



# OCAsional News

Published by the Ontario Camping Association

May 1998

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## Discipline with Love

When I was in grade 4, I lied to my teacher, Miss Thompson. The incident is as vivid in my mind as if it happened yesterday. I recount the details each summer when I am discussing camper discipline with my Counsellors In Training (CITs) as an example of how NOT to deal with a behaviour problem.

The boy behind me had been annoying me all morning by repeatedly pulling my hair and poking a pencil in my back. I had made several unsuccessful whispered attempts to stop him. Finally in exasperation, I turned around and swore at him, a little too loudly. At the time, Miss Thompson was working at the board with a group of students doing arithmetic problems. She turned to the class and in a most indignant voice asked, "Who said that awful word?" Dead silence.

She repeated the question. Continued dead silence. Then she began an individual interrogation at the first seat of the first row.

"Johnny, did you use that dreadful word?"

"No, Miss Thompson."

She moved to the second seat, first row. "Glenda, did you use that awful word?"

"No, Miss Thompson."

By the time she got to the middle of the classroom, she was getting angrier and angrier as it was becoming more and more obvious that this line of questioning was getting her nowhere.

"Catherine, did you use that nasty word?"

"No, Miss Thompson."

As I was nine years old, I did not have the strength of character to admit to my misbehaviour. I adored Miss Thompson and couldn't bear to be diminished in her

eyes nor could I risk the humiliation of a public confession. So I lied. No doubt for the next few days I kept a low profile in Miss Thompson's class, but I did not suffer any long-term damage.

Tragically, this was not the case for Kenneth AuYeung, a 17-year-old student at St. Michael's Choir School in Toronto. The details of his premature death by suicide on Thursday, December 11, 1997 were reported in January in the *Globe and Mail*.

On the day before Kenneth's suicide, the 60th anniversary edition of the school's yearbook had been partially distributed when an altered line in the outgoing principal's message was discovered. It suggested that the retiring principal had a job as an equipment manager at Maple Leaf Gardens, an allusion to the recent sex-abuse scandal at that facility. Kenneth and other members of the yearbook committee were immediately summoned to the office by the new principal. After two unsuccessful attempts to get a confession, a policeman who was also a graduate of the school was called in. He gave the boys two choices: confess or face criminal charges. Kenneth confessed. He had been playing with the principal's message on the computer and had inserted the derogatory reference. Mistakenly, the revised text was downloaded and printed. What started as a schoolboy prank ended with Kenneth's suicide when he threw himself over the Bloor Street viaduct.

Unless the details of the inquest are published, we won't know the specifics of what happened in the principal's office. We will never know what was going on in Kenneth's mind.

This tragic incident teaches an important lesson. Persons in positions of power must discipline cautiously. Most

children are keenly sensitive to disapproval and criticism. Some of our campers may be more vulnerable than we know. We would never inflict physical injury, but verbal abuse can be equally damaging. As a director training my staff in pre-camp, I will be quoting from Amelia Ng, a parent at St. Michael's, "Disciplining children has to be done with love and caring."

The ideal is to AVOID behaviour problems by:

- treating campers with respect
- keeping campers interested and busy
- showing no favourites
- maintaining one's sense of humour
- keeping rules and restrictions to a minimum
- making decisions relating to a group of campers democratically
- making expectations reasonable and clear
- dealing with little problems before they grow into big problems
- seeking help with behaviour problems
- trying to anticipate and avoid problem situations

See *Be Firm, Fair and Consistent*, page 9

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**"No man's knowledge here can go beyond his experience." — John Locke**

# From Barb's Laptop

## Parents, Choose an Accredited Camp

Our Standards program is the backbone of our association. In every interview, newspaper/magazine article and in our *Camping Guide* we stress the importance of accreditation. Your OCA Board is embarking on a series of steps to help ensure that accredited camps achieve and maintain high standards.

Three recommendations, as outlined in the article "A Standard Review" (February 1998, *OCA'sional News*), were approved by the Board on April 14th:

1. We are moving toward three committees to cover the Standards/Membership areas. The "New Members Committee" will work with new camp members from the time of application through to initial accreditation. This will include assigning a mentor, orientation to OCA and hospitality. The "Re-accreditation Committee" will plan Standards Workshops and administer accreditation visits. The "Standards Resource Development Committee" will review existing Standards, develop new Standards (e.g., for non-summer programs), develop a Resource Manual and plan Management Workshops for all member camps.

2. A second recommendation will see new member camps move through a self-assessment process as each director works through the "Guidelines For Accreditation" and creates files that contain all the documentation necessary to meet all the Standards. The Resource Manual will assist the director. After submission of the file, a mentor is assigned to work with the director to verify the information and to visit the camp during the camping season.

3. Development of a Resource Manual is an important step. The manual will include samples of health forms, risk management practices, camper/staff applications, contracts, insurance considerations, waterfront/pool procedures and other information deemed pertinent to operating a camp.

These three recommendations were approved in principle and we are taking the first steps towards implementation. Considerable time and volunteer effort will be required as we work to improve our Standards Program.

