CAMP BEECH CLIFF ECHOES 2014 Fall Newsletter

If We Tell Them It's Good for Them, They Won't Like It As Much!

We had over 700 happy campers in our traditional summer camp and 24 themed specialty camps this summer. If asked, these campers would tell you about their favorite counselor and their new best friend forever. They might tell you what activity they liked most: swimming, archery, art, pottery, sailing, rock climbing, high ropes or nature exploring. If you're a camper parent, you've heard the silly camp songs (and sung along in the car), found the perfect tutu for that Fracky Friday costume, know the real value of those camper bucks, and wiped sticky s'mores off of blessedly tired faces.

Those campers think that they were just having fun but we know that the transformational benefits of camp last long after the summer season is over. Camp Beech Cliff is a place where kids can safely step out of their comfort zone and try something new. Camp benefits children by helping them to develop independence; strengthen social, team-building and leadership skills; and increase appreciation of our natural world. Yes, summer camp is fun but our happy campers leave camp with more than just lasting friendships, memories, and a smile. They leave with life skills that will move them forward to success, whether they know it or not. Shh!



Rock On MDI! Specialty campers.

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Meet Our New Team Members

Sarah Catanese (aka Cat), Director of Programs & Operations



Climbing many of the major peaks in New England with her family as a young girl, Sarah developed a strong connection to the outdoors. She holds a degree in Recreation Management from Green Mountain College. She spent the next 6 years as the Director of Owner Relations at Steamboat Grand Resort and Conference Center in Colorado. Sarah returned home to her large family and New England roots and has settled in Trenton with her husband Andrew and two children. Sarah came to CBC in February 2014 from Machias Savings Bank where she was the manager for two Ellsworth branches. Sarah has spent the last 18 years supporting creative solution-based strategies for her teams. She and her family enjoy hiking, skiing, going to her family camp, traveling, gardening, and most of all a good adventure!

John Brown (aka JB), Director of Finance



JB spent much of his youth on the slopes of Sugarloaf and later became a canoe guide for youth on the rivers of Maine. He holds a degree from the Wharton School at the University of Pennsylvania and has spent the last 30 years in finance and technology management. Now he is the Director of Finance for two nonprofits on MDI, the Abbe Museum and CBC. JB believes nonprofit accounting deserves to meet the highest of standards and thus honor the public trust. He has spent the last 40 years as an MDI resident and currently lives in Somesville with his wife Emily, a local nurse practitioner. His son is a long time returning CBC camper. In his free time he enjoys gardening, hiking, skiing, boating, and running with 20 finishes of the MDI half marathon!

Our Mission: Through summer camps and year-round outdoor education, leadership and recreation programs, Camp Beech Cliff MDI seeks to enrich the lives of people of all ages. Our mission is to inspire personal growth, interpersonal connection, and a deep appreciation of the natural world.





Be Bold with UsA Message from our President/Executive Director Debra Deal

I don't normally go around broadcasting what a new project at CBC costs, but adding an \$80,000 high ropes course this year was a big deal! The 40-foot-high challenge course is a physical manifestation of the generosity of our many camp families and friends who raised the necessary funds to build the course and add new and exciting programs to our summer camp and year-round offerings.

I gave a tour to one of our camper's family this summer and when we got to the high ropes course the mom and her son had quite a different reaction in seeing it. Like so many adults who see this for the first time, the mom said: "There is no way you would ever get me up there!" Typically when adults see the course, there is disbelief that anyone would dare to do this voluntarily. "Do you call this fun?" some ask. For many, the idea of swinging from one platform to the next or walking a tightrope while suspended high up simply terrifies them.

Contrast this to the son's reaction: "Whoa!" and "Do we get to do this every day?" Almost every kid wants to go up this course. They aren't afraid of heights — they love taking risks and many are fearless. The high ropes course is another tool that we can use to channel that adventurous spirit into positive risk-taking. Campers are taught all the safety precautions that they need to do activities such as the high ropes course, archery, and boating; and then they are ready to experience the thrill of doing things that many adults would never dream of doing!

