



Let our collective love for camp shine through by joining together and being the biggest team in the Charity Challenge!

1980's BACK WITH A VENGEANCE!

What an incredible night April 25th, 2014 was! Thank you to all of you who traveled near and far - and far it was! Alumni from British Columbia, London, England, New York City, Ottawa and of course Toronto, turned up in droves to reconnect with each other and GBC. In true GBC spirit, a sing song erupted making Joc's house the loudest on the block hands down. We are forever indebted to your continued strong connection to GBC and your support as a result.

1990s it is your turn next! Please be sure to email us with your current email address and the years you were at GBC so we don't miss out on sending you the invitation to the 1990s reunion in the Fall.

alumni@gbcamp.com



Back row from left to right: Liz Hill, Mary Marshall, Heather Allen, Lynda Henry, Julie Pezzack, Lara Smith, Julie Kellock Gyorgy, Andrea Curtis, Kaylyn Bright Ward, Andrea Webb, Tara Smith
3rd Row from Left to Right: Judy Richards, Janice Wright, Annie Brisbois, Laura Tweedy Houghton, Sue Kneider, Sue Kellock Bundy, Symantha Rush, Tammy Stewart Long, Keri Armstrong, Sue Eckersley, Claire Fishlock, Jill Bridgman, Sue Farnsworth, Katie Osbourne, Heather Adam, Joc Palm
2nd Row from left to right: Linda Abbott Ray, Stephanie Springgay, Pam Blair Deane, Wendy Rowney, Annie Snow, Vic Tait, Heather McTavish, Sascha Hastings, Lindsay Thompson Black, Janet Mowat, Sasha Tait
Sitting left to right: Janine Brisbois, Jill Norman, Jessica Clark McDougall, Gigi Basanta, Kim Graydon, Molly Finlay, Bay Ryley, Courtney Carlisle, Cathy Anderson, Shelagh Allen, Sharon Malone, Katie Glover
Photo Credits go to GBC Alumnus Mike Mills.

UPCOMING EVENTS

Don't forget to mark your calendars and be sure to join us for one or more of our awesome alumni events!

If you would like a paper registration form for any of these events, please give our office a call at (705) 384-7062 and we can mail you one.

Alumni Canoe Trip August 3 - 8

Get back into nature and join the GBC Alumni canoe trip to the French River. Year after year, this trip is a highlight for many GBC alum and as always, all GBC alumni are welcome to join in on the fun. In the words of Sue Davidson, "swinging along just singing a song, in our Glen Bernard Canoe"! To register, please visit www.gbcamp.com and click on Register for Camp.

Family Weekend September 5 - 7

Families are invited to come and spend a weekend up at camp! The weekend program mirrors our camp program which is fun for returning families and a great introduction of camp life to new families. Activities include crafts, canoeing, kayaking, tennis, golf, Jungle and Zipper, swimming, sailing, archery, hiking, evening campfire, and of course, a camp tour! To register, please go to www.gbcamp.com and click Register for Camp. See you in September!

Women's Weekend September 12 - 14

Camp is your oyster! Be as active or as relaxed as you wish! All activities are optional ranging from nordic walking, high ropes and swimming to yoga, painting, sketching and photography. The registration fee includes accommodations in comfortable cabins, all activities, meals and snacks. To register, please go to www.gbcamp.com and click Register for Camp. We look forward to seeing as many of you as possible!



Art Weekend October 1 - 5



Engaging artistic opportunity with award winning Canadian painter Claudia Jean McCabe! Come join us in the beautiful fall colours of the Almaguin Region for an inspiring 5-day art workshop at Glen Bernard Camp! This course will appeal to all painters, beginner to experienced, who enjoy working in acrylics. Participants stay in warm, comfortable accommodations with all meals and snacks included. The days are filled with art instruction and painting, with the opportunity to enjoy the fall colours and fresh air on the shores of Lake Bernard.

SPOTLIGHT ON CAREER CONNECTIONS

BY KIM GRAYDON

In my time at Pre Camp, I had the opportunity to chat with Mac Clark who is one of our program coordinators for this summer. She was telling me that her interests lie in Environmental Studies, more specifically marine biology. I quickly mentioned that one of GBC Alumni is an Assistant Professor at the University of California Davis in Marine Sciences. Immediately a connection was born. One of the benefits of being a GBCer is that we share a common experience which makes it that much easier to make a connection to an alumni you have never met. It isn't really a cold call, but a warm one. In helping to make the introduction of Anne and Mac, I was able to reconnect with Anne with whom I went to high school. Below is a spotlight on Anne Todgham's work in Marine Sciences.



Anne Todgham (camper from 1983 to 1989 and staff from 1990 to 1993) graduated in 2005 from the University of British Columbia with her PhD in Animal Physiology and began her postdoctoral work at University of California Santa Barbara in the Marine Science Institute. Upon completion of her research, in August 2009, she took a faculty position as Assistant Professor in Biology at San Francisco State University. In January of this year, she moved to the University of California Davis.

Her love of nature and animals began at GBC. One of her fondest memories is of spending hours in the Coke stream turning over rocks and logs to see what was living under them. Her interest grew into wanting to understand the natural history of animals and why animals are able to live where they do. That passion continues today with her research into unfolding how well animals will deal with climate change. Do they have the capacity to deal with temperature changes, decreases in oxygen and changes in pH? Can animals flex their existing physiology to combat the changes or is there enough time to adapt to the change in climate?

