



IT'S ALL ABOUT CHOICE

There are so many great lessons, memories, friendships, emotions and giving moments that evolve from camp experiences. When I think of the superb leaders that have contributed to GBC over the years, I count my many blessings for the time spent with all these terrific campers and staff. These superb leaders are always working on ways to help campers learn to make good choices and to relate appropriately to their peers and adults alike. The digital age is making both these tasks more challenging.

Life is all about choice. Kids can't learn to make good decisions if they never make decisions. The digital revolution gives us instant answers to our questions ... life with Google and Siri and 3G and so on. Without these resources, campers at GBC are relying on what they know in order to interact. This creates the need for kids to make their own decisions, such as whether to go on a canoe trip or audition for the camp musical. Camp staff can informally assist when they have exchanges with campers at cabin times, mealtimes, walking up the path to K'scope or the Lab. As staff members, we need to always be teaching about decision making.

"The harder right vs. the easy wrong." - Author Unknown

Similarly, there is choice in how we interact with others. We choose our behaviours and responses which make us successful,

or not, as camp interactions fly by fast and furiously. We need to agree on the values of honesty and caring in order to get along with others. Why do we choose to be honest or dishonest in these exchanges? How might we replay the situation and make a better choice? Camp leaders must focus more on asking good questions, rather than telling campers what and what not to do.

"So many gods, so many creeds, so many paths that wind and wind; when after all what the whole world needs, is just the art of being kind." - Author Unknown

When I ask former GBC staffers what about their GBC experience they value most, almost everyone says a version of, "At GBC I figured out who I was". This is valuable feedback and it fills me with great pride. If we focus on our interactions and understand we choose how we treat others, we can then listen more, share more and care more.

We are going to work more deliberately on MAKING GOOD CHOICES this summer in addition to all the other special things that make GBC great.

Happy New Year!
Joc

CAMPERS HELPING CAMPERS

As campers, we all know the benefits of a camp experience - learning new skills, being outdoors, having fun with friends and many more! Unfortunately not everyone has the means to be able to attend camp. That's where Kids in Camp comes in! KIC is a charity founded by a small group of camp directors (including Joc!) with the mission to financially assist families in sending their kids to camp! The charity is run completely by volunteers and relies on donations to support campers each summer. In October, a group of wonderful GBCers walked 5K (with a canoe!) in the Scotiabank Toronto Waterfront Marathon Charity Challenge in order to raise money for KIC. Thank you to everyone who helped us raise over \$8000 for KIC!! Way to go team!! We plan to walk again next October and hope more GBCers will join us!



Campers helping campers: The GBC Team!

EARNING ONTARIO SECONDARY SCHOOL DIPLOMA CREDITS AT GBC

#394
Camp helped me pick my college major.

#campconfessions

Wow, do I ever wish I had this opportunity when I was a high school student at Glen Bernard! I cannot imagine anything better than being at camp, learning for the sheer love of it AND earning a credit towards my graduation. Luckily, my daughter, Eirinn was able to participate in this fantastic opportunity. In

my conversations with parents, many do not know we offer this opportunity to our campers. GBC is a private school. In Summer 2015, we will provide the following Ontario Secondary School Credit opportunities :

1. GRADE 11 ENVIRONMENTAL SCIENCE (SVN3M)

Course runs from August 3-24th. Campers (students!), will be given the unique environment to learn about science through various methods of inquiry and outdoor experiential learning. Students will explore methods of scientific data analysis, the relationship between humans and the environment, and sustainable solutions to current environmental issues.

2. GRADE 11 LEADERSHIP AND PEER SUPPORT (GPP3O).

Campers entering grade 11 will be participating in the Pacer leadership program which focuses on skill development and teaching techniques in camp activities. This program is a leadership development opportunity and especially valuable for those who wish to be considered for GBC Assistant Counsellor positions the following summer. Campers attending either Period 1 or 2 are able to earn this credit. This course prepares students to act in leadership and peer support roles. They will design and implement projects that contribute to the Glen Bernard community; develop skills in communication, interpersonal relations, teamwork and conflict management; and apply those skills in leadership and/or peer support roles – for example, teaching an activity lesson to peers and leading programs for younger campers. Students will examine group dynamics and learn the value of diversity within groups and communities.

