAK ROOKIE CAMP 2019



I PROMISE TO HAVE FUN,  
ON THE FIELD, ON THE LAKE AND IN THE BUNK  
I WILL LAUGH.  
WITH ENERGY, HUMOR AND RESPECT  
I WILL REPRESENT THE VERY BEST  
OF MAH-KEE-NAC.  
AND WITH MY FRIENDS,  
I HEREBY SWEAR  
TO MAKE THIS SUMMER  
EXTRAORDINARY.



**COMMUNITY  
OVER EVERYTHING**

# WELCOME LETTER FROM THE DIRECTORS

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Welcome to Camp Mah-Kee-Nac!

We are thrilled that you are a part of our camp family, we look forward to sharing an unforgettable summer together!

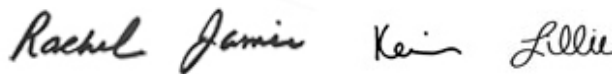
This Parent Handbook will prepare you and your child for Mini Mak Rookie Camp. It contains information on our policies and procedures, transportation schedules, packing lists, baggage and much more. We hope it will help in your summer planning and we encourage you to keep it handy throughout the summer.

Our goal is for every camper to have an extraordinary summer. A great deal of planning goes into our daily activities and special events to make your son's summer experience unique. Our first class staff helps round out our camp community and we are excited for the fabulous group we having joining us to take care of your son this summer.

We believe that parents play an important role in the success of their child's camp experience and ask for your continued support with our camp policies. We are partners in this camping venture and are available to speak with you at any time. We encourage you to call us with any questions or concerns, or anything else that you may need during your child's stay.

We look forward to an excellent summer and are thrilled to have your family as a part of our Camp Mah-Kee-Nac family!

Best wishes,



Rachel Chadwin, *Director*

Jamie Chadwin, *Director*

Kevin Lilley, *Associate Director*

Lillie Kugler, *Assistant Director*

## 2019 CAMP CALENDAR

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<b>NEW CAMPER LUNCHEON</b> .....	<b>SUNDAY</b> , May 5th at The Doubletree Hotel, Fort Lee, NJ from 12-2PM
<b>CAMP BEGINS (7 &amp; 4 WEEKERS ARRIVE)</b> .....	<b>SATURDAY</b> , June 22nd
<b>PARENT VISITING DAY (FOR 7 &amp; 4 WEEK CAMPERS ONLY)</b> .....	<b>SATURDAY</b> , July 13th
<b>FIRST SESSION ENDS (4 WEEKERS DEPART)</b> .....	<b>SATURDAY</b> , July 20th
<b>SECOND SESSION BEGINS (3 WEEKERS ARRIVE)</b> .....	<b>SATURDAY</b> , July 20th
<b>CAMP ENDS (3 &amp; 7 WEEK CAMPERS DEPART)</b> .....	<b>SATURDAY</b> , August 10th
<b>MINI MAK ROOKIE CAMP</b> .....	<b>SUNDAY</b> , July 14th - <b>SATURDAY</b> , July 20th

# FREQUENTLY ASKED QUESTIONS

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## WHEN DOES MY SON CREATE HIS ACTIVITY SCHEDULE?

We will email our activity form later in the spring for your camper to create his activity schedule before he arrives to Mini Mak Camp. **ALL MINI MAK'ERS must fill out their activity form by JULY 6TH.** The Activity Form helps us make your son's activity schedule for the week. Filling out this form with your son provides an opportunity for you to discuss his goals, along with all of his options for the upcoming summer. It is a great time to encourage him to take advantage of the unique activities that may not be available at home. **The activity must be completed before your son arrives to camp.** A copy of your son's schedule will be given to him on the first day of camp.

## WHAT IF MY CHILD SIGNS UP FOR AN ACTIVITY AND DOES NOT LIKE IT?

We ask that Mini Mak'ers try out their schedule for the first day of camp. After that and due to a limited time at camp, we can change activities based on preferences. Our "elective-base program" allows your son to choose and switch activities so you can rest assured that he will find activities that he will enjoy doing! Please note: our regular session campers only have the ability to change their activities every three days.

