

Bringing the Extraordinary to the Ordinary

Cove Pals!

Information about your Cove Pal was recently sent to your parents via email. If you haven't already received your Cove Pal's name and contact information ask them to check their email inboxes! If it's not there contact Beigette (Beigette@fernwoodcove.com) and she'll send the information to you again!

If you have your Cove Pal contact information make sure to be in touch with her! Your Cove Pal is a great way to start getting ready for camp- it's time to get excited! New Campers, don't be afraid to ask questions! Returning Campers- discuss your favorite memories from last summer and what you're looking forward to most this year. It's never too early to start making your new camp friends!



Six Fernwood Cove CITs recently participated in the Teen LEADership Conference sponsored by the American Camp Association, New York/New Jersey section. The day was full of activities and informational sessions that will help the CITs in their roles as leaders at camp this summer. A huge "Thank You!" to counselor KK for chaperoning this event! The CITs who attended are pictured above: Hazel, Natalie S., Juliana, Kayla, Fiona & Natalie F. We can't wait to see them in action, alongside their fellow CITs' this summer!

FC CITs Learning Leadership

Q & A WITH DIRECTOR JIM: THE BENEFITS OF CAMP

Recently camper, Annie Frey, contacted Jim about an article she is writing at school. The article is about the benefits of summer camp, and Annie felt that Jim was just the guy to talk to! Here are excerpts from their interview...

How long have you been a camp director?

I have been a Camp Director/Owner (with Beigette) since November 2004 – however this is my 21st straight summer working in girls camping.

What change do you see in kids from the first day they arrive at camp to the day they leave?

There are the obvious things like confidence, independence and courage. There is the resilience and grit you get for putting yourself out there and trying new things, living without electricity and having real conversations, conflicts and resolutions. However - what really stands out to me the most is when girls have the realization that there is a better way that they can live their lives – they can be the person they are – not the person our society dictates the way girls should be. If you think about it, at camp, we counter nearly everything that society/pop culture throws at you. From the uniform, to saying hello and being nice to people you don't even know. Camp is a place where we catch girls being good, celebrate acts of kindness and inclusion and recognize girls every day – multiple times a day for being this way. The change that I feel is most significant, is when a girl chooses to be this way, even after leaving camp.

Will you ever send your own kids to a sleep away camp besides Fernwood Cove?

Yes we will send both of our kids to their own camp. Sylvie may go to either a half-season girls or perhaps a half season coed camp and then do a

session at Fernwood Cove. If we decide for a full summer camp for her it will be just girls.

Perrin will certainly go for full summer. He may go to a coed or boys only – we're not sure yet. They both need to have their own camp experience away from their parents, where they can step out on their own and choose their own path.

What do you tell kids who are homesick?

That it's OK and that it is completely normal. You're missing the people that you love and that love you – there is absolutely nothing wrong with this! At camp we give you the skills to help you deal with feelings of missing home. Once you know what to do, your summer and life will change. You will use these skills throughout your life and when you get to college – you'll know exactly what to do and not to do in order to be successful. Beigette likes to say, "If you are missing home, you are missing what is right in front of you."

Do you encourage kids to attend sleep away camp? Why?

Camp provides the framework for kids to be successful and also fail graciously. Camp is the place where you can get on stage in front of 300 people and sing off-key and know that the applause at the end is genuine because you put yourself out there took this great risk – the applause is not because you're the best - it's because you tried your best. At camp we don't care about your GPA, ADHD, Dyslexia or how you look. Camp is about how hard you try, the people you help, the friends you make and the kind of person YOU want to be. So yes – I encourage all kids to attend camp - you will become the best version of yourself. And the "Why," it is simple: Because when kids attend camp – we make the world a better place.

Activity Sign-Up Time!

Your parents should have received an email with information about activities for the summer and signing up for your first week's activities. (If they didn't receive this email contact Alicia at Alicia@fernwoodcove.com and she'll re-send the information to you!) Now's the time to start thinking about what activities you want to take for the summer. Discuss options with your parents, camp friends and even your Cove Pal! You will also want to review the information packet that your parents can download from their online parent account. This information packet has information about all of the activities offered throughout the summer. It also provides instructions and information about how to choose your activities and how to insure you get your most desired activities each week of camp. If you have any questions at all, don't hesitate to contact Alicia. The deadline for activity sign-ups is June 1 for Session One and July 1 for Session Two!

BUILDING FRIENDSHIPS

You may have already heard that 2014 is the "Year of Friendship" at camp. We're focusing on fostering connections and building friendships at camp. This includes a variety of new social areas throughout camp that will provide Campers, CITs and Staff with the opportunity to sit and chat, play basic games like checkers or do more active things like join in a Ga-Ga game in one of the new Ga-Ga pits. Here are pictures of a new swing, under construction and the final product. You'll find it near the Waterfront this summer!



One of the central towers of the new High Ropes Course!



A trolley in the sky!



It's a work in progress – and it's BIG!!



Fynn & Rich are busy with projects like building the new swing! Thanks for all of your hard work!



In The Tree Tops

The builders from High 5 Adventure Learning Center in Brattleboro, VT have been at camp busily working to build the first phase of the new Ropes Course. It's amazing to watch them work and build while they are 30 feet off of the ground. It's like they're a group of carpenter monkeys! We are so excited for this new addition to Fernwood Cove and the opportunities it provides for campers to learn about trust, teamwork, communication and problem solving. It's time to find your "inner monkey" and play in the trees!!



THE LAKE IS OPEN!

After the long winter, Island Pond has thawed out and it's looking more like summer every day! So much so that Sylvie & Perrin decided to take a dip! Jim said they are "true Mainers" enjoying the crisp spring water. They are ready for you to join them for a swim this summer!

Insider Packing Guide

We recently asked a variety of camp-related questions. One of them was related to what to pack for camp. The most common responses included a "Crazy Creek" chair, a white dress for Banquet (remember no strapless dresses or spaghetti straps) and crazy dress-up clothes for special events.



We added a few more items to this list: printed name labels, embroidery floss (friendship bracelet string), extra postage stamps, a durable, reusable water bottle.

Also remember sports equipment, riding gear if you're in the Natural Horsemanship Program and SUN-SCREEN is also a must! When you're choosing your camp items, try to find unique colors, patterns, etc. to help make your things stand out from everyone else's. And make sure you label EVERYTHING! It's much easier for something to get returned to you if it has your name on it. Happy packing!