



A nonprofit corporation

THE BIRCH BARK

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

THE ALUMNI NEWSLETTER OF BIRCH ROCK CAMP

LAKE McWAIN IS HIS SHANGRI-LA

Birch Rock dad and long-time trustee **Mark McLaughlin** is a neurosurgeon and author of the new book *Cognitive Dominance: A Brain Surgeon's Quest to Out-Think Fear* (in bookstores this November 1st). He's a philanthropist and co-founder of the non-profit *Trenton Youth Wrestling* (providing inner city kids with life skills learned through the discipline of wrestling). In his spare time he... what spare time? When Mark can take a breather, though, it's right here on McWain Pond, because he's now proud owner with his family of the Camp Waganaki property.

Mark had a few minutes to talk on the phone between his rounds at hospitals in New Jersey, where he practices medicine and lives with his wife, Julie (fellow Birch Rock devotee and trustee). What did Camp Waganaki possess that affected him so deeply? Mark said it was about waking up on a crisp, cool morning, looking out from his bunk at the amazing shades of green and yellow in the woods, and knowing that all day long he'd be doing something he loved. That is the feeling he remembers from his seasons at Waganaki, a feeling he says he can't get anywhere else in the world.

If you rigged a Sunfish and sailed it due south on McWain Pond, in a matter of minutes you'd see the sandy waterfront and dock of Camp Waganaki. Founded as a boys camp in 1919, Waganaki stood silent and vacant for three decades. The shuttered Lodge was a poignant reminder of the hundreds of once-flourishing camps that have closed down across the state of Maine.

In a remarkable turn of events, this devoted Birch Rock family is bringing Waganaki back to life, now as a retreat for themselves and a seasonal rental for vacationers. Mark, a self-professed

workaholic, explained his dream come true this way: "The most relaxing vacations I ever take are when I am on that property, doing nothing!" Julie relaxes with good books at Waganaki, after she gets a heart-thumping workout on her touring bike.

Mark never was an actual camper. A Jersey boy, he liked staying around town in the summer and going to the pool as a kid. But his brothers went to Waganaki, along with some friends, and he

was finally persuaded as a 14-year-old to head north to work as a counselor-in-training. Happily, CITs at Waganaki were "glorified campers" so Mark had few responsibilities and lots of time to enjoy all the activities. After two CIT years, Mark stayed on for three more as a counselor. He loved leading trips as a Junior Maine Guide (his son Patrick followed in Mark's footsteps by earning his JMG as a Birch Rocker). Mark had fallen hard for "old school camping"—short on amenities and long on outdoor adventure.



Mark & Julie McLaughlin - P '00s, T '00s

Why did Waganaki close for good in 1986, but Birch Rock endure after its own hard times? Mark ticked off some of the reasons: "Birch Rock had better leadership and vision, and became a non-profit organization. Waganaki tried going co-ed and that eroded loyalty to the camp." After ownership of the camp changed hands for the sixth time, the camp couldn't attract enough children to be viable.

What was it like for Mark in 2003 to send his eldest son Alex to Birch Rock, the plucky rival up McWain Hill Road? "At first it was hard to reconcile," Mark admits. But he and Julie were made to feel so welcome by Rich Deering and Mike Mattson that his

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Lake McWain...

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apprehension disappeared. Alex was soon followed by his brothers Patrick and Trevor, leading to a certain McLaughlin brothers' mystique on the Hillside. Mark and Julie jumped on board as trustees in 2009, deepening their commitment to BRC. Mark put it this way: "Birch Rock's got all the good things that Waganaki had, but better." Right away he understood that Birch Rock was more nurturing than his old camp, but with plenty of athletic challenges like mountain biking and the triathlon that gave his boys a real change from the sports at school.

Mark wanted his sons to share his experience of camping on McWain Pond. He says that seeing a photo of it immediately puts him in a calmer state of mind. He knew that the Pond would also enchant the boys, especially now that loons have taken up residence here (after their long absence in Mark's years at Waganaki).

What about a partnership between Birch Rock and Camp Waganaki? Mark says he's "100% for it." Waganaki won't be run as a boys camp again, so its fine waterfront could be used as a canoeing and camping destination for younger Birch Rock campers. No doubt other synergies between the two camps will be dreamt up in the not-too-distant future.

The Birch Rock community is thrilled that the McLaughlin family has put down deep roots right next door. Birch Rock is a better place for having close, enduring relationships with all the remarkable McLaughlin family members.

