



YMCA Camp Nan A Bo Sho Confirmation Packet

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General Parent Information

Camp Nan A Bo Sho 2021

Thank you for registering for Camp Nan A Bo Sho! It will be a summer full of great fun, memories, and friends. Please read the following information carefully; it contains all of the important details you'll need to know before your child leaves for camp. We look forward to working with your child at camp.

Contact Information

Monday-Friday 8:30 AM-5:00 PM.
Apple Creek YMCA
920.733.9622

During summer months:
Camp Nan A Bo Sho
715.276.6084

Email: campnanabosho@ymcafoxcities.org or visit us at www.campnanabosho.org

Camp Director: Danielle Polzin

Camp Specialist/Member Service Director: Allison McGinnis

Required Materials

- Online Health History Form using Camp Doc
 - The online Health History Form needs to be completed within six months prior to your child's camp session. Campers will not be able to attend camp without this form completed in its entirety. The link to this form will be emailed to you within two weeks of your registration. If you do not receive an email from CampDoc, please let us know.
 - All wilderness trip participants (Ice Age Backpack, Menominee River Canoe, Pictured Rocks Backpack, Michigamme Canoe, and Superior Hiking Trail) must also have a licensed medical professional sign the physical exam section of the form within 12 months of your child's stay at camp. A copy of a physical form dated within 12 months of the date of attendance is acceptable.
- Balance Due
 - All final payments are due two weeks prior to the start of your camp program. Statement of Account confirming camp fees, discounts, and any previous payment will be mailed to you about 5 weeks prior to your camp attendance. Final payments for registrations done on-line will automatically be withdrawn one month prior to camp attendance. For all other registrations please pay on-line at www.ymcafoxcities.org or send the balance to Camp Nan A Bo Sho at 2851 E. Apple Creek Rd., Appleton, WI 54913. Weekly/monthly payment plans are also an option. Please call 920.733.9622 to set this up. The \$100 deposit per person is non-refundable.

Transportation

Bus routes and times are listed on pages 10 and 11. Please ensure your child has eaten before they get on the bus, or send a bag lunch to be eaten during their ride to camp. If you are dropping your camper off at camp in Lakewood on Sunday, please arrive between 2:00-2:30 PM. Staff will not assume responsibility for your camper until this time. If you are picking up your child at camp in Lakewood on Friday, please arrive between 1:00-1:30 PM. *Please note the different pick up and drop off days and times for Short N' Sweet, Camp Sampler and End of Summer Bash. Also please note that bus fees are non-refundable.

Medication

- All medication sent to camp must be in its original container with the campers name, doctor's name (if prescription) and dosage directions.
- The health supervisor will keep your child's medications, vitamins, ointments, etc. in the health center. If he/she is on a trip, we will send these items with them and their counselor will hold onto them. Inhalers, epinephrine injectors, and other necessary items will be kept with campers at all times as determined by the health supervisor and as noted on the Health History Form.
- If your child has specific health needs (injections, specialized equipment, dietary concerns), please contact the camp director prior to your child's camp session so our staff can prepare to meet their needs.
- To ensure records are accurate, please update your campers CampDoc medications no more than two weeks before the start of the camp session. Ensure that all medications, prescription and non-prescription are listed and that any medications not being brought to camp are not listed in their profile.

Illness, Communicable Disease, Lice

Do not send your child to camp if they have been exposed to a communicable disease or if they are ill. We encourage all parents to check their children for lice before they come to camp. Camp Nan A Bo Sho has a no nit policy, which means that we will not allow anybody with lice or nits to remain at camp. All campers are screened upon arrival at camp; any child with lice or a communicable disease will need to leave camp. We will expect the parent/guardian to pick up the camper as soon as possible.

This link is to the Health and Safety page of the Camp Nan A Bo Sho website

<https://www.ymcafoxcities.org/health-safety>. As the COVID-19 epidemic is a continually changing situation this page will be updated as needed.

Since camp does not have a camper insurance policy, you must accept responsibility for medical/surgical treatment charges which may be incurred on your child's behalf. It is extremely important for you to complete the insurance information and the emergency contact portions of the Health History Form.

Emergency Contacts

Make sure that you or your child's emergency contacts will be available while your child is at camp.