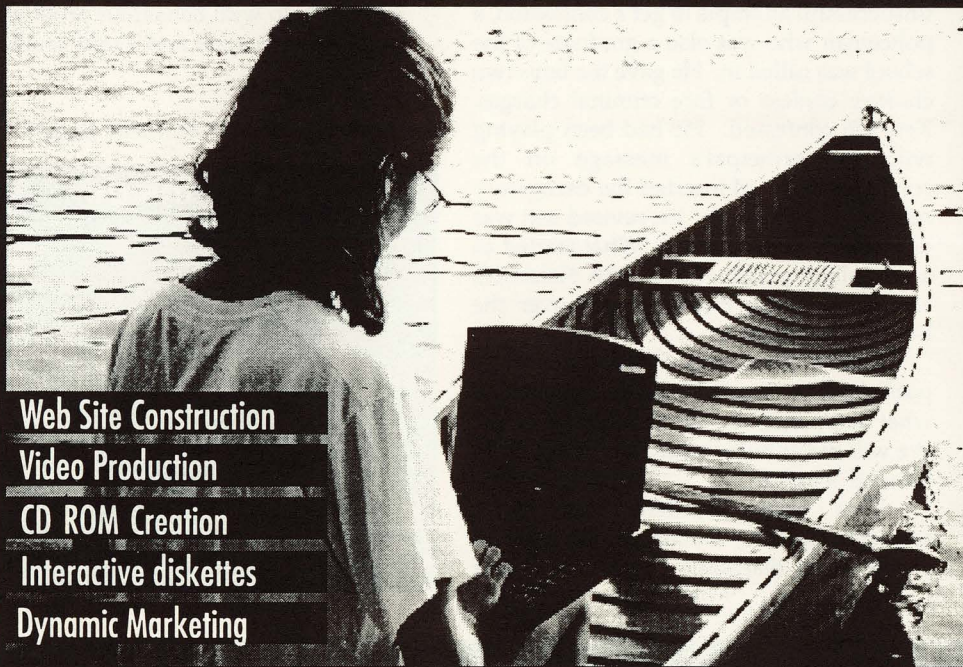
Your input is important. Please call, fax or e-mail your comments or questions to the OCA Office. I look forward to hearing from you.

### Things to Do

- Prepare for a great day – May 23 – Counsellor Conference and Health Care Workshop
- Look forward to Skills Weekend, June 5-7
- Fish with Dad, play golf with Mom
- Get Crisis Response line activated for summer

*Barb Gilbert*  
President

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# Editor's Note

## Lands For Life: A Call to Action

The Ontario government has committed to a land use planning process called Lands for Life that will decide how the public lands within a 46,000,000 ha area of central and northern Ontario will be used in the future. Anyone who uses public lands—through camping, hiking, nature appreciation tours, or basic enjoyment of wild forests—should get involved now, before industry is given complete control over huge areas. Just to give one example, plans co-drafted by the forestry industry and the Ministry of Natural Resources are proposing that forestry companies have a free hand in deciding drastic logging schedules. Access to public lands could be restricted by these companies, who, under long-term leases, will be in a position to demand expensive buyouts should future generations belatedly realize that parks and protected tracts are needed.

In order to understand how we have arrived to this crossroads, some background information is needed. In 1989, the Endangered Spaces Program proposed a process for the protection of the network of natural spaces representing all Canadian regions. It recommended that 12% of Canada be preserved; less than ten years later, one third of this 12% is gone. Further, the federal government committed to establishing a National Parks System by 1993; \$10,000,000 was set aside for this purpose. Since the campaign started in 1989, there are 300 new protected areas, and 6% of natural areas have been protected. Provincially speaking, Ontario was the first to commit to the Endangered Spaces goal (under Bob Rae's N.D.P. government), but for five years there was no progress. Mike Harris' government re-committed to the project in 1995, and in

1997 Lands for Life was announced as the means to accomplish the Endangered Spaces goals. In Ontario, 94% of the 46,000,000 ha is open to industrial uses. At the current rate, any wild forests left unprotected after Lands for Life is over will be logged within the next 20 years.

Three Round Tables have been set up, one for each of the zones of Boreal West, Boreal East and Great Lakes-St. Lawrence. They face a deadline of September 1998 to complete the Provincial Parks System; maintain/increase hunting and fishing opportunities; maintain healthy northern communities; maintain communities in general. The original focus of Endangered Spaces was to preserve and protect our fragile lands, not to economically exploit it. However, logging and mining industrial representatives are openly advocating logging old growth areas and mining our parks. The tourism and recreation industries, long-time advocates for conservation, have been neglected in the rush for forestry and mining dollars.

Lands for Life is our last chance to keep the wild in Ontario. Very few camps, indeed very few citizens, are aware of the Ontario government's process for disposing of public lands. Yet this is the final decision which will mean that Crown land, as we know it, will be gone—forever.

OCA must get involved. We need to have input on the Round Tables and know who is sitting at them. We need to know the extent and impact of our industry in order to present an informed front. We need to distribute information to member camps. We need to liaise with other like-minded groups who believe that preservation of our wilderness heritage is vitally important, not only for present users of crown lands and public parks, but for our children and their children's children.

*Fiora Hawryluk  
With thanks to Jocelyn Palm  
and Polly Hodgetts.*

## Last Call....

Reminder to all OCA Members that June is the last month (before we take the summer off) for the *OCA'sional News*. So get your articles, announcements, letters and advertisements into the OCA Office by May 15.

## OCA Board Members

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Thunder Bay, ON P7E 1M5  
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**Southwestern Ontario (London):** Jim Janzen  
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e-mail: ymcajjanzen@odyssey.on.ca

# Camping Makes the World Go Round

What a busy and exciting time! What's new? Well....

We received a wonderful letter from Valery Kostin (Vice President of the Russian Camping Association, and ICF Steering Committee member) following his participation in the OCA Conference. Here's an excerpt:

"Our people were impressed by your hospitality, professionalism and the willingness of sharing new ideas for outdoor education. We are so happy that the contacts that we had established in 1994 at the International Camping Congress in Toronto are developing in such a positive way. Frankly speaking, these contacts made the impact for the creation of the Russian Camping Association, which helps Russian camp directors to survive in the new political and economic environment in our country. We hope that the OCA Conference will give a new impulse for both sides to continue new exchange programs among the campers, counsellors and directors."

A highlight of the recent Canadian Camping Association (CCA) Presidents' Council meeting was the decision to support the ICF in numerous ways across Canada. These initiatives include:

- The CCA will work to maintain a national association and relationship with ICF

- ICF has appointed a representative from Presidents' Council to liaise with the Canadian ICF representative

- Each province will be considering funding possibilities to support the participation of delegates at the Fifth International Camping Congress (Japan 2000)

- Articles and correspondence from the ICF will be sent to each provincial association for publication and distribution

- Each provincial association will be looking at ways to support ICF

The OCA Board of Directors has recently endorsed a new direction in Standards and Membership. These new initiatives are a direct result of a workshop presentation from Bill Bowker at the Fourth International Camping Congress in Russia in September 1997 and addresses concerns raised by OCA members. Bill and the Victoria (Australia) Camping Association have developed a model for standards and membership that will soon be in place in Ontario, providing one more example of the benefits of dialogue and consultation with our camping colleagues around the world!