## HOW MUCH CLOTHING SHOULD I SEND?

We have provided you with a suggested packing list and will NOT be sending laundry out during your son's stay. We suggest sending roughly 10 days worth of clothing and an extra set of cot sized sheets just in case he chooses to extend his stay (his laundry would get done with his new bunk the following week if this is the case.) Remember that camp is a casual environment and shorts and t-shirts are often all the boys will wear. We recommend that you follow our suggested packing list, your son will not need anything more (or less) than what is recommended.

## WHAT HAPPENS IF MY CAMPER WANTS TO STAY LONGER THAN HIS ENROLLED SESSION?

Every year a number of our Mini Mak'ers choose to extend to the full second session! If this situation arises, we are happy to discuss it with you. Call our office directly at (800) 753-9118.

## WHAT IF MY CHILD GETS HOMESICK?

Camp is a growth experience for kids. It's a place where kids have fun, and also develop a sense of independence and self-confidence. Feeling a little homesick is a normal and healthy part of this process - even if it is not a child's first experience away from home. The first week of camp is an adjustment for most campers. For some, it is the first time away from home, the first time living with a group of people, or maybe the first time trying to waterski. With so many "firsts" taking place, it is normal for campers to experience some anxiety and homesickness during this time.

We provide a safe, caring and supportive environment to help each camper process these normal feelings of homesickness. The staff are trained to help campers cope with their feelings, aid them through stages of homesickness and make healthy adjustments to camp life. Homesickness, if it does occur, is most common during the "down" or "family" times at camp such as rest hour, before bed or meal time. Most campers who experience this are fine during the day and are truly enjoying their activities, new friends, and overall camp experience.

We help campers realize that they can still have fun at camp even though they may miss home. Campers learn to cope with their homesick feelings in a healthy way while at camp. Not all campers cope the same way and it is our job as professionals to help find a coping strategy that works best for your child. Please let your child know that it is normal and okay to miss home! Your son is supposed to think about you and your family. We have helped hundreds of campers understand that they can miss you AND still have a summer filled with growth, fun and friendship!

We will call you within the first 24 hours of his arrival to give you an update on how he is doing. We will notify you if your child is experiencing any homesickness. Of course if you have any concerns, you may always call our office and our key staff will return your call as soon as possible.



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# CHECKLIST FOR PARENTS: REQUIRED & IMPORTANT ITEMS

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- Camp Mah-Kee-Nac Clothing:** We will provide your son with a Mah-Kee-Nac t-shirt to wear on any tournament or trip off camp grounds. Feel free to check out our catalog of custom clothing on Amerasport.com. We recommend ordering your camper's clothing as soon as possible to avoid last minute rush and delays.
  
- CAMPER FORMS: ALL FORMS MUST BE COMPLETED ONLINE** (besides Camper Medical)
  - DUE BY JUNE 1st:
    - Transportation and Baggage Form**
    - Camper Profile Form**

This form has a parental section and a camper section. Be as forthcoming as possible as we use this information to get to know your son as best as we can before he arrives at camp.
    - Camper Medical Form - MUST BE SIGNED BY DOCTOR** (download through MyMKN account)
    - Camper Health History Form**
    - Camper Medication Form**
    - Emergency Contact Form**
    - Insurance and Credit Card Information Form** (requires a copy of health insurance card)
  
- CAMPER ACTIVITY FORM:** Our Online Activity Selection Form will be emailed by June 1st. All Mini Mak'ers are required to complete this form by **JULY 6TH**.

