

WEST END HOUSE CAMP

294 Rd Between the Ponds,
Parsonsfield, ME 04047
(207) 625-9365

Web: westendhousecamp.org
E-mail: info@westendhousecamp.org

Founded in 1908

2025 PARENTS' GUIDE

Mission Statement

Our Mission is to:

- **Operate and sustain a premier summer camp for boys from all backgrounds, regardless of their financial means.**
- **Encourage the development of lifelong friendships and bonds among our campers, staff, and alumni, fostering a supportive brotherhood.**
- **Cultivate self-confident, independent campers who become engaged community members, contributors, and leaders of high character.**

Tradition

Tradition is at the heart of West End House Camp's history. Whether a camper is a third- or fourth-generation West Ender or a first-time attendee, every boy becomes part of a legacy that spans over a century. Campers quickly feel the "Spirit of the House," a cherished phrase symbolizing the friendships, loyalty, and camaraderie that define the WEHC experience.

Our founder, James J. Storrow, envisioned a place where boys could live and learn in harmony, and this vision has endured since 1908. The spirit of mutual respect, community loyalty, and a commitment to give back are values that resonate strongly among our alumni whenever they gather.

When you join West End House Camp, you're not just attending a camp—you're joining a family that supports and uplifts its members now and always.



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INTRODUCTION

This handbook is designed to help you, the parents of our campers, prepare for your son's upcoming experience at West End House Camp (WEHC). Thank you for choosing WEHC as a place where your son will grow, explore, and create lifelong memories.

We hope this guide provides all the information you need to feel confident and excited about your son's time with us. Please read through it carefully and don't hesitate to contact us with any questions or concerns. Together, we'll ensure your son has an incredible summer full of friendship, learning, and adventure.

PRIOR TO COMING TO CAMP

The Camp Conversation

Campers can have mixed feelings about coming to camp that change in the months leading up to camp. It is important that you validate all the feelings they have and assure them that being nervous is normal.

Here are some Tips about what to do before coming to camp:

- Talk with your camper about missing home while at camp. Let them know that it is normal and that the camp staff all know how to talk about it too. Let them know there is nothing to be embarrassed about and encourage them to tell their counselor if they are struggling with missing home at camp.
- Plan to write cheery letters that build confidence. Let your camper know you are proud of them and to focus on their day to day. Some families send (or bring) letters in advance so they can receive them the first day of camp. When doing this, try to avoid using phrases such as "We miss you" or "Can't wait until you get home", etc. or mentioning activities that they are missing, or mentioning that pets or siblings have been sad without them, or you cannot get along without them. Please avoid asking if they are missing home.
- Try having your camper attend a few sleepovers away from home before their stay at camp.
- **Please do not tell your camper you will come pick them up if they are not having fun.** Instead be sure they know who to talk to at camp if they are having troubles. This includes anyone on staff but especially someone they feel they have made a connection with.
- Also, if you are still concerned (and that is very normal) call ahead and speak with the Executive Director.

Please do not bribe your camper by promising something valuable if they make it through the session. Rather, discuss internal rewards of making it through the sessions such as independence, grit and being brave. Your camper will love to hear you describe them in this way! If you know your camper is prone to anxiety and missing home, help them plan ways to cope while at camp.

- Keep a journal
- Focus on looking forward to exciting activities and making/being with friends
- Talk with the camp counselor
- Pray/Meditate
- Hug their favorite stuffed animal



MEET THE 2025 YEAR ROUND STAFF



Jessica Paquette serves as the Executive Director of WEHC. Originally from Somers, NY, Jessica began her camp journey as a resident camper at age 9 and has dedicated her career to the camp industry. She holds a B.A. from the University of Buffalo and a Master's in Childhood Education from Hunter College. Her extensive experience includes leadership roles at non-profit and private camps, as well as two decades of camp administration. Jessica now lives in Chocorua, NH, with her husband Myles, their toddler Parker, and her bonus kids, Ava and Mark.



A proud alumnus of West End House Camp, Ryan Wilensky has been part of the WEHC community since 1987 when he first attended as a 9-year-old camper with his 2 older brothers. Over the years, Ryan transitioned from camper to counselor and came back in 2008 as the Operations Director. Since 202, he has been the Camp Director. A graduate of Indiana University and Simmons College, where he earned his Master's in Teaching, Ryan is also a high school teacher and basketball coach. He lives in Foxborough, MA, with his children Whitney, Wesley, and Wade (all of which attend a West End House camp), continuing his family's tradition of involvement in WEHC.

Josh Daigle's connection to WEHC began in 2001 when he attended as a camper. After serving in various roles, including Co-Waterfront Director, Josh returned in 2015 as Assistant Director of Operations. A graduate of the University of Maine at Farmington with a B.S. in Secondary Education, Josh is deeply committed to education and community. He lives in Auburn, ME, with his wife Brianne and daughters Harper and Nora, balancing his roles as a teacher and a dedicated camp leader.



As WEHC's Administrative Coordinator, Hannah Cowan ensures that families and staff have a seamless experience. She has a background in Advertising/Public Relations and Film Business, and she brings over a decade of experience as a documentary film Production Manager and adolescent human services professional. She is a recent Boston expat from Kansas City, MO, with her dogs, Pippin and Bowie. Hannah looks forward to building strong relationships with the camp community.

A cornerstone of WEHC, Bill Margolin has been involved with the camp since the 1950s, starting as a camper and later serving as a counselor. Since 1973, Bill has been the full-time Executive Director of WEHC, bringing unmatched knowledge and passion to his role. A Boston native and a graduate of Boston Latin School and Bowdoin College, Bill resides in Randolph, MA, with his wife Bryna Leeder.



Born and raised in Aroostook County in northern Maine, Chris Rand, our Maintenance Director, moved to southern Maine in 1998, where he married his amazing wife and raised four beautiful daughters. A licensed plumber with over 20 years of experience, Chris has extensive expertise in construction, both new and old. For the past five years, he has overseen the maintenance department at a local health center. In his free time, Chris enjoys spending time on the lake year-round, whether fishing (open water and ice), canoeing, or camping. He also takes pleasure in gardening, raising chickens, and exploring the woods. His hands-on skills and passion for outdoor living make him an invaluable member of the WEHC team.



MEET THE 2025 YEAR ROUND STAFF CONTINUED



A key component of West End House Camp's success is the dedicated work of our **Maintenance Staff**, Steve Chamberlain and John Fredette. With their watchful and capable oversight, the camp's physical setting remains in exceptional condition year-round.

