



OCAsional News

The newsletter of the Ontario Camping Association

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West Nile Virus: A Clinical Commentary for the Camp Health Care Community

by Ellen Reynolds, M.S.N., C.P.N.P. and Holly Bauer, R.N.

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Ah, summertime . . . camp . . . outdoor activities . . . water sports . . . jokes about the mosquito being the “camp bird” . . . phone calls from parents concerned about West Nile Virus . . .

The appearance of West Nile Virus in recent years is perhaps the most well documented introduction of a new, vector-borne human pathogen into the U.S. in this century. Because of the spread of the virus via mosquitoes, the virus is of particular concern for camps located in rural, wooded, or wilderness areas. While the virus causes encephalitis and meningitis in serious cases, most cases are mild and require only symptomatic care. Education and prevention measures can help to place concerns about the disease in proper perspective.

Incidence and Spread

West Nile Virus was first isolated from an infected person and identified in Uganda in 1937. Until 1999, the virus was found only in the Eastern Hemisphere. Infrequent human outbreaks, mostly associated with mild illnesses in which fever was the main symptom, had been reported mostly in groups of soldiers, children, and otherwise healthy adults in Israel and Africa. Since the mid-1990s, the frequency and severity of West Nile Virus outbreaks have increased.¹ United States public health surveillance has tracked disease caused by West Nile Virus each year since 1999, when it first appeared in New York City. These cases have been identified over an expanding geographic area (one state in 1999, three in 2000, and ten in 2001).¹ From January 1 to October 10, 2002, there were 2,946 cases of West Nile Virus identified in 35 states and the District of Columbia, including 160 deaths.² Importantly, the increase in reported cases is due in part to heightened awareness, surveillance, and testing for the illness, and not simply out-of-control spread.

West Nile Virus is thought to be maintained in a cycle involving infected birds and mosquitoes, which in turn pass the virus on to humans. Many of the “bridge vectors” – mosquitoes that bite both birds and humans – likely become infected in late summer and then pose an infection threat to humans.

Cont. p. 4



The View From Here

As I sit looking out from my apartment over the city to the United States this morning (March 19, 2003), the world again appears to be on the brink of another war. (By the time you read this it will, hopefully, have come and gone.) On the surface, it seems pretty peaceful from my view but, of course, that is wrong. Halfway around the world, all hell has broken loose and we are reminded of how hard it seems for humans to learn from the lessons of history. We see again that what divides us is not time or generation gaps “but” value gaps. It is not “OLD” Europe versus “NEW” Europe, nor the “OLD” World versus the “NEW” World nor East versus West. It has not so much to do with geography as it has to do with history.

All over this planet, there are places where those values which give stability, meaning and momentum to our lives (homes, places of worship and places of learning) are passed on, and our civilization progresses (if you are not convinced of this, remember to look at the whole board). Here in Ontario, it is also in our camps where these values are taught. Here, young people learn to live together comfortably with others – realizing that everyone has a “gift” and where kids, with the help of a caring and committed staff, discover those gifts and develop them. In these troubled times it is as important as ever that we continue to do

Cont. p 2



Editor's Chair

PICTURES

I had hoped to be able to put in more pictures of the conference but we have run into a technical snag. Although the pictures look great in colour, or on the screen, they are not good enough for grey scale printing. There are several things which you can do.

1. If you are using a digital camera which allows you to set the resolution set it for the highest you can before taking the picture.
2. When you are scanning a regular print, scan it at at least 600 dpi (dots per inch), and 1200 dpi if your scanner will allow it.
3. If in doubt – send me the original. I have a photo scanner which will do negatives, slides or prints. If you have the negative – that is even better.

This could be in the 'Bits 'n Bytes' column next month, but thought I would get the word out now so that in the May issue we can have a good collage of pictures of the conference. (Try, try again!) The office is looking into changing the printing format to improve pictures even more.

Warm thoughts go out to Jacqui Raill (Ouareau) and her family on the loss of her mother, Betty Budd. Betty was a great friend to the camp.

In this joyous month of spring, take time for a walk in the woods, or just a mini-moment to look out of your office window and revel in the rebirth of the land.

Madelene "Ferg" Allen

ocaeditor@ouareau.com

Housekeeping

Please remember the DEADLINE for copy and pictures is the 15th of the month.

After saying that the deadline for the

JUNE ISSUE will be MAY 5th.

We are off to England on the 11th for three weeks to celebrate the 50th anniversary of "The Great Wadham College Rowing Crew" at Oxford.

Madelene "Ferg" Allen

OCA Standards Workshop

Monday, April 28, 2003, 7:00 p.m. to 9:00 p.m.

