

Moxie
Fernwood Cove
350 Island Pond Road
Harrison, ME 04040



...it won't be long and we'll be back next summer!

Hello, From The Ordinary World

Thank you to Stacy Schwartz, mom of camper Emma, and staff member Brice who shared these great photo with us.

Emma met up with fellow Session 1 campers, Ella Foley and Bella Samuels, on a recent trip to Los Angeles.

Brice met up with Session 2 campers, Aislin and Coco Russel and Talia Natterson on a recent trip to California.

Share your photos of camp reunions with us and we'll share them with the rest of the Fernwood Cove community! We love seeing your camp connections continue through the school year!



Picking Yourself Up After the Fall

By Alicia

Hockey great, Wayne Gretzky, said "You miss 100 percent of the shots you never take." At camp we focus on trying new things, improving our skills, and continually growing into a better person. This doesn't always come easy, and we certainly don't make 100 percent of the shots. This process of trying new things and learning from your struggles and failures is a very important aspect of growing up. Whether it's playing soccer for the first time, or being away from home for the first time, there are always going to be ups and downs...it's learning how to make it through those ups and downs that helps build us into stronger individuals and helps prepare us for future challenges.

Research shows that we are most likely to try new things and push through the challenges when we are intrinsically motivated. This means that we are choosing to try a new activity, or continuing in something we enjoy, for the sheer enjoyment of the activity. We are more likely to want to continue learning when we are able to do so in our own way, without intervention or control from outside people or other external pressures or expectations. This is what makes camp so magical—almost all of your activities are intrinsically motivated. While you don't get to choose your own path 100 percent of the time, you do have choice and input into your daily schedules, bunk activities, Trip Day games, songs, etc. And in your activities you are able to set your own goals, develop your own learning path, and challenge yourself in a variety of ways.

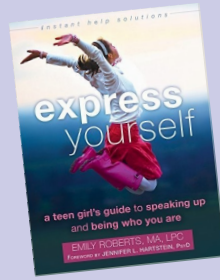
One of the greatest parts about camp is that you're given the opportunity to experience a plethora of new things, and when you don't first succeed at them, there's a community of others there to help you dust yourself off and take another shot at it. It's not about whether you win or lose, make it to the top of the High 5, or clear the wake—it's about challenging yourself and learning how to do better the next time around. One of my favorite parts of camp is seeing campers, CITs, and staff as they go through that learning and growing process. Seeing someone "get it" for the first time is magical, and something that's happening all around us at camp.

It would be amazing if life was like that all the time. While it's not, it doesn't mean we have to let life's struggles get us down. Remember what it was like when you got on a horse for the first time, when you attempted a front tuck in gymnastics, or tried biking up the hill by the climbing wall for the first time...and remember how amazing it felt when you succeeded! Don't be afraid to try something new or challenge yourself—failure, and working through it, helps you become a stronger, more confident girl!



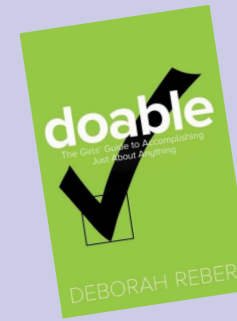
Fernwood Cove Girls Are Mighty Girls!

As a mom, I am constantly looking for new books for Gabi (age 7) and Jax (age 4) to read. Recently I found a blog post from www.amightygirl.com that had amazing books. Some of the books are appropriate for Gabi. I quickly started thinking about how great it would be if some of the books for older girls were in the Learning Library at camp. Then I thought it would be even better if you could start reading them now! Here are a few books that look amazing, definitely check them out. For a full list of the Mighty Girl recommendations go to: <http://www.amightygirl.com/blog?p=10834> Happy reading to all of Fernwood Cove's mighty



Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are

Written By: Emily Roberts MA LPC

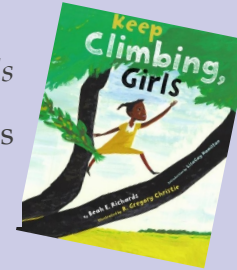


Doable: The Girl's Guide to Accomplishing Just About Anything

Written By: Deborah Reber

Keep Climbing Girls

Written By: Beah E. Richards



Take Five for Your Dreams

Written By: Paula Grieco, Liz McHutcheon



Fernwood Cove Winter Tour

It's hard to believe, but the 2015/2016 Fernwood Cove Winter Tour is coming to a close. As Jim & Beigette prepare for the final trip of the season, we'd like to thank everyone who hosted events and was able to have visits with us. It's been amazing seeing you all! We truly look forward to spending additional time with our campers, CITs and their families.



Happy Birthday!!!

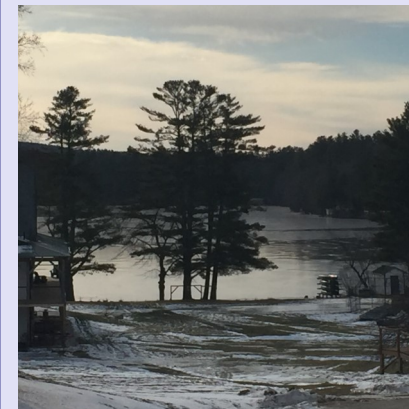
Kings, and Queens, and Bishops too,
Wanna wish the best to you!

We want to wish the happiest of birthdays to all Fernwood Cove campers and CITs who have birthdays in January, February, and March. We hope you have truly extraordinary days and an amazing year to come!

Caroline recently visited the Baltimore/DC area where she met with prospective families and visited campers Sarah Renbaum and Sadie Foer. During her time there she was able to catch up with the Himmelrich and Shapiro families. Pictured here are the Himmelrich crew—Molly & Abby are both camper and staff alumni and Drew was a counselor in 2015. How many Himmelriches will be at camp in 2016...see you this summer to find out!



The Extraordinary Winter Wonderland



Winter has definitely arrived in Maine, the lakes are freezing, snow is flying, and the air is crisp. This is perfect weather for our upcoming Senior Ski Weekends. Make sure to look for our upcoming Mooseletter Blog posts throughout February and March. You'll see photos from the Ski Weekends as well as find out more about what's going on at camp and what we are planning for the summer! Go to www.fernwoodcove.com/blog to stay updated on everything Fernwood Cove!