Reasons camp staff would contact you include but are not limited to the following:

- Homesickness that is getting worse or not better
- Conduct by your child that is inappropriate at YMCA camp
- Illness or injury to your child that requires their stay in the health center for an extended period of time, requires medical attention outside of the camp health services, or requires your child to leave camp
- Changes in transportation times or locations

Behavior

To make every camper's camp experience enjoyable, reasonable limits are set to maintain the health and safety of all children in the program. Redirection, warnings, brief timeouts, or removing privileges are used when children display inappropriate behavior or refuse to follow an established rule. Physical punishment, humiliation, and punishment designated by children upon other children is prohibited. Camp policy states that campers and adults may not use weapons, alcoholic beverages, un-prescribed drugs, or tobacco products including e-cigarettes and vaporizers, etc. at camp functions or on YMCA property. If, for any reason, a camper's behavior is not within our expectation of a camper at Camp Nan A Bo Sho, we will expect the parent/guardian/emergency contact to pick up the camper as soon as possible. This is at the expense of the parent/guardian; we will not grant a refund of session fees.

Homesickness

Many campers, no matter the age, experience homesickness to some degree. Here are some suggestions of things that can be done to help your camper deal with their feelings and enjoy their time at camp:

- Our camp staff wants your child to have a positive experience at camp. Make good use of the health form and the confidential questions asked during registration; tell us all you can about your child, including past homesickness and what has helped, etc. Call camp if you have concerns or want to relay information about your camper to us.
- Make sure they know that homesickness is a normal feeling in a new environment.
- Prepare your child to care for themselves. Have them spend a weekend with a friend or relative if he/she has not spent much time away from home on their own. Teach them to make their bed, let them set the table, help with packing, etc.
- Remember, campers cannot use the phone at camp. Please do not tell your child that this is an option.
- Avoid statements like, "I'm going to miss you terribly." Camp will be a terrific experience, so please be careful not to make your child feel bad about going away.
- Avoid such statements as, "If you don't like camp, you can come home," or, "You can call me whenever you want." This compounds the problem because it's not giving camp a fair chance.
- If your child is quite homesick at camp and what we are doing is not working, we will call you to get your ideas or suggestions on how to help them have fun and enjoy their stay away from home.

Mail

Everyone loves to get mail at camp! Cheerful mail, not worrisome news or news of what they are missing, is the best type of mail to send. If you send a lot of mail at once and do not want your camper to get it all at the same time, just note the day you want it delivered on the envelope. Make sure to include a return address in case we get mail after the camper leaves camp. Mail delivery is slow, so please mail letters 2-3 days ahead of time so your camper will have mail waiting for them. Do not send food, as it attracts bugs and other critters. Mail should be addressed as follows:

Camper's Name, Program Name
Camp Nan A Bo Sho
18369 Okonto Ln.
Lakewood, WI 54138

Email

Thanks to our partnership with Bunk1.com, parents have a secure and easy-to-use one-way email service to keep in touch with their campers. This is a one-way service, campers are not able to email back. Please note: Bunk Notes are printed in black and white. Colored font or pictures will not be printed in color.

To set up a new account:

1. Visit www.Bunk1.com
2. Click "Need an Account or Have an Invitation Code"
3. Enter your invitation code: NANABOSHO
4. Fill out all required information
5. Purchase Bunk Note credits (you will need a credit card)
6. Send an email to your camper! Emails will be delivered within 24 hours.

Questions or Problems? The Bunk1 team is available to support you 7 days a week during peak season. Please call Bunk1 at 1.888.465.2267 or email support@bunk1.com.

Telephone and Cell Phone Policy

Camp Nan A Bo Sho has only one phone line, and it is used for business purposes only. Campers are not allowed to make or receive phone calls while at camp. Please do not send a cell phone to camp, as we want to focus on creating a healthy team environment. Cell phones distract from this process and can create homesickness problems for the entire group. Any cell phones sent to camp will be held in the camp office until the end of the week. If you need to contact camp, please call 715.276.6084.

Facebook

Camp Nan A Bo Sho has a Facebook page (YMCA Camp Nan A Bo Sho) that is updated periodically throughout the summer. Follow the page so you can see pictures of all the fun had at camp. We try to put new pictures up each week, and try to capture as many of the campers as we can, but there is no guarantee that every camper will be featured. If you want to ensure your camper has pictures of their time at camp, consider sending along a disposable camera.

