

Annual Fall Meeting Draws Nearly 100 MSC Professionals

'This is the beginning of conversations, not the end'



Fall Workshop participants gathered in September to discuss summer 2019.

The annual fall meeting and educational workshop brought almost 100 MSC camp professionals to Migis Lodge in Casco on Wednesday, September 18 for a morning of information and conversation, followed by another legendary Migis cookout on the sunny shores of Sebago Lake.

Greeted by incoming Board President Beigette Gill, the group was introduced to six discussion topics by Education Committee Chair Anna Hopkins. The topics were intended to give participants the chance to talk to each other and learn from each other, Anna said. "This is the beginning of conversations, not the end."

Participants then dispersed to locations both inside and out for conversations and collaboration about topics including immunization and communicable disease matters; staff mental health concerns; crisis management strategies; and challenges — and successes — of the summer.

A sampling of the conversations and information workshop participants shared includes the following.

Immunization and Illness Issues

Laura Blaisdell, MD, MPH is a pediatrician who serves as medical director at Camp Winnebago, alongside her husband,

Director and Owner Andy Lilienthal. She joined state field epidemiologist Emer Smith, MPH, to provide wide-ranging instruction and information about immunizations and communicable diseases.

The issue of immunizations — and state law regarding exemptions — is particularly timely. The Maine legislature passed a bill last spring permitting only medical exemptions

Continued on page 3

Sue McMullan, Lisa Tripler Named 2019 Halsey Gulick Winners



Sue McMullan (left), Alford Lake Camp, and Lisa Tripler, Kamp Kohut, were named the 2019 Halsey Gulick Award winners.

Vast commitment to campers and Maine's camping industry. Innovation and collaboration. Constant care and compassion. This year's recipients of the Halsey Gulick Award — **Sue McMullan** and **Lisa Tripler** — have offered a combined 80 years of dedicated contributions to youth camps. And they have demonstrated energy and expertise that will benefit campers for decades to come.

Continued on page 4

Maine Summer Camps Board of Directors 2019-2020

President: Beigette Gill, *Fernwood Cove*
Immediate Past President: Catriona Sangster, *Wawenock*
Vice President: Matt Pines *Maine Teen Camp*
Secretary: Terri Mulks, *Camp Susan Curtis*
Treasurer: Fritz Seving, *Fernwood*
Garth Altenburg, *Timanous*
Rich Deering, *Birch Rock Camp for Boys*
Mike Douglass, *Bishopswood*
Peter Hirsch, *Androscoggin*
Anna Hopkins, *Friends Camp*
Alex Jackson, *Camp Runoia*
Kathy Jonas, *Walden*
Peter Kassen, *Hidden Valley*
Mike Katz, *Camp Sunshine – Membership Chair*
Andy Lilienthal, *Winnebago*
Mark Lipof, *Micah*
Karen Malm, *Camp Agawam*
Spencer Ordway, *Winona*
Arleen Shepherd, *Skylemar*
Lisa Tripler, *Kamp Kohut*
Liz Tully, *Ketcha*

Appointed & Ex-Officio Members

Business Representatives:
Jim Chalmers, *Chalmers Insurance*
Jack Day, *Norway Savings Bank*
Melissa Knutson, *Androscoggin Bank*
Counsel - Jack Erler
Executive Director - Ron Hall, Maine Summer Camps
MSC Historian - Henry Paul Johnson

Maine Youth Camp Association (MYCA) Board of Directors 2019-2020

President: Peter Hirsch, *Androscoggin*
Vice President: Laura Ordway, *Winona*
Treasurer and Past President: Steve Sudduth, *Wyonegonic*
Secretary: Tom Doherty, *Camp Ketcha*
Mary Ellen Deschenes, *Girl Scouts of Maine*
Tracy St. Onge, *The Summer Camp*
Fritz Seving, *Fernwood*
Norm Thombs, *Mechuwana*
Jack Erler, *Counsel*
Ron Hall, *Maine Summer Camps*



Published by Maine Summer Camps
A membership association for Maine youth camps
Ron Hall, *Executive Director*
207.518.9557 PO Box 1861, Portland, Maine 04104
www.maine camps.org

MESSAGE FROM THE PRESIDENT FALL 2019

As we move into the fall season, I hope everyone has had the chance to take that big deep breath which offers you a sense of peace and fulfillment, knowing another incredible, impactful, and magical summer has passed. I am sure many of us have started enrolling campers and planning for next summer. However, fall is the perfect time to take some time for yourself and refill your resilience reservoir.



Due to the nature of our roles as camp professionals, we are a giving, sharing, and caring group. During the summer season we often put the needs of others ahead of our own. We encourage their self-care practices as they work at camp. With this in mind, what do you do to help refill your reservoir so you can continue to give?

I personally enjoy reading and listening to self-improvement books and podcasts. One of my most recent podcast episodes was about "Flow State". This is colloquially known as "in the zone". The great thing about the flow state is that it helps you be in the present. It energizes you and refills your reservoir.

Can you identify the activity that gets you into the zone? This is something where you are mentally and emotionally performing an activity, fully immersed, feeling energized, completely involved and enjoying the process of the activity? If so, I encourage you to do this activity as often as possible or find a new activity that helps you to get in this flow state.

In our current age of immediate and continual information we are constantly distracted, I believe experiencing this flow state is more important than ever. We need to take this time to restore and refill our reservoirs, so we have more to give. This will also allow us to continue to learn and grow as leaders and camp professionals.

It was only recently we gathered for our Fall Workshop. We connected, shared, learned and grew together as youth professionals. I want to say, "Thank you" for your commitment and dedication to youth development and your willingness to share and learn from each other.

I am so honored to be the president of such an incredible organization and look forward to giving and doing my best in this new role.

Warmly, Beigette

2020 MSC/MYCA Annual Meeting

The Maine Summer Camps Board of Directors recently voted to move our annual meeting from June to September. Next year's meeting will take place in conjunction with the Fall MSC Workshop on September 16, 2020. Plans are underway to have an early June webinar to replace the June meeting.

Annual Fall Meeting *continued from page 1*

for certain immunizations required for youngsters to enroll in public or private schools. The law eliminates exemptions based on religious or philosophical objections — a victory for advocates of increasing vaccination rates to the levels statistically shown to best ensure protection of the population at large from certain diseases.

