



ALWAYS LOOKING AHEAD...

Campers past and present know that our camp experiences taught us some good lessons in how to get along with other people. Although each person is unique, we came to understand some basics about relationships with others. This has been consistent over the years and we never stop working at those “how to relate” skills.

Camp experiences also allow us to develop a relationship with the natural world, an understanding that has significantly evolved over the years. There are now terms such as; “nature deficit disorder”,<sup>1</sup> meaning no understanding of how the earth works. There are children who have never touched a patch of moss, walked through the woods or walked in the water along a sandy shoreline, this is hard to believe.

Today’s summer camps should be leading the way in giving young people these experiences. We know a lot about showing campers how the natural world works, and doesn’t work when

the balance is tipped by those who don’t understand it.

We intend to do our part in leading the way... something new is coming to GBC. As this edition of *The Gold & Blue* is being sent to you by email, or print (your choice), we are building another component for our earth education program. This is the “Living Lightly Lab”. The components of this new building are designed to educate people in renewable energy, environmental sustainability and stewardship.

The Living Lightly Lab will feature learning stations with games, information and scientific experiments that emphasize the environmental impacts of sustainable technologies. Much of the experimentation will take place on the roof where campers will interact with solar electric panels, roof gardens, solar hot water heaters,

roofing materials and daylighting features. Campers will be able to see, touch and test new technologies and age-old solutions which contribute to an environmentally sustainable future.

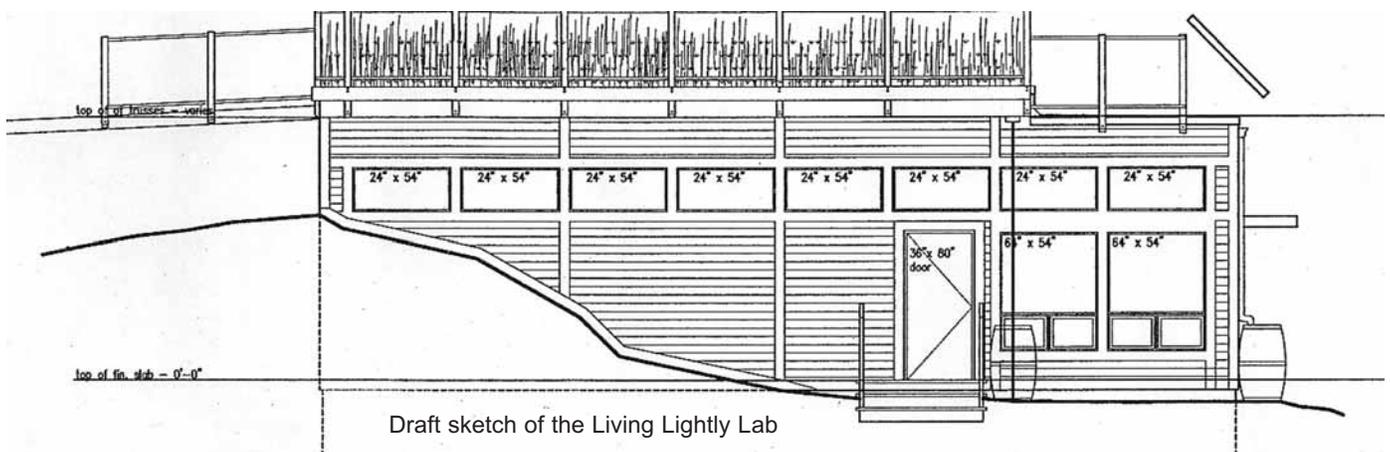
This new addition to GBC will be valuable to our campers as well as the students and adults who come in the spring and fall. It will be another aspect of camp which helps to develop confidence and leadership skills with a focus on environmental awareness. As we move into the 88th season of GBC, I look forward to interacting with campers, students and staff in the Living Lightly Lab where together we will continue to build a positive relationship with the natural world. We will keep you posted.

Enjoy the updates and exciting adventures in this issue.