The 1998 ICF Steering Committee meetings and Annual General Meeting will be held in early May in Caracas, Venezuela. ICF President Jack Pearse, along with Jane McCutcheon, John Jorgenson, Eoin Wood and I will be representing Canada in Caracas. In addition to the meetings, we are looking forward to participating in the Venezuelan Camping Conference and touring several camps near Caracas. I'll be writing about our adventures in an upcoming "Camping Makes the World Go Round"!

*Jeff Bradshaw*  
Canadian Representative  
International Camping Fellowship



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# Counsellors Conference Just Around Corner

It has snuck up on us! This annual conference of spring on May 23 is now only a few short weeks away! In this month's newsletter, you will find an application form for you or your staff to attend this fantastic event.

Some of the highlights of the day will include our morning keynote speaker – Rudy Massimo from Camp Kawartha – and our lunch keynote – Bob Solomon, Dean of Law, University of Western Ontario – who will be speaking about the new OCA/ARF initiative. Additionally, other speakers from the OCA have given their time to provide your staff with an exceptional day of learning, sharing and fun!

Some notes to keep in mind as you fill out your application form for the conference:

- The early bird registration deadline is May 11; registering before this date saves you \$4/person and guarantees seats on the bus for your registrants. After this date, busing will be handled on a first-come first-served basis. Early registration is also very helpful for the Conference organizing committee with regards to ordering meals, assembling delegate packages, etc., so we thank you in advance for your prompt registration!

- Car parking cost for the day is NOT included in the cost of registration so if you or your staff want to drive, it will be \$1.75 extra.

- The CCA bookstore will be at the event once again and will offer a wide variety of camp-oriented books, so bring a few dollars to take advantage of its great deals.

- The Senior Staff and Director's round tables are once again a part of the Conference this year and will be a great forum for sharing ideas between camps. If you are a director and are registering more than 10 staff, please feel free to attend the Conference at no charge. Just let us know you are coming.

- Don't forget that registration opens at 8 am and the Conference closes between 4:30 and 5 pm.

That just about covers what you need to know for this year. If you have any questions, please feel free to call the OCA Office. See you on May 23.

Dave Graham

Chair, Counsellors Conference Committee

## *How good are your water ski staff?*

### **Canadian Water Ski Instructors' Course June 16-21, 1998**

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# A Healthy Good Morning to You

At 8:00 am on March 26, a number of camp professionals met over coffee and bagels to discuss health care at camp. The open forum discussion provided a variety of questions, concerns, opinions and answers.

One topic of discussion was what kind of medication should you send in your outtrip first-aid kits. The most common answers included Benadryl, Tylenol, Calamine, antacid and Graval.

An interesting conversation that came up was on the use of bug spray. For many of us, the use of insect repellent is considered a camp necessity. However, a number of camps have banned insect repellent altogether and now simply ensure that staff and campers dress appropriately and do not wear any scented deodorant or perfume. The use of bug spray can cause problems for asthmatics and those allergic to the spray.

Another discussion was on the use of an EpiPen vs. AnaKit. The advantage of an EpiPen is the ease of administering the adrenaline with the disadvantage being the high cost. An AnaKit is less expensive and provides two doses. However, it is more difficult to use. Either medication requires staff training on when to use adrenaline and to whom it should be administered.

Everyone agreed that a Wellness Kit should be found in every cabin. This kit would include a standard first aid kit, tampons and pads with instructions on how to administer, colouring books, storybooks and much more.

Other topics included staff training topics, setting up of the health centre, which medications should be kept on the campers, treating lice and information to be found on health forms.

Above all else, the meeting reminded those in attendance how in-depth the health care aspect of camp is and at the same time how crucial a well-planned and implemented health program is to the safe and successful running of a camp.

*Matt Johnston*

*Member of the Health Care Committee*

## Camp Directors Need ACN Information

The Association of Camp Nurses is an international, professional organization which has been established to promote and develop the practice of camp nursing for a healthy camp community. Pearl Bell, R.N., of Camp Robin Hood, is Canada's regional facilitator on the board of ACN.

You can visit the ACN at <http://www.campnurse.org> to gain useful information on workshops, publications, and current issues. The ACN has a quarterly publication, *Compass Point*, which helps camp directors and health care staff to stay current on camp health issues.

Some helpful hints from *Compass Point*:

● Campers with Attention Deficit Disorder or Attention Deficit Disorder with Hyperactivity who are on medication need a snack in the evening because of the appetite suppression of the medication.

● Attach a glow-in-the-dark shoestring to your flashlight or first-aid kit for easy access in the dark.

● When climbing, plant your foot, place your hands on top of your thighs and push down with your hands while taking the step. This additional leverage helps lift your weight.

To receive an annual subscription to *Compass Point* send a cheque for \$30.00 U.S. to: Association of Camp Nurses, 8504 Thorsonveien N.E., Bemidji, MN 56601.

*Submitted by Pearl Bell*

*Member of the Health Care Committee*

## David Letterman, Eat Your Heart Out

As a seasoned day camp nurse, one of the most frustrating aspects of health care administration is the failure of some parents and guardians to complete their child's health history form and return this information to the camp in a timely manner.

In an attempt to provide the rationale for the importance of completing health forms, the following article was included in a recent Camp Robin Hood newsletter:

"Top 10 Reasons to Return Your Health History Form WELL Before Camp Starts:

10. To assure the best quality of health care for your child.
9. To comply with the Robin Hood policy... all campers must have completed health histories returned to camp to enable them to partake in extra-curricular camp activities (such as overnights and out-of-camp trips).
8. To ensure that we have all contact numbers that we require in case of an emergency.
7. To provide ample time for the Health Centre Staff to instruct staff at pre-camp training on the unique needs of your child (i.e., EpiPen use).
6. To provide ample time for the Health Centre Staff to communicate to appropriate staff your child's specific health needs (i.e., medicine, allergies).
5. To provide you with a chance to win an Ombrelle Hat (there will be a draw on the first day of camp from all of the names of completed health histories filed at the Health Centre).
4. To ensure a safe summer for all, staff included.
3. To reaffirm how user-friendly the health history form is (you the parent/guardian complete it NOT the physician).
2. To make the Health Centre more efficient in delivering T.L.C. to your child.
1. To avoid the wrath of Pearl, a.k.a. Maid Marion, and the Health Centre Staff of Robin Aid."