## TO COMPLETE YOUR FORMS ONLINE:

- Sign into you MyMKN Account through CampMinder ([www.campmkn.com/mymkn](http://www.campmkn.com/mymkn))  
(If you have forgotten or have never set your password, follow the RETRIEVE/SET PASSWORD link)
- Select the **FORMS** icon to begin filling out each form
- **CAMPER MEDICAL FORM** must be downloaded, signed by your child's physician returned back to camp via uploading to CampMinder, email, fax or mail. (Please email/call if you have any trouble downloading or uploading the form as we prefer this method)

IF NECESSARY, SEND MEDICAL FORM HERE:

Camp Mah-Kee-Nac  
PO BOX 954  
Lenox, MA 01240  
phone: (800) 753-9118  
fax: (413) 853-3030

# NEW CAMPER INFORMATION

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## NEW CAMPER LUNCHEON

All new campers and their parents are invited to attend our New Camper Luncheon scheduled for **SUNDAY MAY 5th from 12-2:00 PM**, at The Doubletree Hotel, Fort Lee, NJ. It is a great way for your son to meet our key staff, CIT's and other new campers who may be there during his stay. It is also a way for you to learn more about Mah-Kee-Nac in general. An invitation will be sent online, please email [directors@campmkn.com](mailto:directors@campmkn.com) if you do not receive one.

## CAMP RULES

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Please reinforce the following rules with your son before camp begins:

1. The use or possession of cigarettes, e-cigarettes, drugs, marijuana in any form and alcohol is strictly prohibited. Any camper disobeying this rule will be asked to leave camp. **There are no refunds whatsoever for disobeying these rules.**
2. **No camper may bring a cell phone or electronic device that accesses the internet.** Camp will confiscate these items when found at camp.
3. The simple rule we follow for camp living is that no one is allowed to have fun at someone else's expense. Camp has an obligation to provide a safe environment to every camper and counselor. Camp will not tolerate disrespectful and/or inappropriate behavior between peers or staff. **Camp Mah-Kee-Nac will not tolerate bullying of any kind.**
4. Any camper caught defacing camp property will be billed for damages and may be asked to leave camp.
5. For camper safety, wearing earrings or body-piercings during activities is prohibited.

## ITEMS PROHIBITED AT CAMP AND TECHNOLOGY POLICY

**MKN IS A SCREEN-FREE CAMP - ANY DEVICE THAT ACCESSES THE INTERNET OR CAN BE USED FOR ELECTRONIC COMMUNICATION IS PROHIBITED. This includes but is NOT LIMITED to Cell Phones, iPod Touch, iPhones, iPads/Tablets/Kindles, iWatch, Laptop Computers, TV's, DVD players, video cameras, hand-held electronic games and any device capable of showing video.** (If a camper arrives with a video iPod, we will delete the video content so that the iPod can be kept for listening to music.) Please be aware of the risks involved in sending any expensive and/or fragile possessions to camp. **WE DO NOT ASSUME RESPONSIBILITY FOR THE LOSS OR DAMAGE OF CAMPERS' PERSONAL PROPERTY AS THESE ITEMS ARE DELICATE AND NOT BUILT FOR CAMP.**

We prohibit all types of toy guns (dart, Nerf, water, etc.), knives, including Swiss Army or Boy Scout types, or weapons of any kind. **DO NOT SEND LASER POINTERS, SCOOTERS, HEELY SHOES OR SCISSORS.** All of these items can create hazardous situations in camp. Please do not send any aerosol cans. Please refrain from bringing pets to camp during drop-off or pick-up. Directors reserve the right to confiscate any items deemed dangerous or detrimental to the camp community.

## CAMP MAH-KEE-NAC IS "PEANUT AND NUT AWARE"

This means that we do not use any food that contains peanuts, or tree nuts, or any derivative of a peanut or tree nut product. In the dining room we will not be serving peanut butter or any foods that contain any peanut or tree nut products. When bringing any food into camp on visiting day or on the bus ride to camp, please do not bring any nuts or food with nut products in them, as we have many boys in camp who are severely allergic to peanuts and other nuts.

