



A nonprofit corporation

# THE BIRCH BARK

Autumn 2018

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Rich Deering '73, Alumni & Community Director • Michael Mattson '83, Camp Director

## THE ALUMNI NEWSLETTER OF BIRCH ROCK CAMP

### REFLECTIONS FROM THE ROCK

*By Rich Deering*

*Alumni & Community Director '73 –*

The start of the fall season has officially launched and what we call the “off season” at Birch Rock Camp is well underway. The 2018 Camp season has ended; our new school/work season is moving forward. We’ve returned to our lives out in the world, enriched by our summer experiences on Lake McWain.

I’m mindful that for Birch Rock campers, the awesome opportunity to separate from your “off season” world and join the collaborative, unplugged, natural and nurturing community of Birch Rock is truly a gift! No parents. No phones. No screens. No social media. No technological distractions! Camp life is a time for quality sleep. Social discourse. Embracing change. Welcoming new adventures and cultures and viewpoints. Sheer fun! At Birch Rock, our goal is to help young gentlemen learn how to take responsibility for their own lives, try new things, and help them to have a deeper respect for others, the natural world and themselves. Our camp inspires a unique kind of lifelong learning.

My hope is that we all respectfully share a few of these important benefits of the Birch Rock experience with others. Let’s remember to emulate our living legend Dave Weeks by showing integrity, empathy, and the will to create positive change in the world. We are Birch Rockers!

### Follow Us!



[vimeo.com/BirchRockCamp](http://vimeo.com/BirchRockCamp) @Birch\_Rock\_Camp

Instagram



@ www.facebook.com/BirchRockCamp



*Ted, Noah, Peter, Eli and Rosie*

### THE FOSS FAMILY AT BIRCH ROCK

*By Senior Camper Eli Foss Protas*

Since the summer of 1951, my family has spent more time at Birch Rock than just about anywhere else. Of course, this is no accident, since when my grandfather Peter Foss first arrived at camp he was hooked. So hooked in fact that he decided to send his son Ted to Lake McWain in 1980 and his grandsons when the time came in 2013. Birch Rock is the kind of place that was as important to my grandfather’s childhood as it has been to my brother’s and mine two generations later.

My grandfather’s Birch Rock experience, so relevant to why I return year after year, echoes the values I’ve seen around me at camp every summer. At 77, he recalls the smiling faces of the staff and counselors, and the lessons they worked so hard to teach him. Of the general atmosphere, he recollects, “So much activity, comings and goings, and learning to appreciate the

outdoors and fellow campers.” Similarly, the exceptional kindness of the adults has not been forgotten. Gramp shares, “I also remember Albert, the chef, who would greet me at every meal.” These memories ring true for how Birch Rock strives to be in the present, as they continue to give boys an unfailing foundation of empathy and gentlemanliness. Were it not for his many fond memories of all Birch Rock did for him, my grandfather might never have considered it the perfect place for me to spend my summers, and I would never have been embraced by the warm community that has taught me so much.

When I was first introduced to the idea of Birch Rock, all I knew about it was that it was a camp in Maine with water activities and that my grandfather had gone there. As a 10-year-old kid though, that was about as cool as it got. I still remember the moments when I first arrived at camp: taking a right at the Birch Rock sign with its red flowers, seeing kids playing

*Continued on Page 2*

*Foss Family...*

*Continued from Page 1*

basketball on the court, craning my neck out as we pulled down the steep driveway. I soon found out just how welcoming Birch Rock was, and still is, to everyone joining the tight-knit community. Even at the time, my perceived family connection to the camp already made me feel more at home in my first weeks, and gave me pride for the visible history in the plaques on the walls of the Lodge. Being comfortable at Birch Rock opened up my summers, allowing me to stretch myself and try new activities. Every time I swim in the lake, I remember both the unfortunate Relay Friday of my first year that left me hyperventilating on the catwalks, and the incomparable feeling of walking through the tunnel of outstretched arms after finishing my Whale. When my brother Noah followed in my footsteps, he enjoyed camp as much as I did (though in different ways), and still identifies strongly with our family legacy. Noah and I have each attended Birch Rock for five summers, and hope to still be there when our younger cousins, Miles and Wyeth, come in a few years. Sharing Birch Rock with our grandfather and each other has been incredibly important to us, and we both feel very blessed to have camp in our lives.

