



Friends of Hunt Hill Audubon Sanctuary, Inc.
N2384 Hunt Hill Road Sarona, WI 54870
www.hunthill.org 715-635-6543

Hello to all and welcome to the Hunt Hill Spanish Language and Culture Camp,

We hope that your week in camp will be a pleasant and educational experience. We have been working hard to enhance last year's program. We have come up with a schedule that will allow you to develop and improve your Spanish skills in a relaxed learning environment complimented by Hispanic cultural presentations and foods. You will have the opportunity to enjoy nature in the Hunt Hill Audubon Sanctuary's wonderful and beautiful 600 acres of forest, bogs and pristine glacial clear lakes. You will find like-minded fellow campers, instructors and staff members that share with you the same passion for nature, the Spanish language and the Hispanic Culture.

If you have any questions please contact us at the following number, (715) 635-6543 or email us at program@hunthill.org

I am very pleased, excited and honored to have the opportunity to share my native language as well as my culture with all of you. On behalf of the Instructors and Staff of Hunt Hill, as well as myself, I welcome you to the 2017 Hunt Hill Spanish Immersion Camp.

See you soon,

Pete Ducós

Hunt Hill Spanish Immersion Camp Director

Saludos a todos y bienvenidos al campamento de lenguaje y cultura al español de Hunt Hill,

Esperamos que su semana en el campamento sea una experiencia placentera y educacional. Hemos estado trabajando arduamente para mejorar el programa del año pasado. Hemos realizado un itinerario que le permitirá desarrollar y mejorar sus capacidades para el español en un ambiente relajado complementado por presentaciones y comidas Hispánicas. Tendrá la oportunidad de disfrutar la naturaleza en las 600 hectáreas de maravillosos y bellos bosques, ciénagas y lagos glaciales claros y prístinos. Encontrará campistas, instructores y miembros del personal afines que comparten con usted la misma pasión por la naturaleza, el lenguaje español y la cultura Hispánica.

Si tiene alguna pregunta por favor contáctenos al siguiente número telefónico, (715) 635-6543 o por email a program@hunthill.org

Estoy muy agradecido, emocionado y honrado de tener la oportunidad de compartir con todos ustedes mi lengua nativa y mi cultura. De parte de los instructores miembros del personal de Hunt Hill al igual que de mi parte le doy la bienvenida al campamento de inmersión al español de Hunt Hill del año 2017.

Hasta pronto,

Pete Ducós

Hunt Hill Spanish Immersion Camp Director

Hunt Hill Audubon Sanctuary

Adult Spanish Language and Culture Camp

2017

Dear Camper:

We welcome you to the Hunt Hill Audubon Sanctuary's Adult Spanish Language and Culture Camp. We look forward to seeing you on Sunday, August 6. Please fill out and return to Hunt Hill as soon as possible, the Spanish assessment (our staff use these to evaluate the group as a whole so they can better prepare for camp – individual assessments will be done at camp), Spanish questionnaire and medical form.

Sunday arrival is between 2:00 and 4:00pm. Camp, staff and camper introductions will begin at 4:30pm. Dinner will be served at 6:00pm that evening, followed by assessments, a sharing of goals and needs and relaxation. The camp week ends after lunch on Friday.

Campers have the option to arrive a day early on Saturday, August 5. We've had this request many times in the past, and we've heard you! Campers may arrive between 3:00 pm and 8:00 pm. Dinner is not provided, nor is breakfast and lunch the next day. There are many local restaurants to choose from, and camp participants may store their own food in the designated area of the dining hall. Please be aware that due to health regulations, access to the kitchen is restricted; please bring foods that are simple to prepare. There are no scheduled activities that evening... just relaxation and settling in to your dorm and Hunt Hill! The cost is \$25.