Last fall, Anne led a team of graduate students and postdocs to McMurdo Station, Antarctica – the largest of the 3 research stations of the US Antarctic Program. Their goal was to come away with an understanding of how the future ocean may affect the development of life at its earliest stages. Research funded by the National Science Foundation's Office of Polar Programs, was focused on

learning how vulnerable or stress tolerant embryonic and juvenile Antarctic fishes are to future changes in temperature and CO₂ levels. Antarctic fishes are considered especially vulnerable to changes in environmental conditions because they evolved in a very stable habitat over millions of years. Most of Anne's research took place in the Crary Aquarium at McMurdo Station where dozens of containers filled with water are kept at different temperatures and with varying amounts of carbon dioxide to simulate future best – and worst-case scenarios of ocean warming and acidification.¹

We talked about Lake Bernard and how fortunate we are to have a lake that is clean and abundant with wildlife. Anne pointed out that lakes, like oceans, will see increases in temperature and decreases in oxygen that will be exacerbated by current environmental issues such as increased pollution from surrounding towns and farms. At most Universities across Canada and the rest of the world, scientists are looking for students to help them address questions related to the susceptibility of our animals to climate change.



Anne says GBC and the wonderful staff and campers played a large role in shaping who she is today. Her love of nature was fostered at GBC and she gained the confidence and skills to face challenging hurdles head on. Although it might be hard to believe, being a counsellor and leading canoe trips, prepares you for research field trips far and wide. So much of what Anne does is about being an effective team member, as well as leader. GBC was a springboard for Anne!

Be sure to find Glen Bernard Camp on LinkedIn and join our group. It is a great way for Alumni to connect!

¹ The Antarctic Sun, Peter Rejcek

GBC PODCAST!

Joc recently recorded a Podcast with BizChix which was great fun. Go to <http://bizchix.com/82/> and learn about how she has kept GBC going strong for over 3 decades!

MOMMY CONNECTIONS

With a surge in popularity of Mom groups connecting online and in person, we decided to join in on the fun! Over the Winter, we wrote a number of articles for a group called Mommy Connections in the Greater Toronto Area about the summer camp experience. This one focuses on connecting with a community. Enjoy!

Generations of staying power.

The girls of Glen Bernard Camp are the best kind of girls. They have single handily kept the GBC property buzzing for 93 years. Why do they keep coming back? Why do generations of Glen Bernard Campers stay connected to the camp? In today's busy, hectic, over stimulating world the answer is clear....COMMUNITY.

Community at GBC is strong, inclusive, safe and embedded in a deep history. An environment such as this allows girls to discover, observe, engage, flourish and ignite their "Third Factor". Quoting Dr. Peter Jensen, the "Third Factor is the factor of choice. Simply put, the Third Factor is the important role that an individual plays in her own "becoming".

You might be asking "How does GBC help girls come into their own"? A thoughtful approach is taken when developing camp programs and the camp environment. Equipment, facilities and blocks of learning are designed to be achieved by the campers

who will use them. When a girl experiences accomplishment, she sees the potential for success in the next challenge. There is a willingness to take a risk, to try another new skill, to make another new friend. Her sense of who she is grows. Her confidence builds. A sense of belonging manifests. Her tendency for leadership starts to emerge. The possibilities are endless at camp.

Girls at GBC have the opportunity to sail, kayak, canoe, climb in a high ropes course, horseback ride, play guitar or try their hand at pottery or woodworking. They can learn about solar power, stargaze, make friendship bracelets, sing their hearts out, play a huge game of hide and seek and go on a canoe trip. They will conquer fears, laugh their heads off, cry, self reflect, feel at peace, jump in jubilation and bear hug their cabin mates. They will be who they are and we love watching it all unfold.

Join the GBC Family. We'd love to have you. Visit us at www.gbcamp.com

SUE DAVIDSON POLANYI

BY CYNTHIA SCHWENGER PICHETTE

*"Campers all are we, from GBC
And our colours, Gold and Blue"*

These, of course are the opening lines of Sue Davidson's trip song – beloved by generations of GBC girls.

Sue Polanyi, (nee Davidson), had a true camping spirit – she was full of adventure, laughter, fun and friendship. She remained lifelong friends with many of her cabin mates and kept her old Glen Bernard uniform over the years "to wear at camp reunions, just for fun."

After camp, Sue became an accomplished piano teacher and

shared her love of music with her many students. She enjoyed nature from her days at GBC and spent many hours painting watercolours at her cottage on Georgian Bay.

Sue suffered a series of strokes but was able to attend the 90th GBC reunion with her friend from Bunny days, Jane Abbott Zeidler, leading a singsong from her wheelchair and enthusiastically encouraging everyone to join in.

Although Sue died in January 2014, her remarkable, dynamic, indomitable spirit remains:

*"Now we're back with you, our trip is through,
Memories will be renewed.
Swinging along, just singing a song,
In our Glen Bernard canoe"*

We'll miss you Sue!



2014 Calendar of Events

Period 1
Period 2
Alumni Canoe Trip
Period 3
Fall Family Weekend
Women's Weekend
Art Program

• June 27 - July 17
• July 19 - August 8
• August 3 - 8
• August 10 - 23
• September 5 - 7
• September 12 - 14
• October 1 - 5

Two-Week Sessions: (ages 8 - 11)

Period A • June 27 - July 10
Period C • July 19 - August 1

One-Week Sessions: (ages 6 & 7)

Period B • July 11 - 17
Period D • August 2 - 8
Period E • August 10 - 16

Bunny Camp: (ages 4 - 6)

Bunny 1 • July 11 - 13
Bunny 2 • August 2 - 4

Specialty Sessions:

Canoe Trip 1 • July 11 - 18
Canoe Trip 2 • July 18 - 25
Canoe Trip 3 • August 2 - 9
Wilderness Canoe Trip • August 10 - 23
Theatre Program • August 10 - 23
Young Keen Riders • July 11 - 17
Self-Defense • July 19 - 25
Pictureureka • August 2 - 8
Enviro Course • August 2 - 23

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