Though both Noah and I have had treasured experiences at camp — training for Junior Maine Guide and winning the Frisbee Masters — some of our best moments have been shared with Gramp. Each year, he faithfully accompanies us to camp, snapping mandatory photos by our cabins and walking around the up and down hilly campus. Standing by Gramp at the Birch Rock and pointing out his plaques to him mean a lot to both him and us, and cement the pride we all feel about camp. Next year, I plan on walking with him around our many paths, and showing him my Whale plaque from the summer of 2018, on which I specifically asked to have my middle name and his last name, Foss, included. As much as it was

a personal accomplishment, the big swim was something I could only do because of the deep-seated love my grandfather, my great uncle, and my uncle all found at Birch Rock, and passed on to Noah and me. In that sense, we are always adding to the Foss legacy at Birch Rock, a place we've been fortunate enough to call our summer home. May I be lucky enough to walk the time-honored Birch Rock paths with my grandsons someday.



*Eli & Noah Protas*

## A TASTE OF GOOD OLDE BRC COOKING FROM CHEF JON'S KITCHEN *A Camp Favorite!*

### Seafood Chowder

Makes approximately one gallon

3-4 potatoes – peeled & partially boiled

2 medium onions, 2 celery ribs, 1 medium carrot – sauté until tender and set aside

In a 2 gallon pot – make a roux by melting 8 oz of butter and adding 8 oz of flour, stirring constantly – cook slightly

To the roux add sautéed veggies, then add 1 qt strong fish stock or clam juice (can substitute chicken broth) then slowly add 2-3 qts of milk, stirring constantly

Add potatoes & fish fillets – cod and or haddock – continue to cook, stirring occasionally until fish starts to flake and fall apart

Then add any shellfish if you wish (clams, scallops, shrimp, Maine lobster...)

Season with salt & pepper to taste

Nutmeg, thyme, dill and cayenne may also be added

Heat and Eat!

## WISH LIST

BRC appreciates your contributions to the camp community. Some items we wish for are:

Framed Backpacks (\$100 each)

Tennis & Baseballs (\$100)

Outdoor Basketballs (\$25 each)

Windsurfers

3 to 4 Man Tents (\$250)

Kayak Paddles (\$50 per)

Bike Tools and Repair (\$200)

Art & Nature Supplies

Used Pick-Up Truck

New 2-Way Radio (\$250 each)

2 Nova Rig Pack Windsurfers (\$800 each)

2 Techno 148 Windsurfers (\$1200 each)

Generator for Lodge

Powerheart AED (\$1500)

*Birch Rock Camp is a 501c3 nonprofit corporation. All donations received are tax-deductible.*

Please contact us at [birchrock@birchrock.org](mailto:birchrock@birchrock.org) if you might be able to accommodate any of those wishes.

**BIRCH ROCK CAMP ACCEPTS  
VISA/MASTERCARD**

*Thank you!*



## BIRCH ROCK CHEERS TO OUR NEWEST WHALES!!!

Throughout the summer eleven Birch Rockers conquered the challenge of the five mile swim around the lake. Completing this tremendous feat this summer: **Cole Davin, Caleb Davis, Will Madden, Eli Protas, Sam Rotman, Nathan Shatz, Abe Tolkoff, Eric Traub, Gus Tringale, Gus Von Vogt and Jake Zucker**. A special congrats to Cole Davin for being only the second swimmer in Birch Rock history to break the two hour mark and set a new Whale record of 1:52.



*Cole Davin*

## TWELVE CAMPERS ACCEPT CHALLENGE OF THE ANNUAL TRIATHLON

The Birch Rock Triathlon is a half mile swim across the lake, followed by a five mile bike around to Fresh Eye Farm, and finished off by a mile run back to the finish line at camp. On a particularly windy morning this summer, twelve competitors accepted the challenge of the swim, bike and run competition. The Triathlon's highly competitive field included **Cole Davin, Cooper Durcan, Gus Tringale, Abe Tolkoff, Jake Zucker, Sam Cluggish, Sam Rotman, Eric Traub, Eyob Gil, Quinn Castelli, Evan Ward and Sam King**. Cole Davin took overall first place with a strong first place time in the swim portion and a third fastest bike portion. Cooper Durcan finished second overall by completing the swim in the second fastest time and having the fastest run. Gus Tringale took third place in part by putting in an excellent fastest bike time.



