

Get Ready For Camp! #1

Welcome to Summer 2026! We are so excited to have your child join us for a great camp experience.

This will be the first in a series of emails that we will send out before your child's first day of camp. Each email will cover different topics related to your child's stay - like packing lists, homesickness, letter writing, and more! If you miss an email, don't worry. We'll archive the emails as PDFs on our website for you to reference.

Today's Topic: Meet our Directors!

Marc Koch

He/Him

District Executive Director - Fairview Lake YMCA Camps & Sussex County YMCA

Marc serves as the District Executive Director of Fairview Lake YMCA Camp and the Sussex County YMCA. He has been involved in YMCA Camping for the past 41 years as a camper, counselor, and Camp Director here at Fairview Lake, and now as an Executive Director. Marc is an American Camp Association Lead Visitor, and serves on the Board of Trustees for the Fairview Lake & Watershed Conservation Foundation. As a kid and young adult, his favorite camp activity was horseback riding, and Marc was one of the driving forces behind the growth of our Ranch Camp program. Now that he's a little older (his words!) he loves to fish and forage for mushrooms. He and his wife Carolyn, who is the Blue Mountain Day Camp Director here at Fairview, have three children who have all grown up at Camp. When he's not at camp, you can find Marc cheering his kids on at their various sporting events. You can reach Marc at MKoch@metroymcas.org

Jennie Griffin

She/Her

Associate Executive Director

Jennie is the Associate Executive Director at Fairview Lake. As a child, she attended a camp in New York State. She surprised everyone when, as a New York City native and NYU graduate, she announced she was moving to Fairview Lake to pursue a career in Environmental Education. Jennie has served in many positions at Fairview, including Naturalist, Laurel Ridge Unit Leader, Day Camp Director, and Conference Director. Jennie represents our association on various Y USA diversity and inclusion topics. Jennie and her partner live on camp with their son, dogs Tucker-Elmo and Ella-Bella-Stella and cat

Sweetie Girl. When Jennie is not at camp, you'll find her spending time with her friends and family. You can reach Jennie at jgriffin@metroymcas.org

Maya Baker Gujral

She/Her

Summer Camp Director

Maya is the Summer Camp Director at Fairview Lake YMCA Camps. She first attended Fairview with her dad when she was just 4 years old, and has been coming to camp ever since. She graduated from the University of Maryland in 2021 and joined the year-round staff soon after that. Maya is passionate about all things lake related and is a Lifeguard Instructor through the American Red Cross. She is also a Water Safety Instructor, Level 2 Archery Instructor, and part of the YUSA Camp Inclusion Cohort. In 2023, Maya was named the Metro YMCA of the Oranges Staff Person of the Year. When Maya's not at camp, she enjoys concerts and international travel and camping. Maya can be reached at mgujral@metroymcas.org

Emma Curran

She/Her

Assistant Summer Camp Director

Emma is the Assistant Summer Camp Director at Fairview Lake YMCA Camps. This is her first summer at FVL, but she comes to us with a big background in camping and outdoor recreation programming. Originally from Ohio, Emma graduated from The Ohio University in 2024 with double degree in Outdoor Recreation and Education and Recreation Management. She is passionate about high ropes and challenge by choice programming, and helping campers make connections. When not at camp, Emma enjoys relaxing and unwinding with a good book and crocheting. Emma can be reached at ecurran@metroymcas.org

Brendan Rearer

He/Him

Adventure Trips for Challenge Director

Brendan is the A.T.C. Director at Fairview Lake YMCA Camps. His summer camp experience began at the New York Y Camps in Huguenot, NY. Brendan graduated from SUNY Cortland with a degree in Outdoor Recreation. Brendan is a USA Archery Level 2 Instructor Trainer, Wilderness First Aid Instructor, Lifeguard Instructor, and Leave No Trace Trainer. He lives on camp with his wife Em, their two daughters, and their dogs Captain & Treasure. When not planning another adventure for ATC, Brendan can be

found exploring the outdoors with his kids. You can reach Brendan at brearer@metroymcas.org

We have so many new things to share with you this year - and we can't wait to have your child experience them with us this summer!

