



# OCAsional News

The newsletter of the Ontario Camping Association

May 2003

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## RECOMMENDATIONS TO MANAGE WEST NILE VIRUS AT CAMP

In response to many concerns by our membership regarding West Nile Virus, the Ontario Camping Association Healthcare Committee has compiled the following commentary. Since this is an emerging problem, additional information may yet be determined that will subject these recommendations to change. We urge you to stay informed of developments and modify the information accordingly.

### The OCA has been working on your behalf

From the beginning of this year we have tried to gather as much information as possible to make certain you have all the facts and that we together with parents can take the appropriate steps to protect your campers. We have contacted our Local Health Unit and talked to the Ministry of Health for Ontario. We have searched the Internet. We attended two Camping Conferences in Ontario at which an Ontario Health Official and a Senior Representative of the Ministry of the Environment addressed the subject. We attended a Camping Conference in New York at which we had extensive contact with New York camp owners who have faced this problem since 1999. This topic will once again be addressed at the OCA Camp Health Care Workshop on Saturday, May 24 at Seneca College - King Campus.

### What do we know?

The disease virus is primarily carried by the common household mosquito, *Culex pipiens*. We know the following about the mosquito and the West Nile Virus:

- It is found most frequently in urban areas
- It usually bites between sunset and dawn
- It breeds mostly in stagnant, standing water i.e. bird baths and eavestroughs and some fresh water, in particular areas that are dark and semi-enclosed such as catch basins and sewers
- It hides in tall grasses and brush in inhabited locations
- It does not fly far from its home location
- Children are at minimal risk of being seriously affected by the West Nile Virus
- It is not transmitted person to person

*Cont. page 9*



## The View From Here

Usually, some people in every organization are so gifted with outstanding vision and leadership skills that they can lift others up on their shoulders so that they too can have a better view of the possibilities that lie ahead. For many of us in the Ontario Camping Association, John Latimer was certainly such a man.

Many years ago, these words were written about how often our leaders at camp "show us the way." They were written to be read while listening to the theme music from the movie "Chariots of Fire." I thought it might be appropriate to dedicate them to John and perhaps a few of you might want to read and listen too as you think ahead to this summer.

### On Shoulders Of Giants

We're going home soon,  
Our summer has passed  
It's hard to believe days  
Can fly by so fast.

We'll always remember  
How often we stood  
On Shoulders of Giants  
To see what is good.

Remember the days we climbed the rocks  
How sometimes we failed  
And all the fun we had on trips  
Remember the trails  
Remember the talks we had at night

*Cont. p. 2*



## Editor's Chair

I was most interested in the content of the article "Is Camping For Everyone?" which looks at the importance of "the Canadian experience" and culture of what we used to call "New Canadians" when it comes to "their" children going to camp.

I would like to share our experience in making the transition of a "traditional English camp," to a camp with half French Canadian children. Twenty-five years ago, I was naïve enough to think that French speaking children and their families were the same as English families in their outlook to summer camp. Encouraged by the number of inquiries we had from French families wishing their children to learn English, and facing the reality of two-thirds of our English families heading down the 401 after the passing of Bill 101, I made the decision to turn Ouareau into a bilingual program. What I did not realize was the cultural tradition within the French community that to have a child at summer camp was almost an admission that socially it was an indication that you could not afford a summer holiday. To English families, it was almost a status symbol that you COULD afford to send your child to camp.

Over the past decade, the Quebec Camping Association has done an outstanding job to open the eyes of French Canadian families as to the great advantages the summer camp experience can give a child. Now, camping is alive and prospering in "La Belle Province."

The challenge to OCA is far greater than simply contacting cultural groups. We must understand the background and heritage. Asian families are very close knit (as are French Canadian families), and the thought of having their children away for a period of time, under the care of strangers, is totally foreign. We must take into account the reaction of others within the community to the family who takes the plunge to give their child the opportunity to go to camp.

This is an outreach that will take a great deal of effort, patience and time.

"Become a Cosmic Tour Guide" by Peter McMahon –  
Coming in the June Issue.

*Madelene "Ferg" Allen*

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### View From Here. Cont.

Remember the mail  
Remember the trips to distant spots  
Remember the sails.

We will never forget you  
The new friends we found  
Not even in winter  
When snow is on the ground.

It's then we'll remember  
Those summer days  
When on Shoulders of Giants  
You showed us the way.

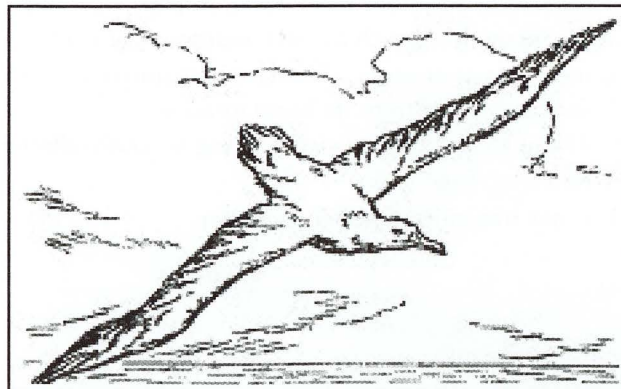
You showed us the way to make a trail  
You taught us how to swim  
You gave us the skills to make a canoe  
Move around at our whim  
You showed us how to set a goal  
When our eyes were dim  
You gave us the will to carry on  
And not to give in.

Many thanks to our Leaders  
Who stood by our side  
And lifted us up high  
Restoring our pride  
You are the Giants

Who helped us each day  
The view from your shoulders  
Has shown us the way  
Has shown us the way.

Thank you John for showing so many of us "the way." As a "Maker of Men" and women, you have left a legacy that will live as long as there are kids at camp in Canada.

