CAMPING NEWS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE USA
101 N. Wacker Dr., Chicago IL 60606
ymca.net

NOVEMBER 2013 YMCA CAMPING NEWS FOR DAY AND RESIDENT CAMP PROFESSIONALS

Build on Tradition at Your Camp in 2014 – Celebrate or Start a Rag Program

ONE HUNDRED YEARS ago at YMCA Camp Loma Mar near Oakland, California a Y camp director created a simple program that acknowledges values and personal growth in campers; the Rag Program. Are you looking for a tool that offers this special individual growth in the Spirit, Mind and Body? The YMCA Rag/Leather Program has been around for over 100 years and is such a tool! It can be used with all children nine years and older in various YMCA programs and led by staff, volunteers and professionals. Each Leather or Rag has a minimum starting age suggested and complete study card materials and ceremonies are included in the downloadable Rag/ Leather Starter Kit. Day camp and resident camp are natural, ideal settings to put this program into active practice. Training can be received at the YMCA Christian Leadership Conferences (CLC) and Camping Conferences conducted each year at many locations around the country. Materials can be downloaded direct from the CLC/Rag website! There is also an entire history of the program and directions on how to start a Rag/Leather Program with a downloadable Rag/Leather Starter Kit as well. Complete information at http://www.christianleadershipconf.org/ For more information, contact the YMCA Christian Leadership Conferences and Rag/Leather Programs Office; Phone 951-780-1168 or terra.lynn.dearth@lbymca..org. If you have a 100 Year Celebration or Rededication event planned to commemorate the Ragger 100th in 2014, please send your basic information to Terra Lynn for consideration of posting.

JOIN THE CELEBRATION

- **Register for the Birthplace Celebration –Sunday, October 12, 2014**

  Ragger 100th Weekend Gathering –Oct 10-12 at YMCA Camp Loma Mar

  www.camplomamar.org/raggers
- **Start a Rag Program at your Y Camp**

  Visit www.christianleadershipconf.org/rags for details
- **Celebrate with a Rag Rededication Event July 13-19, 2014 at your Y Camp**
- **Connect with the event**

  www.Facebook.com/CLMRagger100

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ENJOY THIS ISSUE?

Feel free to share this newsletter with other Y camping supporters. SET YOUR ALERTS on Exchange to receive this newsletter when it is posted.

QUESTIONS, COMMENTS, IDEAS?

Please send comments, submissions, and content requests to:

John Duntley
YMCA of the USA
Senior Camping Specialist
john.duntley@ymca.net
800-872-9622 ext. 2959

Also read this and past newsletters on-line at:
Camping Online Community

Products and services mentioned in this newsletter have not necessarily been used or reviewed by the YMCA of the USA, and mention of them does not constitute endorsement by Y-USA.

HEALTHY EATING AT CAMP

CAUSE DRIVEN CAMPS:
Burgess Farm Makes Healthy Eating a Camp and Community Cause
Many camps across the nation have added gardens to accentuate fresh and healthy eating experiences. The Farm at Camp Burgess goes a great distance more in an exceptional manner. The farm is an educational, diversified organic operation that includes vegetable, herb, and egg production. A farm director oversees the program which includes about 5,000 square feet of land under cultivation. Production continues year-round in an 800-square-foot heated greenhouse. The farm is also home to a flock of laying hens that provide fresh eggs, five Nigerian dwarf goats who keep the weeds in check, and two rabbits who are proven to miraculously cure homesickness. An adopted barn cat helps with rodent control in the greenhouse and shed, and a small pavilion houses an active honeybee observation hive that captures the attention of all.

Burgess Farm helps visitors understand where food comes from, encourages support of local food systems, and teaches the value of eating fresh and local (the health benefits as well as the tasty benefits) Campers and students who visit Burgess Farm get to learn about the value of local, seasonal, and sustainable food systems through hands-on activities. A big benefit is that they come away with an appreciation for tasty vegetables – it's amazing how often we hear "I don't like vegetables", but then the tune changes once they've had a tomato still warm off the vine, or a spicy arugula leaf, or a freshly pulled carrot. We also see students in the dining hall at the salad bar, pointing to the cucumbers or the lettuce, saying "We picked that this morning, you should try it!". The farm has increased willingness to try new, healthy snacks, and helps visitors learn to make healthy choices beyond the farm as well.