However, petitions bearing approximately 78,000 signatures have requested a vote for the people's veto of the law and restoring the religious exemption. If the signatures are certified by the Secretary of State, enactment of the law will be suspended until the issue is put to a statewide referendum.

Although camps are not currently bound by the law regarding exemptions, both Laura and Emer urged camps to consider applying the same vaccination policies to their camper and staff population as is required of Maine schools.

Emer also presented parameters of how and when a camp must report outbreaks of illnesses to the Maine Center for Disease Control and Prevention. Camps can access information regarding such issues on the Maine Center for Disease Control & Prevention website, <https://maine.gov.cdc>.

Managing Crises at Camp

Hidden Valley Camp Director Peter Kassen facilitated conversations regarding managing emergency situations at camp. From working with first responders, to communicating with campers and families, to managing media inquiries, participants shared their ideas, policies and expertise.

...there are common actions to take in any emergency: communicating with the camp and parent community in a manner appropriate to the situation; designating a single spokesperson — usually the camp director...

The first question that must always be addressed, Peter said, is “is everyone safe?” Many other elements are also at play. Crises can have different definitions, for example, including accidents, medical emergencies, and outbreaks of illnesses. Yet there are common actions to take in any emergency: communicating with the camp and parent community in a manner appropriate to the situation; designating a single spokesperson — usually the camp director — to field media inquiries; advising the camp’s legal counsel of the situation; and seeking input from experts such as ACA, New England.

Consistency and transparency in handling crises are key, as is maintaining confidentiality where warranted. In addition, Peter said, the manner of communicating about events can be situational. However, in any emergency, camps should communicate with parents “right away,” he suggested. “Transparency has never not helped us,” he said.



Peter Kassen discussed crises management at camp at the Fall Workshop.

Supporting Staff Mental Health

Catriona Sangster of Camp Wawenock and Kathy Jonas of Camp Walden led conversations about mental health challenges staff members may face. Some camp staff confronting such challenges may receive clinical support during the off-season. Camps may not traditionally have had clinicians available to help staff members navigate difficulties. Participants in the discussion said employing or contracting with a mental health care clinician can prove beneficial. Staff members who have the opportunity to “check in” and receive professional support are exercising self-care and are more present and available to the campers they teach and mentor.

Group members agreed that a key element to fostering staff wellness is encouraging and supporting consistent self-care. Additionally, camps can help direct staff in the healthy use of their time. Suggestions included supporting physical activity, providing places for solitude, and encouraging the use of free time away from technology. The group also discussed ways of facilitating staff members’ use of time off, including transportation considerations enabling staff to leave camp on days off.

In addition, the group also discussed the importance of respecting the needs of staff members who are introverts, and the value of providing opportunities for recharging.

Other Topics of Discussion

Camp personnel also had the chance to discuss challenges of the summer, as well as hiring issues presented by concerns about applicants’ mental health challenges. And, in a celebration of successes over the summer, Wyonegonic Camp’s Chris Wentworth gathered with a group to discuss “the single best thing you tried at camp this summer.”

Connecting and Reflecting

“Our fall workshop is such a great time to connect and catch up as we have just finished our seasons and things start to slow down a little,” said Beigette in an email following the event. “The summer is still fresh in our minds and the timing provides us a good opportunity to debrief, share, find new ideas to implement in our planning for next summer.”

Sue McMullan, *Alford Lake Camp, Hope, Maine*

Sue McMullan's half-century-long career has been marked by decades of offering girls and young women guidance, inspiration, and countless opportunities to learn. She came to ALC in 1970 and quickly became indispensable. Serving in countless roles, Sue assumed the role of director in 1992; a thriving girls' camp then, Sue's leadership has ensured that the camp continues to provide campers and staff with lessons for a lifetime.

For 40 years her abilities have been the key to her leading the camp's senior counselor trainee program. As director she has continued to implement programming and opportunities for the girls Alford Lake Camp serves. She oversaw installation of a high and low ropes course and climbing wall. She partnered with the Nova Scotia Sea School to offer a seven-week sea kayaking and sailing program. She initiated a five-week hiking trip in the Alps. And she added the opportunity for girls to perform community service as a camp activity. This leadership has demanded ability and drive, compassion and care.

Sue has also shared vast commitment to youth camping. She served on the board of directors of ACA, New England in the early 1980s, and for many years was a Maine Summer Camps board member and education committee chair. She was also a trustee at Waynflete School in Portland, which her children attended.

Sue has been called by colleagues a "legend," "a solution-based leader," and an individual who knows that camp provides "the single greatest investment" in campers' development. Her contributions have been inestimable and invaluable, making her a perfectly fitting recipient of the 2019 Halsey Gulick Award.

Lisa Tripler, *Kamp Kohut, Oxford, Maine*

Lisa Tripler's camp experience has taken many forms, from camper in New Hampshire to filling a multitude of roles at Camp Fernwood – including kitchen help, swim instructor and waterfront head, counselor and head counselor. Kamp Kohut, however, was the then boys' camp where her parents, teachers in New York, served as waterfront director and program director. Lisa became a lawyer, yes, but as all of Maine's camping professionals know, she was destined to give youngsters the benefits of a camp experience.

When a struggling Kamp Kohut came on the market in 1992, she and her husband, Dan Rapaport, made the purchase that fulfilled a lifelong dream. The joke that one day she would purchase the Red Sox for Dan hasn't come to fruition, but for 27 years the couple has owned this now-thriving, now brother-sister camp. It is the longest tenure of any owners since Kohut was founded in 1907.

Lisa is described as "tireless." Daughter and associate director Carly Rapaport Vargas says campers look to Lisa like a mother.

Whether she is supporting girls or boys, young women or young men, Lisa presents "the same attitude and smile and friendliness." Carly, among many of mother's admirers and colleagues, describe Lisa as "selfless."

Long involved with Maine Summer Camps, Lisa has served on the organization's Education Committee, Marketing Committee, and Membership Committee. She has provided lengthy and steadfast service on the Board, served as Board secretary, and was involved in numerous momentous organization decisions, such as spinning off MSC and MYCA, and hiring an Executive Director.