*Brian Blackstock*



## Thanks For The Day, Comrade

John Robert (Chief) Latimer, October 13, 1930 - April 22, 2003

by Jay Haddad, Camp Bellaleo

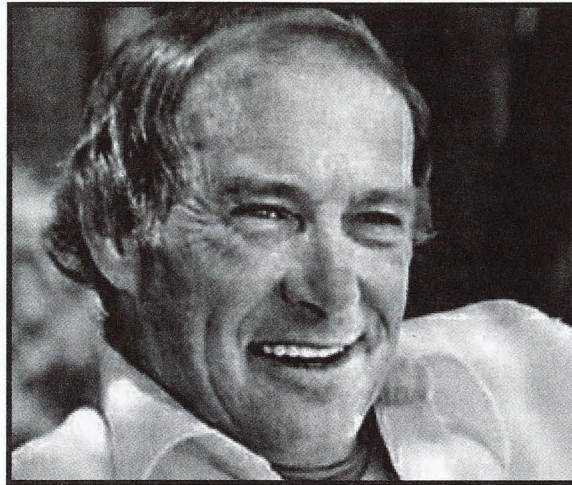
John Latimer's recent passing from pancreatic cancer leaves behind Peggy and her boys (David, Jeffrey and Michael) but it also leaves behind a large camping community with profound sadness.

John saw a wonderful dream come true in co-founding Greenwood College Schools this past year; previously, he was Headmaster at Royal St. George's College and Acting Chief of Protocol for the Province of Ontario. John served on over 20 Boards of Governors serving the youth in our country: private schools (St. Andrew's, Sterling Hall, The York School), children's charities (Regent Park, Make A Wish Foundation, Variety Club Telethon), provincial agencies (C.M. Hincks Treatment Centre, Central Toronto Youth Services) and camping movements (AMICI, Camp Awakening). John was an Honorary member of the American Camping Association, the Canadian Camping Association and the Ontario Camping Association.

But to all who knew John Latimer, camping was his love and Kilcoo Camp was his passion. Kilcoo was a magical place where John grew up as a boy and a special place where thousands of boys grew up feeling loved, important and special. I started at Kilcoo as a 10-year-old boy because two friends went there; I stayed for 17 years because of John Latimer. Chief was the "gardener" who nurtured so many young, fertile minds with his caring and his love. John was a very vibrant human being: large, beautiful smile, twinkling eyes and a booming voice, yet he could sit down on a beach or at Chapel Point with a 12-year-old or Staff member and share an unbelievable focus and intimacy.

That's why there were well over 2,000 people at Chief's funeral - all those people (and countless others) really did feel - and were - connected to John Latimer. It's quite a special gift! Chief had quite a way of making a person feel special. When I was a third-year counsel-

lor (studying psychology at University of Windsor), I spent a lot of time with John Walker (a lifelong Kilcoo friend who was in Urban Studies at Springfield College). We discussed group work, survival skills, group dynamics and thought it would be amazing if Kilcoo had a leadership-development outpost quite north of the camp where C.I.T.s could be trained



away from the mainstream of camp life. We approached Chief and asked him about it; his response "what a great idea, guys; call this real estate agent, take my car and spend a day looking at potential properties." Two weeks later, Kilcoo owned a leadership development outpost on Little Redstone Lake, John Walker and I became C.I.T. Directors and the "Redstone Concept" was founded and developed because of John Latimer's encouragement. Incidentally, the highlight of the C.I.T.'s two-weeks of isolation training was always the last night when Chief would arrive with steaks for all; and from our first Redstone graduates (1969), this practice with Chief continued right through to last summer (2002) with Kilcoo's L.I.T.s and L.I.T. Directors.

When John was President of CCA in 1971, this same magic was woven across the country. As CCA's Secretary, I was able to travel across the country for six years: four while John was President and the next two when Ron Johnstone was

President and John was Immediate Past President. John was always on the phone with one province or another, resolving a conflict, encouraging a candidate or supporting a whole province. When we traveled, John was equally revered in Parkesville, British Columbia and St. John's, Newfoundland and a hundred places in between! John would lead singsongs and be that silly personality that was needed to warm up a group; he could lead the meat and potatoes sessions dealing with all aspects of camp leadership or ownership; and he could close a conference by giving a moving banquet speech that would leave a room in tears. I think that's why *Toronto Life* referred to John as "the Camp Director's director . . . a man who is lionized in the field of camping".

When John's CCA term ended in 1973, every province unanimously approved a motion to bypass our Constitution and re-elect John to an unprecedented second two-year term; such was the outpouring of love and adulation across this country for John Latimer. One time, on a particularly rough flight to Vancouver, John stood up in the middle of a 747 jumbo jet and led a group of passengers, who he didn't know but were quite nervous, in a rousing rendition of Father Abraham, a silly little song that gets louder and sillier throughout. The passengers were calmed, the Air Canada crew grateful, and John Latimer was swarmed by a 100 new friends in Vancouver, many of whom stayed with us at The Bayshore Inn!

John co-wrote, with Brian Blackstock, *The Camp Counsellor's Handbook*, which to this day, in my opinion, is the most definitive book for the camp counsellor ever written. And three years ago, John finished another dream of his: he published *Maker of Men: The Kilcoo Story*, which is a wonderful read not just about Kilcoo but about camping in Ontario and Canada.

cont. page 4

John Latimer, cont. from p.3

In early March, John and Peggy were in Ireland with friends; John's stomach was bothering him and they returned home early. A week later the awful word "cancer" appeared, soon to be replaced with "pancreatic cancer." A few years ago, John gave me his favourite book for my birthday, *Tuesdays With Morrie*, by Mitch Albom, inscribed inside "To Jay, Happy Birthday and happy reading. Love John, December 9, 1999." The book is about an old man, a young man and life's greatest lesson. I was fortunately able to spend three Mondays with John over the past month; it was also an opportunity for Peggy to have a slight break, go to the Kilcoo office or play bridge. I would joke with John that these were my "Tuesdays With Morrie" and he liked that. We drove one Monday to the Sutton Place Hotel where John got his haircut; we reminisced about Kilcoo and pranks and his friends and his three sons. You see, I was babysitting the Latimer boys when my father was tragically killed in a curling club tornado in 1974; David Latimer, at 12 years of age, was the first person I told and hugged while I waited for John and Peg to return from the Royal Alexandra Theatre. A few weeks ago I played a tape to John; it was his closing banquet speech on August 26, 1981, where he announced he was retiring as Kilcoo's Director. John wanted to hear the entire speech and we drove around until it was over.