# **GENERAL CAMP INFORMATION**

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## **TIPPING**

We prohibit the offering of gratuities to counselors and staff. All of our staff have been apprised of this policy. All staff members understand that if they accept a gratuity, they will be forfeiting their position at camp. The American Camp Association has also made this policy one of their standards.

## **BIRTHDAYS AT CAMP**

Many of our campers will have their birthdays throughout the summer. Birthdays are fun and special to celebrate at camp! Camp will celebrate your son's birthday with our traditional Cake Toss and an evening pizza party for his bunk.

## **TAX I.D.**

Our Tax I.D. Number is 13-4000217. Please keep this for your records.

# COMMUNICATIONS

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## OFFICE HOURS

Camp Mah-Kee-Nac will have the same phone number during the summer 800-753-9118 (International 413-274-4092). The best time to call us is between 8:30am and 8:30pm EDT. The office closes sometimes during meals, but you can always leave a message and we'll return your call as soon as possible.

## EMAIL AND ONLINE PHOTOS

**Camper Email** - Parents will be able to send emails to their camper. Emails will be printed everyday after lunch and will be delivered to campers with their regular mail. Emails should be sent through your MyMKN account.

**Camp Photos** - Parents will be able to see photos taken by both our media department and campers. Albums of activities and evening programs will be posted daily. Photos can be viewed through your MyMKN account.

## MKN TOTEM

**MKN Totem** - Parents will also be able to catch up on daily activities through the eyes of our camp blogger. Info on the day's events, evening activities and special successes can all be found in our MKN Totem, which is password protected for your son's safety. The Totem can be accessed at [www.mkntotem.com](http://www.mkntotem.com) and the password is campmahkeenac.

## MAIL

Campers are asked to write home twice a week. We strongly advise every parent to send one letter several days before departure, so your son will have a letter waiting for him when he arrives at camp. This is especially vital in helping new campers adjust to camp. Please avoid writing letters that only dwell on events at home, this will help with your son's camp experience.

***We urge all parents to send stamped, home addressed envelopes. Please provide your son with additional stamps and stationery.***

Address all mail as follows:

**Mailing Address**

Your son's name  
MINI MAK ROOKIE CAMP  
**CAMP MAH-KEE-NAC**  
PO Box 954  
Lenox, MA 01240

If you need to reach us with written information in a hurry, you can FAX us at (413) 853-3030 or scan/email the information to [office@campmkn.com](mailto:office@campmkn.com).

## PACKAGES

In an effort to eliminate unnecessary competition among campers and constant pressure on parents to send packages, Camp Mah-Kee-Nac has established a **NO PACKAGE POLICY**. We will **ONLY** accept envelopes up to 11x14. If your son has a birthday during camp or in the event your camper has requested an appropriate camp item (ex. clothing, sports equipment, replacement items, etc.) please contact camp FIRST before sending anything. A package received without any notice may be returned to the sender.

## TELEPHONE CALLS AND EMERGENCY CONTACT POLICY

We DO NOT allow our Mini Mak campers to make calls home during their stay; we do this for the success of your child. If your son decides to extend to the full second session, we will make arrangements for him to call you twice during the session.

You are welcome to call camp anytime during the summer to discuss the welfare of your son, as Camp Mah-Kee-Nac has a complete and open communication policy between parents and staff. There are times however, when our Key Staff will be out on camp with our campers and will need to have a message taken. Please be assured that they will return your call as soon as they can, sometimes into the evening. Camp Mah-Kee-Nac will contact parent(s) or guardian(s) of campers if your son has been injured or in the event of any emergency.



# **PRESCRIPTION AND NON-PRESCRIPTION MEDICATION**

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## **ALL MEDICATIONS SHOULD BE BROUGHT TO CAMP ON DROP OFF DAY- JULY 14TH**

Please make sure all medication is correctly labeled with your son's first and last name. Please also provide a written explanation with proper instructions for dispensing, including time of day and dosage.