*Pearl Bell*

*Member of the Health Care Committee*

# OCA Yuppie Puppie Party

Truly the event of 1998. Congratulations to all participants (and their owners), with special mention to "Codi" Graham for taking the Yuppier Puppy Award by unanimous vote!

This fabled event was the result of a fundraiser for the Association and its endeavours. Sincere thanks to Bob Smith and Bev Unger for their generous donation, to Barb and Peter Gilbert for hosting, and to Patti Thom, Maija Zeibots, Caryl Colton and Jen Palacios for a great party. Special thanks as well to Pet Valu (Oakville Town Centre), Ryan's Pet Food (Upper Oakville Shopping Centre) and Ren's Pet Depot (4002 Trafalgar Rd; Oakville) for supplying Yuppie Puppie Party treats and paraphernalia.

Bob Smith  
OCA Director

## Commercial Member Update

The following is an update to the OCA's commercial membership list published in the 1998 *Camping Guide* and in last month's *OCA'sional News*.

### **Boss Promotions**

Contact: Peter Dunits  
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**Timber Lodge**  
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## Calling All Bookworms

We would like to remind everyone about the great Canadian Camping Association bookstore. We have a full stock of camping books that includes nature, crafts, leadership and training. Come visit our office/store which is open Wednesdays and Thursdays from 9:00 am to 4:00 pm, or you can call your order in to Agnes at 416-781-4717. Publication catalogues are also available.

## Camp Health Care Workshop

### **Program Topics:**

- The New Camp Nurse
  - Legalities
- On-Going Health Promotion
  - Camp "What If's?"
  - Common Illnesses, Accidents
- And Much, Much More...

Saturday  
May 23, 1998

Seneca College  
King Campus

# Yours For the Asking

**Yours for the Asking** is a regular feature of the *OCA* *Asional News*. Readers are invited to send in their questions to the OCA office, attn: **Yours for the Asking**. Our panel will be delighted to respond in an upcoming issue! We are fortunate to have on the team Ted and Elaine Cole of Camp Walden, and Tracy Shand of Camp Naorca. Ted and Elaine bring a residential camp perspective, while Tracy offers the day camp view.

**Question:** I was in the OCA office recently, picking up information on jobs, and I also picked up some of your newsletters. I liked especially this column, but I noticed most of the questions are from camp directors or at least senior staff. I'm hoping to work at a camp this summer, and I would like to ask, why are counsellors paid so little? After all, we do a lot of the work and it's a lot of responsibility. I've called some camps and been to interviews. One camp told me they wanted volunteer staff! I can't afford that. I want to work but not for nothing. I hope you can answer my question.

**Tracy Shand responds:** This is not an easy question to answer. Most definitely camp counsellors do a tremendous amount of work, are with the campers constantly, and take on a lot of responsibility. Counsellors with strong programming skills, enthusiasm and a zest for working with children make a camp! Unfortunately, the

realities of budget constraints and the fact that society doesn't seem to value looking after children come into play. If you are employed by a residential camp, your room and board are included in/deducted from salary. If you work at a day camp you are paid minimum wage for all your hard work. However, I encourage you and your peers to look past the salary to what you can gain from the sheer experience of being a camp counsellor. Yes, it is exhausting work. But it is also an experience that helps you gain solid skills (interpersonal, communication, programming, etc.), memories, friendships and, most importantly, the opportunity to make a real difference in the life of a child or two or maybe more. If you truly enjoy working with children, spending time in the great outdoors and working with lots of people, you will undoubtedly reap many rewards for your summer work experience. Best of luck finding satisfying, challenging work this summer.

**Question:** I am running out of ideas on how to keep campers happy on those long bus rides. Videos don't satisfy everybody (and if someone out there has a list of videos that keep 8-year-olds as well as 16-year-olds happy, I'd love to see it!). Can you share with us some of your successful travelling tips?

**Ted and Elaine Cole respond:** Goodbyes are always tough. Even to the most

seasoned and eager camper, when the bus pulls away there are all sorts of feelings and thoughts. This is when your bus "mommy and daddy" kicks into action. She/he should go around to every camper and introduce themselves, what they do at camp and tell the kids approximately how long the bus ride is—and that every 60 minutes she/he will let them know how much longer.

The counsellor provides the first time camper some knowledge of what she/he knows about the camp—a reassuring smile and good communication skills make the camper feel welcome and safe.

This is also a great opportunity to have children the same age sit together. They have more in common and will enjoy the company.

We do not provide activities on the bus. The children are sometimes shy and sometimes need to adjust first. We have found that most children come prepared for the trip; provided by their parents with comic books, games and sometimes snacks—which they are often willing to share with others.

Kids like to talk and if they are not watching the video then the staff are there to help any way they can. Even if the trip seems long and boring because they're anxious to be there, the trip home is usually one of sleeping campers who are somewhat exhausted and exhilarated from their time at camp.