She has also served to empower and mentor her staff, including daughter Carly.

And while Carly says the Rapaport family calls Kamp Kohut her mother's "third and favorite child," the affection for this committed and energetic camp professional is indisputable.

"We make the camp community," Carly quotes her mother. "Not me."

A labor of love, a passion since childhood, an enduring commitment. When Lisa Tripler and her husband Dan Rapaport bought Kamp Kohut almost three decades ago, it was a new adventure. Today, the adventure continues, led by a director whose spirit, energy, and vast expertise make her most deserving as a co-recipient of the 2019 Halsey Gulick Award.

Need renovations,
repairs or a great rate?



Tailored solutions and fast decisions let you
focus on your staff and campers.

Our team has the experience to tackle any issue
while making you a true priority. We are here to
help you succeed. *Just don't ask us to inflate the floats!*

1-800-966-9172

androscogginbank.com

**Androscoggin
Bank**





2019 JMG Testing Camp

The Junior Maine Guide examiners were impressed with this group of candidates for the 2019 Testing Camp and were also very impressed with the hardworking camp counselors accompanying the campers.

Fifty-five candidates represented nine camps: Arcadia, Birch Rock, Bryant Pond, Kawanhee, Natarswi, O-AT-KA, Runoia, Winona, and Wyonegonic. The passing rate was 34.5 percent — 19 of the 55 candidates passed. This was a lower passing rate than normal due to a higher number of first-year candidates. The JMG staff thought that most of the first-year candidates were young and the level of the program was a challenge for them. But none of these candidates seemed out of place and all were well prepared. Most will need to retest on about four or five majors, and the same number of minors. If this group returns to testing camp next summer, we should have an impressive pass rate.

The candidates seemed to enjoy our nightly campfire programs. Bill Southwick and Moose Curtis spoke on JMG history and what they have seen in the evolution of camping. Moose spoke about the 20-year plus Bemis days and Bill about our 20 years on Swan Island. The evening program closed with everyone singing Happy Birthday to long-time JMG examiner, Gard Thompson, and enjoying a cake.

On Tuesday night of testing camp, a Border Patrol representative spoke to the group and invited along a member of the Rangeley Police Department. Each member of the Rangeley Border Patrol spent a month on the Southern border this past year. It was interesting to hear about their experiences and hear about the government shutdown from their perspective. The group also watched a demonstration by one of their dogs that helps checks for drugs in vehicle stops. Wednesday evening saw Warden Pat Eagan address the group on the role of being a warden.

Finally, on Thursday evening, Bill Green of NewsCenter Maine's "Green Outdoors" was our speaker. He talked about how he started in TV and his willingness to work hard to make his way up the ladder in the business. He closed with a few on-the-job stories.

2020 Testing Camp Dates Announced

Next summer's JMG Testing Camp will run from July 27 to July 31, and the Rendezvous workshop day, sponsored by Enterprise Holdings, will be at Bryant Pond 4-H Camp and Learning Center on July 11.

JMG Examiners Offering Services

For any camps that would like to start incorporating the Junior Maine Woodsman and Maine Woodsman programs into their campcraft, nature, or outdoor living programs, the Junior Maine Guide examiners would love to help you. They would be happy to meet with your staff and help develop a program based on the JMG curriculum, found in the JMG text *The Art of Outdoor Living*.

If you would like to take advantage of this offer email Moose Curtis, the director of the program at mr.moose675@gmail.com. In addition, the MSC Education Committee is hoping to have a webinar this winter on how to successfully start the Junior Maine Woodsman and Maine Woodsman programs at your camp.



FAMILIES COUNT ON YOU TO PROTECT YOUR CAMPER'S.
Count on us to cover you.



ENJOY THE SAME PEACE OF MIND YOUR CAMPER'S COUNT ON YOU FOR.

Your camp's the natural place for your guests to refresh and unwind. Invest in the protection that can keep you worry-free too. Acadia's enhanced camp policies can cover your property and equipment. Because a wild world deserves a bit of safeguarding too.

Acadia Insurance is a member company of W. R. Berkley Corporation, whose insurance company subsidiaries are rated A+ (Superior) by A.M. Best Company and A+ (Strong), by S&P.

All coverage is subject to applicable underwriting guidelines.



For more information, contact Acadia Insurance | 800-773-4300 | www.AcadiaInsurance.com

CONNECTICUT | MAINE | MASSACHUSETTS | NEW HAMPSHIRE | NEW YORK | VERMONT

Welcome New Camp Members

■ Camp Taconnet

Camp Taconnet, an ideal place for family vacations, allows adults to relax and catch up while kids go have fun. Three delicious meals are provided in a central dining room, so everyone can be active in family fun, without worrying about meal planning and prep. Endless activities are available to ensure that everyone is ready for bedtime.

Contact: Anne Randall at 207.397.2351 or anne@taconnetongreatpond.com

Address: PO Box 238, Belgrade Lakes, ME 04918

Website: taconnetongreatpond.com

■ Wells Reserve Summer Camp

Wells Reserve Summer Camp offers one-day and week-long camps packed with hands-on, science-based activities for kids ages 6 to 15. Explore field, forest, salt marsh, and beach in a protected reserve featuring a barn classroom and well-equipped teaching laboratory. Scholarships available.

Contact: Suzanne Kahn at 207.646.1555 ext. 116 or suzanne@wellsnerr.org

Address: 342 Laudholm Farm Road, Wells ME 04090

Website: www.wellsreserve.org/camps

2020 Camp Dates Needed for MSC Website

As soon as your calendar is finalized for next year please send your Summer 2020 camp dates to Sue at office@mainecamps.org. Parents and families really appreciate this quick reference. Fall is a great time to review and update your listing on the Maine Summer Camps website and consider swapping out old photos for new. All camp listings can be previewed at <https://mainecamps.org/camp-members/camp-member-directory/>. Email Sue if you need your username and password. If you don't have this capability call Sue at 207.518.9557 and she will be happy to make updates to your complimentary camp listing.

This year we will spend more than \$30,000 to promote the "Find-A-Camp" search engine on our website. Last year we had almost a quarter million page views. The enhanced listing (\$350) is the only way a person can view your camp's listing and click on a link to go directly to the camp's website. The enhanced listing allows you to include as many photos, videos and hotlinks as you want.