In 2012, CBC started following the course set out by a strategic plan that was carefully crafted by the board of directors, staff, and community members. It has given us direction — and all of those goals are being met and some have exceeded all our expectations! With our unprecedented growth both in the summer camp and with the new Acadia Leadership Institute, we are revisiting that plan and exploring next steps. My hope is that we can approach our planning with the same youthful enthusiasm and boldness of our campers so that we can make camp and year-round programs even better.

I am grateful to so many who share our vision for CBC! I welcome your input, and invite you to be bold with us. We are creating fun, thrills, and life changing outdoor experiences for hundreds of kids each summer and extending that mission to people of all ages through our year-round programming. Join us!



2014 SUMMER CAMP



A Full Circle Moment
A Message from our Camp Director

After an exciting and joyful summer I am left reflecting on the impact that camp has on so many campers, families, young counselors and experienced leaders. It is an honor to witness the physical and emotional growth of those in our camp community — campers and counselors. Camp is a special space with a strong sense of place where people lay roots and feel proud to return to.

One of my goals for 2015 is to create more opportunities for our oldest campers, Quasars, to feel this sense of pride and place with CBC. In addition to reserving special programming for them such as Stand Up Paddle boarding and High Ropes Challenge Course, I want to create a tradition that honors them in their natural position as leaders. Their position of camp elders is valuable because they are the ones the younger campers aspire to be and they are our future mentors and counselors.

Campers all want to be counselors someday — or at least that's the case if we're doing our job right! It's the ultimate honor to witness campers grow year after year, becoming Quasars, Counselors-in-Training, and the powerful full circle moment when they step into the role of counselor. This represents hard work, camp spirit, and the ultimate belonging. Remember, you're never too old for camp (Mike Duffy will tell you that). And once you're part of Camp Beech Cliff, you always have a place here.



Thank You for the Best Season Ever!

Sylvie Rignet

From the 2014 Summer Camp Counselors

The Good Laughs & Great Cheers Continue

Join us in the Eagle's Nest on Sunday, December 28, 4–6 pm for Camp Beech Cliff's Annual Holiday Reunion. Live music, games and a chance to reconnect with your favorite counselors, alumni & camp families. We'll provide the camp fire & s'mores, you bring a dish and a camp memory to share.



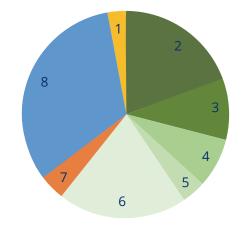
Chris Rawls (left), CBC Alumnus and former board member, with the guest of honor Robert W. "Lee" Patterson (right).

CBC Alumnus Robert "Lee" Patterson Recognized for Distinguished Service

At Camp Beech Cliff's Summer Soiree Celebration, alumnus and longstanding CBC board member Lee Patterson was publically recognized and officially honored for his distinguished service.

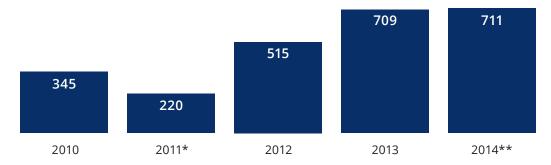
Former Board President Tony McKim spoke to the large gathering about Mr. Patterson's lifelong dedication and commitment to youth and outdoor adventure programming. Mr. Patterson fostered knowledge and appreciation of the natural world in campers through his leadership on the Board of Directors and active participation in nature and orienteering programs. He remains an honorary member of our Board of Directors.

Where Our Campers Come From



- 1. Out of Country
- Bar Harbor
- Mount Desert
- Southwest Harbor
- Tremont
- Other Hancock County
- Other Maine
- Out of State

Total Campers Per Summer



Camperships

	2009	2010	2011*	2012	2013	2014**
Recipients	71	60	54	89	96	85
% of Local Kids Receiving Camperships	34%	30%	37%	28%	22%	20%
Amount Awarded	\$35,300	\$36,698	\$30,156	\$56,100	\$59,706	\$50,280

^{*}Camp held off-site during construction.
** Only 8.5 weeks of camp.

