



“LETS PLAY A GAME”

This call for action from a camper or counsellor always gets an eager response and is followed by shouts naming the favourite game. The joy of play is how children learn. Those games lead us to pursue specific sports investing time and money in the activities that interest us over a lifetime.

Toronto is buzzing with action and in a very short time will be humming with daily events that break records and establish new achievements at the 2015 PanAm and Parapan Am Games. At GBC we will be following the results and will be ready to cheer for Canada's best athletes. Our International campers will be watching for their favourite champions and be just as excited.

How many of your camp memories are related to sport? I bet many well-remembered moments involved sport. Mary S. Edgar in the very first summer laid out the continuing competition with every camper being on a Tribe and counsellors filling the roles of the High Council. Challenges were a part of every Saturday morning program and then the evening Council Ring. That scheme served throughout the leadership of Barbara and John Gilchrist, directors until 1977. Since 1978 we focused on the Colour Team Relay in each camp session and the competition on that day is serious. Each camper and staff member is on a team; Red, Pink,

White, Yellow, Green and Blue are the colours. There are 30 – 40 different events in the current relay, individual events first followed by the relay events. Each camper must participate in one or more events. The yelling and shouting is serious and the roof of the dining hall shakes as the Relay results are announced at supper. There are many other races, contests, challenges and awards but nothing tops the big All Camp Colour Team Relay.

The reality is that we all need to be challenged and to feel the excitement of success and the humbling of not coming first. The manner in which countries rally behind their Olympic athletes is inspiring, every citizen can share in that surge of pride.

But the things we learn as a member of a team are life's great lessons. Campers learn to try their hardest as part a team. We love to cheer for others, to care about other teams winning. To pause and help someone from another team to stay in the race when the going gets tough, this is the dream that builds better people.

Get out and play! Have a great summer.
Cheers from the shores of Lake Bernard!
Joc Palm

GBC IN YOUR NEIGHBOURHOOD

What a whirlwind it has been this past 9 months! We have had the great fortune of being welcomed into GBC family homes with the goal of introducing camp to new girls and their parents. The success of this program is in large part due to the warm reception the new girls were given by the host family. We cannot thank you enough



Fun at the Foley home, Spring 2015

for embodying the spirit of camp; inclusion.

The beautiful thing about this program is that it is a personal approach to the idea of summer camp. We are able to give individual time and attention to each camper and their parents through a short presentation, a craft and time to mingle and answer questions. Thank you to Sarah Miller (Blair) Toronto, Sharon Johnston (Kate) Ottawa, Suzanne Boughton (Hallie) Collingwood, Anna Foley (Norah & Erin) Toronto, Sarah Overdevest (Kennedy & Abigail) Oakville.

If you would like to be part of our GBC in your neighbourhood program, we would be most grateful! Please reach out to Kim Graydon at kim@gbcamp.com Cheers!

CAMP HAS THE MAGICAL AND UNIQUE ABILITY TO CAPTURE ONE'S HEART

and for veteran sports broadcaster, Scott Russell, it did just that. I had the good fortune of attending an event in support of Kids in Camp in April where Scott spoke about camp, sport, competition and how his lifelong love of the Olympics began at Kilcoo.

"We learned to govern ourselves, fend for ourselves and lead ourselves". This quote from Scott's speech at the KIC event struck a chord with me. So much so, I wanted to continue the conversation with Scott for this issue of the Gold and Blue. Many of us can identify with his statement and recall numerous instances where we did just that.

Both being parents, I asked Scott what he would say to a prospective parent who was considering sending their daughter to camp. "Camp is where children learn to live with each other and to care for each other. They learn to become leaders and good teammates. With the guidance of their counsellors, who they themselves are young people, they learn the ways of the world and a measure of independence. All of this comes while experiencing the magic and majesty of the great outdoors, which a country like Canada can offer". The opportunity for girls to live with one another at GBC allows them to understand people's differences, how to cope with conflict and be a better friend. It affords the girls a chance to communicate face to face, read body language and collectively take care of each other.

In a few short weeks, Scott will be covering the competition at the Pan Am and Parapan Am Games on CBC. We talked about sport, competition and how camp gives every camper the chance to participate in a wide variety of activities. Growing up, Scott played baseball, football, lacrosse, soccer, track and field, volleyball and of course hockey – just to name a few! He recalled that one of the things he is grateful for; as an adult was the opportunity his parents gave him to try many sports instead of focusing on just one. Some of his happiest times were found outside "on the fields of play".

His love of competition began at camp where every year in August, the Kilcoo Olympic Games were held. Much like our Rainbow Relay, every camper was placed on a team representing a country consisting of all ages. The chance to make new friends was inevitable. In events such as these, often times only found in the camp setting, children can form bonds with other campers who are either much older or younger than themselves. We are all one community and special events strengthen our camp communities. Throngs

of us, Scott included, still reminisce about the day their team felt pride at winning the title of champions or perhaps, as in sport, had a personal best even in the face of loss.

