



# OCAsional News

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## Is camp OK for kids with eating disorders?

by *Fiora Hawryluk, Editor*

Camp Arowhon director Joanne Kates was not happy with the way her camp dealt with eating disorders. She was disturbed by an increasing number of incidents and dissatisfied with how she and her staff dealt with them. It was difficult talking with parents, who were either in denial about the situation, or better informed than she was. So Kates decided she needed to educate herself thoroughly about the topic. She embarked on a course of research: she questioned experts, attended workshops, and read every book she could find on the issue. It took her approximately three months, and the end result was that Kates was able to develop a policy for Camp Arowhon and a pre-camp training workshop for her staff.

Kates' dilemma was one that many camp directors can empathize with: she "wanted to make things right" and wondered if she could "save" campers with eating disorders. She quickly realized that poor body image was prevalent throughout her camp, and that in many ways the camp environment mirrored society's obsession with weight and appearance. Kates came to an uncomfortable conclusion that camp is not always a completely healthy environment for campers in terms of body image. This is because of the opportunities (especially in a residential setting), to observe and compare each other's bodies while wearing bathing suits and living together for weeks on end. Communal eating can also give some campers, even those who had previously never

thought about dieting, ideas and techniques for eating less as they watch peers skimping on food.

Faced with this discouraging realization, Kates asserts that it is the camp's responsibility to try to change the situation. Camp should be a place to improve body image and should not make people feel negatively about themselves. One of the goals, as set out in Arowhon's eating disorders policy and program, is to be able to identify actual eating disorders and recognize that professional help is needed. Another goal is to improve body image and for staff to assume responsibility as role models for each other and for campers. Workshops for senior staff and general staff during pre-camp increase awareness and through a variety of exercises explore the ways the media and society manipulate body image. There are no workshops for cabins (although a sectional evening activity in the first few days of every session is devoted to body image). The idea is that a trickle-down effect about positive body image will occur from staff to campers.

A no-make-up rule has been in effect at Arowhon for six years and has had a very positive impact on lessening the pressure to "look beautiful." Although the co-ed camp continues to have dances, they have been shortened and occur less frequently than in the past. Arowhon dances are now an exercise in hard work for counsellors and instructors as they strive to make the social experience positive for all campers. No campers sit alone at Arowhon dances.

Kates will send a camper home if

she/he does not eat. She is emphatic about this as she feels that camp is not a safe place for a child with an active eating disorder. In this case, the camper is sick and needs treatment that cannot be provided at camp. If a parent inquires about her camp and identifies a potential eating disorder problem, Kates will ask to speak directly with the prospective camper's therapist to get all the facts and make sure that the problem is solved or under control.

Arowhon's rule is that people eat healthily. Staff must recognize in their body image mission statement that Arowhon is a non-dieting camp. Joanne Kates feels positively about the way she and her camp have tackled this issue. Rather than attempting to "cure" people with eating disorders—an impossible task for any camp—she is trying to create a supportive environment where people feel good about their bodies and their appearance.

*See page 15 for more information on camping and eating disorders.*

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**"We always find time to do that which we truly want to do." - Sigmund Freud**

# 'Nash'onal News

by Ellen Nash, OCA President

CORRECTION: In the story about The Women's Health Matters Forum & Expo in the March OCA'sional News, the name Kim Robinson should have read Kim Mitchell.

At our recently concluded Conference for Directors and Senior Staff, several camp directors commented upon an editorial in the "Town Crier" newspapers in Toronto. Entitled "We Need a Camp Watchdog," this editorial suggested that children's summer camps need formal government regulations to eliminate unscrupulous operators and to protect the public.

The editorial praised the OCA for our "stringent rules and regulations," and offered "accolades . . . to those camps that do enter into the process of becoming an OCA-approved camp." However, the editorial concluded that voluntary actions are insufficient to protect the public, and "there needs to be accountability."

The editorial suggests that accountability can be achieved only through coercion and the application of rules by third parties. Indeed, there are plenty of examples where governments impose regulations in the hope of achieving accountability. Yet, even with regulations, the public can be put at risk. The bartender who serves a customer one drink too many may put a dangerous driver on the road. The restaurant which does not clean its cutting boards properly may encourage disease. Regulations by government are not infallible.

Nor have the self-regulating professions resolved all the accountability issues; each one is divided into the group which polices (frequently called a "college") and the group which educates and advocates (frequently called the "association"). Yet, even with this system, there are consumer complaints and lack of compliance issues which constantly need to be resolved.

Each year, the OCA receives some complaints from parents about the experience their children have received at summer camp. Most of these complaints show a frustration with the perceived lack of accountability, and

See 'Nash'onal News, page 5

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# What makes a good camper?

by Anne Prewitt,  
Camp Northway

It is imperative that I stay alive for five more years. Why? Because my dear old Camp Northway, in Algonquin Park, will celebrate its 100th birthday at the end of summer 2005. I will then be 90.

I am often asked why Northway has lasted so long, but that is another article. I am also asked if, or how, the campers have changed. But that, too, is another story.

Today I want to answer the question: What is important for campers to learn that will stay with them their entire lives? All camps teach the art of living together in a group. New parents frequently ask what their child has learned after his or her first summer at camp, while the most important thing is to make a good adjustment to the group. A child with good manners has an advantage over another who

has not yet learned to be considerate of others.