Girl Guides of Canada National Office Board Room
50 Merton Street, Toronto
(a short walk from Yonge and Davisville subway station)

Do you have questions about Standards Visits? Are you a new Visitor or new OCA camp wondering what to expect from a Visit this summer? Standards Committee members at the OCA Standards Workshop will answer all your questions, pass on their wisdom, and make sure you have everything you need to make your Visit go smoothly.

View From Here Cont.

what we have done pretty well for nearly 70 years in our camps; which, unlike our cities, are built for children – places where they can feel safe and secure and realize and develop their potential and have fun in the process.

As our camps become places of increasing diversity we are teaching our campers how, in our small world at camp, it is of value to be aware how that diversity adds to our strength as individuals and as a community. Then, having developed their special gifts and skills as well as the self-confidence and many of the values needed to make the wider world a better place, they can help others realize that the fires of friendship can achieve a lot more than the dogs of war. Sometimes I think we underestimate what we do in our camps – in spite of our size, we have made a positive difference to the lives of thousands of young people in this country. We should not forget this. The days ahead may be challenging but those who have so ably led our camps in the past have proven we can meet those challenges and reach our goal of helping many young people realize their potential in the unique environment of our camps. The torch is passed.

In times of challenge such as these, I think we can gain strength and determination from these words from one of my Dad's heroes, Abraham Lincoln, who said: "Fellow citizens, we cannot escape history, we of this Congress and this Administration will be remembered in spite of ourselves. No personal significance or insignificance can spare one or another of us. The fiery trial through which we pass will light us down in honor or dishonor to the latest generation. We, even we here, hold the power and bear the responsibility. The dogmas of the quiet past are inadequate for the stormy present. The occasion is piled high with difficulty and we must rise to the occasion. As our case is new, so we must think anew and act anew. We must disenthrall ourselves and then we shall save our country."

Wise words, let the summer begin.

Brian Blackstock, OCA President

WISDOM FROM THE PAST

David Elkind in 'The Hurried Child', 1981

"The concept of childhood, so vital to the traditional American way of life, is threatened with extinction in the society we have created. Today's child has become the unwilling, unintended victim of overwhelming stress – the stress borne of rapid, bewildering social change and constantly rising expectations. The contemporary parent dwells in a pressure-cooker of competing demands, transitions, role changes, personal and professional uncertainties over which he or she exerts slight direction. We seek release from stress whenever we can, and usually the one sure ambit of our control is the home. Here, if nowhere else, we enjoy the fact (or illusion) of playing a determining role. If child-rearing necessarily entails stress, then by hurrying children to grow up, or by treating them as adults, we hope to remove a portion of our burden of worry and anxiety and to enlist our children's aid in carrying life's load. We do not mean our children harm in acting thus – on the contrary, as a society we have come to imagine that it is good for young people to mature rapidly. Yet we do our children great harm when we hurry them through childhood.

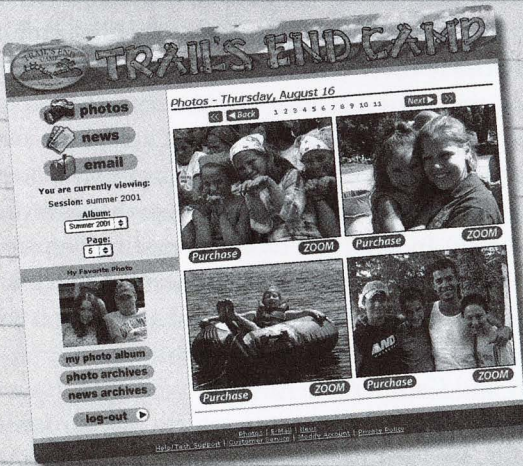
The principal architect of our modern notion of childhood was the French philosopher Jean-Jacques Rousseau. It

was he who first criticized the educational methods for presenting materials from a uniquely adult perspective, reflecting adult values and interests. "Childhood has its own way of seeing, thinking, and feeling and nothing is more foolish than to try to substitute ours for theirs."

Children need time to grow, to learn and to develop. To treat them differently from adults is not to discriminate against them but rather to recognize their special estate. Recognizing special needs is not discriminatory; on the contrary, it is the only way that true equality can be attained.

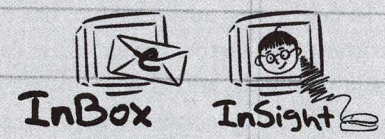
All children have, vis-à-vis adults, special needs – intellectual, social and emotional. Children do not learn, think, or feel in the same way as adults. To ignore these differences, to treat children as adults, is really not democratic or egalitarian. If we ignore the special needs of children, we are behaving just as if we denied Hispanic or Indian children bilingual programs, or denied the handicapped their ramps and guideposts. In truth, the recognition of a group's special needs and accommodations to those needs are the only true ways to insure equality and true equal opportunity."