Have a wonderful, Fairview Lake Kind of Day

Get Ready For Camp! #1.2

Hi Camp Families,

As summer approaches, we're excited to share our improved page for registered families:

fairviewlakeymca.org/registered-families

We recommend bookmarking that page. It includes forms, packing lists, policies, and updates. We will still send out our "Get Ready for Camp" email series to highlight important information for you and your camper.

If questions come up along the way, we're here to help. We're glad you're here and look forward to the summer ahead.

Have a wonderful Fairview Lake kind of day!

The Fairview Lake Team

Get Ready For Camp! #2

Hi Camp Families,

To help our nurses spend more time caring for campers and less time organizing medications, all medications are managed through our Health Center and must follow the process below.

If your camper takes medication, our Camp Nurse will supervise all administration during their stay. Your child's physician must include specific instructions on the medication form.

Please do not pack medications in camper bags.

What You Need to Do

1. Submit Medication Form

Have your child's physician complete and sign the medication form, then email it to camp **at least four weeks before arrival**.

2. Arrange Pre-Packaged Medications

All medications in pill form must be pre-packaged by a licensed pharmacy.

Please be sure your physician writes prescriptions for **all medications**, including vitamins or supplements you'd like included.

Each package must include:

- Camper's full name
- Medication names
- Dosages
- Dispense times
- Sorted clearly by day/time

3. Bring Medications to Check-In

On arrival day, please bring all medications directly to the nurses' station, with enough supply for your camper's full stay.

What Needs to Be Packaged?

Must be pre-packaged:

- Prescription pills
- Over-the-counter pills
- Vitamins/supplements in pill form

Do not need packaging (bring in original container):

- Liquid medications
- Inhalers
- Injectables
- EpiPens

Our Health Center also stocks common as-needed medications. You can authorize these on your camper's health form.

Finding a Pharmacy

Many local and mail-order pharmacies offer medication packaging services. We encourage families to contact their pharmacy early to allow enough time before camp.

We appreciate your partnership in helping this process run smoothly and safely. If you have any questions, we're happy to help.

– The Fairview Lake Team

PS: Don't forget that camp tuition is due in full on June 1.

PPS: *Did you know?* From camp, you can access the Appalachian Trail, which runs from Maine to Georgia! *You don't know until you know, and now you know!*

Get Ready For Camp! #3

Hi Camp Families,

The health and safety of every camper is our top priority. Our team works hard to create an environment where campers can grow, explore, and enjoy camp while being well cared for.

Health Center

Our on-site Health Center is staffed by qualified medical professionals who supervise medications, respond to illness or injury, and communicate with families when needed.

Waterfront Safety

The lake is a favorite part of camp, and safety is built into every waterfront activity.

- Certified lifeguards supervise all swim areas
- Campers complete a swim assessment upon arrival
- Buddy checks are used regularly
- Boating activities include life jackets and trained supervision

Mental Health

Our Mental Health Specialist supports the emotional well-being of campers and staff by providing mental health trainings for staff, advising leadership on behavior support plans, and helping campers work through challenges in a constructive, growth-focused way. They focus on understanding the root causes of behavior, promoting healthy coping skills, and serving as a resource for families and staff to ensure a supportive and successful camp experience.

Child Protection

All staff receive child abuse prevention training and follow clear supervision policies, behavior expectations, and reporting procedures.

We take seriously the trust families place in us and work every day to earn it.

– The Fairview Lake Team

PS: If you missed an email, no worries - you can find a link to them on our website: fairviewlakeymca.org/registered_families

PPS: *Did you know?* Our longest trail is the Green Trail, 3.04 miles round trip. The Ridge Hike is actually 2.97 miles round trip. *You don't know until you know, and now you know!*

Get Ready For Camp! #4

Hi Camp Families,

Packing can feel like a big task, but a little preparation goes a long way.