Steve and John meticulously inspect and maintain the many buildings, cabins, courts, and fields that make up WEHC. Their diligence and wide-ranging skills ensure that the camp is always ready to welcome campers into a safe and well-kept environment. During the winter months, they continue to monitor the camp, ensuring that Mother Nature doesn't take a toll on our beautiful facilities.

Their commitment to excellence helps preserve the unique charm and functionality of West End House Camp, allowing our campers and staff to focus on creating lifelong memories.

MEET THE 2025 SEASONAL ADULT STAFF

In addition to our dedicated year-round team, the seasonal Adult Staff plays a vital role in making each summer unforgettable at West End House Camp. Working hand-in-hand with Unit Leaders, cabin counselors, and support staff, these individuals ensure the well-being, safety, and enjoyment of all campers.

Our Adult Staff members bring diverse skills, experience, and enthusiasm to their roles, focusing on providing a nurturing and engaging environment for every camper. Whether running activities, overseeing operations, or supporting day-to-day camp life, their contributions are pivotal to the success of WEHC's programs and traditions.

Allan Jacobs began his WEHC journey as a camper and counselor in the 1960s and 1970s. After returning to the camp four years ago, he has taken on the role of Waterfront Director since 2018. Allan, a graduate of the University of Massachusetts at Amherst, has spent many years as a professional juggler and entertainer. When not at camp, he and his wife split their time between New York City and their home near Long Pond. Allan is proud to welcome his grandson into the WEHC family, continuing a legacy of camp tradition.



Brock Major II is entering his fifth summer at WEHC as a school nurse (RN). In addition to his medical expertise, Brock is a certified Maine Wilderness Guide and brings engineering, building, and waterfront skills that enhance our Margolin Center programs. Brock's family, including his two children, are warmly welcomed back into the WEHC community.



Bobbie-Jo Rand has worked with children since 1999 and brings her expertise as a Social Worker and Substance Abuse Counselor to WEHC. She holds a Master's Degree in Social Work from the University of New England and has worked at Sacopee Valley Schools since 2008. A local resident of West Baldwin, ME, Bobbie-Jo enjoys traveling, camping, and spending time with her family, including her husband, four daughters, and three grandchildren.



MEET THE 2025 SEASONAL ADULT STAFF CONTINUED



Tabatha Mason works as a Medical Assistant at the Sacopee Valley Health Center and as an EMT with Sacopee Rescue. A mom of three, Tabatha lives nearby in Hiram, ME. Her dedication to camper health and safety ensures a strong support system for everyone at camp.



Holly Cadorette, a Maine native, combines her expertise in Dietetics/Nutrition and Culinary Arts to provide delicious and nutritious meals at camp. She is currently studying to be a Registered Dietetic Technician. Holly enjoys spending time with her sons Aiden and Logan, and her dogs Murray and Chase. Her hobbies include gardening, beach trips, and cheering for her boys on the sidelines.



Dr. Evan Hack, a Board-Certified Pediatrician and Fellow of the American Academy of Pediatrics, supports WEHC as the on-call doctor for emergencies. With interests in ADHD, learning disorders, children's mental health, and nutrition, Dr. Hack has been instrumental in implementing COVID-19 safety protocols. He lives in New Milford, CT, with his wife and has two grown sons.



PROGRAM & CAMP DATES

Dates for the 2025 season are as follows:

Full Season- Seven Weeks:

Drop-off: Sunday, June 22nd, 10:30am—12:00pm

 New Parent Orientation Via Zoom, Thursday, June 19th, 7pm

Pick-up: Saturday, August 9th, 9:00am—10:00am

Four Week Session:

Drop-off: Saturday, June 22nd, 10:30am—12:00pm

 New Parent Orientation Via Zoom, Thursday, June 19th, 7pm

Pick-up: Saturday, July 19th, 9:00am—10:00am (if you are NOT staying for
 Visiting Day)

2025 Visiting Day: Saturday, July 19th, 12:30pm - 4:00pm

Three Week Session:

Drop-off: Saturday, July 19th, 10:30am—12:00pm

 New Parent Orientation, Thursday, July 17th, 7pm

Pick-up: Saturday, August 9th, 9:00am—10:00am

Rookie Two Weeks:

Drop-off: Saturday, July 5th, 10:30am—12:00pm

 New Parent Orientation, Thursday, June 26th, 7pm

Pick-up: Saturday, July 19th, 9:00am—10:00am

Quite frequently, a two-week camper will wish to extend their stay. This is encouraged by the camp when appropriate and when spaces are available. If your son is interested in extending, the Director will contact you to discuss this.



TRAVELING TO WEHC BY CAR

From Massachusetts, Here are driving directions from Boston to West End House Camp in Parsonsfield, Maine:

Start in Boston:

Get on I-95 N toward N.H. Maine.

Follow I-95 N to Wells. Take exit 19 from I-95 N:

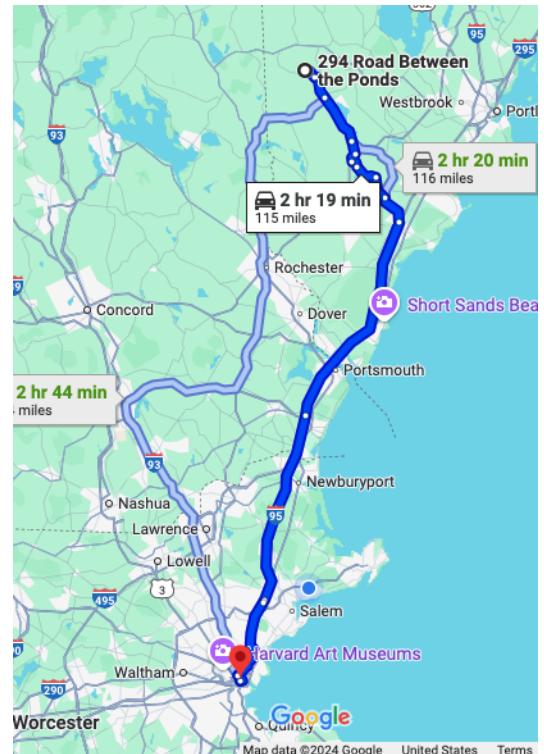
- Take exit 19 for State Rte 9/ME-109 toward Wells/Sanford

Continue on ME-109 N. Take ME-4 N and ME-5 N to Rd Between the Ponds in Parsonsfield:

- Turn right onto ME-109 N/State Rte 9 W/Sanford Rd
- After 8 miles, Turn right onto Jagger Mill Rd
- After 1.5 miles, Turn right onto ME-4 N/Alfred Rd
- After 11 miles, Turn left onto Old Alfred Rd
- After 2 miles, Turn right onto Ossipee Hill Rd
- Turn left at the 1st cross street onto ME-5 N
- After 8.5 miles, Turn right onto ME-5 N/Sokokis Trail N
- After 3.5 miles, Turn left onto Spur Rd
- Turn right onto Joe Berry Rd
- After 1.5 miles, bear left to Continue onto Rd Between the Ponds

Camp will be on your right. Look for the turnoff to West End House Camp. The camp is located at 294 Road Between the Ponds, Parsonsfield, ME.

