



# Parent Handbook



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# Welcome Letter

Dear Summer Camp Families,

We are excited to have your camper spend a session with us this summer! Since 1958 Montana Farmers Union Camp has built resilience, independence, and growth through our overnight camp program. In this handbook, you will find answers to frequently asked questions and other important information. Whether you are new to MFU Camp Arrowpeak or are returning for another program, we ask that you read this handbook to find answers to all your camp questions. Youth are spending more time than ever before in front of screens, isolated from their peers, and disengaged from the natural world. We know that now, more than ever, **kids need camp**. What makes Montana Farmers Union Arrowpeak Camp such a special place is that it is a camper-focused, caring community, committed to continuing a tradition of opportunities for youth. Thank you for choosing Montana Farmers Union Arrowpeak Camp and giving us the awesome privilege and responsibility of looking after your camper. We look forward to an unforgettable summer with new and old friends, making memories to carry us through to next summer.

Jodi Koterba  
Education Director

 Call us at: (406)452-6406

 Email us at:  
[camp@montanafarmersunion.com](mailto:camp@montanafarmersunion.com)

Emergency Camp phone number:

1-800-234-4071



# 2026 Important Dates

February 16 – Camp Registration Opens

June 1-5 – Camp Staff Training

June 7-12 – Senior/Teen 1 Camp (ages 13-18)

June 14-16 – Mini Camp (ages 7-9)

June 14-16 – Parent Camp (with registered mini camper)

June 28-July 2 – Junior 1 Camp (ages 8-12)

July 6-10 – Junior 2 Camp (ages 8-12)

July 12-17 – Teen 2 Camp (ages 11-14)

July 21-23 – Ag For Classroom Teachers Camp

## Important Times



**Arrive** at camp between 3 and 4 p.m. on start date.



**Pick-up** from camp between 10 and 11 a.m. on end date.

**Photo Drops-** We will be sharing photos via Flickr. It is a password protected system. We will drop new photos on Tuesday evening by 8 pm and again on Thursday evening or the last day of camp.

## Check-In Procedures

Plan for the entire check-in process to last approximately half an hour once you arrive at camp

-  Step 1: Arrival Time - 3-4 p.m. MST
-  Step 2: Registration
  - Parents/guardians will be directed through the drive through registration
  - Verification of updated forms
    - Camper Application- Designated people
    - Health History- Medications
    - Mental Health- If necessary
  - Confirmation of camp store balance if paid online or DROP-OFF camp store cash in an envelope labeled with the camper name.
  - Confirmation that camper has not packed a phone or other technology (campers who drive themselves must check-in phone and keys in a gallon zip top storage bag marked with their first and last name)

-  Step 3: Medication Drop-Off
  - All medications should be prepared in a labeled zip top bag with:
    - Camper's first & last names.
    - Prescription details, dose, and delivery time (e.g., breakfast, lunch, dinner, evening).
    - All medications **MUST** be provided in their original containers. Original prescription labels are required.
  - Families can speak with the Camp Medic if needed during check-in.
-  Step 4: Move-In to Housing
  - Parents may accompany their camper to their living space to help unpack and settle in.
    - There are no drawers or closets, please see suggested packing section for ideas on organization.
    - Campers should bring sleeping bags or their own twin size bedding with blankets and pillows.
    - Please no space heaters or electric blankets. These can be fire hazards.

## Check-Out Procedures

At the end of the camp week, families will check out their camper **at the Lodge Front yard, or in Recreation Hall in the case of poor weather.** To ensure safety, campers will only be released to adults listed on their account's **Pickup Authorization List.**

 **Check-Out Times 10:00 – 11:00 a.m. MST**

**(Please plan to have all campers picked up and be departing camp by 11:00 a.m. This helps us with timely clean up and preparation for the next camp.)**

Photo ID: Required to check out your camper.

During Check-Out, families are welcome to:

- Check the Lost & Found for any missing items

## Early Pickups

We kindly ask that you avoid planning to pick up your camper before 10:00 a.m. on the last day of their session. During this time, our staff are busy assisting more than 90 campers with packing and preparing cabins for departure. Early arrivals can disrupt this process and make it challenging for us to ensure a smooth check-out experience for everyone.

## Arriving Late, Departing Early, or Missing Part of a Camp Session

We ask families to choose a week of camp that their camper can attend in full, since our program is designed around consistent participation and building a strong group community. Adjustments to arrival or departure times are not part of our standard practice, and partial attendance can impact your camper's experience as well as their groups. If you know of a scheduling conflict, please contact us to see whether we can accommodate your request prior to registering for camp. If agreed, we will ask you to arrange your late arrival or early pick up around a time that works best in the camp day. If an unexpected situation comes up, such as a travel delay or family emergency, please reach out as soon as possible. We review these situations individually and will do our best to support your camper whenever possible.

## What to Pack for Camp – Let's Get Ready for Adventure!

It's almost time for the best week of the summer! Here's your ultimate checklist to help your camper be prepared, comfy, and ready for every awesome moment. (Pro tip: Check the weather forecast before you pack!)

- **Durability Matters:** Camp is active, messy, and adventurous. Avoid bringing your favorite or most delicate items.
- **Comfort is Key:** Pack clothes that let you move freely and play hard.
- **Wear What Works:** Choose clothing appropriate for the activities you'll be doing (e.g., skirts might not work well for hiking and playing sporting games).
- **Keep it Youth-Friendly:** Clothing should be free of derogatory, profane, or otherwise inappropriate content.

## Clothing Essentials

Pack at least one of each of the items below and plan for warm days, chilly mornings, and cool evenings – layers are your friend!

