

# Heartbeat

## News from ACA Heart of the South

Summer 2007

### Fall Conference:

#### Presenters Wanted

We hope you are all having a great summer. Even though it is a busy time, we would like to ask all of you to think ahead to the November 2007 Conference.

This year, the conference theme is Summer Camp: It's a Natural. The C.A. Vines 4-H Center in Arkansas will be hosting this year. Please mark your calendars for November 12-14 and join us for some fun.

The program committee is accepting presenter proposals. We would like to have a lot of outdoor education workshops this year. So put on your thinking caps and pass those "Call for Presenter" sheets out to the people that would do a great job introducing camp folks to outdoor education ideas.

Requested topics include: Dealing with Tough Issues (bedwetting, etc.); Rainy Day Activities; Riflery Programming; Dispensing Medications; Staff Training; Portable Ropes Courses; Pros and Cons of Activities; Statute of Limitations; Organization of Legal Documentation; Environmental Outdoor Education; Maintenance Workshops; Behavioral Management; and Staff Competency Awareness.

The Conference is not limited to these topics--they are just a few suggestions. Anything that you find helpful or interesting is likely to be of benefit to the rest of us.

If your proposal is selected, the Section will pay for your conference registration fee! The deadline for proposals is August 15, 2007.

For additional information, contact Beth McCandless at [bmccandless@ymcabham.org](mailto:bmccandless@ymcabham.org) or (205)540-0030.

#### Final Standards Update Ready

The final update of the new standards has been posted on the ACA website. It is ready for download in PDF at <http://www.acacamps.org/accreditation/hyes.php>. Each standard is on its own page, so you can print it and add it to your Accreditation Process Guide. Make sure to add

these updates so that you will be ready when the time comes.

The new standards have caused a lot of questions about prior visits and what camps should be using as their accreditation guidelines. Remember that all camps should be working on meeting the new standards; however, your camp's current accreditation is based on the standards on which you were visited. You will not be held to the new standards until you are visited with those standards.

There are some standards that read so that you should be doing them every year. As the years go by, visitors expect to see documentation on these standards that support your annual requirements. (Since this is the first year for some such standards, it is understood that you would not have previous documentation. Examples are SF-3, SF-12, and HW-3. When your camp is visited under the new standards the second time, you will be expected to show this documentation as it relates to annual compliance.)

If you have any questions concerning Standards and Visits, contact Jenny Jones, our HOS Standards Chair at (662)844-7577 or at [shine@girlscoutsnems.org](mailto:shine@girlscoutsnems.org).

### Nominations Needed for Board Members; Camp Awards

Once again, Nominations and Awards is asking for people to volunteer their services to the section. Currently, the Heart of the South section has less than 10% of the members actively participating in section affairs. Wouldn't it be great if that number could increase to 75%? Letters concerning nominations were sent out in May to fill three board positions this fall. The positions are: 1st Vice President for Recruitment and Retention, Secretary, and Newsletter Editor. Andy Sigmon, Chair of Nominations and Awards, personally encourages you to get involved in section leadership. Being involved is the best way to make sure things get done.

Another "fun" project is Camp Awards. Haven't you always wondered how to reward that special staff member or that camp parent that always goes the extra mile for your camp? These and other awards are available for entry on the Section's website. Just fill out and return the form for all those who you would like to nominate. The forms are due September 1.

### Partnering against Nature Deficit Disorder

The American Camp Association and the Children & Nature Network (C&NN) are collaborating to help you connect with children and the outdoors at your camp and beyond. You can take the Nature Pledge by clicking on the "Green Spoken Here" link on the ACA website. The pledge is available in PDF to print and sign. You are also encouraged to print copies to send home with campers.

The Children and Nature Network is dedicated to the archival of articles pertaining to environmental and nature education issues. It also offers practical advice for anyone involved in leading children and youth outdoors. The web address is [www.cnaturenet.org](http://www.cnaturenet.org). The inspiration for this project comes from Richard Louv's book, [Last Child in the Woods: Saving our Children from Nature Deficit Disorder](#). If you haven't picked up a copy of this book, you are encouraged to do so.

## FAAN

In today's times, it seems that there are initials for everything we see or do, but these are some that I think will interest you. A few years ago, I attended a Food Allergy & Anaphylaxis Network workshop and had no idea what I really didn't know.

Whether you are a cabin counselor, lifeguard, camp nurse, or cook, you are going to be responsible for the overall well-being of campers coming to camp. An estimated 10 to 12 million children in the United States suffer from allergies.

Most allergies can be controlled with medications. However, there is no cure or preventative medications available for allergies to food--strict avoidance is the only way to prevent an allergic reaction. Further, an allergic reaction to foods or to stinging insects can lead to a severe, potentially life threatening response called anaphylaxis.

For more information and excellent resource materials, go to [www.foodallergy.org](http://www.foodallergy.org).

--Becky Everitt

The following is a recipe from FAAN. It is Milk-free, Egg-free, Wheat-free, Peanut-free, and Nut-free.

### Southwest Scrambled Breakfast

2 T oil  
1 green onion, finely chopped (opt.)  
1 tomato, chopped (opt.)  
1 bell pepper, finely chopped (opt.)  
1 box tofu, drained  
dash of tumeric, if desired (gives mixture a yellowish color)  
1/2 t garlic powder  
1 T low sodium soy sauce  
1 c corn  
Salsa

Heat oil in medium skillet. Add vegetables and cook until tender but crisp. Add tofu, breaking it up into chunks (it may get quite crumbly; this is okay). Add tumeric, garlic powder, soy sauce, and corn. Stir until seasonings are well distributed. Cook over medium heat until tofu is hot. Serve with salsa.

Dear Friends,

As many of you may have heard, Pat and Tony Gunter are having some rocky times right now. Pat has been diagnosed with breast cancer and is now in the stages of her chemo and radiation treatments. If you have a spare minute, please drop her a card and keep them in your prayers during this trying time. Both have spent a great deal of time volunteering for our section.

The address is: Pat Gunter  
PO Box 423

Boaz, AL 35957

### And Now...A word from our President

Greetings to Happy Campers:

Most of us are up to our necks at this time with the smiling faces of happy campers. As I read the current issue of Camping Magazine, I am happy to see all those special people who received recognition for the work they are doing with their programs.

All of you camp directors, program directors, cooks, lifeguards, maintenance staff, and every one else who makes our camps and programs successful, deserve a special award every day for your devotion and commitment to making a difference in the lives of young people. The most valuable assets than any camp has are the people who begin each day with the determination that they are going to touch the life of a camper. Thanks to all of you out there for doing such a great job.

I know that you are as excited as I am about the national ACA conference being held in Nashville next February. We have several folks in our section working with the project now. We will all be called on as the time nears to help with many of the details in making it a huge success. Please help out by responding when you get the opportunity to volunteer.

Have a great and safe rest of the summer and we will see you in Little Rock in November.

--Terry Everitt

HOS Section President

### Some Final Thoughts

"We may misunderstand, but we do not misexperience."

--Vine Deloria, Jr.

"You can count how many seeds are in the apple, but not how many apples are in the seed."

--Ken Kersey

"Everybody needs beauty as wells as bread, places to play in and pray in, where nature may heal and cheer and give strength to body and soul alike."

--John Muir