



O.C.A. sional news

VOLUME 3

MARCH 1987

EDITOR: CATHERINE ROSS

IF YOU MEET SOMEONE WITHOUT A SMILE GIVE HIM ONE OF YOURS.

FROM THE PRESIDENT

What a fantastic Conference. Congratulations to Diane Blair and the Conference Committee for putting on a show that makes us proud to be a part of the Ontario Camping Association. I had the opportunity to say hello to many of you from across the Province and to learn that the camping movement is doing well everywhere. The seminars that I was able to attend were great. Most issues that are facing camps were well addressed such as insurance and risk management. Our January Conference allows us time to implement the exciting new approaches and programs for the coming Summer.

We look forward now to seeing many of you at the Counsellor Conference, Skills Workshop, Bark Lake Director's Weekend, Nurses Conference, Standards Workshop and of course our Annual Meeting.

FRED OKADA,
President.

The O.C.A. is the appreciative recipient of a donation from Mr. Fred Robinson in memory of his beloved wife, Nora. With direction from Fred, it has been decided to use the money to enhance the office where Nora for many years worked as a respected and valued office secretary. The office will soon have a small refrigerator and a wall clock with a memorial plaque. All of us who knew and loved Nora are happy to see her memory live on in this way.

CATHERINE ROSS,
Editor.

EDITORIAL

After speaking with Ray Kettlewell at the January Conference, we have decided to add paddle-making as a camp activity this Summer. I suspect that before all the projects are done, we will have some campers discouraged by the tedium of the planing and sanding. Understandably so, aren't we all very accustomed to reducing our work load and increasing our productivity by the mere pushing of a button or flicking of a switch? However, I will be ready to encourage with a story about a gentleman I met over the Christmas holidays.

As I was standing on a sidewalk in London focusing my camera on St. Paul's Cathedral, I became aware of a stoneman working on a scaffold, just above my head. When I glanced up, I was amazed at the sight before me. He was sanding the facade of a five storey building manually with a square of sandpaper - no power tools, no work saving devices. I couldn't help but express my astonishment that he was tackling such an enormous task with a sheet of sandpaper. He explained that as they dismantled the scaffold from floor to floor, it was his job to smooth the stone where the scaffold had left nicks or scratches. It was obvious that he took great pride in his work. It also became evident that he had a sense of humour as he pointed over his shoulder in the direction of St. Paul's and told me with a grin, "We built that one last week!"

CATHERINE ROSS,
Editor.

PERSONAL RIGHTS

As the days lengthen and grow warmer, my thoughts turn to summer and that wonderful anticipation of CAMP, fills me with excitement and enthusiasm.

During my childhood, I passed the year biding my time just waiting for camp. Camp songs, traditions, games, overnight hikes, the possibility of a boyfriend, nights where you could almost touch the stars, hot hazy days and frosty August nights, were the images that raced through my mind, as I walked home from school in early June. I loved it all so much, I could hardly wait to get on the Camp Bus. I could almost smell that wonderful piney camp perfume.

I still get that feeling as I welcome youngsters back each year and watch them grow from the littlest camper to one of the Head Staff.

Sometime, during the summer, I seem to forget these feelings, as I grow tired and irritable, and the early stages of burn-out become identifiable.

I can always tell when it starts, because I no longer have that unbridled energy and enthusiasm. Everything feels more like work and less like fun. My patience shortens and my smile fades.

A few years ago, I noticed that the staff suffered burn-out about half way through the summer, it coincided with my tiredness. Could there be a relationship?

Was it an accident that the campers too started to show less energy at about the same time? I kept a diary of notes and during the winter months I checked over my notes and realized something I hadn't noticed during the summer. In giving to others on a 24 hour basis, I had little time left for me. The staff too, were giving of themselves continuously, and had little time left to care for themselves. The campers too, were so immersed in the communal experience of camp, and so busy giving of themselves to the camp experience, that they too neglected some of their individual rights.

I was inspired to list Personal Rights. I had another insight as well. If I neglect my rights as a person, I will neglect the rights of the staff and they in turn will neglect the rights of campers, who then neglect their rights and every one elses in this spiralling process.

During a presentation to the directors and owners at the OCA conference in January, I shared this experience and the resulting list with the group. I must have struck a chord in many of you, for I have received 'phone calls and letters, asking for this list. In reading through it, you will want to add to it as you identify your rights and needs, please do so. The trick to avoid that burned out feeling is to care for yourself, and the best way to do that is to identify your rights and needs and to respect them.