In 2002, there were **75,000,000** photos viewed
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Cont. from P. 1 **West Nile Virus**

West Nile Virus cannot be spread from human to human or from animal to humans. The peak of reported cases between 1999 and 2001 has occurred in August and September.¹ In warm or tropical climates, year-round transmission is possible.

Clinical Features of West Nile Virus Illness

The incubation period of West Nile Virus is estimated to range from three to 14 days. Most human infections are not clinically recognized, simply because those affected may never feel very sick. A survey of serology in residents of New York City during the 1999 outbreak indicated that only approximately 20 percent of persons infected with West Nile Virus had developed fever, and only half of these had visited a physician for this illness.³ Thus, the cases that are reported are those few that result in serious disease.

Mild disease is characterized as an illness of sudden onset consisting of mild to moderate fever with varied symptoms that may include headache, muscle aches, pains, weakness, nausea, vomiting, rash, and/or swollen lymph nodes. The symptoms generally last three to six days. It is not necessary for people with these general, mild, symptoms to be tested for West Nile Virus; in fact, it would be no more helpful in treating the person than knowing which specific virus is causing someone's common cold. There is no specific antibiotic treatment for West Nile fever; comfort measures are usually all that is needed.

People with more serious West Nile Virus infections are likely to be very ill. In contrast to the above noted signs and symptoms, they are likely to have very high fever, neck stiffness, disorientation, lack of muscle coordination, tremors, and/or convulsions and paralysis. In these severe cases, physician evaluation and care should be sought immediately. Blood testing would be done in order to identify the virus and be certain of the diagnosis. Again, there is no specific antibiotic treatment. Hospital care would focus on supporting the body systems as needed.

In fatal cases, advanced age has been found to be the most important risk factor. Encephalitis (brain involvement), severe muscle weakness, and change in level of consciousness are also clinical factors associated with increased risk of death. Immunosuppressed people, such as those undergoing chemotherapy, those taking long-term steroids, and those taking anti-rejection transplant drugs, are likely to be at additional risk. West Nile Virus encephalitis has recently been added to the list of designated reportable illnesses. Local public health departments should be notified of any confirmed cases. Recommended clinical and laboratory case definitions for West Nile Virus are available at www.cdc.gov/ncidod/dvbid/westnile/resources/wnv-guidelines-apr-2001.pdf.

Prevention

Currently, prevention of West Nile Virus infection rests on two strategies: (1) reducing the number of mosquitoes that could transmit the virus; and (2) preventing those "vector" mosquitoes from biting humans. Many mosquitoes breed in small pools of standing water and have a limited flight range, so reducing mosquito populations in the immediate vicinity of human habitat and activity is useful. Property owners and municipalities can drain water from potential breeding sites, and coordinate plans for use of insecticides. Biological products (which consist chiefly of larva-killing bacteria) as well as pesticide chemicals, may be used. More detailed information about pesticides and other mosquito control measures can be obtained from the U.S. National Pesticide Information Center at www.ace.orst.edu/info/npic/wnv/.

DEET (N,N-diethyl-meta-toluamide) is the most effective mosquito repellent currently available. It is available in many formulations and has an excellent safety profile. Products containing 10-50 percent DEET are considered sufficient, with concentrations greater than 50 percent demonstrating little additional efficacy. Manufacturer's recommendations should be followed for periodic reapplication of the repellent. The American Academy of Pediatrics recommends that repellents containing no more than 30 percent DEET be used in children, and that DEET not be used on infants under the age of two months⁴. DEET can be applied to skin, pets, clothing, tents, bedrolls, and screens. While other products such as Skin-so-Soft®, citronella, etc., have mild repellent properties, the use of DEET should be promoted in order to prevent infections such as West Nile Virus that spread via mosquitoes (see end note).

Implications and Recommendations for Camps

West Nile Virus is presumed to be spreading in a pattern that will distribute it across North America at some point. Camps frequently are located in lake or woodland areas where mosquito populations flourish, and camps generally place emphasis on doing activities outdoors. Yet, camps do have a responsibility to provide the safest possible environment and program guidelines for their staff and campers. These guidelines should focus both on prevention strategies that minimize the potential for West Nile Virus exposure and surveillance that identifies a potential outbreak. In addition, camps should be prepared to provide information and resources for concerned parents and participants. Because this challenge is newly emerging, staying linked with reliable information will be key.