Bunkline

BAGS

HATS

APPAREL

STAFF & CAMPER TEES

APPAREL SILKSCREEN - EMBROIDERY

PROMOTIONAL AWARDS - GIVEAWAYS

CUSTOM

UNDER ARMOUR

Quality + Pricing - Call for Quotation

800-435-6888

South Jersey

Logos at the bottom include: 0 CAMP ASSOCIATION, 2019 TRI-STATE CAMP CONFERENCE, Maine Summer Camps Real Kids. Real Camps. Real Maine!, SCOPE, and 27th ANNIVERSARY.

Welcome New Business Members

■ Brant & Cochran

Brant & Cochran forges axes including the Allagash Cruiser: a 2.5-pound wedge pattern camp axe hafted on a Maine white ash handle. Axe making in Maine is back!

Contact: Mark Ferguson at 207.730.2929

Email: mferguson@bnctools.com

Website: www.bnctools.com

■ Brio!

Full Camp outfitters since 1989. Authorized dealer for Under Armor, Columbia, UCO, UST and other top outdoor brands. Custom programs with exceptional service right here in Maine! MSC discount: Free artwork services - Free screen charges (apparel)

Contact: Martin Rogers at 207.596.6989

Email: orders@briopromotions.com

Website: www.briopromotions.com

■ Hayes True Value & True Value Rental

Full selection of hardware, lawn & garden, power equipment (Husqvarna), tools, paint (Benjamin Moore), plumbing, electrical, cleaning supplies, dock hardware, fishing, camping and automotive. Full rental department from earth to party. MSC discount: 10% off any non-sale item (excludes services and power equipment)

Contact: Allen Hayes, Jr. at 207.647.3342

Email: allen.hayes@hayestruvalue.com

Website: hayestruvalue.com

Time to address all your bedding needs.



Bedding by
Bourdons

www.bourdons.com

1-800-231-5468

american
CAMP
association
Business Affiliate

Bourdons has been fulfilling your bedding needs for 87 years.



■ Maine State Museum

The Maine State Museum shows the very best of Maine all under one roof. From beautiful nature scenes with live trout, to a dramatic three-story working mill, to objects created by Maine's earliest people, the museum's exhibits offer something for everyone.

Online Reservation Form: www.mainestatemuseum.org/learn

Contact: Joanna Torow at 207.287.2301

Email: maine.museum@maine.gov

Website: mainestatemuseum.org

■ Pond Hill Ranch

Horses/ ponies leased to camps for the season.

Contact: Harry O'Rourke at 802.468.2449

Email: horses@pondhillranch.com

Website: www.pondhillranch.com

■ SightSound LLCs

Property and building improvement projects - groundwork, carpentry, road repair, forest and land management. Tractor excavator, dump truck. Creative efficient, reliable, strong work ethic with pride.

Contact: Chris Pinchbeck at 207.763.2731

Email: pinchbeckpipes@gmail.com

■ SRS Events

Event planning and management services for businesses and non-profits with a specialty in summer camp reunions and celebrations.

Contact: Sarah Schechter at 207.956.1686

Email: sarah@srseventsmaine.com

Website: srseventsmaine.com

■ Teach America To Swim

Teach America To Swim is proud to be a fully licensed and insured Authorized Training Provider (ATP) of the American Red Cross. Online and In-Person American Red Cross; Lifeguard Certifications, Water Safety Instructor (WSI) Certifications, First Aid, CPR and AED Certifications

Contact: Sabrina Keller at 516.216.3293

Email: info@teachAmericaToSwim.com

Website: <https://www.teachamericatoswim.com/>

MSC MAINTENANCE FALL WORKSHOP

This year's fall maintenance workshop will be held at Wavus Camp for Girls (88 Wavus Point Rd, Jefferson) on October 22, 9 am to noon. Camps that are interested in sending their staff to the workshop should contact Chris Wentworth at: webmaster@wyonegonic.com

Alex Jackson, Karen Malm Named to MSC Board

Alex Jackson, Director, Camp Runoia



"We are all working for one goal, which is to get kids into camp. The more we can work together, the better chance of meeting that goal."

Since 1995, **Alex Jackson** has been working toward that goal as a staff member at Camp Runoia. Hailing from northern England, she now lives in Maine,

and first encountered American summer camps through BUNAC while pursuing a degree in physical education and sports science. Upon earning her teaching certification Alex worked with youth both in the classroom and outdoors, with an emphasis on experiential education. She holds a masters' degree in Camp Administration and Leadership.

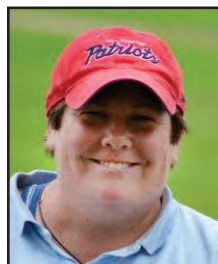
Alex's primary "off-season" role is program development and hiring. During the summer she is the programming hub, with a focus on overseeing waterfront safety and adventure challenge activities. She still enjoys hands-on teaching, both on the ropes course or at the lake.

Alex also serves as an ACA Standards Visitor. All of her commitments to the camping community, both at Camp Runoia and beyond, reflect her view that the Maine camping industry is progressive, but "one of the great things is that it maintains traditions." The industry is consistently strong, Alex says, and benefits from MSC's "commitment of membership."

"I'm excited to build some deeper connections," she says. "It's nice to get back into the organizational structure."

A Maine resident, Alex enjoys many seasonal outdoor activities with her active family, including her three children. She works year-round for Camp Runoia from her Raymond, Maine home. She enjoys singing with a local women's chorus and serves as chorus president. An animal lover as well, Alex is often kept company by a foster dog during the winter!

Karen Malm, Assistant Director, Director of Programs, and Director of Alumni Relations, Camp Agawam



Karen Malm, who began her affiliation with Camp Agawam in the early 1990s, will bring a broad range of expertise to her role as a new MSC board member.

A Princeton University and Boston College School of Law graduate, Karen has been a full-time Agawam fixture for the past decade. She currently serves as Assistant

Director, Director of Programs and Director of Alumni Relations. A former Agawam Head of Tennis and Head of the Challenge Course, Karen taught middle school for 18 years prior to joining Agawam full-time.