Produce from the farm is divided three ways. One third stays right at Camp Burgess & Hayward, showing up on the dining hall's salad bar and in other dishes. One third goes to the local farmers' market in Sandwich, MA, where locals enjoy finding fresh food grown just miles from the market. And one third goes to local food pantries, including the South Shore YMCA's Germantown branch, to help address food security in our community. Students and campers who help out on the farm get good outdoor exercise and first dibs on the best strawberries, in addition to prime goat hang-out time. They also get to see the fruits of their labors moving beyond the camp and into the community, reinforcing the Y's commitments to healthy living and social responsibility.
For more details about Burgess Farm visit the farm homepage at
http://campburgessandhayward.com/programs-education/camp-burgess-farm/





Healthy Camp Meals – Summer 2013 Favorites
Y Camp kitchens and day camp lunch tables are looking healthier. Camps across the nation have made positive advances at offering fresh vegetables and fruits at all meals, including vegetarian options and encouraging campers to make healthy choices. Share your latest Healthy Camp Meals on the discussion board at the Camping Online Community. What healthy meal and snack efforts have been favorites at YOUR CAMP? How did your garden grow at camp this summer? (Share your garden photos). If you have some excellent healthy camp meal ideas, recipes, program resources from summer 2013 please share them or send to John Duntley, Senior Camping Specialist, john.duntley@ymca.net

WHAT'S NEW

Communicable Disease Prevention
It can happen at ANY camp. Several Y camps have dealt with Noro-virus outbreaks this past summer and even with active preventive measures they still had to navigate through shut-down and sanitizing periods. This podcast shares a variety of strategies for health care, sanitation practices and advice from a health department professional. Take an hour to learn from others experiences. A Camp Hacker.TV Podcast on communicable disease preventions features a public health expert, a Canadian camp director and Marty Ferguson, director at Camp Chief Ouray. The show is available free on ITunes, along with numerous other topics as a podcast:
http://camphacker.tv/podcast/2013/10/combating-communicable-diseases-at-summer-camp
The things that seem simple like hand washing, hand sanitation, not sharing water bottles, touching food, sanitizing facilities all make the top of the list for illness prevention.

Welcoming Hispanic Youth to Camp –WEBINAR – Tuesday, November 12
1PM ET/12PM CT/11AM MT/ 10AM PT
Connect with some proven principals and strategies for including Latino children and their families in your day camp or resident camp program. Maria Aristizábal, Technical Advisor-National Welcoming Hispanic Families will share some practices that have been successful in Y programs across the USA. Share experiences and ideas on how to add a special cultural inclusion to your camp. Consider how you may expand your camping reach into your community. **REGISTER for the webinar access information** by contacting John Duntley, Senior Camping Specialist, john.duntley@ymca.net . OTHER upcoming webinar topics for DECEMBER; Healthy Camp Foods and Impact Measurement – visit the Camping Online Community for details.

Healthy Kids Day 2014
Healthy Kids Day is one of the Y's largest national initiatives and a great April event to put day camp and resident camp programs in front of families looking to kick-off a summer of physical activity and learning. Your Y or camp can **Register today for Healthy Kids Day**. Once you register, you'll be identified as a designated site for Healthy Kids Day to receive event and activity planning information, promotional materials and more. If you cannot access the registration link, copy and paste the following URL into your browser: http://events.SignUp4.com/HKD2014
Registration closes Dec. 13. https://yexchange.org/News/Pages/Register-for-YMCA's-Healthy-Kids-Day.aspx

CAUSE DRIVEN CAMPS: YMCA of the Rockies Responds to Colorado Floods
Last month's newsletter highlighted some of the challenges and support facing the communities of the Colorado front range in recovering from severe September floods. The YMCA of the Rockies reopened for guests in mid-October but access to the region remains challenged. On top of serving as a relief station and support for displaced staff, rescue workers and local homeowners YMCA staff and volunteers also stepped up to clean local businesses in Estes Park. Check out more on this Outreach to Estes Park; http://vimeo.com/75535862 If you wish to help YMCA of the Rockies serve its community at this time of great need, you can donate at www.ymcadonations.org and view a special video about the flood recovery efforts at http://www.ymcadonations.org/estesfloodrecovery.htm
The YMCA of Boulder Valley and Longmont YMCA also were impacted by the flood and support for either Y can be directed to postal mailing or web addresses, www.ymcabv.org or www.longmontymca.org.