The 2014 Specialty Camp Series





















- 1. The Big Score! Soccer Camp
- 2. Pulling Together: Dog Sledding Into Summer
- 3. Outside Art: The Way of the Wabanaki

- 4. Outside Art: In-The-Sun-Spriations!
- 5. Ready Your Engines: The Race is On!
- 6. Playing Shakespeare: From Page to Stage
- 7. Jr. Firefighter Academy

- 8. Bird's Eye View: Climbing Acadia's Peaks
- Feel the Rhythm, Feel the Rhyme: It's Drumming Time
- 10. Culinary Arts Mystery Basket



Junior Maine Guide Specialty Campers Explore the Woods and Waters of Acadia

This summer registered Maine Guide, Mike Guarino, led seven Junior Maine Guide (JMG) specialty camps where campers explored the woods and waters of wild Acadia. Our JMG campers experienced a comprehensive outdoor curriculum, developed in cooperation with Maine Summer Camps and Maine Department of Inland Fisheries and Wildlife and exclusively sponsored by Machias Savings Bank, that can be used toward their Junior Maine Guide certification.

Junior Maine Guide Instructor, Mike Guarino, with JMG campers.





Girls Self-Defense

This was the second season Karate instructor and master black belt of the 7th degree, Mike McEnroe, otherwise known as Sensei Mike, volunteered Girls and young women in grades 4–10 learned to build physical and emotional strength with the help of co-instructors Milja Brecher DeMuro, LCSW and Tara McKernan.

Their work addressing barriers to self-confidence and self-defense — was a perfect combination to help our female campers, trust their instincts, be prepared physically and emotionally, and have a strong voice in a variety of settings.

Volunteer Mike McEnroe gives generously of both his time and talents instructing the girls self-defense specialty camps.



The Greatest Show On... The Island

In August, 27 Circus specialty campers and professional circus performers from New York's CirqOvation gave separate capstone performances. In the afternoon, campers gave spectators an amazing show that included plate spinning, juggling, silk aerials, body stunts, and devil sticks. These may not seem like traditional summer camp activities, but like other camp programs it's hands-on adventure that connects kids with newfound interests and lasting friendships. Campers dedicated hours of diligent attention exercising their balance, honing hand-eye coordination and dexterity, as well as practicing their ability to laugh at themselves. Learning new skills and performing them at the end of the week takes real guts, and all the hard work paid off as campers entertained and amazed the large audience with their confidence and talent.

Circus camp came to a spectacular close with an evening carnival and performances by CirqOvations' Joshua Superstar and Sora Sol. The community was invited to the transformed CBC campus to enjoy music, food booths, balloon animals, face painting, and wandering performers before the greatest show on the island — where Josh and Sora mesmerized the large crowd. The Circus Camp and community event, exclusively sponsored by The First, will return next summer. We hope to see you at the Circus!



From a Parent's Perspective by Meg Harris

It was my first experience at truly letting go of Eliza, my 9-year-old daughter with atypical Rett syndrome. Eliza has been in the school system now for five years, but sending her to a day camp for three weeks was different. No one at Camp Beech Cliff knew her and her one-to-one aid had only met her on a few occasions. I was afraid but willing to take the step. I sent her to the camp with the hope that she would flourish and thrive and learn and grow and they did not disappoint. The camp directors, counselors, aids and other campers held her in their care for three weeks and the transformation was incredible to see.

Day one arrived and there was intense hesitancy on my part to walk back up those stone steps, away from Eliza, to my car. The tears came quickly. Tears of fear and of hope. I watched the clock all day. I waited by the phone in case something happened. The call never came. I was promptly at parent pick up at 3:45 and there she was: happy, tired, safe and ready to return the next day.

That first week, I went to family day. It was a wonderful opportunity for me to see Eliza in action. I saw that she was happy and enjoying herself but there was still a disconnect. She seemed to be existing in the program with the help of her aid, but only from the outside.

The kids were hesitant and kept their distance and the counselors were unsure of how to involve her.