Protect Staff and Campers

Encourage body cover (long pants, shirts, socks, hats) as appropriate for the weather and activity. Shirts should be tucked in at the waist; socks should be pulled over pant legs.

Apply an insect repellent containing 10 percent to 30 percent (recommended for children) to 50 percent DEET. Reapply per package directions throughout the duration of

the activity. Recommend spraying the repellent on clothing rather than skin when feasible. It does not need to be applied under clothing. Avoid eye and mouth areas, as well as cuts, wounds, and irritated skin. Avoid using sprays in enclosed areas. Do not use DEET near food. Consider creating related policies to ensure safe and consistent use of repellents, such as supervision or application of repellents by counseling staff. Wash repellent off skin when returning indoors, especially if repeated applications are used.

Educate staff – especially those who live with campers or who accompany groups of campers from activity to activity – to notice children who are getting bitten by mosquitoes. Assess those campers for appropriate use of their repellent. Be prepared to try a different repellent if the camper's formulation is ineffective at repelling mosquitoes.

Avoid mosquito-borne habitats (wooded areas and marshes) during the dusk and dawn periods – a mosquito's peak biting time. Avoid campouts near marshes and other wet areas.

Monitor activity areas – are campers or staff commenting that mosquitoes are typically bad in certain areas?

Minimize the Mosquito Population

Alert maintenance staff to eliminate areas of standing water (gutters, old barrels, boats, buckets) and keep window screens in good repair.

Reduce exposure to mosquitoes' long grass habitat by mowing paths of hiking trails; consider widening trails to further limit exposure.

Be aware of measures being taken or recommended by local municipalities to decrease the mosquito population, such as pesticide spraying.

Review and adapt the camp schedule as necessary to avoid use of outdoor activity areas when mosquitoes are heaviest.

Recognize Clinically Significant Cases

Be aware of local guidelines for West Nile Virus testing. Ensure that access to reliable, up-to-date information is available to health-care providers. In addition, work with the camp's nurse and supervising physician to determine a case profile under which potential for West Nile Virus infection should be considered, and educate camp administrative staff to this directive. Currently, only persons with signs and symptoms of neurological disease should be tested for West Nile Virus. Patients with milder illnesses (e.g., fever and rash, fever and headache, lymphadenopathy) DO NOT need to be tested for West Nile Virus.⁵ Bear in mind that West Nile is only one in the family of viruses that cause illness affecting the central nervous system, which also includes California, Eastern equine, Powassan, St Louis, Venezuelan equine, and Western equine encephalitis.⁴

Any camper or staff with persistent high fever, altered mental status, focal neurological signs, significant muscle weakness, or other signs/symptoms suggestive of meningitis or encephalitis should be referred for physician evaluation.

Campers or staff with fever, general malaise, headache, body aches, and/or swollen lymph nodes should be monitored

and treated symptomatically per the individual camp's health-care guidelines.

Partner with Parents

Include a few sentences in precamp mailings regarding the measures your camp is taking to minimize risks from West Nile Virus.

Make sure your packing list recommends an insect repellent containing adequate amounts of DEET.

Have staff model appropriate repellent use and dress on opening day.

While West Nile Virus may cause serious illness in children and adults, the actual likelihood of infection is low. A combination of education and prevention strategies can have a significant impact on the perceived and actual risk of the virus to campers and staff.

References

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5. Zimmerman, R.S. (2002). PA Dept. of Health: Health Alert # 31.

Reviewers

Mary Marugg, R.N., Sonlight Christian Camp, Pagosa Springs, Colorado
Susan Van Cleve, M.S.N., R.N., C.P.N.P., P.N.P., program director, University of Pittsburgh, Pennsylvania

John J. LaBella, M.D., pediatrician, Children's Community Pediatrics, Pittsburgh, Pennsylvania

Ellen Reynolds, M.S.N., C.P.N.P., is a pediatric nurse practitioner with Children's Community Pediatrics in Pittsburgh, Pennsylvania. She is also a camp nurse, with many years of affiliation with Concordia Language Villages in Minnesota. Ellen is serving her second term with the Association of Camp Nurse's (ACN) Board of Directors, currently in the role of clinical chair.

Holly Bauer, R.N., is the health-care supervisor at the Lions Camp in Rosholt, Wisconsin. She is a regional facilitator and board member-at-large for ACN.

Stay Informed

Develop and implement a system to stay informed of developments regarding West Nile Virus.

