



American Youth Foundation Miniwanca

Four Trails Camper and Family Handbook



My own self, At my very best, All the time

2011

Table of Content

Welcome to Four Trails	1
The Four Trails Experience	2
What is the Miniwanca Four Trails Program?	
How should I prepare?	
Am I able to communicate with my camper while they are on trail?	
Do campers need spending money on trail?	
How will Miniwanca respond if there is an emergency on trail?	
Essential Equipment and Clothing Information	5
What type of equipment do I need?	
What specifics should I look for in the clothing that I use on trail?	
Program and Trip Specifics	7
Trailblazer	
Explorer	
Adventurer	
Voyageur	
Odyssey	
Frequently Asked Questions	11
How should I bring my belongings to camp?	
Does my child need a passport?	
I am going on a cycling trip; may I use my own bicycle?	
What is a compression sack?	
Mail for Campers	12
Trailblazer, Explorer and Adventurer mail	
Voyageur mail drop	
Odyssey mail drop	
Responsible Camping	13
Eight ways to be responsible in the outdoors	
Sanitation and Hygiene on Trail	14
Disposal of waste	
Personal hygiene	
Illness prevention	
Contact Details	15

Welcome to Four Trails

We are excited that you have enrolled in a 2011 Four Trails program! Your decision to enroll in an adventure trip is just the beginning of a challenging and rewarding experience.

Please take the time to read through this packet and additional information carefully, ensuring that you understand its contents. We share this information with you to help prepare you for the adventure ahead.



Four Trails campers are very lucky, in that they take the ideals of best self, balanced living and developing positive communities out of the camp boundaries and into the wider world. Rising to the challenge set by our founders, Four Trails campers have the opportunity to Aspire Nobly, Adventure Daringly and Serve Humbly.

If you have any questions or concerns about the items in this packet, please feel free to contact me on the details listed on page 15.

Happy Trails!

A handwritten signature in cursive script that reads 'Gabrielle Darroch'. The signature is enclosed within a large, loopy oval shape.

Gabrielle Darroch
Program Manager
Four Trails

The Four Trails Experience

What is the Miniwanca Four Trails Program?

Four Trails is a program that allows campers to take all of the philosophies of Miniwanca Girls and Boys Camps out on trail. Whether they are cycling, paddling or hiking, campers strive toward being their best selves, living a balanced life and becoming part of many different positive communities.

The Four Trails program extends over five years offering experiences that are designed to provide a progression of skill development, confidence building and which require increasing levels of energy, commitment and effort. The success of the experience relies upon active participation, initiative and responsibility from each member of the group to achieve the desired outcomes. Leaders teach and guide the process, while campers assume leadership roles and responsibilities for everyday tasks.

How should I prepare?

The heart of the AYF philosophy is our motto, “My own self, At my very best, All the time.” Commitment to this ideal before the trip begins is vital for a successful experience. However, no previous trip experience is required for our trips but it is important to read through the information provided and follow the suggested guidelines. This will enable you to prepare properly and make your summer an amazing and memorable experience. As a general guideline, please make sure to read, understand the following:

- Physical Fitness and Training Guidelines
- Trip Packing Lists
- Additional Explorer, Adventurer, Voyageur or Odyssey Handbooks

What will time in-camp look like for Four Trails campers?

Our Four Trails campers are a part of both the Girls and Boys Camp communities. Each group will spend varying amounts of time in-camp and on the trail. Campers participate in activities and events in camps, as well as preparing for their out camping experiences. Time in camp will be allotted to build hard skills in areas such as: general camp-craft, cycling, paddling, Leave No Trace ethics and preparation of all logistical aspects for a trip. Campers will also spend time developing their small group community through activities such as the team challenge course and high ropes course.

Am I able to communicate with my camper while they are on trail?

Four Trails campers are sometimes in environments where telephones may be available, particularly on bicycle trips. We ask our campers not to call home or contact outside friends or family, as this can be distracting to the camper’s and the group’s experience. We also ask all campers to leave cell phones and other electronic devices at home for the duration of camp for those same reasons. If it is necessary that parents get in touch with a camper while he or she is on trail, Miniwanca will facilitate contact with the group. Letters and other mailed items will be distributed to campers when they are in-camp, at re-ration, or at designated “mail drops” (Please refer to page 12).