I asked her aid to take a step back the next week and invite some of the other campers to be Eliza's partner in activities. In week two, when I dropped her off in the mornings, some of the kids spoke to her and a few of the counselors gave her high fives and hugs. I was starting to feel much better about her overall experience.

During the third week, magic happened. I received daily reports and pictures of Eliza that were incredible. She had a steady group of swimming partners and she was playing independently from her aid. She was able to climb the ladder to the dock with no help at all which is something she could not do in week one. Eliza had other campers asking her what she would be choosing for afternoon choice so they could be with her and she began to protest the constant help from her aid by saying, "By myself."

The final day at camp I was stunned by Eliza's transformation. We walked in together that morning when I brought her to the camp gathering. The counselors stopped us and greeted her warmly by name and other campers came up to her to say good

morning. As her aid and I stood talking about the last day ahead, Eliza made her way down the stone steps by herself and joined the other campers circled around the counselors, singing their very last camp songs of the summer. She joined right in with the group and I watched as she laughed, sang, jumped and yelled with the others. It was such an amazing moment for me to witness. This was the little girl that the doctors said would never walk or talk, and there she was among

"The final day at camp I was stunned by Eliza's transformation."

her peers, having this incredible experience.

When I left the camp for the last time, I cried even harder, but the tears were of joy, relief and a profound sense of gratitude to the camp, the counselors and her aid for giving Eliza the opportunity to grow and learn and to have this very "typical" summer experience. Eliza and I are already talking about what she'll do next summer when she returns.

Follow Meg Harris on Twitter: www.twitter.com/specialglobe

































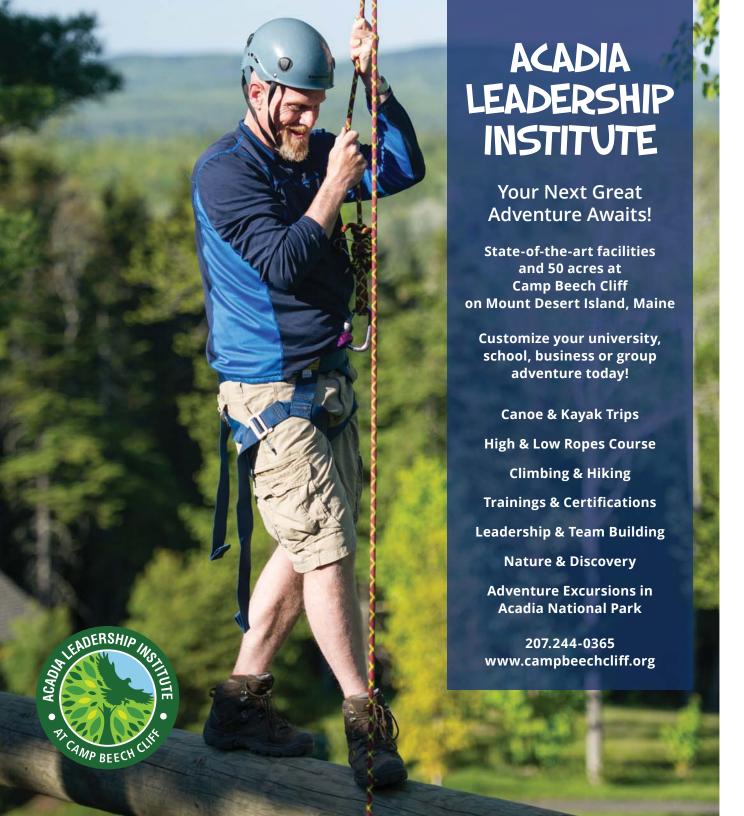














Climb to New Heights and Soar Beyond with Camp Beech Cliff's Acadia Leadership Institute!

In August we announced the establishment of Acadia Leadership Institute to bring the camp experience to a broader audience and provide yearround outdoor education and recreation programs.

What our participants are saying:

"Reflective and inspiring. With the set of team activities I was able to understand a greater meaning and relevance to other factors and experiences in my life. Experiential education at its finest."

College of the Atlantic Student

"It was great, I came nervous and not excited but it was actually one of the best experiences of my life."

