



Winter 2016-17

MSC Bob Ditter Workshop and Business Networking Extravaganza January 24, 9:00 am – 4:00 pm Italian Heritage Center in Portland



8:30 – 9:00 am Registration and coffee
9:00 am – 12:30 *Balancing Life on the ‘High Wire’ of Camp: Dealing with Adolescent and Staff Stress & Anxiety.*



Join Bob Ditter in a fascinating new training which will guide us through the latest insights into mental health, and provide us with the tools we need to support our staff and adolescent campers. Bob will base his remarks on cutting edge research in brain science and human behavior. You may even learn something about your own stress and anxiety!

A survey conducted with 200 camps by the Healthy Camps Committee of the American Camp Association in the summer of 2015 revealed the number one concern of camp owners and directors regarding staff was anxiety and depression. In addition, Maine Camp Directors have shared their concerns about managing increasing cases of adolescent depression and anxiety at Camp.

Our workshop sponsor is the Androscoggin Bank. Thank you!

Please help us make our Bob Ditter Workshop, and the MSC Business Networking Extravaganza, a huge success! If you are unable to attend, please consider sending a few of your staff.

12:30 – 2:45 pm Business Networking Extravaganza and “Walking Lunch.”
Sixty-eight of our business members are registered to attend the networking event and many have donated some amazing raffle prizes. Making sure that your camp is represented at the workshop and the vendor event is the best possible way to express your appreciation for all the support we get from our business members.

2:45 – 3:00 pm Mega Raffle – you must be present to win
3:00 – 4:00 pm Post-Conference Happy Hour for businesses and camps.

The registration fee for the day is \$20 per person and includes a free lunch and any raffle prizes you win! Please make sure to thank all the sponsors for the trade show: CIEE, Norway Savings Bank, Chalmers Insurance, Acadia Insurance, Blast Party, WaterSki Works, Northeast Charter and Tour, Payroll Management, Funtown Splashtown, A & L Laboratory, Migis Lodge, and Moxie Rafting. (See special thank you on page 6)

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President's Column

December 2016

Dear Friends,

The calendar turning to January, for many of us, marks the emotional shift of winding down from Summer 2016 and gearing up for Summer 2017! It is always with great excitement that we begin to build our staff teams, think creatively about new program ideas, reconnect with current campers at camp events, and recruit future campers! This year, moving into January also brings some uncertainty, particularly with our divisive political climate. Now, more than ever, I see the importance of the work that we do to help develop young people, to give them hope for their future. I am confident that we, as professionals, are poised to make a difference – by teaching tolerance, the art of open dialog, and empowering children to recognize that they have an important voice and role to play.

How fortunate we are to work in a profession where we not only make a difference in the lives of young people, but we also work cooperatively and collaboratively in support of each other as professionals, and in support of the continuous improvement of our industry. Like each of us in relation to our own organizations, Maine Summer Camps, is constantly considering ways that we can meet the needs of our membership, as well as serve the public. Our outreach continues to grow. For example, MSC was awarded recent grants in the amount of \$20,000 for Junior Maine Guide scholarships and \$20,000 to design, publish and distribute *The Art of Outdoor Living!* We welcome your ideas for ways we can continue our efforts in expanding the footprint of the summer camp industry in Maine. It is in working together, that we will continue to grow and expand our impact in our camp communities, in Maine and beyond.

Our recent MSC Book Club meeting was a great example of our collegial professional community. After reading the book "*Free to Learn*" by Peter Gray, a group of us came together to discuss how we, as organizations, could challenge ourselves to provide opportunities for the unabashed, unstructured play that Gray portends is so important to the healthy development of children, and sorely lacking in much of their lives. A lively, engaging and productive conversation. Join us for our next Book Club meeting on April 13th!

Of course, we have additional opportunities to connect, learn and plan together at our January 24th event, featuring Bob Ditter facilitating a workshop on adolescent camper and staff stress and anxiety. Hope to see you there!

Best Wishes,



Catriona



Catriona Sangster

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Save the Date!

