



## Reminder — MSC Annual Meeting is Thursday, June 7!

Camp O-AT-KA is hosting this year's MYCA/MSA Annual Meeting on **Thursday, June 7**. Events of the day are open to all MSC members (camps, business and individual members).

- 9:30 a.m. Coffee and networking
- 10 a.m. MYCA meeting followed by MSC meeting
- Noon Lunch followed by optional tour of Camp O-AT-KA

## Maine Summer Camps' New Initiative— Level Ground

**W**e're excited to update you on the progress of our new MSC initiative, Level Ground. The name Level Ground is based on the origin of the word "camp," from Latin "campus," meaning a level ground used for games, athletic practice, and military drills. MSC's Level Ground project is designed to connect youth from low-income Maine families, particularly those of color, with summer experiences to which they would otherwise not have access. Recognizing that many camps already

*MSC's Level Ground project is designed to connect youth from low-income Maine families, particularly those of color, with summer experiences to which they would otherwise not have access.*

successfully pursue similar inclusive efforts, Level Ground intends to use its experiences and knowledge to broaden the reach of Maine camps, and to support camps in the process. In summer 2018, we are starting small, with a pilot program which will send 20 young people to five different camps. These children come from the Portland area and have been identified through our local community partners, Portland Community Squash and ProsperityME.

This initiative has in part been guided by our work in January with Niambi Jaha-Echols. If you weren't able to attend her workshop or want to broaden your awareness on the topics of diversity and inclusion, we suggest listening to season two of John Biewen's podcast, Scene on Radio, "Seeing White."

### Expanding Our Effort

Our intent is to expand the effort next year, upon evaluation of summer 2018. We will be looking to grow our network of community partners as well as camps interested in participating. In addition to getting to know the unique needs of the local communities we are serving, we plan to focus on offering training around diversity, race, and socioeconomic issues to assist camp directors as they prepare staff for more diverse camper groups.

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## MESSAGE FROM THE PRESIDENT

### SUMMER 2018

*I imagine you are feeling much like I am — focused on and slightly frantic about the minutia of preparing for the coming season: preparing the facility, training staff, making cabin assignments, final staff hiring, and paperwork aplenty! Hopefully you have identified an outlet for the stress experienced as we gear up for and dive into the marathon ahead. One of my stress relievers is yoga, because it stretches and relaxes me both physically and mentally. In addition, it often inspires me to think more deeply, and at this time of year I'm obviously thinking primarily about Camp! In my most recent yoga class, the instructor shared the following quote, which resonated with me.*



*"For most people the experience of the world is that it's out there, and it's coming at them, and they need to protect themselves from it or adjust to it in some way. Yoga tells us that that's not the case; that in fact the world we live in is a projection of our own thoughts and that we can modify that world according to our inner environment."*

*– David Life*

*The camp experience is a powerful one for children and staff alike. I often hear young people saying, "I wish the 'real world' could be more like camp." So when I heard this quote, it urged me toward a goal for this summer: to empower campers and staff to take what they've learned and how they feel at camp and find ways to live that in their lives outside of camp. We do a great job building intentional and supportive communities in our camps. We excel in providing appropriate challenges and encouraging young people to take healthy risks which help them grow. And, we can't stop there. Young people need guidance in how to maintain their authentic selves outside of camp. Let's help young people to see that the world out there is not something from which they need to protect themselves as it comes at them. Let's empower young people to have the confidence to project their own thoughts and change the world! Our children need this more than ever.*

*Wishing you a safe summer, and a successful season of empowering young people!*

Best wishes,  
Catriona Sangster



## Camps Rise to the Challenge of Addressing Food Allergies and Intolerances

Camp directors want kids to have positive experiences, from friendships to activities to cabin life. But an additional and crucial element of the camp experience is the food. For campers with food allergies, intolerances, or other dietary restrictions, eating at camp can be more complicated. Camp directors gathered in late April at Portland's Cross Insurance Arena to discuss issues presented by feeding campers with dietary restrictions.

Laura Jo Cunningham, assistant director of Kingsley Pines Camp in Raymond, spearheaded the gathering, organized by the MSC Education Committee. "I think what's gotten hard is that food allergies have become a very significant issue," Cunningham said. "There are more vegans and vegetarians. All those preferences are putting different demands on camp."

Yet insights shared at the meeting made clear an overriding fact, she said: by making accommodations for campers, those campers benefit from a safe recreational opportunity.