3. GRADE 12 RECREATION AND FITNESS LEADERSHIP (PLF4C).

Campers selected to participate in the 9-week Assistant Counsellor program have the opportunity to earn this grade 12 credit. The course focuses on the development of leadership and coordination skills related to recreational activities. Students will acquire the knowledge and skills required to plan, organize and implement recreational events. They will learn how to promote the value of physical fitness, personal well-being, and personal safety to others through mentoring. The course will prepare students for future opportunities in recreation, leisure and fitness leadership, as well as the role of counsellor at GBC.

~ Kim Graydon

MEASURING OUR RESOURCES

GBC PARTICIPATION IN A UNIQUE BIODIVERSITY PROGRAM

In May 2014, GBC began participation in a Measuring Our Resources project under the leadership of ACER (Assoc. for Canadian Educational Resources, aka Climate's Sake). The objective is to use hectare plots and measure the changes in trees with a minimum of 4 cm. in diameter measured at chest height. Each hectare is subdivided into 36 quadrats. Data is collected for each tree including; common name, diameter, height, crown width, status and health, and recorded in data files. Such information is used to measure effects of climate change and other scientific studies.



Nicole Camillo and Jenna Pezzack measuring trees for the ACER project

This is an international project with protocols developed by the Smithsonian Institute. The Ontario project under ACER allows us to share and compare our data with others across the province. At this time, GBC is the furthest north hectare and the only one directly over the Canadian Shield. The educational benefits for campers are significant.

~ Joc Palm

ALUMNI CAMP: August 27-30

Snow already got you down? Dreaming of your gold and blue days at GBC? Be a camper again from Thursday, August 27th to Sunday, August 30th, 2015

Enjoy typical camp days! Go for a sail, take a ride down the zip line or get crafty in K'Scope. Meals on melmac, Sunday morning at Vista (for Alum who are more mature... Chapel).



Singsong around the campfire with friends old and new! Pack your colours for the first ever Alumni Colour Relay and brush up on your talent for the talent show. We know you want to!

Thursday, August 27th (arrival after 7pm) – Sunday, August 30th (departure after lunch). \$325 plus HST

*for those 19 plus, BYOB.

Reunite with your cabin mates or come solo and meet other alumni! Register online at www.gbpcamp.com

If you would like to be an Alumni Camp Rep and help spread the word, please email us at alumni@gbpcamp.com

SPOTLIGHT ON CAREER CONNECTIONS

BY KIM GRAYDON

MARY MARSHALL, VICE PRINCIPAL IRMA COULSON PUBLIC SCHOOL

Teaching comes naturally to many GBC staff so it makes sense that many of our past staff members find themselves working in the field of education. I spent many hours learning from Mary Marshall as a camper and a staff member, so it was natural for me to highlight her successful career as an educator for this issue of the Gold and Blue.

Mary (Milne) Marshall arrived at Glen Bernard, at the age of 15, as a Leader camper. Her Grandmother, Lorna McCallum, along with her two sisters were campers in 1922! Actually, it was Lorna's sister, Maria (age 12), who desperately wanted to go to camp. Lorna (age 17) was sent along to look after Maria!



Mary using her teaching skills in an all camp game.

In Mary's third year of a Politics and Psychology degree at Queen's University, she began to think about her natural love of teaching that she had discovered at GBC. She remarked that the camp environment allows everyone to be successful as it is an ideal setting for all the different learning styles. In Mary's role as a teacher, she made it a priority to bring camp experiences into her classroom. Genuine interest, fostering a great rapport with children and offering the opportunity to develop in a supportive environment were qualities she had seen be successfully applied at GBC.

gbc

As she moved into her role as Vice Principal, she understood that the leadership skills she had acquired at Glen Bernard, were extremely useful in her relationships with her colleagues. The opportunity for teachers to develop skills in a supportive environment, while mentoring students helps to create an excellent rapport with not only staff but the children as well. Mary pondered



Janice Wright and Mary Marshall attending a Kids in Camp event.

how she could inspire her staff to take on an important task and do it in a unique method, which makes it memorable. Education echoes the camp experience.