## TEN COMPLETE MAINE WILDERNESS ADVENTURE PROGRAM

With unprecedented interest in our Maine Wilderness Adventure trip, ten young gentlemen were selected for this summer. With two fantastic leaders in Brian Farley and Rebekah Holbrook, the Maine Wilderness Adventure trip was an outstanding success. The three week trip included hiking the Mahoosuc Range & Mt. Katahdin, canoeing on the St. Croix River, whitewater rafting the Kennebec River, sea kayaking off the coast of Maine in Jonesport and wrapping up with rock climbing in Acadia National Park. Congratulations to **Joe Bison, Cooper Durcan, Owen Ebert, Jonah Keates, Leo Koerner, James Neville, John Nicholson, Gonzo Perez, Eitan Sengupta and Theo Tringale**.



## EIGHT OUTSTANDING BIRCH ROCKERS COMPLETE COUNSELOR-IN-TRAINING PROGRAM

Under the direction of Zach Lashley, eight fine young gentlemen completed the BRC leadership program. We salute their hard work and determination this summer. Congrats to **Seth Brewster, Andrew Chingos, David Colasin, Jack Flynn, Jeffrey Naipier-Kane, Matt Schwind, Nathan Stefanon and Matt Straut**.



## ERIK JOELSSON CELEBRATES 20 SEASONS AT BIRCH ROCK

The man “behind the curtain” who is responsible for the programming, coordination and staffing of each day was honored by the BRC Community at end of the 2018 season. An avid skier and outdoor enthusiast, Erik conquers the mountains and maintains the safety and certification of our camp staff as our primary American Red Cross Lifeguard Instructor and First Aid Trainer. Since 2015, Erik has been an active American Camp Association Standard Accreditation Visitor for all Maine camps.



## FOUR CANDIDATES PARTICIPATE IN THE JUNIOR MAINE GUIDE PROGRAM

Led by counselor Ed Stafford, four Birch Rock candidates headed to the Junior Maine Guide testing camp at the Stephens Phillips Preserve in Oquossoc, Maine. **Caleb Hofmann, Jeffrey Napier-Kane, David Colasin** and **Noah Protas** spent five days undergoing testing on their axemanship, canoeing skills, shelter building and encampment skills, cooking and fire building skills (among many other tasks). David Colasin passed for certification, this being his second attempt at the notoriously difficult and rigorous standards of the Junior Maine Guide program.



## DECADE CLUB ADDS SIX MORE

The Birch Rock Community was proud to honor **Caleb Davis, Peter Brewster, Jack Duggan, Kyle Perkins, Edward Stafford** and **Doug Miller** for 10 years at Birch Rock Camp. Director Rich



Deering honored each of these dedicated gentlemen separately with his own day of tributes and testimonials, followed by

a bestowing of the coveted BRC Decade Club vest.

**Caleb Davis** becomes the first camper in BRC history to be honored.



*Caleb Davis*



## JUNIOR MAINE GUIDE PROGRAM

The Junior Maine Guide Program is a legendary wilderness camping skills program designed to foster rewarding, enjoyable and healthy outdoor living experiences for youth ages 9 – 18. Its progressive curriculum of 15+ skillsets is aimed at teaching campers to be self-reliant and resourceful, and respectful stewards of the environment – particularly in the great state of Maine.

JMGs learn how to take a lead role in planning safe, fun and leave-no-trace wilderness trips. Participants master vital skills including axemanship, canoeing, shelter and fire building, map making and orienteering, equipment planning, food preparation, first aid, tree identification, wilderness regulations and more.

Offered by various Maine summer camps, the JMG certification program of well-established outdoor leadership skills can lay the groundwork for later training and certification for a Maine Trip Leader permit. Birch Rockers love the program and excel in it each year.



## BIRCH ROCK PROGRAMS

Which exciting Birch Rock program might work for your son and his friends? Also, please let us know of a potential Birch Rocker in your area...

