



Chris Thurber Workshop *Friends for Life-How to Help Kids Connect*

Wednesday, July 8, 1:30-4 p.m.

Camp Wawenock, Raymond

Don't miss the opportunity for your staff to experience quality on going training with Dr. Christopher Thurber! This year, Chris will be presenting a workshop for 1st and 2nd year staff at Camp Wawenock. Your staff will learn what it takes to go beyond being a good role model and explore ways to help ALL kids fit in and make connections-to be able to observe those social wipe-outs and help campers pick up the pieces. Not only will your campers benefit with improved social skills that last a lifetime, but your camp may benefit with increased re-enrollments! When campers feel successful and happy, they will be sure to want to return to camp for another season! SEE FLYER ON PAGE 5.

11th Annual Camp Spelling Bee-Don't Miss It!

Thursday, July 16, 9:30 a.m.
Portland Racket and Fitness Center
(off Jetport Exit 46 of Maine Turnpike)
2445 Congress St., Portland, ME



All Proceeds to Benefit Maine Summer Camps
Norway Savings Bank will again generously
match all entry fees.

Questions: Bob Strauss, 207.583.2300,
wigwam@maine.com

Registration: MSC 207.518.9557,
camps@mainecamps.org

<http://mainecamps.org/files/2013/10/Spelling-bee-flyer-15.pdf>

Thank You

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Bangor Savings Bank will sponsor our Fall Workshop speakers (see page 4 for more workshop information.)

L.L.Bean

LL Bean has donated funds for Junior Maine Guide encampment equipment and website development.

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President's Column



Andy Lilienthal

At camp, I awake to a palpable silence that permeates the landscape. Soon, I hear the birds, cacophonous and seemingly everywhere. I watch loons and osprey do their laps over and on the lake as the early morning mist rises. The minks skirt the shore foraging along the way while groundhogs run to and fro across the fields. It is quiet, serene and peaceful and I feel lucky to see camp in such a state of tranquility. And then the ruckus begins.

As the first staff arrives, moose and deer flee through the woods and across the lake to the distant shore, sensing that camp is no longer safe for habitation. The prevailing calm is punctuated with human noise and a sense of potential, purpose, certainty, and excitement fills the air. Yes, camp will begin and what we have worked for all year is starting to be actualized.

In many ways camp is a true reflection of you-your values, sense of purpose, dreams and goals. Campers and staff are ready to receive camp's offerings. It is a voyage that has a finite beginning and end, and an uncharted map in between. Sure, planning has been done and guideposts planted and yet, the qualitative essence of camp's mission, combined with a dynamism associated with bringing a community of people together, results in a rich stew of possibilities that require a certain mindset to foster, edify and enable. What is your mind set, and how does it jibe with camp's mission? Hopefully, the two are congruent.

There really is no turning back now. Last minute items need doing, orders are placed and nerves calmed. The machine is rolling forward and we do what we can do to ensure that participants experience the extraordinary, whatever that means to you. It is all part of the cycle - your cycle - and hopefully you are at the top of your game.

Good luck this summer. May you be your truest and best self and may those around you learn from you the wisdom, sense of fun, and skills that you have to impart. May it be the best season of your life, and when it all ends you will look back satisfied with the work you have done and the people you have influenced. Happy camping, see y'all in the fall.

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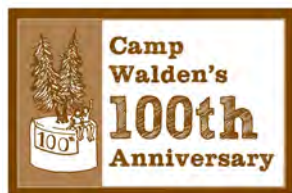
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Submissions and articles welcome!

Camp Walden Celebrates 100th Anniversary

For four generations the Hirsch/Herz family has guided Camp Walden in Denmark, ME, a girls camp that is committed to the values of a traditional 7-week experience. This summer, we celebrate our 100th



Anniversary. Topping off the celebrations will be a special reunion with nearly 400 alumnae expected at camp from July 27th to July 29th. Everyone will have the opportunity to enjoy

our newly installed camp museum which will feature photographs and memorabilia from camp since 1916. When we reflect on why a camp with a 100 year history is so meaningful we can't escape the traditions, many of which extend back to the camp's early years and reflect the sensibilities of the founders. Our founders were female pioneers - Blanche Hirsch and Clara Altschul.

