



Glen Bernard Camp
88th Season

The Gold & Blue.

WINTER • 2009
ALUMNI NEWSLETTER



by Kate Cowan, '97-'08

LIVING LIGHTLY

GBC received a salute from the North Bay-Mattawa Conservation Authority. On November 26 '09, GBC received the Dorothy Walford Memorial Award in recognition of significant and valuable contribution to the conservation, preservation or enhancement of the natural environment. This award was created in 1971 and named in memory of Dorothy Walford who was a local conservationist dedicated to increasing environmental consciousness.

Jim Schmidt and I accepted the award on behalf of GBC. Jim is our amazing facilities manager who directs all the construction at GBC. The Living Lightly Lab and our Earth Education program are being recognized by the community which is great. The camping industry continues to thrive even in challenging times. Demographics are changing and parent expectations change with the priorities at hand. Thank you for your support as we forge into our 89th season in 2010.

Cheers!
Joc



Joc and Jim with the
DWM environmental award.



AN EVENING WITH STUART MCLEAN AND FRIENDS



As an experienced camper, you know that the time spent at camp is a priceless opportunity. It is important to help make a camp experience possible for every child who would like to attend. The Ontario Camps Association (OCA) now has a source to assist children who need financial support in order to attend camp. Over the past three years, a group of OCA camp directors, including Joc, have volunteered their efforts to establish Kids In Camp (KIC), a registered charity to assist families to send children to one of the 300 member camps of the OCA. The goal

of KIC is to make the values of a camp experience available to kids from all backgrounds. Each year KIC will sponsor as many children as the funds raised will permit.

PLEASE KEEP THIS DATE!

On April 23, 2010 at the North York Performing Arts Centre in Toronto, an evening with Stuart McLean and friends will raise the campership funds for 2010.

Stuart McLean is a Canadian legend, a storyteller par excellence. You may be

reading his latest book, "Extreme Vinyl Café". Stuart acknowledges that it was at camp where he discovered he was a great storyteller and entertainer. The producer of Stuart's show is Jess Milton, a GBCer, camper and staff, who does a terrific job and loves her work. If you check Stuart's website <http://www.cbc.ca/vinylcafe/> you will see the extent of his production team led by Jess.

We hope many of you will attend on April 23, 2010, more information to come in the new year.



ALUMNI EVENTS 2009

THE 14th ANNUAL ALUMNI CANOE TRIP

By Marg Fisher and Ann Parmley McDougall, who have both participated in each of the 14 Alumni trips!

The 2009 Alumni Canoe Trip was unusual in that it began with a water taxi ride, with our three canoes tied on high racks. Lake Opeongo is Algonquin's largest lake and when we arrived at the drop-off the lake was whipped into waves by a north wind. Our young driver was kind enough to

show us campsites until we found our chosen perfect site. After putting up our tents we went off in our canoes to explore the lake. Overnight the winds roared above us and in the morning we opted for a relatively short paddle and an interesting hike. We later learned there had been a bear sighted right at the place we ate lunch! The next day after breakfast we set off and found another perfect campsite on our own island.

The main reason for choosing Lake Opeongo was to paddle into the

Hailstorm Creek nature preserve where we expected we might see a lot of wildlife. Some of our group paddled to the creek and spent two hours, battling the current and the wind sweeping across the marshes. We saw beaver dams, herons, a family of tiny ducks but no beavers and no moose. We eventually headed back to our lovely island with the wind at our backs. Our wonderful evening around the campfire was capped by a hike to the south of the island for a fabulous view of the rising full moon.

The next day's paddling with the wind behind us was a joy and even the suddenly darkened skies and quick downpour couldn't dampen our spirits. Our last campsite was a truly enchanting place, with a tree growing around a big rock, and a mossy forest straight out of a child's spooky picture book.

Having tried so hard to find wildlife in the creek, our chance came strangely at the Opeongo store where a huge turtle was floating right at the dock.

Each year's trip has its challenges, but overriding all these is the exhilaration of paddling, cooking and camping in the wilderness, and the wonderful camaraderie we enjoy.