These directions avoid common traffic bottlenecks and guide you through scenic routes in Maine's lake and forest regions. Travel time is approximately 2 hours, depending on traffic.



ARRIVING TO CAMP BY BUS

*June 22, 2025

BEFORE you arrive to the bus:

1. Make sure he is healthy.

WHEN you arrive to the bus:

Arrive at 9:30 am to:

Parking Lot at the Riverside T-Stop in Newton
367 Grove St.
Newton, MA 02466

2. Check in at the tent.
3. Hand in medication in labelled zip-lock bags (including vitamins, melatonin gummies, over the counter medication, etc.)
4. Load your son's labeled luggage onto the bus.



By Air – to Camp

If your son will be traveling by air to camp we ask that he fly into either Portland, ME, or Boston, MA.

The camp does not provide transportation to and from the airport. If flying is your only option, we are happy to help you arrange transportation to camp or to the bus location if you can make it there by 9:30am. We recommend the following livery service:

JCN Shuttle

Phone: 603-515-1894

Email: JCNshuttle@gmail.com

Website: jcnshuttle.com

Baggage

Trunks may be shipped ahead if desired. Please check with your local UPS office for the shipping time required and try to coordinate the arrival of your son's luggage with his arrival at camp.

- Suitcases and trunks should have two different sets of keys to be carried in different pockets to minimize the possibility of loss.
- Your trunk must weigh less than 150 lbs and measure less than 130 inches.
 - A trunk that is 21"x24"x36" totals 126" (2x21 plus 2 x 24 plus 36).
- Please also check with your airline regarding further restrictions on the number of luggage pieces and the allowable sizes of each.

RATES AND CANTEEN FEES

The Canteen fee is a prepaid amount added to a camper's account to cover small personal purchases during their stay at camp. At West End House Camp, the canteen might include items like:

- Snacks or beverages during designated times.
- Camp-branded apparel, such as t-shirts or hats.
- Basic toiletries (toothbrush, toothpaste, etc.) if forgotten, lost or in need of a refill.
- Souvenirs or novelty items like postcards or small games.
- Supplies for special activities, such as color war shirts, dessert war headbands etc.
- All camp trips.

A camper may also be charged for intentional destruction or loss of materials or equipment.

This fee simplifies purchases by eliminating the need for campers to handle cash.

2025 WEHC Session Dates	Session Rates	Canteen/ Activity Fee*
7 weeks, June 22 – August 9	\$10,445	\$395
4 weeks, June 22 – July 19	\$6,995	\$295
3 weeks, July 19 – August 9	\$5,595	\$230
Rookie 2 weeks, July 5 – July 19	\$4,195	\$200

The tuition balance is due on or before June 15, unless other arrangements have been made with the camp administration in advance. You may include your son's canteen/activity fee in the same check as your tuition balance.



HEALTH SERVICES

At West End House Camp, your son's health and safety remain our highest priority.

- A Licensed Nurse/EMT is on site at all times.
- The Health Center, centrally located on camp grounds, is staffed 24 hours a day.
- We operate under standing orders from a doctor who works closely with us throughout the summer.
- Local hospitals, including Maine Medical Center, are a short drive away for emergencies.
- A camp vehicle is available for emergency transportation.
- All staff members, including trip leaders and waterfront staff, are trained in CPR and First Aid.

Health Forms

In order to assist us in providing the best medical care, all campers must furnish a health history and physician's statement of health status written within 1 year of camp entrance. The physician's statement shall include certification that a complete physical examination has been completed within 1 year prior to camp entrance.

The Healthcare Provider Form (available via campdoc.com) must be filled out in its entirety and updated every year prior to camp attendance, by June 15.

Of special significance are questions regarding allergies, medications, past or present health problems or concerns, immunization history and insurance.

In the event of missing or incomplete medical forms, please be advised that your son will not be permitted to engage in camp activities until the form is completed and on file in the camp Health Center.

Prescription Medications

If your camper is prescribed certain medications during the school year, it is our expectation that you will maintain the prescription(s) while at camp. We have found that "drug holidays" or medication modifications immediately prior to camp (or while at camp) are often counter-productive. If you are considering changes in medications, please contact the camp as soon as possible.

By rule, Campers are not allowed to have any medication, including over-the-counter medications, in their cabin.

An exception to this is for the use of INHALERS and EPI PENS. Legislation in the State of Maine permits campers to possess and use a metered dose inhaler or dry powder inhaler as needed to alleviate asthmatic symptoms, or before exercise to prevent the onset of asthmatic symptoms. Also, campers with severe, potentially life-threatening allergies may possess and self-administer an epinephrine auto-injector.

In order for your son to qualify under this law, a specific form must be completed and submitted prior to camp. The form is available in CAMPDOC.

Health Check

All campers will receive a health check from the camp nurse within 24 hours of arrival. This includes

- A visual scan for rashes, bruising, lacerations etc.



- A verbal conversation regarding the camper's well-being
- Long hair may be subject to a lice check

Please notify the nurse of any recent changes in your son's health, including exposure to contagious illnesses. Medications, along with written instructions, should be submitted to the nurse during check-in.

If you have specific concerns about your son's health or medication, you'll have the opportunity to address these with the nurse upon arrival

Health Insurance

We strongly encourage all campers to be covered by health insurance. By enrolling your son at West End House Camp, you assume full responsibility for any medical costs incurred during his stay. WEHC will use your camper's health insurance for any necessary medical expenses.

