



# CAMP NOTES

March, 2007

*“Education  
will help you  
get your  
Mojo – in  
Motion for  
another great  
camping  
season!”*

## President’s Message

Momentum makes for choice –

If you’ve ever clicked into snow skies, peddled a bike, or paddled a sea kayak, you know what I’m talking about.

Attempt to stand still on any of these contraptions and you’ll most likely end up in a heap of... snow, asphalt or ... you pick your own medium.

Yet if you add some momentum to the equation, all of a sudden that bike’s front wheel almost magically tracks in unison with the rider and the rear tire. Add momentum and that wobbly kayak becomes unsinkably stable as it glides through the water. Thanks to momentum those impossibly long sticks begin to carve graceful turns in the snow... with you in tow!

For the reflective camp professional it’s a vital juncture when we arise from our well earned, and all-too-brief, winter rest-bit and put into momentum the mechanism for another season of camp.

As soon as we begin the organizational journey toward another summer muscle, memory seems to auto-engage and helps us put all the necessary pieces into play.

Education gives us that momentum boost to put our muscles into motion and make another successful camp season materializes before our eyes.

The dedicated and diverse ACA Evergreen Board unites in agreement on the single focus of bringing abundant and excellent education to our membership.

Some of this education is fast and free; such as the “**Leave No Trace**, PEAK Training - Promoting Environmental Awareness in Kids”. Held at the Seattle REI store, March 17<sup>th</sup>, 10-noon all for FREE!

Some of this education is delicious; such as a whole series of Eat and Learns to be held around table with peers sharing insights. (Stay tuned for the yummy details). Or Kitchen Staff Special!! The Alton L Collins Retreat Center in Eagle Creek, Oregon is holding its second annual kitchen service training featuring David Hirsch, one of the chef-owners of the Moosewood Restaurant in Ithaca, New York. You’re invited to join this informational hands-on (and quite honestly, fun and delicious) week of training. Dates: April 23-26, 2007

These are just a few samplings of outstanding, motivating, educational offerings listed under “Trainings / Conferences” on the ACAEvergreen.org web site.

Get moving. Education will help you get your Mojo – in Motion for another great camping season!

Rolling onto camping success!

Steve Shively, President  
ACA Evergreen Section

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## BASIC CAMP DIRECTOR COURSE – ANOTHER BIG SUCCESS!



Camp Huston hosted ACA's terrific course, the BCDC, last October for 18 camp directors and program directors, most from the Northwest.

The course covers both basics and hot topics for 13 core areas of camp administration, from leadership to risk management to program design. Camp Huston provided amazing hospitality and food...they are a terrific model of service to user groups! Thanks to Bill Tubbs and his crew.

Former national staff member Cathy Scheder, Evergreen VP Jan Milligan, and Huston Director Bill Tubbs taught the course. This course only comes to the Northwest every 2-3 years, but you can take it anywhere it is offered. Upcoming courses will be held back-to-back with regional conferences Camp West and Mid-States...March near Las Vegas, April near Chicago, and next fall in a location TBD. There will NOT be a course in Texas in conjunction with the National Conference.

Dates, course description and schedule can be found under courses on the national ACA website, [www.acacamps.org](http://www.acacamps.org)



## Successful Resuscitation Leads to Enhanced Basic Life Support Equipment at local camp

**On New Year's Eve, a life was saved at Camp Sealth thanks to a donated defibrillator.**

The patient was professionally attended to by the user group's four doctors and EMT....this certainly contributed to the success story. Later, the docs and the camp director discussed room for further improvement in the camp's life support equipment. They thought all camps might want to consider these things.

A portable oxygen administration system (O<sub>2</sub> bottle, tubing, face mask) would have enabled the patient to receive oxygen even sooner (the local

Fire Dept. does carry O<sub>2</sub> of course, but the response time deprived the patient of precious minutes of pure O<sub>2</sub>). Since some camp user groups include EMT's, doctors and others who know how to use a bag mask for rescue breathing, this device is also being added to Sealth's gear. A professional suction device is another useful tool, especially for advanced first aiders, even though not every basic first aider will be familiar with it. A baster (the bulb-type used in cooking) is also an effective suction device, recognizable by most people, and inexpensive. Camp Sealth now has a baster AND professional

suction device in its basic life support kit.

A defibrillator ideally should be useable for both adult and pediatric patients, so make sure yours will work for both. And of course you should keep on hand extra pads and an extra charged battery. Make a note on your calendar when your battery expires so you can get a new one ahead of time.