Addressing Food Allergies, *continues on page 4*



**SYSCO FOOD SHOW** Once again, Sysco hosted our MSC Board of Directors meeting and spring workshop at the Sysco Food Show on April 25 at the Cross Insurance Arena in Portland. After the morning workshop many camp directors and their chefs spent the afternoon connecting with more than a hundred food vendors. The event was an excellent way to checkout new products, receive special show-only discounts, and sample products such as steak, lobster, gluten free pastries, and vegan burgers. A special thanks to Rob Landry, Holli Francis, and Phil Latino from Sysco for hosting Maine Summer Camps.

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## Addressing Food Allergies, continued from page 3

Cunningham says the committee had several goals in holding the workshop.

“I really wanted people to hear that you need to talk to parents and kids to understand [allergic] reactions and how different reactions can be,” she said. Camps must also be mindful that reactions can change as a child ages, she said.

Paige Rich, program director at Alford Lake Camp in Hope, served as a panelist in her role as a camp professional and as a parent of a child with a food allergy. Her son attends camp, and her insights “puts the face of a real parent who has dealt with this,” Cunningham said.

*“I think what’s gotten hard is that food allergies have become a very significant issue,” Cunningham said. “There are more vegans and vegetarians. All those preferences are putting different demands on camp.”*

In the panel discussion, Rich pointed out the necessity of camp communication with both parents and campers about allergies and necessary accommodations. At Alford Lake, Rich says that leadership and nursing staff reach out to families prior to camp, and she suggests that camp chefs meet campers with dietary restrictions. Gathering information such as whether the camper knows the symptoms of a reaction, and how such a reaction feels, is also essential, she says.

Panel members also included: Mary Boyle, director of Girl Scouts of Maine Camp Pondicherry in Bridgton and a licensed EMT; Ian Root, food services director at Kingsley Pines Camp, a co-ed camp in Raymond; Linda Manchester, owner of the Good Life Market in Raymond; and Keith Pacheco, chef at Fernwood Cove, a girls’ camp in Harrison

Pacheco, of Fernwood Cove, said kitchen staff must have information about campers’ dietary restrictions, including whether the restriction is “an intolerance or a preference.” At Fernwood Cove, he said, kitchen staff are thoroughly trained, and the kitchen is set up with “designated stations,” including labeled trolley carts — such as a gluten-free cart. In addition, kitchen staff use color-coded utensils and separate cutting boards to ensure against cross-contamination. Fernwood Cove also utilizes a separate freezer to hold only gluten-free foods, said director Beigette Gill. Camp directors also said well-trained kitchen staff should be mindful of ingredient identification.

In the event a camper does have an allergic reaction, panelists agreed that proper training in administration of an Epi-Pen is essential, including the importance of knowing how long it may take an ambulance to arrive, said Boyle. This will help ensure that a camper doesn’t suffer a full anaphylactic reaction after the benefits of the Epi-Pen have lapsed.

## Maintaining Simplicity

Another key piece to addressing the issue of allergies and intolerances is maintaining simplicity, said Ian Root of Kingsley Pines. “Kids with real allergies don’t want anything special,” he said. “Keep it as low-key as you can for your simplicity and their piece of mind.” Campers also benefit from camps having a “point person” with whom they can discuss their dietary needs, camp personnel agreed.

“We want to sit down and enjoy our meals safely,” said Cunningham. “It’s a lot that’s happened fast, and sometimes it’s overwhelming, but I think everybody’s trying really hard because we want these kids to come to camp.”



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## Junior Maine Guides 2018 Testing Camp July 23-27



This summer marks the 81st anniversary of the Junior Maine Guide program. The updated version of *The Art of Outdoor Living*, published last year, has been a wonderful resource for counselors teaching JMG at their camps. JMG candidates also benefited from the updated materials. The JMG staff hopes all future candidates will have the book available to them in preparation for JMG testing.

JMG Testing Camp will be held July 23-27 at the Stephen Phillips Memorial Preserve in Oquossoc, outside Rangeley. The annual Junior Maine Guides Newsletter will be sent in mid-June to all camps interested in attending this year's encampment.

If you have questions about the JMG program, please contact Moose Curtis, the program director at 207-928-2107 or [mr.moose675@gmail.com](mailto:mr.moose675@gmail.com).