CAMP FAIR, MARCH 19, 1-4 pm



This year's MSC Camp Fair will be held on March 19 from 1:00 to 4:00 pm at the East End Community School in Portland. Slugger from the Portland Sea Dogs

and Ziggy's Food Truck will be joining us for the day. This year we will have space for 74 camps to participate in our fair. Historically, every year we have had to turn away a few camps that wait until the last minute to register. From January 4 – 17 registration is only open to MSC member camps. After January 17 we open the registration process up to other camps and organizations. Keep an eye on the Portland Time and Temperature sign in Mid-March! We will also be working with Maine Robotics by helping them promote a camp fair on Saturday, March 4 at the Bangor Mall. Any MSC camps interested in participating in the Bangor fair can email Patty Hasson at phasson@mainerobotics.org or call 207.866.4340.

SYSKO FOOD SHOW APRIL 25

The annual SYSKO Food Show and MSC Spring Workshops will take place on April 25 at the Cross Insurance Arena in Portland. The MSC Education Committee is currently working on topics for the workshops. Look for more information and a sign-up form to be sent out in February.



-Webinar- “Things That Bite”

The MSC Education Committee will be offering its first webinar for 2017 on Tuesday, January 31 at 10 am. The webinar will be presented by Dr. Laura Blaisdell and Camp Director, Andy Lilienthal, the perfect team to weigh in on the topic of “Things that Bite.” The webinar will focus on proven approaches in relation to the prevention and management of mosquito borne and tick borne illnesses. Laura will focus on best practices and suggested policies and procedures from a medical perspective, while Andy will speak to topics including parent communication and staff training. You can participate in the webinar online or in person. Specific details about the webinar's location and login information will be sent out to everyone on January 16.



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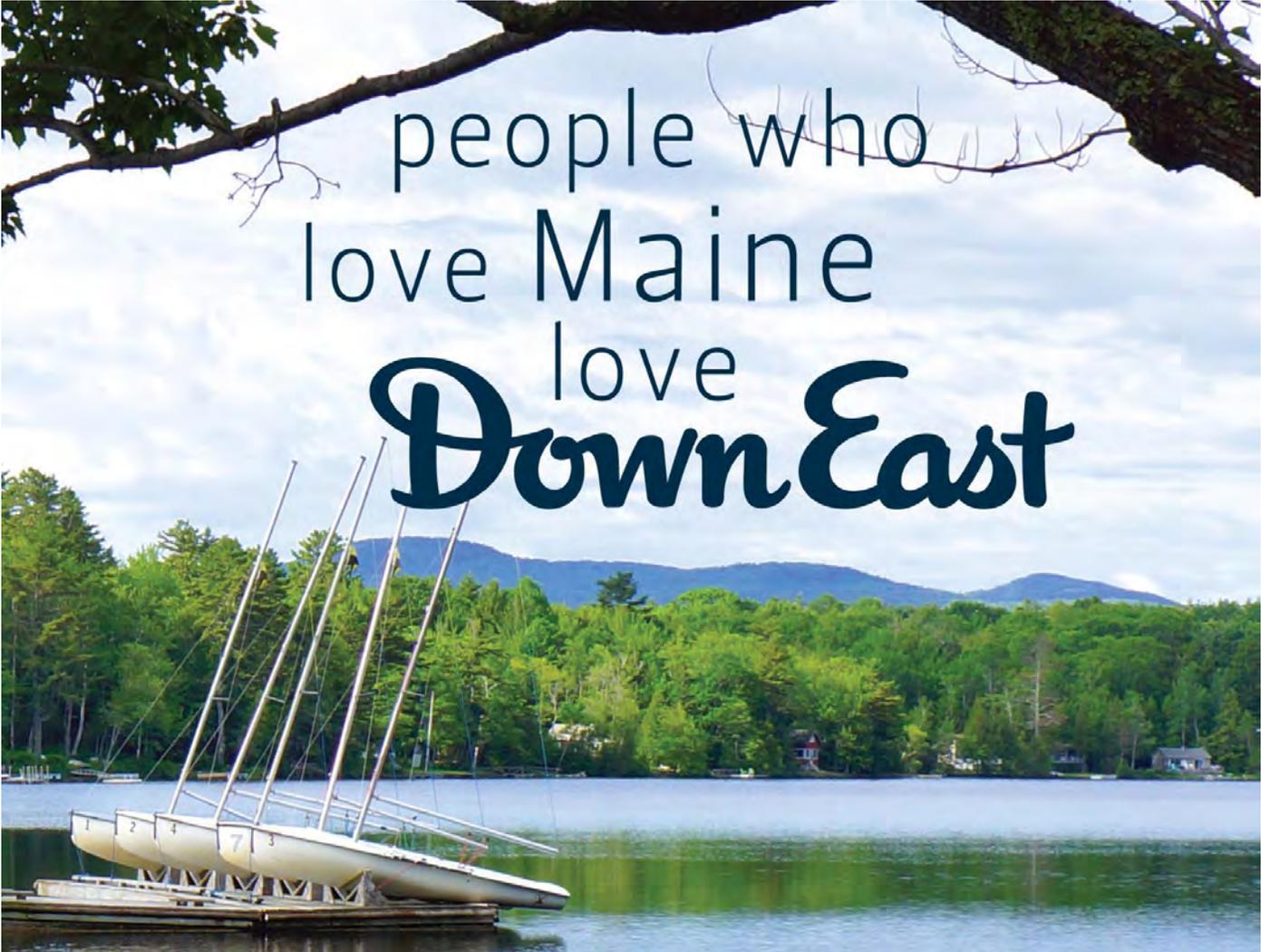