Do campers need spending money on trail?

Before departing camp for the trail (particularly cycling trips where groups will be in more populated and urban areas), campers and leaders may request spending money from their camp store accounts for opportunities for purchasing things such as postcards, memorabilia or other small items while on trail. It should not be necessary for any major expenses while on trail, particularly if campers arrive with appropriate clothing and gear. We encourage parents to have a conversation with campers about spending priorities while on the trail. Leaders will also assist campers in managing spending money.

We encourage the following **maximum** amounts for spending money:
Trailblazer/Explorer-\$30, Adventurer-\$50, Voyageur-\$50, Odyssey-\$100

What if my child is traveling to Canada?

Miniwanca must have proof of citizenship for your child to travel across the Canadian border. This applies to campers in the Odyssey or Voyageur programs. Campers should bring their passports or passport card to registration, where they will be collected and stored in safekeeping until they are needed for the trip.

What happens with medications on the trail?

While in-camp, all medications will be kept and dispensed by the Miniwanca Health Team. Our Four Trails leaders are advised on correct medication dispersal by our Health Team and while on trail will dispense medications to campers. It is imperative that campers requiring **inhalers or epi pens** have **TWO supplies** of each medication.

Can campers wear prescription eyewear on trail?

Glasses or contacts are both acceptable on trail. Campers should bring an **extra pair of glasses or contacts** in case one pair is damaged or lost.

What are some risks of being on trail?

Being on trail means that campers venture out and interact with the real world, this also means they encounter some additional risks. Due to the unpredictability of the real world some of these risks may include: strangers, traffic and roads, weather, the environment, separation from the group and social challenges. Please ensure that you and your camper are aware of and discuss these risks.

How will Miniwanca respond if there is an emergency on trail?

Our Four Trails leaders have first aid training and most are certified Wilderness First Responders and are trained to handle a variety of medical situations. These staff also complete three weeks of specialized staff training that covers topics including risk management and emergency response. Leaders carry cell phones, as well as satellite phones (when necessary) to communicate with outside emergency personnel and the on-site Miniwanca staff who help manage any events that occur. If there is an injury, illness or other significant event, Miniwanca staff will contact parents at the earliest opportunity.

What happens if a camper must be removed from the trail or a program?

If it is necessary for a camper to be removed from the trail for any reason, parents are responsible **for all associated transportation costs**. These costs may include, but are not limited to; airfares, taxi fares, shipment of camp and personal equipment.

Following the preseason training guidelines is essential to your camper's success. If a camper does not demonstrate adequate physical fitness during the first days in camp and on the shakedown, we may determine that he/she is unable to continue or participate in the trip. The Miniwanca staff will work hard to assure the success of each camper in the Four Trails program. If a situation arises in which a camper is physically unable to continue or his/her behaviors become detrimental to the success of the group, several steps will be taken to resolve the issue.

Firstly, the leaders and camper will talk with the Program Manager to explore options that may allow the camper to continue with the group. The next step is for Miniwanca to inform the parents of the situation and the actions being taken to resolve it. Parents may ask to talk with their child to discuss the situation. After these steps have been taken, the program coordinators and camp directors will decide (not the leaders or camper) if a removal from the program is required.

Trailblazer Boys, Session B 2010



Essential Equipment and Clothing Information

It is important that you arrive at camp with the appropriate gear and attire to keep you safe and comfortable in the outdoors.

What type of equipment do I need?

Miniwanca supplies most of the general group gear and some personal equipment for trips. This includes bicycles, panniers, kayaks, paddles, personal floatation devices, tents, cooking gear, first aid packs and stoves. Campers are responsible for bringing the remaining personal gear items listed on the packing lists. If you own a bicycle that you find comfortable, and would like to bring it to Miniwanca please contact Gabrielle Darroch for further details.