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## Third Annual JMG Rendezvous

### *Saturday, July 7 at Bryant Pond 4-H Camp*

**T**he third annual JMG Rendezvous will be held Saturday, July 7 at Bryant Pond 4-H Camp. Camp Director Ron Fournier has hosted the day-long workshop for the past three years. Last year, about 100 campers and staff attended the event. JMG counselors and candidates said that last year's event was a huge benefit to their camp's JMG program, so the JMG staff looks forward to offering another Rendezvous this summer.

The Rendezvous gives candidates the opportunity to become acquainted with JMG testers, demonstrates to both counselors and candidates the skill level expected at testing, and offers counselors a question-and-answer session with the JMG Program Director. The testers found at previous Rendezvous gatherings that there is insufficient time in each session to work with individual candidates' skills, therefore testers will present the skills expected from each candidate.

The Rendezvous will start at 9 a.m. with introductions and a schedule/orientation of the day's events. There

will be sessions on the following topics: axe and knife; map and compass; canoeing; a tree walk; and individual shelter. Candidates will have ample opportunity to ask questions. Prior to lunch, JMG staff will conduct a group session on areas in which they would like to see skill improvement. The day will conclude with a short closing session at 3 p.m.

A cookout lunch for everyone will be provided thanks to a grant from Enterprise Car Rental.

If any JMG instructor wants to see other topics covered, please contact Ron Fournier at Bryant Pond. [rfournier@umext.maine.edu](mailto:rfournier@umext.maine.edu).



**Ron Fournier, Director of Bryant Pond 4-H Camp.**



Announcing our annual mid-summer workshop with  
**Dr. Christopher Thurber**

**July 10, 2018 ☀ 1:30 to 4 p.m.**  
**Camp Wawenock ☀ Raymond, ME**

## “Courageous Ignorance”

### Becoming a Culturally Competent Leader

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

#### “Courageous Ignorance: Becoming a Culturally Competent Leader”

Humans are naturally afraid of differences, so developing cross-cultural agility is a challenge for all leaders. In this interactive workshop, participants will enhance their appreciation of differences, refine their interpersonal sensitivity, and embolden themselves to forge a more inclusive community at their day camp or overnight camp. Find diversity in places you never considered, overcome your fear of differences, and take your implicit biases into account. No leadership education is complete without these essential tools for connection.



**Directions: From points south,** head north on Rte. 302 and go ≈ 2 miles past the center of Raymond. After passing Hilltop minimart on your right, you’ll see signs for Camp Wawenock and Camp Wohelo. Take your next left onto Hawthorne Rd. and continue until the road ends at Raymond Cape Rd. Turn left and proceed on Raymond Cape Rd., approximately 4 miles to Camp Wawenock (Fire Lane 38). **From points north,** drive south on Rte. 302 and go ≈ 5 miles past the center of Naples. After passing Migis Lodge on your right, turn right onto Raymond Cape Road. Go about 4 miles on Raymond Cape Road to Camp Wawenock. (Fire Lane 38). 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 **Tuesday, July 10, 2018**. 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](mailto:camps@mainecamps.org)
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Outreach committee members Kristy Andrews from Wawenock, Mary Boyle from Camp Pondicherry, Sam Menzel from Tripp Lake, Tony Pritchard from Tripp Lake, and Dan Emmons from Kingsley Pines enjoyed a drink at Goodfire Brewing in May. Stay tuned for another MSC brewery meet up in the fall!

## Outreach Committee

### Join us for #MSCSimpleMeal and #MSCEarthDay!

We are happy to announce that two camps will keep our monthly volunteering commitment at Preble Street Resource Center by bringing campers and/or staff to serve breakfast — a big thanks to Kingsley Pines and Camp Agawam! We hope others will consider joining in the Outreach Committee's volunteer work by participating in #MSCSimpleMeal.

#### What is #MSCSimple Meal?

An opportunity for campers to practice leadership and generosity by considering how they could reduce their food consumption and donate the savings to Preble Street Resource Center or your local food pantry.

#### How can my Camp participate?

Consider removing meat from a meal, skipping dessert, eating a plain breakfast of cereal or oatmeal, or skipping a snack. Depending on your program this could be once a week, once a session, or whatever works for your camp.