## YES ! YOU CAN DRINK THE WATER !

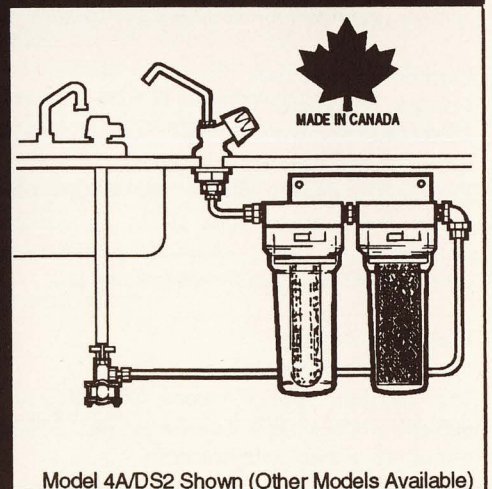
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## Be Firm, Fair and Consistent

continued from page 1

If problems should arise:

- Don't tax a child's honesty too much.
- Counsellors are in a position of power. Resist abusing that power. It is unfair to make a camper appear stupid, small or weak. A good counsellor will be adored by his campers. Avoid taking unfair advantage of their admiration.
- To be fair and respectful to a child, criticism and correction of a camper's misbehaviour should be dealt with in private.
- Find out why the camper misbehaved. Listen objectively to all sides of the story.
- If you don't know who the culprit is, back off. For a minor misdemeanour, it is not always necessary or helpful to determine blame. For a more serious situation, keep your eyes and ears open. Usually before long, the truth unfolds.
- Never discipline in anger. Take time out and cool off. Call in an objective assistant to help solve the problem.
- Avoid group punishment – the desperate resort of a leader who can't identify the culprit.
- Discipline should be firm, fair and consistent.

Catherine Ross  
Director, Camp Mi-A-Kon-Da

## Looking Ahead - Preserving the Past

Like so many other independent camps, Camp Ponacka has passed into the hands of the next generation. Anne Morawetz and her husband Don Bocking became the new owners and directors on December 22, 1997 after a 12-year period of being Associate Directors. Anne's involvement in Camp Ponacka started as a two-week-old baby; Don started as a 13-year-old camper. The only summer that Anne was an employee of the camp, she met one of our counsellors and three years later, in the camp chapel, they became husband and wife. Their three children are nearing an age when their potential as future camp directors is starting to become evident.

Since my semi-retirement a few years ago I began the process of developing an Alumni Association for our 50th anniversary in 1996. Since then, the association has become a significant factor in the lives of our many alumni. I would be happy to share my experience in this with any director interested in the subject.

Bruno Morawetz  
Camp Ponacka  
705-748-9470

---

*"Start every day with a smile and  
get it over with." —W.C. Fields*

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**ATTENTION ALL CAMP DIRECTORS !!!**

**DON'T MISS OUT...**

**MANITOU-WABING SPORTS AND ARTS CENTRE**

**1998 WATERSKI INSTRUCTORS  
COURSE**

June 19 to June 22, 1998

A waterski instructors course geared specifically to Instructors and Boat Drivers at camp waterski programs. The four day course covers skill teaching techniques for beginner to advanced students, including barefoot and trick skiing instruction. The emphasis of the course is on boat driving, safety and risk management at the camp waterfront.

Participation is open to all waterski staff holding a 1998 contract at an O.C.A. camp.

Cost: \$325.00\* per person

\* includes accomodation and 3 meals daily, full course fees and training manual.

For more information call Manitou's office at: 416-245-0605

# Memories of a Lifetime

What fun it is to welcome former campers and staff back to camp for a visit! Every summer at Ponacka I enjoy seeing old Ponackians, most I know and others I have heard of but have never met. When they visit the dining hall they find their pictures on the wall and reminisce about bygone summer days.

During March Break this year, our family was invited to stay with an old camp friend of mine from Camp Ouareau days. Mimi and I met in 1967 at the age of 14 and were campers, CITs and counsellors together at this small rustic camp in the Laurentians. We lost touch for two decades and then reconnected when her son was old enough to go to camp.

Part of our holiday was spent in St. Donat, just a few miles from the gates of Camp Ouareau. Since I had not been back since 1970, Mimi suggested that she and I go for a tour. We called Jacqui Raill, the director who lives on site and Jacqui graciously offered to lend us snowshoes and give us a tour.

On a sunny, crisp day, we arrived at Ouareau and Jacqui showed us all the places where we spent part of our youth... the Lodge where we gathered for Sunday vespers and storytelling by Miss Bertram, Junior Bung where we counselled the littlest campers, the beach where we set out for canoe trips to Blueberry Island. During the visit, we regaled Jacqui with stories of our Section Director, Elspeth, whose deserved nickname was Jinx. Elspeth was always full of pranks and funny stories and was for us a wonderful role model. Jacqui patiently listened as we compared stories!

Just as we were finishing our tour, we looked up the road and saw a woman walking towards us. We heard her voice say, "Hi Anne!" I looked up and suddenly found myself speechless... it was Elspeth! She lives in Sault Ste. Marie and had not been back to Ouareau since 1971. Her husband was in Montreal on business and so they had decided to make a spontaneous, nostalgic journey back to camp.

Needless to say, we had the most incredible mini-reunion, once we all found our voices again. Hugs all around, pictures were taken and stories retold one more time!

More than once, I found myself wondering if this meeting was fate. It could not be just coincidence that after 27 years away, we both returned to see camp on the same day, at exactly the same time. It makes one believe that someone up there is watching out for us.

We ended up spending the day together, skiing at nearby Mont. Garceau, then enjoying tourtiere and tarte aux sucre for supper.

When I welcome former Ponackians back to camp this coming summer, I will smile and think back to that extraordinary March morning at Ouareau.

Anne Morawetz  
Director, Camp Ponacka

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# OHIP Cards and Camp

Camp directors may be aware about the reports in the media regarding the Ontario Ministry of Health's recent crackdown on health card fraud.

The Ministry has changed policies for doctors' offices and hospitals requiring them to ensure that patients have a valid Ontario Health Card before providing services under the plan. If patients do not have a valid card number and version code, doctors and hospitals must bill patients directly at the time of the visit for their services. Some clinics have refused patients because they do not have the actual card in their possession. The Ontario Ministry of Health has assured the OCA that this practice of refusing patients for not having the card with them is not legal. All offices, clinics and hospitals have the ability to check the validity of numbers via phone and having the actual card is not required.

In the event the number is not valid, the patient can be billed, but may claim the cost back from the billing party by presenting a valid number subsequently. To avoid confusion and problems, all camps should ensure that they have valid health card numbers (including version codes) for all of their campers in the summer, in case they might have to visit a doctor during their time at camp.

The Ministry of Health also recommends that camps may wish to obtain a photocopy of camper health cards (although this is not absolutely required) to ensure there is no confusion.