Suggested Online Resources

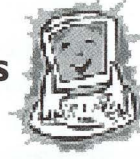
- Center for Disease Control: www.cdc.gov
- US Food and Drug Administration: www.fda.gov
- National Institute of Health: www.naid.nih.gov
- US Environmental Protection Agency: www.epa.gov
- American Mosquito Control Association: www.mosquito.org or call 1-732-932-0667
- National Pesticide Information Center: www.npic.orst.edu, or call 1-800-858-7378
- Your state's Department of Health: Check with the state in which your camp is located.
- Your camp's supervising physician

Camp-specific Resources

- Association of Camp Nurses (ACN): www.acn.org and CompassPoint
- American Camping Association (ACA): www.ACAcamps.org and CampLine



Bits 'N Bytes



This column will be devoted to technology in our offices, not just computers! If you have questions about computers, web-sites, latest in telephone gadgetry, message boards etc.etc.etc. ... send them in. I will do my best to answer them, or find someone who can. Share your latest ideas about what makes your office work better for you and your staff. Have a tip? Pass it on. We would dearly love an article from anyone who has uses automated telephone messaging.

Since this is a camping newsletter, we will open with the topic of SPAM.

Good Spam

"Like some spongy rock
A granite, my piece of Spam
In sunlight on my plate."

"Ears, snouts and innards
A homogenous mass
Pass another slice." *

Ah, Spam. The publicity all started in 1936 with an ad featured on Gracie Allen and George Burns hit radio show. It was first known as Hormel Spiced Ham until Kenneth Daigneau came up with SPAM and won the grand prize of \$100 for the new name. The 5,000,000,000th can came off the assembly line in 1994.

SPAM Stroganoff

- 1 (12-ounce) can SPAM Luncheon Meat
- ½ cup chopped onion
- 2 tablespoons butter or margarine
- 1 (10¾-ounce) can cream of mushroom soup
- 1 (4-ounce) can sliced mushrooms, drained
- 1/8 teaspoon black pepper
- 1 cup sour cream
- Cooked egg noodles

Cut SPAM into strips (2 x 1/2-inch). In large skillet, sauté SPAM and onion in butter until onion is tender. Stir in soup, mushrooms and pepper. Simmer 10 minutes. Stir in sour cream. Heat thoroughly, but do not boil.

Serve over noodles. Serves 6.



Bad Spam

Spam has taken on a new meaning in the world of cyberspace – Unsolicited Messages. Spam, according to an EEC study, is costing \$8.8 billion world wide a year.

Unfortunately, in giving our camp e-mail address as wide a publicity base as possible, we are inviting junk mail. Don't believe for one minute they are opening our web pages – there are programs which scan the web just looking for that little @ sign, and bingo – we are on someone's list which is sold and resold and resold. One defense is to use filters – either individual words or address that you put on, or by subscribing to a blocking service. The advantage of a service is that they have huge blacklists that will knock out known spammers before it even gets to your inbox. If you control your own server (as I do), you can build up your own data base (takes 3 – 6 months of careful monitoring). If anyone is interested, I would be happy to send you my blacklist to get you started. You can stop them dead by changing your address but this works only if you put a java script around your new address-that, for the moment, fouls up the little spiders that run through the web. For most of us, a new e-mail address is not an option.

Ask your web designer if you are covered, e-mail me if you would like to have this little 10-line script and instructions how to use it. It is very easy to put on – just cut and paste. This will at least stop it from being picked up.

Never, ever, ever buy anything, from these people. Never reply to any remove request; this will only confirm that your address works, so that they can sell it to other spammers. If you want to find out where mail is coming from check out <http://network-tools.com>. Fighting spam is a bit "like stomping on cockroaches in your kitchen" but you can do something about it. If you want to join the fight against spam visit SPAMCOP <http://spamcop.net/>. It is free. Don't just use the delete key – report, even two or three a day, and let your voice be heard and do your bit to stamp out spam!

To find out more about non-tasty spam
<http://bcn.boulder.co.us/inet/inetspam.htm>

Special Needs Resource Committee

Campers Are Special!

As directors, our main priority should always be the campers. We know that every camper and all individuals are special in their own way, but that no matter how special they still have needs that may be different from others.

As a Special Needs Resource Committee member, I want to make everyone aware that we are here to support all campers in all camp settings. The phrase "Special Needs" is not limited to individuals with a mental or physical disability but includes every camper who may need special attention while at camp.

If you have questions regarding any "special needs," just drop us a line at sari@camprh.com.