Helen Herz Cohen, the second generation of family leadership, attended camp from its beginnings and was there until her death in 2006. Helen shared some wonderful memories of her aunt Blanche. She described Blanche "as a truly remarkable woman, a genius and an inspiration to many. Blanche graduated from Barnard, Phi Beta Kappa, without ever taking a note. This was because a professor once told her that 'you can lose your notebook but not your head'."



Blanche had a lifelong commitment to her own learning and applied this dedication to learning at the school she started in New York and at Camp Walden. Among her learning pursuits she studied with Maria Montessori in Italy, with Gertrude Stein in Paris and with Edward Thorndike (with whom she helped develop the original intelligence tests.) At age 13 Blanche evolved a method of analyzing handwriting that provided insight into a person's character. Helen described how this analysis "was most accurate. The handwriting analysis would often provide insight into the character of a parent or counselor." Helen also

remembered, "Honesty was like a religion to Blanche. She believed in being honest at all costs."

Today Camp Walden continues to promote the values on which the camp was founded in 1916: honesty, respect, trust, and cooperation. These values are embodied in the camp's long-standing Honor System - the guiding principles involve the respect and support for each other and always trying our best. In addition, the Honor System helps campers cultivate a strong sense of self, independence, and integrity. At Walden,



this was not a new-found idea. Honor System was put in place on the day of Camp Walden's inception.

As campers grow and learn at Walden they become the leaders at camp. Each summer Waldenites are given additional responsibilities for leadership. Our oldest campers (who have just completed 9th grade)

assume many leadership positions during the summer including being role models for the younger campers, creating the camp yearbook, and planning special events.

Finally, there is a lot of singing at Walden. Campers at Walden sing at mealtime, at Sunday's camp meeting, before bunk shows, while they are walking to activities - anytime and anywhere. Waldenites take pride in the many opportunities they have to write, teach and perform original songs. We are delighted to have met the challenges in our mission to empower girls and women for the past 100 years. Over the years generations of women have attributed their success in life to their summers at Walden. We are so proud to be continuing this important work started by two pioneering women, and we plan to be empowering woman for the next 100 years!



Dates and Deadlines



First Annual Maine Summer Camps Earth Day

The Sustainability Committee and Maine Summer Camps are excited to announce the first annual Maine Summer Camps Earth Day. We invite all camps to participate on either **July 10th or July 11th**. Each camp can choose which day works best for their schedule. There are many ways to organize and celebrate MSC Earth Day. Ideally there would be an activity with a strong visual component, with the hopes of creating press recognition for Maine Summer Camps and the amazing work that each camp does for the environment. We have compiled a list of ideas and can't wait to see what each camp comes up with! Please post photos on the social media platform of your choice with this hashtag: #MSCEarthDay. Camps can also add their own individual hashtags and get creative! Below is the list of ideas for camps to use, or come up with your own. Please contact Ron at Maine Summer Camps 207.518.9557 or camps@mainecamps.org with any questions.

Tree planting

Gardening

Composting

Recycled art project

LED light bulb install

Lake or camp clean-up

Erosion control

Install standardized recycling throughout camp



Panel on Gender, Gender Identity, Gender Expression, Sex and Sexuality.

Join us for an engaging, exciting and thought provoking day this fall, 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.

Don't miss it!
Mark your calendars –
September 16th at the Hilton Garden Inn in Auburn.