### BOYS Residential Camp 2019

<i>Session</i>	<i>Tuition</i>	<i>Start Date</i>	<i>End Date</i>	<i>Length of Stay</i>
Full Session	\$8,700	June 23	August 10	49 days
First Session	\$7,100	June 23	July 20	28 days
Second Session	\$5,900	July 21	August 10	21 days
MWA (age 14 older)	\$5,900	July 21	August 10	21 days
C.I.T. (age 16)	\$2,500	June 19	August 10	53 days

### Cubs Camp Programs for NEW campers ages 7-12

Cubs Camp I	\$4,000	June 23	July 6	14 days
Cubs Camp II	\$4,000	July 7	July 20	14 days
Cubs Camp III	\$4,000	July 21	August 3	14 days



### FAMILY CAMP 2019

Birch Rock's Family Camp gives busy families the chance to have fun in the Maine woods on McWain Pond. This program can be a first exposure for a boy to Birch Rock, in preparation for attending the Boys Camp the following summer. It's also a time for parents to relive their fond experiences as campers, and rediscover their enthusiasm for lifelong learning. Most of all, Birch Rock Family Camp is a time to relax and enjoy!

Family Camp is perfect for all ages to enjoy old-fashioned camp life in group activities or just do one's own thing! Each family member may sign up for daily activities which are facilitated by Birch Rock's talented staff. This program is offered in **August 15 – 19th**, with flexible days of attendance.



*For more information on these programs, please visit our website:  
www.birchrock.org or contact the winter office @ (207) 741-2930.*

## A NEW STAFF CABIN: SEMANAS – IN HONOR OF DAVID C. WEEKS

By Sebastian Tringale

It was a fitting tribute to a living legend. On the most perfect summer camp day, the afternoon of July 28th, Birch Rockers spanning 50 years stood on tender grass sloping up to a stately new cabin. Then, they began speaking.



David and Sebastian

Dave Weeks' colleagues from Hub Burton to Rich Deering to Seth Brewster stood up and spoke about the power and importance of Dave's service and his unparalleled qualities. Everyone gathered there recognized Dave as a leading contributor to the BRC community that pours knowledge, spirit, and confidence into developing boys. Finally Dave spoke, and with his kind smile and warm tone, he reminded us how far you can go just by remembering to look up, laugh, love, and lift.



Nick Musicano, David Weeks and Erik Joelsson

At last it was time to reveal the name of the cabin honoring Dave's legacy. Matt Rotman, the craftsman of the new plaque, pulled the drop-cloth away to reveal the name of the cabin – "SEMANAS" which is Spanish for "weeks." Dave's old camp nickname Semanas highlights how his identity is rooted in education and sharing across all boundaries and cultures.

After rousing Birch Rock cheers, everyone had an opportunity to congratulate Dave and see the inside of Semanas. Dave's message to me that day: "Never forget to constantly give of yourself." That Saturday afternoon we reflected not just on Dave's past accomplishments, but also on his enduring vision and wisdom that will shape the lives of staff and campers for years to come.



## OUTING CLUB - A FORAY IN THE FOLIAGE

The 2nd annual fall hike of the Birch Rock Outing Club was another great success. This fall's destination was the Percival-Morgan Loop Trail. This 5.2 mile hike covered two 2200' peaks near Holderness, NH. From both peaks the Outing Club was treated to outstanding views of Squam Lake, Lake Winnepesaukee and peak fall foliage.

Attendees included: Cam and Tim McCallister and Beth Lehman, Sam, Matt, Rich, and Jenn Rotman and dog Zöe, Erik Joelsson, Seth Brewster and friends Ed and Kate Feibel, Becca and Seth Brewster, Bryan Farley and dog Rozzie, Peter Cooke (alumni), Stewart and Fritz Johnson, Missie and Harry Fahey, Matt Straut, and Becca Holbrook.

We had a great turnout: 4 campers, 2 CITs, 1 counselor, 2 trip leaders, 1 Program Director, 2 alumni, 4 trustees, 4 parents, 2 friends & 2 dogs.