Chris Murdoch

Remembering Sam

One Saturday morning in November 1996, about ten of us gathered for one of the first meetings of the OCA's Crisis Response Task Force. The informal conversations over coffee ranged around accidents, press releases and how one camp director might help another in times of crisis. Just before our meeting officially started, Sam Hambly arrived. As we found places around the table, we all instinctively looked at Sam, realizing that he had something on his mind. He placed a bottle containing water and some earth in the center of the table and for the next 10 minutes proceeded to explain to us that damage to our environment was the crisis that needed our response. When he finished, he smiled at us, put the bottle in his pocket and offered the comment that "we probably had other work to do" as he made his way out the door.

After a few moments of silence, we smiled at each other and then moved on to the "real" business of the meeting. But Sam's words stayed with me. Sam was, and is, right. While our environmental crisis may not come with the sudden impact of a serious accident, a crisis demands response, individually and collectively. Thank you, Sam, for that vivid demonstration and for your constant gentle reminders of the need to care for our environment.

Barb Gilbert

"Compassion is a reflection of our heart. Conviction is a reflection of our soul. A clean environment is the reflection of our intellect."

Author, Jim Slinsky

OCA information exchange sparks concrete ideas for help with staffing!

On March 6, at the home of our generous host Adam Kronick, we held another in our series of information exchange sessions. The title of this presentation was "Fishing for the big ones: where and how to cast your line and reel them in." Were we talking about bass and pickerel? No! We were referring to camp staff! The discussion for directors and senior staff from residential and day camps was moderated by Markus Fehr of Camp Manitou and Michael Bakker of Centennial College Camps.

Issues included: how to find staff, how to motivate them to think about camp as a real summer job prospect, how to retain them year over year, how to find good males(!), how the OCA can better serve camps with regard to staff recruitment.

Concrete suggestions, which will now be put to the OCA Board at the April meeting, included: removing the \$20.00 charge to prospective staff wishing to register with the OCA job posting service (web and paper), putting a "hot button" on the OCA home web page taking "surfers" directly to job openings at camps, placing a piece on the site promoting the plusses of summer camp work.

Stay tuned for announcements about other upcoming information exchange breakfasts and evenings.

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IT'S ALL IN HOW YOU SAY IT

How times have changed! We don't take pills, we "have medication." We don't undergo surgery, we have "a procedure." We no longer have an "Infirmary" at camp, we have a "Health Center." We don't have "caretakers" we have "maintenance crew," the list goes on and on. However, there is one "renaming" that I recommend highly. At Ouareau we haven't had homesick campers for years – they are "homelonly." This change in terminology has worked wonders! The psychological change from being "sick" to being "lonely" makes everyone feel better. It is "OK" to be lonely – a very normal feeling... and a much easier platform from which to take off for a counsellor speaking to a camper ... or for a staff coping with his/her own loneliness. Try it – you'll be glad you did.

Now – here are just a few phrases from kids which will perhaps bring a smile, or a shake of the head!!

Your bedroom isn't cluttered, it's just "passage restrictive."

These days, a student isn't lazy. He's "energetically declined."

Kids don't get grounded anymore. They merely hit "social speed bumps."

You're not late, you just have a "rescheduled arrival time."

No bad hair days, you'll be suffering from "rebellious follicle syndrome."

No more smelly gym socks, they're "odor-rententive athletic footwear."

No one's tall anymore. He's "vertically enhanced."

You're not shy. You're "conversationally selective."

You don't talk a lot. You're just "abundantly verbal."

It's not called gossip anymore. It's "the speedy transmission of near-factual information."

Send in your favorite "new way of saying things"!

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and find out what your
Association did last year!



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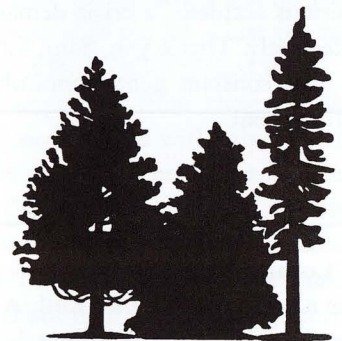
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CONFERENCE 2003



Jocelyn Palm (l), Glen Bernard Camp director and 2002 Dorothy Walter Award of Excellence recipient, with Dorothy Walter



Kirk Wipper



**Jay Haddad,
Bellaleo**

**Saturday Banquet
hosts Jen Palacios
and John Jorgenson**



Dear Brian,

On behalf of many attendees of this years OCA camping conference I wanted to let you know that this year's conference was absolutely incredible! There are always changes that can be made to improve upon or reflect the needs of the various camps but to be honest this was the first year that I actually felt I enjoyed and benefited from the conference in all respects.

In fact, I am not one that personally loves conferences or usually supports them. But the excellent speakers, the range of topics, the approach, the organization, the sense of humour, the fun, the support team at the event, and in fact everything about it was truly special.