Here's the last paragraph from *Tuesdays With Morrie*: "Have you ever really had a teacher? One who saw you as a raw but precious thing, a jewel that, with wisdom, could be polished to a proud shine? If you are lucky enough to find your way to such teachers, you will always find your way back. Sometimes it is only in your head. Sometimes it is right alongside their beds. The last class of my old professor's life took place once a week, in his home, by a window in his study where he could watch a small hibiscus plant shed its pink flowers. The class met on Tuesdays. No books were required. The subject was the meaning of life. It was taught from experience. The teaching goes on."

Thank you John Latimer . . . for everything!

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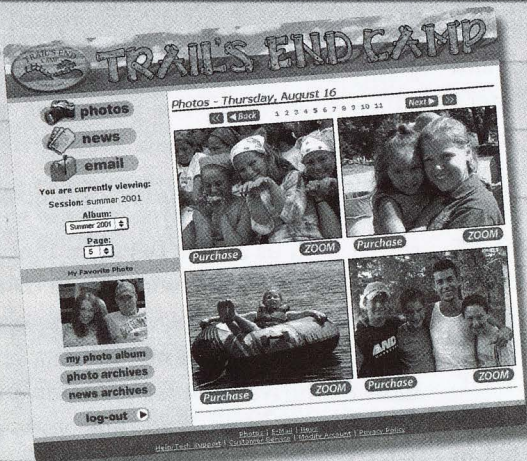
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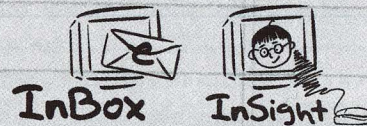


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## Bits 'N Bytes



### PeopleLink

Camping and its ability to meet the needs of our campers has been consistently improving over the decades. We know that we have been blessed with great programmers, interested and caring counsellors and new ideas to motivate and teach to our charges. In lock step, I believe that the advent and use of the computer in our offices has contributed to our ability to focus on the needs of our campers. Initially many of us were reluctant to use the technology. It was impersonal and could not take the place of the human touch. Well, many of us know that a good database saves us hours of manual labour. Health information, cabin grouping, record keeping, dietary needs and many other issues important to the well-being of our campers and the efficiency of our organization now rely on that technology. It enhances our human capabilities but cannot answer all of our needs.

Having said that, all of us at our camp hoped for a way to reach the attention of our camper parents. Most of us in the industry prepare excellent information and develop forms to ensure that campers are safe and properly cared for. The problem is that these parents seldom follow through on the deadlines or remember significant dates. We then resort to letters and e-mails, but people seem too busy to respond to any of these. What to do? Here was one area in which technology seemed of little help. A little ingenuity was necessary.

We heard of a company that would make phone calls for us at a reasonable cost per call. It wasn't completely automated but if given some time and the list of calls to be made, the company would record your message using your voice and send it to those telephone numbers on the list. It sounded like a great idea but would it work? Would our families find it impersonal? Would they hang up before hearing our entire message? After searching our database for the numbers of families that did not send back health histories for their campers, we gave ourselves the task of crafting a delicately worded message. We made every effort to make our message sound friendly, unobtrusive, and even humorous! We made sure that our message was directed only to those families for whom it was relevant. With bated breath, we sent our first message. The results were wonderful. The health histories came in faster than we could deal with them – but of course, we dealt with them! Many families even took the time to make a phone call to thank us for the creative reminder. We then began to look at other areas of our operation where these messages could make a difference. One of our dedicated office staff mentioned that registration deadlines often created difficulties. We could send a message when such a deadline was approaching. This process worked well for several months – that is, until the day we phoned the company to send an important message and found

a message on their machine. They had left for three weeks on vacation. This was not good. It was time to find a way to do this on our own.

This took us a little time, but we have been successful. We were able to find a system that worked well with our existing data management program, CampBrain. As with everything in camping, we tried to give our system a creative name and dubbed our ability to call our families in this way our PeopleLink system. Operating PeopleLink in-house has had many benefits such as flexibility with schedule, and increased opportunities for automation. We are now able to control this system from home, upload our selected phone numbers automatically, control the number of times each call is attempted, log and report on the results of each call, create a calling schedule, leave a different message on answering machines than we do when a live person is reached, and reach over 250 homes per hour. We anticipate that if for any reason, we need to reach all of our families quickly, we will have a system that can respond reliably.

Our PeopleLink services have, however, required us to assume the expense of four phone lines – and to help subsidize these costs, we have reached out to our community of families and friends in the camping community and offered this service to them in exchange for a small per-call fee. Now, our PeopleLink service is able to assist OCA camps with reminders, invitations, corrections, promotions, and “everything is ok” announcements. We have even been called by several commercial and not-for-profit organizations that are looking for efficient and friendly ways to reach their clientele. Often, technological innovations come when you least expect them. What began as a new approach to the classic phone tree has quickly become a resource for our camp and others in the OCA.

*Sol Birenbaum, Robin Hood Camps*

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## Human Resources Committee

### ADIPOSE TISSUE VS THE REAL ISSUE

The real issue surrounding body image is not what's on the outside, but what comes from the inside. April 8<sup>th</sup> at the home of Joanne Kates was definitely the time and place to "Get the skinny on body image issues"! In her dynamic speaking style, Joanne covered many important aspects of this complex issue.

- Positive self-image is inherently linked to positive role modeling.
- Peer culture is extremely powerful and can be destructive where body image is concerned.
- You can't teach body image, so staff must constantly model positive self-talk and behaviour.

It is important to know how to identify disordered eating and other signs that may be indicative of an eating disorder, but Joanne also communicated that it is important to realize that camp is not a safe place for those dealing with such issues. As members of the camping community, we all believe that camp provides many positives for both campers and staff. Unfortunately, in an environment where we eat together, walk around in bathing suits, and see each other undress, negative self-talk is incredibly contagious and therefore body image can be toxic at camp. We can educate campers and staff about the many aspects of this issue.