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And For the Bob Ditter Workshop:





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News and Reviews

Winter 2016

Important Camp Requirement

Required Mandated Reporter Training and Certification for Camp Staff

Reminder that this coming summer all your staff and volunteers who work directly with campers need to have completed the Mandated Reporter training course and be certified by the state. The two most common ways of accomplishing this are:

1. Have each person individually take the course online and at the conclusion of the training, pass a test. If they fail the test they can immediately retake the test for as long as it takes to pass it. Here is a link to the course and test. <http://www.maine.gov/dhhs/ocfs/ec/occhs/documents/MandatedReporterOnlineAUG2016.pdf>

OR

2. You can make the necessary arrangements with a state volunteer Mandated Reporter Trainer to come to your camp and do a two-hour workshop for your staff (free). At the end of the workshop, all attendees are certified by the stroke of a pen – no test needs to be taken. Here is a link to the Mandated Reporter Trainer List. <http://www.maine.gov/dhhs/ocfs/cps/trainer-contact.html>

It is the **camp's responsibility** to make sure that all of their staff are certified Mandated Reporters and are recertified every FOUR years.

Meet Bangor Daily News Blogger Who Writes About Maine Camps



Have you been keeping up with the great blogs that Maine Summer Camps has been posting on our website, Director's Facebook page, and in Bangor Daily News Online? The author is Kris Millard, and she works hard to connect with camp people who have experience with the subjects she reports on. Kris is a fan of all things summer, including camps, the outdoors, and the amazing array of experiences Maine offers, especially through camps.

She is excited about the great things that kids who attend camp get to experience. She is very impressed at the thoroughly developed and well-thought-out programming that camps offer. There are so many opportunities offered for activities, the outdoors, and development of life-long skills. But, Kris says, "Camp is not cushy. There are so many challenges when a child attends camp. Being immersed in Maine's natural beauty, living in the outdoors, meeting people, and learning to live in community are all part of the camp experience."

Kris also works for Maine Summer Camps as an editor and grant writer. With her hawk eyes we hope she finds any errors that miss the sharp eyes of Margi and Ron. Although somewhat new to blogging, Kris is not new to journalism, having written regularly for Maine Women and My Generation, both publications of Current Publishing. She has written features for the Maine Sunday Telegram, and is also a free-lance grant writer. Read her complete bio at the Bangor Daily News Blog page: <http://kmillard.bangordailynews.com/>. And check out the blogs there or on our website at mainecamps.org/blog.