Current health insurance information must be provided in the Insurance section on CAMPDOC. COM

If no health insurance is provided, expenses incurred for medical reasons are the responsibility of the camper and his family. At times, medical bills are sent to the camp; these will be forwarded to you as they are received. It is important that these bills be paid promptly as our continued good relationship with our camp doctor and the local hospital are critical.

General Medical Procedures

We are committed to ensuring your son's health and safety through proactive care and clear communication.

- **Daily Medications:** Dispensed by the camp nurse, typically during meals.
- **Medication Check-In:** Families must review any required medications with the camp nurse upon arrival.
- **Daily Hygiene:** Campers are required to shower daily.
- **Regular Checks:** Counselors, nurses, and Admin Staff routinely check campers for rashes, insect bites, lacerations, or other concerns.
- **Health Center Stay:** Parents will be notified if their child spends an overnight in the Health Center for any reason. Typical small bumps and bruises do not necessitate a call home.
- **Non-Emergency Visits:** If a camper needs to visit a doctor or hospital for minor concerns (e.g., strep throat, conjunctivitis, or a sprain), parents will be informed.

Emergency Situations

While emergencies are extremely rare, we prioritize your child's well-being and act with caution:

- If an emergency arises, we will contact you as soon as we have relevant information.
- The camp will not hesitate to call emergency response services when there is any possibility of a serious injury.

In all medical situations, you can expect timely and transparent communication from the camp staff.



REQUIRED WEHC FORMS

All forms are located through CAMPDOC.COM.

If you have **NOT** received an e-mail from CAMPDOC or Camp's Administrative Staff, please contact camp.

As mentioned, the Healthcare Provider Form and Insurance information must be submitted to camp by **June 15**. We also ask that you complete the entire campdoc profile by this time. ***All of the information in the CampDoc Profile is designed to help us provide a quality experience for your camper.***

Health Profile

This form allows you to share vital personal information about your son, helping us support his smooth adjustment to camp life. Information such as learning difficulties, ADHD, bed-wetting, or recent family changes enables us to provide your son with the patience, understanding, and reassurance he may need, especially during the first few days of camp.

This form also has important information that we turn to in the event of an emergency.

Please be sure to upload a recent picture of your son into the CAMPDOC camper profile.

Please note that our commitment is to use this information only to help your child adjust to camp. It will never be used at camp unless necessary, and then only with the greatest of discretion.

Printed Forms

All campers **MUST** complete the Behavior Contract. The Camper Behavioral Responsibilities document is available on our website and must be printed, reviewed, and signed by both you and your camper before submitting it to the camp on Arrival Day. This form outlines common-sense expectations for behavior that promote a healthy and respectful community at West End House Camp.

Behavioral Expectations

- Campers are expected to follow camp rules, show respect for others, and contribute to a positive environment.
- Camp staff are trained to address inappropriate behavior constructively, often through one-on-one discussions or by implementing strategies to encourage improvement.

Behavior Contracts

For repeated or serious behavior issues, the camp may develop a **personal behavior contract** with the camper, outlining specific expectations and consequences.

Parental Involvement

If a camper's behavior requires escalation:

- Parents will be contacted to provide insight into strategies that have worked at home or school.
- The camp will outline potential consequences if the behavior persists, which could include dismissal from camp.



Certain serious behaviors, such as the use of alcohol or tobacco, possession of illegal substances, or severe harm to another camper, will result in **immediate dismissal**. Parents will be contacted to arrange for their son's departure from camp.

Other Expectations

We also ask that you discuss the following with your camper before arrival:

- What to bring and what not to bring to camp.
- The camp's policies on drugs, alcohol, and tobacco.
- Rules around telephones and other electronic devices.

Reminder: All forms, including this one, must be submitted by **June 15, 2025**.



LIVING ASSIGNMENT

Unit Assignments

Unit assignments are based on the camper's age:

- **Junior Unit:** 8, 9, 10 and 11 year olds.
- **Intermediate Unit:** 12 and 13 year olds.
- **Senior Unit:** 14 and 15 year olds.
- **Counselor in Training (CIT) Unit:** 16 year olds

Each unit typically comprises four cabins, designed to foster age-appropriate friendships and experiences.

Cabin Assignments

Cabin assignments are made with careful consideration of the camper's best interests, as well as those of the group. Our goals are to ensure diversity, harmony, and a positive cabin experience.

- **First-Time Campers:** May request to bunk with one special friend. Both families must agree to the request.
- **Returning Campers:** Every effort will be made to keep returning campers with their prior bunkmates assuming it was a good match.
- **Parent Requests:** Parents may request that specific campers not be placed together.

Placement Considerations

- Campers from the same community: No more than four campers from the same hometown will be placed in a single cabin to maintain balance and inclusivity.
- Cabin diversity: Assignments are made to encourage campers to form new friendships while preserving a welcoming and harmonious cabin atmosphere.

West End House Camp is a close-knit community, and all living quarters are centrally located. Boys interact throughout the day during activities and meals, ensuring ample opportunities to connect with friends from other cabins and units.

Cabin Request Process

Please ensure that any requests are discussed among families involved prior to submission. Conflicts or disagreements regarding requests will be handled at the discretion of camp staff.

We believe that balanced and thoughtfully assigned cabin groups are key to a successful camp experience, and we strive to create an environment where all campers thrive.



CLOTHING/PACKING

A copy of our **suggested packing list** is included below and is also available on our website.

To make packing and unpacking easier, we recommend marking the list to reflect what your son is bringing and taping it inside his trunk lid. This will help him and his counselors ensure that all belongings return home at the end of camp.

Storage at Camp

Upon arrival, campers will unpack their belongings into designated cubbies in their cabin. This system helps keep their personal items organized and easily accessible throughout their stay.

Clip-On Fans and Lights: Campers may bring small clip-on fans or reading lights for their cubbies. Electricity is available to power these items, ensuring comfort and convenience.

Luggage Storage: After unpacking, suitcases and bags will be collected and stored in a designated storage area for the duration of the session. Don't forget to label your campers' belongings, including their luggage. This keeps the cabins clutter-free while ensuring all luggage is safely secured.

This approach helps create a tidy and functional living space, allowing campers to focus on enjoying their camp experience.

Bedding

The packing list includes recommended bedding. The weather in Maine can vary quite a bit, especially from the start of the summer to the end so a top sheet and blankets of differing weights is recommended if your son is spending the entire summer with us.