When you respect your own rights, you automatically will respect the rights of others, and everyone will be the happier for it. Remember, you have the right to take care of yourself and you have the right to rest. Have a super summer, because camp is still one of life's great pleasures.

BEVERLEY SCHINKE,
The Horse People Inc.

THE BILL OF PERSONAL RIGHTS

The right to act in ways that promote your dignity and self-respect as long as others' rights are not violated in the process.

The right to be treated with respect.

The right to say no and not feel guilty.

The right to experience and express your feelings.

The right to take time and slow down and think.

The right to change your mind.

The right to ask for what you want.

The right to do less than you are humanly capable of doing.

The right to ask for information.

The right to make mistakes.

The right to feel good about yourself.

The right to a reasonable workload.

The right to stretch - to strive for that little bit extra.

The right to refuse without making excuses or feeling guilty.

The right to give and receive information as a professional.

The right to be listened to and to be taken seriously.

The right to establish one's own priorities.

The right to judge his or her own behavior, thoughts, and emotions and to take the responsibility for the initiation and the consequences of these. This includes:-

- a) The right to offer no reasons or excuses to justify his/her behavior.
- b) The right to choose not to assert him/herself.
- c) The right to say "I don't know".
- d) The right to say "I don't understand".
- e) The right to say "I don't care".
- f) The right to change one's mind.
- g) The right to assert one's self.
- h) The right to say I care very much.

The right to one's moral beliefs - The right to one's feelings.

The right to take time for yourself.

The right to privacy.



BETWEEN THE COVERS

Stories for the Campfire is a collection of popular campfire stories. Bill Roemmick, editor, believes that the oral tradition is one of the most memorable and cherished parts of a camp program. A well-told story, set in an atmosphere of friendship, can be a perfect way to entertain and instruct an audience.

This book encourages each story-teller to change and develop these stories to fit his or her personal taste or the flavour of a particular camp. Simply take what you like from them and change what you wish. With a few exceptions, these stories are meant to be told, not read.

There are a variety of stories in this book to hopefully fit different occasions. From humorous to serious, or lively to quiet, every age group has been considered. The different types of stories listed include; Adventure, humorous, ghost stories, indian tales, stories with a moral and stories from other lands. Some of the well known ones are The Highwayman, A Fuzzy Tale, The Monkeys Paw and Praying Hands.

Here are five suggested axioms for the storyteller, from the editors:

1. Do not apologize for your story.
2. Tell a story, do not read it.
3. Speak to the audience, and to the entire audience, not part of it.
4. Select appropriate stories, and give them texture.
5. Make a story your own so that you may give it to others.

If you know of any great story books that the C.C.A. Bookstore should be carrying, please let us know. We'd love to try and add them to our publications.

American Camping Association, 56p., 1983.
Cost: \$12.25 (Members) \$14.70 (Non-Members).

Books listed in "Between the Covers" are available from the Canadian Camping Association Bookstore.

Orders that are \$20.00 or less must be prepaid with \$2.00 added for shipping. Contact the C.C.A. office by mail or phone:

Canadian Camping Association
1806 Avenue Road, Suite 2
Toronto, Ontario, M5M 3Z1
(416) 781-4717.

PUBLICATIONS COMMITTEE - C.C.A.

THE TORONTO SPORTSMEN'S SHOW

EXHIBITION PLACE
TORONTO

MARCH 13 - MARCH 22, 1987

Come on down and see us!

A CANADIAN NATIONAL  SPORTSMEN'S SHOW

A non-profit Corporation dedicated to Canada's outdoor heritage

PROGRAMME IDEAS

ESSO SWIM CANADA PROGRAMME

Bill MacDonald, the Central Ontario Programme Supervisor, for Swim Canada, would like to see the Esso Swim Canada Programme introduced into more Ontario camps.

He describes several advantages to offering this programme to campers.

1. It is possible for a child to advance a level in a short period of time eg. a 2 week camp session.
2. The cost to the camp for certificates, decals and crests is minimal.
3. The campers gain by learning efficient strokes and increasing their physical fitness.
4. The participant can continue the programme in many centres after camp.