Camp professionals continually learn from one another, Malm says, adding that board membership will help her contribute to that learning. "We are super lucky to have an organization like Maine Summer Camps," she says. "It does so much work on our behalf to promote our industry. I'm honored to be part of that and give back a little bit."

Outreach Committee's Fall Event

The MSC Outreach Committee is sponsoring tours of Kamp Kohut and Tripp Lake Camp followed by a social gathering at Oxbow Beer Garden in Oxford on Friday, November 1. The event is open to all MSC members. Attendees are welcome to participate in one or more of the day's offerings.

For more information contact Kristy Andrews at kristy@campwawenock.com

FRIDAY, NOVEMBER 1 TOUR SCHEDULE

3 pm Kamp Kohut, 151 Kohut Rd, Oxford

4:30 pm Tripp Lake Camp, 132 Tripp Lake Camp Rd, Poland

6 pm Oxbow Beer Garden, 420 Main St, Oxford



235 Goddard Road • Lewiston, ME 04240

northeastchartertour.com

Motorcoach | School Bus | Limousine | Town Car | Trolley

NORTHEAST Charter & Tour Co. Inc. 207-784-3159 888-593-6328 www.northeastchartertour.com info@northeastchartertour.com	 Crown Limousine & Towne Car Service 207-783-8799 www.crownlimomaine.com info@crownlimomaine.com	 ALL ABOARD Trolley & Transportation Co. 207-594-9300 www.meetthefleet.com info@northeastchartertour.com



Providing Transportation and Charter services for groups of all sizes,
and the official carrier of the Portland Sea Dogs, since 1999



January 29, 2020 – Winter Workshop & Business Networking Extravaganza

MSC Winter Workshop and Business Networking Extravaganza will be held Wednesday, January 29, 2020 at the Italian Heritage Center in Portland. Registration for the workshop will open on November 6. Before then, a flyer containing all necessary information will be sent via email. The cost is \$25 per person.

On November 13 registration will open for business members who wish to participate in the Business Networking Extravaganza.

SCHEDULE FOR THE DAY

8:30 am	Registration and coffee
9 am	Conscious Leadership Workshop
10 am	Business member set-up
12 pm	Lunch for business members
12:30 pm	Business Networking Extravaganza and “walking lunch” for camp staff
2:45 pm	MEGA Raffle

Morning Workshop – Conscious Leadership with Sue Heilbronner

Sponsored by H & H Purchasing and Consulting Services www.hhpurchasing.com/

Maine Summer Camps will host a workshop on **Conscious Leadership** led by seasoned Conscious Leadership coach and consultant **Sue Heilbronner**. Not only does Sue work with leaders and teams around the world to help them become more effective in their leadership, we also chose her because she has a direct connection to us.

Sue attended Maine summer camps starting at age 6, migrating from the late Camp Hiawatha and Truda to settle at Camp Walden. Sue often shares a story we all know well — she feels that her time at camp in Maine created the most meaningful formative experiences of her life. She still attends the anniversary events at Camp Walden, and she and her bunk mates hold reunions every year or two.

Sue has a diverse post-camp career. She started out as an attorney with the US Department of Justice, then transitioned to a career in business, leading at large companies and running a few successful tech startups.

Eight years ago, she encountered the work of Conscious Leadership through a group called The Conscious Leadership Group. The models and insights she garnered through this inquiry created meaningful impact across every area of her life. She became a far more self-aware leader, a more impactful coach to her employees, and a more effective force in the world around the topics she cared about most.

Our session with Sue will be a blend of increasing our self-awareness of our own leadership styles and bolstering our ability to create more engaged, effective teams in our programs. We learned about Sue after she spoke at CampMinder Camp in 2019. One of our members saw her presentation and thought it would be a great fit for us.

Sue's session will be a mix of self-inquiry and skill building around things that work well for each of our individual styles as leaders.

If you would like to learn more, visit www.tellsue.com.

The workshop will focus on giving you tools and techniques to:

- ▶ Increase your candor across your organization
- ▶ Make quality agreements to enhance trust and meet expectations on your team
- ▶ Reduce drama in your organization and enhance creativity and collaboration
- ▶ Find new ways to build even better teams and be an even more effective coach for your team members

**CERTIFIED TECHNICIANS MAKE OUR SERVICE
FASTER, BETTER, & MORE RELIABLE.**

**Maine's Finest Commercial Kitchen Parts
& Hot Side Service Provider**
& its only CFESA Certified Company



Our Refrigeration Team has got you covered

GOLD DIVISION

- Prep Stations
- Reach-ins
- Ice Machines
- Walk-in Coolers
- Cold Beverage Machines
- Display Cases
- Performance Maintenance Plans



**Pine Tree
Food Equipment**

CERTIFIED PARTS AND SERVICE
REFRIGERATION DIVISION



800.540.5427 PineTreeFoodEquipment.com

Northeast Camp Professionals Tour Six Maine Camps

Sharing Ideas and Knowledge

Campers have gone home and staff numbers have shrunk from robust teams to skeleton crews. Year-round personnel are already looking to 2020, undertaking post-season scrutiny that leads to planning and possibilities for change. It's a process demanding time and energy, but camp directors, regardless of their camps' size and location and mission, agree that evaluating their facilities and programs — and making decisions about improvements — benefits enormously from collaboration.

For three days in early September close to 150 camp professionals from the U.S. and Canada engaged in such collaboration here in Maine. In a joint initiative of the American Camp Association (ACA), New England and ACA, New York and New Jersey, the participants toured six resident camps in the Sebago Lakes region of Maine. The event proved a fitting opportunity to shift from the focus on exhilarating and exhausting in-season camp operations to reaping the rewards of collegial professional engagement and a look how other camps get the job done.

"They loved seeing the properties. And camps felt good about getting to share their camps with other professionals in the community."

– Kerry Salvo, ACA, New England

The tour began September 10 at girls' camp Fernwood Cove in Harrison. The next day the group began at Camp Micah in Bridgton, followed by a tour and lunch at girls' Camp Mataponi in Naples, and ending with a tour, socializing, and dinner at Casco's Camp Sunshine, a nonprofit organization which serves children with life-threatening illnesses and their families. The event concluded on September 12, with tours of girls' Tripp Lake Camp in Poland and Kamp Kohut, a brother-sister camp in Oxford.