The habit of saying "Thank you" should be second nature. The sooner a young person learns to write a personal note of thanks to someone who has taken the trouble to purchase or make a gift, the better.

Then there is the matter of moods, which are frequently established by habit. I believe that no-one has the right to inflict their sombre moods on another. An effort to be cheerful will often change the person who has slipped into an unfortunate attitude.

Lifetime friendships are made at camp. In the process of being friendly to all, a camper learns to select his or her lifetime friends, judging not by what someone says, but by what they do. Freud said, "We always find time to do that which we truly want to do."

Good friends, good manners, a good attitude are all attributes that mark a successful camper.

## Health Care Committee update

submitted by  
Wendy MacKenzie,  
OCA Health Care Committee

**Q.**

How long do camps have to keep medical records? (for those who were wondering!)

**A.**

Ten years from the child's 18th birthday.

(from "Nursing Documentation"  
p. 6-20, College of Nurses, 1996)

### OCA Board Members

President: Ellen Nash, Camp Northland - B'nai Brith  
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### Regional Representatives

Eastern Ontario (Ottawa):  
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185 Lloyd St., Sudbury, ON P3B 1N1  
1-800-465-9622 F: 705-674-3236  
email: david\_ward@ymca.ca

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Southwestern Ontario (London):  
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519-667-3300 F: 519-455-2519  
email: ymca.jjanzen@odyssey.on.ca

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# Is your camp over-taxed?

by Michael Ankenmann  
Camp Mini-Yo-We

Do you get a good feeling when you pay your camp's property taxes? You know, that satisfied feeling of having received fair value for your money? If you can answer yes to that question, then congratulations and move on to the next article! On second thought, keep reading because your situation may be about to change.

This article is written on two levels. On one level it is a request for information that may help Camp Mini-Yo-We with our next property tax appeal hearing. On the higher level, it is about how taxes are calculated for all camps in Ontario. Are enough camps concerned about the level of property taxation that we will work together under the OCA to lobby the Provincial Government for better tax treatment? Or is it just Camp Mini-Yo-We that has seen property taxes essentially double since 1996?

There are four aspects of the property tax process that work against us in our situation:

- We pay taxes at a commercial rate.
- Provincial reorganization or "downloading" appears to have resulted in a decrease in provincial income tax rates but an increase in property tax rates. As a non-profit camp we saw the increase but the decrease didn't apply.
- Camps in Muskoka are assessed by calculating the value of the land and adding a calculated value of the buildings. This works against camps that are located on lakes where property values have soared.
- The Muskoka Assessment Office does not see enough sales of camps to justify an assessment on any other basis than value of land plus value of buildings.

Camp Mini-Yo-We appeared before the Assessment Review Board on March 9th to argue that our assessment was too high. The basis of our argument was that the assessment was supposed to return market value for the property, but in fact returned a value 25% higher than market value. We believe that the cost of land on Mary Lake has risen to the point that our site could not be sold as a camp. Therefore, market value should not be calculated by adding the value of the buildings to the value of the land. Market value is simply the value of the land. The Chair of the Hearing reported that he was sympathetic to our argument but all camps had been assessed using the same formula and in the absence of examples where camps actually sold for less than they were assessed, he could do nothing.

We still have 1998 and 1999 taxes under appeal. I would like to be able to show up at the next hearing with a couple of examples of camp properties that have sold for less than the value for which they were assessed. Is your camp an example of this?

Now is an opportune time to address the issue of property taxation for camps. Ontario has moved to a uniform method of assessment. The Ontario Property Assessment Corporation is starting to share data province-wide. In the future, all camps in the province will be assessed on the same basis. By working together, we may be able to influence the taxation methodology.

Are you interested in these issues? Please contact Michael Ankenmann at 705-385-2629 ext. 224 or at [mike@miniyowe.com](mailto:mike@miniyowe.com) if you have sold or bought a camp in the last 10 years for less than the tax assessment and/or if you think the OCA should lobby the province for better property tax treatment.

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request adjudication by the OCA of individual disputes. This is not the role of the OCA, and we always attempt to facilitate communications between the two parties.

In my response to the editorial I suggested that "There is nothing intrinsically wrong with voluntary compliance with standards" to protect the public. So long as we do comply, so long as our accreditation process and our standards visitors are mindful of the purpose of the process, we can do as good a job in achieving accountability as our more regulated brethren. Ultimately, the watchdog will be the entire public.

If we want our camps to be full, and our campers to be protected, we each have the responsibility of doing everything which needs to be done, regulations or not.

### Ontario Camp Leadership Workshop



Thursday, June 1<sup>st</sup> to Sunday, June 4<sup>th</sup>, 2000  
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## Spirit of summer camp

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# 1999 Awards Recipients



The Dorothy Walter Award of Excellence:  
(l-r) recipient Mary Casey, Dorothy Walter



Commercial Member Recognition -  
The Outstanding Contribution Award:  
John F. Marshall & Company  
(l-r) recipient John Marshall,  
Exhibit Hall Co-ordinator Polly Marston

## Recipients not pictured

### The Volunteer Recognition Award

- Pearl Bell, Camp Robin Hood
- Barb Hnatiak, Easter Seal Society
- Scott Torrance
- Eoin Wood, Camp Arowhon

### CCA Certificates of Appreciation

- G. B. Catering Inc.
- John F. Marshall & Company
- Howard Oretsky

### The Commercial Membership Award (Five Year Plaque):

- The Palmer Group

For a complete list of awards recipients, see page 10



The Ron Johnstone Youth Leadership Award:  
(l-r) recipient Emily Foster,  
Mickey Johnstone



The Honorary Life Membership Award:  
(l-r) Peter Gilbert, Barb Gilbert,  
Larry Bell, Janet Adamson

## Kudos and comments

By Jeff Bradshaw, Conference 2000 Chair

As we begin compiling statistics and reviewing evaluation forms from Conference 2000, two things are readily apparent. First of all, our delegate numbers have grown significantly and secondly, delegates were very happy and impressed with the changes in program and structure for the Conference.

