

# HEARTBEAT

News from  
ACA, Heart of the South

Thursday, August 31, 2006

Volume 1, Issue 2



## THE DIRECTION ARROW news from the board

Our Board does not have anything to report at this time...

The main thing that everyone needs to know about is that we are having a conference in Richard, LA (french-ReeChard)

This is that main thing that everyone needs to know about...

We also have Awards that we are seeking and we need new professional members to join our section.

Think about the strength

that we would have in new members from our section... Please contact the following professionals for us and recommend that they become a member of Heart of the South.

- ✍ University programs that call themselves "Camps" but they are really day camps or clinics.
- ✍ Retired Camp Professionals.
- ✍ Business Leaders in the community who volunteer with youth groups or Senior Citizen Camp Programs.
- ✍ Finally, any media contacts in your local home town.

We would like to build up a database of contacts...

Finally,

The Board is taking nominations for president and We are looking for a President-Elect and for a 2nd Vice President for Education. We are also looking for committee members for all board committees.

If you know of anyone with any interest at all in volunteering in our section, please nominate them or contact Andy or myself.

## ORIENTING announcements throughout the south

✍ Nov. 1-3 '06 HOS '06 Professional Conf. ABC Camp \* Richard, LA .

### IMPORTANT NEWS....

✍ MINI-GRANTS – to camps offering certified training events geared toward summer staff and volunteers. More info to follow on website...

✍ HOS is accepting nominations for President Elect, Second Vice President for Program & Education, Council of Delegates and a volunteer leadership pool.

✍ Several Awards are available from Heart of the South to recognize your

camp staff, parents and campers.

### CONTACT:

Andy Sigmon Director  
The Cathedral Domain  
Camp and Conf. Cntr.  
800 Highway 1746  
Irvine, KY 40336  
Phone: (606) 464- 8254  
Fax: (606) 464 - 0759

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## Board Feature

### DISTRICT CHAIRS

TN Jill Martz  
jmartz@utk.edu

AL Heather Montgomery  
Heather@dragonflyeepgrams.com

KY Tecla Helmbrecht Howard  
kampkessa@direcway.com

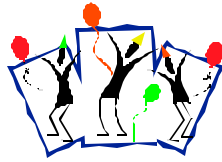
LA Gretchen Varnell  
newsletter@acaheartofthesouth.org

We are seeking reps from AR & MS. Please contact Wanda DeWaard if you are interested in serving your section.

## AXIS news from the Districts

MARK YOUR CALENDAR  
FOR THE NEXT  
HEART OF THE SOUTH  
CONFERENCE  
NOVEMBER 1ST—3RD IN  
RICHARD, LOUISIANA!  
JOIN US FOR "BON TEMPS, BON  
AMIS ET BON MANGE"  
-GOOD TIMES, GOOD FRIENDS  
AND GOOD FOOD

There will also be an additional edu-



For any other questions  
please contact Susannah  
Craig at 337-233-8437 or  
susannahcraig@bellsouth.net

cational and Cul-  
tural event on Sat-  
urday the 4th! Back  
by **POPULAR DE-  
MAND** this year is  
the **MAINTE-  
NANCE WORK-  
SHOP**

for site and mainte-  
nance directors!

Other workshops will include Grant  
Writing, Supervising Programs, Mar-  
keting, Teambuilding, Partnering with

the Community, Cajun Cooking and  
Culture, ACA, and More!  
If you are interested in presenting  
(and getting your registration free!)  
Please contact Heather Montgomery  
at sipsey21@hotmail.com.

Register Early for the Heart of the  
South Conference and be ready to  
"Let the Good Times Roll" or as we  
say here in the bayou "Laissez Les  
Bon Temps Roulez!"

We hope to see you soon chat!

## LONGITUDE news from the Membership Committee

WE NEED MEMBERS... to help us  
and be active....

We are aware of the downsizing of  
members in the region and with  
other non-profits in the nation...  
This is no hidden fact; however, if  
we are able to get mom's, dad's,  
staff, and business affiliates more  
involved with our section, I am sure  
that we can really be a power

house of the camping industry and  
we will be able to have a resource  
of people to help us with every  
event that we want to host.

Young Professionals—Maybe we  
can do something special for you if  
you are out of school, maybe we  
can help you in this industry.

Members — One person can make  
a difference but a lone ranger is...

Being a member  
of a group is one  
who is  
committed to  
the values of the  
organization and  
finds worth in  
its service to its  
members...

gav

well alone. So  
get your phone in  
hand and text  
everyone you  
know... email  
your parents,  
your business  
friends... give us  
leads, we will  
give you leaders.

## IN THE ZONE news from the Education/Program Committee

What do you know about Camp?

What is your area  
of expertise?

