

Fall 2015

Panel on Gender, Gender Identity, Gender Expression, Sex and Sexuality Wednesday, September 16

Join us for an engaging, exciting, and thought provoking day when we will be hearing and learning from experts about gender, gender identity, gender expression and sexuality. The MSC Education Committee has been collaborating in preparation for this event throughout the year with the following team:

Jeff Perrotti, Director of the Massachusetts Safe Schools Program Bob Ditter – M.Ed, LCSW Nick Teich – Founder and CEO of Harbor Camps Peter Kassen – Director of Hidden Valley Camp Boyd and Christy Hegarty – Parents and advocates of transgender youth Jack Erler -- MSC's Legal Counsel



We're thrilled to welcome these folks, along with others, to present a workshop which is not to be missed! Prepare to open your mind and your heart, as well as understand your responsibilities in relation to these sensitive topics.

September 16th at the Hilton Garden Inn in Auburn.

You can still Register Here:

http://mainecamps.org/event/fall-board-meeting-and-fellowship/

MSC Informal Breakfast Meetings

For a variety of reasons, last year's breakfast gatherings were less successful than they had been in prior years. So this year we have created a schedule of dates for breakfasts in both Portland and North Windham. As in the past, reminders will be sent out, but take a moment now and select some dates that work for you. This is a great way to connect with your colleagues during the off season. If there is enough interest Ron is happy to set-up meetings in Augusta and/or Bangor. If you are interested in attending one of the meetings below contact Ron at camps@mainecamps.org.

All breakfasts will meet at 8:45 am.



October 6th, Tues. December 8th, Tues. January 20th, Wed. April 6th, Wed. North Windham Chutes Family Restaurant

November 10th, Tues. March 8th, Tues. May 10th, Tues.



Inside:

- Junior Maine Guide Highlights pg. 4
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President's Column



Why does a summer at camp beget such a unique experience? Are the sauces that flavor a camp experience so special that non-camp people can't understand? Is it that what is occurring in society is so different that only camp people can truly understand our reality?

Truthfully, none of what we do at camp is partic-

Andy Lilienthal what we do at camp is particularly unique or secret. Rather, it is a combination of values, overall philosophy, and attention to detail that allows us to stand apart, and, at times, directly in the face of current trends. Why is it that camps have maintained a shared set of core values based on humancentered development focusing less on the stuff and more on the people, while so many other programs have veered away from that set of core values? What is going on in our society that has created the impetus for change? Why has the focus shifted from placing the emotional well-being of a child front and center and replaced it with appeasing other constituent groups, thus weakening the important role that youth programs play in shaping a child's development?

There are many factors. Perhaps, first and foremost, we live in an increasingly worried society and we all feel this in different ways. From parents not allowing their children to play out of sight, to the scholastic pressure students are under to achieve, to the rush of always being scheduled for some kind of lesson, team, or school club; we live in a non-stop world where free time is rare and as a result, people are getting more and more stressed out, tired, and frantic.

Another factor is the need that adults feel to influence their children. Today, many parents want to ensure that their children are safe, have friends, do well in school, and are happy all the time. Ironically, these are impossible goals for parents to achieve, even for the best parents. It is interesting that parents want the best for their children, but are reluctant to loosen up and let the child help work out what is best. And it is made even more difficult as parents want to do all of these things without truly paying attention. In fact, parents have never spent more time with their children and yet, when they are with their children both child and parent are distracted--plugged in, tuned out, physically present and emotionally unavailable. It is quite an irony.

Camp strives to do what is good for the child. Sometimes, that may not seem totally obvious. It takes more energy to create trusting relationships where listening and caring is more important than solving the problem. It is more challenging to insist that people live differently, whether it is with no electricity, no electronic screens, or wearing uniforms. It is certainly more challenging to ask campers to take risks, try new things and feel uncomfortable, rather than allow them to do what they want, what is fun, or what enables the most amount of happiness. Doing what is developmentally positive is usually more challenging in the short term, and we live with the hope that the experiences campers have will live within them and bubble up sooner or later, having a positive influence in their life. Most important, we want to give campers the tools to make the right decisions as they move into adult life.

Spending a summer at camp is mostly about living a life guided by basic positive values. If we all embodied these characteristics and acted accordingly, the world would be a far kinder, thoughtful, and happier place. The reality is that many don't, and they find themselves continually trying to learn and practice how to live a satisfied thoughtful and caring life. I include myself in that group.