World Service

To promote international understanding, our camp hosts counselors from around the world as part of the YMCA World Service program. The international YMCA operates in over 85 countries. Our international staff teach campers about the customs and everyday life in their home country.

Daily Schedule at Camp

Wake-up bell	7:15 AM
Breakfast	8:00 AM
Lunch	12:30 PM
Dinner	5:30 PM
Lights-out	9:30 or 10:00 PM

Campers will spend their days doing activities with their patrol. On Wednesday nights, all campers participate in a cookout. Campers will be active most of the day, a one hour rest time is provided each day after lunch for campers to rest and relax, write letters, read a book, or take a nap. Campers have the opportunity each day to swim. Other activities include archery, boating, low ropes course, arts 'n crafts, nature activities, cookouts, campouts, fishing, and more.

Off-Site Field Trips

Some programs include an off-site field trip. Camp staff will provide supervision and transportation to and from field trip locations. Transportation is provided in 15 passenger vans/buses. If your camper requires a booster seat, you must send that to camp with him/her. If a camper requires a booster seat and did not bring one to camp, they will not be able to attend the field trip.

Due to the ongoing uncertainty and constant changing of regulations regarding public gatherings and group sizes, all planned off-site field trips are subject to change at any time. Campers will still participate in a field trip but it may be different than what is listed in the program description.

Laundry Facilities

We do not have laundry facilities available for general camper use. On the health form please indicate if your camper is a bed-wetter (which is not unusual and nothing to be worried about). Your camper should talk with their counselor or another staff person with whom they feel comfortable if they have an accident during the night. Staff will discreetly take care of laundering the bedding and clothing.

Check-in and Check-out Process

All campers riding the bus will be greeted by a camp staff member upon arrival at camp and will be shown to their living area by a counselor. All campers arriving via personal transportation will be greeted on the Welcome Center porch by a camp staff member. Once the campers are settled, each patrol will travel together around camp checking in. The check in will include the health center, trading post, swim check and canoe tip check. Patrols will also plan out the activities they would like to do that week. Check in will take place until dinner time with a camp game and campfire to follow.

On Friday, all luggage will be at the Welcome Center and the campers will be at the Amphitheater for the closing ceremonies. If you are providing personal transportation home, please park on the side of the road and walk to the porch of the Welcome Center to pick up your camper and their luggage. Campers riding the bus home will board the bus from the Amphitheater. Due to the amount of north-bound traffic on Friday afternoons, we encourage regular session campers to return on the bus. All campers must be signed out by a parent/guardian or designee with a photo ID. Please check our health and safety page <https://www.ymcafoxcities.org/health-safety> for any modifications we may make to the check in / check out process due to COVID-19.

Lost or Damaged Items

Neither Camp Nan A Bo Sho nor YMCA of the Fox Cities can be responsible for the loss or damage to a camper's personal belongings. The camp director must check all specialty equipment before use in any programs. Campers should not bring personal sports equipment to camp without prior approval of the camp director. Campers are not allowed to bring curling irons, straighteners, hair dryers, radios, portable DVD players, iPods, iPads, tablets, cell phones, video games, animals or pets, weapons, or vehicles. Electricity is not available in most camper cabins or tents. Please label all items brought to camp with your child's first and last name. All lost and found items will be taken to the Apple Creek YMCA, and any items left after August 31 will be donated to charity.

Refunds

A full refund, including deposit, will be provided only if a participant cannot be placed in a session of their choice. A full refund, minus the \$100 deposit, will be granted if a cancellation is requested at least two weeks prior to the first day of the camp session. No refunds will be granted for any cancellations within two weeks of the first day of the camp session. All camp fees paid may be transferred to another 2021 Camp Nan A Bo Sho session at anytime. All refund requests must be submitted in writing by August 31. Refunds will not be provided if a participant is sent home due to homesickness, misconduct, or by parent request. If a participant is sent home, transportation is to be arranged and paid for by a parent or guardian.