The Conference certainly evolved this year. We began 16 months ago with a meeting in the Fall of 1998 that involved a number of past Conference Chairs. The preparations were well underway before even the 1999 OCA Conference began last February. Our goal was to revitalize this event and position it to be successful well into the future.

We found a new host facility that would allow us to grow and to provide the depth of program that we hoped for. The staff of the International Plaza was very generous in its time and support of our event (special thanks to Nancy Kloek who provided tremendous assistance).

We recognized the importance of Kindred groups and moved forward to create our Kindred Conferences (reflecting the new OCA Board structure).

Borrowing from our friends at the American Camping Association, we

wanted to provide a camp management training program (we had hoped for 25 participants; 147 registered!).

We wanted to reach out to other organizations with a day of program that was relevant to us as camp leaders but also to those that were in the broader fields of recreation programming. Our Friday program with that tremendous Doug Lipp opening general session, attracted well over 300 delegates.

Further to our desire to network and connect with like-minded organizations, Parks and Recreation Ontario, the Girl Guides of Canada, the Canadian Camping Association and the International Camping Fellowship all enthusiastically endorsed this event.

We wanted to celebrate our world of camping and with the help of our friends who travelled from Japan to be with us, we did just that during the Friday evening program.

We wanted to make the Conference affordable again. We wanted to see our senior staff groups come to this event. On Saturday, in record numbers, they did.

We wanted to increase our Exhibit Hall. The number of exhibitors this year has increased by 20% and presented an even greater mix of services and products.

We wanted to see new faces at the Conference. We wanted to see old

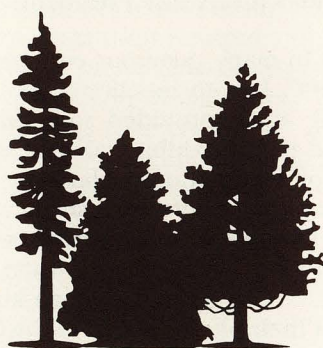
friends too. The number of camps participating in this year's event have been at a record level. Overall, our delegate numbers reached over 600 for the week.

We wanted to plant the seeds of a sponsorship program that would insure the financial viability of the OCA Conference and we established that.

I've learned that chairing the Conference is very much like getting ready for summer camp. You think about it all the time. You hope that every detail is covered. You realize, with a few weeks to go, that every detail is not covered. You hope registration is strong. You hope that everyone will enjoy it so much, that they can't wait until the next year. You struggle with a way to thank everyone, knowing whatever you do, it can never be enough. It's easy to become fairly overwhelmed when realizing and being reminded of how much has been accomplished by so many talented and dedicated friends.

Please take a moment to read through the list of the following names. They have been a part of a VERY large Committee, volunteering their time and talents to make the Conference a success. Some were involved solely during the past year as

*continued on page 8*



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## Conference 2000 Wrap-Up

continued from page 7

we planned and evolved the Conference model, while others were especially active during the Conference itself:

OCA Board Liaison/Treasurer:  
Barb Gilbert (OCA Past President)

Exhibit Hall:  
Polly Marston (Hurontario)  
John Zachariah (OCA Office)

Host/Special Touches Committee:  
Bill Stevens (Big Canoe)  
Beth Blake (Glen Mhor)

Facilities/Meals:  
Patti Thom (Tanamakoon)  
Caryl Colton (Individual Member)  
Jay Haddad (Bellaleo)  
Bob Murray (Robin Hood)  
Rob Savage (Kilcoo)  
Jennifer Jupp (Arowhon)

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Brad Corlett (Individual Member)  
Marj Booth (Mooredale)  
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Barb Janicek (Wenonah)  
Jamie Kirlin (Wenonah)

Registration:  
Michele Gillingwater (OCA Office)

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Kindred - Agency Chair:  
Steve Heming (YMCA Wanakita)

Kindred - Day Camp Chairs:  
Sari Grossinger (Robin Hood)  
Howie Dayton (City of Vaughan)

Kindred - Special Populations Chair:  
Barb Hnatiak (Easter Seals)

Kindred - Religiously Affiliated  
Chairs:  
Beth Blake (Glen Mhor)  
Travis Allison (Glen Mhor)

Kindred - Private Chair:  
John Jorgenson (Tawingo)

Friday Program:  
Joc Palm (Glen Bernard)  
Fiora Hawryluk (Glen Bernard)

Management Review Day:  
Jane McCutcheon (Tawingo)  
Larry Bell (Robin Hood)

Educational Forum:  
Catherine Ross (Honourary Life Member)  
John Jorgenson (Tawingo)