Being at camp for a summer allows campers to practice internalizing the lessons they receive and live in different ways. It is fundamentally an experience that teaches emotional intelligence in an experiential forum and helps campers work towards changing their emotional constructs. It is not easy and yet, when it happens, it usually brings the most satisfaction and joy.

Whatever a camper's experience, a time at camp is a true and real reflection of who they are. There is plenty of time to change, and they will change, whether they want to or not. It is a reality of the human condition. What memories were made at camp are real and together constitute who the camper is now and the basis of who they will be for the rest of their lives.

I know it was an extraordinary summer at Winnebago, and I hope it was at your camp as well. I am hopeful and sure that if we and the rest of our campers and staff can share the experiences, lessons, and memories of the summer with those less fortunate who do not enjoy the experience of going to camp, the world would be a better place. Congratulations on a job well done. Get some rest, see you soon, and let's start thinking how we can do it even better next summer.

my luter

Don't Miss It! 2015 Camp Champions Celebration November 13

The upcoming Camp Champions Celebration will be at Fenway Park on Friday, November 13, 2015. Please mark your calendar and plan to join us for this wonderful night. We hope your philanthropic efforts will continue with Camp Champions, particularly knowing that there are still children who have not yet experienced the magic of camp, and who desperately want and need to go to camp next summer. Details about sponsoring the 2015 Camp Champions Celebration can be found on ACA New England website: *http://www.acanewengland.org/camp-champions*.

The success of last year's Camp Champions event made it possible for more than 210 children from New England to attend camp in Summer 2015, including 33 children who attended Maine camps.



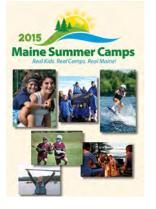
As we prepare for this year's Celebration, we have some exciting news to share with you. Our 2015 Camp Champion is Lisa Loeb, (*at left*) summer camp advocate and philanthropist and Grammy®-nominated singer/ songwriter (platinum-selling Number 1 hit song "Stay (I Missed You)"). Our Emcee is Joyce Kulhawik, best known as the Emmy Award-winning arts and

entertainment critic for CBS-Boston (WBZ-TV 1981-2008).

Two Great Ways for Businesses to Support MSC

 We currently need two more ¼ page sponsors for the 2016 Maine Summer Camps Directory – please contact Ron Hall at camps@mainecamps.org ASAP if you are interested.

2. And there is still time to secure sponsor ads in any of the next 3 newsletters. An 8 ¹/₂ x 11 ad is still only \$150 per issue. Contact Margi Huber at office@mainecamps.com to work out the details.



Maine Summer Camps Board of Directors 2015-16

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Maine Summer Camps News is a publication of the Maine Youth Camping Foundation dba:

Maine Summer Camps Ron Hall, Editor PO Box 1861, Portland, ME 04104 Tel. 207-518-9557 Fax. 207-799-7773 E-mail: <u>camps@mainecamps.org</u> <u>www.mainecamps.org</u> Submissions and articles welcome!

JUNIOR MAINE GUIDE ENCAMPMENT 2015

Participating Camps

Arcadia Kawanhee Birch Rock Natarswi Bryant Pond O-At-Ka Runoia Winona Wyonegonic

2015 Statistics

- •10 out of 12 second and third year candidates passed
- •22 out of 48 first year candidates passed
- •Total: 32 out of 60 candidates passed, a 53.3% pass ing rate.



Highlights of Test Camp 2015

- •JMG donated 4 new picnic tables, and made improvements to the campfire area.
- •Attending camp counselors did several com munity service projects.
- •A memorable heavy rain and thunderstorm blew through on Monday evening.

Evening speakers:

*Ron Fournier, Maine Guide, Bryant Pond.
*Roger Lambert, Maine Guide and Storyteller, Strong.

*U.S. Border Patrol members

2015 Staff

Moose Curtis, Director K Bolduc Lindley Brainard Katie Curtis Carrie Curtis Ginny Geyer



Marie Keane Lynn O'Donnell Bill Southwick Gard Thompson

Thank you to staff for another great year!



JMG Staff: back row from left: K Bolduc, Lynn O'Donnell, Ron Fournier, Moose Curtis, Gard Thompson. Front Row: Lindley Brainard (her dog, Mookie), Carrie Curtis (her dog, Kineo), Katie Curtis, Bill Southwick. (Missing from photo: Ginny Geyer, Marie Keane.)