A folder included with this newsletter describes the programme for you. Additional information can be obtained by calling Bill MacDonald at (416) 225-BILL. Bill will be conducting sessions at the May 9th Counsellor Conference to familiarize staff with this programme. If sufficient interest is shown he is willing to organize an instructors' clinic prior to the summer. For a fee of \$25.00, candidates with a Bronze Cross can become qualified Esso Swim Course Instructors after a 5-1/2 hour course.

* * * * *

Ontario Goes Belgium: What now?

The O. C. A. is continuing its liaison with the Jeunesse et Sante to help facilitate independent exchanges between camps in Belgium and Ontario.

For you the Director:-

- (1) Are you interested in having one of your staff members work in a Belgium camp for part of the summer?
- (2) Could you 'Free' a staff person for part of the summer?
- (3) Can you cost share the air fare with your staff person?
- (4) Would you be interested in hosting a Belgian Counsellor for part of the summer?
- (5) If yes: Write to the O.C.A. office for more information.

For you the Camp Staff Person:-

- (1) Are you interested in working for part of the summer?
- (2) Could you be free for part of the summer?
- (3) Can you raise the money for the return air fare?
- (4) Are you interested in learning more about Belgian camps from one of last year's Ontario exchange counsellors?
- (5) If yes: Write to the O.C.A. office for more information.

MARTIN HUNT,
BELGIUM EXCHANGE CO-ORDINATOR.

HELP WANTED

ILLAHEE LODGE - COBOURG, ONTARIO
requires a PROGRAM DIRECTOR IN
TRAINING FOR THE 1987 SEASON

Illahee Lodge is a residential holiday facility in Cobourg, Ontario for senior citizens. Candidate for position will need to make 3 to 5 year commitment to the program. The position is full-time, live-in from mid May through early September. Applicants should have background in gerontology, experience in programing for seniors, supervisory and management experience. Some specialized program skills are helpful.

A season end appraisal will determine whether candidate will assume Program Director position.

Send written resume to: Richard Moore, Director of Seniors Services, Family Service Association, 22 Wellesley Street East, Toronto, Ontario, M4Y 1G3. (416) 922-3126.

* * * * *

"An enthusiastic, Outdoor Recreation graduate with ten years camping experience as both director and program director experience at a residential summer camp seeks employment in a similar staffing position.

Call JEFF HEMSTREET, (807) 344-4311.

* * * * *

CHALLENGING AND REWARDING LEADERSHIP OPPORTUNITIES

Camp Reena, a residential summer camp near Orangeville, Ontario services children and adults who are developmentally handicapped. We offer excellent salaries, quality training and work experience.

Senior Staff (Program Director, Section Head, Administrator Director)

- supervisory & experience with population preferred.

- availability to work part-time in Toronto to June, full time thereafter through summer. \$4,500 - \$6,000.

Senior Counsellors and Specialty staff (A&C), music, drama, swim) \$1,600 - \$2,000

Cabin Counsellor \$1,000 - \$1,600

For application/further information, call the camp office in Toronto (416) 787-0131.

* * * * *

There are a variety of summer positions available at Camp Simpresca. Contact:- Betty Crawford, 31 Grove E., Barrie, Ont., L4N 4N1 (705) 728-9131 for information.

WHAT'S HAPPENING

O.C.A. SKILLS WEEKEND

Have you considered sending your staff to this weekend?

We did last year and found that the ECO-Skills course was valuable training for our staff person who ran our Wilderness Encounters programme. It gave him new ideas for programmes such as night walks and a greater enthusiasm for his programme area. Our Camp feels that such a training experience is important and plan to make it a necessary part of our Wilderness Encounters Director's training for the coming summer.

As you plan for your staff training for the coming summer consider sending them to this weekend.

RUTH MILLAR,
GLEN MHOR CAMP.

* * * * *

"75 Years Young - Celebrating Our Camping Heritage"

- Sparrow Lake Camp, a Toronto Conference United Church Camp near Pt. Stanton, Ontario, will celebrate its 75th anniversary on Sunday, June 21, 1987 from 10:00 a.m. to 8:00 p.m. at the camp.

- worship, tours, historical displays, games, a picnic supper, campfire and fellowship will be a part of the day.

- for an information flyer contact Connie Capes at (705) 728-4510 or 54 Ross Street, Barrie, Ontario, L4N 1G3 or the camp office at (416) 447-5786.