- Francie Campbell, P '00s, T '00s

REFLECTIONS FROM THE ROCK

By Trustee Emeritus David Weeks, S '70s, P '00s T '00s

Memories from summer camp linger for a lifetime. I fondly remember my cabin counselors from two impressionable preteen summers at Moose Trail Lodge on Moose Pond in Bridgton, Maine. Moose Trail Lodge, like Birch Rock's neighbor



Camp Waganaki, struggled through difficult financial times and had to close its doors. Although these old stalwarts no longer host boys for the summer, the campers they inspired continue to carry forward a certain indomitable spirit. I first came to Birch Rock as a young canoe trip leader. When I chose teaching as my career, being able to return to Birch Rock in the summer was a great bonus.

Birch Rock became an essential partner in parenting for Marie and me when our sons Will, Sebastian and Robert-David spent summer after summer on the Hillside. BRC Trustee Emeritus Mark McLaughlin loved his experiences at Camp Waganaki on Lake McWain. When he and his wife, Julie (also Trustee Emeritus) wanted a camp for their three boys Alex, Patrick and Trevor, they found the perfect spot just up the lake at Birch Rock.

Mark and Julie recently acquired the Waganaki property to enjoy with family and friends, and rent out as a family camp. They're restoring the historic lodge and a few of the old cabins. This past summer, Mark and Julie teamed up with another Waganaki alum and his wife in hosting the 100th anniversary celebration of Waganaki's founding. Visiting alums enjoyed seeing historic photos and swapping stories of camp days of yore. I had an opportunity to check in with Mark and Julie at their spectacular property up McWain Hill Road, and I could feel the deep pride Mark had for his beloved Waganaki.

What motivates a former camper like Mark to maintain his devotion to summer camping? I firmly believe from my own experience at Birch Rock, which now spans more than forty years, that it stems from character-shaping experiences and unsurpassed community spirit. My best friendships have been cultivated at Birch Rock and I continue to make new friends each summer that I return. I feel fortunate to have Mark's friendship and to share with him the traditional camping bond that brings all of us together.



Julie, Trevor, Alex, Patrick, AJ, Kaleigh and Mark at Patrick's May 2019 graduation from the U.S. Naval Academy

BIRCH ROCK CHEERS TO OUR NEWEST WHALES!!!

Five young gentlemen conquered the challenging five-mile swim around Lake McWain this summer. Congratulations to **Joe Bison, Sam Cluggish, Duncan Green, John Nicholson** and **Eitan Sengupta**.



FOURTEEN COMPETE IN 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, then wrapped up with a mile run back to the finish line at camp. Fourteen intrepid Birch Rockers entered this year's competition. Congrats to **Campbell Hall, John Nicholson, Aidan Singer, Leo Koerner, Eyob Gil, Gonzo Perez, Jonah Keates, Duncan Green, Quinn Castelli, Joe Bison, Sam King, Theo Tringale, Kenny Duran, Jackson Mercier**. It was a fantastic finish for the whole group as they all completed the challenge in under an hour. Special recognition goes to Campbell Hall, John Nicholson and Aidan Singer for finishing top three respectively.



NEW CHALLENGES FOR MAINE WILDERNESS ADVENTURE

Returning leaders Brian Farley and Rebekah Holbrook led six young adventurers around the state during this summer's Maine Wilderness Adventure. **Josh Cervantes, Sam Cluggish, Jed Kenerson, Alex Murphy, Lleyton Powell** and **Adam Rotker** hiked the entire Hundred-Mile Wilderness and canoed down the Allagash River, two new elements of this year's three-week trip.



NINE COMPLETE COUNSELOR-IN-TRAINING PROGRAM

Under the direction of Dan Engler, nine Birch Rockers excelled in our summer-long leadership program. Thank you and congratulations to **Noah Birch, Eli Protas, Sam Rotman, Gus Tringale, Eric Traub, Nathan Shatz, Jake Zucker, James Long, Gus Von Vogt** for their commitment, determination and hard work this summer. These extraordinary gentlemen also became certified American Red Cross Lifeguards.



PAM STOCK HONORED FOR 20+ YEARS

Librarian and reading consultant **Pam Stock** was honored in a long overdue ceremony for her 20-plus years of dedication to the Birch Rock community. Pam was presented with her Decade Club Vest at this year's end of summer banquet.