You can find packing lists for programs here: fairviewlakeymca.org/registered_families

A few helpful reminders:

- Label EVERYTHING.
- Don't forget the little things: undies, socks, bras...sounds small but extras go a long way!
- Avoid valuables or irreplaceable items.
- Leave a little space in your camper's bag - that way packing up at the end of their session will be easier.
- Leave internet connected devices at home.

Please involve your camper in packing. Knowing where their things are helps build independence once camp begins, and will avoid panic when they are not sure where their towels or socks are in their bag! Most of our cabins have approximately 18 inches of space under the bed. Make sure that any luggage/trunks that you pack are no more than 17" tall so that they slide easily under the beds!

- The Fairview Lake Team

PS: If you missed an email, no worries - you can find a link to them on our website: fairviewlakeymca.org/registered_families

PPS: *Did you know?* The camp Color War Teams are named for two native NJ animals also found in summer constellations? The Ursa are named for the Black Bear, and the Raptor for the Red-Tailed Hawk! *You don't know until you know, and now you know!*

Get Ready For Camp! #5

Hi Camp Families,

The Trading Post is a daily experience for all of our campers. Each day, campers visit for a "Trading Post Snack" - consisting of a non-caffeinated drink (juice, water, seltzer) and a snack like chips, popcorn, fruit snacks or pretzels. This is included in tuition.

Later in the day, campers can choose to come by to purchase an additional snack and drink (a drink and a candy or ice cream). They can also purchase stuffies, sweatshirts, stickers, water bottles, t-shirts and other FVL swag items.

Camper Wallets

Each camper has a digital wallet, which families can choose to fund at registration, or at any point in their child's stay. Camper wallets are non-refundable, and funds left in the wallet at the end of the summer will be donated to our Annual Support Campaign to help more families say yes to camp. **Please do not send cash or credit/debit cards to camp with your camper.**

Additional Information:

- Campers can not go into debt at the trading post. Families can add additional funds, but we will never allow a camper to spend more than they have.
- Campers can not purchase food or drinks for other people.
- Talk to your child prior to their camp session on what you would like them to purchase (stuffies vs a sweatshirt etc)
- Food and drinks start at \$1.50 each and swag can range from \$1-\$40

If you have any questions about the trading post, please contact Matt Lifschultz mlifschultz@metroymcas.org or 973-383-9282

fairviewlakeymca.org/registered-families

– The Fairview Lake Team

PS: If you missed an email, no worries - you can find a link to them on our website: [fairviewlakeymca.org/registered families](http://fairviewlakeymca.org/registered_families)

PPS: *Did you know?* Camp borders the incredible 70,000 acre Delaware Water Gap National Recreation Area. Adventure Trips for Challenge takes advantage of the pristine Delaware River for paddle trips and the Gap's miles of well maintained trails for hikes. *You don't know until you know, and now you know!*

Get Ready For Camp! #6

Hi Camp Families,

Letters from home can mean a lot during camp and are a highlight of the camp day. We encourage families to send mail early so it arrives during your camper's stay.

Letters to your camper can be sent to:

CAMPER NAME, Cabin # (Use RANCH or ATC for those programs)

Fairview Lake YMCA Camps

1035 Fairview Lake Rd.

Newton, NJ 07860

Helpful tips for letters:

- Keep messages upbeat and encouraging
- Ask fun questions
- Avoid "we miss you too much" messages
- Amazon does deliver to camp; please select "deliver in as few boxes as possible" to help us keep the packages under control!
- Please double check that items in your care packages do not contain nuts!

To encourage campers to write home (or to Great Aunt Sally) send them to camp with pre-addressed and stamped envelopes. Stamps, postcards, and envelopes are available for purchase at the Trading Post if you forget, or they are prolific writers!

If you receive a homesick letter, feel free to give us a call to check in. But remember, by the time the letter has reached you, your child will most likely have settled into their program and homesickness is now a thing of the past. If you have concerns about homesickness, please reach out to camp, and remember that if there is something going on with your child, **we will call you!**

Cellphones and internet connected devices are not allowed at camp.