The group summited Mount Percival (2211') and Mount Morgan (2220'). Approaching both peaks there were boulder caves with tight passages and during the descent on Mount Morgan there was a rather steep three-section ladder to conquer. All the hikers returned safely to the parking lot to enjoy some salty snacks. A great was had by all! Look out for more Outing Club events to come!



## TWO NEW BRC TRUSTEES: DAVID NESHER & DAVID GLUCK

The BRC Board of Trustees welcome **David Neshor** of Kennebunkport, ME and **David Gluck** of Brooklyn, NY. David Neshor, a current parent, former camper and trip counselor works with his family business – Leader Bag – based in Southern Maine. A current parent, David Gluck is a practicing clinical child psychologist who works with at-risk youth.

## STARGAZING AT NIGHT TO BIRCH ROCKERS DELIGHT!

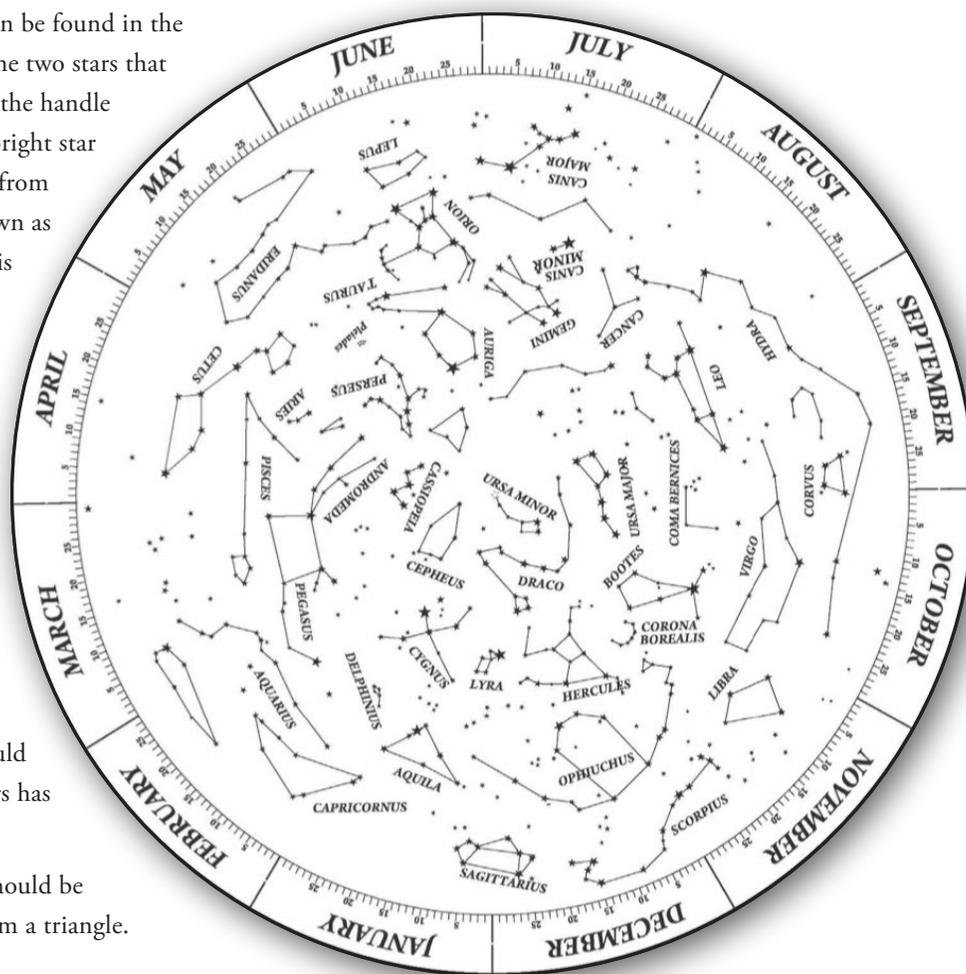
There are few places in the country as fine as the shores of Lake McWain to take in the stars. On a clear night a myriad of stars and constellations is a sight to behold. Even in more populated areas the brightest stars can put on an impressive show if one knows what to look for. One of the most prominent and well-known constellations is the Big Dipper. The Dipper is formed by three stars in its handle and four stars that form a pronounced bucket. After dark it can be found in the northwest sky in the summer time. The two stars that form the edge of the bucket opposite the handle are known as The Pointers. The first bright star reached when drawing a straight line from The Pointers toward the north is known as Polaris. Polaris' more common name is the North Star. What is unique about this star is that it stays in a fixed position as the rest of the night sky seems to rotate around it. This has made the North Star the basis of celestial navigation for thousands of years of human history.