The Junior Maine Guide program was fortunate to be able to purchase and update some equipment this summer. Our greatest improvement was a new trailer. Besides helping us transport equipment to and from JMG Camp, the trailer gives us a place to store our gear yearround. Since we have this new storage space, we bought some new boards to use as benches in the candidates testing area. Instead of leaving these boards in the woods over the winter, they now can stay in the trailer. Another wonderful update was getting a new and much larger office tent. This gives us a better place to organize all our paper work and a place to keep it all during JMG Camp. The tent also provided an out of the way place to do the needed paper work and recording. And thanks to L. L. Bean, we updated many of the Coleman products that we use by receiving a donation of new coolers, a lantern and stove. The last area where we were able to make some gains is to purchase some equipment that can help the candidates with their testing. We added a few saws, small shelter flies and compasses that the candidates may borrow. Thanks from the JMG Staff to all who made these purchases and donations possible.



Junior Maine Guides goes Viral

Thanks to the generosity of the Maine Timberland Charitable Trust, JMG will be launching its own website in early October. Make sure you check out the new website by going to <u>www.juniormaineguides.org</u>. JMG has also added a Facebook



group in the hopes of reconnecting with many of the 2,500+ alumni, and driving traffic to the new JMG website. If you have any alumni who are JMG graduates please help connect them with the website and Facebook group.



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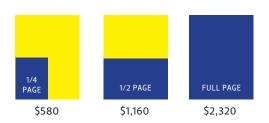
"If you would have told my 12-year-old self that my favorite place in the world would be in the woods with no electricity, phones, television, cable, video games, etc., I would have said you are nuts."

Jim Goodfellow Chicago, Illinois Camp Winona for Boys 1990–1994 Down East Magazine, February 2014

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(Special Pricing in Camping Section)

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 DATES & DEADLIVE

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 12/15/2015

 Ship date
 12/30/2015

 On display
 01/26/2016

DownEast

5 Maine Summer Camps mainecamps.org

News and Reviews



Welcome to our new Board Members



MYCF Board Beigette Gill *Fernwood Cove*



MYCF Board Henry Kennedy *Kieve*



MYCF Board Linda Suitor *Timanous*



MYCA Board Laura Ordway *Winona*

June Annual Meeting Hosted by Camp Laurel South



We thank Camp Laurel South - Jem Sollinger, Keith Klein and Roger Christian- for their amazing hospitality!! It was a beautiful day and a perfect venue. More than seventy people attended. Susan Yoder



from ACA National and Bette Bussel, Executive Director of ACA-New England (*photo above*) were available for questions and filled us in on the Federal Motor Carrier Safety Administration situation. (*see page 14 for an update*).



Andy Lilienthal presents a Dedication to Camping Award to Bill Lerman of Camp Caribou

Dedication to Camping Awards (*left*) were presented and the Halsey Gulick award was presented to Barry Costa (*see next page*).



Jack Erler -MSC Counsel

Accolades and Honors

Fall 2015

Barry Costa Honored with Halsey Gulick Award

Barry Costa has embodied a commitment to the values of Maine camps for decades, and has worked tirelessly to preserve and expand those experiences for Maine youth.

His dedication to the mission of YMCA camps is unparalleled. Barry's many years of service as Director of the YMCA Camp of Maine have opened the doors of a true Maine camp experience to thousands of children. All the while, Barry has strived from behind the scenes of day-today camp operations to advocate on behalf of all of Maine's camps. His service to the Maine Youth Camping Association and its wide variety of efforts has been steadfast and exemplary, much to the benefit of camps and campers alike.

As a member of the MYCA board, Barry has for years brought his passion to his advocacy of non-profit



From left to right: Bob Strauss of Wigwam, Barry Costa of YMCA Camp of Maine, recipient of MSC's highest honor, the Halsey Gulick Award, and Andy Lilienthal, of Wiinnebago and MSC Board President.

camps statewide. He has spent countless hours in Augusta both providing testimony and being present to monitor legislation on behalf of MYCA and MSC. His close proximity to the State House has meant that he, more than most other camp directors, has been called on – and has always agreed – to serve in this capacity. His drop-everything approach to pitching in is legendary. Whether it is meeting with legislators, serving on committees, assisting with letter-writing campaigns, or any number of other efforts, Barry has always demonstrated a true devotion to camps and their many needs. In addition, he was a dedicated and strong liaison for the State YMCA's legislative committee and MYCA when the two groups were working on the same legislation. Nor did Barry limit his assistance to non-profit camps; he was also willing to make significant contributions in Augusta to the interests of for-profit camps across the state.