Where do you  
shine? What can  
you tell us

about? If you can answer any one  
of those questions, you can write a  
proposal for a presentation at our  
fall conference. Doing a presenta-  
tion at the conference (to be held



near Lafayette, LA November 1-3)  
is not hard; your colleagues won't  
bite; and, you might just have  
some fun. Besides, if your pro-  
posal is selected, you'll get FREE  
registration to the conference.

But you'll have to hurry, proposals  
are due September 15th. Do the  
right thing. Proposal forms can be  
found at

<http://www.acaheartofthesouth.org/>

Share your knowledge with oth-  
ers. Get your proposal in now!

Heather L. Montgomery  
DragonFly Environmental Edu-  
cation Programs Helping You  
Bring People Closer to Nature  
[www.dragonflyeepgrams.com](http://www.dragonflyeepgrams.com)  
256-426-5871

## VIEWPOINT news from the Public Relations Committee

Communication...

It is always a challenging thing... we mean one thing and say another...

St. Francis heard God say. "Build my church...

but he meant bring the people into the church... not fix the ceiling... bottom line.... What are we actually saying...

We hope this Newsletter is quite direct. We need members, We



need you to come to the conference and share your thoughts and Ideas... hey, human beings were never meant to just be in solitude 24/7... so put the car in drive and forge ahead with a new vision, a new plan...

Maybe you have had one of the worst years of your camping profession or maybe you, like me have had one of the best personal growth years ever.... It never

ceases to amaze me, young people are challenging, needy, loving and like us professionals.... Desire the best... go after the best... SO.

Tell us what you want... your wildest dreams as a professional... If you had your best camp... what would it be... send me your comments and stories at gvarnell@woodmen.com.

## LATITUDE news from the Standards Committee

There is no news from the standards Committee; however, I will share some personal reflections on this topic....

This year, I went through the standards review the last week of our camping season.... Some of you may say... UGH... the last week!!!

The week that staff get lazy and kids go wild.... UGH...

Well, this was a really great time... I had may paperwork in and really everything was good.... I kept making my staff think about procedures and asked them questions in the standards manual... The best thing about this week.... Staff were themselves. Some were confident... Some were

nervous.... But overall... it was good... Start working on those 07 changes now!!... It will save some anxiety... I, personally, am excited & happy (excited & happy) the whole change. you can download the standards at [www.acacamps.org](http://www.acacamps.org)

The number 1 reason why camps are members of ACA is because of STANDARDS.  
SOURCE: 2003 HOS SURVEY

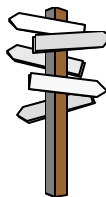
## DESTINATION news from Awards & Nominations Committee

**CALL FOR NOMINATIONS:** We are calling for the following...

1. President-Elect.
2. 2<sup>nd</sup> Vice-President for Program and Education.
3. Council Of Delegates for The National Conference.

Please contact Andy for more information and also, check the web site.

Well, the summer is coming to an end. All of your hard work to make camp a



**SEND US IN YOUR DIRECTION.....**

success is hopefully slowing down a little so that you might relax, assess your efforts, make some initial plans for follow-up and take time to consider opportunities for you or others you know to be involved as a leader in our section of ACA!

Take a few minutes to consider placing yourself or others you know up for nomination to a board or committee position. We are looking for a President-Elect and for a 2nd Vice President for Education. We are also looking

for committee members for all board committees. If you enjoy working with other camp professionals to create opportunities for our members, please apply.

We simply cannot do it without you! If you cannot give the time, consider someone on your staff who would benefit from the experience and bring new ideas and skills back to your organization! Besides, it really is fun to be part of the section leadership!

# HEARTBEAT

News from  
ACA, Heart of the South

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www.acaheartofthesouth.org/](http://www.acaheartofthesouth.org/)

## LODESTONE the Professional's Corner

Now that camp is over,  
Take a personal retreat... do  
something that you have never  
done before and realize that words  
may bite or inspire but what differ-  
ence has it made in us as individu-  
als... "We can work it out..."

So how was camp for you person-  
ally this year? Were you inspired,  
saddened or had the best personal  
time of your life... I for one had a  
personal best... My nurse prac-  
tioner, whom I so admire, put me  
on the Stop Light Low Glycemic  
Diet. By the end of the summer, I

lost a tremendous amount of  
weight... a dress size and 1/2. I  
am still keeping it off but now that  
the 1st hurdle has been crossed, I  
plan to continue the trend.

As Camp Professionals, our health  
and wellness needs to be always  
addressed. If you live at camp... it  
could be difficult to work at camp.  
Once the kids leave, it is quiet.  
Although the rental groups come  
in, it is quite not the same... right?  
So get out into the community or  
better yet, take the unex-  
pected retreat to a spa re-

sort! The Travel Channel had a  
great program on that.

I also got to know some of my  
staff as human beings. We really  
enjoyed our time together and I  
feel like a parent  
with empty nest  
syndrome...

Now is a good  
time to take re-  
flect and rejuve-  
nate!



Coffee, Good Wine, Good Food, Good Friends...