Here's to a healthy summer!

David Ward

Legislation Liaison, OCA Board



## ATTENTION ALL CAMP DIRECTORS

**MAKE IT A "FUN CRAZY BONES DAY"  
AT YOUR CAMP THIS SUMMER!**

Welcome to "Crazy Bones" Fun Days, rolling into camps, schools and major events across the country, beginning this July. Crazy Bones is a modern day adaptation of an ancient game called "Tabas", played over 2,000 years ago in Greece and Rome, which has recently been re-introduced around the world as "Crazy Bones". Millions of kids from various countries have proven that they love to play the game! Now Crazy Bones is coming to Canada! This interactive children's game encourages creativity and friendly competition, and also helps kids utilize math skills, develop hand-eye coordination, and to learn to play by the rules.

**KIDS LOVE IT AND PARENTS LOVE IT TOO...  
BECAUSE KIDS LEARN WHILE HAVING FUN!**

The World Crazy Bones Association is touring various schools and camps with the "Crazy Bones Back-To-The-Basics" program starting early July. This one day event will include free of charge:

- A Crazy Bones Mascot appearance by Mr. Bones;
- A Crazy Bones Zone Play Area which allows kids to play the game on the grounds;
- Free Prizes and Give-Aways

Call the Crazy Bones Event Co-ordinator today to sign up your camp at (905) 660-4343, Ext. 221.

**ONLY A LIMITED NUMBER OF TOURS  
ARE BEING OFFERED NATIONALLY.**



C.Y.O. Camp Brébeuf (Rockwood, Ontario), a year-round Catholic residential camp and outdoor education centre which serves 5,000 children & teens annually, is seeking a full-time

### ASSISTANT DIRECTOR

Along with a degree/diploma in recreation, leisure studies or equivalent, the successful candidate will have an active Catholic faith and particular skills in music, astronomy, environmental education or high ropes courses. Experience in youth ministry or retreat leadership would be an asset. ***Love of the outdoors and the ability to relate to children and teens are most important!***

Responsibilities will include the planning and co-ordination of the year-round program, plus the hiring and supervision of staff.

Salary range is from \$22,000 to \$24,000 with a full benefit package.

Please forward résumé before May 10, 1998 to:

**Peter Rosser, Executive Director  
Catholic Youth Organization  
735 King Street East, Suite #3  
Hamilton, ON L8M 1A1**

# The Future of OCA Standards

The OCA has given leadership, encouragement and direction to the organized camping movement for over 60 years in Ontario. At the heart of our Association is its objective to further the interests and welfare of children and youth through camping by developing and encouraging high standards in organized camping. Over the years the OCA has been fortunate to have many great leaders in the field develop a comprehensive set of standards for our industry. OCA Standards have been used as a model in other countries' camping industries.

This past fall, the OCA Board established a process of review of how the organization delivers our standards and membership programs for new camps. Jeff Bradshaw, Director of Camp Wenonah, agreed to coordinate this review and presented the findings at the April Board of Directors meeting.

To follow up on these findings, the Board has started a process of improving the way in which new members are introduced to the Association. This includes developing more self-assessment tools for provisional camp members, and improving the camp mentorship relationship. Also the Standards Committee will look at dividing the tasks of (re)accreditation and new standards development to allow for a more concentrated focus of both of these important areas.

Members interested in helping on these committees or in this area are encouraged to volunteer by contacting Board members, David Ward or Brian Blackstock.

*David Ward  
Standards Liaison, OCA Board*

## To Believe

To **believe**, we must understand the social environment our children emerge from and the diversity of culture those children are nurtured in.

To **understand**, we must look beyond what we already know, and see the challenges and choices our young people face today.

To **succeed**, we must prepare ourselves to answer difficult questions and solve delicate problems.

And finally, to **grow**, we must be prepared to lead by example, and offer our campers the opportunity to be unconditionally accepted – if nowhere else in their world, offer them the opportunity at camp.

As the summer draws near, let us prepare to meet these challenges and enjoy the growth that each one of us experiences from these successes.

*Caryl Colton  
Chair, Diversity Committee*

# OCA Skills Weekend

Arts & Crafts

Outtripping

Boardsailing

Potpourri

Kayaking

Environmental  
Programming

Canoeing

High Ropes/  
Low Ropes &  
Initiatives

Leadership for  
LIT/CIT's

## YMCA Wanakita June 5-7, 1998

# Safety, Exercise, Environment

SEE is an important word which stands for Safety, Exercise and Environment. Some things to ponder:

- Boating is the number one cause of accidental deaths in recreational activities.
- A large percentage of youth in Canada do not get adequate exercise.
- The disposal of garbage is one of the greatest problems we face in protecting the environment.

The challenge is to take these issues and present them to youth in a creative and fun approach. Hence, the idea of running a special event: "How to Run a Canoeing Regatta Without Water."

The basic equipment needed is old file folders, gift wrap rolls, cardboard boxes, life jackets, old broom sticks, string, duct tape, trash balls, boulders and some pylons. Amounts depend on the number of participants.

## HOW TO PLAY

Each cardboard box is shaped into a canoe. The participant steps into the middle of the cardboard box (canoe) wearing a life jacket, lifting the cardboard box (canoe) to their waist, and adjusts the string straps over their shoulders connected to the bow and stern thwarts (cut-off broom sticks). For a paddle, the participant duct tapes an old file folder (used as a blade) to the end of a gift wrap roll (shaft of a paddle).

The participant propels the canoe by walking or running, while holding a paddle in his or her hands and moving his or her arms in a paddling motion on one side of the canoe. For doubles, two canoes are attached together by tying the bow thwart of one canoe to the stern thwart of the other canoe. The ultimate canoe is the Voyageur Canoe with seven canoes attached together.

Staff and participants create their own events. The following are events groups have successfully used:

- paddle forward singles—every time a whistle is blown, the participants turn 180 degrees moving in the same direction until they finish the race.
- doubles—participants paddle through a whitewater course set up with pylons, trash balls used as rocks (obstacles) and beachballs filled with trash balls to be placed as boulders (obstacles).