Announcing our annual mid-summer workshop with

Dr. Christopher Thurber

July 8th, 2015 ☀ 1:30 to 4:00pm
Camp Wawenock ☀ Raymond, ME

“Friends for Life”

How to Help All Kids Connect (Even the Awkward Ones)

A workshop for first- and second-year cabin leaders and camp counselors

“Friends for Life”

1:30 to 4:00 pm

We’ve all gone through awkward phases, especially in our youth. No doubt you remember who was there to help you learn social skills and overcome your dorky behavior. Now the tables have turned. Camp staff are uniquely poised to observe social wipe-outs and help kids pick up the pieces. With their keen eyes and deft leadership, you can help young participants navigate tricky interpersonal waters and return to their homes, schools, and neighborhoods as smooth operators in a turbulent social sea. Learn what it takes to go beyond being a good role model and explore ways to help all kids at your camp fit in and make connections. The social skills you teach them this summer will last a lifetime.

Directions to Camp Wawenock: From points south, head north on Rte 302 and go ≈ 2 miles past Raymond. From points north, drive south on Rte 302 and go ≈ 5 miles past Naples.) Be looking for the “Cry of the Loon” store on the north side of Rte 302 and a sign for “Camp Wohelo” on the south side of the road. Turn south onto Raymond Cape Road. Go about 4 miles on Raymond Cape Road to the Camp Wawenock gate. Park inside. GPS coordinates: **33 Wawenock Road**. Camp phone number: **(207) 655-4657**.

Fee: Maine Summer Camps is proud to offer a reduced fee of \$20 per person for member camps or \$30 per person for non-member camps. Please bring a check to the event, payable to “Maine Summer Camps.”

DETAILS & RESOURCES for CAMP DIRECTORS

- ★ The workshop is on **Wednesday, July 8, 2015**. Please be **on time** to enjoy the full program. Plan your departure time from camp so that you have time to get a little lost. Tardiness is disruptive.
- For reservations, call **(207) 518-9557** or e-mail: Ron Hall at: camps@mainecamps.org
- Juice, fruit, and snacks will be provided for refreshment during workshops. Wear your staff shirt for easy identification.
- To learn more about Chris, visit CampSpirit.com.
- To subscribe to Chris’s online staff training video library, visit ExpertOnlineTraining.com Maine Camps receive a discount!
- To order discounted copies of Chris’s DVD-CD set, “The Secret Ingredients of Summer Camp Success,” visit acabookstore.org or call **(888) 229-5745**. Chris’s e-mail is: chris@campspirit.com.



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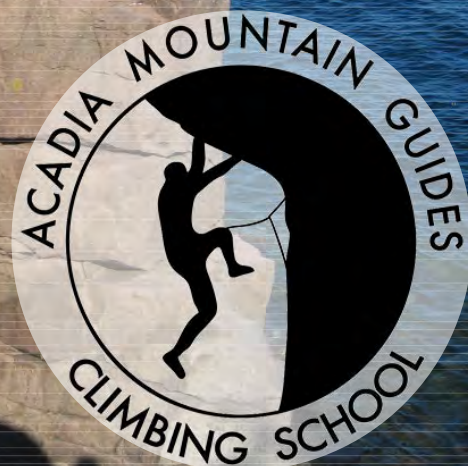
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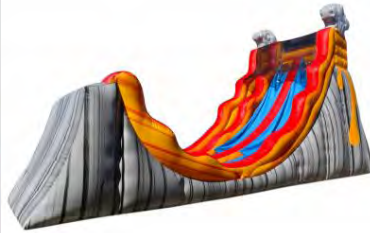
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Bumper sticker 500 pcs. @ .45¢ each

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THE CAMP HISTORY CORNER BY Henry Johnson, Historian

Camp Mudjekeewis

Once upon a time there was Camp Mudjekeewis for Girls. Located on the upper end of ten mile long Lake Kezar in Maine, the camp faced westward across Lake Kezar toward the White Mountains of New Hampshire.

Apparently, two individuals by the name of "Perkie" (Margaret Perkins, a musician and teacher) and "Prydie" (Ena Pryde, a physical education teacher at The White School in New Jersey), who had originally started a camp in New Hampshire with another person, decided to branch out and look for a new location in Maine.