Director Workshops:  
Dave Graham (Kandalore)

Crackerbarrels:  
Rob Heming (Wye Marsh)  
Jill Vandal (The Tourism Company)

OCA Benefit:  
Jane McCutcheon (Tawingo)  
Frank McNeill (Wenonah)

OCA Homecoming Banquet:  
Dave Latimer (Kilcoo Camp)  
John Latimer (Kilcoo Camp)  
Janet Adamson (Gay Venture)  
Brian Blackstock (OCA Vice President)  
Jay Haddad (Bellaleo)  
Patti Thom (Tanamakoon)

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Dorothy Walter (Honourary Life Member)  
Pearl Bell (Robin Hood)  
Shane Miskin (BrainRunner Inc.)  
Gabrielle Raill (Ouareau)  
Bruce Emmerton (Trent Sports)  
Jill Dundas (OCA Vice President)

Thanks to many generous commercial members. Just to mention a few: GB Catering again provided some amazing food in the Exhibit Hall and at the Exhibitor's reception. Harpurs provided us with Conference shirts while Scadco Designs supported our speaker gifts. Prism Creative supported our signage. Our Kids Magazine kindly brought their photo contest to the Conference which added greatly to the atmosphere in the lobby, as did the tents, canoes and kayaks from Trail-head.

As always, the Society of Camp Directors supported the Conference

continued on next page



## Surfbike Great Testimonials...

Surfbike was a real asset for our camp. Besides being a fun activity, Surfbike was especially helpful in enabling kids who had learning problems overcome their fear of deep water. Surfbike's an excellent product.

Bernie Kosberg  
Executive Director, Ramapo Anchorage Camp, NY

What a great addition to our waterfront! Our campers just love our Surfbikes, as do our staff. We only wish we had them earlier. They are easy to maintain and the price is right. We intend to purchase more for next season. As the administrator, I am especially pleased with the service given by Surfbike Products Inc.. They are always available if there are questions and they are always very cordial.

Brother Robert LeFave, O.S.F.  
Camp Director, Camp Alveria, NY

Surfbike Products Inc. is much more than a company that produces a great water activity. Surfbike has displayed its commitment to the summer camp experience and we thank them for sponsoring the Summer Camp Opportunities Provides an Edge program of the American Camp Association.

Marc Honigfeld  
Camp Director, Trail's End Camp, NY



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## Conference 2000 Wrap-Up

*continued from previous page*

through the annual Society Photo Contest. Thanks to all those who contributed wonderful images of camp!

Thanks to our endorsing organizations: PRO, Girl Guides of Canada, the CCA and the ICF. We look forward to continuing our endorsement strategy next year and building on this strong start.

Special thanks to the MANY, MANY people who volunteered their time to assist with registration, hospitality, the information kiosk, room hosting, the Exhibit Hall and many more responsibilities.

Our program leadership was fantastic. To those that offered leadership as a session or workshop leader, facilitator, panel member etc...please accept our thanks for your significant contributions.

The planning for Conference 2001 is well underway! I look forward to supporting Joc Palm and Fiora Hawryluk in their new roles of Conference 2001 Co-Chairs!

Please be sure to pass along any additional suggestions/ comments to Joc and Fiora through the Glen Bernard office (416-225-4166).

Thanks for a wonderful Trailblazing 2000 Conference!

## Thank you to OCA Benefit donors

*by Frank McNeill  
2000 OCA Benefit Co-ordinator*

The 2000 OCA Benefit, held in conjunction with the Banquet reception at this year's Conference, resulted in well over \$4,000 being raised for the Conference Fund.

Many thanks to those that donated items and to everyone that supported the event. Special thanks to Jane McCutcheon, Karen McGrath and Bev Jahnke for their support of the Benefit.

### LIVE AUCTION DONORS

2 Maple Leaf Playoff Tickets (Platinum Section) - donated by David Latimer/Kilcoo Camp

Quilt - donated by Mary McCutcheon

Bicycle - donated by Serca Food

Painting - donated by Janet Adamson/Camp Gay Venture

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Gryffin Lodge (Muskoka)

Camp Tawingo

Snow Valley (Barrie)

Glen Mhor Camp

Pasta Works (Huntsville)

Flotron

The Leading Edge

Camp Wenonah

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Camp Kandalore

Glen Bernard Camp/Ravens Ski Club

Bartlett Lodge (Algonquin Park)

Barb Gilbert

Highlands Cinema (Kinmount)

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Our apologies if we have inadvertently left anyone off the list!

---

### Society of Camp Directors PHOTO CONTEST WINNERS

#### Emotion

1st place

Karen Gordon, Director,  
Camp Towhee

2nd place

Karen Gordon, Director,  
Camp Towhee

#### Action

1st place

David Lever, Owner,  
Camp Onondaga

2nd place

Travis Allison, Co-Director, Glen  
Mhor Camp

#### Special Times

1st place

Amanda Silk,  
Lambton Centre

2nd place

Nina Robitaille,  
Assistant Director, YMCA Camp  
Kitchikewana

#### Scenery

1st place

Jalynn Bosley, C.I.T. Director,  
Sparrow Lake

*continued on page 10*

# CCA News

by John Jorgenson, CCA President

The Spring meetings of the CCA are now underway. They began with the March meeting in Toronto, held in conjunction with the OCA Conference. They will continue in early April and May with phone conference meetings of Presidents' Council and individual Board work on CCA issues by the PCAs.

