

**Section Executive**

Bonnie Dunn

**President**

Charles Thomas  
*Columbia Association*

**President Elect**

Marc Kolp  
*Columbia Association*

**1st Vice President**

David Black  
*Camp Sonshine*

**2nd Vice President**

Sara Portman Milner  
*Camp JCC*

**Secretary**

Mary Ellen Waltemire  
*Wmrec*

**Treasurer**

Denise Frebershauser  
*Carroll County 4H Camps*

**Members at Large**

Adrienne Blumberg  
*Beth Tfiloh Camps*  
Diane Kendall  
*Camp JCC*  
Bobby Miller  
*Camp Airy*  
Joyce Perkin  
*DC Dept. of Recreation*  
Jennifer Reynolds  
*Carroll County 4H Camps*  
Mike Schneider  
*Camps Airy/Louise*

**Newsletter Editor**

Jonathon Rondeau  
*Camp Greentop*

**Awards**

Adrienne Blumberg  
*Beth Tfiloh Camps*  
Dan Markowitz

**Conflict Resolution**

Charles Butler  
*Camp Sonshine*

**Legislative**

Steve Eller  
*Beth Tfiloh Camps*

**Membership:**

Vacant

**Nominating**

Sara Portman Milner  
*Camp JCC*

**Historian**

Katrina Johnson  
*Camp Greentop*

**Standards**

Rod Pearce  
*Mar-lu Ridge Center*

**Education/Program**

Marc Kolp  
*Columbia Association*

**Council of Delegates '04**

Charles Thomas  
Denise Frebertshauser

**Not for Profit Council**

Denise Frebertshauser  
Bonnie Dunn

## President's Message

*Charlie Thomas*

Many of us can come up for air now that our summer camping season has ended but, only for a short time because we must begin preparing for next summer. Some of us that have fall programming move right into the next phase but whatever your situation may be, please realize that all the work that you do, contributes to the growth and development for all who attend our camps. Some of us have faced some challenges during camp as well as have great opportunities to make a difference in some one life. While they are at camp they learn how to work with others to accomplish goals and various tasks, develop more self-esteem, and you broaden their horizons with the variety of programs that you offer. Camp leaves a permanent impression on all of those who attend as well as the community around them. The end result is that collectively we have had a positive influence on many people.

The planning committee for our fall conference has met and will more than likely meet again to give us an update at the fall meeting. The conference will be held at Camp Ilchester, which is located in Ellicott City MD on November 7<sup>th</sup> and 8<sup>th</sup>. We are very excited about the conference and I know if we have your support that it will be a big success. For more information you can contact the section office. That's all for now I'll see you all at the conference.

## Regulations Update! Effective September 1st

*Steve Eller, LCSW, CCD, CPRP*

Maryland youth camps have new regulations that became effective as of September 1, 2004. Camps must comply with all of these regulations in preparation for the 2005 camping season. The Maryland State Department of Health and Mental Hygiene sent a copy of the new regulations to each Chesapeake Section camp. You would do well to reference the new regulations before you plan and hire for next summer as there are a number of significant changes. If you have not received a copy of those regulations, contact DHMH at 1-877-4MD-DHMH, ext. 8417.

**FALL CONFERENCE: November 7 & 8**  
**Register TODAY!**

## A lost world of family time

By Michael Thompson | August 9, 2004

I WENT to Vermont for a week this summer and rediscovered a fantastic lost world of family traditions. A world where people sit down and eat three meals together every day, serving their food from platters and talking with one another throughout the meal. A world where 10-year-olds set the table for dinner and clear it, without complaint. A world where 13-year-old boys don't play video games every night or watch TV or sit in front of computers.

Instead, they lie in bed and read -- comic books, novels, sometimes even grown-up novels. In this world 11-year-old girls walk together holding hands as easily as they laugh and talk. No frenzied instant messaging here. Instead, they sing. Every morning, as they make their beds and sweep out their rooms, they sing together. One girl starts a song, and the others join in spontaneously.