"They loved seeing the properties. And camps felt good about getting to share their camps with other professionals in the community," said Kerry Salvo, ACA, New England director of education and professional development.

"It's so valuable to get to learn from each other. They realize they're not in a bubble."

The tour was designed to focus in large part on camps' facilities and infrastructure, Salvo said. Such fact-finding opportunities are rare, she said. An additional consideration was that many resident camps face issues around aging facilities and infrastructure, Salvo said. Being able to visit camps that are "young," such as Camp Micah (founded in 2001) and Fernwood Cove (established in 1998), can provide useful guidance in considering renovations or upgrades, Salvo said. For example, camp directors seeking to update or replace dining halls or



Camp professionals gathered at Camp Micah for a six-camp tour in September.

health centers will find that "there are many different ways to approach it."

"Some of it is new ideas, some of it is nitty gritty," Salvo said. "Septic systems are not something we ordinarily talk about, but it's real. You need to have a plan."

The six participating camps in the event "made it really easy," Salvo said. "I'm so impressed with how much they embraced it."

"Everyone who goes and buys into [the annual camp tour event] keeps coming back," said ACA, New York and New Jersey Executive Director Susie Lupert. "The reason is that here there's just no better way to learn. It's experiential."

The six Maine camps hosting tours were honored on September 18 at Maine Summer Camps' Fall Meeting and Educational Workshop. Elizabeth Snell, representing ACA, New England and New York and New Jersey, presented Camp Sunshine Executive Director Mike Katz with a \$500 donation on behalf of the Maine host camps.

2020 MSC Camp Fair Dates

MSC will host at least two camp fairs, with the possibility of adding a third this winter. The first fair will be held at Cheverus High School in Portland on Sunday, February 2 from 1-3 p.m. The second fair will be held at the East End Community School in Portland on Sunday, March 22 from 1-3:30 p.m. If there is enough interest MSC will consider hosting a camp fair in early April in the Bangor area. Camps interested in this possibility should email Ron Hall (camps@mainecamps.org). Registration for MSC camps will be sent on December 4. Registration for all other camps and organizations will begin on December 16.





Chalmers[®]

CAMP INSURANCE



Lots can happen at summer camp - including accidents and injuries. **That's where we can help.**

We specialize in new England Summer camps and your unique risks.

CampChalmers.com | 800-360-3000

2019-2020 Calendar

September 18

- 9 am-2 pm Fall Membership Workshop – Migis Lodge
- 1:30-3:30 pm MSC Fall Board of Directors Meeting

January 28, 2020

- 3-5 pm MSC Board of Directors Meeting – Location TBD

January 29

- 9 am-12:30 pm MSC Workshop at Italian Heritage Center – Portland
- 12:30-3 pm MSC Business Networking Extravaganza & Lunch

February 2

- 1-3 pm MSC Camp Fair – Cheverus High School

February 11-14

- ACA National Conference – San Diego, CA

March 9-12

- Tri-State Camp Conference – Atlantic City, NJ

March 22

- 1-3:30 pm Annual MSC Camp Fair, East End Community School – Portland

March 26-28

- New England ACA Conference – Manchester, NH

March 28

- 7:45-9 am Semi-Annual Membership Meetings of MSC and MYCA at the ACA/NE Conference – Manchester, NH

April 29

- 9-10:45 am Spring MSC Board of Directors Meeting
- 11 am-12:15 pm MSC Spring Workshops
Location TBD

July 11

- 9 am-3:30 pm JMG Rendezvous Workshop
Bryant Pond 4-H Camp

July 14

- 1:30-4 pm Chris Thurber Staff Training Workshop,
Camp Wawenock – Raymond

July 16

- 14th Annual MYCF Spelling Bee – Portland

July 27-31

- Junior Maine Guide Testing Camp,
Stephen Phillips Memorial Preserve – Oquossoc

September 16

- MYCF and MYCA Annual Meeting
- Fall Membership Workshop and Cookout

CAMP STORIES

ADVERTISE IN THE SUMMER CAMPS ISSUE | MARCH 2020

Every year *Maine* magazine's readers discover the magic of summer camp with our annual Summer Camps Issue, featuring our popular camp listing.

SHARE YOUR STORY WITH THEM.
ADVERTISE.



RESERVE AD SPACE BY JANUARY 17, 2020

TO LEARN MORE CALL 207 772 3373 OR VISIT THEMAINEMAG.COM/ADVERTISE

15th Annual MSC Spelling Bee

Can you spell S-U-C-C-E-S-S?

On July 11, campers from all over Maine ventured to The Jewish Community Center in Portland for the 15th Annual MSC Spelling Bee. All participants thoroughly enjoyed the contest, sponsored by Norway Savings Bank. A heartfelt thank you goes out, once again, to Jack Day and the administration of Norway Savings Bank for matching all funds raised by participating camps.

Thanks to Ron Hall for arranging the new venue. And a shout out too, to the staff members of Camp Wigwam, who directed the competition with flair and enthusiasm.

Congratulations to this year's winners. With the sponsorship donation from Norway Savings Bank and the registration fees we raised \$1,425.

Year 16's Spelling Bee is July 16, 2020. Make sure your campers are part of the fun!

JUNIOR WINNERS

1st Place – Camp Wildwood
2nd Place – Camp Micah
3rd Place – Camp Encore-Coda

SENIOR WINNERS

1st Place – Camp Encore Coda
2nd Place – Camp Fernwood
3rd Place – Camp Wigwam

Honorable mention – Norway Savings Bank

2019-20 MSC Webinar Series

Sponsored by Androscoggin Bank

We are looking forward to monthly webinars with the Education Committee again this year. Members submitted many great ideas at our September workshop, including hiring strategies, diversity and inclusion topics, budgeting for camp, integrating JMG into your outdoor curriculum, staff appreciation, and more.

Our webinar season will kick off with a webinar on **Sexual Harassment in Camps** by Jack Erler on October, 29 at 10 a.m. Sexual harassment is illegal in Maine. Camps as employers can be liable for damages caused to the victim and for the victim's attorney's fees. In addition, sexual harassment can destroy the staff's ability to work together effectively. The seminar will describe what sexual harassment is, the rights of the victim, the responsibility of the employer, and steps that can be taken to avoid it from happening.