### **OVER THE COUNTER / PRESCRIPTION DRUGS**

Our infirmary stocks basic generic antibiotics and drugs. Please do not send any over-the-counter drugs to camp. If a camper requires prescription medications from a pharmacy, the charge will be billed to your insurance carrier.

# HEALTH CARE

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## REQUIRED IMMUNIZATIONS

- 1. Diphtheria and Tetanus: Campers must be fully immunized against Diphtheria and Tetanus with the basic series of three injections and boosters. Campers through age 10 should have had a booster dose against Diphtheria and Tetanus within the past five years. Campers age 11 and up should have a booster dose of Tetanus Toxoid every ten years.**
- 2. Poliomyelitis:** All campers must have received the complete series of oral polio vaccine (Sabin).
- 3. Measles:** An inoculation of live attenuated measles virus vaccine is required for all children who have not had measles. It is important to receive this inoculation two or more weeks before camp.
- 4. Typhoid-Parathyroid:** This vaccination is optional. Some recommend that campers age 11 and up receive Typhoid immunization. If already immunized, a yearly booster dose is required. Check with your physician to find out his/her recommendation.
- 5. Mumps Vaccine:** Mandatory for campers over 10 years of age who have not had the mumps.
- 6. Infectious Hepatitis:** If camper is exposed to Infectious Hepatitis, gamma globulin should be given promptly after exposure. **CAMP MUST THEN BE NOTIFIED!**
- 7. Meningitis:** According to the Massachusetts Board of Health, the meningococcal immunization is **NOT** required for attendance at camps. (See Information sheet from the Massachusetts Board of Health for additional information)

## DENTAL CHECK-UP

It is important that all campers visit the dentist before camp. Parents of campers undergoing orthodontic treatment should relay any special instructions to us. During the summer, the orthodontist will make your son comfortable if a wire snaps or a similar problem arises. However, he or she does not do any substantial work.

## COMMUNICABLE DISEASES

Please be sure to have your child inspected for the presence of head lice two to three weeks prior to departure and immediately before camp begins. We suggest a short haircut for the summer. If your child has been exposed to any communicable disease within three weeks of departure day, notify the camp immediately. Children may not attend camp until they have completely recovered.

## INSURANCE

Please photocopy both sides of your insurance cards (medical, dental and prescription) and attach them to the Insurance and Credit Card Information Form.

Medical attention in our camp infirmary is covered by your tuition. **All additional costs incurred during camp are the responsibility of the camper's parents. These include refilling previously prescribed medication, emergency room visits, local physician's visits, and/or outside providers of medical attention. All of the above will be billed to your medical insurance carrier.** Visits to dentists and orthodontists are billed directly to parents. Parents are financially responsible for any and all charges related to medical treatment which are not covered by their medical insurance including, but not limited to deductibles, co-insurance charges and portions of medical charges which individual insurance companies decline to pay.

# CLOTHING

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Camp Mah-Kee-Nac is NOT a uniform camp. MKN's official clothier is The AmeraSport Company, you can take a look at the catalog online at [www.amerasport.com](http://www.amerasport.com). The AmeraSport catalog includes other items available for purchase but by no means are required. We strongly recommend that you order right away to allow time for exchanges to be made if necessary.

**LABELING:** *All items brought to camp, including shoes and sports equipment, must be clearly marked with your child's name. You may choose to handwrite or use stick on labels. MKN Labels can be ordered directly through your MyMKN account.*

## SUGGESTED BASIC CAMP PACKING LIST

### CLOTHING

- 10 Tee-shirts
- 2 Long-sleeve shirts
- 10 Pairs of shorts
- 3 Sweatshirts
- 2 Pairs of sweatpants or other long pants
- 2 Sets of warm sleepwear
- 2 Sets of lightweight sleepwear

### SOCKS, UNDERWEAR & SWIMWEAR

- 10 Pairs of underwear
- 10 Pairs of socks
- 2 Swimsuits
- 1 UV protection swim shirt (optional)