- T-shirts & tank tops
- Long sleeve shirts & sweatshirts
- Shorts & long pants
- Light jacket or hoodie
- Pajamas (comfy for cabin life!)—NOT TO BE WORN outside of cabins \*\*Plan to wear different clothes for daytime and nighttime because of outdoor activities.\*\*
- Underwear & socks for every day + a few extras
- Swimsuit for use in creek exploration and water games
  - *Girls:* Please pack a one-piece or wear a tank top and shorts over a bikini
  - *Boys:* You MUST wear a tank top or shirt with any swim trunks (They will get wet)

- Closed-toe shoes (a must for hiking & activities!)
- Water shoes (optional – great for water games or creek time)
- Nice outfit for Banquet Night (*Teen & Senior Campers only*)

## Bed & Bath Stuff

- Camp Beds: All beds are twin size. A typical setup includes:
  - Twin fitted sheet
  - Top sheet
  - Blanket or sleeping bag
  - Pillow
  - Sleeping bag or twin-size sheets & blankets
- Comfort Items: if needed, feel free to include 1 or 2 favorite stuffed animals (smaller is probably better) or blanket to make the camp experience more enjoyable. These should NOT leave cabins.
- Towels & washcloths (2 of each recommended)
- Toothbrush & toothpaste
- Shampoo, conditioner, and body wash
- Hairbrush or comb
- Deodorant
- Glasses/contacts & solution (if needed)
- Feminine hygiene products (if applicable)
- **Laundry bag** (for dirty clothes – trust us, you’ll need it!)

## Insider Tips

- ❖ **Shower Caddy:** A shower caddy, bag, or container is helpful for organizing and transporting your bath supplies to the bathhouse or rest rooms.
- ❖ **Label Everything:** Use durable name labels to prevent mix-ups in shared spaces.
- ❖ **Towels:** Bring two towels—one for the water activities and one for showers.
- ❖ **Keep your bunk clean**
- ❖ **There are no CLOSETS**—use a suitcase or bag that you can stow.

## Medications-- Prepare medications in a labeled zip top bag with:

- Camper’s name
- Prescription details, dose, and delivery time (e.g., breakfast, lunch, dinner, evening)
- All medications MUST be provided in their original containers. Original prescription labels are required

**Theme Night Outfits** (Get Creative!) Costumes and accessories are encouraged, don't be afraid to go all out! Pack for these fun & silly evening themes:

#### Mini Camp

- Day 1- Neon/glow in the dark
- Day 2- Color wars (each team/group is assigned a color)

#### Junior Camps

- Day 1- Neon/glow in the dark
- Day 2- Color wars (each team/group is assigned a color)
- Day 3- Country vs country club
- Day 4- Hawaiian

#### Senior/Teen Camps

- Day 1- Neon/glow in the dark
- Day 2- Color wars (each team/group is assigned a color)
- Day 3- Country vs country club
- Day 4- Hawaiian
- Day 5- Dress up (Banquet Night)

## What to Leave at Home

### **Let's keep camp unplugged and distraction-free!**

- All electronics (phones, music players, tablets, headphones).
  - If brought, they'll be kept safely in a lockbox and returned at the end of camp
  - There is no cell service at camp, and we have a camp phone if needed
- Snacks – Critters love to find them in cabins!
- Tobacco, alcohol, drugs, vapes, or weapons – not allowed under any circumstance

## Lost and Found

To help us keep track of your camper's belongings, please ensure all items are clearly labeled with your camper's full name.

- Unlabeled items: Held at Arrowpeak Camp for one week following the close of camp
- Labeled items: Held at the MFU Great Falls Office, 300 River Drive N, Suite 1, until August 31.
- Unclaimed items: Remaining items will be donated
- Returning items: Items still at Camp can either be picked up or mailed at the family's expense.

Please note that Montana Farmers Union Arrowpeak Camp is not responsible for lost or stolen items. To avoid disappointment or confusion, we strongly recommend leaving valuables at home.

## MFU Arrowpeak Camp Culture

**Cultivating the *next generation of leaders* one unforgettable summer at a time!**

**Mission:** Founded in 1958, Montana Farmers Union Camp mission for overnight camp is to provide the space for youth to get back to nature, experience agricultural and civics-based activities, and to be themselves in a rustic camp setting.

**Vision:** Montana Farmers Union Arrowpeak Camp builds resilient leaders, creative individuals, and a sense of belonging. Our programs bring participants closer to agriculture, communities, nature, and promote the call for stewardship of our environment.

**Values:** The seven cooperative principles are used as the values for camp:

- Voluntary and Open Membership- willing to accept the responsibilities of membership
- Democratic Member Control- participate in setting policies and making decisions
- Member Participation- contribute equitably
- Independence- self-reliance, creativity, decision making
- Education- education and training to enhance contributions and understanding of agriculture, nature, and cooperative principles
- Cooperation- strengthen and support each other to achieve common goals
- Concern for Community- improve quality of life and social responsibility

## What Can Your Overnight Camper Expect at Camp?

**Age Ranges:** Campers 7-18 years (entering 1st - 12th Grade)

- June 7-12- Senior/Teen 1 Camp (ages 13-18)
- June 14-16 Mini Camp (ages 7-9)
- June 28-July 2- Junior 1 Camp (ages 8-12)
- July 6-10- Junior 2 Camp (ages 8-12)
- July 12-17- Teen 2 Camp (ages 11-14)

**Daily Schedule** This is a SAMPLE and schedules will vary depending on the weather and special presentations of the day.