Three current initiatives include:

[www.ccamping.org](http://www.ccamping.org): The official website of CCA has been moved to [www.ccamping.org](http://www.ccamping.org) and re-designed to suit our needs. Some basic information on the CCA remains with our former internet provider, KidsCamp. Camps wishing to review their listing or business relationship with KidsCamp may do so directly at [www.kidscamp.com](http://www.kidscamp.com).

Our new website contains plenty of information for camp directors, staff and camper families. In particular, the Camp Directors' Forum is an opportunity to network with other directors across the country. It combines the best elements of the fellowship of a camping conference with the handiness of a phone call to a friend.

Camping Matters: Jake Reid (NB) and Ian Barnett (MB) are investigating the production a new publication to promote the professional development of camp directors and senior staff. The intention is to create an edited journal of brief informative articles on matters of relevance to camp directors. Jake and Ian are looking to establish the editorial base for this publication in a college or university somewhere across the country.

Suggestions for contacts or submissions for inclusion may be made to the CCA Office through the CCA Website.

Canadian Olympic Flag Camps 2000: Speaking to the Private Independent Camp Kindred at the OCA Conference, Carol Anne Letheren announced the partnership of the CCA with the Canadian Olympic Association to create a program for perpetuating the common values of camping and Olympism in everyday life. This summer, CCA is inviting a dozen camps across the country to participate in a pilot project to create a Canadian Olympic Challenge and to award Canadian Olympic Flags of Excellence.

For more information on how your camp can fly the Canadian Olympic Flag of Excellence, contact your Provincial Camping Association.

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## Conference 2000 Wrap-Up

### Ontario Camping Association 1999 Awards Recipients

#### Dorothy Walter Award of Excellence

Mary Casey,  
Camp Big Canoe; Health-care Committee

Camp Arowhon  
The Ron Johnstone Youth Leadership Award

Emily Foster  
Camp Kandalore

#### Honorary Life Membership Award

Janet Adamson,  
Camp Gay Venture

Larry Bell,  
Camp Robin Hood

Barb Gilbert,  
Individual Member

Peter Gilbert,  
Individual Member

#### The Outstanding Contribution Award (Commercial Member):

John F. Marshall & Company

#### The Commercial Membership Award (Five Year Plaque):

The Palmer Group

#### The Volunteer Recognition Award

Pearl Bell,  
Camp Robin Hood

Barb Hnatiak,  
Easter Seal Society

Scott Torrance,  
Individual Member

#### CCA/ACC Certificates of Appreciation

G. B. Catering Inc.

John F. Marshall & Company

Howard Oretsky,  
Individual Member

Eoin Wood,

*Photo Contest Winners, continued from page 9*

#### Scenery

2nd place  
Todd Ritchie, Director, Otonabee Day Camp

#### Beyond the Fringe

1st place  
Travis Allison, Co-Director, Glen Mhor Camp

2nd place  
Karen Gordon, Director, Camp Towhee

#### Good Effort

1st place  
Todd Ritchie, Director, Otonabee Day Camp

2nd place  
Jalynn Bosley, C.I.T. Director, Sparrow Lake

# Are swimming and nature the "priority" activities at camp?

by Barb Hnatiak

OCA Special Needs Resource Committee

Everyone in the outdoor education and camp community would agree that swimming promotes skill development, body coordination, and fitness, and is also a fun activity. I believe that the same would hold true for environmental or nature activities, or campcraft, which teach us how to take care of the earth that we are so dependent upon.

But are these the only skills that people with special needs should be learning at camp? I would suggest not.

Feedback from the participants in The Easter Seal Society, Teen Independence Camp (TIC), and Leadership and Counsellor in Training programs support the idea that camp is a perfect location for learning skills that help with independence and overcoming daily life challenges for people with special needs.

Teen Independence Camp is a two-week residential program operating at three Easter Seal Camps for teens (15-18 yrs) who have a physical disability. The program is for teens who are committed to setting goals, learning/expanding life skills and developing advocacy activities. Participants are required to be involved in group discussions, workshops, one traditional camp activity per day, and must be able to explain their personal care needs to camp staff. Camp staff provide program leadership and personal care.

Leadership training is a two-week program that is integrated for teens with and without disabilities. The program teaches general leadership, negotiating skills and advocacy training. Personal abilities must include the maturity to cooperate and work in a group setting, in addition to providing your own personal care or an attendant. Camp staff provide program leadership and training.

Counsellor training is a four-week integrated program for teens with and without disabilities, who have successfully completed a leadership course. The focus of the first two weeks is to expand/renew leadership skills, while the second two weeks focuses on learning the skills to become a camp staff member and being ready to work with campers who have special needs. Staff provide leadership, training, coaching and feedback.

The following activities have been used to accomplish our objective of promoting independence and building skills that assist with daily life challenges. Please feel free to borrow these activities and add them to your program or camp.