Food

Meals are served in the Dining Hall three times per day. Two staff members sit at each table and campers can choose to sit at whichever table they would like. All campers are encouraged to try everything offered, trying new foods promotes healthy eating habits and kids might find something new they like. Breakfast includes a cereal option and a salad bar is available at most lunches and dinners. Juice, milk, water and bug juice are provided to drink each day. Menu items could include: pancakes, eggs, French toast, oatmeal, tacos, pizza, hamburgers, tater tot casserole, grilled cheese and tomato soup, deli sandwiches, spaghetti, meatloaf, lasagna, macaroni and cheese, sloppy joes, and baked chicken. Menus vary by week and may change based on food orders and group size. Gluten free, vegetarian, dairy free, etc. food can be provided, please contact the camp director two weeks prior to arrival so the proper food can be ordered.

Trading Post (Camp Store)

While at camp, campers will have the opportunity to visit the Trading Post. Items for sale include flashlights, hats, small toys, pens, souvenirs, clothing and accessories, snacks, and more. If you do not send camp store money with your final camp payment, you may send camp store money to camp with your child. Prices are approximately \$1-10 for souvenir-type items, and \$10-45 for clothing. Typically, campers bring \$10-50 with them. Any remaining balance of \$5 or more is refunded in cash as part of the camp check out process. Remaining balances of less than \$5 will be donated to camp.

Wilderness Trips (Menominee River and Michigamme Canoe and Ice Age, Pictured Rocks, and Superior Hiking Trail Backpack programs)

- All participants and staff attending wilderness trips are trained in emergency signaling procedures, where the nearest help is for each day of travel, and how to obtain help if necessary. In addition, all trips carry a cell phone with them for emergency use. Since trips are in backcountry areas, we cannot guarantee that the cell phones will work in all areas. Even with cell phones, additional emergency assistance on trips may take hours or longer to reach a group.
- All trip leaders are trained and certified in wilderness first aid and CPR and participate in an intensive training prior to camp.
- All trips carry certain risks to persons and equipment. These risks include but are not limited to the following: falling, animal encounters, encounters with the public, injury from equipment, natural disasters, drowning, severe weather, etc. Camp Nan A Bo Sho does all it can to reduce risks inherent in trips by following American Camp Association standards.
- All campers are expected to be in good physical condition to go on any trips. Campers are strongly encouraged to do conditioning exercises before coming to camp.
- If new boots are purchased, ensure your child wears them multiple times before camp to break them in.
- If a camper has any special medical conditions, their physician should be made aware of the type of trip they are going on and the accessibility of professional help in case of emergencies. This is the responsibility of the parent or guardian.
- Campers and parents with further questions or needing specific information for a certain trip should contact the camp director.

Evaluation

Camp Nan A Bo Sho hires the best summer staff available and they are our strongest asset. If you drive your child to camp, be sure to talk with his/her counselor(s). At the session end, our counselors and other staff are glad to share observations with you. You will be emailed a camp evaluation after the camp session. We appreciate your prompt, frank and constructive comments on these forms. We do not expect, encourage or accept tipping for our staff members. In lieu of this, should you wish to contribute to the "Friends of Camp Nan A Bo Sho Fund", please see the camp director.

Camp Packing List

Please label all items with your camper's first and last name.

Required Items at Check-In at Camp

- Medications in original container (please hand to your child's counselor)
- Money for trading post, if not mailed ahead of time (optional). Please place money in an envelope with your camper's name on it.

Equipment

- Warm sleeping bag or blankets
- Pillow with pillowcase
- Flashlight with new batteries
- Water bottle
- Laundry bag
- Extra batteries

Clothing

- Rain gear
- Swimsuit (two if attending a water session)
- Pajamas
- Jacket/sweatshirt
- Tennis shoes (two pairs)
- T-shirts (one for each day)
- Shorts (one pair for each day)
- Underwear (one pair for each day)
- Socks (one pair for each day)
- Long-sleeved/sweatshirts (two per week)
- Jeans or other long pants (two per week)

Optional Items

- White shirt for tie-dyeing or painting
- Stationary, postcards, stamps, address book
- Quiet games or books
- Notebook, journal, pens, pencils
- Disposable camera
- Hat or bandana
- Sunglasses
- Shower shoes/sandals

Personal Items

- Bath towel and swim towel
- Soap/Body wash
- Toothbrush and toothpaste
- Deodorant
- Sunscreen
- Insect repellent
- Shampoo/Conditioner
- Comb/brush
- Tissues
- Hair fasteners/Headbands
- Lip balm
- Other personal toiletries

Do Not Bring

- ✗ Food, snacks, drinks
- ✗ Cell phones, radios, MP3 players
- ✗ Electronic games or appliances
- ✗ Aerosol spray cans
- ✗ Makeup
- ✗ Dangle/hoop earrings
- ✗ Hair dryers/curling irons/straighteners

*Long pants and closed toed shoes are required for horseback riding and ziplining.