Of course, this fantastic world isn't a lost one. It is summer camp. When I visited a camp for a week last month, some 40 years since I last attended one, I was struck hard by how rarely children engage in these activities anywhere else: not in schools, not in neighborhoods, not in families. Summer camps are one of the last places that kids can learn the so-called "family values" that hard-pressed families no longer have the time to teach. Doubtless, fun and friends are an important part of a camp experience, and the children I saw were having fun. But fun was not at the core of the campers' psychological experience.

From my viewpoint, three valuable elements dominated the campers' days. They were living in a multigenerational community, they were following hallowed rituals that were universally respected, and they had a lot of downtime. Ritual surrounded every aspect of the day, from wake-up reveille and tent inspection to the day's end with taps and a lullaby. Yes, a lullaby. At 9:30 p.m., we senior staff members stood together singing a version of the Brahms lullaby with camp lyrics to a circle of tents in the woods. The children were asleep by 9:45, and they slept solidly until 7:30 when the ritual clanging of the bell woke them again.

Is there anywhere else in the United States where children, ages 8 to 15, hear a lullaby every night? Is there anywhere where 14-year-olds reliably get 10 hours of sleep at night?

Whatever else our children find at camp, the painful truth is that we often send them away to experience aspects of family life they can't find at home anymore. After all, there can't be too many family dinners when you're driving your children to the 90-game ice hockey schedule required of 13-year-olds on the select ice hockey teams of North Andover. You can't have much of an evening ritual when children watch TV or play computer games right up to bedtime. And there isn't much downtime in a family where the children are immersed in music lessons, tutoring, martial arts, town sports, SAT prep courses, and more.

The only place a child from a high-pressure family can enjoy some peace and quiet and perhaps a good night's sleep (with a lullaby) is away from home.

Why does it matter? Because children need it. Children don't develop because they are pushed, prodded, and pressured to develop for sports teams or "good" colleges. Development is their biological and psychological imperative. It is the job of adults to create environments where children have the time, freedom, and safety to grow up at their own pace.

In Vermont I was struck by the fact that summer camp provides something that is in short supply in our fast-paced worlds: respected ritual, time for the generations to get to know one another, and the opportunity to take a nap or read a book after lunch each day. I hope camps like these can maintain their traditions in the face of the frantic, competitive zeitgeist of modern America.

I'm worried they will all become specialized (and driven) learning camps, teaching Division 1 sports skills or computer skills. I hope not. I plan to go back next summer and do some singing. I don't seem to have time for it around my own house.

*Michael Thompson is author of "The Pressured Child: Helping Your Child to Achieve Success in School and in Life" and co-author of the New York Times bestseller "Raising Cain: Protecting the Emotional Life of Boys."*

## **Fall Conference – November 7 & 8, 2004 in Ellicott City!**

**RETURN REGISTRATION & CHECK TO:** ACA Chesapeake Section,  
18405 Queen Anne Rd. Upper Marlboro MD 20774

**COST:** \$125 ACA Member/Camps; \$150 Non-ACA Members/Camps per person (Cost includes meals, snacks and educational materials. Or \$70.00 per day.

**CANCELLATION POLICY:** There will be a \$20 fee for all cancellations postmarked before October 7, 2004. No-shows are not refundable. Phone cancellations are not accepted. Written copy of cancellation is required, mailed or faxed accepted.

### **Tentative Schedule:**

#### **Sunday November 7, 2004**

12:30-4:00 Registration and Check-in (**Exhibit Hall Reception, networking & fun**)

2:30-4:00 Educational Sessions:

1. Food Allergies: A growing concern
2. Working with Aggressive Campers/Bullying

4:15-6:30 Dinner & Awards

**Keynote Speaker - Jon Malinowski** presenting "*Observations of a Poor Staff*" \*

Jon Malinowski, PhD is a camping author, photographer, and staff trainer. He spent nearly twenty years on the staff of YMCA Camp Belknap in Tuftonboro, NH as a counselor, division head, and senior staff member. As an academic, Jon has published scholarly articles on how campers perceive their environment and on the therapeutic nature of camp settings. With Dr. Christopher Thurber, Jon is co-author of the *Summer Camp Handbook* and has contributed both articles and photos to *Camping Magazine*. Each summer he works with camps in the Northeast to improve the leadership techniques of their counselors and senior staff. Jon is currently an Associate Professor of Geography at the United States Military Academy, West Point, NY.