Typical Day's Schedule (subject to change)

7:00-7:45am	Coffee Time
7:45-8:30	Hot Breakfast
8:40-9:40	1 st Class
9:50-10:50	2 nd Class
11:00-11:50	3 rd Class
12:00-1:00pm	Lunch Break
1:00-2:00	Optional Scheduled Activity: Hikes, Pontoon Rides, etc.
2:10-3:00	4 th Class
3:00-5:30	Free Time, Hispanic Cooking, Appetizers, "Happy Hour"
5:30-6:30	Dinner
7:00-7:45	Scheduled Cultural Program
8:00-?	Free Time, Campfire, Movies, etc.

The Atmosphere at Hunt Hill

We pride ourselves on our small, participatory programs, and provide a relaxed "at home" atmosphere. Staff and participants live and learn as a team at Hunt Hill, and you'll find our staff extremely helpful and willing to ensure your comfort while you're here. Our camp sits on 600 acres of pristine glacial lakes, prairie, forest and tamarack bogs. Miles of trails offer hours of natural exploration and quiet contemplation. The main camp features a beautiful rustic library, shower house, dormitories, a program learning center, barn dining hall with barn loft for dances, outdoor amphitheater, gardens and more!

Housing

Participants will stay in one of our two rustic dormitories. Long Dorm consists of semi-private rooms with two twin beds, a dresser, closet and small table with lamp. Cross Dorm consists of four wings: one is used as classroom space during camp, one is used for staff housing, and the other two wings are male and female occupied with approximately 8 beds, each with a dresser, small clothes hanging space, and table lamp. Guests can expect to share this sleeping space with one to seven roommates.

We will first assign campers to Long Dorm. When Long Dorm is full, we will then assign campers to Cross Dorm. Last year Long Dorm was filled by May. To assure your preferred sleeping arrangements, please send in your registration with payment as soon as possible.

Single occupancy rooms may be requested at an additional cost. Single rooms are limited and are assigned on a first-come, first-served basis. The earlier you send in your registration with deposit, the better your chances will be of receiving a single room.

Please bring your own bed linens, pillows, blankets/sleeping bags and towels. It is recommended to bring extra warm blankets/sleeping bag as evenings in Northern Wisconsin can get quite cool. Those who request to be together will be sharing rooms. There are men's and women's bathrooms in each dorm, and the shower house is located approximately 20 yards from each dorm.

Quiet Hours begin at 10:00 pm and end at 7:00 am. If you prefer an earlier time to bed or a later wake-up, ear plugs are recommended to muffle outside noise. If you choose to bring your own beverages or snacks, please keep these in your vehicle or in the dining hall so we prevent attracting animals into the dorms for these sweet treats.

Dining Hall

Meals are served in our Barn Dining Hall and are generally buffet style. Breakfast includes a hot entrée, bread, cold cereal, fresh fruit, coffee, milk, and juice. Three hearty meals will be served daily and drinks and snacks will be available throughout the day. Lunch and dinners include a hot entrée, salad, water and juice. Dinners feature a special native Hispanic meal based on recipes from our instructors from their home countries. Red and white wines accompany each dinner.

Please be sure to indicate any special dietary needs on your medical form so we can plan our menus accordingly to best serve you.

Campers may bring their own snacks and beverages and store them in the dining hall. Alcoholic beverages are allowed at camp and campers may also store these in the dining hall. We have a designated table and small fridge for you to store such items. Due to health regulations, access to the kitchen is limited. Please pack food that is simple to prepare.

Waterfront

We have a private waterfront, dock and swimming raft. Canoes, paddles, and lifejackets are available for use. Our lakes are deep and cool. The water is crystal clear and the dock is a favorite early morning spot for visitors to greet the day. We are part of a chain of lakes and early morning and evening canoeing is spectacular. Swimming is only available when a lifeguard is on duty – check your camp schedule.

Library Lodge

We have a comfortable, rustic Library Lodge with a field stone fireplace, many reference books, board games, a piano and comfortable couches and chairs. This generally serves as a meeting place for the group, the site of evening presentations and a place to relax.

Nature Store

Our Nature Store has field guides, t-shirts, note cards, toys, games and gifts. The store will be open each day at the noon hour.