In a paper which I came across written about Camp Mudjekeewis, Perkie and Prydie "wanted a site on a large lake in a secluded section not too far removed from medical and shopping facilities," and what ultimately became the site of Camp Mudjekeewis fulfilled all of these qualifications. The site of Camp Mudjekeewis included an extremely steep hill over which a road would go down to the Lake. The Directors only allowed food trucks and the camp station wagon to manipulate over its ruts and rocks, and hence there was no problem of cars driving in to the camp proper at all hours.

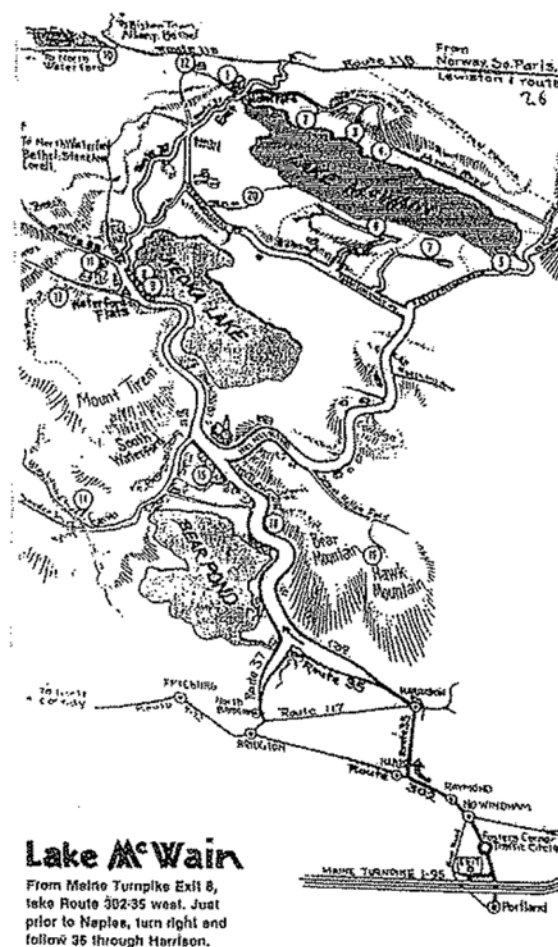
Camp Mudjekeewis had its first season in the summer of 1919, with 17 campers and 6 counselors including the two Directors. Through its 43 summer seasons, the camp grew in population to include at least 105 campers, 26 counselors, and a maintenance staff of 6 persons. In 1951 the camp was made up of persons ranging from lower middle to middle class backgrounds, the majority of the group coming from the bedroom centers of New Jersey, New York, Connecticut and Massachusetts. The staff was "gathered deliberately" from wide areas with representatives from such states as New Jersey, New York, Massachusetts, Missouri, Pennsylvania, Maine, Washington, Georgia, Virginia, New Mexico, Michigan and Connecticut as well as Bermuda and Canada. When one entered the top of the hill at Camp Mudjekeewis, one drove past stables, a riding ring, tennis and badminton courts, and a parking lot. A downward hike led to the community proper of Mudjekeewis. Scattered among the trees on the side of the hill and on the level ground were canvas tents on raised platforms - - the homes of campers and, I understand, some staff. Specifically, each tent housed one counselor and three to five campers.

Along the shore of the Lake Kezar was a lodge with enclosed dining porch, kitchen, a large main room lined with book-filled shelves, the Directors' offices, the counselors' room and the Camp Store. Off to one side below the Lodge were two infirmaries. The boathouse with stage, craft and jewelry shops was situated next to the Lake with the porch extending over the water. It was described that "from the beginning the aim was to maintain the element of rugged out of door living which was prevalent in early camping," but which had been so readily overlooked and eliminated in many of the then existing private camps. It was emphasized that at Mudjekeewis everyone, including the Directors, lived in a tent, and everyone took part in large numbers of trips throughout the season. These trips included hiking trips to Mount Washington in which the girls carried a pack containing their clothes, and hiked 17 miles in 3 days. There was even a trip called the Gypsy trip.

