



## **HEARTBEAT May 2005**

**For most of us, camp is already under way or starting this weekend. We know that summer camp has endured as a favorite summertime option for over a hundred years, and now we know why! The American Camp Association has recently completed the largest research study of camper outcomes ever conducted in the United States. More than 5,000 families participated in the study and the news is good: Camp changes peoples' lives!**

**The outcome of the study that I am most proud of was that 92% of campers say that camp makes them feel good about themselves. Wow! What a legacy to give to people, and it shows when alumni come to visit camp. This past weekend I got to talk with a youngster who attended camp here at Montvale in 1972. He was cheered by his memories of counselors and friends he met here, and remembered their names! Thirty years from now, we would be honored to have some of our campers remember our names when they think of childhood, of summer, and of camp.**

**Best luck to all for a safe and happy summer!**

**Libby Staley**

**ACA Newsletter Chair**

**Director, YMCA Camp Montvale**

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### **Alabama Report:**

The ACA training at Camp Coleman in central Alabama has been in full swing over the last week and is just concluding at the time of the mailing of this newsletter. The sessions for Small Craft Safety, Site Managers and Horseback Instructors were the most popular and demonstrated that there is a true need for trainings offered within our section.

The Alabama Department of Health has finalized new Camp Sanitation Rules. These revised regulations contain a few changes which consist mostly of mostly clarifications and modernization of the regulations. Thank you to those of you who responded to the draft regulations and identified the

misprint in the shower to camper ratios that would have caused all of us a headache! If you have not seen these yet and would like a copy, you may request one from Heather Montgomery at [heather@dragonflyeeprograms.com](mailto:heather@dragonflyeeprograms.com).

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### **Spotlight on Program Ideas!**

Listen up!! How many times have you heard those words shouted out in frustration over a large group of campers. When that doesn't work, the voice gets louder, the tone gets strained and the frustration starts to show. No one likes to be yelled at, even if it is only to get their attention. This summer, teach your staff and campers fun attention-getting techniques so that no one loses their voice (or cool) when trying to begin announcements.

There are many neat ways to get a crowd's attention. Here are a few ideas to get you started:

-Hey - Ho: The leader says "Hey;" the group responds with "Ho." If the first round of that is not enough, the leader repeats it in a different tone (for example, in a really deep voice) and the group enjoys repeating it back in that same tone.

-If you can hear me...: In a normal speaking voice, the leader says, "If you can hear me clap once" The individuals who can hear the leader respond. Others start to notice, the leader says, "If you can hear me, clap two times." Repeat as necessary. You can vary this by replacing "clap" with any number of actions, such as: snap, jump, shout the name of your camp, etc.

-Whoop: With the campers, develop a camp "whoop" (any loud, silly sound) that the leaders use any time they want the group's attention. This is fun and since the campers helped to develop it, it will be well respected.

-Clap sequences: You can use any clap sequence that the group can consistently remember. One that works well goes to the tune of "Shave and a Hair Cut." The leader claps "Clap, clap-clap, clap, clap" and the group responds with "clap-clap" and then listens to the instructions.

Try one or more of these out and save your voice this summer!

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### **More useful information about camp outcomes:**

Camping research conducted at the four Tennessee 4-H Centers with fourth through sixth grade campers showed that the camp context alone accounted for 39.8% of the variance in life skill measures of self-responsibility, decision-making, teamwork and cooperation, communications and social interaction,

and building relationships. Clearly in the minds of the early and pre-adolescent campers, the construct of physical safety and security was paramount as evidenced by strong measures of association with four of the six life skills. Ironically, physical safety and security is one of the easier contextual features to address but also one of the most understated and often overlooked in a quest to get on with the “fun” stuff.

Findings from this research are applicable in all types of camping programs. Ask yourself how your campers would respond to the following questions at the end of a camp session:

Camp buildings and equipment were in good condition.

Campers did things at camp that might not be safe.

Strangers could easily come into camp.

Leaders stopped campers from doing dangerous things.

Camp rules were explained to campers.

Campers were told where they could and couldn't go

Camp staff and others could be easily found.

Campers were told where things were at camp.

Campers were told who they could ask for help at camp.

Camper perceptions of these items measuring physical safety and security are clearly associated with responses to life skill statements. It is important to note that the other features of emotional and moral support, supportive adult relationships, and psychological safety and support also contribute. The effect of grade and gender, although significant, is minimal. This research shows that clearly articulated and practiced structures, boundaries and expectations can make all of the difference in your camping program.

Contributed by Jill T Martz, 4-H [jmartz@utk.edu]

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**Heart of the South  
Fall Conference  
September 26<sup>th</sup> – 28<sup>th</sup>**

**“Bon Temps, Bon Mange, and Bon Amis”**  
(Good Times, Good Food, and Good Friends)  
A CALL FOR PRESENTERS AT OUR FALL 2005 Conference

The Heart of the South Fall Conference will be held at Camp Hardtner in Pollock, Louisiana on September 26<sup>th</sup> – 28<sup>th</sup>. We are looking for presenters to offer workshops at the conference.

We are looking for presentations dealing with: Day Camping, Special Needs Camps, Marketing/Development, Camp Themes, Arrival and Closing Activities, Site Management, Camp Recipes on a Budget, Keeping Your Staff Motivated, Inexpensive Equipment Ideas, and Internet Marketing.