Sleeping bags:

Sleeping bags are your best means of staying warm. Miniwanca requires synthetic fill bags **(no cotton)** for our campers and recommends mummy style bags with hoods. Bags rated to 30 degrees should be sufficient for summer use, but warmer 10-20 degree bags are great for all-around use.

Sleeping pads:

Sleeping pads are used for two main functions: they keep you comfortable especially on hard and uneven ground, and they provide an important layer of insulation between you and the ground. Dense 'closed cell foam' pads or self-inflating pads work well on trail.

Additional necessary equipment items, along with further details and specifics for each trip, can be found on the **Packing Lists** for each program.

What type of clothing should I bring?

Proper clothing and equipment is essential in creating fun, safe experiences in a variety of settings. While at camp and on trail you must be prepared to live and travel in all weather conditions - warm, cold, wet or dry. Temperatures may vary from the 40s to the 90s. All of the required and recommended clothing items can be found on the packing lists for your specific Four Trails program. Your gear does not have to be expensive, but it does have to keep you warm and dry.

What specifics should I look for in the clothing that I use on the trail?

Sizing and layering:

As you look at what clothes to bring this summer, make sure that you allow ample room for layering clothing on top of one another. Your rain jacket should be big enough to allow you to wear several layers underneath it without feeling tight or restricted. Also, your heaviest insulation layer should fit comfortably over a lighter layer, which should fit comfortably over your thin polypro. Clothing that is too tight holds less air and is consequently less warm.

Fabrics – keeping warm: wool, fleece, polypropylene, synthetic

You will notice that the insulating clothing layers on our equipment list has a note next to it that specifies 'polypro' or 'fleece or wool'. Polypro is a thin fabric generally made of 100% polyester or polypropylene. Fleece indicates a thick, fuzzy fabric made of 100% polyester such as Polartec. Polypro, fleece and wool insulate even when they are wet, it is essential that you are able to bundle up entirely in these fabrics should the need arise.

Cotton does not insulate when wet, as it draws heat away from the body. Please do not substitute cotton sweaters or polyester/cotton blends for these insulating fabrics.

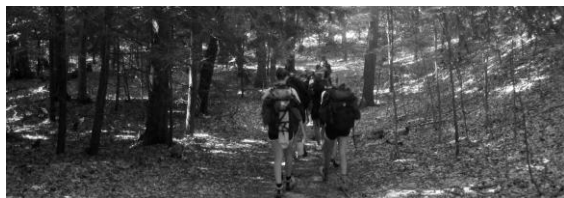
Fabrics – keeping cool: synthetic, quick-drying and cotton

When exercising it is often preferable to wear synthetic or quick-drying fabrics that allow your body to perspire and yet dry quickly if the climate changes or you stop exercising. On really hot days cotton fabrics can be helpful because cotton retains moisture and thus keeps your body cool. At the end of a long day, *dry* cotton items can help your skin air out and breathe better, which is especially necessary after wearing synthetic bike shorts or a damp bathing suit all day. Quick drying items are good for vigorous days on the trail and a few breathable items are great for campgrounds in the evening.

Fabrics – keeping dry: raingear

Raingear is one of the most important pieces of equipment you have in the summer. It doesn't need to be expensive, but it does need to be **waterproof** and the rain jacket must have a hood. Unacceptable raingear includes any type of warm-up jackets, wind-breakers or plain nylon jackets, as well as ponchos. Any jackets or pants that have non-polyester or a cotton lining are also unacceptable. Miniwanca recommends you test out your raingear prior to arrival by taking a two to three minute shower in your raingear with clothes on underneath. Afterwards, check to see if any water leaked through.

Explorer Girls, Session B 2010



Program and Trip Specifics

On opening days parents will receive a calendar indicating the expected travel itineraries for their campers. This information, as well as updates about the trips, can also be located on our Bunk1 newsletter. Further details and trip information for each program can be found in this section of the handbook.

Trailblazer

The Trailblazer program is the first of our Four Trails trips. The Trailblazers' get the opportunity to explore the Manistee National Forest environment through a combined five day hiking and canoeing trip.