*Water type shoes with a closed back are required for whitewater rafting, tennis shoes are acceptable, but will be wet for remainder of the week.

Specialized Gear for Wilderness Trips

This list is only for those participants registered for the Ice Age Trail Backpack, Menominee River Canoe, Pictured Rocks Backpack, Michigamme River Canoe, Porcupine and Superior Hiking Trail programs.

If you have any questions about anything on this packing list, please contact the camp director. We do not want campers to purchase unnecessary items! Camp does have a small collection of tripping gear and clothing that can be loaned out if necessary.

Necessary for all trips:

- Durable rain gear (jacket and pants). No ponchos!
- Hat or bandana to cover ears
- Small (but warm) stuffable sleeping bag with stuff sack. Synthetic materials are best.
- Layers that dry fast if wet. Non-cotton is preferred! Cotton does not insulate when wet, but we know that performance fabrics are expensive, so please don't buy new clothing if you don't already own non-cotton clothing. Polypropylene, polar fleece, polar tech, etc. are all better than cotton. Fleece jackets work great and dry faster than traditional sweatshirts. Sweatpants or heavier exercise pants work better than jeans for warmth at night.
- Dry, lightweight shoes or sandals with straps to stay on feet for camp nights
- 10+ ziploc plastic baggies, gallon and quart sizes for packing clothes
- 1-2 full-size plastic trash bags (for rain proofing sleeping bag)
- 1-2 water bottles
- Optional - Closed cell foam or thermal rest style sleeping pad

Canoe Trips:

- Boots or sturdy shoes with hard soles (essential for portaging). Army jungle boots OR leather work boots, OR hiking boots. Be sure to break them in before camp to prevent blisters or sores. Please note: any shoes worn on a canoe trip will not have a long life as they will be wet + muddy every day of the trip. Do NOT purchase expensive boots!
- Optional – PFD/Lifejacket (we will provide if you don't have one)

Backpack Trips:

- Hiking boots (sturdy to support ankles). Tennis shoes are not appropriate. We understand kids feet are still growing, so please do not purchase really expensive boots.
- 2-8 pairs of wool or synthetic socks, depending on length of trip
- Optional- backpack, if you have access to one that fits comfortably. We will provide if you don't have one. Must hold a minimum of 4400 cubic inches.
- Optional- bungees. Two small bungees, about 24" work best.

Transportation Information

(For all programs except Short N' Sweet, Camp Sampler & End of Summer Bash)

Please arrive 30 minutes early for bus pick-up and bus drop-off.

Please review the Camp Nan A Bo Sho health and safety page for any modifications we may need to make to the drop off/pick up procedures. <https://www.ymcafoxcities.org/health-safety>

Personal Transportation	Address	Arrive at Camp (Sunday)	Pick up at Camp (Friday)
YMCA Camp Nan A Bo Sho	18369 Okonto Ln. Lakewood, WI 54138	2:00-2:30 PM	1:00-1:30 PM

Riding the Bus	Address	Bus Departs for Lakewood (Sunday)	Bus Returns to the Apple Creek YMCA (Friday)
Apple Creek YMCA	2851 E. Apple Creek Rd. Appleton, WI 54913	12:00 PM	3:00-3:30 PM

If the bus will be more than 30 minutes late, we will make every effort to contact you.

Please call in advance to let us know of any bus changes. This includes any changes to parent pick-up or drop-offs. Bus fees are non-refundable.

Bus Going to Camp:

- Please arrive at the Apple Creek YMCA at 11:30 AM.
- You must wait with your camper at the bus stop until the bus departs. You will need to check them on the bus with the chaperone.
- The bus will depart promptly at 12:00 PM
- Do not give medication or trading post money to chaperones or the bus driver, leave them packed in luggage, campers will turn them in during the Sunday check in process after arriving at camp.

Bus Returning from Camp:

- For your child's safety, chaperones will require a signature from the designated person picking them up, and we will ask for photo identification. If someone other than a parent/guardian is picking up we must be notified in advance. Campers are dismissed from the bus after they have been signed out. You may sign your child out and pick up their luggage beginning at 2:30 PM.