Joanne provided handouts describing strategies used at Arowhon, roleplay scenarios (thanks to Joe Richards, Jocelyn Palm and Leon Muszynski for a perfect educational role play!), pre-camp training exercises and an introduction to leading Girls' Circles.

Those who attended gave rave reviews:

"Joanne was at her very best, both entertaining and informative. She has clearly spent a lot of time and energy at Arowhon building awareness of issues surrounding body image. I think that everyone left with some concrete ideas on ways to do the same at their own camp."

*Markus Febr, Camp Manitou*

"I left the session feeling more prepared to deal with this sensitive issue with both campers and staff. It was refreshing to hear about an approach which requires campers and staff to actively participate in learning."

*Sam Butcher, Onondaga Camp*

"For those who thought body image was only a "female issue," think again. Boys can feed into and perpetuate negative body image with harassing comments and stereotyping. Body image is something that almost all kids, including males, think about on some level, even if they do not know it. I thought the session was very informative, and provided me with some ideas that I can take back and use at camp this summer."

*Joe Richards, Taylor Statten Camps*

"It's always worthwhile exchanging ideas about issues which affect all of us in the camping community. Regretfully, in current times, body image is certainly one of those critical subjects demanding our attention, our communication and our connection."

*Jill & Ilyse Lustig, Camp Winnebago*

If you weren't able to join us, we hope you intend to take part in the HR Committee's next session. Stay tuned for info about the next great educational opportunity!

*Megan "Snaps" Snape  
Glen Bernard Camp*




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## Girl Cliques

I was never popular. Saturday nights in high school, I was the one with nothing to do, except for two girls (who I didn't really like) who I relied on for company and to share a pizza. A decade ago, a glamorous woman moved in across the street from me. I hadn't seen her since high school, where she had been a queen bee – the right clothes, hair, friends, and of course boys.

She came over one day. I (still smarting 25 years later) said to her: "You were popular." She replied: "No, you were."

There's the rub, and it's no better today than when I was a teenager.

As a mother, I have been insulated from this reality. My daughter would rather eat nails than tell me she was left off the guest list of a party. Teenage girls maintain a conspiracy of silence about their social struggles because it's too humiliating to admit, and they're afraid we'll tell somebody (a teacher, the parent of the "offenders"), which would make things worse.

They hide how excluded they often feel, and their worry about being left out. I learned this at summer camp. As director of Camp Arowhon, I discovered the truth of girl cliques by hearing from parents whose daughters felt friendless at camp, and were thus not returning. In the early '90s I started trying to fix it. First, I tried a conflict mediation tool called Peacemaking. It took five years to figure out that Peacemaking couldn't touch the cliques, because girls kept them secret.

Next, I tried Bully Interventions. They work, if a victim is willing to come forward. As with Peacemaking, our anti-bullying work can't touch the cliques because of the protection racket the girls run, and also because social exclusion is usually more complicated than one or two bullies against one or two victims.

This is what it looks like:

The scene: A cabin at summer camp.

The players: Four 14-year-old girls

The dinner bell rings. Three of the girls stand up (as if on cue) and leave the cabin. They're walking to dinner together. Not one word has been spoken. Girl number four has been left alone in the cabin.

The back story: The three girls are in the clique. They know it, and girl number four knows it. Everybody knows girl number four is out. Not a word had to be spoken for an act of rejection to occur – while the counsellor was in the bathroom. That part was also on purpose.

Teenage girls in camps and schools have rigid unstated rules about which group every girl belongs in. First there's the popular group. They are the cool girls, the lookers, the wealthy (although money doesn't guarantee membership), the ones the boys like. Right beside them (but never at their table in the cafeteria or in their tight little group at camp) are the wannabes. These girls are almost cool. They're so close to cool it hurts; they want it so badly that if a wannabe gets a phone call from a cool girl an hour before a party, she'll get excited and hurry over there, even though she knows they only want

her tonight because the person they really wanted couldn't come. Then there are girls who aren't popular, don't wannabe so badly, but they have their own friends. At the bottom of the pecking order are the loners, the nerds, the losers.

I found that out when I started asking girls about social cruelty. I asked teenage girls to draw "social maps" of school and camp. They recognize the terms and can put every girl they know (including themselves) in a group on the "social map."

It's easy to explain this meanness by saying girls are inherently bitchy. Hogwash! In her book *Odd Girl Out*, Rachel Simmons talks about girls being socialized to be nice, and good, so they have no outlets for anger. Thus, she writes, "to elude social disapproval, girls retreat beneath a surface of sweetness to hurt each other in secret." And because nothing matters as much to an adolescent girl as friendship, writes Simmons, "relationship is used as a weapon... and friendship itself can become a tool of anger." Instead of getting angry like guys do, in a brief (and often satisfyingly profane) outburst, girls, when they are angry at a friend, find their only weapon is the friendship itself.

Cont. page 11

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## Is Camping for Everyone?

*This is a summary of the conference session By Ken Jeffers and Rosa Jones-Imboteb, City of Toronto Parks and Recreation*

Few Canadians would disagree that the natural world and the camping experience form part of our national identity and collective imagination. Camping, as a form of recreation, can inspire national sentiments and provide an opportunity for further integration into Canadian society. Pierre Elliot Trudeau wrote: "I know a man whose school could never teach him patriotism, but who acquired that virtue when he felt in his bones the vastness of his land, and the greatness of those who founded it."

However, camping can be unfamiliar territory for those from diverse backgrounds who are part of the Canadian mosaic, and has generally been an area from which they have been excluded. This is reflected in their persistently low participation and under-representation within camping and camping management and administration. Through understanding the challenges and implementing measures that will create a positive and lasting change, these patterns can be altered to reflect the cultural communities which we serve.

How can we begin to tap into this rich cultural market and simultaneously enrich the camping experience of all?

We must begin with an understanding that camping associations have a professional responsibility to understand their clientele and provide services in an equitable and accessible manner. It is necessary to examine the cultural and social structures that have characterized the nature of camping for generations and which have prevented ethno-cultural groups from fully participating in the camping experience. These barriers can include economic situation, language barriers and lack of access to camping grounds and facilities.