THREE CANDIDATES PARTICIPATE IN THE JUNIOR MAINE GUIDE PROGRAM

Three Birch Rockers participated in the Junior Maine Guide program this summer. **Quinn Castelli, Isaac Fenster** and **Aidan Singer** spent five weeks preparing for a week-long testing camp at the Stephens Phillips Preserve in Oquossoc, Maine. Their competence in axemanship, canoeing skills, shelter building and encampment skills, cooking and fire building skills (among many other tasks) were thoroughly tested. The three Birch Rock candidates were the youngest among the many campers participating. They received many compliments from the testers for their hard work and determination and represented Birch Rock as true gentlemen.



DECADE CLUB ADDS FOUR MORE

The Birch Rock community was proud to honor **Stuart Whittier, Matt Rotman, Jeffrey Napier-Kane** and **Matt Straut** this summer for their ten-year commitment to Birch Rock. Director **Rich Deering** and the camp leadership 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.



BOARD WELCOMES NEW TRUSTEE & NEW TRUSTEE EMERITI

New Trustee **Elizabeth Nesher Elliott** was unanimously elected by the Board of Trustees at their Annual Meeting in July. Liz and her family live in Jupiter, Florida, where she works for the **PGA**. She is the proud mother of camper Trip Elliott.

Emeritus status was bestowed upon **Libby Whittier** of Cape Elizabeth, Maine as well as **Win** and **Allison Smith** of Scarborough, Maine.



Trip Elliott

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 2020

<i>Session</i>	<i>Tuition</i>	<i>Start Date</i>	<i>End Date</i>	<i>Length of Stay</i>
Full Session	\$9,000	June 28	August 15	49 days
First Session	\$7,100	June 23	July 25	28 days
Second Session	\$5,900	July 26	August 15	21 days
MWA (age 14 older)	\$5,900	July 26	August 15	21 days
C.I.T. (age 16)	\$3,000	June 24	August 15	53 days

Cubs Camp Programs for NEW campers ages 7-12

Cubs Camp I	\$4,000	June 28	July 11	14 days
Cubs Camp II	\$4,000	July 12	July 25	14 days
Cubs Camp III	\$4,000	July 26	August 8	14 days



FAMILY CAMP 2020

Birch Rock's Family Camp gives busy families the chance to have fun in the Maine woods on McWain Pond. Family Camp can be a boy's first exposure 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 **August 20 – 24th**, 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.*

NEW BUILDINGS NAMED FOR JANICE WALKER AND CHARLIE MACDONALD



Birch Rock honored our construction and maintenance Dynamic Duo this summer. The new storage shed on top of the hill where **Janice** keeps her prized mower was dedicated to her as “*Walker Too*” at the end-of-year banquet. The upper washhouse, which **Charlie** played a key part in designing, building and plumbing, was officially dedicated as “*MacDonald’s*” during our mid-summer Trustee Weekend.



BEYOND CAMP: THE BRC LEGACY

Sam Deeran was destined for Birch Rock Camp long before he was born. His mom Cathy Stivers heard all about it when she and Camp Director Ben Brewster were grad students at Antioch College in the 1980s. Fast forward to 2002—Sam kicked off an eleven-year run as a camper, CIT, campcraft and bushcraft counselor, trip leader and Campfire emcee. After graduating from Colby College, Sam lit out for Aspen, Colorado to enjoy some time as a ski bum. Next stop Chicago—to perform stand up comedy and room with fellow Birch Rocker Alasdair Thornton. In 2015 Sam joined the Bernie Sanders Presidential Campaign, crisscrossing the country as a field organizer and then field director. Now he’s returned to his grassroots in Portland, Maine, and his wilderness experience helped prepare him to join Friends of Katahdin Woods & Waters as Deputy Director. Sam tells of the continuing impact of Birch Rock in his life.

- Rich Deering

There’s a quiet but radical thing that happens when you show someone the Maine woods. We’re told all the time that we’re losing our connection to an imperiled natural world. But as a trip leader and campcraft instructor at Birch Rock, I saw firsthand how powerful it is to follow the old adage: show, don’t tell. Show a camper the clouds parting to reveal a bluebird day on Mooselookmeguntic Lake, or how to

kindle a crackling fire after a summer rain. I can try to tell you that the woods matter, or I can show you the grandeur.

