



Culinary Camp 2025

Please direct general questions for summer camps to:

Summers at EMCC - McKinnlee Sickles
Eastern Maine Community College
354 Hogan Road
Bangor, ME 04401
Phone: 207.974-4690
Email: summers@emcc.edu

For emergencies or changes in schedules while camp is in session:

McKinnlee Sickles—Summer Coordinator
Cell: 207.735.8261

**Eastern Maine Community College is an equal opportunity/affirmative
action institution and employer.**

Dear Campers and Family,

We are very excited that you will be joining us for one of our programs this summer! The mission of our programs is to offer unique, innovative programming for campers that fosters creativity, leadership and individuality in accordance with the mission statement of Eastern Maine Community College.

Respect, enthusiasm and creativity are paramount in all our programs. We expect campers to be inquisitive, honest and energetic, and to be willing to try new things. We expect parents to help foster, and camp staff to welcome these characteristics, as well as understand that each child is an individual.

This handbook provides you with general information about our programs. Please share it with your child and if you have any questions or concerns, feel free to contact us using the methods below. We look forward to seeing you soon!

~ McKinnlee Sickles
Summers Coordinator at EMCC

Pick-Up/Drop-Off Procedures

On the first day of camp, please arrive between 7:45-8am, and see McKinnlee at the tent in front of Katahdin Hall (see directions below). We will briefly go over emergency contact information, verify the receipt payment and documents, identify “pick up people” and answer any questions you may have for us.

Staff will be available in front of Katahdin Hall between 7:45-8:0am and 3:45-4:00pm for the pick-up and drop-off of campers. This location is outdoors. In the event it is raining, campers will wait in the lobby of Katahdin Hall.

Please bear in mind that staff can only release campers to parents/guardians, or those listed as emergency contacts on the camper’s application. If you are late dropping your child off, need to pick up your child early, or need to make arrangements for another party to pick up your child, please contact the Summer Camp Coordinator as soon as possible.

If your child must leave our program for any reason, (doctor’s appointment, dance class, etc.) please notify staff when you drop them off in the morning.

Directions to EMCC: Traveling east on Hogan Road (towards EMMC) - turn right at the light across from Sam’s Club. Proceed up the road and turn left directly after the former Great Skates Plaza. At the stop sign, make a left turn and the driveway to Katahdin Hall will be on your right. There will be a tent and Table set up for drop off.

Expectations

We strongly urge parents and campers to review the following to prepare for our program and to ensure that our goals are compatible. If you have any questions or concerns on any of the following, feel free to contact us.

- It is **ESSENTIAL** that you let staff know if your camper has any food allergies. Our culinary instructors are amazing at working with any restrictions your camper may have, but only if they know about them in advance. In the past we have had campers that have nut allergies, are vegetarian, lactose-intolerant, and or are given gluten-free. As long as we are aware, we can tailor our program and recipes for campers with restrictions.
- We pride ourselves on the fact that our campers use every tool and appliance known to man (even mops and dishwashers since there is a lot of cleaning involved in cooking). They are kids and will be frying and cutting, so occasionally minor accidents do happen. The biggest challenge we have is reminding our campers to WALK at all times - something we stress both in (and out) of the kitchen. Because safety is our main priority, we will ask campers to take a brief “break” to compose themselves before rejoining our session if their behavior is dangerous.
- Campers CANNOT wear flip-flops or sandals during our program. They must wear close-toed shoes at all times - preferably sneakers. In addition, while campers do wear aprons, they will come home covered in everything you can imagine! This means stains and the occasional rip/tear. Encourage them to wear clothes they don't mind getting dirty or stained.
- Please refrain from sending your child with any electronic devices such as iPads, game systems, etc. These are major distractions to our programming, discussions and instructional time and will be confiscated. Campers are more than welcome to bring their phones and give them to staff until the end of day/pick up.
- For the protection of your child, please do not drop them off until a member of our staff is in front of Maine Hall. Our drop-off time begins at 7:45am and staff is not usually around before that time. In addition, it is essential that arrangements are made to pick up your child between 3:45-4:00pm. Our staff have other commitments that begin immediately after our program ends
- Campers are expected to respect camp staff, property, and other campers throughout the camp session. By using proper language, being polite and keeping their hands to themselves. We encourage and expect our campers to ask questions, follow directions, participate, have fun and try new things.
- Parents are expected to be available throughout our program in case of an emergency situation (illness, injury, behavior, etc.)

Expectations Continued:

- Parents are expected to notify camp should a camper be tardy or absent from the program, or if health or emergency contact information changes.
- Parents are expected to encourage and support campers and staff by maintaining a positive outlook on the camp experience and discussing any concerns with staff.

We have a “zero-tolerance” for bullying, physical violence or teasing. If this occurs, your child will immediately be asked to leave our program.

Our Staff

Our Summer Coordinator, McKinnlee Sickles, is an EMCC graduate. He Currently works for EMCC as the Resident Hall Director of Kineo Hall and is Responsible for Johnston Gymnasium. He has been apart of the EMCC community since 2017 and strives to make sure everyone has the best experience on campus.

Our Chefs come from the Flik Independent School Dining team and are food and nutrition experts. Responsible for all food services and catering at EMCC, Flik focuses solely on creating healthy, innovative and unique dining solutions where nutrition and culinary education are staple ingredients.

Refund Policy

The Cancellation Form can be found at the following address:

https://bangorme.myrec.com/info/household/members/custom_forms/add.aspx?FormID=42

For Questions Contact Bangor Parks and Recreation at:

Email: Parks.Rec@BangorMaine.gov

Phone: [207-992-4490](tel:207-992-4490)

Daily Schedule

It is important that parents and campers realize that our programs are full structured, hands-on activities. The overwhelming majority of our time is focused on developing our skills with other projects and possible field trips mixed in. We do not spend much, if any, time outside or engaging in recreational activities, yet our campers normally find avenues to release their energy. A typical schedule is as follows:

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7:45 - 8:00am	Arrival at Camp
8:15am	Breakfast & Morning Planning Session
8:30am	Programming Session #1
11:30am	Lunch/Activity Session
1:30pm	Programming Session #2
3:30pm	Clean-Up
3:45pm	Departure

We will provide your child with breakfast and lunch every day. In addition, there will be plenty of drinks, water and snacks for them to help themselves to. **Please note: We do not allow campers to drink coffee without a written note from parents.**

What to Bring

Please send your camper in clothing that can get dirty and sneakers (no flip flops or sandals). In addition, **electronic devices can be a major distraction to summer programming. Receiving calls, “texting”, wearing headphones or utilizing game systems, etc. during our program is not allowed and devices will be confiscated if necessary.** Please leave cell phones, video games and ipads and other unnecessary and inappropriate items at home and contact McKinnlee if you need to speak to your child.

Showcase Luncheons

It is important that our campers have the opportunity to share what they have created and learned during their time with us. On Friday of each week a camp is in session, we invite friends and family members to join us for a “Showcase Luncheon”. This is held from 11:30-1:00 pm in Katahdin Hall and RSVP cards and information will be sent home with campers at the beginning of their week. We request that campers limit their guests to 6 and encourage everyone to come hungry and willing to try new things.

The culinary portion of our program concludes after the Showcase Luncheon. Most campers choose to leave with their guests after our ceremony to get a “jump start” on their weekend. Arrangements can be made for campers to stay with staff until the usual departure time. In full disclosure, those campers who stay are charged with cleaning up after our Showcase Luncheon (lots of dishes!).