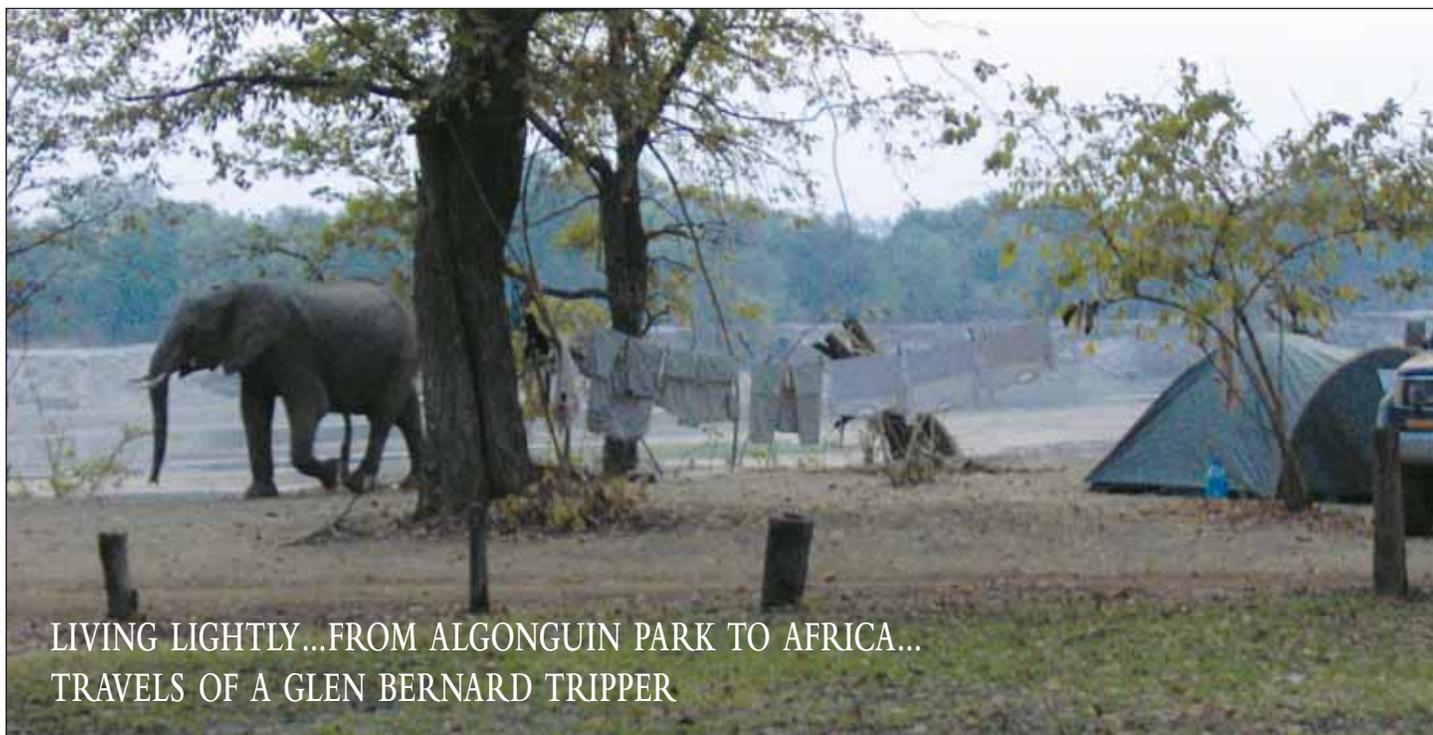
Holiday Cheers!

Joc

1. *Last child in the woods*, by Richard Louv



Draft sketch of the Living Lightly Lab



## LIVING LIGHTLY...FROM ALGONQUIN PARK TO AFRICA... TRAVELS OF A GLEN BERNARD TRIPPER

Even though I left camp nearly twenty years ago, I've had the great fortune for many of the past ten years to join up with fellow GBC alumni canoe trippers to travel again to the quiet rivers and cool fresh lakes of northern Ontario. Having tromped across leafy portages, mosquitoes abuzz, and battled windy lakes, waves a'cresting, from Killarney to Temagami and Algonquin Park to the French River in recent years, it seemed to me a natural progression to transport my enthusiasm for being outdoors, living lightly, and enjoying great adventures with old and new friends to a new landscape - Africa!