Click here to register for the Sexual Harassment in Camps webinar

MOXIE
OUTDOOR ADVENTURES

Your Maine Adventure Destination
800-866-6943
WWW.MOXIERAFTING.COM

CELEBRATING 25 YEARS

- DAILY RAFT TRIPS
- FUNYAKING
- TUBING
- OVERNIGHT CAMPING TRIPS
- LAKEFRONT CABINS & CAMPING

The advertisement features a large central image of a group of people in a raft, with smaller images of people tubing and a scenic lake view. A circular seal commemorates 25 years of the business.

Collaborative Problem Solving with Chris Thurber

Summer Workshop Teaches Counselors New Approaches to Managing Camper Conflict

The camp experience offers youngsters a broad range of benefits. Campers make friends, live in Maine's natural beauty, and both learn new skills and advance the abilities they bring to camp. Teambuilding, collaboration, and developing independence are all part of the equation. But as camp leaders, counselors, and campers all know, camp can also involve conflict. Whether it's sharing living space, feeling bullied or teased, or dealing with hurt feelings, campers don't always get along.

It's often the job of counselors to address these disagreements, to help campers not only feel heard, but to achieve a satisfying resolution.

On July 9, more than 60 counselors and counselor candidates from seven Maine youth camps benefited from the expertise of renowned camp consultant and Phillips Exeter Academy faculty member Chris Thurber, Ph.D. In an afternoon workshop at Camp Wawenock, Thurber presented an interactive workshop entitled "Collaborative Problem Solving: Overcoming Skills Deficits to Durably Prevent Problem Behavior."

Counselors from Camp Runoia, Camp Wawenock, Winona Camps, Camp OATKA, Camp Timanous, Wohelo Camps, and Wyonegonic Camps had the chance to work together to discuss and practice the problem-solving strategies that Thurber presented.

...collaborative problem solving differs from approaches that use rewards and punishments in addressing behavior. It promotes "durable change" in problem solving abilities. And it does so by teaching essential skills.

"We're giving you practice with skills or endowing you with a new set of skills to add to your repertoire," Thurber said.

Benefits of Durable Change

As Thurber explained to the young men and women gathered in Ussher Lodge, collaborative problem solving differs from approaches that use rewards and punishments in addressing behavior. It promotes "durable change" in problem solving abilities. And it does so, Thurber explained, by teaching essential skills.

In groups of three and four, the workshop participants worked together to identify the conflicts campers sometimes face. And in role-playing exercises, Thurber helped the participants work through the problem-solving steps, perhaps different from the conflict resolution strategies with which they were familiar.

The top priority, Thurber said, is to keep kids safe — through some form of intervention. But youngsters' needs demand other behaviors by counselors, he said.

Offering Genuine Empathy

Counselors need to speak calmly and must "provide genuine empathy." Youngsters may not be accustomed to this approach, Thurber said. The extension of empathy by leadership in the context of conflict may seem unusual.

"No one wants advice until they feel understood," Thurber told the group. Statements such as "I can understand that you're frustrated," or "I understand you're upset," can set the tone for effective resolution, he said.

"Kids aren't expecting empathy," Thurber said. In fact, he said, youngsters' default responses are often that if a grown-up wants to spend time with them, they assume they are "in trouble."

Empathy is neither a lecture nor a consequence, he said.

The counselors then ask the campers what they want and need. Identifying such wants and needs is best achieved by simply posing the question to all campers involved, Thurber said.

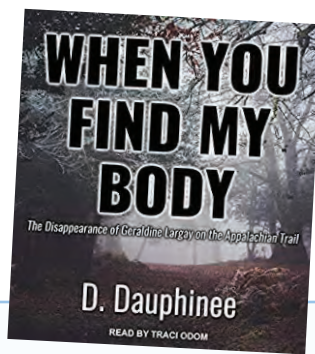
Promoting a Win-Win Solution

It is also important to note the potential trigger for campers' behavior, as well as any skills deficits. Research shows that campers may have difficulty regulating emotions, labeling their emotions, or making thoughtful decisions, Thurber said. Therefore, counselors should also state what they want and need, Thurber said, as well as propose a "win-win" solution to the conflict. Finally, it is appropriate to consider skills deficits, he said.

This model of resolving conflict is effective for a variety of reasons, Thurber said. A major factor is the fact that it provides the individuals in conflict with a "sense of agency and ownership." Rather than telling youngsters that they'll face punishment or consequence, "It is more attractive to say to kids, 'what you want is reasonable and we will work hard to be sure you get it.'" he said.

"What you're teaching them about conflict resolution is going to stick — there won't always be a staff member there," Thurber said.

Conflict at camp — just like that at home or school — is an inevitable outcome of living in community. Thurber's presentation gave participants a different look at approaching camper conflict. He taught them how to collaborate with youngsters to achieve a satisfactory resolution to immediate conflict, and also shared the value of teaching youngsters a range of skills that can minimize future disagreements.



MSC Book Club

When: Thursday, November 14 at 9am

Where: The Good Life Market, Raymond

What: To discuss the recently published, *When You Find My Body: The Disappearance of Geraldine Largay on the Appalachian Trail*, by D. Dauphinee

Written by one of the volunteers on the search and rescue team when Gerry vanished in July 2013, the author weaves history, data, S&R reports, and personal interviews throughout Gerry's story. In the account, Dauphinee balances his respect and admiration for how Gerry lived her life with constructive criticism of how she might have avoided death. In doing so, he offers some valuable lessons and reminders to other hikers.



[Click here for Amazon.com link](#)

POST CAMP EMPLOYMENT OPPORTUNITIES

HELP US HIRE ONE OF YOUR STAFF
AFTER CAMP IS OVER AND ENJOY A
COMPLIMENTARY, ALL-INCLUSIVE
OVERNIGHT STAY FOR 2
AT MIGIS LODGE.