- triples gunwhale bobbing—the participant in the stern canoe stands; the participants in the middle and bow canoe crouch down. A whistle is blown with the participant in the stern canoe hopping to a crouch position while the other two participants hop to a stand position. This up-and-down action continues to the end of the race.

- a Voyageur Canoe is used in the great portage race. Each canoe is paddled a specified number of lengths of the lake. Next, the canoe is portaged to different stations in open space where the participants are requested to perform certain activities such as: sing Row, Row, Your Boat, produce a penny, add their ages together, etc. Upon completion of each station, each Voyageur Canoe crew is asked to create a pyramid using all the equipment they have, including themselves.

You can SEE that with this fun, creative, special event, safety is encouraged through the use of life jackets every time a participant gets into a canoe. Exercise is promoted through the physical activity involved in propelling the canoe(s) by walking or running with arm action. Concern for the environment is reinforced by the reusing of cardboard boxes which would otherwise be tossed out as garbage.

For more information about "How to Run a Canoeing Regatta Without Water" contact me at (416) 444-7550.

*Alf Grigg  
Leadership Development Coordinator  
Parks and Recreation (Toronto Division)*

## Humber College

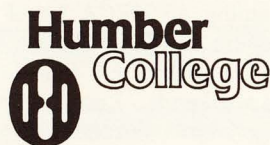
# FAST TRACK

## Post Graduate Program in Recreation Leadership

This exciting, intensive one year program is all you need for a rewarding career in recreation.

Our instructors are all top quality industry professionals and the extensive field practice component ensures you'll learn current skills right on the job.

Applications are now being accepted for September.



*For admission requirements  
or further information,  
please call Susan Goodman,  
(416) 675-6622 ext 4212.*

# Your Camp and the ORCA Canoeing Program

Has your camp ever considered offering provincially accredited canoe courses to your campers? Have you shied away from doing so because you thought the expense or red tape might be more than your camp could afford? Are you interested in making your existing canoeing program even more effective and affordable than it already is? If so, the Ontario Recreational Canoeing Association (ORCA) may have an offer that you can't afford to refuse.

ORCA promotes the development of safe, competent and knowledgeable recreational canoeists, and has developed a program of instruction in basic canoe skills that can readily be taught by ORCA qualified Basic Instructors at summer camps.

ORCA already accredits more than 134 camps, clubs and organizations to use the ORCA Canoeing Program. These organizations offer high-quality instruction to thousands of canoeists every year. In addition, ORCA conducts instructor courses which certify some of the best canoeists and teachers in the province.

The ORCA Basic Canoe Program consists of safety, theory and skills. Under safety, campers are introduced to such topics as AR, retrieval of a swamped canoe, canoe over canoe rescue, and entry and exit. Theory instruction involves equipment selection, knowledge and care, MOT regulations and safety, environmental and weather awareness. Skills include launching, removing, various strokes, pivots, sideways displacement, forward straight lines, inside and outside circles, stopping, landing, lifts, carries and transport. Skills are demonstrated on both sides and both tandem and solo. Accredited Basic programs may be taught either by Level III Instructors, usually too costly for camps, or by Basic Instructors who have been trained by ORCA, an affordable alternative.

What is a Basic Instructor? A "BI" is a typical summer camp staff member. He or she is at least 16 years old, has some qualifications in swimming, CPR and first aid, and is a skilled canoeist after years of learning and practicing canoe skills at

camp. In addition, the BI has attended a 48-hour ORCA accredited Basic Instructors' Course designed to teach young canoeists how to effectively deliver a high quality and comprehensive Basic Canoeing Program to campers. Teaching fundamentals, effective techniques, presentation skills, interpersonal skills, body language, do's and don't's, evaluation and learning styles are important parts of the BI course in addition to an exhaustive review of all components of the ORCA Basic Program.

ORCA is keenly interested in helping camps to implement ORCA's Basic Canoeing Program at camp. What follows are several practical suggestions for doing so:

**Idea #1:** Have your camp join ORCA as an Organizational Member at a cost of \$81.85. Benefits of membership include two magazines, *CANEWS* and *KANAWA*; membership in ORCA, Canoe Ontario, and CRCA; insurance discounts; use of the Canoe Ontario Library of videos, books and pamphlets; and the right to offer ORCA accredited courses. Next, hire at least one BI as part of your summer staff. Your new staff member will arrive complete with a Basic Instructors' Manual, Basic Course Outline, and Basic Accreditation Forms. He or she will be ready to offer a complete summer canoeing program to your campers. Badges and certificates are optionally available at a discount price of \$1.25 and may be purchased by successful campers through their tuck accounts. Total cost to the camp? \$81.85.

**Idea #2:** Join ORCA at \$81.85. Then train your own Basic Instructors by selecting suitable members of your staff and by obtaining an ORCA Level III Instructor. Training sessions require 48 hours, and may be offered in a four-day session over two weekends. Level III Instructors' fees range from volunteer service to \$100 per day. BI's pay \$65 each to join ORCA and to cover the cost of their manuals and course outlines. The end result will be that your own BIs will offer ORCA's Basic Program

to your campers. Total cost to the camp? \$81.85 plus the instructor's fee, if any. Total cost to your staff? \$65 each.

**Idea #3:** Sponsor one of your long-term employees as a Level III Instructor by sending him or her to one of the many 10-day courses offered each year by ORCA. Join ORCA as a Level III Instructor/Organization at \$106.84. Have your newly trained Instructor train your staff members as Basic Instructors who in turn offer ORCA's Basic Program to your campers. Total cost to the camp? \$106.84 plus the Level III course tuition which is tax-deductible. Total cost to your BI staff? \$65 each as above. Training your own staff member as a Level III Canoe Tripping Instructor has an added advantage. The Level III Canoe Tripping Instructor will be qualified to instruct Level II Canoe Trip Leaders for your camp's outtripping program in addition to instructing BIs. Canoe Level II is the provincially recognized minimum standard for wilderness trip leadership.