Carroll School, MA, 9th grade student

Discover, Connect, and Aim Higher Than You Thought Possible!

Our teambuilding and leadership programs provide various levels of challenge and inspiration. Individual and group success is achieved through peer support, encouragement and team work, not solely on physical strength. Our challenge by choice activities are sequenced to gradually increase participants' self-confidence and communication skills and prepares them for each new challenge. At the end of the experience they process how they can apply these new skills to help them achieve their individual personal goals. Take a look at what our participants are saying...

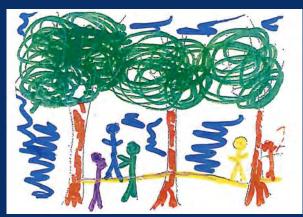
After a one-day team-building program, Pemetic 5th grade students shared their experience with the staff:



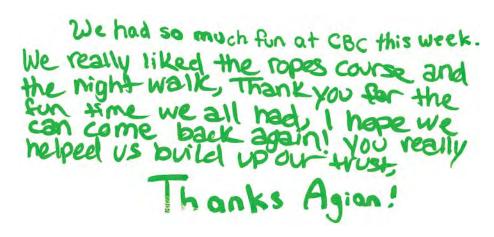
"...One minute later we were all cheering and giving each other high fives I think everoyone was surprised and happy because I was." Evan



"...We didn't win, but inside we had." Ella



"...After we did the ropes course, I felt a huge sense of success. It was very satiffying. It really built my sense of teamwork up." Quinten



MDES 6th Grade Teambuilding

Mount Desert Elementary School students bounded off of the school bus at Camp Beech Cliff for a two-day overnight team-building and leadership program this October. Instructors led the twenty-three 6th graders through ice breakers, problem-solving initiatives, and the low ropes challenge course. At the end of the day a teacher remarked that a student who was usually reserved and distanced herself from the group was being goofy and swept up in the mix during a pre-dinner soccer game. Day one had been a success!

The two-day program included a night hike, campfire and s'mores, and an early morning polar plunge into Echo Lake, and the students reported that the highlight was the high rope challenge course. "We all felt energized and eager to try more — to reach beyond our personal limits in whatever ways we could. It was exhilarating and motivating!" shared a teacher grateful for the experience that would carry her students throughout the school year as a stronger team.

OUR GRATITUDE

Camp Beech Cliff gratefully acknowledges the following individual and business donors who gave during the period of October 1, 2013 to September 30, 2014. Your contributions keep tuition affordable, provide camperships and free transportation, and help us deliver a quality summer camp experience that enriches, inspires and connects youth to their best selves, nature and each other. (We make every effort to ensure that this list is accurate and complete and apologize for any errors or omissions. Please let us know of any oversight.)

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Dowsland Photography
Eager Eye Photography
EBS Building Supply

Eden Spa at the Bluenose Inn

E L Shea

The Ellsworth American Ellsworth Chainsaw Sales &

Service

Fathom Restaurant Fiddlers' Green

Finn's Irish Public House Fiore Artisan Olive Oils &

Vinegars The First

Fish House Grill

Fleurishes by Barbaralyn Walen

Gallery Leather Galyn's Restaurant

Geddy's Gott's Store

Greenway Equipment Sales

Grumpy's

Gull Rock Pottery Hairworks by Kim Hannaford, Bar Harbor

Hatched on MDI

Havana Restaurant

Horton, McFarland & Veysey, CPA

House Wine In The Woods Island Bike Rental Islandscaping Islesford Dock Islesford Pottery J & P's Farm Market

Jordan Fernald Funeral Home

Jordan Pond House K & K Detailing

Katahdin Photo Gallery

Kawasaki Motors Corporation USA Kebo Valley Golf Club The Kimball Shop The Knowles Company

Real Estate

Lawrence Enterprises Lisa Hall Jewelry

Little Notch Bakery Lucy's Granola

Machias Savings Bank Maine Boats, Homes and

Harbors

McEachern & Hutchins McKay's Public House

MDI Real Estate

Michael C Farkas, Esq, PLLC Milagro Coffee & Espresso

Monica Davis Jewlery

Morton's Moo

Mount Desert Camp Ground

Mount Desert Elementary School

Mount Desert Islander NAPA Auto Parts

The Natural History Center
The Naturalist's Notebook
Nelson F Goodwin Company
Northeast Harbor Golf Club
Northeast Plumbing &