As it begins its second century of operation, the YMCA Camp of Maine has benefited from Barry's leadership for more than 25 years. Under Barry's guidance, campers from a rich diversity of community and family backgrounds have been both nurtured and challenged, with the aim of fulfilling the Y's long-standing goals of developing mind, body and spirit. While at the camp, Barry has consistently collaborated and made connections with a broad range of Maine groups and non-profits, hosting creative programs and retreats, and also tapping into international relationships, specifically China. He is largely responsible for the camp's transformation into a year-round venture. All the while, Barry has also been extraordinary in his generosity of time as a mentor to other Maine camps and their directors.

Barry Costa has provided energy, expertise, and enduring commitment to the interests of Maine camps and campers alike. He has been a steady and supportive advocate in Augusta, a go-to resource at all levels, and a creative and compassionate guide. This dedication has been lasting, effective, and instrumental in the irreplaceable camp experience of children across the state of Maine.

News and Reviews Fall 2015

Chris Thurber July Workshop



Almost 80 first and second year counselors came from 15 different camps to take part in a workshop with Dr. Chris Thurber at Camp Wawenock. The topic was helping campers fit in, even the awkward ones. Chris invited the attendees to tell their own stories of being left out, and had them thinking of ways they would have remedied those situations with the skills they have now, such as to include all campers, invite them in, and use awkward situations as an opportunity to teach the campers social skills. He urged them to find the commonalities, amplify the 'coolness' of someone's unique interest, and celebrate the differences among the campers.

Chris also addressed dealing with inappropriate behavior. He emphasized the need to be direct and immediate and kind in dealing with issues such as consideration for others, fairness, and hygiene. These uncomfortable situations can translate into learning life skills.

It is important for counselors to find ways to approach the social wipe-outs and teach skills and not to put the responsibility on other campers. What might be troubling the awkward camper, or a diagnosis, is not important. Take the behavior at face value and face it head-on.

Welcome to our 2015 M.C. Training "Helping All Kids Fit In "even the really Fit In "awkward ones. Dr. Chris Thurber @ drchristhurber CampSpirit.com

He makes the following suggestions:

- Role play with all the campers at the beginning of a camp session.
- Teach a good handshake and greeting right as camp begins.
- Praise positive behavior and LBE (Lead By Example).

If the counselor is not helping to clean the cabin, what does this behavior suggest to the campers?





Bob Strauss Recieves Wildflower Impact Award

The Wildflower Impact Award will be awarded by the Wildflower Camp Foundation to Bob Strauss at a gala event at the beautiful Lighthouse at the Seaport Hotel, Boston,

on Wednesday, September 9th, 2015. Wildflower helps children who have suffered the loss of a par-

ent with the gift of camp, enrichment opportunities, and ongoing support services. Bob is being honored for his dedication to the development of young boys as the long-time director of Camp Wigwam. Bob is well known in the camping community as an all-time great camp director. Many of his alum would say that Wigwam had a profound impact on who they are today and on their success in life. His role as a mentor has a very personal connection to Wildflower. Bob welcomed Matt Ringelheim, the son of Wildflower's founder, to Camp Wigwam as a camper over 20 years ago and has been Matt's mentor ever since. His generosity was the impetus for the creation of Wildflower's mission.



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THE CAMP HISTORY CORNER BY Henry Johnson, Historian

Camp Waganaki -- A Look Back

Camp Waganaki, located in East Waterford, Maine, approximately 50 miles northwest of Portland, and 40 miles east of the White Mountains of New Hampshire, closed sometime following the summer of 1986.

Waganaki, a summer camp for boys, was established in 1919. Throughout its long camp history, Waganaki prided itself in its traditions and progress. Since its inception, the purpose of the camp was to provide each camper with a constructive summer of adventure and personal development.

Being a small camp, Waganaki enjoyed being very much like a large, spirited family. Camp Waganaki's brochures touted that their campers and staff typically stayed in touch with one another in the winter through a camp newsletter, reunions, letters, and phone calls. Camp Waganaki emphasized that many lifelong friendships came out of a boy's stay at the camp. The non-competitive activities at the camp included woodshop, arts and crafts, nature, campcraft and canoe building.