I fell in love with South Africa in 2001 and had since yearned to return. Last summer/fall I finally got my chance. Destination(s): Kenya, Tanzania, Malawi, Zambia and South Africa.

Accommodations: canvass tents.

Hosts: Masai warriors, endless waving villagers, lions, hippos, rhinos, giraffe, hyena, elephants, baboons, buffalo, zebras - you get the picture.

While I have always and often appreciated the things I learned at camp, including as an alumni tripper, I couldn't help but relish my camping skills and lessons learned all the more as

my husband and I travelled across East Africa, into Southern and South Africa. The incredible scenery we saw was different from the "sunny Sundridge" area, the animals we met along the way generally much bigger than the loons, deer, and even moose and bear we sometimes see on our northern adventures, and our mode of transport between campsites far less comfortable than swiftly gliding yellow canoes. We were inspired by the beauty of our surroundings and the people we met reminded me of how it feels to approach each new day and experience seeking and finding the best of each for the good of all.

### **Nighttime conversations... from Algonquin Park to the Serengeti Savannah**

One of the alumni canoe trip memories that always makes me giggle began with a middle of the night whisper from Jeff Bamford, a very keen and kind alumni tripper. Across the darkness came Jeff's question to Mandy Bumstead and me, Jeff's tentmates for the night. Her question was something like this: "um, are you two awake?" "Yes," came our half-awake reply, "why?" Answer: "well, I think there might be a mouse in our tent"

Reply: "why would you think that?" Reply: "um, well, one just ran across my face."

Flash forward from Algonquin Park to the edge of the Ngorongoro Crater, in Tanzania, just outside of the Serengeti National Park. "Um...I think I heard something, it sounds big and just brushed by our tent." Sleepy answer: "what are you talking about, look outside." (Looking outside at the elephant standing there) Reply: "That looks like an elephant." Response: "Oooh, that is an elephant."

Happily, unlike the mouse that had come into our northern tent for some warm company on a cool August evening, the African elephant stayed outside. Even more happily, unlike a Masai warrior who lived to tell us the tale, we did not wake up in the middle of the night to find that a deadly snake had slithered in, just like our Algonquin mouse, in search of a little warmth. Fortunately, the Masai warrior was also smarter in the circumstances than we would have been. Not wanting to disturb his tentmate, and to prevent the snake from cozying up to him any more in the wee hours of the night, he simply wrapped the snake up in some clothing

to keep it warm and hunkered in for the rest of a good night's sleep!

### **Camping singsongs: from loon-ar concerts to savannah symphonies**

Another favourite alumni canoe trip memory is a two-parter. One beautiful, starry evening, our sometimes separately travelling trips gathered together for a campfire and sing song. One of the most fun things about our trips is learning about Glen Bernard's history and different songs and traditions that have changed over time. The morning after this particularly spirited sing-song, a gathering that had gone well into the evening, a gaggle of loons greeted us as we prepared our breakfast over a morning campfire. After a blustery arrival that seemed to beckon us to pay attention, we watched as the "conductor loon" took its place before leading the whole group in what seemed to us to be a reply sing-song, accompanied by "dancing." We trippers were mesmerized and years later still talk about this amazing sight. Many of the sights we saw and sounds we heard during our African camping adventure captured our imaginations just as surely as our loon-ar symphony. Of particular note, we were often lulled to sleep (or woken mid-slumber) by the nighttime guttural concertos of hippos singing to one another. Singing's not really the right word. It was more like snorting and grunting. But, it had its own melody. And, among the songs that have stayed in my mind since I returned home is the "doo-doo-da-doo-doo-doo" singsong of a particular bird that seemed to be everywhere we travelled. I don't even remember which of the spectacularly coloured blue, purple, yellow, or orange and black birds sang that song, but I can't forget the happy song itself.