ACA and the Association of Camp Nurses have run articles about defibrillators in camps and how to evaluate whether your camp should have one on site. Check those sources for more information. Camp Sealth is certainly glad to have gone this route.

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Check ACA and the Association of Camp Nurses for more information and how to evaluate whether your camp should have a defibrillator.

# ACA Evergreen Section

## Spring Skills Trainings at Camp Killoqua

### May 31-June 3, 2007

Get ready for summer! The Evergreen Section is offering the following skills trainings at Camp Killoqua in Western Washington, an hour north of Seattle. These courses are useful for summer staff, as well as staff who work other seasons. Prices include instructor fees, training materials, meals and lodging during the training, and certification fees, if applicable. After registering, you will be mailed more details about your training, a packing list and driving directions. Additional trainings will be offered in Eastern Washington/Idaho and Alaska, with separate registration materials.

Courses may be cancelled if enrollment is too low. Please register early to make sure they can be offered!



## ARC Small Craft Safety & Basic Water Rescue, June 2-3

Learn non-swimming assists and rescues and boating safety management for rowing, canoeing, kayaking, and sailing. This is a basic course for waterfront staff and boating counselors and specialists. Wetsuits are recommended.

Training starts at 9 am Saturday, June 2 and concludes Sunday afternoon.

**Requirements:** Must be a skilled swimmer and already able to skillfully maneuver the craft for each boating module you take (minimum one). This course teaches participants to supervise the safety of waterfront activities; it is *not* a "how-to-boat" class.

**Cost: \$75.** Includes: lodging Saturday evening, and lunch Saturday through lunch Sunday.

## Wilderness First Aid, June 2-3

Training provided by Aerie Backcountry Medicine. Alternate informative lectures and realistic hands-on scenarios for first aid rescue situations. Focuses on injury and illness prevention, assessment, long-term injury management, improvised splint construction and environmental emergencies. Necessary training leaders and other adventure staff. Training starts at 9 am June 2 and concludes Sunday afternoon. Please note: CPR is a training.

**Requirements:** Previous First Aid training helpful, but not

**Cost: \$150.** Includes: lodging Saturday evening, and lunch through lunch Sunday.

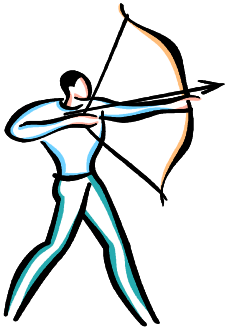


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Saturday

# CampNotes

## NAA Level 1 Archery Instructor, June 2



The National Archery Association training used by many camps for their archery instructors. Covers the basics of range set-up and safety, proper shooting techniques, teaching techniques, working with newcomers, proper equipment maintenance, program ideas and how to manage a short-term archery program. Combines indoor lessons with outdoor practice on the range. Training begins at 9 am Saturday June 2, and ends that night by 9 pm.

**Requirements:** Minimum age 16 years old; no experience necessary.

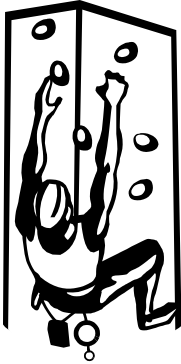
**Cost: \$75.** Includes lunch and dinner Saturday.

## Initiatives, Low & High Ropes, Climbing Wall Facilitator, May 31-June 3

Learn group facilitation techniques, equipment use, and risk management for initiatives, low ropes, high ropes and climbing wall. Al Wright, an experienced instructor with Rec-Tech, will lead your group in each segment, which prepares you to facilitate at your camp. Registration preference given to those registering for the full training, though segments may be attended separately.

**Requirements:** Familiarity with challenge courses helpful, but not required.

NOTE: If you are new to challenge facilitation and will be in charge of multiple challenge elements at your camp, it is recommended that you complete the full four-day training.



- **Full package: Initiatives, Low & High Ropes, Climbing Wall Facilitator, May 31-June 3**

Training starts at 9 am Thursday, May 31 and concludes late afternoon Sunday, June 3.

**Cost: \$310.** Includes: lodging Thursday, Friday and Saturday evenings, and lunch Thursday through lunch Sunday.

- **Segment: Initiatives & Low Ropes Facilitator, May 31**

Overview of skills and philosophy.

Training starts at 9 am Thursday, May 31 and concludes around 9 pm that evening.