### OUTERWEAR

- 1 Lightweight jacket/fleece
- 1 Waterproof jacket/poncho
- 1 Baseball cap/tennis visor (required)

### FOOTWEAR

- 1 Pair of athletic sneakers (basketball/cross-trainers/joggers)
- 1 Pair of athletic field cleats\*  
\*only needed for soccer or baseball
- 1 Pair of sturdy flip-flops
- 1 Pair of shower sandals
- 1 Pair of old sneakers that can get messy

### TOILETRIES

- 1 Shampoo & Body Wash
- 1 Hairbrush/comb
- 1 Toothbrushes/ 1 Toothpaste
- 1 Sunscreen & Lipbalm

### BED & BATH

- 1 Comforter
- 1 Blanket
- 1 Sets of sheets with pillowcases  
(fitted cot-sized sets or 4 flat twin sheets)
- 1 Standard pillow
- 1 Cot-sized mattress pad
- 2 Bath towels
- 2 Washcloths

### STATIONERY & EXTRAS

- Stationery, envelopes and stamps***
- Books and non-electric games
- Flashlight with extra batteries
- Battery operated fan
- Sleeping Bag (required)
- Water bottle (required)
- Daypack or backpack (required)
- Insect repellent (required)

### ATHELTIC EQUIPMENT (not required)

- 1 Baseball Mit\*
- 1 Tennis Racket\*

\*we have these items, however many campers choose to bring their own

### PACK & SHIP

- 1 Soft trunk duffle bag
- 1 Luggage tag

# TRANSPORTATION AND BAGGAGE INFORMATION

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**TO CAMP:** Arrival to camp will be **SUNDAY, JULY 14TH. ALL PARENTS MUST DROP OFF THEIR SON TO CAMP BETWEEN 9-11AM**

To ensure a successful goodbye, we ask for you to let the counselors bring his bags to the bunk and walk him into camp. Tours will be available at pick up.

## FROM CAMP:

Departure from camp will be **SATURDAY, JULY 20TH. YOU CAN EITHER CHOOSE THE BUS OR PICK UP OPTION**

**BUS DEPARTURE\*:** Arrival times have been calculated to include delays and may arrive +/- 30 minutes without any notice from camp. If we are running earlier or later than 30 minutes, we will email out approximate arrival times.

### BUS DROP-OFF SCHEDULE FOR CAMPERS HOME

**Livingston, New Jersey:** Arrival at 1:00 PM - Livingston Mall at the Macy's Parking Lot (**Lamp post #18**)

**Montvale, New Jersey:** Arrival at 12:00 PM- Garden State Parkway at the North end of Commuter Lot.

**Jericho (Long Island), New York:** Arrival at 12:30 PM Birchwood Shopping Center - Marshall's Entrance, Exit 41N of LIE

**New York, New York:** Arrival at 12:30 PM- American Museum of Natural History, 77th between Central Park West and Columbus (Meet at South Entrance Fountain on W 77th Street)

**Westchester, New York:** Arrival at 11:30 AM- Bloomingdale's White Plains in the Bloomingdale's Parking Lot

**Philadelphia, Pennsylvania:** Arrival at 3:00 PM Double Tree Guest Suites in Plymouth Meeting, PA

**Boston, Massachusetts:** Arrival at 11:00 AM Sheraton Framingham Hotel

*Camp Mah-Kee-Nac will provide ONE-WAY transportation for all Mini Mak Campers.*

*Your son may bring his baggage home with him on the bus from camp.*

\*If possible, we advise all families to choose the bus option. It is a GREAT way for the boys to get the full camp experience and gain some further closure from their exciting week!