Heating, Inc Past Treasures & Christine's Gallery

Pat's Pizza Pizazz

Queen Anne's Flower Shop

Quietside Café and Ice Cream Shop

Quimby House Inn & Spa Re/Max Hills & Harbors Realty

Red Sky Restaurant

Redfield Artisans Gallery

Reel Pizza

Richard Parks Furniture

Rooster Brother
Route 66 Restaurant
Sagegrass Gallery
Quietside Cruises
Sailor & Hook

Salsbury Organic Garden Supply

Salt Air Inn Sargasso Salon

Savage Forest Enterprise

Sawyer's Market Sawyer's Specialties Sea of Cotton Seal Cove Pottery

Shaw Jewelry

Sherman's Bookstore, Bar Harbor

Shinbashi Restaurant

Siam Orchid Thai Restaurant

Side Street Café

Sips

Skip's Automotive Services

Snowman Printing
Southwest Cycle
Southwest Video

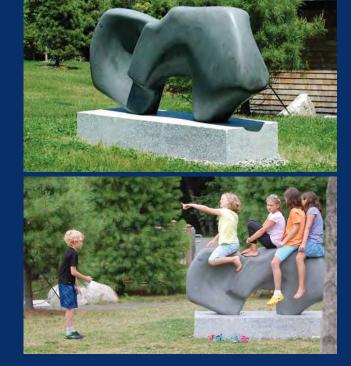
Spruce & Gussy Mary Aline, LTD Stanley Subaru Steppin' Up, Inc.

Thurston's Lobster Pound

Town Hill Market West Street Cafe Westside Florist

Wild Acadia Aerial Park Wild Acadia Fun Park Williams Irrigation Systems

Winter's Work



Sculpture at Camp is a Natural Fit

Recumbent Form (Elephant), a fabulous twoton bluestone sculpture by artist Hugh Lassen became a perfect addition to our campus. It was installed this spring as the result of a collaborative effort between CBC, the artist, and Art In Public Spaces (AIPS) whose mission is to create opportunities for Maine artists to exhibit their work throughout the community.

Our art programs are inspired by, created in, and often made from objects found in nature; therefore, it seems only natural that our campers should experience fine art exhibited in nature. We are especially grateful to Hugh for sharing this work so the children, families, and communities we serve can enjoy art as an integral part of their camp experience. Viewers touch, climb, and rest upon the work as the artist had envisioned when he chose our site. For inquires to purchase this or other works by Hugh, visit www.hughlassen.com.









Loonch Ladies Support Camp in High Fashion

One hundred women gathered at the Claremont Hotel in early July to celebrate the beginning of the summer social season by attending the sold-out 7th annual "Ladies Who Loonch." Proceeds from the luncheon and fashion show by The Kimball Shop & Boutique and Hatched on MDI help local kids attend camp through needs-based scholarships. A record \$22,000 was raised at this event. "Families who would otherwise be unable to send their children to camp are deeply appreciative of the generosity shown by women who attend this annual luncheon," explained Committee Chair, Elizabeth Angelbeck.

We express our deepest appreciation to our fabulous Loonch Committee led by Liz Angelbeck and Paula Vogel; our sponsors Eden Spa at the Bluenose Inn, Fiore Artisan Olive Oils and Vinegars, ERA Dawson Bradford Co.; the many businesses and artists who donated incredible auction & basket items; and most especially our spectacular Loonch Ladies and Patrons whose attendance and loyal support gives the gift of camp to a local child.



The 2015 Ladies Who Loonch will be held at the Asticou Inn in Northeast Harbor to accommodate the number of ladies who want to attend. Business and individual sponsorships are already being sought for the popular July 13, 2015 event.

If you're interested in being a sponsor, please contact michele@campbeechcliff.org.