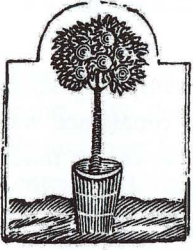
As the planning team is now finally finished their work, I hope that they can reflect back upon their accomplishments and be proud of the final outcome of this event. I believe that the Ontario Camping Association's goodwill has been dramatically enhanced by this year's conference. I am sure this will continue thanks to the new standard that was created by the excellent outcome of the conference. It would be interesting to assess if the conference was able to cover the costs of the numerous high-profile speakers as I know even having one of the three lead speakers would have been in and of itself quite impressive.

The only problem now is you have a real tough act to follow!

Mark Diamond, Camp Manitou

**On behalf of the membership a big "THANK YOU" to the
Conference Committee, who did an outstanding job**

Sol Birenbaum (Robin Hood Camps)
Sam Butcher (Onondaga Camp)
Rob Carmichael (Camp Brain)
Jo Dwhyte (Camp Tapawingo)
Howie Grossinger (Camp Robin Hood)
Kim Mitchell (OCA Office)
Ellen Nash (Camp Northland – B'nai Brith)
Jocelyn Palm (Glen Bernard Camp)
Robin Squires (RKY Camp)
Patti Thom (Camp Tanamakoon)



Turn over a new leaf!

Camp Health Care Workshop

May 24, 2003
Seneca College - King Campus
Garriock Hall
King City, ON

Spring Training Conference

May 24, 2003
Seneca College - King Campus
King City, ON

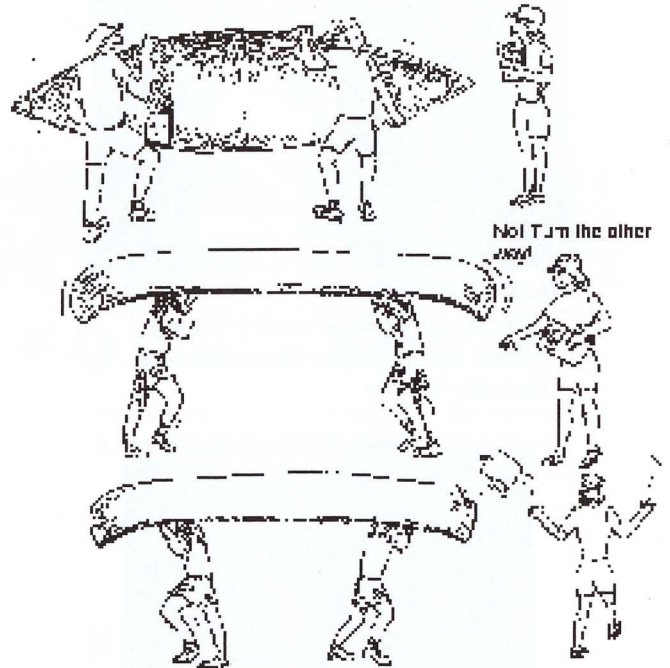
Skills Weekend

June 6-8, 2003
Camp Arowhon
Algonquin Park

Come to one of the OCA's exciting educational events this spring! You will meet new friends, learn from experts and share information with colleagues. Learning is a great way to begin the summer – enroll now!



Call the OCA office at 416-485-0425 for details or visit the website at www.ontcamp.on.ca!



Not Turn the other way!

Never doubt that a small group of thoughtful people can change the world. Indeed, it's the only thing that ever has.

Margaret Mead

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**GET THE SKINNY ON BODY
IMAGE ISSUES AT CAMP –**
Human Resources Committee

Body image issues and eating disorders are rampant in the population of young people we lead at camp. How can we deal with campers, their parents and their peers group positively, firmly, and professionally? Join **Joanne Kates**, your colleagues and your friends to better understand the issues and to learn practical strategies applicable to the summer camp environment.

Date: Tuesday April 8. **Time:** 7:00 PM

Place: The home of Joanne Kates.

72 Lyndhurst Ave., Toronto (St. Clair and Bathurst)

Cost: Free to all OCA members

RSVP: membership@ontcamp.on.ca or call 416-485-0425

Spring Training Conference - May 24, 2003, Seneca College - King Campus, King City ON

Camp Health Care Workshop - May 24, 2003, Seneca College - King Campus, King City ON

Skills Weekend - June 6-8, 2003, Camp Arowhon, Algonquin Park, ON

The 12 Rules of Life are...