#### Why should my Camp participate?

#MSCSimpleMeal will expand upon what the Outreach Committee has been up to this winter, intensify our shared impact, and include campers and staff in the

volunteerism! Consider making this a camper-driven initiative and give your CITs, LITs, or another group an opportunity to spearhead your Simple Meal. Keep track of what you donate, save, or reduce and share the data with Ron, so that we can see how much camps across Maine have done to fight hunger in our state.

#### What about #MSCEarthDay?

Join the Outreach Committee for the MSC Summer Earth Day on July 8th or 9th! Incorporate sustainable programming or feature the sustainable efforts you're already making by posting pictures and videos to your social media using #MCSEarthDay.

In the past camps have 'gone green' by adding local produce into their food service, done trash pick-ups, nature-based art projects, and shown their recycling efforts in action in order to start a conversation with their campers and staff about sustainability. Take this opportunity to highlight what an important role Maine camps play in working towards a greener, more sustainable future!

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## Maine Camp History –

### Learning to Live as Well as to Know: The Sidney Lanier Camp

By Henry Johnson, Maine Camp Historian

The Sidney Lanier Camp, also known as the Lanier Camp, was located on the Piscataqua River in Elliot, Maine from 1908 until 1940. The camp was officially established in 1908 by Mr. and Mrs. Sidney Lanier Jr. as a co-educational camp for boys ages eight to fourteen and girls ages eight to eighteen.

The camp ideology was to create a place for children where they could learn the art of living which also correlated with the camp's slogan, "learning to live as well as to know." To accomplish camp goals, campers were expected to help with the daily activities such as servicing the farm, gardening, and learning general hand craft. The camp attracted campers from diverse areas such as New York City, Boston, and Philadelphia. The children appeared to have been divided based on the different activities they chose. Mr. Lanier Jr. was a lawyer and a poet while serving as director of the camp. While running the camp, Mr. Lanier Jr. wrote Bible dramas which were acted out by campers each Sunday. In 1918, Mr. Lanier died, and his wife Elizabeth continued the operations by herself until 1940

when the camp closed. In addition to the activities mentioned above, the camp offered other activities for campers such as crafts, nature study, and music.

It is interesting to note that Mr. Lanier Jr.'s father was a musician, poet and an author who also served in the Confederate army. His father also built a career on the poetry that he sold to various publications and later on in life became a professor at Johns Hopkins University.

When the camp opened in 1908, the tuition was \$250.00 for the full season which amounted to eight weeks. At that time, the camp had twenty-three campers.

The Piscataqua River, upon which the camp is located, is a twelve-mile river that that separates Maine and New Hampshire.



*Editor's Note: This article is written by noted author and Maine Summer Camp Historian, Henry Johnson who attended Camp Powhatan in Otisfield, Maine from 1966 through 1973 as a camper, counselor, and ultimately, program director. Mr. Johnson is the author of numerous articles and publications relating to the history of Maine summer camps. If you wish to submit*

*information to Mr. Johnson relating to the history of any Maine summer camp, you may do so at the following email: [hjohnson@henryjohnson/aw.com](mailto:hjohnson@henryjohnson/aw.com).*



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## MSC Book Club

On April 12, a small group of MSC members met at the Good Life Market in Raymond to discuss our most recent read, *Privilege: The Making of an Adolescent Elite at St. Paul's School*, by Shamus Rahman Khan. Overall, most of us would not recommend this book. We were pleased to continue the discussion about cross-cultural agility and how this is impacted by socio-economic status.

We are open to suggestions for our Book Club and are currently looking for the next title. Our next meeting will be in the fall. Please contact Beigette Gill at [beigette@fernwoodcove.com](mailto:beigette@fernwoodcove.com) if you have suggestions for our next book.

## MSC Fall Membership Meeting and Cookout

Once again, we have been invited to have our fall workshop and cookout at Migis Lodge! Save the date **Wednesday, September 26**. The Education Committee has decided on the same format as our workshop/meeting last fall. We will be doing small group rotations and discussions based on your input from this summer. Please look out for a survey in late August where we will be asking for your input on what topics you are interested in discussing. After the morning workshop we will be able to enjoy the famous Migis cookout and reconnect with camp friends.