1. A workshop where participants (or guests as necessary) are invited to speak about their special need and/or disability and what challenges they have overcome and how

2. Sensitivity awareness sessions that are planned by participants and taught to staff and/or campers

3. Cooking for one, Preparation and Cooking for a party/group and Shopping

4. Open forum—facilitation of an open discussion of what's a problem in life and group brainstorming about solutions

5. Workshop - supported housing and attendant services

6. Workshop - budgeting and banking (invite someone from the local community)

7. Outtrip into the local town/community and completing a survey of accessibility—returning to camp and compiling an "advocacy" letter that outlines "easy solutions" and send it forward to the MPP (or appropriate person)

8. Résumé writing - taking an up-to-date résumé home from camp

9. Applying for a job, preparing for an interview and interview skills

10. Workshop - friendships, relationships and sexuality

11. Planning a birthday party (or other special event), invitations and hosting a party

12. Have a speaker about fashion, make-up, hair styles, etc.

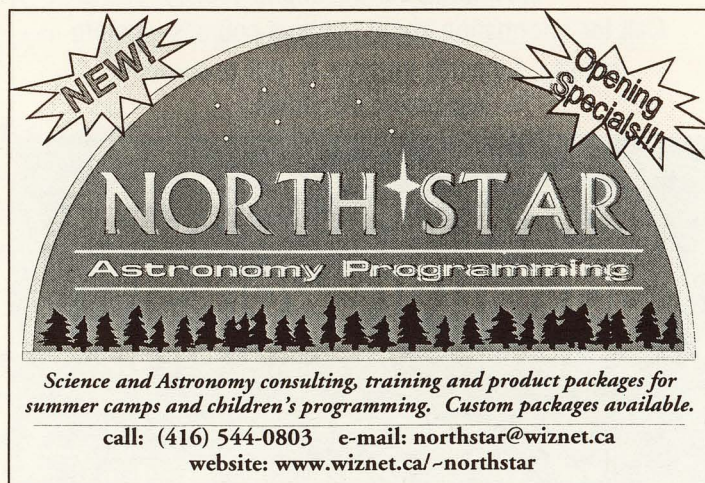
13. Time Management—using a spiral notebook as the training tool, marking the top of each left hand page with the day, month and date and dividing the two pages into appropriate sections (for example: Scheduled Activities in the top half left hand page, and Things to Do in the bottom half; Challenges in the top half of right hand page, and Successes in the bottom half) with a time period to review, reflect and share.

14. During a four week program, program planning workshops with an outcome goal of a evening program, final campfire and banquet, or special day. Documenting and feedback (ongoing and after the program) have demonstrated as the key to successful learning.

15. Develop a "certificate of participation" for each program

16. First Aid Course

The Special Needs Resource Committee would be pleased to answer questions you may have about including people with special needs at your camp and/or helping you find solutions for success.



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## Your camp, your landscape, your choice

by Robert O. Savage

Spring is here, the ice is out, and for most of us it's time to head back to the familiar lakes, forests and rivers that surround camps across Ontario. Camping depends on these natural havens, and we for the most part are fierce protectors of them. Our programs, and our sites are treated carefully, and our environments are protected and nurtured. We plant trees and care for everything with special attention. The standards applied to conservation within our community are rigid, and in most cases go far beyond the rule of law. But what happens outside our camp boundaries?

We all share our landscape with many other interests. What others choose to do with our lakes and forests affects the quality of our natural surroundings, and the quality of our programs. Most of us have seen the effects of development around our lakes: more cottages, resorts, commercial development, and boat traffic. With the exception of camps situated within park boundaries, and surrounded by crown land, we have all had to accept human changes in the natural environment. Sometimes these changes are positive. In other instances the added stresses to our communities have produced a negative effect. The truth is, there are hundreds of species of plants and wildlife that are now at risk in Ontario. The reason for this is the loss of habitat: land, and lakes. These losses have a direct effect on the camping community. Population growth, urban development and resource-based industries are all contributing factors to the loss of natural spaces for children's camping in Ontario. We all have a stake in developments of this nature, and there are many outlets to uncover and comment on the choices others are making on your camp's landscape.

Staying aware of development around your camp is not as difficult as you may first think. The most outstanding research and public comment tool in this field is the relatively new environmental registry. The Environmental Registry (ER) is the most comprehensive data base on this subject, and it's accessible by the public. If things are changing around your lake you will find out what's going on here, and you can do it before any unwanted development occurs. The ER provides you with access to information on all environmentally significant proposals and decisions in your community. The ER

---

**Staying aware  
of development  
around your  
camp is not as  
difficult as you  
may first think.**

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See *Your Camp, Your Landscape*, page 14

# OCA Skills Weekend

June 2-4, 2000,  
Camp Tawingo

- A tremendous opportunity to gain hands-on training and certification
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Environmental Programming  
Wilderness First Aid  
Aquatic Leadership  
Program Potpourri

Look for the registration form enclosed with this newsletter

## Breakfast Club Meeting

**April 18  
2000**  
@ 8 a.m.

## Health Care Issues: *Be Prepared!*

Featuring members of the OCA's Health Care Committee and Special Guests:

### **Sharon Thompson**

Director -  
Communicable Disease Control  
Haliburton/Kawartha Health Unit

### **Anne Alexander**

Director -  
Environmental Health  
Haliburton/Kawartha Health Unit

### **Camp Kandalore**

14 Bruce Park Ave.  
Suite 201  
Toronto  
(one street  
west of Bayview,  
north of Eglinton)

### **A light breakfast will be provided.**

There is no charge for this event, which is hosted by the OCA's Human Resources Committee. Please RSVP to Fiora Hawryluk (416-481-2788 or hawryluk@stn.net)



## COUNSELLOR CONFERENCE 2000

WHEN: SATURDAY, MAY 27<sup>TH</sup>, 2000  
WHERE: SENECA COLLEGE, KING CAMPUS  
WHO FOR?: FIRST TIME COUNSELLORS, RETURN COUNSELLORS, ACTIVITY STAFF, PROGRAMMERS, SENIOR STAFF – ANYONE AT YOUR CAMP WHO WILL INTERACT WITH THE CAMPERS.