LEARNING RESOURCES

Health & Wellness Activities
As day camps and resident camps continue to build their programs to match the standards of Health Eating and Physical Activities (HEPA) many are seeking activities to add and mix with many of their existing ones that add some valuable learning elements along with the activity. Check out *Jump Start Health!* by David Campos. The book is a practical guide with ideas to promote wellness in children of all ages. With excellent issue background that will aid staff there are also sections with

15 healthy eating program ideas and 15 healthy physical activity ideas. Some of the activities may fit better for different age groups but with simple planning and modification they should fit for most school ages.

Keeping Parents Involved: 9 Facets Of Parental Engagement
Camps that engage and involve their parents in some way are shown to have an impact on the family and deepen the relationship between parent, child and the camp. Here are some simple facets of parental engagement that your Y camp may be able to share with your parents:

1. Be there: Get involved in your children's lives and activities.
2. Open the lines of communication and keep them wide open.
3. Set a good example: Actions are more persuasive than words.
4. Set rules and expect your children to follow them.
5. Monitor your children's whereabouts.
6. Maintain family rituals such as eating dinner together.
7. Incorporate religious and spiritual practices into family life.
8. Get Dad engaged—and keep him engaged.
9. Engage the larger family of your children's friends, teachers, classmates, neighbors, and community.

To learn more about the 9 Facets of Parental Engagement and visit CASAcolumbia.org.
www.CASAcolumbia.org

DEAR: Drop Everything And Read
This simple explanation tells it all. Find a time to simply set other activities aside and read.
This national program is a simple tactic that any camp can make use of and fit into the day. Inspired by the author Beverly Cleary, of Beezus & Ramona fame, the website offers age graded reading lists of books by many authors, downloads for activities and motivation to keep kids reading all summer. http://www.dropeverythingandread.com Many camps have taken on positive efforts to provide reading opportunities for campers at either day camp or resident camp. The ACA Explore 30 is a common example that over 60 Y camps participated in formally last year, 33% of all participating camps. Reading materials can be gathered from library partnerships, community donations, book drives or downloaded at a variety of sites like free downloads from Scholastic on many topics. http://www.scholastic.com/parents/resources/collection/free-printables-for-ages-3-13 Did your camp conduct a literacy program this summer? Share your favorite resources with others at the Camping Online Community Discussion Board camp literacy resources.

MARKETING MAGIC

Day Camp Making a Difference - YMCA of Southeast Missouri
Read the remarks from a grandparent thanking her local Y for helping to make a challenging summer for her granddaughter one of new friendships and self-confidence:

I felt that the positive experience she had at Y-camp helped her just "let down and be a kid" for a while. I knew I was taking a risk when I signed her up - if it didn't go well, it would have been just one more negative thing in her life. But it went VERY well, even from the very first day.

The efforts of the staff to make sure that everyone was included and no one was teased were spot-on. My grand-daughter has a sort of special way of pronouncing her words, and this could have subjected her to teasing, but someone - Cassandra, I think - had the insight to refer to it as her "accent." That was a magical touch. She reported the first night: "Three boys told me today that I have a beautiful voice! Nobody has ever told me that before!!" And that was the beginning of her totally positive experience.

She loved everything about the camp, and cried for two hours the night before she had to leave for home again because she had to go and leave camp and her friends behind. The next morning she wanted to come to the group meeting to say goodbye - and again, Cassandra understood and had a nice "goodbye" sendoff for her.

Read the full post: https://yexchange.org/Stories/Pages/Day-Camp-Makes-a-Difference.aspx

What about your great summer camp stories from 2013? If you have some meaningful stories about camping relationships with day or resident camp please take time to add them to the story files or check out some of the cool entries already made starting at Exchange Home. Click on "Share your story" and then from the drop down, "Summer Camp Collection".