Please make your child aware of the following bus safety procedures:

- Remain seated at all times
- Keep noise level to a minimum
- Follow chaperone instructions for loading or unloading
- No throwing objects or disruptive behavior
- Windows may be open with chaperone permission

Short N' Sweet, Camp Sampler & End of Summer Bash Transportation Schedule

Please arrive 15 minutes early for bus pick-up and bus drop-off.

Please review the Camp Nan A Bo Sho health and safety page for any modifications we may need to make to the drop off/pick up procedures. <https://www.ymcafoxcities.org/health-safety>

Short N' Sweet (Sun-Tues)	Location	Address	Bus Departs for Lakewood (Sunday)	Bus Returns to the Apple Creek YMCA (Tuesday)
Riding the Bus	Apple Creek YMCA	2851 E. Apple Creek Rd. Appleton, WI 54913	12:00 PM	11:30AM- 12:00PM
Short N' Sweet (Sun-Tues)	Location	Address	Arrive at Camp (Sunday)	Pick Up at Camp (Tuesday)
Personal Transportation	Camp Nan A Bo Sho	18369 Okonto Ln. Lakewood, WI 54138	2:00-2:30 PM	10:00 AM

Camp Sampler (Tues-Fri)	Location	Address	Bus Departs for Lakewood (Tuesday)	Bus Returns to the Apple Creek YMCA (Friday)
Riding the Bus	Apple Creek YMCA	2851 E. Apple Creek Rd. Appleton, WI 54913	1:00 PM	3:00-3:30 PM
Camp Sampler (Tues-Fri)	Location	Address	Arrive at Camp (Tuesday)	Pick Up at Camp (Friday)
Personal Transportation	Camp Nan A Bo Sho	18369 Okonto Ln. Lakewood, WI 54138	2:30 PM	1:30 PM

End of Summer Bash (Sun-Wed)	Location	Address	Bus Departs for Lakewood (Sunday)	Bus Returns to the Apple Creek YMCA (Wed)
Riding the Bus	Apple Creek YMCA	2851 E. Apple Creek Rd. Appleton, WI 54913	12:00 PM	3:00-3:30 PM
End of Summer Bash	Location	Address	Arrive at Camp (Sun)	Pick Up at Camp (Wednesday)
Personal Transportation	Camp Nan A Bo Sho	18369 Okonto Ln. Lakewood, WI 54138	2:00-2:30PM	1:30 PM

Parent Checklist

- Final payment, due one month prior to departure for camp.
- Ensure Health History Form is completed online using Camp Doc at least two weeks prior to the first day of camp session.
- Update Medication in Camp Doc one week before first day of camp session.
- All necessary items on packing list, labeled with child's name.
- Label all medications and pack in original containers (your camper must turn these into the health supervisor upon arrival at camp).
- Trading Post money sent with final payment, paid on-line or packed in luggage.
- Lunch eaten or packed to eat on bus ride to camp and last-minute items packed.
- Camper to camp on:

_____ , _____
Date Time Location

- Send mail or Bunk Notes to camper while at camp.
- Camper picked up on:

_____ , _____
Date Time Location

Directions to Camp

Camp Nan A Bo Sho
18396 Okonto Ln.
Lakewood, WI 54138
715.276.6084

- Go North on Hwy 47
- Hwy 47 becomes 47/55
- Hwy 47/55 becomes 47 again
- In Bonduel continue North on 117 (at this point 47 branches to the left)
- Hwy 117 dead ends at Shawano Lake.
- Turn right on Hwy 22
- Travel on Hwy 22 less than a mile to County Hwy H.
- Turn left onto H County Hwy H turns into County Hwy R
- Take County Hwy R until it ends.
- Turn right on County Hwy M
- County Hwy M ends at Hwy 32.
- Turn a sharp left (north) onto Hwy 32
- Follow 32 north to Lakewood
- In Lakewood, turn right on County Hwy F
- Follow F, about 6 miles, to Waubee Lake Drive (Waubee Lodge is at this corner) and turn right
- Follow Waubee Lake Drive until you see the Camp Nan A Bo Sho sign (less than a mile) turn left onto Okonto Lane. You have now entered YMCA Camp Nan A Bo Sho