• Planning is now underway for this years conference. We are looking for your feedback and comments on how to make this years conference worthwhile for every camp in the OCA. As a member of the OCA we are looking to put together a conference which will help you and your staff. Please email comments to: [counsellorconference@hotmail.com](mailto:counsellorconference@hotmail.com)

We need enthusiastic, innovative and creative presenters with hands-on ideas. Come and pass on your knowledge to the up-coming generation of camp staff. If you are interested in leading a session or would like to recommend someone please get in touch with **Joe Richards:**  
Phone 416-486-6959 Fax 416-486-1837 Email [counsellorconference@hotmail.com](mailto:counsellorconference@hotmail.com)

also gives you an opportunity to comment on proposals for new acts, regulations, policies or instruments (such as permits and Certificates of Approval). In most cases, a thirty day comment period applies. All postings on the ER indicate a ministry contact person, with their address and often a fax number, telephone number, or email address. Once you have made your comments, the Environmental Bill of Rights obligates the minister responsible for the proposal to take your comments into consideration when making a final decision on the proposal. However, this will happen only if your comments are sent to the contact person within the specified comment period. The Environmental Bill of

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Rights also allows you to appeal a decision to approve or not to approve certain instruments like Certificates of Approval. You can access the environmental registry through the Government of Ontario's website.

As many of you are aware, the Ministry of Natural Resources is also a great source of information on environmental actions taken in your region. For instance, the Living Legacy Land Use Strategy has recommended the establishment of 378 new provincial parks, park additions and conservation reserves in Ontario. Most of these new parks and protected areas are in high use areas for children's camping. The Ministry of Natural Resources has now begun the process of establishing the first group of these areas and is establishing the proposed boundaries for 64 sites. The next step in this process will be the formal establishment of these 64 areas as provincial parks and conservation reserves. Many camps are direct stakeholders in this initiative, and public consultation is welcome. By contacting your regional office of the Ministry of Natural Resources, and developing a relationship with it, you have the opportunity to get involved in many projects such as this. The regional office is also a constant source of information as to what is going on around your lakes and forests.

Nowadays most of the lakes camps are on are shared with cottagers. The relationship between camps and cottagers is a natural blend, and an exercise in give-and-take. Involve your camp in the cottager's association; it's a great way to get to know your neighbours, and also to find out what is going on all around the lake. Many of these associations have policies, rules and guidelines outlining how your shared landscape can and should be used. In fact they often employ a lake stewardship program designed to maintain and improve the water quality of your lake and encourage care and respect for the natural species that share your space. It's a mutually beneficial relationship.

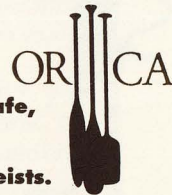
Local, provincial, and federal environmental organizations can also provide your camp with a wealth of information on your lake, forest, and camp environment. Children's camps almost enviably maintain a positive educational component directed towards the environment. Going beyond what we do in our own camps to taking an active role in what is going on in our shared resources is a natural step. For more information on any or all of these tools please feel free to contact me through the OCA office.

## ONTARIO RECREATIONAL CANOEING ASSOCIATION

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# Eating disorders: what should camps do?

by Fiora Hawryluk, Editor

Camp can be a creative, positive experience for young people trying to come to grips with society's obsession with weight and appearance, assert Sheena's Place Executive Director Maggie Wygant and Program Director Ann Kerr. Camp is social, supportive and fun: all attributes that contribute to young people's well-being. But camps need to be aware of and prepared to encounter eating disorders.

Sheena's Place is a non-profit community-based centre that offers support programs for people with eating disorders and their families. It acts as a link between hospital-based programs, schools, agencies, therapists, families and people with eating disorders. Founded in 1995 in memory of Sheena Carpenter, who died after a protracted battle with anorexia and bulimia, the centre complements traditional treatments by empowering clients through a variety of alternative approaches: art,

## Camp should not be viewed as a treatment facility for eating disorders.

dance and music, yoga and body-image groups, support and skill-building groups and workshops. It also has an extensive lending library on eating disorders and related issues.

The issues particular to the camp environment were discussed in a recent interview with Maggie Wygant and Ann Kerr. Eating disorders are complex and take a very long time to develop. It's a big term that describes many experiences and there is no one solution or one answer for treatment, says Kerr. Both Wygant and Kerr mentioned the need to be alert for the physical and behavioural signs of an eating disorder. They advise listening carefully to campers and counsellors, who are at the frontline and know when things are not right, even though they may feel uncomfortable about disclosing these details. Does the young person exhibit erratic behaviour, fatigue, dehydration? Does she/he over exercise or pursues solitary exercise activities during rest hour? Are weight fluctuations evident? Is food being stolen? Does the young person not eat, or pretends

to eat by rearranging food on the plate throughout the meal? These are only a few of the warning signs.