The sights and sounds of camping, especially far removed from the lights or sounds of other human beings, whether in northern Ontario or Africa, are among the greatest parts of any good camping adventure. And, like any GBC

northern sojourn, the most memorable of all moments are often the quietest and stillest ones made all the more spectacular by the canvass of a deep red sun rise or deep blue twilight sky. Somehow these special times of day seemed to bring out the most magical sights the natural world has to offer. Any camper who has ever watched the thick morning mist billow over the warm water before the sun fully rises, or has taken in a starry night sky so full of little lights and sometimes shooting stars that astounds your eyes, knows the kind



Jo making friends in Malawi

of natural beauty I mean. As far away from GBC as we were in Zambia, I had the same sort of feeling one night when we were camped along the riverbank at the edge of the South Luangwa river, quietly watching from just feet away as the giraffe, gazelles, and zebra came down to the water for a sunset drink. As we silently sat, holding our breath, a line of elephants emerged from the forest and made their way into the water, following the matriarch, trunk-holding-tail, with the littlest elephants in the middle of the line, all against the setting sun skyscape. Breathtaking. Amazing. And, the kind of stop-you-in-your-tracks beautiful moment every camper/tripper learns from experience to appreciate.

As you can probably tell, I could go on and on with stories—from swimming with dolphins off the coast of Zanzibar,

to visiting medical clinics and schools in Malawi, to being so moved by how welcomed we were everywhere we went by the most generous, dignified, kind, and warm people. Imagine being told over and again "you are most welcome here in my city, country, village..." And "you are my sister, we are so glad that you are here" as we walked in small towns and cities. And, as we travelled through villages, particularly in rural areas, children, and some older folk too, literally ran to the roadside to wave to us. One poor little one ran so fast he

tripped, and, still waving, picked himself back up, kept running and waving, beaming all the while.

For fun, and since being a camper is so much about learning from those who have gone before and sharing information with those to come, I'll end off with a few "tripper's tips" for those of you who might be considering your own GBC-inspired trek somewhere farther afield than highway 11.

### **Important things I learned that you may be interested to know and a few "tripper's tips"**

There are some things every camper/tripper comes to know. For example, peeing around the perimeter of your camp site can keep bears away, and it's best to avoid setting up your tent at the bottom of a steep hill during a rain storm....

that is, unless you want to wake up swimming in your sleeping bag the next morning. The following are a few tips for any fellow campers that may be hankering for an adventure of your own amidst spectacular mountains and breathtaking desert, drinking in the resplendent deep greens of the jungles or taking in the endlessly reaching agricultural hills tended to by women carrying goods mounted impossibly high atop their heads...

- If a large animal brushes up against your tent in the middle of the night, don't worry, it'll just ignore it as any other object and go around. The corollary to that is, if you're thinking of a trip to the "treasure box" hold off for a few minutes...

- Just like bears think you're as tall as the height of the branch you hold up over your head as you slowly back away from an encounter, lions also take in the "whole picture" and assume you're part of whatever vehicle you're in and therefore will not approach or become otherwise worried unless, that is, you differentiate yourself by standing up and taking flash photos. I learned this while standing up, and taking a flash photo. Fortunately, male lions are also incredible lazy and sleep 22 hours per day while the females

do all the work, save hunting. The brothers I was photographing were sound asleep. Except for that right eye that slowly opened, peered at me, and decided I wasn't worth the trouble.

- Don't worry if the hippo you've been watching on land starts to ooze a red slime - hippos spend most of their days in the water and need sun protection (the red slimy ooze) when they take their mid-afternoon land walkabouts.

- Many animals are particularly active just before sunrise and sunset. That's why many safari tours begin well before dawn. Pry open your eyes, grab some tea, and go for it! There's nothing like watching the animal world come to light/life before your eyes as the sun rises and, on the other end of the day, there's nothing like watching an elegant giraffe kneel down for an evening drink against a setting sun.

- Elephants have excellent senses of smell. Remember your sailing lessons, and stay downwind if you want to remain unnoticed on a walk through elephant country.