In addition to scheduled trips, any day at Mudjekeewis could suggest a hike to Speckled Mountain, a chinchilla farm, a horseshoe pond, or a gem hunt to the abandoned gem mine. As one Mudjekeewis camper wrote:

"to me, the life at Mudjekeewis is more meaningful to all its population. Who can forget the glimmer of a sunset through the trees as we come down the hill from the days last class - the strains of chamber music rendered each Wednesday and Sunday night by the camp trio, fun in the spirit of the rock which constantly finds its way under the middle of one's back, northern lights reaching into the sky like the fingers of a hundred searchlights, the feeling of complete independence while hiking over a rugged trail, the flicker of 27 candle lanterns as the campers prepare for bed. Life is rough, but life is good at Mudjekeewis".

Below is rough map of what constituted Camp Mudjekeewis with 1 being the Farm House and 20 being The Lodge.



News and Reviews

Summer 2015

April 28th Sysco Food Show, Workshops and Coffee by Design Visit

The Sysco food show at the Cross Insurance Arena was well attended by many Maine Summer Camp Members. Two workshops were held during the show.



Healthy Homemade Foods for Camps

We had a great conversation about introducing new and healthy foods to our campers led by The Windham Raymond School's Food Service Director, Jeanne Reilly, and Nutrition Director, Chef Samantha Cowens-Gasbarro. Their prominent message was: *the way to be successful in getting kids to try and like new things is by making them a part of the process.* For example, let your campers do a tasting of a new item and solicit their feedback.



One simple, fun and effective way to gather feedback is to give kids samples in a disposable tasting cup. Then label three places they may dispose the cups with *like/maybe like/don't like* and you will receive instant visual feedback!

We also discussed the challenges of the increasing numbers of campers with food allergies, and the need for more and more gluten free options. A free resource which they highly recommended is the "*Creative Cuisine for Schools*" cookbook, which can be downloaded at www.VTFeed.org. Jeanne and Sam also agreed to share some of their most popular recipes, including gluten free meals, so we will share those with any member camps that are interested!

Bon appetit!



Maine Trip Leaders Panel Discussion

Greg Shute, Head of the State of Maine Trip Leaders Committee, led a panel discussion to help camps plan safe and successful wilderness trips in Maine. Baxter State Park, the St. Croix National Scenic Riverway, The Allagash Waterway and Maine State Parks were represented by Chief Ranger Ben Woodard, Park Naturalist Jean Hoekwater, Abby Pond, and Matt LaRoche.

The following topics were discussed.

- Policies & regulations
- Procedures – including the registration process
- Provisions for emergencies
- Suggested trips
- Useful information and contact information

A compilation and any important information will be forthcoming from Greg at a later date.



News and Reviews

Summer 2015



Exciting Visit to Coffee by Design for MSC group

A slightly twitchy but enthusiastic group of MSC camp professionals were lucky enough to have a guided tour and tasting session at Coffee By Design's world HQ (just off Marginal Way, in Portland) following the Maine Summer Camps sessions and Sysco Food Show.

The Coffee By Design founders and head roaster explained everything about their philosophy and methodology of identifying individual growers in different parts of the world who are using the best practices in all aspects of coffee production. They are committed to supporting growers of all sizes who do things ethically, with high environmental standards, and at the highest possible quality levels.

Coffee By Design contributes to local projects in the communities they buy from – such as funding a local health care center's wellness program, which is making a huge difference to the workers and other families in that community.



New roasting process equipment significantly reduces energy consumption and pollutants, and provides more consistent, high-quality coffees. We watched a complete coffee roasting process of a batch of Colombian beans. It was surprisingly quick, overall, and very delicate towards the end when the beans went from still green to mid-brown in just a couple of minutes.