### 2018 Maine Summer Camps Calendar

#### June 7

MYCF and MYCA Annual Membership Meetings, Camp O-AT-KA

#### July 7

9 a.m.-3:30 p.m. – JMG Rendezvous Workshop, Bryant Pond 4-H Camp

#### July 8 or 9

MSC Earth Day(s) Celebration

#### July 10

1:30-4 p.m. Chris Thurber Staff Training Workshop, Camp Wawenock, Raymond

#### July 12

14th Annual MYCF Spelling Bee, Racket & Fitness Center, Portland

#### July 23-27

Junior Maine Guides Testing Camp, Stephen Phillips Memorial Preserve, Oquossoc

#### September 26

9 a.m.-1:30 p.m. Educational Workshop & Membership Work Cookout, Migis Lodge

1:45-3:30 p.m. Fall Board of Directors Meeting

## 2019 Maine Summer Camps Calendar

#### January 22

2:30-4:30 p.m. MSC Board of Directors Meeting at Italian Heritage Center

#### January 23

9 a.m.-12:30 p.m. MSC Workshop at Italian Heritage Center, Portland  
12:30-3 p.m. MSC Business Networking Extravaganza & lunch

#### February 3

1-3 p.m. MSC Camp Fair at Cheverus High School, Portland (*tentative*)

#### February 19 -22

ACA National Conference at Nashville, TN

#### March 20-22

Tri-State Camp Conference at Atlantic City, NJ

#### March 24

1-3:30 p.m. Annual MSC Camp Fair at East End Community School, Portland

#### March 28-30

New England ACA Conference at Manchester, NH

#### March 30

7:45 a.m. Semi-Annual Membership Meetings of MSC and MYCA at the ACA/NE Conference, Manchester, NH

#### April 24

9 a.m. Spring Board Meeting  
11 a.m. Workshops at SYSCO Food Show at Cross Insurance Arena, Portland

#### June 12

MYCF and MYCA Annual Membership Meeting at Location TBD

#### July 6

9 a.m.-3:30 p.m. JMG Rendezvous Workshop at Bryant Pond 4-H Camp

#### July 9

Chris Thurber Staff Training Workshop at Camp Wawenock, Raymond

#### July 11

14th Annual MYCF Spelling Bee, Portland

#### July 22-26

Junior Maine Guides Testing Camp at Stephen Phillips Memorial Preserve, Oquossoc

#### September 18

Fall Membership Workshop and Cookout at Migis Lodge (*tentative*)



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# Spelling Bee

14th Annual Norway Savings Bank/MSc Spelling Bee

**Thursday, July 12, 2018**

**Two age groups: • 12 & under • 13- 15 years**  
**Teams of 5 in each age group**  
*There is no minimum age - Send any number of teams*

**9:30 A.M: Registration**

**10:00 A.M: Competition begins, all ages**

**The Racket & Fitness Center**  
**2445 Congress Street, Portland, ME**



**Entrance fee: \$5.00 per camper**

*All proceeds to benefit Maine Summer Camps,  
with the support of Norway Savings Bank,  
which will match all entrance fees up to a  
total of \$850*

**Reminders:**

- ❖ Camps are asked to have 2 chaperones with each age group.
- ❖ Camp shirts, if available, should be worn by all participants.
- ❖ Drinks and snacks will be provided, lunches should be packed.
- ❖ An outdoor recreation area will be available for campers before and after they compete.

Two NEW word list resources are listed below, but others are available:

**Scripps Spelling Resources:** <http://iss.schoolwires.com/domain/4368>

**WordListsfordifferentgrades:** <http://www.spelling-words-well.com/spelling-bee-word-list.html>

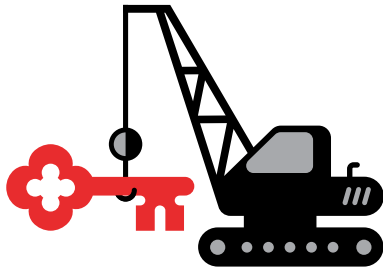
**Questions? Please call Bob Strauss @ (207) 583-2300 or email him at [bob@campwigwam.com](mailto:bob@campwigwam.com)**

**Directions:** The Center is near the Maine Mall/Jetport area. From Maine Turnpike Exit 46 turn left onto Jetport Rd. At light, turn left on Congress St/ ME 22. Continue approx 2/10 miles to 2445 Congress St, to The Racket & Fitness Center. If you get to the CineMagic Theater you have gone too far. Center Phone: 207-775-6128.

**To Register: Maine Summer Camps at (207) 518-9557 or [camps@mainecamps.org](mailto:camps@mainecamps.org)**



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