Once we understand these social and economic factors that affect overall participation levels, we can explore new ways of targeting these needs. Camping organizations can begin by re-examining their outreach strategies and recruitment procedures. A culturally diverse staff can assist with recruitment and tap into various channels and networks (ethnic media and associations). Attracting diverse communities involves some research and planning, development of new services and an effective delivery that takes the factors mentioned above into account. These strategies begin when we begin realize that this exercise is about organizational change and multicultural collaboration rather than about how to recruit "them."

In some instances, organizations are hesitant to deal with the notion of cultural diversity. For many who have not confronted this reality, this issue represents the fear of the unfamiliar. Furthermore, it is an area in which they feel they have little contribute. Needless to say, everyone within the camping community can play a significant role in encouraging cultural diversity by addressing these challenges and searching for new alternatives to create a positive camping atmosphere.

The benefits of reaching out to diverse communities extend beyond an increase of profit margin by 50%, to estab-

lishing new and dynamic partnerships between camping associations and ethnic communities. A culturally diverse staff and camping association can create a sense of belonging, foster self-esteem and enrich programming by exposing us to an array of different activities and perspectives. A closer look at these challenges and a commitment to implementing some of these recommendations within our camps, will allow us to create a multicultural camping experience and sharpen our awareness of cultural diversity. As the face of Canada continues to change, it is necessary for camping – our national pastime – to reflect these changes and embrace diversity.

Toronto Parks and Recreation, recognizing the need for greater outreach and participation by culturally and racially diverse communities, established an Access and Equity Unit in 2002. The major objective is to increase participation by the various targeted groups in all aspects of recreation. These groups include the following communities: Aboriginal, Race and Ethnic, Women, Gay, Bisexual, Lesbian and Transgendered and Disabled persons. For further information, contact Ken Jeffers at 416-392-7019 or [kjeffers@toronto.ca](mailto:kjeffers@toronto.ca).

*Alf Grigg, City of Toronto Parks and Recreation,  
Director, Agency Camps Sub-class, OCA Board of Directors*

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## Recommendations to Manage West Nile Virus at Camp *cont. from p.1*

### What can your clientele do?

It appears that our local municipalities are working with the Provincial Government to provide some protection and take some initiatives to deal with open areas within our communities. You can do the following:

- Make certain areas where water can stand are dried up. These areas include birdbaths and poor drainage areas around the home. Make certain roof gutters drain properly (check for blockages in spring and fall).
- Cut grass regularly.
- Ensure that household screens are intact.
- Dispose of tin cans, plastic containers, ceramic pots or other water holding containers.
- Turn over wheelbarrows and plastic wading pools when not in use.
- Drain pool covers if the home pool is not used regularly.
- There are only a few larvicides available for home use in Canada. BTI (*Bacillus thuringiensis israelensis*) may be available at your Nursery or Garden Products area of the larger supermarkets or hardware stores. Pesticides such as larvicides can be hazardous to use. Follow the instructions carefully if you choose to use them. However, if you have done most of the above, you probably won't require a larvicide.
- When possible, stay indoors from dusk to dawn.
- If outdoors from dusk to dawn, wear long sleeved clothes and long pants treated with DEET. If you spray DEET on the clothing, it will prevent the mosquitoes from biting through the clothing and you will not need to apply DEET directly to the skin. Check with your pharmacist, physician or Health Canada Guidelines if you want to apply a repellent to exposed areas to determine the proper concentration and application of the product for children and adults. Clothing should be washed in soap and water after returning indoors to limit the accumulation of the repellent, especially if you use DEET.
- Alert neighbours to take similar precautions.

### What can camps do about West Nile Virus?

We know that the *Culex* mosquito is found primarily in city centres. Camps are well away from inhabited areas. Some precautions we suggest you take:

- Inform staff and maintenance to monitor for any standing water and correct the situation.
- Report any sites of heavy mosquito concentration to the appropriate sources at your camp.
- Aerate small water areas such as ponds.
- Where possible keep grass short.
- Empty any equipment that can hold water i.e. fire buckets; invert canoes.
- Educate and encourage campers and staff to wear light coloured long sleeved clothing, long pants tucked into socks and DEET or other repellents (according to the directions) during

the appropriate hours.

- Ensure all screens are well maintained in cabins and buildings.
- Train and educate your staff to be aware of how to minimize and protect the campers from mosquito exposure.
- Include information in your pre-camp mailing regarding the measures your camp is taking to minimize risks from West Nile Virus. Recommend in the packing list for overnight camps an insect repellent containing adequate amounts of DEET.

We do know from our conversation with our neighbours in the United States that the steps that are being taken by municipalities, families and camps in their area have resulted in not one single serious incident among their campers. Although their parents are still concerned, they have begun to understand that with cooperation and a few simple actions, the camp population can tremendously reduce the risk of infection. You too, can provide a safe camp environment for all campers and staff.

Please remember that perspective is essential on everything and often the media can inflame issues out of the best of intentions. West Nile Virus is a very serious matter and as you have read, we at the OCA take this disease seriously.

We encourage families to keep in mind that in the United States last year 70,000 people died of the flu, and 164 from West Nile Virus (most if not all had underlying medical conditions as well as West Nile Virus). Out of the 164, two of them were under the age of 40 and none were children.

For more information:

Ministry of the Environment: [www.ene.gov.on.ca](http://www.ene.gov.on.ca)

Ministry of Health Fact Sheet on WNV:

[www.gov.on.ca/health/english/program/pubhealth/wnv\\_mn.html](http://www.gov.on.ca/health/english/program/pubhealth/wnv_mn.html)

Health Canada: for information about DEET

[www.hc-sc.gc.ca/pmra-arla/english/mosquito/mosquito-e.html](http://www.hc-sc.gc.ca/pmra-arla/english/mosquito/mosquito-e.html)

*Pearl Bell R.N.*

*on behalf of the OCA Health Care Committee*

*Special thanks to Mark Diamond for stats*

*- Americata Base site*

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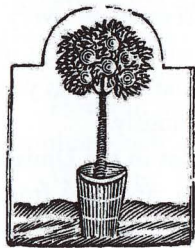
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A task force has been struck by the OCA board of directors to investigate the viability of establishing the position of Executive Director within our organization. The task force is looking for volunteers and submissions in order to prepare a report for the board. The task force would like to invite OCA members to submit their thoughts and comments discussing this issue by June 13, 2003. To join this task force or to submit your comments please contact Dave Graham at 416-322-9735 or email [dave@kandalore.com](mailto:dave@kandalore.com). The task force would like to submit an initial report in early fall 2003 regarding this topic.