Has your interest been sparked? Are you interested in learning more? Is an ORCA Basic Canoeing Program just the thing to offer to your campers and staff? If so, please contact ORCA through Canoe Ontario at 1185 Eglinton Ave. E., Suite 104, North York, ON M3C 3C6. Canoe Ontario's phone number is 416-426-7170. In addition, the author of this article and the ORCA Board of Directors may be reached at 697 Lansdowne Ave., Woodstock, ON N4T 1K1 or by phoning 519-539-8876 or faxing 519-539-9875.

*Brian Brown*  
*ORCA Board of Directors*

*Editor's Note: Brian Brown is a lifelong summer camp enthusiast who grew up as camper and staff member at Camp Queen Elizabeth, Bark Lake Leadership Camp and Geneva Park. Having recently joined the ORCA Board of Directors as the Chairperson of Camp and Club Liaison, Brian is interested in connecting camps and ORCA for their mutual benefit.*

# Calendar of Events

## May

Special Needs Resource  
Committee Meeting  
OCA Board Room  
Monday, May 4  
10:00 a.m.

Board Meeting  
Camp Kilcoo  
Tuesday, May 12  
11:00 a.m.

Counsellor Conference  
Seneca College - King Campus  
Saturday, May 23

Health Care Workshop  
Seneca College - King Campus  
Saturday, May 23

## June

Skills Weekend  
YMCA Wanakita  
Friday, June 5 to  
Sunday, June 7

Special Needs Resource  
Committee Meeting  
OCA Board Room  
Monday, June 8  
1:00 p.m.

# OCA Bulletin Board

## Birth Announcements

Michele Gillingwater (OCA Membership Secretary) and Chris are happy to announce the birth of Kira Raven on Friday April 3, 1998. Kira weighed in at just over 8 lbs

## People on the Move

Welcome Kindha LeHeup. We are very fortunate that Kindha is available to help us during our busy Spring session. Welcome to the OCA Office, Kindha.



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*Our entire organization joins in sending our customers Holiday Greetings with every good wish for a Successful New Year filled with Health, Happiness and Prosperity.*

*We thank you for your valued business during 1997 and look forward to providing you with all your foodservice needs for the 1998 Camping Season.*

# Classifieds

## Positions Available

**Camp Trillium** - a children's residential summer camp for children with cancer and their families is looking for an experienced **FOOD SERVICE MANAGER/COOK & COOK**. Three fun, exciting and rewarding months at the picturesque location of Garratt's Island near Picton, Ontario. Must be available from June 1-August 31 and have experience in: groups of 160+ people for an extensive period of time; menu planning, budgeting and food orders; special diets and food allergies; and supervising kitchen staff. Please forward a cover letter and résumé to Camp Trillium, 200 Main St. W., Hamilton, ON L8P 4Y4; phone: 905-527-1992; fax: 905-527-5314.

**Registered Nurse** required for Columbus Boys Camp. Please call 416-282-8441.

**RN required as camp nurse** for the summer of 1998. Camp Wyoka, Girl Guide Camp in Clifford, ON. Camp of max. 120 campers/week plus staff. Please fax résumé to: Area Commissioner at 905-279-4501. Phone 905-279-2790 if additional information is required.

**Person for Quartermaster position** for the summer of 1998. Responsible for food ordering, storage and distribution. Camp Wyoka, Girl Guide Camp in Clifford, ON. Camp of max. 120 campers/week plus staff. Please fax résumé to: Area Commissioner at 905-279-4501. Phone 905-279-2790 if additional information is required.

## Items Wanted

**Music Camp** wishes to buy 400 folding or stacking chairs. Call Harold Nashman, 416-482-2475.

## For Sale/Rent

**Camp available** - Bring your program! Spectacular semi-wilderness site two hours from Metro. Surrounded by 1/4 million acres of Crown Land forest. Trails, canoe routes, 4600' of shoreline, 350' natural sand beach. Cabin accommodation with ensuite four-piece washrooms. Classrooms for 100+, games room, equipped. Excellent kitchen. Short- or long-term rental bookings and/or offers to purchase will be considered. Call 705-657-8432 for more information and/or tour.

**Steve Allen Video and Television Productions.** Committed to the promotion of camps and outdoor education since 1986. Phone 705-295-6610.

## Educational Opportunities

**Learn, work, live the adventure....** The Ecotourism and Adventure Program at Humber College, Toronto, Canada. Ecotourism and Adventure Recreation are becoming the phenomena of tourism in the modern age. Humber College has put together a program that will prepare you to take the lead in this exciting industry. The program is designed to provide college and university graduates with the concepts, skills, techniques and real-world applications required to work in Ecotourism and Adventure Recreation. You will learn how to plan and implement programs for the eco and adventure traveller, while developing business and other specialized skills. For more information on this exciting opportunity, please contact Susan Goodman, Program Coordinator, [goodman@admin.humberc.on.ca](mailto:goodman@admin.humberc.on.ca).

Keep tabs on your clothes through the OCA's Name Label Program.



Sew On  
&  
Iron On



Call the OCA Office at  
416-781-0525 for label forms.

*OCA's* **News** offers you a variety of ways to promote products and services within organized camping. The Ontario Camping Association welcomes articles and photo submissions. The next deadline is May 15th for the June publication.

☛ Display ads are sold on a single or multiple insertion rate, with a \$50.00 non-members fee. Please contact the OCA office for rates. Camera-ready art is required.

☛ We also offer professional and business directory ads of business card size. OCA member fee: \$35 per insert (up to three issues) or \$28 per issue (minimum four to maximum nine issues).

☛ Classified ads are sold with a maximum size of 25 words for a fee of \$10 for members and \$25 for non-members. Additional space sold in 25 word increments.

☛ Paid advertising content will not exceed editorial space.

☛ The *OCA's* **News** is published nine times a year by the Ontario Camping Association, a voluntary, non-profit association committed to excellence in Camping. We want to hear from you. Please send your thoughts and inquires to the Editorial Committee, care of the office.

☛ Fiora Hawryluk, Editor. 416-481-2788.  
e-mail: [hawryluk@stn.net](mailto:hawryluk@stn.net)

*The views expressed by the authors in this newsletter are not necessarily those of the Ontario Camping Association.*



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Fax: 416-781-7875

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