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Junior Maine Guide NEWS

2016 was another productive year for the Junior Maine Guide Program. Besides having another successful JMG Camp that had 65 candidates, The guidebook for the three levels of the program was published. The Maine camps have shown an increased interest in the Junior Maine Woodsman and Maine Woodsman programs as the JMG program continues to modify their curriculum to the present philosophy of outdoor education. The JMG program has started to make plans for the summer of 2017.

The second JMG Rendezvous will be Saturday, July 8 at Bryant Pond. Comments from candidates and their JMG counselor training staff who attended last year's event said that this session was valuable to both the campers and counselors.

The dates for this summer's JMG Testing Camp are Monday, July 24 to Friday, July 28.

This year's gift to the JMG candidates of a compass, lanyard and whistle is made possible with gifts from the JMG alumni from Camp Winona.

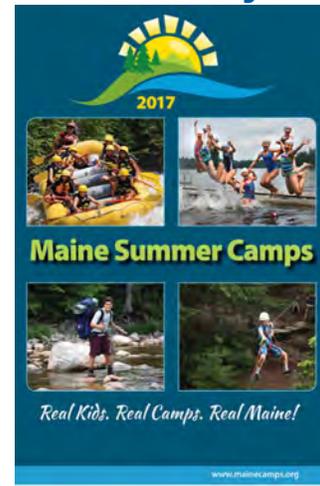
Maine Camps are privileged to have such an experienced and dedicated group of outdoor leaders as members of the JMG staff. The staff is so anxious to pass on their respect and love of the out-of-doors to the next generation of users.

This fall Junior Maine Guides received two grants from the Maine Timberland Charitable Trust totalling \$40,000. Part of the funds will be used to do a complete makeover of the invaluable Art of Outdoor Living resource book last revised 40 years ago - publication date is planned for late spring of 2017. A free copy of the book will be made available to Maine camps, high school outing clubs, and area libraries. The remainder of the grant will be used for scholarships ranging from \$1,000 to \$2,000 to help 15 campers attend either Camp Natarswi (girls) or Bryant Pond 4-H camp (co-ed) and Junior Maine Guide Testing Camp this coming summer.

JMG also received a generous donation from LL Bean to be used for program expenses and new equipment.



2016-17 Maine Summer Camps Directory



Hot off the presses, your 2016-17 Maine Summer Camps Directory will be on its way to you early in 2017. All member camp directors and business members will receive 2 copies along with 2 rack cards.

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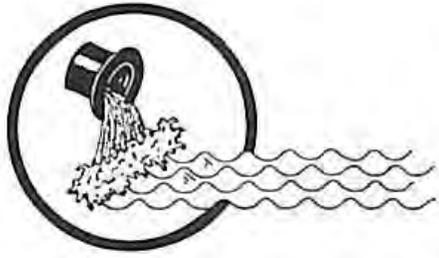
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Hamburger/Hot Dog BBQ:	\$10.00	\$10.00

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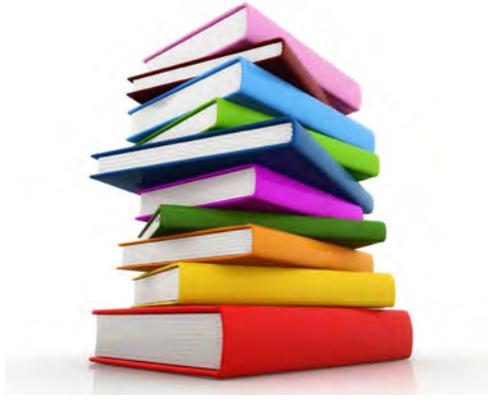
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Maine Summer Camps Book Club

The first ever (to our knowledge) Maine Summer Camps Book Club meeting was held at The Good Life Market in Raymond on December 6. There were 10 of us there from various camps and the book we discussed was *Free to Learn: Why Releasing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life* by Peter Gray. For the “Cliff Notes” read his article that appeared in ACA here: <http://www.acacamps.org/resource-library/camping-magazine/children-need-play-can-they-get-it-camp?>

A lively discussion ensued regarding the challenges of offering free play opportunities that the author recommends, which are self-directed, spontaneous, and not guided or even observed by an adult. Many parents want structure and expect camps to provide that structure, understandably for safety reasons. Many schools are rigid in the requirements and time tables that children are expected to follow, to say nothing of the scheduled after-school activities that are part of life with two working parents. And, does recess even exist anymore?