Top: The 2014 Ladies Who Loonch Committee (Lt to Rt): Aly Cram, Debra Deal, Marie Griffith, Ali Kassels, Paula Vogel, Liz Angelbeck, Suzanne Haaland, Anne Pomeroy, Judy Eason, Nancy Brown, Michele Marks. Not shown: Judy Holmes, Marsha Gill, Sally Kellogg & Sheila Greene

Center: Loonch Patrons Mary McCall, Meg Morton & Betsy Uhlman

Bottom left: Anne Pomeroy, one of the founders of the Ladies Who Loonch event which has raised over \$60,000 in camperships since its inception, was presented with this year's Pink Rose Award for her longtime support of Camp Beech Cliff.

Bottom right: Loonch Ladies Dorothy Feeley and Peggy Bergen

Recreation for All Ages at CBC!

(Go to campbeechcliff.org for a full calendar, program fees, and to register.)

Community Programs: Session One — 8 Weeks (Nov 1-Dec 20)

Basic Archery (Ages 6–15, registration required)	Saturdays	9:30–11 am
Indoor Rock Climbing	Begins November 3	5:30-8 pm
Rock Stars (Adult climbing, 15+)	Mondays	5:30-8 pm
Women Who Rock (Ladies only, 15+)	Wednesdays	5:30-8 pm
Wall Nuts (Family friendly climbing)	Fridays	5:30-8 pm
Indoor Volleyball, <i>full teams and individuals welcome!</i> (Intermural League. 15+, registration required)	Tuesdays	5:30-8 pm
Mindfulness Retreat	May 17, 2015	10 am-3 pm

Vacation Camps

New! Holiday Camp (Grades 1–6, registration required)	December 29–31	9 am-4 pm
Winter Vacation Camp (Grades K–6, registration required)	February 16–20	
Spring Vacation Camp (Grades K–6, registration required)	April 20–24	

Summer Vacation Camp Registration opens March 16, 201

Events

Bids for Kids! Online Holiday Auction	Nov 19-Dec 7	
Holiday Reunion: Alumni & Camper Family Potluck	Sunday, December 28	4-6 pm
Spring Action Volunteer Day	Saturday, May 30	9 am-1 pm

Trainings & Certifications

Family Orienteering Workshop	Sunday, February 8, 2015	12-4 pm
Adventure Curriculum for Physical Education	Thur, Mar 5–Fri, Mar 6	8 am-5 pm
Achieving Fitness	Sat, Mar 7–Sun, Mar 8	8 am-5 pm
Wilderness First Responder	Mon, May 11–Tues, May 19	8 am-5 pm
Mindfullness Retreat (Adults)	Sunday, May 17	10 am-3 pm
Adventure in Business	Thur, May 21–Fri, May 22	8 am-5 pm
Wilderness First Aid	Sat, May 23–Sun, May 24	8 am-5 pm

CALENDAR



Help Wanted

Accepting Qualified Applicants by January for the 2015 summer season! Do you know someone who is 16 or older who has strong communication skills, an aptitude for creativity in the outdoors and a love of children?

Contact sylvie@campbeechcliff.org.

Be a Camper All Year Long!
Follow us on Facebook for summer camp photos, program announcements, random musings and interesting articles about the benefits of outdoor education, play and camp magic!



Mount Desert, ME 04660-0381 PO Box 381, 264 Beech Hill Road Camp Beech Cliff



HOLIDAY GIFT GIVING SEASON!

Camp Beech Cliff's BIDS FOR KIDS! Online Auction November 19-December 7, 2014

Your bids support the programs of Camp Beech Cliff and the children and families we serve Give the Perfect Gift and Make a Difference in the Lives of Children!

A sample of featured items includes:

Handmade Jewelry

Fine Dining

Gift Certificates

Children's Items

Luxury Lodging Packages

Spa Treatments

Holiday High Tea

Custom MDI Adventures

Guided Nature Tours

Fine Art An Exquisite Classic 1963 Old Town Wood Canoe

To see all of our auction items and register to bid, go to WWW.BIDDINGFORGOOD.COM/CAMPBEECHCLIFF

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