I asked Scott what he thought was the best thing about competition at camp for kids. He replied, "Competition is instinctual to human beings. As Sebastien Coe the great runner said at the outset of the London 2012 Olympics..." "There is a truth in sport. The truth is that we as human beings need to compete." The thing about camp is that it takes this notion to heart. If children are to learn the ways of the world at camp, they need to learn to win, to lose and to compete with dignity and honour while playing by the rules". I could not agree more.

As we started to wrap up, I couldn't resist asking Scott whom his favourite female athlete was competing at the Pan Am Games. Before answering the question, he stated he had respect and admiration for every athlete competing but chose



Track and Field hurdler, Angela Whyte of Edmonton, AB. "Angela has been to the Olympics twice and was a finalist in the 100 metre hurdles in 2004 Athens. Twice a Commonwealth Games silver medalist and twice a medalist at the Pan Am Games, Angela is 35 years of age. She is a veteran athlete who is a leader and she has inspired a generation of Canadian track stars. Inevitably, Angela was selected as team captain for Athletics Canada at major Games".

Finally, we closed out on the notion that the camp experience can benefit competitive athletes. Scott's long standing love of camp and competitive sport puts him in a unique position to comment with authority on this point. "Camp is a microcosm of life. Competition at camp fuels the fire of later competition. Learning to lead and be a good teammate is something that high performance athletes see as core to their sense of values. Think about it... every competitive high performance athlete attends a training CAMP before each season begins. It's where the athletes form a unified team".

Believing that every child should have the chance at the camping experience and feeling passionate about getting kids out from behind their electronic devices, Scott gives his time, devotion and support to AMICI (meaning beloved friend in Italian) camping charity as well as being a part of Kids in Camp events such as O Canada, The Spirit of Sport held in April.

Scott Russell is definitely a great champion for camping and kids.

~ Kim Graydon

A GBC/PAN AM CONNECTION: HORSEBACK RIDING RUNS DEEP IN THE GBC KELLOCK/BUNDY FAMILY.



Sue at the Junior & Young Rider Championships

A love of horses and the sport of riding may just be in the genetic makeup of the Kellock/Bundy family. Sue KELLOCK Bundy, was 14 when she first attended GBC and her first year on staff as a Counsellor in Training was in 1978, which was Joc's first summer as Director. Sue went on to be

Activity Head of Riding in 1980 for a number of years and finished her staff position off at camp in 1996 with the Special Riding program. Her most impressive achievement as an instructor was the lessons she gave to Joc (yes, you read that correctly) at Sunnybrook Stables where Joc learned to walk, trot and canter on a beloved GBC horse, Dorado. Many of us will recall Sue riding Dorado bareback into the Glen as part of the Indian Council Rings, now referred to as Glen Bernard Council Ring. Sue's sister, Julie Kellock, didn't feel so fortunate to have her sister teach her however. Sue recalls forcing Julie to jump on Dorado. As Sue recounted this story to me, I noted that she did have a bit of a smile on her face...

The sport of riding continues today with Sue's daughter, Hanna Bundy and her niece Jamie Kellock, both GBC campers

(2003-2005) and now alumni! Jamie's Mom, Jennifer Kay, is also an alumni. Last year, Hanna and Jamie qualified for the two star young riders team representing Ontario (and Canada since Ontario was the only team to qualify!) at the Junior & Young Rider Championships in Lexington, Kentucky. Their team brought home a Bronze medal for Canada!

Jamie and Hanna have future aspirations to compete for Canada on the world stage. Impressively, Hanna met the requirements and qualified to compete at the Pan Am Games which is a 2 star competition. Other opportunities to represent Canada in horseback riding are the Olympics (3 star) and the World Championships (4 star). While working on their own riding skills in Pefferlaw (May to December) and Florida (January to April), both girls work with young horses to train and then sell them.

Wondering who to watch at Pan Am in riding? Sue says to keep an eye out for Canadian Jessica Phoenix, the defending Pan Am Gold Medalist. In the not so distant future, GBC girls Hanna and Jamie will no doubt be wearing Canadian colours proudly. Way to go girls!



FRANCES MACNAUGHTON

Frances Macnaughton was a very keen GBC alumna over many years. She often came to GBC events and always was interested in the evolving aspects of camp as well as those traditions which endured through the years. Frances always shared her interests and demonstrated an incredible ability to absorb details about the things that piqued her curiosity. Frances lived an active and inspired life for 98 years and passed away on Dec. 27, 2014. Her son Donald sent us this information about Frances.

"A graduate of Bishop Strachan School and Trinity College at the University of Toronto with a Bachelor of Social Work. Camp supervisor, nutritional counsellor, UNESCO researcher, and teacher of German, yoga, and ballroom dancing. Volunteer for Meals on Wheels, Canadian Red Cross, and Canadian Cancer Society. Senior secretary of Registered Nurses Association of Ontario and secretary of Childbirth Education. Active in the Ulyssean Society of Toronto, the Toronto Heliconian Club, and in continuing education at the University of Toronto, York University, and Ryerson University. A longtime vegetarian and believer in animal rights, Frances would often say "I do not eat my friends". Her goodwill and kindness will be greatly missed by her family and friends."