7:00-9:00 A Entertaining Fun Evening (Games, Prizes, Raffle, Share Fair-Bring Something Special to Share\*)  
\*A prize will be given to any camp that brings "Something to Share" at the Share Fair. This could be a special program, game, or a favorite activity.

#### **Monday November 8, 2004**

8:00-9:00 Registration/Check-in (**Continental Breakfast provided by Garrison Catering**)

9:00-10:30 Morning Session

Peg Smith, Executive Director—New Changes in ACA

10:45-11:45 Educational Sessions

1. Critical Issues at Camp – Panel Discussion /Asked the Experts
2. Health Matters at Camp
3. 40 Developmental Assets Needed in Your Camp

12:00 Lunch

12:15-3:15 **ACA STANDARDS Course**

12:45 – 2:00 Educational Sessions:

1. Parent Communications (Dealing with Parents)
2. Working with Special Needs Campers

**Don't miss out call the ACA-Chesapeake office at 301-218-6468 for REGISTRATION INFORMATION or with QUESTIONS!**

## **Other Upcoming Events with ACA Chesapeake!**

|                   |  |
|-------------------|--|
| October 5, 2004   | ACA Chesapeake Board Meeting at the Columbia Association at 3pm; Education Committee 2:30pm                                  |
| October 15, 2004  | Woodsmoke article submission (email them to <a href="mailto:irondeau@leagueforpeople.org">irondeau@leagueforpeople.org</a> ) |
| October 27, 2004  | November Woodsmoke is emailed/mailed   |
| November 7, 2004  | ACA Chesapeake Fall Conference in Ellicott City  |
| November 8, 2004  | ACA Chesapeake Fall Conference in Ellicott City  |
| December 3, 2004  | Woodsmoke article submission (email them to <a href="mailto:irondeau@leagueforpeople.org">irondeau@leagueforpeople.org</a> ) |
| December 15, 2004 | December Woodsmoke is emailed/mailed   |
| January 6, 2005   | ACA Chesapeake Board Retreat at the Columbia Association   |

## **New Comprehensive Resources for Families The American Camp Association Launches Family Web Site and Magazine**

Martinsville, Indiana, August 2004—The American Camp Association announces the launch of two major family initiatives—*CAMP: A Resource for Families*—an annual family magazine scheduled for publication in January 2005, and [www.CampParents.org](http://www.CampParents.org), a Web site devoted exclusively to providing an expert and comprehensive resource for parents who want their children to benefit from a positive camp experience.

"Camp is a life-changing experience for many children. We are excited to develop a publication and complementary Web site expressly for parents, introducing them to the value of camp. Child development and wellness are integral parts of our mission, and conveying the breadth of the camp experience to our audience is an exciting venture," says Peg Smith, executive director of the American Camp Association. "Gathering the experts in a single publication and Web site that includes child psychologists, health professionals, nutritionists, as well as camp directors and counselors, provides parents an invaluable window into what makes camp a unique experience."

"*CAMP's* editorial package introduces families to the benefits and values of camp—the ways in which camp enhances self-esteem and builds skills and confidence in our children," says Harriet Gamble, editor-in-chief. "The magazine will highlight the camp selection process, child readiness, as well as the diversity of camp programs, including information for families with budding athletes and artists to campers with special needs. Our editorial profile conveys the joy of camp alongside the serious challenges of childhood, exploring just how camps have such a tremendously positive impact on the lives of children. Families also will get an inside look at how camps ensure that safety and fun go hand-in-hand."