Laundry

Laundry service is provided once a week. This service is included in the Tuition/Canteen fee.

- Laundry is sorted and washed by cabin.
- Clothing is washed, dried, and returned the same day.
- Campers are encouraged to wash fitted sheets each week, since laundry is returned the same day.
- **Label all clothing and belongings** to reduce the likelihood of loss. Any unclaimed, unlabeled items left after the season will be donated to local charities or added to the Lost and Found.



Suggested Packing List - Please print and tape to the inside of your son's luggage

The following is the minimum recommended list for safe and comfortable living at camp. Please ensure all items are labeled with your child's name.

Additional items can be purchased from Amerasport (link available on the camp website). Order early to ensure availability. Two camp t-shirts, one white and one navy are given to each camper upon arrival.

Required

Pillow with two (2) pillow cases

Two (2) twin sheet sets

Sleeping bag or blankets

8-10 pairs of underwear

8-10 pairs of socks

7-9 short sleeve t-shirts

2-3 long sleeve shirts

2-3 sweatshirts

7-9 pairs of shorts

2-3 pairs of pants/joggers

2-3 bathing suits

Pajamas (2 sets of warm weather, 2 sets of cool weather)

2 pairs of sneakers

1 pair of flip flops/Crocs/sandals

Raincoat

Fleece style jacket

2 shower towels

2 swim/lake towels

Deodorant



Shampoo

Soap

Comb/brush

Toothbrush and toothpaste

Laundry bag with name on it

Sunblock

Recommended

Insect Repellent

Writing Materials (postcards, pens and stamps)

2 dishwasher safe water bottles, labeled with their name

Cheap sunglasses

Goggles

Flashlight with extra batteries

Shower caddy

Bath mat/rug

Battery/plug in personal fan

Clock radio

Nail Clippers

Deck of Cards

Games

Baseball hat

Cleats and old basketball sneakers

Books

Musical Instruments



What Not to Bring

It is essential that you review this section with your camper before packing. If prohibited or inappropriate items are found during check-in, parents will be asked to take them home.

Electronics

One of the ways we provide positive experiences for our campers is by limiting electronics in our camp environment, thereby encouraging our campers to socialize through traditional camp activities. We thank you in advance, for your cooperation with and support of these policies.

- Do not bring any **electronics with screens**, including cell phones, handheld gaming devices, or portable stereo systems.
- External speakers are not allowed.
- Cameras, both disposable and digital, are not allowed. We have a camp photographer that will take photos and post them to Bunk1 daily.
- Battery-operated music players with earphones (and no screen) are acceptable for occasional use but WEHC is not responsible for lost items.
- Parents, please help us by making sure you have your son's phone before he comes to camp (Gottlieb - 15 year olds are exceptions).

Restricted Content

West End House Camp is committed to maintaining a wholesome environment. Campers are not allowed to bring:

- Music with explicit language or inappropriate themes.
- Pornographic materials.
- Indecent clothing, such as T-shirts with inappropriate pictures or words including pictures of alcohol or marijuana.

Inappropriate items will be confiscated and stored in the camp office until the end of the session.

Valuables

We strongly discourage campers from bringing valuables or items of sentimental value, such as:

- Money
- Jewelry
- Sporting equipment
- Expensive electronics or other high-value possessions

The camp cannot be held responsible for lost or stolen property.

Food and Perishables

New in 2025, we will be providing additional snack times throughout the day in order to ensure campers are getting adequate sustenance and hydration. In order to preserve healthy appetites and to prevent rodent and insect infestation, WEHC will not be allowing food, drinks, drink mixes,



etc. inside the cabins. Campers will not be allowed to bring food items, including cookies, soda, juice, candy, drink mixes or other perishables to camp. Care packages will be opened upon arrival, and food items will be distributed to the camper's cabin during canteen and/or snack time. Campers will not be able to bring food back to their cabins throughout the day. Cabins will be inspected throughout the day and prohibited items will be discarded.

Staff will have a new staff lounge with individual lockers to keep food items should they want to bring or purchase perishables. The staff lounge will be equipped with a microwave, refrigerator and coffee/tea maker for use during staff time off.

Prohibited Items

The following items are not allowed at camp:

- Combustible lanterns
- Rollerblades or skateboards
- Slingshots
- Candles or balloons
- Pocket knives or multi-tools
- Personal Bicycles
- Toy guns, including foam, dart and water guns
- Weapons, including but not limited to mini-baseball bats
- Any type of tobacco product, drugs, or alcohol
- Microwave, Hot Plate, Teapot
- Money

If these items or other deemed inappropriate items are brought to camp, they will be stored safely and returned at the end of the session

Body Piercing

To align with the camp's active and safety-conscious environment, campers are asked not to wear earrings or other body piercings during their stay.

Knives and Archery Equipment

- Knives, including pocket knives, are not allowed in cabins and will be stored securely if brought to camp.
- Archery equipment should not be brought; the camp provides high-quality equipment for related activities.

Drugs, Alcohol, Tobacco, and Fireworks

- The use or possession of illegal drugs, alcohol, tobacco, or fireworks is strictly prohibited.
- Violation of this policy will result in immediate expulsion.

West End House Camp is committed to creating a safe, respectful, and healthy environment for all campers. Thank you for ensuring your camper follows these guidelines.



OPENING DAYS

Campers arrive on the following days:

Sunday, June 22
Saturday, July 19
Saturday, July 5

ARRIVING TO CAMP BY BUS

*June 22, 2025 only

BEFORE you arrive to the bus:

1. Make sure he is healthy.

WHEN you arrive to the bus:

Arrive at 9:30 am to:

Parking Lot at the Riverside T-Stop in Newton
367 Grove St.
Newton, MA 02466

2. Check in at the tent.

3. Hand in medication in labelled zip-lock bags (including vitamins, melatonin gummies, over the counter medication, etc.)

4. Load your son's labeled luggage onto the bus.

ARRIVING TO CAMP BY CAR -NEW PROCEDURE

Arrival time is between 10:30am and 12:00pm

West End House Camp
Main Entrance
294 Road Between the Ponds
Parsonsfield, ME 04047
207-625-9365

- Follow the staff as they guide you to PAUSE on the road between the Kezar and the basketball court
- You will be guided to unload your son's luggage to a designated spot based on his Unit
- You will then continue to drive up the road to parking on the edge of the baseball field

Check-In

There will be a staff member at the edge of the baseball field to greet you upon arrival and guide you to walk along the path back towards the basketball court.