Before going out on trail the Trailblazers will spend up to two interest groups a day learning the necessary camping and canoeing skills for their trip. These include but are not limited to; navigation, shelter construction, Leave No Trace ethics, cooking and camp fire safety.

Campers travel via 15 passenger van to the Manistee River and National Forest area. Each Trailblazer trip will spend two and a half days hiking the North Country Trail and two days canoeing the Manistee River. The North Country Trail winds along the Manistee River, which is also a great beginner location to introduce our Trailblazers to canoeing, before being picked up and transported back to camp.



Explorer

Our Explorer groups head out on trail twice per session. Prior to each departure, they spend time teambuilding on our ropes courses, preparing gear and food with the logistics team, reviewing the appropriate safety policies and procedures necessary for their time on trail. Campers return to camp between each component of the program to reset and prepare for the next component. This year campers in Session A will canoe and cycle, while campers in Session B will hike and cycle.

Cycling tour: Six days, five nights—North Western Michigan
The campers depart from Miniwanca and head north along the Michigan shoreline. The groups will pass through Pentwater, Ludington and Manistee, cycling possibly as far north as Frankfort. The route then loops back south through Brethren and Branch as it returns to Miniwanca.



Please read the accompanying **Cycling Camper and Family Handbook** for further information.

Canoe trip: Five days, four nights—Manistee River

The Manistee River is one of the finest rivers in Michigan’s lower peninsula and is well-suited for beginner paddlers. Campers travel via 15 passenger van to their drop-off point on the Manistee River in Kalkaska County. The group travels down river for five days, camping alongside the river at night. They cover approximately 10 to 15 miles per day and a total of approximately 60 miles of river.

Hike trip: Five days, four nights—Michigan

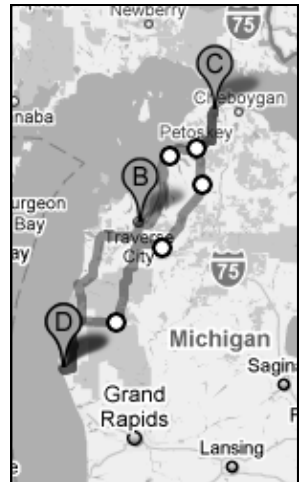
Campers drive to their starting location, from there they will hike between five and 12 miles a day. Campers carry with them in their packs all that they need for this five day adventure, including food, fuel and shelter. Campers are picked up and return to camp.

Adventurer

Our Adventurer campers use the first several days of camp to get ready for their on trail experience. Time is spent packing out food and gear, learning the hard skills required for bicycling and reviewing the appropriate safety policies and procedures necessary for the trail.

Cycling Tour: 13 days, 12 nights –Michigan

Campers carry with them almost everything they need in rear panniers and on bike racks, including tents, sleeping bags, first aid kits and bike repair equipment. Food and meals are purchased along the way. The mileage covered each day averages between 30 and 70 miles and depends largely on the group and other unforeseen variables. The group departs from Miniwanca and travels a loop of approximately 500 miles around Michigan’s northern portion of the “mitten”. The group will pass through both National and State Forest Lands, along Michigan’s scenic coastline and through towns such as Traverse City and possibly as far north as Mackinaw City.



Please read the accompanying **Cycling Camper and Family Handbook** for further information.