<b>Mini Camp</b>	<b>Junior/ Senior Camps</b>
7:30 Rise and shine	7:30 Rise and shine
8:00 Flags, Morning Circle	8:00 Flags, Morning Circle
8:30 Breakfast	8:30 Breakfast
9:00 KP Clean up/ Morning Free Choice	9:00 KP Clean up/ Morning Free Choice
9:15 Rotation 1	9:15 Rotation 1
10:30 Break- Co-op store	10:30 Break- Co-op store
10:45 Rotation 2	10:45 Rotation 2
12:00 Songs/Grace	12:00 Songs/Grace
12:15 Lunch,	12:15 Lunch, Mid-day Free Choice
12:45-1:15 Mid-day Cabin REST	1:00 Team Activity Challenge
1:15 Team Activity Challenge	2:00 Rotation 3
2:00 Rotation 3	3:15 Break- co-op store
3:15 Break- co-op store	3:30 Rotation 4
3:30 Rotation 4	4:45 Independence Hour
5:15 Songs/Grace	5:45 Songs/Grace
5:30 Dinner, Evening Free Choice	6:00 Dinner, Evening Free Choice
6:30 Evening Team Challenge	7:00 Evening Team Challenge
7:00 Night Program	8:00 Night Program
8:30 Good Night Circle	10:30 Good Night Circle
9:00 Cabins	10:45 Cabins

**Potential Camp Sessions/Activities**

- Metal stamped jewelry
- Firefly Lanterns – NO open flame
- Pull Your Share—Noxious Weeds
- Archery
- Fly Fishing
- Emergency Preparations
- FWP bear AWARE for Junior camps
- Swing/Line dance lessons
- Insect ID and Fly Tying
- Low ropes challenge course
- Hiking
- Arts and Crafts
- Parliamentary Procedure
- Policy and community involvement

**Evening Team Challenges**

- Design your Co-op logo and flag
- Trivia Night (Senior/Teen Only)
- STEAM Challenge of build
- Group Skits
- Escape room

**Night Programs**

- Camp Fire
- Evening Sky and Telescopes
- Neon Carnival
- Dancing and Games
- Banquet Dance

**These are subject to weather, presenter availability, and other factors outside of camp staff control. They are NOT guaranteed sessions.**

**Cooperative Working groups**

Cooperation is one of the three foundational pillars of Montana Farmers Union. The other two are Education and Legislation. As such, we strive to teach cooperative business principles and have built our program values upon the seven cooperative principles.

The program will educate youth and young agricultural leaders about the cooperative business model through hands-on, experiential learning grounded in the Seven

Cooperative Principles. Participants will not only study cooperative structure, but actively practice democratic decision-making, shared ownership, leadership, and member participation.

Operating six fully camper-led cooperatives, each session creates long-term behavioral impact. When youth elect leaders, manage budgets, conduct meetings, and vote on decisions, they internalize democratic processes. These experiences develop transferable leadership skills—public speaking, financial literacy, problem-solving, collaboration, and accountability—that carry into high school activities, college organizations, agricultural enterprises, and future community leadership roles. Alumni of the program are more likely to participate in boards, serve in local government, or engage in cooperative business ventures because they have practiced those skills early.

The 2026 Cooperatives will be

- Marketing- (Blue group) This cooperative will operate the camp Co-op store. They will man and record the sales. They will also manage inventory.
- Events- (Yellow group) This cooperative will manage the selection of games ect.for afternoon events like water games.
- Team work- (Red group) This cooperative will manage and oversee the team points (NEON Nuggets) that are earned by each cooperative.
- Recreation- (Orange group) This cooperative will plan and oversee the evening recreation activities. These will include the Neon Carnival and Banquet (Senior/Teen only)
- Environment- (Green group) This cooperative will manage the gardens and initiate the new composting project.
- Publications and pictures- (Purple group) This cooperative will take photos, upload photos to the photo sharing platform, and create a camp newsletter.

**Independence Hour-** Your camper will choose where to spend their time for this period. Each day will be a variety of activities for your camper to sign up for and expand their essential life skills, such as cooking, gardening, orienteering, arts and crafts, reading/drawing, and more!

**Meals:** Camp meals are communal, with a self-serve or served buffet “family style.” Our kitchen is able to accommodate common dietary restrictions. Please contact us to discuss our ability to support special meal requests. **MFU Arrowpeak Camp is not a peanut-free facility.** Campers are asked not to bring their own food as we try to prevent attracting rodents and pests into the cabins.

Sample Menu items may include:

There is a fresh food bar with salad, fruit, yogurt, cottage cheese, and vegetables available at all meals

- Breakfast: Pancakes, sausage, fruit, yogurt, breakfast egg casserole
- Lunch: Salad bar, mac & cheese, Shepards pie, tacos/nachos
- Dinner: Hamburgers, Spaghetti, Chicken pot pie

**Co-op Store:** This is a camp store that is figuratively owned and operated by the campers. This is used to help teach the cooperative business model and allows campers to purchase extra snacks. It is a cashless store using a system of credits. Parents may fund their camper's store credits prior to arrival or during registration. Co-op Store funds are refundable during check-out or you may choose to donate to the scholarship fund. Campers will have opportunities to earn store credits throughout the camp by participation.

Campers will have a few chances to visit the Co-op Store for drinks, treats, or fun items at break times.

- Recommended amounts for Co-op Store Funds: \$20–\$40
- Add money to camper accounts online at the “Parent Portal”
- Paying with cash? Bring it in a labeled envelope or small bag to be handed to staff at check-in

The Camp Store Credit Rewards encourages positive participation, teamwork, and personal growth by rewarding campers with store credits for completing tasks, winning challenges, and exhibiting exemplary behavior.

## Camp Facilities

Arrowpeak Ranch was originally owned by Dr. Julien E. Benjamin, a doctor from Cincinnati, Ohio. It was used by his family during the summer. Montana Farmers Union purchased the camp from the Benjamins either in the fall of 1957 or the spring of 1958. The Benjamin's decision to sell was due to the fact that one of their three sons had died and Mrs. Benjamin no longer wanted to spend any more summers at the ranch. When the decision to sell was reached, there were many who were interested. The Benjamin's decision to sell to Montana Farmers Union was due, in part, because of their understanding that MFU was a group that was interested in developing understanding among all peoples. The clincher for the sale to MFU was when it was made known that it was going to be used for a youth camp. Dr. Benjamin loved this idea and actually sold it for less than it would have brought on the open real estate market at that time.