A look inside *CAMP*:

- Journalists Joan Lunden and Tucker Carlson share their insights as camp parents
- Noted family therapist Bob Ditter talks with mothers and fathers about camp
- International camp experiences at home and abroad—Germans in America and Americans in Germany
- Debunking Hollywood myths about camp—"Kurse of Kumbayah"
- Strength Training—"Camps as Powerhouses of Child Development"

In conjunction with the publication of *CAMP*, the American Camp Association will launch its new family-dedicated Web site: [www.CampParents.org](http://www.CampParents.org) on September 1. With contemporary style and easy navigation, the Web site will offer expert advice from camp professionals on camp selection, readiness, child development, and issues of importance to families. A camp locator with data from approximately 2,400 camps nationwide will allow parents to easily customize their search and identify camp programs that best fit each camper and camp family.

In addition to being available through [www.CampParents.org](http://www.CampParents.org), *CAMP* will be available at newsstands and bookstores. The pre-publication price for Web orders is \$4.95 and includes shipping and handling.

The American Camp Association is a community of camp professionals who, for nearly 100 years, have joined together to share their knowledge and experience to ensure the quality of camp and youth development programs. Through its diverse membership and exceptional programs, children and adults have the opportunity to learn powerful lessons in community, character-building, skill development, and healthy living—incomparable lessons learned in the unique camp community.

### **ACA's New Brand Rollout: Keeping You Informed:** New Accreditation Marketing Tools

Key messages, new accreditation logo instructions, and updated tips for sharing the value of accreditation to the media and parents will be posted to the ACA Web site September 10. The majority of ACA-accredited camps will be receiving a targeted e-mail September 10, which will include an explanation of new accreditation marketing tools, new graphic standards, and announce links to the ACA Web site for more information. A CD featuring the new graphic standards and marketing messages will be distributed via mail to all ACA-accredited camps by September 24.

**ACA Chesapeake Section  
18405 Queen Anne Road, Upper Marlboro, MD 20775**



American Camping Association®  
Chesapeake Section

# Fall Conference

## Professional Development Days

**November 7 & 8, 2004 – Ellicott City, MD**

Registration Fee: \$125 ACA Members/Camp  
\$150 Non ACA Members/Camps.

### Includes: Meals, Snacks, and Educational Materials

Sun. \$70 ACA members (camp staff) / \$85 non member (Dinner & Reception)  
Mon. \$70 ACA member (camp staff) / \$85 non member. (Continental Breakfast & Lunch)  
This form may be used by a single individual or several persons from the same organization.

Registration Due: ACA Chesapeake Section Office  
**NO LATER THAN: October 20, 2004**

Camp Name: \_\_\_\_\_ Contact Person: \_\_\_\_\_

Phone # (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email Address: \_\_\_\_\_

| Name  | Full Conference | Sunday Only | Monday Only |
|-------|-----------------|-------------|-------------|
| _____ | _____           | _____       | _____       |
| _____ | _____           | _____       | _____       |
| _____ | _____           | _____       | _____       |

Amount Due: # ACA member(s) attending Full Conference \_\_\_\_ x \$125 = \_\_\_\_  
# Non-ACA member(s) attending Full Conference \_\_\_\_ x \$150 = \_\_\_\_  
ACA member(s) only Sunday \_\_\_\_ x \$70 / ACA member(s) only Monday \_\_\_\_ x \$70 = \_\_\_\_  
Non-ACA member(s) only Sunday \_\_\_\_ x \$85 / Non-ACA member(s) only Monday \_\_\_\_ x \$85 = \_\_\_\_

**TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_**

Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_, \_\_\_\_\_.  
Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ day (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ evening

**Make checks payable: ACA Chesapeake Section  
18405 Queen Anne Road  
Upper Marlboro, MD 20774  
Contact Section Office if you have any questions: (301) 218-6468**