Kayaking Tour: Seven days, six nights –Michigan

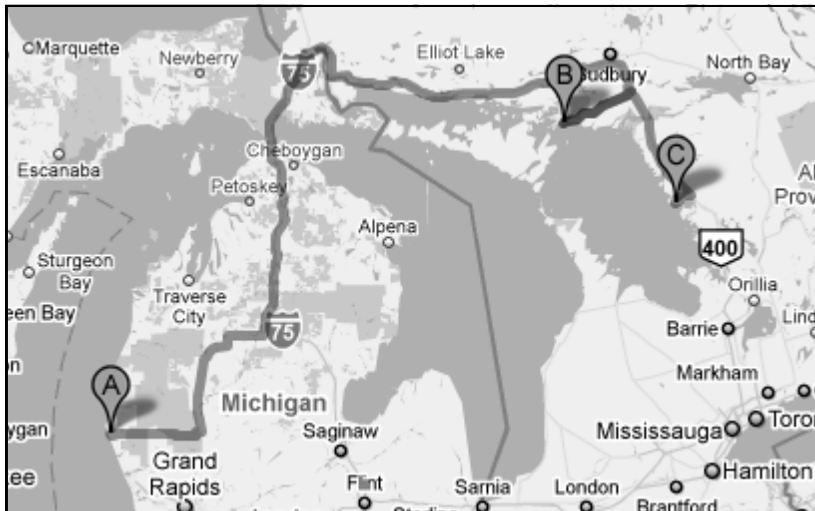
Campers will complete a seven day kayaking trip in Michigan. Campers will spend approximately a week learning basic paddle strokes, rescue techniques, wet exits, navigation skills and many other components necessary for an extended kayaking trip. The group also completes a “shakedown” trip to our Well Site, before heading out on trail. The Adventurer kayakers will return to camp for approximately the last six days of the three week session.

Please read the accompanying **Kayaking Camper and Family Handbook** for further information.

Voyageur

The first week of camp is dedicated to skill building and kayaking practice on both Stony Lake and Lake Michigan. The group reviews basic paddle strokes, rescue techniques, wet exits, navigation skills and many other components necessary for an extended kayaking trip. The groups will also complete a “shakedown” trip to our Well Site.

Kayaking Trip: 21 days, 20 nights – Georgian Bay, Ontario



Campers take two days to drive to Canada and their put in point at Killarney, the groups then spend the next 21 days paddling eastward through the Georgian Bay along the northern shoreline of Lake Huron.

The groups paddle through the Fox Islands, French River Provincial Park, Bustards Islands, Bayfield Inlet, Big McCoy area, Franklin Islands and many other places along the way. A Miniwanca staff member will meet the group at the halfway point for re-ration with fresh food and supplies. At the end of the voyage, the group paddles into Snug Harbor in Parry Sound where they are picked up to travel back to Miniwanca.

Please read the accompanying **Kayaking Camper and Family Handbook** for further information.

Voyageur Boys, 2010



Frequently Asked Questions

There is a lot of stuff on the packing list, do I need to bring it all?

You are required to bring all of the items on the 'Required Items' list as these will ensure your health and safety while on trail. It is also important to bring the other items as you will have a chance to try them out at camp before heading out on trail and a chance to discuss these items with your leaders.

What should I bring my belongings to camp in?

You may bring your things to camp in the same way as if you weren't going on trail, a truck or duffel. Miniwanca provides the technical equipment (dry bags, rucksacks and panniers) for the transportation of your belonging while on trail.

What happens to my belongings that I don't take when I'm out on trail?

If you are a Trailblazer, Explorer or Adventurer then you will leave your belongings in your cabin until you return. If you are a Voyager or Odyssey camper then your belongings (packed into your duffel or trunk) will be stored away from curious animals.

How do I tell if my rain jacket is waterproof?

It is a requirement that your rain gear is waterproof. The best way to test this is to take a shower in your rain gear. Appropriate rain gear does not need to be expensive, with Frog Togs being a good inexpensive option.

Do I need to waterproof my equipment if I am not going to be on the water?

Yes. You want to take every precaution to prevent your clothing and sleeping items from getting wet. Strong garden waste bags are great to use as liners for your rucksack, panniers or dry bags. In addition to liners for smaller items it is good to have zip lock bags.

My camper is cycling or kayaking, does he/she still need rain pants?

Rain pants are a vital layer of protection from the elements not only when cycling but once at camp. They not only keep you dry but act as an additional barrier to the wind.

Does my child need a passport?

If your camper is participating in the Voyageur or Odyssey programs then YES, your son or daughter will need a valid passport or passport card to enter and return from Canada.

I am going on a cycling trip; may I use my own bicycle?

You may use your own bicycle provided that has been approved by the Four Trails Manager. Because your bike may be different from those supplied, we require that you provide a spare tire, five spare tubes and five spare spokes, along with a pump if it is not a Schrader valve system. Some bicycles are not equipped to carry a load, have your bike checked at a bike shop to ensure it has touring wheels and that a rear rack may be fitted.