## 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/](http://www.ontcamp.on.ca/)

### CANADIAN ENVIRONMENT WEEK

June 1 - June 7

<http://www.canadiangeographic.ca/cea2003/english/default.asp>

## From the E-Mail Group

We are looking into what other camps do to purify water on canoe or hiking trips. We currently send out MSR filters with any of our canoe trips that take place outside of Algonquin Park. Inside the park we have been advocating boiling, emergency use of iodine if required. I would like to know what other people are using. Last summer we did try Pristine, but we don't know about the effectiveness of it if the instructions are not followed.

*Joe Richards, Taylor Statten Camps*

*Reply - Mark Diamond:*

We use a filter called 'Pure' which we found more effective and MSR but that is just our opinion. We also use the tablets so we do what any camp water system would do, disinfect and filter.

**Subject:**

### Management of allergic reactions on out of camp trips.

We are a tripping camp that sends out close to 150 trips per summer. We are wondering about other people's policies on what medical supplies get sent out on each trip. We are specifically concerned with allergies and what is sent out with campers with allergies or on trips that have no history of allergies. We send out epi-pens with our campers that we know have life threatening allergies. We are wondering about what other camps use to combat unforeseen reactions in campers that have no history. We know that some camps send vials of adrenalin on every trip, but we wonder what the majority of camps do.

*Joe Richards, Taylor Statten Camps*

*Reply - Travis Allison*

Kids with known anaphylactic reactions must bring epipens – we will supply enough epipens for 1 pen an hour for the longest exit we can anticipate (our trips are Frost Centre canoe & Algonquin hikes so we are fairly accessible), if they will need more they must supply. Bottom line though? That could be a huge load of epinephren. No Adrenaline - I don't think that even with my WFR & firefighter training I am qualified to give adrenaline. Re: Anakits – if this is what you mean we would consider sending these with qualified staff but we can't find them any more.

*Reply - Mark Diamond:*

We send one epipen on a trip and add two more epipens if a child is known to be allergic. After that we just add more per child who is allergic since the odds are not all of them will have a reaction the same time. The truth is however, if you are far from a hospital three epipens which is the maximum, of 45 minutes will do nothing since you need to get to a hospital in time. So all you are doing is buying time. Let me know what other camps do.



*Girl Cliques from p.7*

Except in extreme cases (à la Reena Virk) girls' aggression is covert, and relational. They shift alliances, they turn people against the target of their anger. Which is why even popular girls worry about getting kicked out of the clique. It can happen any time, because the withdrawal of friendship is girls' only weapon.

The good news is that we can help them. When I realized that Peacemaking and Bully Interventions weren't fixing cliques, I found Girls' Circle Association ([www.girlscircle.com](http://www.girlscircle.com)) in California and bought their curriculum kit on Girls Circles. For two summers now we've been following their plan for leading girls' cabin groups in conversations about personal issues. Girls Circles raise empathy for others and help girls learn to voice their conflicts, thus reducing their motivation to hurt each other via social aggression. The topics include tough friendship issues, body image, boy stuff.

Does it work? So far, so good. Girls Circles are no magic pill, but the girls are more inclusive and more empathic to one another. I watch closely, I see this.

All girls deserve this support. Schools, where social exclusion incubates daily, don't deal with this hidden peer curriculum, which is so powerful that it distracts girls from the three R's. It's time for parents to pressure schools to lead Girls Circles. I know from my experience at camp that if every Grade Eight class had a Girls Circle twice a week for 40 minutes, their world would change.

*Joanne Kates, Camp Arrowbon*

**ONTARIO CAMP LEADERSHIP WORKSHOP**

**May 29 – June 1**  
**Camp PineCrest**  
**[www.oclw.ca](http://www.oclw.ca)**

**Prayers for the Stressed Out**

Lord, help me to relax about insignificant details, beginning tomorrow at 7:41:23 am EST.

God, help me to consider people's feelings, even if most of them are hypersensitive.

God, help me to take responsibility for my own actions, even though they are usually NOT my fault.

God, help me not to try to RUN everything, but if You need some help, please feel free to ASK ME!

Lord, help me to be more laid back, and help me to do it EXACTLY RIGHT.

God, give me patience, and I mean NOW!

Lord, help me to not be a perfectionist. (Did I write that correctly?)

God, help me to finish everything that I sta....

God, help me to keep my mind on one thi...Hey, look at the bird! ..ng at a time.

Lord, keep me open to others' ideas, WRONG though they may be.

Lord, help me to be less independent, but let me do it my way.

Lord, help me slow down andnotrushthrougheverythingthatIdo.

**Books...**

are chocolate for the soul.

They're not fattening.

You don't have to brush your teeth after reading them.

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You can take them everywhere, and they travel for free.

Books do, however, have one drawback: even the fattest book has a last page, and then you need a new one again.

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## Classifieds

Looking for counsellors with camp experience! Asthma Day Camp for ages 8-10, Cawthra Community Centre, 1399 Cawthra Road, Mississauga, ON, June 27, 28, 29, 2003. Contact: Janet Hatch, The Lung Association, Peel Area, 905-696-0077, fax 905-696-0582, email: peel@on.lung.ca.

### A LESSON IN LIVING -

The obvious is usually, oh, so obvious...but not always. This story has been going the rounds for sometime but it is a classic lesson of making sure of your facts before getting into an argument.

"The following is the transcript of an actual radio conversation in October 1995, between a US Navy ship off the coast of England, and some British authority. The transcript was released by the Ministry of Defence on 10/10/95.