The name Arrowpeak comes from a peak on the skyline to the east of the camp, several miles up the creek. When the camp was first purchased, there was a bridge built across Highwood Creek. Over the bridge was a sign that read, “Montana Farmers Union Camp.”

Sometime later the camp became known and referred to as “Arrowpeak” since it had originally been called Arrowpeak Ranch.

The original buildings were the lodge (a chateau type building with fireplaces in each bedroom), the shop, the old boys’ dorm (originally a horse stable) and the ranch house

**The Ranch House-** For the 2026 season this will most likely be **boys dorms**. The Ford House. Friends of the Benjamins, Sam C. Ford, Governor of MT (1941-1949) and his family built the Ford House to be used as their vacation home. Downstairs sleeps 19 with a Full Bath. Upstairs sleeps 22 with 2 full baths.





There is no need to go outside at night. Bathrooms are in the building.



**The Barn Bunkhouse** For the 2026 season this will most likely be **girls dorms**. The facility was insulated and two full bathrooms were added. One on each floor. Downstairs sleeps 10. Upstairs can sleep 11.

There is no need to go outside at night. Bathrooms are in the building.



<p><b>Bunkhouse Cabins</b> - For the 2026 season this will most likely be <b>girls dorms</b>. There are 3 bunkhouse cabins. Each sleeps 14 and have a Full Bath and two sinks for washing and brushing.</p> <p>There is no need to go outside at night. There is a bathroom in the building.</p>	
<p><b>Bathhouse EXTRA bathrooms</b>-The bathhouse has 6 individual rooms with a shower, toilet, and sink. They will be available for boys and girls to utilize as needed and desired.</p>	
<p><b>Private Cabins</b>- These are typically not utilized for youth camps. There are now 10 private cabins. Each has a queen bed, private bath, mini fridge, and microwave</p>	
<p><b>Handicraft Lodge</b>- The Handicraft Lodge was donated by Kitty Salo and moved to the campsite in the fall of 1964. It is a classroom space with sinks. It has 2 Full Baths with tub/shower. There are 3 queen bed rooms and a twin day bed to sleep a total of 7. The sleeping facilities are not typically used for youth camps.</p>	

**Arrowpeak Lodge** The original lodge burned in the spring of 1964 after a National Farmers Union leadership conference. It is believed that a fire got into a wall from a crack in one of the many fireplace chimneys. A new lodge was constructed. It has been upgraded to have a commercial kitchen. There is eating for a large group and a fireplace lounge

There are bathroom facilities and hand washing stations in the building.






**Rec Hall**-Some time between 1958 and 1964 the Rec. Hall was built. It is used for wedding receptions and family reunions. During camp it houses group activities, dancing, games, and more

There are bathroom facilities in the building.



**Fire Hall** -The fire hall was completed in 2024. It was first fully used in the 2025 season. Downstairs has a full bath, kitchen, and sitting area. There are three garage bays, one houses the wildland fire truck. Upstairs there are 4 bedrooms with queen beds, one has twin bunkbeds. There is a full futon in the common area. Two full baths are upstairs as well. This is used for staff housing during camp.



<p><b>Camp Co-op Store-</b> The co-op store was constructed on site. This is an opportunity for campers to learn about the cooperative business model and to get snacks. It has been a mainstay for campers for many years Today it is still used as the co-op store during camp where snacks are sold.</p>	
<p><b>Greenhouse/ Garden</b> The greenhouse was added around 2020. In the 2025 camp season, 6 box gardens were added to give campers hands-on experience with horticulture. There was also a native flower garden added and berries planted such as strawberries, raspberries, currants, and haskaps.</p>	
<p><b>Hiking Trails-</b> Hiking trails were formally established around camp in 2021. Campers get to spend time on supervised hikes through the Highwood Mountains. Campers interact with wildlife, such as Marmots. The trails lead to other activities, such as fishing or swimming in the</p>	

**Noise & Energy:** Campers will sing, yell, and laugh all day making MFU Arrowpeak Camp a noisy place to be. Similarly, the pace at Camp is energetic and can be especially high energy when something super exciting is going on. There is time where quiet is expected for presentations, rules, and nature experience.

**A Secular Space:** MFU Arrowpeak Camp is not affiliated with any church or religious organization. Before meals, we sing gratitude songs that may reference God or a god. Campers are not required to sing. MFU welcomes campers of all backgrounds and strives to create safe and inclusive environments that celebrate diversity.

**Friendships & Relationships:** MFU Arrowpeak Camp encourages youth to form strong bonds of friendship, many lasting a lifetime. Camp does not encourage forming romantic relationships at camp and does not allow displays of affection of a romantic nature.

**Camper Participation Expectations:** MFU Arrowpeak Camp expects campers to have sufficiently good physical, mental, and emotional health and maturity to be able to actively participate in camp in a positive and cooperative manner that displays tolerance and respect for self and others and to:

- Handle sleeping-away-from-home including taking care of their own personal needs such as eating, dressing, sleeping, showering, and maintaining their hair;
- Participate as part of a supportive community in a socially healthy way;
- Function in a group setting in a positive and cooperative manner displaying tolerance and respect for self and others;
- Interact responsibly in a group and work together as part of a team;
- Follow all instructions and refrain from behaviors that pose a risk to self or others; and
- Contribute to a safe learning environment, using respectful language and appropriate physical behavior.

## Helping Us Provide the Best Experience for Your Camper

**Mental Health-** To ensure that we can provide the most supportive and enriching experience for your camper, we encourage you to reach out to MFU Arrowpeak Camp if your child has experienced any significant challenges or changes this year. This could include, but is not limited to:

- Physical, mental, or behavioral disabilities (please contact us before completing registration).
- Physical health concerns such as recent illnesses, injuries, surgeries, or mobility issues.
- Mental health concerns including anxiety, depression, trauma, self-harm, or any care from a mental health professional or school counselor.
- Learning challenges such as dyslexia, ADHD, or others.
- Prescription of medication for mental, emotional, social health, learning, or behavior conditions.
- Academic or social difficulties at school.
- Changes in living situations or family dynamics, such as marriage, separation, divorce, or the loss of a loved one.