Simple Message of Impact

A recent visit to the YMCA Camp Potawotami website highlighted three core elements of the expectations that parents could have for children enrolled in their camp program:

-Accomplishment
-Belonging
-Character

What was striking about this simple message was its alignment with the results that are beginning to be seen at Ys conducting BaseMetrics impact measurement. The top three dimensions of well-being that are highest rated for impact in camp programs are:

-Achievement
-Relationship
-Belonging

Take a look at the learning from YMCAs that are conducting impact measurement with BaseMetrics and consider how your camp story can exemplify some of the nine dimensions of well-being and how your program is impacting the lives of campers. There are numerous resources on Exchange but start with Impacting Lives at Camp-Base Metrics.
https://yexchange.org/DayCamp/Resources/Impacting-Lives-at-Camp-Base-Metrics.pdf

TRAINING TOOLS

Make Plans for 2014 YMCA Camp Conferences - Save the Date

The coming year's Regional YMCA Camp Conferences have all set their dates and most have new information about their events on their conference websites. Each of the conferences has an exceptional flavor of networking with other camp leaders and educational sessions that will build your program quality and youth development efforts. The other regional events that include both day camp and resident camp interests include:

-**SE Campfire** - January 12-15, 2014 -YMCA Blue Ridge Assembly – Black Mountain, NC
-**YMCA Mid America Camp Conference (MACC)** -January 14-17, 2014 -Sherman Lake YMCA Outdoor Center - Augusta, MI
-**Northeast YMCA Camp Conference (NEYCC)** -January 27-29, 2014- Frost Valley YMCA – Claryville, NY
-**Southwest YMCA/ACA Texoma Camp Conference** – January 16-18, 2014 – Camp For All, Burton, TX

For a more complete listing of the conferences, websites and contact leaders check out 2013-14 YMCA Camp Conferences Impacting Youth on Exchange and Camping Online Community.

Camp Director Certificate Course

The all new Camp Director course is launched last spring and is available at the ACA Professional Development Center. The American Camp Association® and the YMCA® have worked together to produce this camp director course structured to provide the basics for directors with fewer than six years of experience or for seasoned program directors and site managers. With less than six months of experience this course is rapidly becoming one of ACA's most attended already with 76 already participating in this online self-paced program. At the end of the course, learners will have completed learning experiences that enhance common skills and knowledge sets needed by directors. To learn more information about this course please read the course syllabus or visit the Camp Director CAQ Course. The course length is a 20 hours and eligible for 20 CECs. Y staff should also be able to apply for leadership competency recertification credits on their Y training transcripts as well.

Camping Professional Institute at Frost Valley
Looking for a vast menu of camping professional workshops? Frost Valley has created a new series of camping workshops geared for camp directors that are led by some of the nations' leading resources in day and resident camping. Topics include everything from marketing and child development to staff training and teambuilding and include leadership from experts like Chris Thurber, Jim Cain, Scott Arizala, Bob Ditter, the Connecticut Camp Guys and others. Check out the full listing of over a dozen 2-3 day events at www.campingprofessionalsinstitute.org .

2014 North American Camp Food Service and Maintenance Conferences
YMCA Camp Chingachgook on Lake George, Kattskill Bay, NY
Camp Food Service Conference - March 4 – 6, 2014
Camp Maintenance Conference - March 25 – 27, 2014
The North American Camp Food Service and Camp Maintenance Conferences are held every March at YMCA Camp Chingachgook on Lake George, New York. These events are uniquely focused for food service and maintenance professionals as well as executives. Join your colleagues from across the continent to hear from experts on subjects that matter TO YOU!
REGISTER NOW! Or find out more by visiting the conference websites:
www.campmaintenance.com and www.campfoodservice.com

The Adirondack Training Institute 2014 –YMCA Camp Chingachgook
Held each year at Camp Chingachgook on Lake George, the program offers a selection of professional trainings for you and your staff. **ATI Brochure and Registration**
Choose from a variety of classes to fit your needs:

- Wilderness First Responder March 7 - 15
- Wilderness First Aid April 5 - 6
- Wilderness First Aid May 17 - 18
- Wilderness First Aid June 7 - 8
- Water Safety Instructor June16 - 20
- Waterfront Lifeguarding June 9 - 12
- Waterfront Lifeguarding June 13 - 16
- Level 1 Small Boat Instructor June 14 - 17
- Level 1 Waterski Instructor June 14
- Teambuilding Facilitation June 7 - 8
- Climbing Tower / Ropes Instructor June 9 - 11
- Safe Power Boat Handling June 5 - 6
- Shooting Range Instructor June 7 - 9
- Rifle Instructor June 8 - 9
- Range Safety Officer June 9
- Intro Canoe Instructor June 9 - 10
- Intro Kayak Instructor June 11 - 12
- Mt. Bike Ride Leader June 16 - 17
- Archery Instructor June 24
- Archery Instructor June 25

http://www.cdymca.org/Libraries/Chingachgook_Documents/2014_ATI_Brochure_1.sflb.ashx

YMCA Camp Chingachgook, Attention: Adirondack Training Institute
1872 Pilot Knob Road, Kattskill Bay, NY 12844
518.656.9462 - chingachgook@cdymca.org - www.LakeGeorgeCamp.org

FINANCIAL DEVELOPMENT BACKPACK

Meet Darwin at Camp Seymour
Check out this short video about a teen camper in his third summer at YMCA Camp Seymour, Gig Harbor WA. In September he joined the year-round teen leadership program and is working on securing a position as a camp kitchen aid as soon as he turns 16. Darwin moved back to live with his father after his mother's issues of substance abuse had grown over a period of years. He and his dad discovered camp and it has made a huge difference for Darwin. Not only is Darwin a camper but also an annual donor:
I want you all to know how grateful I am. Enclosed is $100 that I worked with every fiber of my body and every drop of sweat just to ensure that another child may be able to enjoy camp as much as I have. Thank you all very much!! Darwin Hubbard, Jr. Seymour CAMPER
http://www.youtube.com/watch?v=vv5J_hGG1mE&feature=share&list=UUBt7jvCQv9r9EEyUQr1Vdeg

Build Responsibility with a Tree Planting Project- Trees for Wildlife
Trees for Wildlife is an educational program of the National Wildlife Federation providing adult leaders with fun, hands-on science-based activities to help young people learn about the importance of trees and how to plant and take care of trees for the future. This program aims to educate and prepare a

generation of environmental stewards, expand the world inventory of trees and to protect and improve natural resources. You can join us by organizing a tree planting and/or tree giveaway events in your community that will improve the environment and provide children and youth with opportunities to practice stewardship. National Wildlife Federation through the generous support of donors and funders is able to provide native trees to groups to plant in their communities. Seasonally (Fall and Spring), we accept applications from schools, community groups and organizations to host a tree planting event that engages children and youth, a community tree giveaway or a combination event.
Plan ahead for Spring 2014 It is not too early to apply for Spring 2014. Start planning your event by downloading our planning, plant and tree care guide. **Applications for Spring 2014** Trees for Wildlife Grants are due by **February 24th**. You may apply any time before the deadline. Read the Guidelines and then Apply and you may receive free native trees for community tree plantings or a community giveaway event. **Apply Now!**
http://www.nwf.org/Trees-for-Wildlife/About/Tree-Bank-Information.aspx

CAREER OPPORTUNITIES

Executive Director/CEO –Camp Jorn YMCA – Manitowish Waters WI
The Camp Jorn YMCA Board of Directors is actively seeking a visionary leader who will lead the Y forward and build upon past success. This is an exceptional opportunity for a highly motivated and cause-driven professional to work closely with the Board of Directors and key camp community stakeholders. Camp Jorn seeks to be a premier independent YMCA camp with strong camper enrollment and a positive impact on the lives of children, staff and participants that it serves. Candidates must have a solid business acumen, sound judgment, and exceptional leadership skills as well as a proven track record. Solid program development, innovation, fundraising and strategic planning are critical areas for the new CEO and to the YMCA's success. **To Apply:** http://tinyurl.com/campjorn-ymca-execdirector You will be requested to submit the following with your online application: A resume and cover letter, along with six professional references. Deadline: November 19, 2013 **Questions regarding this position should be directed to:** Dan Newhouse, YMCA of the USA, Resource Director, Dan Newhouse@ymca.net
or Mark Hennessy, YMCA of the USA, CEO Search, mark.hennessy@ymca.net