My camper is cycling, how do they carry belongings while riding?

All cycling trips use bags called panniers, which are essentially saddle bags for a bicycle. Campers will receive a bag for each side of their rear tire, in which they pack their personal items and some group gear. Other equipment is then strapped on to the top of the rack.

What is a compression sack?

A compression sack is a bag into which you stuff your sleeping bag; it has straps on the outside, which allow it to be compressed, making your sleeping bag smaller. This is an important piece of equipment, as space on all trips is limited and by removing the excess air from your sleeping bag you create more space for food and group equipment.

What type of hiking boots do you recommend?

If you are planning to purchase hiking boots it is essential that they are well worn in months before the trip. A good hiking boot should be sturdy without a lot of sole flex and should provide the ankle with rigid support. Hiking boots are not required for our Four Trails hiking trips, a comfortable pair of all terrain sneakers will suffice.

If you have any questions please contact, Gabrielle Darroch on the details listed on page 15.

Mail for Campers

Trailblazer, Explorer and Adventurer campers

Trailblazer, Explorer and Adventurer campers will receive mail in camp before, between and after their trips. All mail received for campers while they are out on trail, including Bunknotes will be stored for them until they return.

Voyageur camper mail drop

Voyageur campers can receive mail at re-ration mid way through their time on trail, giving families and friends the opportunities to communicate with campers. Likewise campers will be able to send mail from re-ration. Miniwanca staff will transport all accrued mail and Bunknotes to re-ration. This means that all mail for the Voyageur campers needs to arrive at Miniwanca no later than **July 11th**.

Odyssey camper mail drop

Odyssey has two prearranged mail stops, giving families and friends the opportunities to communicate with campers on trail. Likewise campers will be able to send mail at various points along their routes. **As stated previously;** due to the nature of the bicycle trip, it is **not** guaranteed that groups will be in these towns during post office operating hours or on/after the days listed in this handbook. If the group is unable to pick up mail at a designated location, we will try to forward it to the next mail drop, or Miniwanca.

Camper Name - Camp Miniwanca

GENERAL DELIVERY

PLEASE HOLD FOR PICK UP

2591 Main St,
Lake Placid, NY 12946

**Mail must be received by July 5th at
the New York mail drop address.**

Camper Name - Camp Miniwanca

GENERAL DELIVERY

PLEASE HOLD FOR PICK UP

2585 Goodells Rd,
Goodells, MI 48027

**Mail must be received by July 18th at
the Michigan mail drop address.**

Responsible Camping

Take only pictures, leave only footprints

Leave No Trace is an organization that focuses on outdoor environmental ethics. At Miniwanca we use their seven basic principles to ensure that we have as little impact on the natural world as possible.

Plan ahead and prepare

- Have a designated route planned out; always carry a map, directions, and a compass.
- Know the weather forecast and be prepared for any weather you might encounter.
- Be ready for emergency situations and have an effective plan to contact assistance.
- Have designated camping areas reserved before you leave, and a list of alternatives.
- Repackage food before you leave in order to minimize waste.

Travel and camp on durable surfaces

- Durable surfaces include established trails, campsites, rock, gravel and dry grasses.
- Camp at least 200 feet from lakes and streams unless a campsite is designated there.
- Use designated trails and campsites throughout your trip.

Dispose of waste properly

- Pack it in, pack it out, and bring all trash, hygiene products and food scraps with you.
- Use a composting toilet when possible. Otherwise, deposit human waste in cat holes six to eight inches deep at least 100 feet from water, camps, and trails, fill and disguise the hole. Pack out toilet paper in a plastic bag and then a brown paper bag.
- When brushing your teeth, spray out the water and toothpaste in an arc.
- To wash dishes or yourself carry water and a small amount of biodegradable soap 200 feet away from streams or lakes, and then scatter strained dishwater.

Leave what you find

- Do not take any natural objects with you; leave everything as you found it.
- If you move something, put it back exactly where you found it.
- Avoid introducing or transporting non-native species.