If your camper has faced any of the above or something else you feel we should know about, please don't hesitate to contact us. If your camper has an IEP, 504, or health plan

with the schools, a copy of the accommodation would be very helpful in helping the staff provide the best possible experience. We will add this information to the camper notes section of the staff materials. Our goal is to work with you to make camp a safe and joyful experience for your child.

**Friend Requests** Summer camp is an amazing opportunity to make new friends outside of your camper's school and neighborhood. We also know having a friendly face in your camper's lodging group can help create a successful experience. We intentionally do our best to honor friend requests and help foster and develop lifelong friendships.

During registration each camper has the opportunity to list ONE friend request. If it is not possible for campers to bunk together, they will still have plenty of time to interact during their camp week.

**Anti-Request Policy (Please Use Thoughtfully)** This type of request takes priority and may override a friend request, meaning your camper may not be placed with a requested friend. If you feel it's in your child's best interest not to be placed with a specific peer, we strongly encourage you to have an open and honest conversation with the other family before camp begins. Please note: Cabin-mate requests and anti-requests are not confidential. While we strive to handle these situations with sensitivity, there may be instances where we need to disclose this information to address cabin placement concerns effectively. By completing registration, you acknowledge and agree to our friend request policy and procedures as outlined in our friend request agreement form.

**Anti-Bullying Policy** -Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else. Bullying can also happen through cyberspace: through the use of emails, text messaging, instant messaging, and other less direct methods. This type of bullying can also lead to persons being hurt during or between camp seasons and be especially hurtful when persons are targeted with meanness and exclusion. At MFU Arrowpeak Camp bullying is inexcusable, and we have a firm policy against all types of bullying. Our camp philosophy is based on our mission statement to provide the space for youth to get back to nature, experience agricultural and civics-based activities, and to be themselves in a rustic camp setting. We work together as a team to ensure that campers gain self-confidence, make new friends, and go home with great memories. Unfortunately, persons who are bullied may not have the same potential to get the most out of their Camp experience. Our leadership addresses all incidents of bullying seriously and trains staff to promote communication with their staff and their campers so both staff and campers will be comfortable alerting us to any problems during their camp experience and between camp seasons.

## Cancellation Policy

*Cancellation At Least 30 Days Before The Week of Camp:* Families can cancel a reservation at least one month (30 days) before a program start date for a full refund.

*Cancellation Within 30 Days Of The Week of Camp:* There will be no refund or reimbursement for absences due to vacation, summer school, or visits from relatives. Please contact the Education Director for serious illness and family emergencies. At any time, you may transfer to another camp session if availability allows.

*Camper Dismissal:* There will be no fee reduction or reimbursement for campers sent home early due to homesickness, injury, or behavioral issues. Bringing or using prohibited items, including but not limited to sneaking in electronics, drugs, tobacco, and alcohol could result in immediate dismissal from camp without a refund. Campers who are dismissed early from camp must be picked up within 24 hours of family notice. If parents/guardians are out of town and unable during their camper's session at camp, an authorized pickup must be available and listed on the camper's account.

Camp Store funds are refundable during check-out or you may choose to donate to the scholarship fund.

## Communication with Parents

We are committed to extraordinary parent communication. Our Camp Staff will contact you if any of the following happens:

- Your camper is restricted from significant amounts of activity due to an illness, injury, or behavior.
- Your camper requires off-site care (e.g., stitches, X-ray, dental care).
- Your camper repeatedly visits the Camp Medic with the same complaint.

## Homesickness

While no other experience is as fun and formative for youth, many campers may still experience homesickness. But did you know that 95% of campers report feeling homesick at overnight camp? Our staff is trained in recognizing and validating homesickness in campers but not letting it consume their camp experience. Part of your camper's success at camp will depend on the preparations made before they ever leave home. Whether it's working through pre-departure jitters or knowing what to pack, following a few simple guidelines will ensure that your camper starts their experience on the right foot.

- Be positive.
- Encourage and engage your camper in positive conversations about camp. Review the information in this packet with them to get them excited about the schedule and daily activities.

- Address it. If your camper brings up homesickness, confront it directly. Let them know that it is normal but not dwelling on it. Remind them that they can miss home and still have an awesome time at camp.
- Don't make a "pick-up deal." Promising "If you feel homesick, I'll come and get you" undermines children's confidence and dramatically intensifies homesickness. Instead, normalize their anxiety, talk positively about camp, and make sure they know an early pick-up is not an option.
- Double-check the packing list.
  - Pack with your camper so they take ownership in what they are bringing with them. Let them choose a favorite book or quiet activity for Rest Hour.
  - Label everything. It's easy to lose things at camp, but if you want it back, it's got to have your name on it. Label everything from your t-shirts to your toothbrush.
- Spend practice time away from home. Nothing builds confidence and teaches a child how to cope with time away from home better than...(you guessed it)...time away from home. That weekend at grandma's and grandpa's will do wonders for their adjustment. Remember: No phone calls. This is the time to practice writing letters!
- Double-check the starting time for check-in and check-out.
  - Start camp off on a smooth note by arriving on time and on the right day. Use a wall calendar in the months prior to opening day to make an exciting count-down to the big day.

## Camp photos

We will be uploading photos to Flickr. Information to access the camp photos will be emailed to parents prior to the camp week.

## Registration Release

As a reminder, this is agreed upon in the registration portal.

### **Social Media/Online/Publication Consent & Release Form:**

As the parent/legal guardian I authorize and consent that Montana Farmers Union is entitled to publish photographs, images, and video taken of the minor child/children for use in Montana Farmers Union's print, online and video-based marketing materials including the newsletter, print ads, convention program, website, and social media platforms including Facebook, Twitter, Instagram, YouTube, Vimeo etc.