**BRITS:** Please divert your course 15 degrees to the South, to avoid a collision.

**AMERICANS:** Recommend you divert your course 15 degrees to the North, to avoid a collision.

**BRITS:** Negative. You will have to divert your course 15 degrees to the South to avoid a collision.

**AMERICANS:** This is the Captain of US Navy ship. I say again, divert YOUR course.

**BRITS:** Negative. I say again. You will have to divert your course.

**AMERICANS:** THIS IS THE AIRCRAFT CARRIER USS LINCOLN. THE SECOND LARGEST SHIP IN THE UNITED STATES' ATLANTIC FLEET. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE CRUISERS, AND NUMEROUS SUPPORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH. THAT'S 15 DEGREES NORTH, OR COUNTER MEASURES WILL BE UNDERTAKEN TO ENSURE THE SAFETY OF THIS SHIP.

**BRITS:** We are a lighthouse.

The official newsletter of the Ontario Camping Association, the OCA's 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

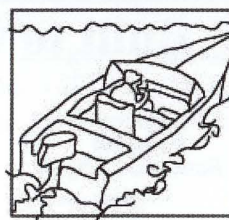
#### Classified advertising:

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.

### REMINDER - BOAT PROFICIENCY CERTIFICATE



[http://www.ccg-gcc.gc.ca/obs-bsn/sbg-gsn/operator\\_e.htm](http://www.ccg-gcc.gc.ca/obs-bsn/sbg-gsn/operator_e.htm)

#### Who needs one?

Operators of pleasure craft fitted with a motor and used for recreational purposes require a **Pleasure Craft Operator Card.**

Operators born after April 1, 1983 required the card on board as of September 15, 1999.

Operators of craft under 4m in length required the card on board as of September 15, 2002.

All operators will require the card on board as of September 15, 2009.

### CANADIAN WATER SKI INSTRUCTORS' COURSE



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# OCA Board, Committee and Regional Representative Contact List

May 2003 (please post)

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### Director, Education Events

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## OCA Committees and Task Forces

overleaf

## OCA Committees and Task Forces

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### 2004 Annual Conference

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Brian Shelley, Co-Chair  
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### Standards Review Task Force

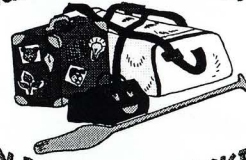
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O.C.A. SPRING TRAINING 2003



MY BAGS ARE PACKED  
I'M READY TO GO!

## SPRING TRAINING CONFERENCE COMMITTEE SEEKING PRIZES

May 8, 2003

Dear Fellow Camp Director,

This no doubt finds you and your office staff surrounded by resumes and camper applications, as summer quickly sneaks up on us. In about 10 weeks our camps will be filled with the laughter of children, as they are meant to be!

Last year the OCA Spring Staff training Conference was a success and we hope to provide you with another amazing experience on Saturday, May 24, 2003, at Seneca College. One of the many reasons for last year's success was the generosity and kindness of many of you who donated giveaways and prizes to our delegates.

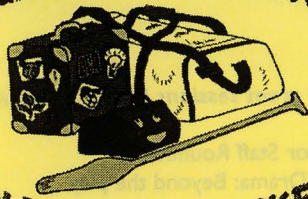
Would you please consider donating a piece of camp clothing, Nalgene bottle, or some such item for this year's conference?

Camps (and commercial members) who donate prizes will be acknowledged at the conference, and will help to add to the excitement of the day. Please contact me by phone or email if you would like to help out.

**Michael Bakker**, Chair, 2003 OCA Spring Training

Centennial College  
PO Box 631 STN A, Scarborough, ON M1K 5E9  
Phone: 416-289-5296  
Fax: 416-289 2646  
e-mail: [mbakker@centennialcollege.ca](mailto:mbakker@centennialcollege.ca)

O.C.A. SPRING TRAINING 2003



MY BAGS ARE PACKED  
I'M READY TO GO!

# 2003 Spring Training Session Descriptions

On this page and overleaf, you will find session descriptions for the OCA 2003 Spring Training Conference. Please visit the OCA website at [www.ontcamp.on.ca/spring\\_training\\_03.html](http://www.ontcamp.on.ca/spring_training_03.html)



## **Anaphylaxis: You Could Save a Life**

Early recognition and emergency treatment, Ontario protocols, erring on the side of caution and hands-on training with an EpiPen practice kit, are all a part of this very important session.

*Anaphylaxis Canada*

## **The Gift of Belonging**

Welcoming campers and adults with disabilities at camp.

*Rachel Albers, Simcoe County District School Board*

## **Basic Survival Preparedness: Survival Tips for Outdoor Camp Leaders**

Search and Rescue basics, Survival Kits for Outdoor Leaders, CASE STUDY: are you prepared? Navigational Gear, Emergency Trip Plans, Survival/Safety/Navigational Training for Camp Leaders offered by WSC, endorsed by the National Secretariat for Search and Rescue.

*David Arama, WSC Wilderness Survival School*

## **Organize and Lead a GREAT campfire**

From the 'old' and trusted favorites, to new and exciting campfire programming ideas.

*Mark 'Rock' Blackett, YMCA Camp Wanakita*

## **Zoom on the Magic Bus!**

"The camp day begins as soon as the first camper boards the bus and does not end until the last camper is dropped off." Often overlooked, the ride to and from camp is often the first introduction for the camper and parent to camp. Come prepared to discuss and hear exciting ideas about: meeting and greeting parents, saying goodbye (it doesn't have to be difficult!), bus programming ideas, the bus challenge cup, bus themes, bus mail and many other great aspects of day camp transportation. Aspiring bus counsellors will be exposed to a variety of ways in which their approaches to bus counselling can be used to make their campers' bus rides as much a part of the regular camp program as the rest of their day!

*Sol Birenbaum, Robin Hood Camps*

## **Campers... Handle with Care**

Relationship and discipline with campers – the art of counselling!