Within the 86 staff in Mary's school, she challenges each person to make the educational experience a better one for kids by helping them to reach beyond what they thought was possible.

To explore ideas that interests them. To know that their voices will be heard.

Educators know that they have a very rewarding and personal job. The highs are very high and the lows can be very low. As a result of connecting with and having a genuine interest in children, it becomes difficult to not take their personal stories home.

The fulfilling and rewarding nature of education inspires Mary to continue to pursue excellence in the education system where great things can happen for kids.

As I wound down my time with Mary, I asked her for three moments from her camp experience that had a lasting effect on her decision to pursue education as a career.

She noted the following:

1. As a camper Mary had a personal connection with staff, most notably, Judy Richards. She said Judy took the time to care and encouraged her to try new things and achieve her levels (canoeing!).
2. Her AC summer when she started to learn skills of how to be an effective teacher. Inspiring campers to swim in a cold lake was a skill for sure! Wendy Wren and Kim Molnar were instrumental in Mary's learning of effective teaching skills.
3. Her summer as Program Coordinator was memorable because Joc gave her an opportunity to try something new even when she wasn't sure she was ready for it. Turns out, she did an awesome job as Joc knew she could. She continues to give children those same opportunities where they can reach beyond what they thought they could.

A big thank you to Mary for sharing her professional successes with me!

MOTHERS UNPLUGGED

In our pursuit to do the best job we can for our existing GBC families, as well as our potential new GBC families, we have launched a



GBC Mother and Daughters,
Jennifer Copeland and Ava &
Sarah White

a new initiative called Mothers Unplugged. The primary goal of Mothers Unplugged is to discuss issues and/or situations around attending camp that cause anxiety or worry for Moms. Dads, Grandparents and all those who love camp are welcome to listen too! ☺

Parenting has changed significantly from my mothers' generation. To quote my Mom, "35 years ago we as parents did not worry about

"everything" that today's parents do! We left our babies on the front lawn for a nap, we didn't think about predators, we didn't

helicopter over them. Kids left on a Saturday out the side door. Home for lunch and called for dinner with a whistle or a bell".

For many different reasons, we like to know where our kids are at all times, what they are doing, how they are feeling and best of all, when they are coming home! I remember the first summer Eirinn went to camp. It was the longest 7 days of my life!

In an effort to ease the worries we have, each month we will publish an episode that deals with different aspects of our kids going off to camp. The first episode, features Camp Mom (and Co-Founder of Mabel's Labels), Julie Cole.

You can find the Mothers Unplugged Youtube page here: <https://www.youtube.com/channel/UCZVYBNWZE7noSCNSUke mOIA> or enter Mothers Unplugged Channel on the Youtube search function.

Let's keep the conversation going! Please email us at: mothersunplugged@gmail.com if you have a topic suggestion.

- Kim Graydon

CALLING ALL GBC STAFF FROM THE 1990'S



Alison Booth

Please join us for a 1990s staff gathering on:

Friday, April 17th, 2015 at
206 Lord Seaton Road,
Toronto from 7:00-10:00 pm
We'd really like to reconnect
with you so please RSVP
to:
alumni@gbcamp.com.

Cheers to fluorescent
clothing, hoop earrings
and feathered bangs!!



(above l-r) Emma Tilbury, Rachel Weinstock, Hannah Weinstock,
Caley McLean, Gen Scott, Erin Verncombe, Alice Starkey



Campers and Staff from the 1990s ready to go on trip!



2015 Calendar of Events

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

- June 28 - July 18
- July 20 - August 9
- To be determined
- August 11 - 24
- August 27 - 30
- September 11 - 13
- September 18 - 20
- September 30 - October 4

Two-Week Sessions: (ages 8 - 11)

- Period A • June 28 - July 11
- Period C • July 20 - August 2

One-Week Sessions: (ages 6 - 8)

- Period B • July 12 - 18
- Period D • August 3 - 9
- Period E • August 11 - 17

Bunny Camp: (ages 4 - 6)

- Bunny 1 • July 12 - 14
- Bunny 2 • August 3 - 5

Specialty Sessions:

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

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