Hiking and canoe trips were very popular activities at the camp. Campers in the camp's wilderness program traveled by canoe on the Androscoggin, Saco, Allagash rivers, Lake Umbagog and others. Backpackers enjoyed the challenge of the Presidential, Franconia and Carter ranges. The camp also offered trips which included one and two-day ocean fishing and lobstering trips off Casco Bay, and even offered campers, ages 12 years and over, a five day offshore sailing adventure on a 55-foot schooner.

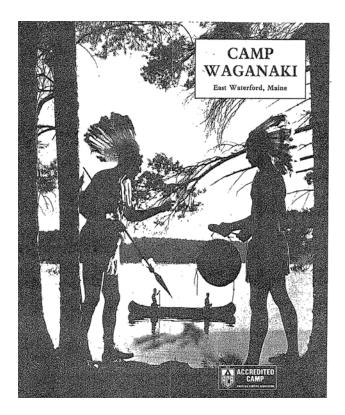
On the waterfront, instruction was given in windsurfing, sailing, water skiing, snorkel and scuba, Red Cross canoeing, kayaking, and Red Cross swimming. Campers received instruction in such land sports as soccer, tennis, basketball, archery, riflery, softball, rugby, lacrosse, volleyball and street hockey.

Camp Waganaki was founded in 1919 by Carle O. Warren of Plainfield, New Jersey. His belief of the small camp was simply but eloquently stated in the camp's 1925 brochure: "Waganaki is not just another camp for boys. It is too intimate for that, too much like a big family."

Mr. Warren guided the early development of the camp until it was purchased in 1928 by Water A. Gardell and Charles Hamilton, educators in the Elizabeth, New Jersey school system. Mr. Gardell became sole owner in 1934 and operated Waganaki until 1945 when Vincent Lesneski, Director of Physical Education at the Pingry School in Hillside, New Jersey purchased the camp. All during the early years of the Camp, growth was tempered by a continued concern to protect and nurture its special qualities. Miller Bugliari, George Christow, and David Koth, all Pingry School staff members, acquired Waganaki in 1964. Mr. Bugliari, teacher and coach of soccer at Pingry, took over full ownership in 1965.

In 1977 Stephen F. Abbot, a former teacher, coach, and admissions director at South Kent School, South Kent, Connecticut, became its fifth owner and director.

A new era in the Camp's history began when Dana Johnson, Daniel Lamb, Suzane Guilbault, and Claire Guillbault became the sixth owners of Waganaki in 1984. Mr. Johnson, an educator in the Westbrook, Maine school system, took over principal ownership in 1985. In the end, Camp Waganaki brochures boasted that "Waganaki offers a summer of fun and excitement, a chance to learn new skills and sharpen old ones, and the friendship of a small camp, all in the refreshing and invigorating surroundings of Maine's lakes and mountains."



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I I th Annual Maine Summer Camps July Spelling Bee

Once again, thanks go out to our sponsor **Norway Savings Bank** for making this event possible: 134 campers participated. This year the event raised \$670 which was then matched by the bank! Also, a huge thank you to Bob Strauss from Camp Wigwam for putting the event together. And congratulations to Tripp Lake Camp whose girls won both the Junior and Senior Divisions!!





First Annual Maine Summer Camps Earth Day

Camp staff and campers submitted a multitude of creative ideas for the first annual Summer Earth Day in July and posted them to social media using #MSCEarthDay. Maine Summer Camps continues to excel in environmental stewardship with a broad range of practices embodied in MSC Earth Day. We could not be more pleased with the response. Below are some of the highlights.

- Wawenock created sculptures out of recycled materials and items found in nature, and had a roadside cleanup, all topped off with a visit to baby goats at Sunflower Farm!
- Wohelo created an amazing natural art piece made entirely of outdoor elements!
- Camp Arcadia planted a Spirit Tree in honor of the first MSC Earth Day!
- Chewonki highlighted their use of "horsepower" to run Chewonki Farm and their emphasis on sustainable practices... and presented a photo of Sal receiving appreciation from campers in the form of belly rubs!
- Timanous held a "paper pickup" to get outside and protect the Earth!
- Oceanwood held an all-camp competition, offering a scholarship to the group that came up with the most creative idea!

Ideas presented ranged from a rain water purifier made entirely of natural elements, to a camp litter pick up, resulting in an art project depicting the earth with a message to "protect our planet!"

An extremely creative idea was one by Timanous to partner with a local pig farm to pick up their leftover food to be used to feed the pigs. There is less waste for the camp and more nourishment for the pigs. Everyone wins!