So, what is to be done? Members of the book club shared some of the free play options they provide and discussed how to integrate more free play into their camp culture. Here are some of the ideas:

- Gaga pits-a great pick-up game, Spike ball, Ping pong tables.
- “Stoopin It.” An evening program where campers play where ever they like within set boundaries outside. Area included beach, volley ball, soccer field, under tree, gaga pits, chess set, fire pit circle, lawn games. They were free to choose and change location as they wish. This worked well after week one, when there were established friendships and homesickness was less of a concern.
- One-phrase pick-up games, i.e. “Find the Leprechaun.” Let their imaginations take over! Then what happens?
- Moxie Maker Space. This is an arts and crafts free play space where campers can go to create whatever they wish. Staff are there to assist only, not direct or lead a craft.
- Providing an outdoor play space where there are tires, wooden planks and other random supplies for campers to play with and build whatever.

Do you have any ideas to add to our list of ways to encourage true free play? If so, send them our way!

Our next book club meeting will be Thursday, April 13 at the Good Life Market in Raymond from 9 - 10:30 am. They may have selected a book by the printing of this newsletter, but suggestions are welcome to Beigette Gill- beigette@fernwoodcove.com.

Welcome

New Camp Members

Camp Alsing -- at Pine Tree Camp, Rome. Emily Chaleff, Director. *This one-week camp guides children, ages 9-15 with social communication challenges, to develop connections and expand their boundaries in a traditional camp setting.* emily@campalsing.com 207.805.4155. www.campalsing.com

Unity College Summer Camp -- Unity. Wendi Richards. *Various one to four-week programs for ages 8-19.* dray@unity.edu 207.509.7143. www.summer.unity.edu

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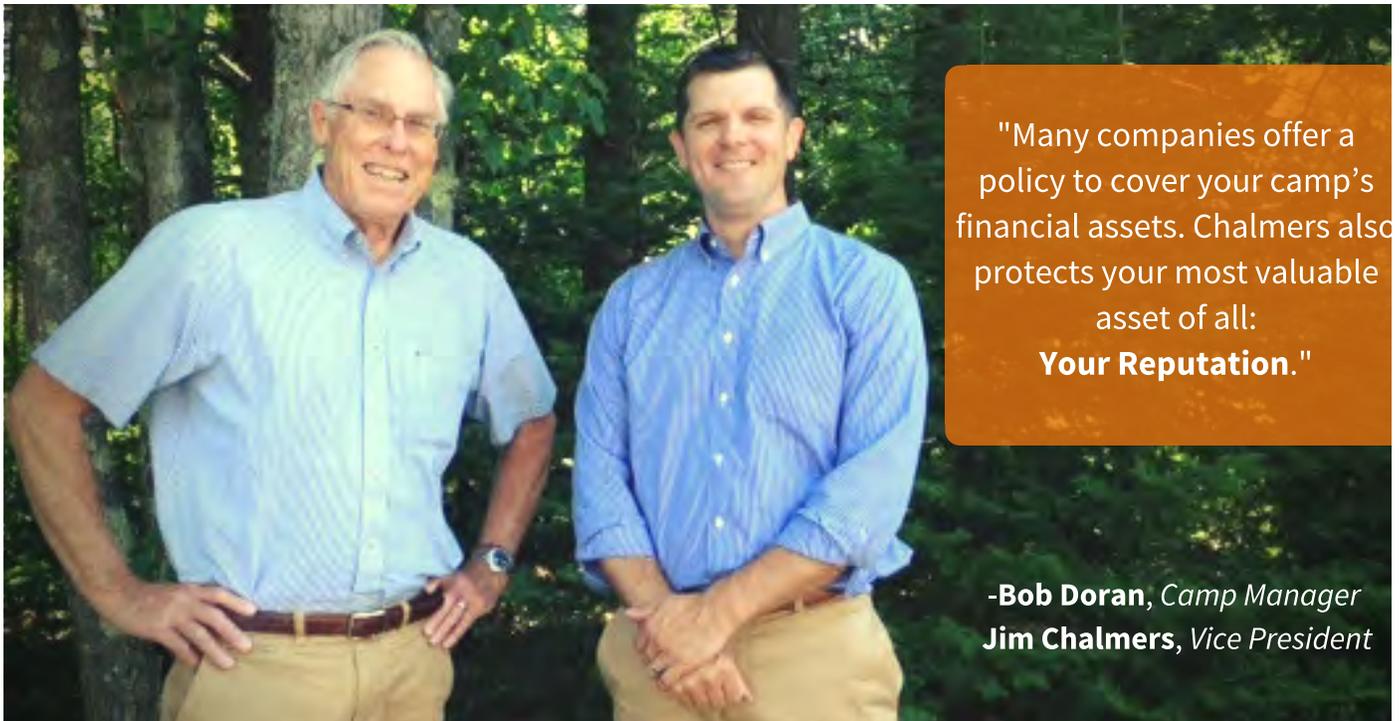
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CAMP MENATOMA