1. Never give yourself a haircut after three margaritas.
2. You need only two tools: WD-40 and duct tape. If it doesn't move and it should, use WD-40. If it moves and it shouldn't, use the tape.
3. The five most essential words for a healthy, vital relationship are "I apologize" and "You are right."
4. Everyone seems normal until you get to know them.
5. Never pass up an opportunity to pee.
6. If he/she says that you are too good for him/her – believe them.
7. Learn to pick your battles; ask yourself, "Will this matter one year from now? How about one month? One week? One day?"
8. When you make a mistake, make amends immediately. It's easier to eat crow while it's still warm.
9. If you woke up breathing, congratulations! You have another chance!
10. Living well really is the best revenge. Being miserable because of a bad or former relationship just might mean that the other person was right about you.
11. Work is good, but it's not that important. Money is nice, but you can't take it with you. Statistics show most people don't live to spend all they saved; some die even before they retire. Anything we have isn't really ours; we just borrow it while we're here . . . even our kids.
12. And finally . . . Be really good to your family and friends. You never know when you are going to need them to empty your bedpan.

Thanks to Bert Danson for sharing this gem!



and the Ontario
Camping Association

As an accredited member of the Ontario Camping Association, you qualify to participate in the official National Insurance Program.

The CCA in conjunction with Hugh Wood Canada Ltd., International Insurance Brokers, has designed an Insurance Program to provide protection for your camp, and peace of mind, at a competitive price.

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You may also retain your existing Insurance Broker and take part in this program.

For more information, contact Nancy Brown at:

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or

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Classifieds

Attention all camp directors! Camp Wahanowin is looking for staff for May and June only. Please refer summer staff looking for additional work and experience in the spring to the Wahanowin Outdoor Centre. Contact Bruce or Pete at 416-482-2600, or fax résumé and references to 416-482-2860, or email to info@wahanowin.com, or visit www.wahanowin.com.

Assistant Director wanted for well-established OCA accredited residential children's camp. Senior position for summer season, can be year-round. Great opportunity for the right person. Competitive salary and benefits. Mature self-starter, pitch-in-and-get-it-done person, preferably age 25 or over. Current staff are aware of this advertisement. Lively, high energy camp with super kids. Contact the Director through northarm@hotmail.com.

Waterworks Legislation Reminder

In March 2003, the OCA office mailed to each OCA camp director a summary of the provincial government's proposed waterworks legislation. Remember that the deadline for compliance is **June 2004!** Read the document carefully to determine whether or not your camp must comply with the new regulation and, if so, what steps you need to take.

The First Dock of Its Kind. The Last Dock You'll Ever Need.

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The official newsletter of the Ontario Camping Association, the OCA's *Occasional News* is published monthly from October to June of each year.

The newsletter helps to keep the OCA membership informed about developments both in and out of the Association pertaining to children's, youth, and special needs camping.

Views expressed by contributors are not necessarily those of the Ontario Camping Association.

Queries regarding submissions and letters are welcome. Please direct all correspondence to ocaeditor@ouareau.com; tel: 705-533-0238 fax: 705-533-0550

Wherever possible, all submissions should be sent via e-mail attachment, saved in .doc, .txt or .rtf format.

Editorial Policy towards submissions: with the exception of minor grammatical changes, the editor will contact the author for approval of changes.

Display Advertising

Advertisers may purchase display ads at single or multiple insertion rates. There is an additional fee of \$50.00 for non-members. Contact the office for information regarding sizes and rates.

416-485-0425 or oca@ontcamp.on.ca

Classified advertising:

OCA members: \$20 for basic 25 word ad. Increments of 25 words ~\$15 per increment.

Non-members: \$35.00 for basic 25 word ad. Increments of 25 words ~ \$30 per increment.

Paid advertising space will not exceed editorial content.

Have you called the OCA office to ask for your Name Label Order Forms?

The OCA Name Label Program helps campers across Ontario keep track of their clothes, and it brings in valuable revenue for the Association as well. See the Flyer enclosed with this newsletter for details!

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Have you requested your OCA Name Label Order Forms yet?

Every year, hundreds of camper parents look to the Ontario Camping Association for inexpensive, durable Name Labels for their childrens' clothes.

But OCA Name Labels don't just help parents - the Program helps your camp as well. Did you know that since 1994, the OCA has made **over \$170,000.00 in profit** from the Name Label Program? The OCA Board invests those profits into the OCA projects, conferences, and training seminars that benefit your camp and your staff.

Distributing Name Label Order Forms to your camper parents is easy: just mail out the Forms in your registration or confirmation packages. An OCA staff member will send you as many Forms as you need.

Call the OCA Office today at 416-485-0425
and ask for Name Label Order Forms.
We'll send you as many as you need.