If you want to present and don't see your topic here, then fill out the call for papers and we will have a look! We know that there are many qualified speakers in our membership and we want to hear from you!

**Heart of the South**  
**CALL FOR PRESENTERS 2005 FALL CONFERENCE**  
**September 26<sup>th</sup> – 28<sup>th</sup>.**

Please complete this and email it to: [info@heartcamp.com](mailto:info@heartcamp.com) or fax it to 337-233-8437 as soon as possible.

**Deadline for call applications is August 15<sup>th</sup>.**

Our conference committee is seeking dynamic presenters for our fall conference. Topics should fall under the following areas: Professional Development, Day Camping, Site Management, Program Development, Special Needs Camp, Fun Camp Ideas, Marketing, Funds Development or Funds Development.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City : \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

Best time to reach you: \_\_\_ Daytime \_\_\_ Evening

Email: \_\_\_\_\_

Presentation Title: \_\_\_\_\_

Requested session/activity proposed: \_\_\_ 1 hour 15 minutes \_\_\_ 2 ½ hours

Brief Description of Presentation: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



Elected officers are elected for a three-year term.

- 1) SECTION TREASURER: General responsibilities: receive and dispense Section funds according to Section Policies, report financial activity to the Board of Directors on a regular basis, maintain a bookkeeping system approved by the Board and give general oversight to all of financial matters related to the Section Board. General Qualifications: Member of ACA, competency in managing funds, elementary bookkeeping skills
  
- 2) CHAIR FOR NOMINATIONS AND AWARDS: General responsibilities: Chair the Nominations and Awards Committee, oversee and give direction to the selection of nominees for elected Section officers and the Awards Program, manage the Section Elections, assist Section President in identifying persons for appointed Board positions, promote nomination of members from the Heart of the South Section for National ACA officer and awards and report on a regular basis to the Section Board. General Qualifications: Member of ACA and knowledge of the American Camp Association Heart of the South members.

You are an important part of our organization and we need your help in three ways:

- 1) Use the enclosed form to suggest names for these two elected positions. Upon receipt of your suggestion, the individual will be contacted and given the opportunity to prepare a brief information sheet that will help the Nominations Committee select persons the names to be presented on a ballot to the membership for election.
- 2) There is also a form to suggest names of persons for a "Leadership Pool". You are encouraged to give us names of persons whom you think would make good leaders in the Heart of the South Section. Please consider turning in your own name if you have special interests in a specific area.
- 3) The third thing in the newsletter is the form for nomination for a Section Award. All of the information you need is on the form.

Please note the DUE DATE on these forms.

Ted Witt,  
Chair Nominations Award Committee

**Suggestion for Heart of the South Section Officer**

For the office of: \_\_\_ Treasurer

\_\_\_ Nominations and Awards Committee Chair

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Work Telephone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Current Employed Position: \_\_\_\_\_

Description of nominee or why you feel the nominee would be suitable for this position (also include any previous experiences/responsibilities). Attach an additional sheet if necessary.

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Nominated by: \_\_\_\_\_ \*Consent secured? \_\_\_ Yes \_\_\_ No

- Consent secured means that you have discussed the nomination with the nominee and the person has agreed to submit their name to the nominating committee for possible selection for a Heart of the South board position.

A nomination form is to be completed for each suggested person. Make additional forms by use of a copier or provide the appropriate information. Since the information is used for screening final ballot nominations, **give as much helpful information as possible.**

**Mail form by 15 April to:**

**Ted Witt ~ 2484 Highland Lane ~ Crossville, TN 38555-1468 ~ [tedwitt@u-c.net](mailto:tedwitt@u-c.net)**

# HEART OF THE SOUTH LEADERSHIP POOL

The Heart of the South Section is now developing a “pool” of persons who are interested and qualified to serve in a variety of elected, appointed volunteer positions within the Section.

## Elected positions are:

\_\_\_\_ President  
each state)

Louisiana,

\_\_\_\_ First Vice-President for Membership

\_\_\_\_ Second Vice-President for Program and Education

\_\_\_\_ Secretary

\_\_\_\_ Treasurer  
Chair

\_\_\_\_ Nominations and Awards Chair

## Appointed positions are:

\_\_\_\_ District Chair (one from

Alabama, Arkansas, Kentucky,

Mississippi, Tennessee

\_\_\_\_ Standards Chair

\_\_\_\_ Newsletter/ PR Chair

\_\_\_\_ Complaints Resolution

\_\_\_\_ Legislation Chair

\_\_\_\_ Fund Raising Chair

## Other possible Section Responsibilities include:

Committee Member:

\_\_\_\_ Program/Education Committee

\_\_\_\_ Nominations and Awards Committee

\_\_\_\_ Standards Committee  
Educational Events

\_\_\_\_ Assisting with Sections Conferences and

Please check the areas above in which you would be willing to take some responsibilities in the Heart of the South Section. Complete the information below and follow the mailing instructions. If you want to suggest the name of more than one person, duplicate the form and provide a separate sheet for each individual.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

E-mail address  
\_\_\_\_\_

Day time phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Mail to: Ted Witt ~ 2484 Highland Lane ~ Crossville, TN 38555-1468 ~ [tedwitt@u-c.net](mailto:tedwitt@u-c.net)