Camp Menatoma, which I believe closed in 1976, and which is located in Kents Hill, Maine, was a boy's camp that offered a wide variety of swimming activities including Red Cross swimming, waterskiing, boating, a survival swimming program, a water safety aid program, a 50-mile swim program, a junior and senior lifesaving program, as well as swim meets with opposing camps. As written in the Menatoma yearbook in 1976, "The junior swim team finished the season with a very respectable 2-3 record. Victories were posted over Androscoggin and Manitou and very exciting meets and losses came from Kennebec, Winnebago, and Skogland."

Camp Menatoma also featured a variety of field athletic sports, including soccer, basketball, baseball, wrestling and tennis. Apparently, in field sports, it was common for Camp Menatoma to play Camp Winnebago, as well as attend the Camp Powhatan Invitational Basketball Tournament. Camp Menatoma posted a successful record in archery and rivalry, including sweeping the Camp Powhatan Invitational Archery Tournament, thus winning the freestyle trophy. Camp Menatoma had camp trips that were very popular and included the climbing of Mount Katahdin, a trip on the Appalachian Trail, including the climbing of Old Spec, and canoeing the Saco River.

The Menatoma yearbook in 1973 recounts: "When half the camp is on trips like Rangeley or Mount Bigelow, or the Appalachian Trail or the Saco River, the other half may board the busses for a day at Popham Beach or Reid State Park ...Peanut butter and jelly sandwiches plus milk and homemade cookies taste great for lunch and an early supper of charcoal hamburgers, punch and watermelon winds it up. The homebound buses

are filled with glowing bodies, songs, and memories of games and sandcastle moats overrun with fluffy white foam."

Camp Menatoma also had interesting special days, including a camper-counselor's takeover day, a pioneer day, a head day, and traditional color war competition between the gray and blue team. Camp Menatoma had interesting names for their bunks, including the following: Mink, Rabbit, Chipmunk, Beaver, Warrior, Coyote, Squirrel, Otter, Raccoon, Wildcat, Bobcat, Woodchuck, Wolf, Moose, Elk and Stag.

James Lawrence, who took over the directorship of the camp in 1951, placed Menatoma in great perspective in a letter to the whole Maine Camping Association, which read: "Since Menatoma was subdivided in 1980, Dirk Peterson, a former camper, set up a web page and established a loose alumni group that continues to meet there once a year. The fidelity of that group and the effect that camping has had on their lives is ample proof to me that a camping experience changes lives for the better."

Camp Menatoma's motto, "Think of the Other Fellow First" is poignant in its simplicity.



Henry Johnson, Historian

Are **you** ready for this?

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It's all fun
until someone
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Remembering Jay Stager (1934-2016)



For almost half a century, Jay Stager profoundly influenced progressive camping in Maine. Coming north from a Fresh Air camp in NY State, a church camp in his native Pennsylvania, and Connecticut's Camp Claire, which he directed from 1960-1966, Jay and his wife Shirley restarted, directed and expanded both Hidden Valley Camp and Camp Med-O-Lark through 1988, at which point he "retired" for the first of many times.