- Never set your tent up by the light of a vehicle or you run the risk of finding yourself settled on a septic bed covered in roaches. In this situation, never underestimate the speed with which your

husband can take down, move, and single-handedly re-setup the tent.

- You know how every blueberry bush on a clear August day should make you wonder where the nearest bear is? In that spirit, when in Africa before you dive into that crystal blue water, or jump into that muddy river to cool off, pay attention to any nearby reeds and, hum yourself the crocodile song. "She sailed away on a sunny, sunny day"....there's probably a croc winking nearby! Watch out!

- Consider holding off on your morning cup of tea pre-safari because stopping for an "emergency" in a grassy area where lions aren't necessarily visible until they stand up beside you... one... two!... three!!... four!!!! is an uncomfortable position to be in! Yikes! And, did I mention the snakes?!? Parry Sound rattlers have nothing on the snakes in Southern Africa.

Whether you're camping on the shores of Lake Bernard or further afield, always expect to make good use of your GBC camping skills, especially appreciating beauty, learning new things, and meeting new friends. Bon Voyage wherever your travels take you!

By Jo Eberhard, '82 -'89

## ALUMNI CANOE TRIP August 2-7, 2008



**standing:** Nancy (Hungerford) Titley, Jeff (Legate) Bamford, Marg Fisher, Joey (Bell) Brown, Jill (Stephens) Lavine  
**front row:** Ann (Parmley) McDougall, Kim (Durish Scott), Jill Irwin, Joanne (Taylor) Osborne

On August 2nd, we set out on our 13th annual Alumni canoe trip. This year we went east on the French River starting

and ending at Loon's Landing. We had five wonderful days paddling on a particularly beautiful part of the river, enjoying the peace and tranquility of our surroundings and camping in the wilderness.

Portaging was minimal this year, but each trip brings with it a new adventure. For the more experienced

trippers there was the thrill of shooting rapids. The less intrepid had the option of a carryover.

We were lucky to have good weather except for an unforgettable thunderstorm on the third day. Only Jill managed to get one of the tents up before the arrival of torrential rain. The rest of us weathered the storm under a ground sheet. Although thoroughly drenched, our camping spirit never wavered.

Many of us consider the Alumni Canoe Trip the highlight of our summer and some alumni have been on all 13 trips. We never tire of reliving our days at G.B.C. and renewing old friendships. We are looking forward to our next adventure!

By Nancy Titley, '48 - '62



## FAMILY WEEKEND September 5-7, 2008

This past September was my 5th family weekend as former GBC camper and now a proud alumnae. The weekend is always a special one, a short moment in time when we reunite with our camp girlfriends (my dearest and closest friends whom I met as an Adventurer/Blazer) and spend some valuable time together away from the busy lives that we all lead.



**above:** Tamara (Long) Stewart, Andrea Webb and Rhys, Caroline Stewart, Susan Kneider, Julie (Kellock) Gyorgy, Austin Gyorgy.

**top right:** Caroline Stewart on the canoe dock

For the third year in a row, Julie Gyorgy (Kellock) and I packed our two eldest children (Austin Gyorgy-6 and Caroline Stewart-5) into the Caravan late on a Friday afternoon and headed north for the long anticipated camp weekend - praying all the way that once again Joc would allow us the luxury of being princesses and a prince and put us in our weekend castle known to most as the Infirmary. As we pulled into camp (one minute early this year) we were indeed pleased to hear that once again Joc had fulfilled our cabin request.

The camp weekend is always right up there with Christmas and birthdays in our home and this year again was more

than my daughter Caroline and I could hope for.

The camp weekend allows for some wonderful mother and daughter bonding time. It also makes way for meeting new friends and reconnecting with old friends. We love seeing Joc, Megan and the GBC team as well as the usual suspects of Kim Graydon, Linda McCurdy, Cathy Anderson and their clans. This year we were giggling with delight when our mentors as CITs showed up - the GBC icons of Mary



the freedom to walk all by herself from Main Lodge to the Infirmary and from the Infirmary to the Trampoline. This was a huge step for both Mom and daughter - Caroline had taken a step towards independence and building her self confidence and Mom and Camp had given her the room to do it.