I further release Montana Farmers Union from any obligation to compensate me or the child/children for the use of the photographs or images.

If you **do not** wish your camper to be in our publications, please contact the Education Coordinator directly to make note of this in your camper's file.

**Camp Social Contract:**

As participants in Montana Farmers Union summer camp programs, you have the opportunity to interact with a variety of people. This is a unique chance to exercise a new level of autonomy without parental authority. It also means increased personal responsibility representing your family, MFU, and more importantly, yourself. This behavior contract is designed to allow you the greatest opportunity while outlining your most important responsibilities to ensure a fun time!

**Participation Agreement:**

I, the undersigned parent/guardian, with the intent of binding myself, and my heirs, legal representatives and assigns, execute this agreement, release and covenant not to sue in favor of Montana Farmers Union (MFU), of Great Falls, Montana, its representatives, agents and assigns. I give permission for my child to participate in the Montana Farmers Union (MFU) summer camp. In an emergency I can be reached at the numbers provided. In the event that I cannot be reached, I authorize MFU camp staff to authorize or refuse necessary medical treatment for my child. MFU may transport campers to and from camp as well as other areas to enjoy programs and activities. By signing below, I hereby give permission for my child to be taken off site, supervised, and to take part in programs with MFU camp staff for and in consideration for my child's participation in MFU Camp activities, which may involve ground travel, I do hereby release MFU from any liability, cause of action, demand for damages, expenses, compensation, or claim on account of or in any way relating to any personal injuries, death, or property damage or loss which may result from my child's participation in, or travel with or other acts or omissions in connection with, such activities. I further expressly waive the right to bring a legal action of any kind for any of the claims released.

In signing this release, I have not relied on any statement or representation by MFU or its representatives, regarding the nature of any risk, chance, or hazard to the safety of my child's person or property, which may arise in connection with my child's participation in MFU activities. I recognize that camp-related activities may be associated with injuries, death or property damage or loss, because of the nature of such activities. I have either consulted with an attorney regarding this release or chose not to consult with an attorney of my own accord and am not relying on any promise, or inducement, other than those stated herein, in not exercising my right to seek legal advice regarding this release.

This release specifically includes, but is not limited to, a release of MFU, its representatives, agents and assigns, for negligent conduct which may result in personal injury, death, or property damage. I understand that I will be personally and solely responsible for obtaining and/or maintaining any insurance I may deem necessary for my child's or others' protection or the protection of my child's or others' property.

In consideration of my child's participation in MFU Camp activities, I hereby covenant to defend, indemnify, hold, and save harmless MFU, its officers, board members, supervisors, agents, servants, employees, and all other persons or organizations volunteering services without charge to supervise or chaperone children who participate in camp activities, from any and all losses or liabilities, including all reasonable attorneys' fees and costs, resulting from any claims made in connection with my child's participation in MFU activities, including, but not limited to personal injury, property damage, court costs, attorney's fees and interest, however caused, even if caused by the negligence of camp personnel, as a result of my child's participation. This agreement, including the indemnification, shall be interpreted according to Montana law, and venue for any legal action arising hereunder shall be in Montana.

I further agree that the MFU, its officers, board members, agents, servants, or employees reserve the right to terminate the participation of my child in the program for failure to behave and act in accordance with camp regulations of conduct, or for failure to follow instructions and directions of the supervisors or chaperones, or for any acts of conduct deemed by the agents of the MFU to be detrimental to or incompatible with the interest, harmony, comfort or welfare of the program and/or its participants. If the participation is terminated, no participation fees will be refunded. The child and parents/ guardian must sign the Camper Social Contract.

MFU is not responsible for lost, stolen, or damaged personal items.

I understand that when participating in camp activities my child may be photographed for print, video, or electronic imaging. I understand, and consent, that the images may be used in promotional and fundraising materials, news releases and other published formats, and that such images will be the sole property of MFU.

I further state that I have carefully read and understood the foregoing Release, Waiver and Indemnification, and am signing the same as my own free and voluntary act.

## Camp Staff

Our top priority is for staff to be positive role models for our campers and to provide campers with an incredible camp experience. Montana Farmers Union Arrowpeak Camp dynamic staff of young adults go that extra mile by bringing an impressive variety of talents and experiences in the arts, sports, science, counseling, and leadership. What stands out most about our staff is the level of commitment and care they put into everything that they do. Staff members play many different roles in the day. From leading songs before and after meals, planning and facilitating activities, to supervising campers at night, our staff are the heartbeat of Camp and approach their roles with confidence and enthusiasm.

## Background Checks

If a candidate is offered and accepts a position at camp, we complete a nationwide Criminal History Background check, and a search of the National Sex Offender Registry for every candidate. For individuals over 21 years of age, we also complete a Central Registry search, which is a database for child abuse and neglect. All staff members (new and returning, and year-round staff) and volunteers are required to do these background checks every year, prior to the start of our summer programs.

## Staff Team

We hire staff from all over the United States and all over the world. In a typical year, roughly half the staff is made up of returning counselors, and half are new to MFU Arrowpeak Camp. We want to uphold the traditions and things that make MFU Arrowpeak Camp special to our campers and alumni, but we also want to bring in new ideas and perspectives to keep our programs fresh and relevant. It is important to note camp has a variety of positions in the summer, including non-counseling leadership roles, and support positions.

## Pre-Camp Training

The key to a successful summer is a well-prepared staff. Prior to the start of the summer, camp staff spends a full week participating in training workshops. This helps to familiarize them with camp policies, fine-tune skills, and foster a positive group dynamic. By the time campers arrive, our staff are fully prepared to make the summer ahead the best yet.