Communication

Cell phone reception is generally good. Please use our office phone as the emergency contact number – 715-635-6543. Messages are checked regularly during office hours of 9:00am to 4:00pm.

We strongly encourage our guests to “unplug” so that you can engage more with participants, teachers, and the beautiful surroundings. However, we understand there may be times when you need access to wifi. **Wifi access is**

extremely limited. Because we live in a remote area, the internet service is slow. We ask that you limit wifi use as much as possible, and use your personal data plan if using your phone.

Health/Safety

Hunt Hill staff are trained in First Aid and CPR and the camp is overseen by a local doctor. Nearby hospitals are located in Spooner (15 miles) and Rice Lake (18 miles). Please remember to bring any prescription or over-the-counter medications that you use and note these on your Medical form. 911 is the emergency phone number. Our Health Lodge is located in the side porch of the Farmhouse Camp Office (east side towards the barn). Mosquitos and ticks can be present, although their densities depend on the weather. Light colored clothing, careful checking and insect repellent work well.

WHAT TO BRING TO CAMP IN NORTHERN WISCONSIN

Weather varies. Daytime temperatures can range from 50 to 80 degrees during the day and can drop into the 40's at night. Lodging is not heated, so it's best to be prepared for cool weather.

Warm sleeping bag/blankets/sheets
Pillow
Clothes appropriate for the weather
Raingear
Swimsuit/towel/beach shoes
Comfortable shoes
Warm socks
Sunscreen
Flashlight

Warm sweater or jacket
Shower shoes /flip flops
Toiletries
Medications
Insect Repellent
Reusable Water bottle
Towels / washcloth
Spanish/English Dictionary
Notebook/pens/pencils

Optional Items

Musical instruments
Spanish materials to share
Camera
Day pack/fanny pack
Binoculars
Sunglasses
Ear plugs for night
Lawn/camp chair
Snacks/Beverages

If you have any materials that you wish to share from a project, which you are involved in Latin America or in a particular Hispanic community, please bring them.

Please do not bring electrical appliances or food for the dorms.

Heaters and fans are not allowed as they tend to blow the dormitory fuses. Curling irons, shavers, hairdryers, etc. can be used in our shower house facility.

All camp fees are due by Friday, July 21th

Return your medical form, questionnaire, assessment and payment to Hunt Hill N2384 Hunt Hill Rd, Sarona, WI 54870. Make checks out to Hunt Hill Audubon Sanctuary. Please call our camp office 715 635 6543 if you have any questions.

Thank you. We look forward to sharing Hunt Hill with you this summer!

HUNT HILL AUDUBON SANCTUARY MEDICAL FORM

PROGRAM: _____ DATE: _____

FULL NAME: _____

Street, City, State, Zip: _____

PHONE: (H) _____ (C) _____ (W) _____

DATE OF BIRTH: _____ AGE: _____

Our camp provides first aid only. In the event of illness, or injury, a doctor will be called at the participant's expense. In an emergency, the camper will be transported to Spooner Memorial Hospital, unless preference is noted here:

In case of emergency, who should be notified?

NAME: _____ RELATIONSHIP: _____

PHONE: (H) _____ (C) _____ (W) _____

SECOND CONTACT: _____ RELATIONSHIP: _____

PHONE: (H) _____ (C) _____ (W) _____

FAMILY DR: _____ CLINIC _____

ADDRESS _____ PHONE _____

HEALTH CONDITIONS AND ALLERGIES

Are your activities in any way limited now? _____

Have you been ill recently? ____ With what? _____

Are you allergic to any medication? (specify) _____

Are you allergic to insects or plants we might encounter on a fieldtrip? _____

Are you currently taking any medication the staff should be aware of? _____

Date last tetanus booster: _____

DIETARY NEEDS AND FOOD ALLERGIES

Please list any special dietary needs or food allergies that our staff should be aware of when preparing meals:

PAST MEDICAL HISTORY

Any history of asthma or severe allergic reaction? _____

Previous surgery? _____

Previous severe injuries (broken bones – major trauma)? _____

Previous hospitalization? _____

Any problem requiring regular medical attention? _____

Signature: _____ Date _____

Hunt Hill Audubon Sanctuary Special Dietary Policy

Hunt Hill Audubon Sanctuary is a not-for profit environmental education center, dedicated to creating a safe, welcoming environment to explore and learn in nature. Our goal is to provide healthy, homemade, delicious meals while also staying within our parameters as a small organization with a limited budget. As much as we want to be considerate of all dietary and allergy requests and enable everyone to attend residential programs at Hunt Hill, some requests are cost prohibitive and others are impossible due to the nature of our program and facilities.

As a nature center and wildlife sanctuary, Hunt Hill is committed to lessen our impact on our earth and its natural resources. To that extent, we plan and prepare menus that fill the needs of our camp participants, while minimizing the amount of leftovers that would otherwise be thrown away.

The kitchen and administrative staff at Hunt Hill Audubon Sanctuary strives to serve nutritious meals and accommodate dietary restrictions. However, it is not possible for us to prepare separate meals for every special dietary need. We are prepared to meet special needs in the following ways:

1. **Choice:** Hunt Hill offers meals that are composed of a selection of items, allowing campers to choose which items they prefer. Many meals will meet a participant's dietary restrictions by simply choosing to exclude a menu item which might be a problem for the affected participant.
2. **Vegetarian Options:** For vegetarian requirements, our meals can become meat free by simply choosing to avoid the meat component or by choosing a no-meat item. Breakfast always includes cereal and fruit, and lunch and dinner include a salad bar with a variety of vegetables and protein options. Unfortunately, Hunt Hill is unable to accommodate vegan diets, except within the guidelines stated in this dietary policy.
3. **Nuts:** If a participant has an allergy to peanuts or tree nuts, we will provide a nut-free option at meals if necessary. However, because there are variables outside our control, we cannot guarantee a nut-free environment.
4. **Dairy:** Dairy allergies and intolerances can be accommodated by avoiding dairy products. Hunt Hill will provide lactose/dairy free products as necessary.
5. **Gluten Restrictions:** Many of the items served at Hunt Hill contain wheat flour or other sources of gluten. The simplest and safest way to avoid gluten in these items is to substitute the items containing gluten. For some meals that have a main component containing gluten (such as buns, pasta, or pizza crust) Hunt Hill is willing to purchase and provide a gluten free replacement. However, due to the high cost of providing for gluten-free needs, it is necessary to place a surcharge on meals when a gluten-free substitute is provided. ***If a participant chooses a gluten free menu for their stay, there will be an additional charge of \$37.50 per week.*** Please note that while our kitchen staff will do their best to avoid contaminating food with a gluten product, we cannot guarantee that our kitchen is 100% gluten-free.
6. **Supplementing Meals:** Hunt Hill can provide separate storage, refrigeration and microwaves for participants with special dietary needs. Participants can avoid the surcharge by supplementing their meals with their own food. Please give Hunt Hill staff adequate notice so that space can be made available for special needs. Due to health code restrictions and staff needs, our kitchen is NOT available for participants to prepare their own meals. If you are bringing special dietary supplements, please consider foods that need minimal preparation and storage space.

Special dietary needs are requested on the participant's medical form when registering for programs. We ask that participants consider their dietary needs carefully and report them truthfully. Participants are asked to follow their indicated dietary needs throughout their stay at Hunt Hill. For example, if a participant does not indicate a special dietary need, that participant is expected to refrain from taking special dietary options at mealtimes. Food is prepared and portioned to the group number and eating outside your own dietary needs can cause other participants to go hungry, or result in food waste. Please indicate special dietary needs on your medical form only if you are willing to follow that meal option during your entire stay at Hunt Hill.

If you have questions about this Special Dietary Policy or would like to discuss your needs, please contact Katie Connolly, Program Director at program@hunthill.org or 715-635-6543.