*Don Bocking, Camp Ponacka*

## **Parent Expectations: Problems and Solutions**

Sometimes it's hard to remember that you've got two target "clients." How to know what parents want, and how to make sure they get it!

*Sam Butcher, Onondaga Camp & Leigh Fettes, Camp Manitou*

## **Spinclusion**

Spinclusion is a fun interactive game that promotes inclusion of people with special needs and different abilities. Designed for ages 10 and up, Spinclusion promotes acceptance and respect for people with needs and changes the way campers think about disability.

*Melissa Clare, City of Toronto Parks and Recreation & Frances MacNeil, Community Living Toronto*

## **Exciting Games that Work!**

Participate in and learn to lead a variety of games for a variety of ages!

*Jamie Doherty, Zodiac Swim and Specialty Camp*

## **Effective Coaching Skills**

There is a difference between doing an activity with campers, and COACHING campers in an activity. Learn how to apply coaching principles, ENERGIZE campers at your activity this summer, and foster sportsmanship.

*Jason D'Rocha, Camp Robin Hood & Mark Fuller, Robin Hood Sports Academy*

## **Chicken Games and Other Assorted Oddities**

Fill hours entertaining your campers with some great games needing minimal supplies. Full of energy, innovation and FUN, these games are sure to be a favorite with any group of kids!

*Markus Fehr, Camp Manitou*

## **Managing, Maintaining and Motivating - 3M's of Staff Supervision**

A session for senior staff full of tips and tricks for MANAGING your staff with special emphasis on keeping staff MOTIVATED to MAINTAIN your team for future seasons.

*Markus Fehr, Camp Manitou*

## **50 Great Ice Breakers**

Tone setting games that will help break the ice during those first crucial days at camp.

*Alf Grigg, City of Toronto*

## **Out-Trips for the "Non-Tripper"**

Learn how to lead a great trip. Ideas on how to energize campers and get them to look forward to trips, learning to "tread lightly," menu ideas, packing, and other important trip related information.

*Cameron Gunn & Trevor Woods, Camp Temagami*

## **Coaching Homesick Campers**

Helping your campers overcome homesickness (and how to deal with parents and their anxiety!). Prevent, diagnose and treat homesickness, and learn how to maximize campers' enjoyment.

*Drew Gulyas, Camp Oochigeas*

## **Building Dynamic Teams**

Trust and team building initiatives that will help create a reliable, competent and talented staff, and foster communication skills.

*Jacq Harrison, YMCA Cedar Glen*

## **Taming Bullying Behaviours**

Learn about the behaviour of those kids who tease, and those who are outcast. Discuss ways to curb aggressive behaviour and teasing, and to teach empathy and kindness at camp.

*Jennifer Isler, YMCA Cedar Glen*

## **Splash Splash**

Aquatics programs are for everyone! Find out how to safely include campers with disabilities, through support, adaptation or equipment. Jump in, the water's great!

*Louise Kublick, Bloorview MacMillan Children's Centre*

*continued over*



### Summer Stargazing

How to present nighttime programming that's out of this world!

**Peter McMahon, online producer**  
- *Discovery Channel Canada*

### Climbing the Camping Ladder

Tools that staff can use to make them stand out from the crowd to their section head, director and to parents, and help them achieve success in the camping industry.

**Mike MacKenzie, Pickering College**

### Quick Cabin Craft Creations

Create treasures that you and your campers can do anytime, anywhere. Easy activities and ideas to utilize your cabin craft box.

**Kim Mitchell, Camp Robin Hood**

### Senior Situations

Senior campers can present a particular challenge in camp settings. Come and discuss methods to deal with "teen" issues from camper discipline to the "too cool for camp" phenomenon.

**Leah Teitelbaum, Camp Manitou**

### Adapted Canoeing: So Simple, So Beneficial

A variety of topics related to adapted to adapted canoeing and kayaking for people with disabilities, including: being rescued with dignity, simple solutions for adapted equipment, providing lateral support, and much more!

**Roy Wilhelm, Ontario Recreational Canoeing Association**

### Hygiene at Camp

**Cheryl Bernkoph, Centauri Summer Arts Camp**

### Other great sessions in the works include:

- A Senior Staff Roundtable
- Camp Drama: Beyond the play.
- Rainy Day Programs

# 2003 Skills Weekend update

Please note that these descriptions for the Canoeing and Kayaking streams for OCA 2003 Skills Weekend replace those found in the Skills Weekend flyer sent out last month. Also please note the price for the Kayaking Stream has dropped from \$350.00 to \$260.00.

## **ORCA Flatwater Canoeing Instructor \***

This 5-day course will provide successful participants with an Ontario Recreational Canoeing Association Flatwater Canoeing Instructor certification. Upon completion of the course, the Instructor may instruct and administer Flatwater Level Canoeing Courses in Ontario in accordance with ORCA policies. This course will, in addition to the above, refine paddling skills by incorporating ORCA Lakewater Level 1 certification.

Pre-requisites to attend are: at least 16 years of age and have ORCA Flatwater certification or equivalent skills and experience.

The course begins Wednesday, June 4 and finishes Sunday, June 8; participants are expected to be in camp Tuesday evening. *Participants must register for this stream by May 23, 2003.*

## **ORCA Flatwater Kayaking Instructor**

This 3-day course will provide successful participants with an Ontario Recreational Canoeing Association Flatwater Kayaking Instructor certification. Upon completion of the course, the Instructor may instruct and administer Flatwater Level Kayaking Courses in Ontario in accordance with ORCA policies. This course will, in addition to the above, refine paddling and rescue skills.

Pre-requisites to attend are: at least 16 years of age and have ORCA/CRCA Level I Sea Kayaking skills certification or equivalent skills and experience.

The course begins Friday, June 6 and finishes Sunday, June 8; participants are expected to be in camp Thursday evening.

**NEW LOWER KAYAKING PRICE! \$260.00**

For more information about these two instructor certifications, refer to the ORCA web site: [www.orca.on.ca](http://www.orca.on.ca).

\* This course is being offered concurrently at RKY Camp for camps in Eastern Ontario. Please contact Brian Shelley at 613-546-2647 x235 for more information.