## Directions to Camp

### Physical Address:

Upper Highwood Creek Rd, Highwood,  
MT 59450, United States

### Directions from Great Falls:

Take 10th Ave South east out of town. It turns into US-89 S /MT 200 E as you leave Great Falls. Continue to follow it for 3 miles. Turn Left onto Hwy 228 towards Highwood. Travel 12 miles on Hwy 228 until you reach the intersection of Hwy 228 & 331. Stop at the intersection and continue STRAIGHT onto the gravel road. Follow the gravel road for 10 miles until you reach a "Y" in the road. Look for the Arrowpeak Sign and take at RIGHT at the "Y." Follow that gravel road six miles. Cross the bridge and the Arrowpeak Lodge is about 1/4 mile up the hill.

## Directions from Billings/East:

Take the highway towards Great Falls. About 30 miles east of Great Falls you will pass the Armington Junction/Rest Stop on your right side. Continue on the highway and go up a large hill. At the top of the hill – there is a turnoff to the town of Belt. Turn right and drive into Belt. Go past the Belt Grocery Store and at the intersection yield slightly to the left. Once done, you will pass the Belt Valley Bank on your right side. Continue through the residential area and head into the country for about seven-eight miles. Along the way you will pass a large church on your right side. You will come to a 3-way intersection. Turn Right on to the gravel road. From there it is 16 miles to the Arrowpeak Lodge.

## Additional Opportunities for Leadership

The Junior and Senior Youth Advisory Council individuals are elected by the campers in attendance at the Senior and Teen level camps, yearly. These groups then meet monthly for training and planning. The members choose the theme, help design the logo, pick colors, and give suggestions for programs and activities to conduct for the summer camps. These individuals are encouraged to participate in MFU programs in their local area. They are invited to help and serve at the MFU Annual convention in a variety of ways. They also have the opportunity to serve as Junior Deans at the Junior and Mini Sessions for camp.

## Mildred Stoltz Awards

Born on a farm, Mildred Stoltz had an inborn farm viewpoint. Trained as a teacher she willingly took over the task of developing an educational program for the Montana Farmers Union. She worked for MFU for over eighteen years and her work dominated her life. It became her profession, career, and hobby. Every waking moment was devoted to working, thinking and planning. She gave to her work all of her energy, her heart and her imagination. Mildred Stoltz is a remarkable woman and an outstanding leader in Montana Farmers Union history. It is in honor of her years of sterling service to our organization that this award is given in her name to the leaders of today who will be our future.

- Award is presented to 2 youth from each Arrowpeak Junior Camps
- Winners are chosen by our camping staff, Youth Leaders, & Senior Youth Advisory Council
- Award is presented to campers who go above & beyond their roles as campers, including but not limited to a positive attitude, kindness, good verbal skills, and a good understanding of cooperative principles. recipients are awarded a plaque, \$50 and a free camp registration for next year's camp at the Annual MFU convention in the fall.

## Senior Youth Advisory Council (SYAC)

During Senior Camp, qualified candidates participate in a selection process by delivering a 2-5 minute speech on how to be a good leader within the MFU organization. Fellow peers at MFU Senior Camp select 5 representatives to perform the SYAC duties.

Age requirement 15-18

The SYAC is an honors program designed to:

- Enhance leadership skills
- Build professional credentials
- Gain insight into the state office goals and responsibilities
- Coordinate ideas and knowledge to create a strong educational base which to mentor all youth who participate in the MFU Youth Program.

SYAC duties include:

- Represent all the youth of Montana that have participated in the MFU Summer Youth Program
- Plan, organize, brainstorm and facilitate our Summer Camps
- Assist with Day Camps at our Annual Convention and at other events where youth may be involved
- Serve as Pages, offer meal Blessings and make speeches, if assigned, at our Annual Convention

## Junior Advisory Council (JAC)

During Teen 1 & 2 Camp, qualified candidates\* participate in a selection process by delivering a 1-2 minute speech on how to be a good leader within the MFU organization. Fellow peers at MFU Teen Camp select 5 representatives (2 from Teen 1 and 3 from Teen 2) to perform the JAC duties.

Age Requirement 13-14

The JAC is an honors program designed to:

- Enhance leadership skills
- Build professional credentials
- Gain insight into the state office goals and responsibilities
- Coordinate ideas and knowledge to create a strong educational base which to mentor all youth who participate in the MFU Youth Program.
- Help identify workshop ideas that younger youth would like to have during our summer camp program

JAC duties include:

- Represent all the youth of Montana that have participated in the MFU Summer Youth Program
- Plan, organize, brainstorm and facilitate our Summer Camps
- Serve as Pages, offer meal Blessings and make speeches, if assigned, at our Annual Convention
- Give perspective on what younger campers would like to do in terms of activities and programming

## Junior Deans

Position Purpose:

Assist the Camp Director and Camp Counselors in furthering the mission of the camp through the delivery of program activities and events. Help deliver program activities that are safe, fun, and appropriate to the campers' age and abilities. Assist in the management of the overall camp operation at the direction of the camp director.

Essential Job Functions:

1. Assist in the direction, supervision, and organization of activities and materials/equipment throughout the camp in order to meet the intended camper outcomes.
2. Participate in the implementation of program activities for campers
3. Responsible for assisting with the teaching of activities.
4. Actively participate in all program areas as assigned.
5. ON DUTY from arrival at camp facilities to departure.
6. Assist in program areas such as nature, all camp activities, and arts and crafts as directed.
7. Be alert to equipment and facilities to ensure utilization, proper care, and maintenance is adhered to; report repairs needed promptly to camp director.
8. Be a role model to campers and staff in your attitude and behavior.
9. Follow and uphold all safety and security rules and procedures.
10. Set a good example to campers and others in regard to general camp procedures and practices including sanitation, schedule, and sportsmanship.

Expectations

1. Professional dress: wear the provided shirt and shorts/pants that are appropriate to work with children. Expect to be bending down, standing, sitting, moving, etc.
2. Language: this is a work environment with young children present. It is expected that the language will be PG during work hours.