ALUMNI RETURNING HOME TO BE BUNNY COUNSELLORS!

I am not sure who loved it more....the Bunnies or the Alumni! Last summer, a few alumni ventured to GBC to get back involved with our youngest campers. Sharon Malone, Cris Hudon, Kayla Best and Annie Dearden volunteered their



Flower gazing with Sharon Malone

time and fell right back into the swing of counsellor life with swim time, cabin time, playing in the jungle, bunny talent show, dining hall adventures and most importantly, feeling like a kid again! Would you like to come back to camp

for two nights and be part of the Bunny alumni staff? We would sure love to have you!

Send us an email at info@gbcamp.com if you are interested.

We know our Bunnies would benefit from your love of camp!

ALUMNI CANOE TRIP AUG 4 - 9, 2015

*My paddle's keen and bright, Flashing with silver,
Follow the wild goose flight, Dip dip and swing.*



Cynthia (Schwenger) Pichette, Catherine Wiley, Alison Lawrence, Jill Irwin, Joey (Bell) Brown, Marg Fisher, Ann (Parmley) McDougall (missing): Jeff Bamford, Jill (Stephens) Lavine & Nancy Tittley

Calling all GBC trippers! Hop in the canoe and be part of the great group of women who make up the GBC Alumni canoe trippers. Spend five days in the beautiful Massassauga Provincial Park! Limited spots available. Please register online at www.gbcamp.com

ALUMNI CAMP AUG 27 - 30, 2015!

GBC Alumni are invited home to camp for an amazing 3 days of the good 'ol days! We know it won't take you long to fall back into the life of a camper! Enjoy all the GBC activities – sailing, canoeing, kayaking, swimming, the jungle, crafts, mountain biking, archery and trampoline just to name a few! Get your colours out for Colour Team Relay Alumni style! Pull out your old song book and brush up on GBC songs for campfire. Alumni aren't too old for smores!

☺ Quite a few alumni have already registered and the excitement is starting to build. Closing our 94th summer with those of you who have walked the GBC path will be a highlight for sure! You can register online at www.gbcamp.com See you soon!



Generations of GBCers!

FAMILY WEEKEND SEPT 11 - 13, 2015

Family Weekend isn't too far off! This great weekend is growing in popularity and we couldn't be happier! Spending a weekend at camp on the shores of Lake Bernard with your family is an excellent choice! Play together, sing together, laugh together and

alumni events

share a meal with others. Climb in the high ropes course, swim, kayak, canoe, get creative at crafts, bounce on the trampoline, aim for a bullseye! The possibilities are endless. Plan on being a part of the fun! Register online at www.gbcamp.com.

WOMEN'S WEEKEND SEPT 18 - 20, 2015

Be a part of an incredible weekend with incredible women! GBC's Women's Weekend can be whatever you would like it to be. Jump



About to enjoy a trail ride!

into all the planned activities or relax, grab a book and put your feet up. Our beautiful camp and the fall colours make it the best setting to do either. Activities include: canoeing, kayaking, high ropes course, hiking, archery, swimming and low ropes just to name a few! Participants stay in comfortable cabins. The fee includes GBC activities, accommodation, meals and snacks. Join us! Register online at www.gbcamp.com

ART PROGRAM SEPT 30 - OCT 4, 2015

Award winning artist, Claudia Jean McCabe will once again be leading an amazing 5 day art workshop at GBC! This course will



Busy at work creating beautiful pieces!

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.

Please register online at www.gbcamp.com



2015 Calendar of Events

Period 1	• JUN 28 - JUL 18
Period 2	• JUL 20 - AUG 9
Alumni Canoe Trip	• AUG 4 - AUG 9
Period 3	• AUG 11 - AUG 24
Alumni Camp	• AUG 27 - AUG 30
Fall Family Weekend	• SEP 11 - SEP 13
Women's Weekend	• SEP 18 - SEP 20
Art Program	• SEP 30 - OCT 4

TWO-WEEK SESSIONS (ages 8 - 11)

Period A	• JUN 28 - JUL 11
Period C	• JUL 20 - AUG 2

ONE-WEEK SESSIONS (ages 6 - 8)

Period B	• JUL 12 - JUL 18
Period D	• AUG 3 - AUG 9
Period E	• AUG 11 - AUG 17

BUNNY CAMP (ages 4 - 6)

Bunny 1	• JUL 12 - 14
Bunny 2	• AUG 3 - 5

SPECIALTY SESSIONS

Canoe Trip 1	• JUL 12 - JUL 19
Canoe Trip 2	• JUL 19 - JUL 26
Canoe Trip 3	• AUG 3 - AUG 10
Young Keen Riders	• JUL 12 - JUL 18
Aquatic Leadership 1	• JUL 20 - JUL 26
Aquatic Leadership 2	• AUG 11 - AUG 17
Enviro Course	• AUG 3 - AUG 24

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