**PICK UP DEPARTURE:** If you are picking up your son to camp, please plan to arrive between **9-11AM.**

## HELPING YOUR SON SUCCEED AT CAMP

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Over the years, we have helped many parents and campers succeed at their first away from home experiences. Here are some simple tips to help your child's experience be a successful one:

- Discuss what camp will be like well before your child leaves. Role-play different scenarios that will occur at camp. For example, what will it be like trying an activity for the first time? What will you say to people you are introduced to in your cabin the first day? What if you have to use the bathroom in the middle of the night? What will you do if you are not feeling well one day? What will you do for your mosquito bites? There are so many situations that come up at camp. Try to discuss situations that your child may be nervous about to help prepare him as best as possible.
- **Do NOT tell your son that you will pick him up from camp** if he does not like it or is homesick. This may set your child up to fail, as the first time something does not go exactly as planned he will want to go home. Furthermore, children typically lose any and all motivation to try and succeed if they think a parent is coming. These children tend to spend the entire day wondering when Mom or Dad is coming rather than trying to have fun. Part of the camp experience is learning how to work through different situations that may not always be easy. What may seem like a difficult situation one day is usually replaced with a fun-filled, busy and exciting next day at camp. Please know that some of the most homesick campers at the beginning of camp are the same campers who do not want to leave at the end.
- Pack your child's favorite stuffed animal or blanket for their bed.
- Send your child with photos of your family and pets so that your child will have a reminder of home.
- Send a letter to your child before camp begins so it's waiting for him.
- Acknowledge feelings your child may be having such as anxiousness, nervousness or excitement. These are all common! Let them know that most campers are feeling the same way they are.
- Give your child a cheery send off. Dark sunglasses are always helpful as goodbyes are always hard. It will get easier every year!
- Try not to worry! Know the directors and counselors are taking great care of your child! Feel free to call any time you have any concerns or worries.

## WRAP UP

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We hope this handbook takes most of the mystery out of getting everything ready for your child's summer. Please believe us, this information along with all the forms we have you fill out, pay rich dividends in providing your son with a FUN and meaningful summer. If there is anything else that you'd like us to be aware of or any requests or special needs that don't fit on any of the other forms, just give us a call or send an email.

A final thought on parenting - it's not easy! Raising empathetic, confident, kind children is no easy fete; in today's culture, boys have a unique set of challenges. Looking for insights? We recommend:

- **Emotional Intelligence** *by Daniel Goleman*
- **Raisin' Cain: Protecting the Emotional Lives of Boys** *by Michael Thompson*
- **Best Friends/Worst Enemies: Understanding the Social Lives of Children** *by Michael Thompson*
- **Giving the Love That Heals, A Guide for Parents** *by Harville Hendrix*
- **Not Much Just Chillin': The Hidden Lives of Middle Schoolers** *by Linda Perlstein*
- **The Blessing of a Skinned Knee** *by Wendy Mogel*
- **Bullyproof Your Child for Life** *by Joel Haber*

Although this section is about helping your child cope at camp, we do have a few strategies to help our parents cope as well. Remember to log into [www.campmkn.com](http://www.campmkn.com) daily to see updated photos of your sons having fun at camp!





### **SUMMER:**

#### **MAILING ADDRESS:**

Camp Mah-Kee-Nac, PO Box 954, Lenox, MA 01240  
phone: (800) 753-9118 • Intl: (413) 274-4092 • fax: (413) 853-3030

#### **SHIPPING ADDRESS:**

Camp Mah-Kee-Nac, 6 Hawthorne Rd, Lenox, MA 01240

### **WEBSITE & EMAIL:**

[www.campmkn.com](http://www.campmkn.com) • [directors@campmkn.com](mailto:directors@campmkn.com)

Rachel Chadwin (Director): [rachel@campmkn.com](mailto:rachel@campmkn.com)

Jamie Chadwin (Director): [jamie@campmkn.com](mailto:jamie@campmkn.com)

Kevin Lilley (Associate Director): [kevin@campmkn.com](mailto:kevin@campmkn.com)

Lillie Kugler (Assistant Director): [lillie@campmkn.com](mailto:lillie@campmkn.com)

Summer Office: [office@campmkn.com](mailto:office@campmkn.com)