**Cost: \$75.** Includes: lunch, dinner and day use at camp.

- **Segment: High Ropes/Wall Facilitator, June 1-3**

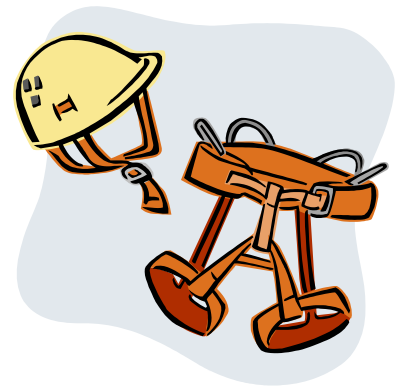
Training starts at 9 am Friday, June 1 and concludes in the late afternoon Sunday.

**Cost: \$235.** Includes: lodging Friday and Saturday evenings, and lunch Friday through breakfast Sunday.

- **Segment: Climbing Wall Facilitator (stand-alone only for experienced belayers),**

June 3

Training starts at 9 am Sunday and concludes in the late afternoon. If you are new to belaying technique and climbing, please choose the three-day High Ropes/Wall training, as it will give you necessary belay practice and exposure to high elements. **Cost: \$75.** Includes lunch Sunday.



# ACA Evergreen Section Spring Skills Trainings at Camp Killoqua May 31-June 3, 2007

## Registration Form

Name: \_\_\_\_\_ Camp: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

If you know the names of participants you are sending, please list them below:

Name	Training	Special Needs? *
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*\* If applicable, please note any special needs for your participants – vegetarian meals, mobility challenges, etc.  
The host camp provides vegetarian meals when requested by May 24. If a participant has other special food needs (vegan, food allergies, etc.), please call 360 652 6250 x113 to determine what accommodations are possible.*

### Minimum ages

Most trainings are designed for participants age 18 and older. If you would like to register someone younger, please call 360 652 6250 x113 first to determine if participation is possible.

### Registration & Refund Policy

To secure a reservation, please follow these steps:

1. Complete the registration form. You may initially reserve space without giving a participant's name; please send in the name(s) by May 24.
2. Mail in the completed registration with either the **full payment or a 50% deposit** for each participant's fee. The balance of all fees is due Friday, May 11, 2007 – registrants after this date must include full payment with registration.
3. Refund policy: If a participant cancels a registration before May 11, a refund of 50% of the full price of the training will be given. After that, no refund will be given. If the training is cancelled, a full refund will be given.



# CampNotes

**Please complete and return (with payment) to:**

ACA Evergreen Section

6523 California Ave. SW #305

Seattle, WA 98136

Or e-mail form to: [Evergreen@acacamps.org](mailto:Evergreen@acacamps.org). (You may send payment under separate cover.)

For questions regarding registration, please call 1-877-888-CAMP (1-877-888-2267).

**Trainings**

**ARC Basic Water Rescue & Small Craft Safety, June 2-3**

\$75 X \_\_\_\_\_ (number of participants) = \$ \_\_\_\_\_

**Wilderness First Aid, June 2-3**

\$150 X \_\_\_\_\_ (number of participants) = \$ \_\_\_\_\_

**NAA Level 1 Archery Instructor, June 2**

\$75 X \_\_\_\_\_ (number of participants) = \$ \_\_\_\_\_

**Initiatives, Low & High Ropes, Climbing Wall Facilitator,**

May 31-June 3

\$310 X \_\_\_\_\_ (number of participants) = \$ \_\_\_\_\_

**Initiatives & Low Ropes Facilitator, May 31**

\$75 X \_\_\_\_\_ (number of participants) = \$ \_\_\_\_\_

**High Ropes/Wall Facilitator, June 1-3**

\$235 \_\_\_\_\_ (number of participants) = \$ \_\_\_\_\_

**Climbing Wall Facilitator, June 3**

\$75 X \_\_\_\_\_ (number of participants) = \$ \_\_\_\_\_

**If you would like to arrive the night before your course starts,**

please add \$20 to cover lodging and breakfast the next morning:

\$20/night X \_\_\_\_\_ (number of participants) = \$ \_\_\_\_\_

Which night(s)? \_\_\_\_\_

Total: \$ \_\_\_\_\_



## JOB OPENING

### PROGRAM DIRECTOR – WASHINGTON

Year around position at Camp Killoqua, a Camp Fire USA camp near Everett, WA. The Program Director is responsible for the management of off-season use groups including; staffing, and serves as an Assistant Camp Director for the summer camp season. Qualifications: Bachelor's degree, skills in communication, staff supervision, ropes course experience, and programming. Benefits include competitive salary, medical insurance, pension and an apartment including utilities. Send resume to: Carol Johnson, Camp Killoqua, 4312 Rucker Ave., Everett, WA 98203 or email to [cjohnson@campfireusasnohomish.org](mailto:cjohnson@campfireusasnohomish.org).