As I reflect on this moment in time standing on the Infirmary porch and watching my baby run down the path all by herself with a huge smile that freedom and independence can give, I was sad that my little girl was growing up but at that same time in awe that Camp still continues to give and instill those skills in both Caroline, age 5, and myself. Every time we go up to camp, we return to our homes that much wiser, knowing that much more about the earth, about change, a new skill such as Archery and feeling that much better about ourselves and what we can and have accomplished in this world.

This past Sunday, I asked Caroline what her favourite parts of the weekend were and she said "Rhys (Andrea Webb's son), the staff lady Cris, Snaps, the play, when we made the flag go up in the air and Mommy, the bestest was walking all by myself to the trampoline."

Thank you again Jocelyn, Megan and the GBC team for making the weekend so special. Thank you to all GBCers new and old and your families for coming to camp and sharing in the magic of GBC. We will see you next year - weekend after Labour Day!

By Tamara (Long) Stewart, '78-'86

Milne Marshall and Allison Hill.

Camp has always been a fun wonderland that allows me to reflect and grow. This year the wonder of this wee bit of heaven was even more special for Caroline. Of course we took our annual canoe ride through the reeds and even put Aunt Susie (Susan Kneider) on the slide swim dock for pictures but there were two other special highlights for Caroline:

- 1) Pulling the bow and shooting an arrow for the first time at Archery (Caroline has waited patiently for the last two years to be an Archer - thank you Snaps!).
- 2) This year, Caroline was also given



**WOMEN'S WEEKEND**  
September 12-14, 2008

What a weekend! We arrived Friday night to friendly faces and the prospect of the many fun activities that awaited us. As we gathered in Northway to



Abbey Plumb, '90-'92, climbing the wall.

catch up with old friends, we also had the chance to meet new people and hear stories of what brought everyone to the Women's Weekend. On Saturday morning we awoke to optional early-morning yoga with Juliet Swiggum, a Kripalu Yoga instructor, followed by a great breakfast. After fuelling up, some

of us headed out for a Nordic walking session with Barb Gormley, the owner of Toronto-based CustomFit Personal Training. The rain held off, and we had a great time practicing our steps around Triland field. After Nordic walking, ladies were spotted whizzing down the zipper, hanging in the high ropes course and honing their painting skills with visual artist Mary Addison. After lunch we had the chance to visit the tuck shop and purchase some popular GBC paraphernalia (or catch some much-needed rest!). Our afternoon activities

included paddling, a quick dip in the lake, and the highlight: Jazzercise with our very own Lindsay Bell! In true GBC style we sang around the campfire that evening in the Glen, then headed to Northway to mingle with our friends old and new. Sunday brought the opportunity to try a few more activities before we headed home. The weekend was action-packed, but also restful and refreshing. What a super way to enjoy time with your girlfriends!

By Wendy Nicholson, '88 - '02



Solar boat ride at the Womens's Weekend



**2009**  
**Calendar**  
**of Events**

- Period 1** • Jun. 26 - Jul. 16
- Period 2 • Jul. 18 - Aug. 7
- Alumni Canoe Trip** • Aug. 2-7
- Period 3 • Aug. 9 - 23
- Fall Family Weekend** • Sept. 11-13
- Women's Weekend • Sept. 18-20

- Two-Week Sessions:**  
(for first time campers ages 8-10)
- Period A • Jun 26-Jul 9
- Period D • Jul 25-Aug 7
- One-Week Sessions:**  
(for ages 6 & 7)
- Period B • Jul. 10-16
- Period C • Jul. 18-24

Glen Bernard Camp  
206 Lord Seaton Rd.  
Toronto, Ontario  
M2P 1K9

phone : 416•225•4166  
fax : 416•225•6036  
email : info@gbcamp.com  
website: gbcamp.com

• Glen Bernard Camp  
• 2066 South Lake Bernard Rd.  
• Sundridge, ON  
• P0A 1Z0

phone : 705•384•7062  
fax : 705•384•0155  
email : info@gbcamp.com