Just after dark three planets are often visible. In the western sky, the brightest object in the sky will often be Venus. Look for it close to the horizon. In the southern sky you should be able to spot Jupiter and Mars. Mars has a reddish tint compared to Jupiter.

Looking right above your head you should be able to spot three bright stars that form a triangle.

Although not officially a constellation, these stars form The Summer Triangle. These stars are Altair, Deneb and Vega, and are the brightest star in their respective constellations (Aquila, Cygnus and Lyra).

Taking time to stargaze enables us to contemplate the vastness of our galaxy and enjoy Mother Nature's nightly light show.



### BIRCH ROCK CAMP TRUSTEES

**Lisa Bozzelli**, P'10s, *Arlington, VA*  
**Ryck Birch**, '70s, S'80s, P'10s, *Natick, MA*  
**Toby Brewster**, '60s, S'80s, P'10s, *Concord, NH*  
**Becca Brewster**, S'90s, P'10s, *Concord, NH*  
**Seth Brewster**, '60s, S'80s, P'00s, *South Portland, ME*  
**Francie Campbell**, P'00s, *New York, NY*  
**Michael Castelli**, P'10s, *Arlington, VA*  
**Nancy Dreyer**, P'00s, *Belmont, MA*  
**David Gluck**, P'10s, *Brooklyn, NY*  
**Peter Herzig**, '70s, S'80s, *New York, NY*  
**Michael Herzig**, '70s, S'80s, P'10s, *New York, NY*  
**Hoddy Klein**, P'10s, *Skillman, NJ*  
**David Neshor**, '90s, S'00s, P'10s, *Kennebunkport, ME*

**Jennifer Rotman**, P'10s, *Westborough, MA*  
**Richard Rotman**, P'10s, *Westborough, MA*  
**Bob Stone**, '60s, P'90s, *Winchester, MA*  
**Beverly Stone**, P'90s, *Winchester, MA*  
**Maria Tringale**, P'10s, *Medford, MA*  
**Paul Tringale**, P'10s, *Medford, MA*  
**Arlene Whichard**, P'10s, *Waterford, ME*  
**Bruce Whichard**, P'10s, *Waterford, ME*  
**Libby Whittier**, P'10s, *Cape Elizabeth, ME*  
**Steve Whittier**, P'10s, *Cape Elizabeth, ME*

### TRUSTEE EMERITI

**Geoffrey Alexander**, P'00s, *Cape Elizabeth, ME*  
**Lindsay Alexander**, P'00s, *Cape Elizabeth, ME*  
**Bob Cleaves**, '60s, S'70s, P'00s, *South Portland, ME*

# BIRCH ROCK CAMP

P.O. Box 148  
Waterford, ME 04088



ACCREDITED  
CAMP

American Camping Association®

## Mark Your Calendars for 2019!



Clean & Pick Up Saturday	May 18
BRC Summer Office Opens	June 3
BRC Staff Orientation	June 14
C.I.T. Orientation	June 19
Opening - First Session / Cubs I	June 23
Cubs Camp I - End	July 6
Cubs Camp II	July 7
First Session & Cubs II End	July 20
Opening 2nd Session	July 21
Maine Wilderness Adventure	
Cubs Camp III	
Cubs Camp III - End	August 3
BRC for Boys & MWA - End	August 10
BRC Family Camp	August 15
BRC Family Camp End	August 19

## It's Easy to Help BRC

- Send a tax-deductible donation to BRC.
- Promote BRC among friends, neighbors, family and colleagues.
- Refer a prospective camper to BRC by phone or email.
- Host a gathering of BRC alumni/prospects with Directors Deering and Mattson.
- Send us news to include in The Birch Bark's Alumni News Column.
- Ask us about our 'Wish List' before you have your spring yard sales.
- Update your contact information via [www.birchrock.org](http://www.birchrock.org).