Parents who inform the camp in advance of a potential eating disorder may be in the minority. All too often, they may be in denial that a problem exists, or they may simply hope that camp can solve it and provide respite for them. When families do disclose details, Kerr feels that the camp director should speak directly and frankly with the parent and the prospective camper. Involving the camper in the discussion is essential: ask questions about their experience and their treatment. Ask the parent what his/her expectations are and then decide if the camp is capable of fulfilling these expectations.

Kerr and Wygant stress that camp should not be viewed as a treatment facility for eating disorders. Although a "honeymoon" from dangerous eating patterns may sometimes occur during the camp stay, it is in the camp's best interests to have a policy in place and follow it. By mentioning this policy on the camper health form (which has to be signed by the parent), camps can protect themselves if a situation develops. Camps should have the right to send a camper/staff member home if they do not eat: this action sends a clear signal that such behaviour will not be tolerated. The key is being consistent in attitude and behaviour: if you promise something, do it.

Staff can act as good role models for campers. Kerr suggests discussing eating disorders in interviews and observing potential staff members' reactions to the topic. Training workshops in pre-camp on the issue can raise awareness and help staff identify problems should they occur.

Vegetarianism and vegan diets are more and more in vogue, not only with staff but with campers as well. Both Kerr and Wygant feel that in order to meet caloric and essential mineral requirements, vegetarians (and vegans especially) require large amounts of foods. These diets need to be assessed and approved by a nutritionist. Even the trend in not eating red meat and preferring chicken instead can lead to iron deficiencies, states Kerr. The camp should hold its ground on what constitutes normal eating. A salad, no matter how large, just doesn't provide enough nutritional energy for an active young person. And a staff member who picks at a salad and complains about her weight is not a good role model for campers.

Is there an increase in males exhibiting eating disorders? Definitely, asserts Kerr. Young men suffer from exactly the same pressures regarding body image that females do. Anorexia and bulimia are on the rise for males and the warning signs are the same for either sex.

It's estimated that "up to five percent of urban, teenage girls will develop an eating disorder" (Health Journal, May/June 1997). Faced with this and other alarming statistics, camps need to be aware of the issues and discuss policies and strategies. For more information, contact Sheena's Place, 87 Spadina Road, Toronto, ON M5R 2T1; Tel. 416-927-8900.



**J.D. Smith**



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### Positions Available

**Toronto District School Board Outdoor School** looking for motivated 17-up prospective counsellors to work July. Water qualifications an asset. Résumés to: Director, Scarborough Outdoor Education School, Box 210, Kearney, ON P0A 1M0. Fax: 705-636-0746

**Camp Kwasind**, (owned and operated by Baptist Convention of Ontario and Quebec and offering Christian camping since 1944), seeks a Managing Director for October 1, 2000.

Must be a mature Christian, minimum of 25 years of age, have organized camping experience, financial and business background, and computer skills. Responsibilities include: supervising all camp activities, hiring

the staff and overseeing staff training. Position is part time October - June and full time June - September 2001.

Résumés by September 1, 2000 (will be accepted until position is filled) Wendy Saulesleja, Camp Kwasind Management Team, 20 Scarborough Rd. Toronto, ON M4E 3M5. 416-699.2273. eric-wendy @sympati.co.ca

**Camp Kawartha** is looking for the following dynamic, qualified staff: 1) Program Co-ordinator (experienced counsellor interested in scheduling required); 2) Leadership-in-Training Director level 2 (extensive leadership experience required); 3) One-on-one male counsellors for Project Rainbow. Please submit résumés to RR 4 Lakefield, ON K0L 2H0, fax 705-652-1500.

### Workshop

**ONTARIO CAMP LEADERSHIP WORKSHOP:** Celebrating our 45th year! Professional Development for Senior Staff and Directors. June 1st - June 4th at Camp Pinecrest. Call 1-888-241-CAMP.

### Camp Health Care Workshop



#### Seneca College King Campus

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**Saturday, May 27, 2000**

9:00 a.m. to 3:30 p.m.  
Registration: 8:30 a.m. to 9:00 a.m.

The Ontario Camping Association's Health Care Committee presents this one-day workshop for camp health care staff, camp directors, senior staff and other interested persons.

The workshop offers valuable current health information, suggestions for the management of camp health programs and an opportunity to network with experienced health care staff and to renew acquaintances.

#### Program Topics

- Clinical Focus
  - Dermatology
  - ENT
  - Pharmaceutical Update
- The new camp nurse
- Hot topics
- and much, much more

**Contact the OCA office for more information at 416-485-0425 or oca@ontcamp.on.ca**

### Also at the Camp Health Care Workshop:

York Region Health Services "Early Detection of Cancer Program" is offering a comprehensive educational workshop on sun safety. Topics include education, support, and policy development to protect all staff and campers during outdoor activities.

A excellent resource manual "Sun Safety: When Employees Work Outdoors - A Health and Safety Manual" from the Canadian Dermatology Association (1999) will be available in limited quantities for a reduced price of \$20.00 (tax included).

For more information, please call Shelly Manji or Susan Fyfe at 905-940-1333.

*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 April 15th for the May 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: \$50 per insert (up to three issues) or \$35 per issue (minimum four to maximum nine issues).

☉ Classified ads are sold with a maximum size of 25 words for a fee of \$15 for members and \$30 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

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



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