At HVC and MOL, Jay pioneered innovations that we might now see as commonplace among our programs. Most importantly, the camps satisfied Jay's idealistic vision of community, being non-denominational, coed, non-competitive and interracial. They also featured fully elective schedules, many in arts such as modern dance and stained glass. In the early 80's he imagined and then created Maine Teen Camp (formerly Hiawatha) the first of its kind. Jay's concern for others led him to create scholarship programs within the US. And significantly -- and now familiarly -- Jay's camps featured robust participation of international staff and children from every continent.

Jay's heartfelt response to the death of 10-year-old Maine "young ambassador" Samantha Smith and his abiding commitment to internationalism led him to his next great adventure, the Samantha Smith Worldpeace Camp for Teens at the site of the former Camp Pesquisawasis, now Camp North Star. Attracting national attention in 1989, WPC hosted dozens of Soviet teens and sent additional Soviet campers to other Maine camps. WPC's progressive programming ranged from peace studies to conflict resolution and it evolved to become Omni Camp, carrying on these forward-thinking values.

Jay's final act had him back at Med-O-Lark from 1997 to 2005. Prior to that he helped open the USSR to international staff and camper exchanges. And he and his wife Karen, who pre-deceased him, founded an adoption program that brought 1,000 Russian orphans to families in the U.S. Three of those children joined Jay and Karen's family; they survive him, along with his wife Devora, who has roots at Hidden Valley and Maine Teen, and two older children who were central to HVC many years ago.

When giving its Halsey Gulick Award to Jay in 2004, Maine Summer Camps hailed him for his "passion to revitalize Maine camps that were falling on hard times," including the four noted above and what is now Nashoba North, and for offering "an alternative camp experience."

Jay studied philosophy as an undergraduate, lived in Istanbul as a Fulbright Scholar, and pursued an advanced degree at the Yale Divinity School. His lifelong interest in other cultures and ways of thought formed the foundation of vibrant and inclusive communities for children and adults. Through the years, Jay's open-mindedness and curiosity became central to many camp lives, as Omni's Betsy Roper describes so well: "He had the gift of turning huge dreams and possibilities into meaningful and powerful realities." Many of us remain inspired to follow Jay's generous, adventurous and forward-thinking example.



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New Business Members

A & L Laboratory Contact: Rebecca Labranche, PO Box 1507, Auburn, ME 04210. rlabranche@granitestateanalytical.com 207.784.5354. *A drinking water laboratory that can handle all of your testing needs to comply with Maine Drinking Water Program.* www.allaboratory.com

Albison's Printing, Inc. Contact: Stephen Albison, 124 Riverside Dr., Augusta, ME 04330. stephen@albisonsprinting.com 207.622.1941. *We offer offset printing, letterpress printing, digital color and black and white printing. Direct mailing services, personalized rubber stamps, invitations, and embossers.* www.albisonsprinting.com

CampBackgroundchecks.com Contact: Dave Shields, 1200 South Outer Rd., Blue Springs, MO 64015. daves@campbackgroundchecks.com 816.463.2949. *Criminal background check provider, established in 1994, an NAPBS member.* www.campbackgroundchecks.com

Firesafe Equipment, Inc. Contact: Dave Chapman, PO Box 1355, Auburn, ME 04311. emosher@fire-safe.com 207.784.7525. *Sales and service of portable fire extinguishers, annual and semi-annual inspection and maintenance of fire suppression systems.* www.firesafeequipment.org

The Kane Schools Contact: Bill Kane, 52 Woodland St., Fryeburg, ME 04037. thekaneschools@gmail.com 207.935.2608. *Wilderness and Rescue classes and workshops. Forty years of experience.* www.thekaneschools.com

Knucklebones Contact: Erin Fleischer, 50 Terminal St., Ste 128, Charlestown, MA 02143. erin@knucklebones.us 617.851.2928. *We bring invigorating counselor training/teambuilding and active entertainment for campers directly to you.* www.knucklebones.us