* * * * *

WORKSHOP FOR CAMP NURSES.

The 7th Annual Workshop for Camp Nurses will be held at Bolton Outdoor Education Centre on May 22-23, 1987. New and experienced nurses from residential and day camps are encouraged to come as well as other interested staff. Get a new insight into the role of the nurse and the aims of the camp health program.

Come to Share and Learn.

Registration forms are enclosed.

Camp Directors please forward these to your camp nurses.

* * * * *

A first-of its-kind Environmental Festival for school children in grades 4 to 8, will be held in 1987. The general public will be invited on the last day of the Festival.

The Festival is being organized by Public Focus, an Ontario based, non-profit, environmental education group. Partial funding assistance and support is being provided by the Ontario Government.

The Festival planning team would like to hear from those who have ideas for program content or wish to participate directly in the activities.

Please write or phone: Festival Co-ordinator, c/o Public Focus, 208 Bloor Street West, Site 603, Toronto, Ont., M5S 1T8, (416) 926-8121.

* * * * *

CAMP CARIBOO
CKCO-TV Channel 13 in Kitchener -
Saturday 10:00 a.m.

A 26 episode series featuring the show hosts/counsellors, Tom Knowlton and Mark Baldwin, zany campers, the Keeners, a wise woodperson, Uncle Wes and lots of games, crafts, activities and music.

* * * * *

March 9 - April 10, 1987.

Maple Syrup Days at the Tiffin Centre for Conservation.

- Hosted by the Nottawasaga Valley Conservation Authority.
- Pre-booked one-hour tours through the Maple Syrup Demonstration.
- South of Highway #90 on Concession 8, Essa Township.
- Barbara MacKenzie - N.V.C.A. (705) 424-1479.

March 28 and March 29, 1987
April 4 and April 5, 1987.

Pancake Days at the Tiffin Centre for Conservation.

- Hosted by the Nottawasaga Valley Conservation Authority.
- All you can eat pancakes provided by the Angus Lions Club.
- South of Highway #90 on Concession 8, Essa Township.
- Barbara MacKenzie - N.V.C.A (705) 424-1479.

* * * * *

As part of a Participation Development Program, The Ontario Association of Archers will provide expert instructors who will visit any interested camp in Ontario to give free instruction to Archery Counsellors in the safety, knowledge and skill of this exciting sport. Contact Jeff Feldman, Ontario Association of Archers Inc., 1220 Sheppard Avenue East, Willowdale, Ontario, M2K 2X1 (416) 495-4285.

* * * * *

NEW COMMERCIALS

- Kids' Records - Music for children
- The Soap Factory - Biodegradable Soap Products
- JSU Supplies Ltd. - Sanitation Products
- Creative Climbers Inc. - Handcrafted Play Structures
- Mar-B Graphics Inc. - Custom Printer of T-Shirts, etc.

CHAPEL TALK

As head of the Community Service Volunteers in Britain, Dr. Alec Dickson received a call one morning from a young man offering his services as a volunteer. To facilitate suitable placement, Dr. Dickson questioned the caller on his interests, skills and talents. Before the call was complete, Alec Dickson knew that he was going to have difficulty placing this particular volunteer. However, confident that there must be some community service that could benefit from Eric's talents, he proceeded to make numerous calls. All were in vain. Everyone politely declined Eric's offer of volunteer service.

In final desperation, he called a friend who was the principal of the Percy Hedley School for Handicapped Children. He began the conversation by saying, "David, I have a favour to ask and the answer must be yes." He explained his predicament in trying to place this eager, young volunteer and concluded by saying, "Well. Will you take him?" David Johnston's response was simply, "But, Alec, you already have my answer!"

Several days later, without any advance preparation, David introduced Eric to the children at his school. As they gathered around in their wheelchairs, the reason that Eric had been difficult to place was immediately obvious, but in no way perturbed the children. Rather they were impressed and challenged. "Although Eric is blind, isn't it super he wants to help us. We can't walk and he can't see, but together we can help one another."

(A true story told to the editor by Dr. Alec Dickson at the First International Camping Congress)

THE OCA WELCOMES THE FOLLOWING NEW MEMBERS

NEW PROVISIONAL CAMPS

- Northern Lights Camp
- Tanglewood Day Camp

- The Soap Works - Biodegradable Soap Products
- Shore Shorts - Quality Sportswear