3. Breaks: scheduled breaks will be implemented into the day. Breaks will be taken during the allocated timeframe.
4. This is a tobacco free/smoke free/drug free facility. Smoking, vaping, chewing, etc. Is not tolerated at any point of the day on camp grounds
5. Treat everyone, coworkers and campers, with respect

Qualifications:

- ♦ Must have attended a previous MFU Arrowpeak Camp
- ♦ Must be a current high school student

Junior Deans are a voluntary position. The purpose is to provide leadership experience and help build professional credentials. Junior Deans will be awarded a \$100 scholarship per week of successful camp work that can be claimed upon high school graduation with admission to a post secondary education program or application to apply it to enhancing a 4-H, FFA, agricultural, or leadership project.

## Torchbearer Awards

The Torchbearer Award is the highest award given by Farmers Union to senior youth. It is a great honor and achievement to be a "Torchbearer." Recipients must be involved in day camps, serve as a Junior Dean at camp, attend camp, attend an MFU state convention, and perform a community service project.

# MFU Junior/Senior Youth Advisory Council

Please fill out both the front and the back of this form. Return to the Education Coordinator no later than 2:00 pm on Wednesday of your camp week.

Additionally, those applying for election to the Junior or Senior Youth Advisory Councils will give a speech to their camp week participants Wednesday afternoon or evening. Senior applicants need to speak for 2-5 minutes with Junior applications speaking 1-2 minutes on how to be a good leader within the MFU organization.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip \_\_\_\_\_

Email address: \_\_\_\_\_ Cell phone: \_\_\_\_\_

School: \_\_\_\_\_ Grade in Sept. \_\_\_\_\_

Check which you are applying for:

Senior Youth Advisory Council (SYAC) ages 15-18

Junior Youth Advisory Council (JAC) ages 13-14

School Activities: \_\_\_\_\_

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Community Activities: \_\_\_\_\_

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Personal Strengths: \_\_\_\_\_

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Hobbies: \_\_\_\_\_

\_\_\_\_\_

Career Goals: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please list your previous experience with MFU:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please explain why you want to be a member of MFU's Senior Youth Advisory Council and what talents and abilities you offer:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I understand that if I am elected to the Senior Youth Advisory Council, I am expected to attend the state convention,  $\frac{3}{4}$  of all SYAC meetings scheduled, 2020 Senior Camp or All-States Camp, camp staff training, and two other Camp.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

- **Return this form to the Education Director prior to 2:00 on Wednesday of camp.**
- **Once you have filled out your application, please take a minute to review and make certain you have filled in all the information and answered all of the questions. Late or incomplete applications will be disqualified. This will be a first test of your organizational abilities.**

# Junior Dean Application

Name			
Address			
City, State, Zip			
Phone #		Email	
Which Camp(s) would you like to serve as a dean?			
	Mini Camp	June 14-16	
	Junior 1 Camp	June 28-July 2	
	Junior 2 Camp	July 6-10	

What will be your strengths as a Junior Dean?

What workshop/fun idea would you like to teach/lead at camp? Why?

What suggestions do you have for the upcoming camp season?

# Personal Reference

Dear Reference/Non-Relative,

Thank you for taking time to provide a reference for a young leader. Please answer the following questions to be used as a form of recommendation. Please mail or email your completed form using the information at the bottom of this sheet. Your efforts will allow us to make informed decisions about the staff we acquire to care for our valuable summer campers. Thanks again for your time.

Name of Junior Dean Applicant: \_\_\_\_\_ Age: \_\_\_\_\_

Name of Reference: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Occupation (optional): \_\_\_\_\_

1. Please give an example of a time when this individual has shown leadership or taken initiative in a situation.

2. What positive qualities do you see in this individual?

3. How long have you known this individual?

4. Our camp focuses on developing leaders, what areas, if any, should we focus on to turn this individual into a strong leader? (Examples may be: self esteem, confidence, assertiveness, more spontaneity, too much spontaneity, etc.)

*Please send: Montana Farmers Union  
Attn: Jodi Koterba  
300 River Dr. N, Suite 1  
Great Falls, MT 59403  
Email: [jkoterba@montanafarmersunion.com](mailto:jkoterba@montanafarmersunion.com)*

# MFU Torchbearer Award Form



## Senior (Ages 18-21)

*Requirements to receive awards: Parents or Guardians must be members in good standing with Montana Farmers Union.*

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip: \_\_\_\_\_

Phone \_\_\_\_\_ email: \_\_\_\_\_

***Please identify all events you have participated in for the last 5 years:***

	<i>List Year(s), Terms, Dates</i>
Attended or assisted with MFU Day Camp(s). (Convention, Young Producers, locals, etc.)	
Dean or Staff at Camp. (Requirement)	
Attended Camp (minimum 4 years) (Requirement)	
SYAC and/or JAC.	
Attended State MFU Convention (Requirement)	
<u>Community Service Activities</u> (√ those you completed)	
Picking up trash around your community	
Job shadow someone in your community	
Selling an MFU membership	
Assist with a MFU local event	
Recruiting a Camper	
Volunteer for a non-profit organization	
Be a page at the state legislature (contact local Legislator)	
Other (describe)	

Attend FU local and/or county meetings, state or national annual meetings. (Requirement) (One meeting of a local cooperative could be substituted for one of the FU meetings)	
Location  Signature of Adult Witness Signature of Parent/Guardian	
Location  Signature of Adult Witness Signature of Parent/Guardian	
Location  Signature of Adult Witness Signature of Parent/Guardian	

I have reviewed this form and I verify that \_\_\_\_\_ (full name of applicant) has completed these requirements and is eligible for this award.

Parent or Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

*Please send: Montana Farmers Union  
Attn: Jodi Koterba  
300 River Dr. N, Suite 1  
Great Falls, MT 59403  
Email: jkoterba@montanafarmersunion.com*