Upon arrival there are 3 stations you MUST visit around the basketball court but you may



do so in any order you like.

The 3 Check-in stations are as follows:

1. **Registration (table at the edge of the basketball court)**— This is where you will receive your cabin assignment, ensure all your online documents are complete and pay your tuition balance if you haven't already.
2. **Health Care Staff (table directly in front of the Health Center)** — This is where your son will get a quick visual check for any rashes, cuts, in- juries etc., where you can hand-in any medications and/or vitamins, and have a quick chat with the medical team if you need.
3. **Family Photo (in front of the fence just beyond the beach volleyball court)** —Smile for a family photo in front of our beautiful view.

After you visit all three stations, there will be camp staff behind the basketball court waiting to assist with bringing your bags to the cabin. Before leaving the cabin, we ask that parents participate in a review of your camp- er's possessions with the cabin leader to ensure that all necessary gear has been brought and that unnecessary items are taken back home with you. After your son is settled, please leave him at the cabin to get to know his cabin staff and fellow cabin mates.

All Parents will be asked to leave the cabin area and return to their vehicles at 12pm.

We must prepare for the arrival of the buses, allow the boys to get acclimated to camp and prepare for lunch.

CABIN ASSIGNMENT CHANGES WILL NOT BE MADE ON OPENING DAY.

Vehicles are not to be driven around the camp grounds except following the road as designated above.

We thank you for your cooperation in following the above schedules.

How do I see pictures of my son?

Don't forget to register for Bunk1 to see daily pictures of camp. All parents will be given a new code for this summer at drop off. Download their app for notifications (iPhone and Android). We also post weekly highlight videos on our YouTube Channel. West End House Camp makes every effort to take a picture of every camper every day.



DAILY SCHEDULE

7:45 Wake up
8:15 Breakfast
9:00 Cabin clean up
9:30-11:30 Team Sports
11:30-12:30 Electives
12:30 Lunch
1:15 Rest period
2:15-4:15 Waterfront activities and individual sports
4:15-5:30 Electives
5:30 Dinner
6:30-8:00 Evening Activity- Games and Challenges
8:15 Cake and Milk- extra snack
8:30 Back to the cabin to have fun with bunkmates and prepare for bed.
10:00 Bedtime - though boys who are tired can go to bed after the evening activity

VISITING DAY

2025 Visiting Day is Saturday July 19th 12pm - 4pm.

Parents of campers departing AND arriving on July 19th are invited to join us for an afternoon BBQ, awards ceremony, tour of camp, lawn games and pontoon boat rides!

For Families of Two Week Rookie Campers AND Four Week Campers

Your son will meet you with his luggage on the edge of the baseball field at the start of the afternoon. We ask that you pack his luggage away first in order to make room for our incoming campers.

For Families of our Three Week Campers

Please follow the procedures listed above for arrival to camp.

Schedule for the Afternoon

- Ceremony for those campers and staff who have been at camp for 5 and 10 years
- Presentation of the Family of the Year trophy
- BBQ Lunch
- Tour of Camp
- Lawn Games and Pontoon Boat Rides

All families will be asked to depart by 4pm to allow the arriving campers to join their cabins and settle in before dinner and Evening Program.

Visiting Camp

Visiting camp on any other day besides visiting day is not allowed, except in special situations. It is extremely unfair and disturbing to the camp day to have visitors on site.

If a visit is necessary, prior arrangements MUST be made with the camp office. Approved visitors must check-in at the Kezar (Main Office) and wear a visitor badge.



CLOSING DAYS

Campers **depart on Saturdays** as follows:

Seven Weeks- August 9th
Four Weeks-July 19th
Three Weeks-August 9th
Rookie Two Weeks-July 19th

BUS TRAVEL HOME:

*August 9, 2025 Only

Arrive before 12:00 pm to:

Parking Lot at the Riverside T-Stop in Newton
367 Grove St.
Newton, MA 02466

- Check in at the tent.
- Get any leftover medication, and his luggage.
- Hug your son!

PICKING UP AT CAMP

Campers depart between **9:30am and 10:30am** on these days. Please do not plan to take your son out of camp prior to this time.

Parking

There will be a staff member at the gate to greet you upon arrival.

All cars will be directed to park on the edge of the baseball field. Please DO NOT park anywhere else through camp at any point during the day.

Prior to departure, you must check out on the basketball courts. Any personal items stored for your son will be returned. Medications can be picked up from the Health Center.

If someone other than the camper's parent(s) will be taking him home from camp, please notify the office in writing of the person's name as soon as possible. Unless it is another camper's parent, this person should bring identification to the basketball courts.

Gratuities

Tips to staff are allowed, but certainly not required. Our counselors work extremely hard and could make more money working at home. If you are able too and want too, your son's cabin counselors would really appreciate a midseason boost during Visiting Day. A tip does not mean special treatment as we are steadfast on maintaining equity for our campers.



COMMUNICATIONS

Mail Policy

Camper Communication: Campers are expected to write home at least once per week. To assist them, we recommend sending pre-addressed and pre-stamped postcards instead of envelopes and loose stamps, which can be challenging to manage, especially in humid conditions.

Letters from Campers: A brief, simple note often reflects a camper's busy, happy experience. If a letter suggests homesickness or unease, remember that it was likely written days earlier, and their feelings probably have improved since then. If you are concerned, please contact the camp office.

Letters to Campers: Parents are encouraged to write short, supportive letters. Avoid focusing on details of life at home or expressing how much you miss your child, as this can lead to homesickness. Instead, focus on positive, encouraging messages that support their camp experience.

Parents can also send one-way BunkNotes to their son through the Bunk1 website. Letters are printed out every morning and evening to ensure that it is received by the **4:15pm mail** time. (Note that they can not respond via the website, just snail mail!)

Mailing Address for Campers:

Your Child's Name
West End House Camp
294 Road Between the Ponds
Parsonsfield, ME 04047

Packages

Campers enjoy receiving packages from home, and they are a great way to brighten their day!