Minimize campfire impacts

- Use a lightweight stove for cooking.
- Burn all wood and coals to ash, put out the fire completely, and scatter the cool ash.
- Where fires are permitted, use an existing fire ring, keep fires small.
- Only use dead and fallen wood.

Respect wildlife

- Protect wildlife and yourself by storing your food and trash securely in bear bags.
- Observe wildlife from a distance, do not follow, approach them or feed them.

Be considerate of other visitors

- Take breaks and camp away from trails and other visitors.
- Be courteous, keep your voices down when traveling and yield to other travelers.

Sanitation and Hygiene on Trail

Disposal of food waste

- Leftover food should be packed out.
- Water waste must be strained, grey-water should be scattered, while the food particles are packed out.

Disposal of human waste

- Leave No Trace encourages the use of cat holes for disposal of human waste.
- Cat holes should be well spaced out.
- After using a cat hole, dirt should be mixed into the hole and the hole filled in.
- Even while on the trail, urination must be taken care of well away from water.
- Toilet paper and feminine hygiene products are carried out in individual trash bags.

Dishes

- Personal eating utensils and group cooking gear should be washed with soap daily and sterilized weekly.
- Ensure that the biodegradable soap is thoroughly rinsed off.

Use of soap

- Soap must not be used in lakes and streams; cleaning of clothes and self must be away from water ways.
- Soap must be biodegradable and only used at least 200ft from the water source.
- Personal bathing can be accomplished by jumping into water, lathering 200ft from water source and rinsing soap completely by pouring pots of water over your body.

Personal hygiene

Your enjoyment along with your ability to maintain your health while on trail depends largely on your efforts in personal hygiene. Most illnesses that occur on programs result from poor personal hygiene and due to shared living spaces illness can spread rapidly among group members. The illness causing pathogens can be contracted by ingesting water contaminated with human and animal fecal matter (i.e. E.Coli, Giardia), unsanitary hands touching food/water, poorly cooked/stored food, sharing utensils/lip balms/drink bottles and poor washing habits.

Prevention is better than cure

- Campers MUST WASH REGULARLY to discourage infection and illness
- Hand washing is imperative – after toileting, before touching/preparing food.
- Use anti-bacterial hand sanitizer when water and soap are unavailable.
- Socks and underwear should be changed regularly and washed when necessary.
- Cotton underwear is recommended as it allows the body to breathe.
- Bathe away from water sources, a wash cloth can be helpful when water is cold.
- Using baby wipes works well but does produce waste to be carried out.
- Do not share drink bottles, lip balms or eating utensils.
- Wash utensils and bowls regularly and sterilize once a week with boiling hot water.
- Don't reach into bags containing food (pour food out instead).

Contact Details

In your preparations for the summer please direct any questions regarding the information contained within this handbook, or other questions to Gabrielle Darroch on the details listed below.

Additional/replacement copies of this handbook, training forms and packing lists are available on the Miniwanca parent resources pages via www.ayf.com.

Please also find contact details for the Boys and Girls Camp Directors, the Registrar and the Director of Miniwanca.

Gabrielle Darroch, Program Manager	231 861-2262 x1112	gdarroch@ayf.com
Luke Petsch, Boys Camp Director	231 861-2262 x1101	lpetsch@ayf.com
Liz Marshall, Girls Camp Director	617 431-7027	lmarshall@ayf.com
Paula Klotz, Registrar	231 861-2262 x1113	paklotz@ayf.com
Tom Moore, Director of Miniwanca	231 861-2262 x1104	tmoore@ayf.com

Please note that some of these numbers and extensions will change once summer begins and that the best way to contact us throughout the summer is to call the Miniwanca main line (listed below).

American Youth Foundation - Miniwanca
8845 W. Garfield Road, Shelby, MI 49455
231 861-2262
www.ayf.com

Adventurer Girls, Session B 2010





American Youth Foundation

www.ayf.com

Miniwanca

8845 West Garfield Road
Shelby, Michigan 49455
231 861-2262 • 231 861-5244 (fax)



My own self, At my very best, All the time