Executive Director –YMCA Camp Ohiyesa- YMCA of Detroit–Holly MI
The YMCA of Metro Detroit is seeking an Executive Director of Camp Ohiyesa . This position is responsible for all camping activity and building a suitably experienced team to run all camping activities at the camp year around including day camp, summer youth resident camping, group camping, outdoor education and other mission-related camp activities at YMCA Camp Ohiyesa located in Holly, Michigan. Responsibilities also include board development and fundraising for the camp branch. Salary range; $45-55,000 Apply to; Dan Maier, Executive Vice President of Development, dmaier@ymcadetroit.org , 313-530-9778
Deadline: Nov 15, 2013

Executive Director –YMCA Camp Nissokone- YMCA of Detroit–Oscoda MI
The YMCA of Metro Detroit is seeking an Executive Director of Camp Nissokone . This position is responsible for all camping activity and building a suitably experienced team to run all camping activities at the camp year around including day camp, summer youth resident camping, family camp and family and group hosting from late Spring through Fall.. Responsibilities include development of broader family camp specialty, fundraising and board development. Salary range; $45-55,000 Apply to; Dan Maier, Executive Vice President of Development, dmaier@ymcadetroit.org , 313-530-9778
Deadline: Nov 15, 2013

Check the Y Job & Career Opportunities List
If you have positions be sure to list them on this Y-USA service to attract more candidates. If you are seeking a career advancement opportunity remember to check the YMCA Job & Career Opportunities Site regularly, on Exchange: http://www.ymca.net/career-opportunities/ At this time of year there many professional program and executive positions posted in the Career Open Positions area and only those YMCAs that request posting in this newsletter are detailed above. Among present listed openings are the following:

Program Director	YMCA Camp Piomingo	YMCA of Louisville	Brandenburg, KY
Summer Camp Director	YMCA Camp Piomingo	YMCA of Louisville	Brandenburg, KY
Program Director II	YMCA Camp Christina	YMCA Metro Tampa	Riverview, FL
Camping Services Director	YMCA Camp Takodah	Cheshire YMCA	N Swanzey, NH
Camping Program Director	Leslie Marrowbone Camp	Sioux YMCA	Dupree, SD
Assistant Camp Director	YMCA Camp Tockwogh	YMCA of Delaware	Wilmington, DE
Executive Camp Director	YMCA Camp Kern	YMCA of Dayton	Dayton, OH
Executive Camp Director	YMCA Camp McConnell	Palm Beaches Metro YMCA	Micanopy, FL
Retreats Conference Director	YMCA Camp Wapsie	YMCA of Cedar Rapids	Coggon, IA

If you are encountering challenges or issues check for solutions with your YMCA camp colleagues and with Y-USA Senior Camping Specialist, John Duntley, john.duntley@ymca.net or by phone at 800-872-9622 ext. 2959. Keep in touch!!

MILESTONES 2014

Each year we identify Y Camps that are celebrating milestones during the year! Starting next month we will begin sharing milestones for 2014. **How about your milestone?** If your camp is reaching a magnificent moment that you would like to share just let us know. John Duntley, john.duntley@ymca.net .

100th Anniversary– YMCA Camp Loma Mar & Ragger Program – YMCA of the East Bay

ALERTS FROM EXCHANGE KEEP YOU INFORMED –SET YOURS TO KEEP IN TOUCH

Exchange, the Y's internal website for staff and volunteers, continues to evolve to serve local Ys. One great feature is that you can set your own personal preferences by using the alert set up that will inform you about changes and additions on the site such as a new newsletter being posted or a discussion topic added to the discussion board. To do this, go to the Exchange home page. Look for "My Profile" at the very top right of the page. Once on "My Profile", look for "Alerts" along the top (next to "About Me"). On the "Alerts" page, check Topics you want alerts for and at the bottom of the page check if you would like to receive the alerts daily or weekly. There's no time like now to register for Exchange. Just visit the My Account page to register. And be sure to also set your alerts on your favorite Online Community pages by finding the "Manager Alerts" item on the left column.