New for 2025, campers will not be allowed to bring food, candy, gum, drink mixes etc back to their cabins. So, we ask parents to adhere to the following guidelines:

- **What to Send:** Appropriate items include books, comics, small games, cards, and additional clothing.
- **What NOT to Send:** Please do not send drinks, candy, gum, or drink mixes. These items are not allowed at camp to maintain healthy eating habits and prevent insect or rodent issues

West End House Camp provides top-quality meals, snacks and desserts in ample quantities. Candy and soda are available on a limited basis during canteen. In order to preserve healthy appetites and to prevent rodent and insect infestation, we ask for your cooperation with our policy: **do not send or bring any drinks, drink mix, candy or gum.**

Packages addressed to campers are opened by the camper in the Kezar (Main Office) in the presence of camp staff. If they contain drinks, candy, gum or juice mix, or other items deemed inappropriate, those items will be taken away and discarded. This creates a very difficult situation for both camper and staff that can be avoided. Please notify relatives of this policy.



If you'd like to send homemade treats for your son's entire cabin to enjoy, we will save these in the Kezar and serve them to the entire cabin during a time that the Camp Staff deems appropriate.

Your Son's Name
West End House Camp
294 Road Between the Ponds
Parsonsfield, ME 04047

Office Hours

The camp office is available year-round for inquiries and assistance.

Summer Office Hours:

- Morning: 8:30 AM to 12:30 PM
- Afternoon: 1:30 PM to 6:00 PM

Calls received outside these hours may be answered by non-office staff or directed to voicemail. Non-urgent messages will be returned during regular office hours.

Contact Information:

- **Main Phone:** Kezar - 207-625-9365
- **Email:** admin@westendhousecamp.org

Email should be used only for urgent matters or administrative concerns. Please avoid using email as a substitute for sending letters to campers.

Telephone Policy

Campers are not permitted to use the telephone during their stay. This policy minimizes homesickness and helps campers fully engage in camp life. We ask parents to refrain from calling their children, as phone calls can unsettle campers and disrupt their adjustment to camp. For special occasions, such as birthdays, send your greetings in writing. If you need to address an urgent issue with your child, please contact the camp's Executive, Camp or Assistant Director.

Birthdays at Camp

We love celebrating campers' birthdays at West End House Camp! Here's how we make the day special:

- Campers receive a birthday cake during a meal on their special day, and the entire camp will sing Happy Birthday.
- Non-food gifts are welcome and can be sent ahead of time or left with camp staff to be presented on the camper's birthday.

Respecting Religious Diversity

West End House Camp welcomes campers of all faiths and supports religious observance.

- Campers will be provided with space to pray as needed.



THINGS TO THINK ABOUT FOR NEXT YEAR

Parent Survey

At the end of every session, watch your inbox for a link to our online parent survey. Your feedback is valuable in helping us make important decisions about managing camp each summer. The survey shows your results immediately, allowing us to respond to comments on an ongoing basis throughout the current summer, as well as next year, as parents respond. Your feedback is very much appreciated.

Financial Information

Discounts

West End House Camp offers the following discounts to support camper families:

- **Early Enrollment Discounts:**
 - Available for all sessions, though the discount amount is smaller for shorter sessions.
 - Registrations must be received by **October 15th** to qualify.
- **Referral Rewards:**
 - Campers who refer new campers receive a **discount**.

Payment Policies

- **Tuition Balance:** The full tuition balance is due by **June 15th**. The camp will send an invoice in March, detailing payments made and any discounts applied.
- **Extensions:** If a camper extends their stay, the additional tuition must be paid before the next session begins.
- **Flexible Payment Options:** Families wishing to spread out payments may contact the office to make arrangements. Full payment must be completed before the camper's session begins.
- **International Payments:**
 - Payments must be made in U.S. dollars using international money orders or drafts processed through a U.S. corresponding or Federal Reserve Bank.
 - Credit card payments are accepted but incur a **3.9% convenience fee**.

Financial Aid/Camperships

West End House Camp offers limited partial scholarships for families demonstrating need:

- **Campership Application:** Our application can be found on the website
- **Philosophy:** The camp strives to allow every boy to attend camp regardless of financial means to the best of our ability.



AREA INNS

Nearby Inns, Motels, and Hotels

The following accommodations are near West End House Camp. We recommend booking well in advance, as local lodgings can fill up quickly during the summer months.

Local Inns and B&Bs

- **The Cornish Inn** (Cornish, ME): (207) 625-9243
- **Jeremiah Mason House Bed and Breakfast** (limerick, ME): (207) 793-4858
- **Mid-Way Lodging** (Cornish, ME): (207) 625-8835

Nearby Vacation Destinations

For those exploring the area, consider staying in these nearby locations:

- **Portsmouth, NH**: About 1.5 hours from camp.
- **Portland, ME**: About 1 hour and 10 minutes away.
- **North Conway, NH**: About 1 hour north of camp.



Our Mission Statement:

“Our mission is to provide an exceptional summer camp experience for boys from diverse backgrounds, ensuring financial accessibility so that all can participate. We are dedicated to fostering lifelong friendships and strong connections among campers, staff, and alumni, creating a supportive and enduring brotherhood. Through our programs, we aim to nurture self-confidence, independence, and character development, empowering campers to grow into engaged, contributing community members and leaders of high integrity.





West End House Camp Annual Physician Statement

Participant Name:

Date of Birth:

A copy of a current physical (completed within the 12 months prior to the participant attending camp) may be used in the place of this form.

**Please remember, the participant may only bring the medications outlined by their physician to camp with them—including over the counter medications—and all medications must be kept in the Health Center. This includes any anti-itch creams/ointments such as hydrocortisone, Benadryl, and similar products. Medications will only be administered as prescribed or ordered by the participant's physician. Health Center staff can not alter the frequency, dosage, or time of any medication.

Allergies: No known allergies or Known Allergies (LIST and REACTION to allergy)

Diet: No dietary restrictions or Dietary restrictions (LIST)

The participant is under the care of a physician for the following conditions (LIST): None Asthma

Medications (please include all medications, including over the counter and as needed medications):

No daily or as needed medications Will take the following daily or as needed medications while at camp:
(name, dosage, administration times, and frequency)

Other treatments/therapies to be continued at camp/program: (describe below) None needed

Will the camper require limitations or restrictions while in camp/program? Yes (please describe) No

I examined this individual on _____, In my opinion, the applicant is able to participate in an active camp program provided the above outlined restrictions are followed, if applicable. Immunizations are attached.