- The Fairview Lake Team

PS: If you missed an email, no worries - you can find a link to them on our website: fairviewlakeymca.org/registered_families

PPS: *Did you know?* The first campers arrived by horse drawn carriage from the local

train depot to attend camp (way back in 1915!) *You don't know until you know, and now you know!*

Get Ready For Camp! #7

Hi Camp Families,

Fairview Lake YMCA is a cell phone free facility. All devices that connect to the internet or cellular service, including smartwatches, phones and tablets, are expressly prohibited and will be confiscated and held in the main office until departure.

If your child is experiencing homesickness or other difficulties at camp, we will contact you!

Beyond the obvious that phones and tablets are extraordinarily expensive and delicate electronics, and that service is spotty here on our property, there are two big reasons for our screen-free policy:

- **We want our campers to develop authentic and strong relationships with the people and places they physically interact with.**
- **We want to support campers in growing their independence and gaining problem solving skills by creating a community of peers for support.**

Let's face it, social interactions can be hard, and many kids choose to keep interactions online. This can lead to bullying, isolation, and anxiety. By taking away the electronic barrier, campers spend time together - learning to navigate relationships, reading body language, building community and supporting each other. Campers gain confidence in their social skills and are more likely to develop strong relationships once they return home. There is less pressure and more time to live in the moment.

We want our campers to appreciate the physical world around them. No screen can duplicate a shooting star streaking across the sky, the smell of wood smoke or the sound of laughter around a campfire. By keeping camp screen-free, children appreciate a sunset after a full day of fun and the thrill of a water slide race with a friend –feelings you can't create on the internet.

Our second goal is to help our campers grow their independence and build a community. Campers who overcome problems feel pride, a sense of accomplishment and gain self-esteem – all building blocks for success later in life. Our staff are trained to help campers solve problems, they don't solve the problem for them. Campers learn to support each other through tough spots: navigating a first crush, overcoming a fear, or

being away from home for the first time. This community they create will be one they can lean on for the rest of their lives.

There is nothing better than hearing your name being chanted because you've finally reached the top of the climbing wall, getting high fives for your first bull's eye at the archery range, or feeling the refreshing rush of a cannonball into the lake. By building strong relationships, supporting each other and appreciating the world around them, campers are happier, more resilient and will have more fun – the most important part of camp! Campers will not be permitted to use their phones for photography at any point in the summer, including at the end-of-session banquet. If your child would like to take pictures while at camp, we encourage them to bring a separate disposable camera.

– The Fairview Lake Team

PS: If you missed an email, no worries - you can find a link to them on our website: fairviewlakeymca.org/registered_families

PPS: *Did you know?* Family Camp Alumni and Author Catherine Price has written 3 great books to help people of all ages scroll less and connect more. We highly recommend our campers check out her newest book: "The Amazing Generation"! *You don't know until you know, and now you know!*

Get Ready For Camp! #8

Dear Camp Families,

One of the highlights of camp is sharing the fun with families at home through photos. Our team works hard to take and upload pictures each day so you can catch a glimpse of your camper's adventures, friendships, and favorite activities.

While we make every effort to photograph all campers throughout their session, **we cannot guarantee that every child will appear in the daily photo galleries.**

Campers are often spread across many activities and locations, and our staff's first priority is always providing a safe, engaging experience for every camper.

Photo uploads are also dependent on our internet service. As a camp located in a rural setting, we occasionally experience connectivity issues that may delay the posting of photos. If galleries are not updated as quickly as expected, please know that our team is working to upload them as soon as possible.

We also want to reassure families that no news is good news. While seeing a photo of your camper can be comforting, the absence of a photo does not mean anything is wrong. Our staff are with campers throughout the day, and if there is ever a concern involving your child, we will contact you directly. You can be confident that your camper is being cared for and supported by our team.

We appreciate your patience and understanding. Whether or not your camper appears in a photo on a given day, you can be confident that they are busy making memories, trying new things, building friendships, and enjoying all that camp has to offer.

Thank you for being part of our camp community!

Warm regards,

The Fairview Lake YMCA Camps Team