"We have long enjoyed working with summer
camp staff - we'd love to work with yours."
Scott Malm, Director of HR

Food & Beverage, Housekeeping,
Childcare, Cabin Stewards,
Kitchen Staff



MIGIS LODGE
On Sebago Lake

migis.com/camp
207.655.4524
scott@migis.com

A Maine Company...
**Serving Maine Summer
Camps for 11 years**

BLAST
PARTYRENTALS.COM
We Bring the FUN!

www.Blast Party Rentals.com

207-457-0234

**CHESS CHAMPIONS: 2ND ANNUAL
CAMP CHESS TOURNAMENT**

Left to right in front row:

**Jon Henkin (2nd place 15U),
Dylan Dolotta (1st place 15U),
Charlie Swagert (1st place 12U),
Logan Newby (2nd place 12U).**
All four are from Camp Wildwood.

Second row, far right:

**Teresa Drown, Cornish Branch
Manager of Bangor Savings Bank**



2nd Annual MSC Chess Tournament

The Second Annual Maine Summer Camps Chess Tournament was held at West End House Camp on Thursday, July 26, 2019. A total of 10 camps participated, with 31 players competing in the two age categories. Camp Wildwood took first place and runner-up in each of the two divisions (12 and Under and 15 and Under). They are the team to beat next year!

Camps that competed were Agawam, Indian Acres, Forest Acres, West End House Boys Camp, West End House Girls Camp, Wigwam, Maine Teen Camp, Netop, Wildwood and Wildberry Farm Camp.

Thanks to the staff at West End House Camp and to Karl Block of Camp Netop for their assistance, and to Teresa Drown, Cornish Branch Manager of Bangor Savings Bank for once again arranging sponsorship this year.

**Are you ready to
jump into
action**
if someone takes a fall?

Knowledge, preparation, and confidence are the keys.
Come to SOLO's Conway, NH campus for a wilderness first aid certification course...
or we'll come to you!
We've been training camp staffers for decades—contact us today!

**Excellence in
Wilderness Medicine
Education since 1976**

soloschools.com • 603-447-6711



www.fivestargolfcars.com

1165 Union Ave. Laconia, NH 03220 / 603.527.8095

Maine Camp History –

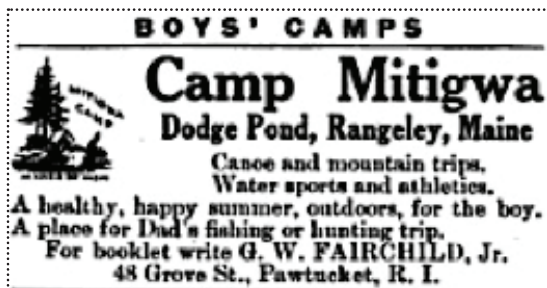
Remembering Mitigwa and Wayaka

By Henry Johnson, Maine Camp Historian

Camp Mitigwa

Camp Mitigwa was located on Dodge Pond in Rangeley, Maine. By all accounts, the camp opened in 1922 and closed in 1975. A copy of a classified ad of Camp Mitigwa is shown below. The classified ad ran in 1921, an anticipation of the 1922 summer season.

As set forth in the advertisement for Camp Mitigwa, the Camp provided “a healthy, happy summer, outdoors, for the boy”. It also apparently provided a place for Dad’s fishing and hunting trips.



The activities at Camp Mitigwa included woodcraft, canoeing, swimming, rowing, baseball, basketball, tennis, shooting, boxing, athletics, natural history, fishing, hiking, trips, and band.

Following the closure of Camp Mitigwa, it appears that the property upon which Mitigwa was located was sold. At present there are numerous single-family structures located upon the former grounds of the camp.

Camp Wayaka

Camp Wayaka was located on Lake Thompson in Otisfield, Maine on a 50-acre parcel.

By all accounts, the land upon which Wayaka operated was purchased in 1939 by the Lewiston-Auburn Girl Scout Council. A Mrs. Dunlap served as the first camp chairperson and continuously served in that role until 1945.

Wayaka was established as a Girl Scout Summer Camp and its name comes from the Indian word meaning beauty. The symbol of the camp was a butterfly. At the camp, girls “learned valuable life lessons and skills” and the camp provided a fun environment away from the home during the summer.

Camp activities included swimming, life-saving classes, boating, arts and crafts, performing arts, and athletics.

In 1952 a blizzard destroyed the main lodge building, and it appeared that would be the end of Camp Wayaka. However, the community raised money and volunteered time and effort to fix the damages caused by the storm in order to get the camp ready for the next summer season.

By all accounts, the Camp Wayaka property was sold in 1970 following its last summer season.

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.



Maine's Finest
Youth Adventures

Book Now! | 888.606.7238 | Route 201 | Caratunk, ME 04925





2019-2020 Maine Summer Camps Newsletter Ads

dba Maine Youth Camping Foundation

Like last year our quarterly newsletters will be published and distributed as an e-newsletter to all member camps along with their senior staff, to all business members and to any individuals who have requested to be on our mailing list..

Businesses may purchase 1/4 page or 1/2 page ads that will be scattered throughout the newsletter pages and mixed with editorial copy.

Rates for placing an ad are: 1/4 page = \$100 1/2 page = \$175

Ad sizes (see next page for diagram)

- ▶ Half page horizontal (no vertical half page ads) – width: 7.5 inches x height: 4.625 inches
- ▶ Quarter page horizontal – width: 7.5 inches x height: 2.188 inches
- ▶ Quarter page vertical – width: 3.625 inches x height: 4.625 inches

File format

- ▶ Submit color ads (RGB preferred) created to size and saved as a high-resolution (print quality) PDF.
- ▶ Crop marks are helpful but not necessary.
- ▶ If you need help designing an ad, please contact our office prior to the due date.

Submit PDF file via email to office@mainecamps.org or use [wetransfer.com](https://www.wetransfer.com) (free) for large files. If you cannot produce a PDF from your software, please call us at 207-518-9557.

Ad submission deadlines

Winter issue, published in January copy due by December 19, 2019

Spring issue, published in April, copy due by March 26, 2020

Special Employment and Staff Training Issue, published in March copy due by March 12, 2020

Summer issue, published in June, copy due by May 19, 2020

Questions?

Call the MSC office at 207-518-9557 / fax: 207-799-7773 / email: office@mainecamps.org

September 24, 2019