It wasn't all education and observation, however... The one crucial task we faced was blind tasting and voting for our favorite coffee as a group. The scene was intense, along with the delicious flavors! Some ballot slips had a single mark in box A, B, or C while others just couldn't decide, or were inspired to add tasting notes or qualifying comments about their indecision to justify their final choice. The results were tabulated after the tour. Our group had just voted for our favorite coffee and had determined which exact brew is to be offered to camps - labelled as the official Maine Summer Camps Blend!

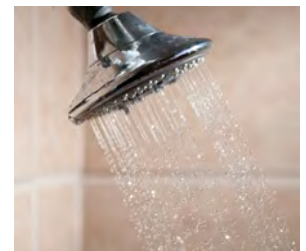
Ron has negotiated some terrific pricing for MSC members, along with free shipping if you order 40lbs or more at a time. You can choose either pre-ground or whole beans for each shipment. They recommend once a month for maximum freshness and keeping it in air-tight containers - especially if you get it pre-ground.

Camp Wawenock is going to order some for its hard-working staff this summer because there's no such thing as 'too good' when it comes to staff morale! We'll also get some extra bags to give away at Camp to key families and staff members who go above and beyond for camp (e.g. as hosts of gatherings or as camper or staff referral sources.) It's a unique gift with a nice story and a world-friendly message behind it. Please check out their coffee and support this great initiative from Maine Summer Camps!



Camp Natarzwi is GCI Certified

Congratulations to Camp Natarzwi for being the first camp in the country to complete the Green Camps Initiative Groundwork Certification! The Groundwork Certification is a five step process that helps camps create a Green Team, generate a Conservation Policy, complete an audit survey, implement an initiative, and submit a case study. As their initiative, Camp Natarzwi chose to install low-flow shower heads, which can save between five and seven gallons of water per minute.



Mary Ellen Deschenes, Chief of Outdoor Operations at Camp Natarzwi, described the process as "not onerous, but straightforward and easy." Camp Natarzwi found that by completing the Groundwork Certification they were better able to understand and assess their camp's sustainability commitment, as it required them to put all of their information regarding sustainability in one place. Mary Ellen's advice to anyone considering completing the certification, or for those already working on it, is to involve your site and facility manager. That individual has the detailed knowledge that is needed to complete the certification and will be the person who can oversee implementing many of the initiatives. Interested in becoming a Green Camps Certified summer camp? Visit www.greencampinitiative.org or contact the MSC Sustainability Committee by emailing camps@mainecamps.org to learn more!

News and Reviews

Summer 2015

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

On April 22nd, the Department of Transportation (DOT) Secretary 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 this week's DOT hearing: <http://www.appropriations.senate.gov/webcast/transportation-housing-urban-development-subcommittee-hearing-fy16-us-department> and fast forward to minute 46:50.)

A reminder of the issues at hand:

- We are not disputing any SAFETY rules – we support efforts to ensure the safety of all participants in camp programs.
- In 2014, the FMCSA Regional Officer in Maine informed camp operators they had to comply with COMMERCIAL rules under Section 49 CFR 365 if they use 9 to 15 passenger vans that cross state lines (or otherwise meet the FMCSA definition of engaging in “interstate commerce” – including picking up out-of-state campers/staff and transporting them intrastate).
- Our contention is that camp operators are not commercial motor carriers, such as Greyhound and Trailways that hold themselves out to serve the general public for transportation. Transportation is their commercial business, not so for camp operations. Thus, this portion of FMCSA commercial regulations do not apply to camps for which transportation is simply an incidental part of their business.

Building on the work first initiated by Maine Summer Camps, last spring the American Camp Association and ACA, New England began an assertive advocacy strategy in Washington D.C. The strategy has been multi-faceted and included the important step in December 2014 in which the FY 15 Omnibus Appropriations bill (PL 113-235) included the language:

“Small passenger van compliance.—The Secretary is directed to engage with stakeholders through a notice and comment period prior to issuing any guidance that would enforce 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.”