MSC and the Sustainability Committee would like to extend an enormous "Thank You" to all participating camps and cannot wait to see the ideas for next year. If your camp participated and was not included above, please email Ron Hall with a photo and description of your camp's MSC Earth Day celebration so that your ideas can be shared!



12 Maine Summer Camps mainecamps.org

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News and Reviews Fall 2015

Federal Motor Carrier Safety Administration – Advocacy Update from Susan Yoder, ACA

We continue to make progress toward our shared goal of camps not being treated like commercial motor carriers (such as Greyhound) with commercial regulations imposed on them. Specifically, we seek that COMMERCIAL rules under the Federal Motor Carrier Safety Act (FMCSA), Section 49 CFR 365, concerning 9- to 15-passenger vans that cross state lines (or otherwise meet the FMCSA definition of engaging in "interstate commerce" – including picking up out-ofstate campers/staff and transporting them intrastate) not be imposed upon camps.

As a reminder, we are not disputing any SAFE-TY rules. We support efforts to ensure the safety of all participants in camp programs.

Over the summer, there were two major actions:

Department of Transportation (DOT) Secretary 1. Anthony Foxx went on record to say that the DOT will comply with the Congressional Directive to halt enforcement of COMMERCIAL regulations against an entity providing transportation for no more than fifteen passengers by passenger van as an incidental business activity for which it does not receive direct compensation. (Listen to Senator Susan Collins asking Secretary Foxx about this issue at a recent DOT hearing: http://www.appropriations.senate.gov/webcast/transportation-housing-urban-development-subcommittee-hearing-fy16us-department and fast forward to minute 46.50.) The Congressional Directive requires the DOT to conduct a formal notice and comment process, thereby allowing stakeholders (such as camps) to provide input regarding the law, definitions, and interpretation of the rules.

2. The Senate Appropriations Committee voted to adopt a provision within the Fiscal Year 2016 Transportation, Housing and Urban Development (THUD) Appropriations bill to ensure that summer camps providing interstate transportation as an incidental part of their business are not treated as transportation service providers such as Greyhound and Concord Trailways. Read the press release from Senator Collins: *http://www.collins.senate.gov/public/index.cfm/pressreleases?ID=8dc16d51-3519-438d-99df-5ad73f35c26f.* It is important to note that the bill will still need to be considered by the full Senate. And, if adopted, this is still only a one-year extension to the relief that we received for 2015 in the 2015 appropriations bill.

We continue to work for a permanent change in the law, but are pursuing these appropriations relief strategies as a part of the overall effort to finally resolve this issue. Maine's Senator Susan Collins is Chair of the Senate THUD Appropriations Committee and continues to support this issue.

We anticipate the notice and comment process to begin this fall. At the same time, we anticipate the appropriations process to move forward as well. Pursuing both options at the same time increases the likelihood that we can achieve our goal.

We will continue to keep you posted on the progress!

Welcome

New Camp Members

Slovenski Camps LLC Contact: Peter Slovenski, 25 David Plummer Rd., Raymond, ME 04071. Email: <u>steve@</u>, <u>slovenskicamps.com</u>_207.751.1828. Resident, Coed.

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ReVision Energy Contact: Jennifer Albee, 91 West Main St., Liberty, ME 04949. Email: jalbee@revisionenergy.com 207.589.4171. A professional company with in-house engineers, highly-qualified and experienced solar installers, and a dedicated support team.

Sunday River Resort Contact: Laura Scheidegger, PO Box 4500, Newry, ME 04261. Email: <u>lscheidegger@sundayriver.</u> <u>com</u> 800.286.4792. Sunday River's Adventure Park includes lift rides, twin ziplines, bungee trampoline, disc golf, climbing wall and MORE!

Calendar of Events

Save the Date!

September 15, Tuesday - MSC Fall Board of Directors Meeting, Black Point Inn, Prouts Neck, ME 10:00 am - 1:30 pm

September 16, Wednesday - MSC Fall Workshop, Hilton Garden Inn Riverwatch, Auburn, ME 9:00 am - 3:00 pm January 19, 2016, (Tentative date) - Winter Board Meeting, Workshops and Business Member Networking Event, CIEE, Portland, ME 9:00 am - 3:00 pm

April 26, 2016, (Tentative date) - Spring Board Meeting and Workshops at the SYSCO Food Show, Cross Insurance Arena, Spring St, Portland 9:00 am