Maine Artists and Craftsman Contact: Steve Kenney, 540 Deering Ave., Portland, ME 04103. steve@artistcraftsman.com 207.772.7272. *Art and Craft Supplies.* www.artistcraftsman.com

Port Printing Solutions Contact: Mike Concannon, PO Box 6209, Cape Elizabeth, ME 04107. mconcannon@portprintingsolutions.com 207.741.5200. *Printing, direct mail, graphic design support.* www.portprintingsolutions.com

Stickers and More.com Contact: Toby Hancock, 1648 E 675th St., Washington, IN 47501. toby@stickersandmore.com 812.644.7744. *Custom printed apparel, banners, stickers and more.* www.stickersandmore.com

SOLO (Stonehearth Open Learning Opportunities, Inc.) Contact: Kelsey MacMillan, PO Box 3150, Conway, NH 03818. kelsey@soloschools.com 603.447.6711. *Wilderness emergency medical school.* www.soloschools.com

Waterski Works Contact: Eric Tackett, 1505 Birmingham Forest Dr., Frisco, TX. eric@waterskiworks.com 972.762.0171. *Onsite and offsite waterski boat driver training and coaching, procuring waterfront equipment, and consulting on programming.* www.waterskiworks.com

Western Maine Henna Contact: Ashley Holmes, 94 Kimball Pd. Rd., Vienna, ME 04360. wmhenna207@gmail.com 207.860.8035. *Safe and organic fun temporary tattoos for kids of all ages and genders.* www.westernmainehenna.weebly.com

Maine Summer Camps has recently taken one more step into the 21st century! We are now accepting credit card payments for dues, registration fees, sponsorships, and DONATIONS from camps, business members and individuals. The portal to access the payment system can be found on our website under the Header Dropdown of *Business Members/Make a Payment.*



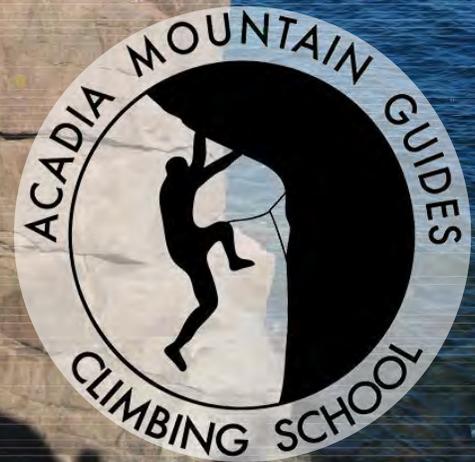
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Calendar of Events 2017

Save the Date!

January 24, Tuesday– Business Member Networking Event and Bob Ditter Workshop, – Italian Heritage Center - Portland, ME, 9:00 am – 4 pm.

January 25, Wednesday– MSC Winter Board Meeting – Italian Heritage Center, Portland, ME, 9:30 am to Noon.

March 19, Sunday– Annual MSC Camp Fair, East End Community School, Portland, ME, 1 to 4 pm.

March 30 – April 1– New England ACA Conference, Manchester, NH.

April 1, Saturday– Semi Annual Membership Meetings of MSC and MYCA at the ACA/NE Conference, Manchester, NH. *Breakfast provided by Chalmers Insurance and Norway Savings Bank.*

April 13, Thursday– Book Club, Good Life Market, Raymond, ME. 9-10:30 am. Book TBD.

April 25, Tuesday– Spring Board Meeting and Workshops at SYSCO Food Show.

June 9, Friday– MYCF and MYCA Annual Membership Meetings at Camp Winnebago.

July 8, Saturday– Junior Maine Guides Workshop, Bryant Pond 4-H Camp, Bryant Pond, ME. 9 am -3:30 pm.

July 11, Tuesday– Chris Thurber Staff Training Workshop, Camp Wawenock, Raymond, ME.

July 13, Thursday– 14th Annual MYCF Spelling Bee, Portland, ME.

July 24-28, Monday-Friday– Junior Maine Guides Testing Encampment, Stephen Phillips Preserve, Oquossoc, ME

September 13, Wednesday– Fall Board Meeting and Workshop, Location TBD.