This Congressional Directive will allow stakeholders (such as camps) to provide input regarding the law, definitions, and interpretation of the rules. This was a great step forward. However, the FMCSA official in Maine informed Maine Summer Camps that he would not be honoring the directive as it was not law, just a suggestion. ACA immediately went back to the staff and lawmakers in Washington, DC that had written the directive. And subsequently, Senator Collins formally asked DOT Secretary Foxx if the Department intended to honor the directive. As noted above, the Secretary went on record that they would – and would in fact send a team to Maine to talk to stakeholders. (Again, you can view the televised exchange at the link above.)

While this does not guarantee a permanent solution to this issue, it is a step in the right direction that would clarify that camp operations are not commercial motor carriers such as Greyhound.

What's Next?

Many Maine camps participated in our call to action to thank Senator Collins for directly asking Secretary Foxx about this issue during the April 22nd hearing. Thank you. It is important for the Senator to know that you all find this a very important issue. Next up will be your opportunity to formally voice your concerns and make changes. This will be through the official notice and comment period noted in the congressional directive.

We've been informed that this will occur after the camp season.

We will keep you posted! Until then – have a great summer!

May 28 Van Safety Meeting in Augusta

About 30 people from Maine camps attended the safety information session on May 28 in Augusta. The session was particularly helpful in outlining what safety regulations 9-15 passenger vans need to follow while operating within the state. Lt. Currie provided a pamphlet with information. You may call his office if you would like a copy of the pamphlet or have any lingering questions- 207.624.8939.

All camp passenger vehicles that are rated to carry 9 or more passengers must stop at any open weigh station in Maine. This includes school type buses. Should they drive by the station it is a \$700 fine to the driver. This is true even if there is only 1 person in the van.



Welcome

New Camp Members

Camp KV-Kennebec Valley YMCA Contact: Mike Griswold, 31 Union Street, Augusta, ME 04330. Email: mike@kvyymca.org. 207.622.9622 Weekly, coed.

Camp Eagle Wing Contact: Becca Bevier, PO Box 230, East Machias, ME 04630. Email: becca@campeaglewing.com. 207.255.3116. Resident, coed. (Returning)

Maine Youth Camping Foundation
dba Maine Summer Camps
PO Box 1861
Portland, ME 04104
Return Services Requested

Non-Profit Org.
U.S. Postage
PAID
Portland, ME
Permit No. 1073



Welcome

New Business Members

Bangor Savings Bank Contact: Jennifer Seekins, 5 Senator Way, Augusta, ME 04330. Email: jennifer.seekins@bangor.com 207.622.4106. *Maine's largest independent bank offering a full range of products and services from payroll to business financing.*

Enterprise Rent-A-Car Contact: Jamie Landez, 10 Navigator Rd., Londonderry, NH 03053. Email: jamie.a.landez@chi.com 603.656.5114. *Vehicles of all sizes: compact through premium sedans, minivans, SUV's, trucks and 12 passenger vans.*

Calendar of Events

Save the Date!

June 12, Friday - MSC/MYCA Annual Meeting-Camp Laurel South, Casco, ME

10:15 am--MSC/MYCA Annual Meetings,
Noon – 2:30 Lunch with the invitation for MSC camp members to attend the Maine Camp Experience Vendors exhibition.

July 8, Wednesday - Chris Thurber Staff Training Workshop, Camp Wawenock, Raymond

1:30 pm--Friends for Life-How to Help All Kids Connect (Even the Awkward Ones.)

July 16, Thursday - 11th Annual MSC Spelling Bee, The Racket and Fitness Ctr. Portland, ME

9:30 am

July 27-31, Monday-Friday - JMG Test Encampment, Stephen Phillips Preserve, Oquossoc, ME

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