SIGNATURE OF LICENSED MEDICAL PERSONNEL: _____

Date: _____ Print Name: _____

Address: _____ Phone: (_____) _____



West End House Camp Emergency Medication Permission Form

TO: Parents of children **medically required to carry at all times epi pens, inhalers or other emergency medication and to self-administer such medication:**

RE: State of Maine law regulating carrying and self administering emergency medications by children

These forms are not necessary for those campers who are not medically required to carry at all times and to self-administer emergency medications (such as epi pens and inhalers). As always our health staff will provide regular supervision of prescription medications and all medical needs for campers.

The State of Maine has passed a law that affects all campers who are medically required to carry at all times and to self-administer emergency medication while at camp. These are campers who have been diagnosed to be at risk for a potential medical crisis such as asthmatic attacks or allergic reactions. The medications include, but are not limited to, **an asthma inhaler or an epinephrine (epi) pen**. The law establishes procedures that camps must follow to permit camper to carry and self-administer emergency medications.

To comply with this Law, all Maine camps are required to have a written policy providing that campers may carry and self-administer emergency medications provided the following conditions are met.

- A. Any camper who needs to carry and self-administers emergency medication must have the prior written approval of the camper's primary health care provider and the camper's parent or guardian;
- B. The camper's parent or guardian must submit written verification to the camp from the camper's primary health care provider confirming that the camper has the knowledge and the skills to safely self-administer the emergency medication in camp;
- C. The camp health staff must evaluate the camper's technique when they arrive at camp to ensure proper and effective use of the emergency medication in camp.

If you want your camper to be able to carry and self-administer, you and your camper's primary health care provider **must provide written approval. Please complete the following form which can also be found on CampDoc.com.**

All forms should be submitted by June 15th.

Thank you in advance for helping us comply with this new law. As always, please call with any questions or concerns.



WEST END HOUSE
EST. 1908
CAMP

PERMISSION FORM

APPROVAL FOR CARRYING AND SELF-ADMINISTERING EMERGENCY MEDICATION

As the primary health care provider for (camper's name) _____, I order the carrying and self-administering, as medically necessary of the following medications by the above named camper: (Circle all that apply or list other emergency self-medication device.)

- a. Asthma Inhaler
- b. Epinephrine Pen

Further, I confirm that this camper has the knowledge and the skills to carry and safely self-administer the indicated emergency medication in camp.

Primary Healthcare Provider signature

Date

PARENT PERMISSION FORM

USE OF SELF-ADMINISTERED EMERGENCY MEDICATION

As the parent or guardian of (camper's name) _____ I approve of the carrying and self-administering, as medically necessary of the medications listed above by my child:

Further, I confirm that my child has the knowledge and the skills to safely carry and self-administer the above listed emergency medication in camp.

Parent or Guardian signature

Date

West End House Behavior Contract

As a member of the West End House brotherhood, it is expected that you will uphold the SPIRIT of the House while you are at camp and hopefully beyond. Please read the expectations below, sign the last page and email or text a picture of it to info@westendhousecamp.org. If the SPIRIT of the House is broken, the camp will implement our behavior management plan (please see the Parent Guide for more information).

S.P.I.R.I.T. of the House

Social, Perseverance, Independence, Responsibility, Integrity, Teamwork

Social goals: *Communicating and creating meaningful relationships.*

- Campers will establish meaningful friendships with other campers.
- Find a positive role model amongst counselors and camp staff.
- Be encouraged to express their feelings constructively.

Perseverance goals: *Continued effort toward achievement*

- Campers will display a willingness to learn new skills and participate in new opportunities.
- Improve on several skills (ex. swimming, waterskiing, archery, fitness, athletics).
- Receive affirmation for skill area achievement(s) through praise, smiles, high fives, fist bumps, camp announcements and formal awards at the end of each session and the end of the summer.

Independence goals: *Learning and applying life skills*

- Campers will organize and take care of their personal space and belongings
- Participate in daily cabin clean-up.
- Achieve all daily hygiene goals including brushing teeth, changing clothing and showering.
- Participate in overall beautification of the camp. Examples include “reverse littering” (picking up trash), returning clothing, putting equipment away and other opportunities.

West End House Behavior Contract

Responsibility goals: *Being accountable to yourself and others*

- Campers will give respect to peers, camp staff, environment and personal belongings and receive the same respect in turn.
- Respect and receive appropriate privacy.
- Follow the daily schedule of camp events by arriving promptly with the appropriate attire.

Integrity goals: *Honesty with sound moral character*

- Campers will follow safety rules and follow the direction of staff.
- Own their actions/attitudes and apologize for any wrongdoing.
- Abide by the golden rule, “Treat others as you wish to be treated.”
- Welcome the differences of others and embrace other(s) individuality.

Teamwork goals: *Working for a common cause*

- Campers will work together towards a common goal.
- Learn to effectively communicate with others.
- Learn positive techniques for problem solving.

West End House Behavior Contract

S.P.I.R.I.T. of the House

Social, Perseverance, Independence, Responsibility, Integrity, Teamwork

I, _____, promise to do my best to meet each of the goals of the Spirit of the House including:

- Campers will establish meaningful friendships with other campers.
- Find a positive role model amongst counselors and camp staff.
- Be encouraged to express their feelings constructively.
- Campers will display a willingness to learn new skills and participate in new opportunities.
- Improve on several skills (ex. swimming, waterskiing, archery, fitness, athletics).
- Receive affirmation for skill area achievement(s) through praise, smiles, high fives, fist bumps, camp announcements and formal awards at the end of each session and the end of the summer.
- Campers will organize and take care of their personal space and belongings
- Participate in daily cabin clean-up.
- Achieve all daily hygiene goals including brushing teeth, changing clothing and showering.
- Participate in overall beautification of the camp. Examples include “reverse littering” (picking up trash), returning clothing, putting equipment away and other opportunities.
- Campers will give respect to peers, camp staff, environment and personal belongings and receive the same respect in turn.
- Respect and receive appropriate privacy.
- Follow the daily schedule of camp events by arriving promptly with the appropriate attire.
- Campers will follow safety rules and follow the direction of staff.
- Own their actions/attitudes and apologize for any wrongdoing.
- Abide by the golden rule, “Treat others as you wish to be treated.”
- Welcome the differences of others and embrace other(s) individuality.
- Campers will work together towards a common goal.
- Learn to effectively communicate with others.
- Learn positive techniques for problem solving.

I understand that if I break any of the expectations set forth, there will be consequences for my actions that will be determined by the camp's administrative staff.

Camper Signature

Parent Signature