Now working as Deputy Director of the non-profit Friends of Katahdin Woods and Waters, I help show the American public a northern section of the Maine woods: the Katahdin Woods and Waters National Monument. I miss the days of showing campers the forest myself, and sitting in the stern of a canoe with the most reticent camper in the bow. Some days, I’m fortunate to paddle with supporters and folks from partner organizations through the national monument on the East Branch of the Penobscot River. Birch Rock Camp comprises 12 acres, the Monument a vast 87,563 — but my mission feels much the same.

I live here in Maine and visit camp whenever I can, but there are also pieces of camp far afield from McWain Pond. Just this year, I’ve visited Gabe

Dreyer in New York City, Rich Deering in Portland, Maine, Ryno Massey in Redmond, Oregon, and I spent a week on the Allagash River with Ben Semmes. Birch Rock Camp is a place and it is a people, too. My fellowship with the BRC community extends far beyond those 12 acres and my 11 years on the Hillside.

- Sam Deeran, '00s, S '00s



A TASTE OF GOOD OLDE BRC COOKING FROM CHEF JON'S KITCHEN

A Camp Favorite!

Carrot Cake w/Cream Cheese Frosting

This camper favorite is moist, delicious and high in Fiber, Vitamin A, Thiamin and Protein. Bottom-line: the whole camp loves it... and so will you! Easy to freeze!

Cream together:

- 1 cup vegetable oil
- 2 cup granulated white sugar
- 4 large eggs
- Sift & Add:
 - 2 cup All-purpose flour
 - 2 tsp. baking soda
 - 2 tsp. cinnamon
 - ½ tsp. salt

Fold in:

- 3 cup shredded carrots
- 1 cup chopped walnuts (optional)
- Pour into greased 9 x 13-inch cake pan.
- Bake 1 hour @ 300°.
- Frosting (if you so desire)
 - 1 (8 oz) package cream cheese (softened)
 - 1 lb. confectioners' sugar
 - ½ stick of butter (softened)
 - 1 tsp vanilla

Cream butters; add vanilla and cream cheese & slowly the sugar. Beat until smooth. Spread and Enjoy!

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)
- 3 to 4 Man Tents (\$250)
- Kayaks (\$300 per)
- Bike Tools and Repair (\$200)
- Art & Nature Supplies
- Used Pick-Up Truck
- New 2-Way Radio (\$300 each)
- 2 Nova Rig Pack Windsurfers (\$800 each)
- 2 Techno 148 Windsurfers (\$1200 each)
- Generator for Lodge
- New 500 Gallon Ice Maker (\$1500)
- New Outdoor Refrigerated Water Bubbler (\$1000)

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

Please contact us at birchrock@birchrock.org if you might be able to accommodate any of those wishes.

BIRCH ROCK CAMP ACCEPTS VISA/MASTERCARD

Thank you!

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*
- Elizabeth Elliott**, P '00s, *Jupiter, FL*
- David Gluck**, P '10s, *Brooklyn, NY*
- Peter Herzig**, '70s, S '80s, *New York, NY*
- Michael Herzig**, '70s, S '80s, P '10s, *New York, NY*
- David Neshier**, '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*
- Jojo Herzig**, P '10s, *New York, NY*
- Fred Howard**, '70s, P '00s, *Scarborough, ME*
- Julie McLaughlin**, P '10s, *Princeton, NJ*
- Mark McLaughlin**, P '10s, *Princeton, NJ*
- Allison Smith**, P '00s, *Scarborough, ME*
- Win Smith**, '70s, P '00s, *Scarborough, ME*
- Bob Tuffy**, GP '00s, *Hanover, MA*
- David Weeks**, S '70-90s, P '00s, *Ellicott City, MD*
- Libby Whitter**, P '00s, *Cape Elizabeth, ME*

BIRCH ROCK CAMP

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Mark Your Calendars for 2020!



Clean & Pick Up Saturday	May 16
BRC Summer Office Opens	June 1
BRC Staff Orientation	June 19
C.I.T. Orientation	June 24
Opening - First Session / Cubs I	June 28
Cubs Camp I - End	July 11
Cubs Camp II	July 12
First Session & Cubs II End	July 25
Opening 2nd Session	July 26
Maine Wilderness Adventure	
Cubs Camp III	
Cubs Camp III - End	August 8
BRC for Boys & MWA - End	August 15
BRC Family Camp	August 20
BRC Family Camp End	August 24

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.