Back (l to r): Nancy Hungerford Titley, Jill Stephens Lavine, Jeff Legate Bamford, Ana Berlie Front (l to r): Ann Parmley McDougall, Sarah Harrison-Cragg, Nora Corrigan Mills, Marg Fisher, Joey Bell Brown

FALL FAMILY WEEKEND

The fall family weekend is an opportunity to share the magic of GBC with family and friends. Alumni, current campers, their family and friends come for a variety of reasons; to reunite with camp friends, to introduce a daughter or sibling as a prospective GBC camper, to spend quality family time together, to enjoy the outdoors...and many more. The 2009 weekend was once again a huge success with many families

making the weekend an annual tradition! It is great to meet again each year and to create new memories. If you haven't attended the fall family weekend in the past, consider joining us September 10-12, 2010. We are always keen to welcome new people to the GBC family, and look forward to seeing both new and returning families next September!



Natalie Kim celebrates her 14th birthday zipper-style!

WOMEN'S WEEKEND

by Mary Pat Bradbury

These weekends become more popular each year. In September 2009, the 3rd women's weekend was a huge success.

Camp activities that help to build self-esteem in teenagers are equally a hit with this group of women... they want to take on the challenge of most of the high elements in the ropes course: the wall, log, swinging bridge, bosun's stairs and especially the zipper. There is time for optional interest groups in; Nordic walking with Barb Gormley, Yoga with Juliet Swiggum, art with Mary Addison, Mountain Biking with Lindsay Scott and the new weighty hula hoops made by Lesleigh Enderlein. Many of those



Alum Erin Maloughney hoola hooping.

introduced to these enjoyable pursuits advise that they continue to participate at home. The opportunity to catch the spirit continues after the intro at GBC.

The meals are great because they are prepared by someone else. The cost is reasonable. Obviously the magic of camp captures the imaginations of those who are new to it... less than 24 hours into the weekend, people were saying they would definitely be back next year. And everyone is rooting for everyone else, hurrah!

The GBC staff were appreciated and you know what? The women were so enthusiastic and game to try new things that it is a joy to be amongst this group of campers.

Please join us for the 2010 Women's Weekend September 17-19!

In August 2009, we took advantage of the extra days between the end of camp and the Labour day weekend to introduce GBC and its programs to new families, educators and the local community. We offered the opportunity for prospective campers to experience some of the activities GBC has to offer, and educators thoroughly investigated the new Living Lightly Lab and the programs related to the Ontario Ministry of Education curricula by grade. Members of the local council, media and Sundridge businesses came to see the latest developments at camp. A half page article in the Almaguin News enhanced our exposure in the surrounding communities.



The completed Living Lightly Lab solar powered and on grid



WINTER SKILLS

GBC has been a proud sponsor of the Leaside Wildcats Girls Hockey Team for 7 years! Several GBC campers and staff over the years have been and continue to be members of this great team. This year, our sponsorship helps to provide an opportunity for the team members to learn from a champion! Angela James, a Canadian ice hockey forward who played in the Central Ontario Women's Hockey League (now the National Women's Hockey League) and represented Team Canada internationally, is working on "hockey strategy" with the Wildcats! The team practices with Angela once a week, and through breakouts/3 on 2's/2 on 1's and power plays, the

players learn valuable hockey techniques and tips. Considered the first superstar of modern women's hockey, Angela scored 34 points in 20 games over four women's world championships, including 11 goals in the inaugural IIHF World Women Championships, held in Ottawa in 1992. In 2008, she, along with Cammi Granato (USA) and Geraldine Heaney(CAN), became the first women to be inducted into the International Ice Hockey Federation



Angela James (2nd from left) with GBCers Nikki Farkas (far left), Stephie Balmer (far right) and Wildcats coach Karen Pitre.

Hockey Hall of Fame. Angela was dubbed the "Wayne Gretzky of women's hockey", and is the only African-Canadian to captain a national hockey team. She is not only a great hockey player, but also an excellent role model for the team!



Leaside Wildcats improve their skills thanks to hockey superstar Angela James.



2010 Calendar of Events

- Period 1** • Jul. 1 - Jul. 21
- Period 2 • Jul. 23- Aug. 12
- Alumni Canoe Trip** • Aug. 7-12
- Period 3 • Aug. 14- 28
- Fall Family Weekend** • Sept. 10-12
- Women's Weekend • Sept. 17-19

Two-Week Sessions:

- (for first time campers ages 8-10)
- Period A • Jul. 1 - Jul 14
 - Period D • Jul 30-Aug 12

One-Week Sessions:

- (for ages 6 & 7)
- Period B • Jul. 15- 21
 - Period C • Jul. 23- 29

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