## CALLING ALL STANDARDS VISITORS

Carol Johnson would like to know how many visits you are willing and/or able to do this summer. She is ready to make camp visit assignments. Please contact her directly

[cjohnson@campfireusa.snohomish.org](mailto:cjohnson@campfireusa.snohomish.org)

## LEAVE NO TRACE PEAK Training

*Promoting Environmental Awareness in Kids*

**WHY:** For the last few years, Leave No Trace & REI's [PEAK Program](#) (promoting environmental awareness in kids) and impacted thousands of young people (over 100,000 in 2006!). Through the PEAK program, REI sends employees to community organizations to introduce kids to the 7 Principles of Leave No Trace. Over the last year or two, we've seen a growing demand from outdoor educators for resources to teach Leave No Trace themselves. For those outdoor organizations that might not be able to readily take advantage of an REI PEAK visit, **this training will equip their staff, volunteers, and leaders with tools to inspire the next generation to Leave No Trace! Attendees will leave with a repertoire of activities they can do with their kids to introduce them to the Principles of Leave No Trace.**

**HOW DO I SIGN UP?** Please fill out the enclosed registration form and return it to Wendy Miller. Fill out ONE registration form per person. We expect a full crowd, so register early!

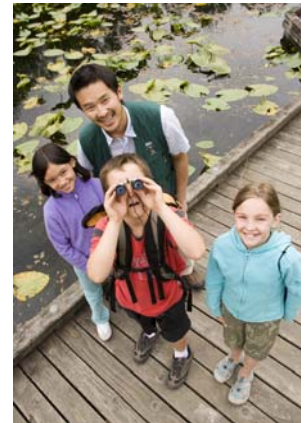
**Email (preferred):** [wmiller@rei.com](mailto:wmiller@rei.com)

Fax: 206-223-1407

Mail: Seattle REI, Attn Wendy Miller  
222 Yale Ave N, Seattle WA 98109

**QUESTIONS?** Contact Wendy Miller at 206-223-1944 or [wmiller@rei.com](mailto:wmiller@rei.com)

**Note for those who attended the Sept 06 training by the Leave No Trace Traveling Trainers:** This training will cover some of the same activities, but will focus less general teaching techniques and offer more options for activities.



**Saturday,  
March 17**  
10am-12pm  
Seattle REI  
**COST: FREE**

## CAMP NOTES Submission Guidelines & Requests

**Picture submissions!** If you have delightful pictures say "camp!" please submit them for future issues. Be sure you have guardian permission to use the photos. Photos should preferably be .tif or .jpg or bitmat format.

**Article Submissions!** Please ensure articles are not formatted (no bubbles, text boxes, pictures inserted, bizarre fonts, spacing, etc. no bold/italic/underline) MS Word documents are best.

Send submissions to:  
[evergreen@acacamps.org](mailto:evergreen@acacamps.org).

**DEADLINE FOR  
SUBMISSIONS TO NEXT  
CAMP NOTES-**  
April 15, 2007

## ACA, Evergreen

6523 California Ave. SW  
#305  
Seattle, WA 98136-1833

PHONE:  
1-877-888-2267

FAX:  
206-935-4424

E-MAIL:  
[evergreen@acacamps.org](mailto:evergreen@acacamps.org)

We're on the Web!

See us at:  
[www.acaevergreen.org](http://www.acaevergreen.org)

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seasons. Prices include instructor fees, training materials, meals and lodging during the training, and certification fees, if applicable. After registering, you will be mailed more details about your training, a packing list and driving directions.

You may reserve places in

all courses even if you don't have specific names yet. This helps us know how many are coming and makes sure we can have the numbers need to hold the classes.

E-mail  
[Evergreen@acacamps.org](mailto:Evergreen@acacamps.org)  
for details .

# ACA HOTLINE 1-800-573-9097

Call anytime. 7 days a week. 365 days a year.

Camp Notes is published quarterly by the American Camp Association, Evergreen and is provided, at no cost, to members of the section. Anyone wishing information about ACA and the Evergreen section may contact:

President Steve Shively, [President@acaevergreen.org](mailto:President@acaevergreen.org)  
Executive Director Tom Nielsen, 1-877-888-2267, Home Office: 206-923-2322



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Seattle, WA 98136-1833

[www.acaevergreen.org](http://www.acaevergreen.org)