



Over the Top Rail

Issue 1

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CURRENT RESEARCH NEWS FROM ACA NATIONAL

ACA Recruits Additional Camps for Year Two of the Healthy Camp Study of Injuries and Illnesses

ACA is currently preparing for year two of the Healthy Camp Study. The purpose of this five-year study is to monitor illness and injury among campers and staff at US summer camps so that preventive interventions can be identified and integrated into camp risk management programs.

There is still time to join the Healthy Camp Study!

Learn more about the Healthy Camp Study and sign up at www.ACACamps.org/research. Questions about the study can be directed to Barry Garst at bgarst@acacamps.org or Sheila Dannemiller at sdannemiller@acacamps.org.

Complete results of year-one data are posted on the ACA Web Site at www.ACACamps.org/research. This study was made possible thanks to the generosity of Markel Insurance Company. Partners in this study include The Ohio State University College of Medicine (OSU) and Columbus Children's Research Institute (CCRI), the American Camp Association (ACA), Association of Camp Nurses, Christian Camp and Conference Association and the National Recreation and Park Association.

American Diabetes Association Offers Free Lesson Plans

The American Diabetes Association (ADA) is making available a new Arthur® Hooray for Health! Dealing with Diabetes lesson plan created by WGH Boston. The materials feature Arthur, the world's most famous aardvark, and are geared towards students in preschool through fourth grade.

The lesson plan seeks to educate teachers, after-school providers, school nurses, and students about diabetes, and offers a variety of fun activities and resources, including classroom activities and handouts, recommended books and Web sites, and family activity sheets in English and Spanish. WGBH worked in collaboration with the ADA and Joslin Diabetes Center in Boston to produce the lesson plan.

The lesson plan is available for free by contacting the ADA at 1-800-DIABETES or visiting www.diabetes.org/for-parents-and-kids/arthur.jsp. It is also available on the Arthur Web site, along with a variety of other classroom and family resources related to the Arthur Hooray for Health curriculum.

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RANDOM RESOURCES FOR DIRECTORS & STAFF

Winter is a great time to come up with new activities for your campers or refresh yourself with games of the past. Check out the following websites for some new ideas for this season.

**www.everyrule.com
www.gameskidsplay.net**

Camps always love FREE STUFF!!

Sign up for ACA Connect and receive FREE products from companies that have contracted with ACA to distribute to our camps. ACA has reviewed the products and will only approve products that can be used in camps or by campers. Go to www.acacamps.org/connect for more information and to sign up!

Become an "Over The Top Rail" Reporter

We'd like to have many members and friends become contributors to our newsletter. We plan to publish an issue for September/October, November/December, January/February, March/April. Articles or information will be accepted at any time and will be reviewed for publication.

News stories, interviews, helpful resources, training/development opportunities, opinion pieces, book or articles you'd recommend, etc, will be welcome. We'll be glad to help you compose your contribution. Our goal is to provide a volunteer written newsletter that communicates worthy information in an interesting, readable, and timely manner. If there are topics you would like to see in our newsletter, please contact Sabrina Hirschfeld at 847-888-7410 or Jill Rudolph at 847-742-2169.

ACA IL Young Professionals to host Camptastic on March 22!

Gail Johnson will be the featured speaker at the ACA Illinois Young Professionals meeting on March 22nd, 2007. The meeting will be held at the RAM brewery, www.theram.com, in Schaumburg and will begin at 12:00 PM. To RSVP please contact Graham Little at 847.854.3511 or lit-leg@ymcaofmchenrycounty.org. All camping professionals are welcomed to attend.

Gail Johnson founded Face to Face Communications, www.face2facetraining.com, and Training in 1997 to fill the need for customized training in the increasingly competitive workforce. Ms. Johnson's strong communication background gives her a 21st century perspective on training needs:

"Strengthening communication skills between workers and managers, workers and peers, and especially workers and customers is the key to success in this Communications Century. In a strong economy, high turnover or unmotivated employees can turn black ink to red faster than any price war. The company that invests in employee development has the competitive edge."

Ms. Johnson has designed and delivered hundreds of communication-related workshops throughout the United States. She also taught college-level speech communication courses prior to founding her company. Ms. Johnson earned her Bachelor of Arts degree in Journalism and Master of Arts in Communication Studies from Northern Illinois University. She is a member of the Association for Training and Development. The Illinois Chamber of Commerce has named Face to Face Communications and Training a designated Training Provider for its ITP grant program. Ms. Johnson's individualized approach to training has earned her a loyal client base that has grown primarily through referrals. Her client roster spans a broad range of industries, including telecommunications, banking, travel, architecture, legal, health-care, as well as local governments, school and park districts.

A FREEBIE NOT TO BE MISSED

By Bob Brower

The good news is that the ACA, Illinois Board wishes to encourage camps to attend the Mid States Camping Conference and has allocated a limited amount of funds to accomplish this purpose. Underfunded Illinois camps or any camps who participate in DFI Title XX whether in Illinois or not may apply for full reimbursement of the registration fee for the next Mid States Camping Conference, April 12-14, 2007. The registration fee for the 2007 conference is \$195.

All the camp needs to do is send their Mid States registration receipt and a letter of request on camp stationery to **Gordie Kaplan**, ACA, Illinois, 67 E. Madison, Street #1406, Chicago, IL, 60630-3014 and ask for a refund. The letter should state whether the camp is making its request as an Illinois underfunded camp or as a participant in DFI Title XX. The Funds to support the reimbursement are limited and will be disbursed on a first come, first served basis—**so register soon and put in for your reimbursement.**

The board passed their resolution at their January meeting to promote the best of what ACA has to offer in education and camaraderie and to provide an incentive to camps to join ACA, Illinois. If the camp is in another state it is hoped that the camp will join ACA in another section. This proposal is for a two year period covering Mid States Camping Conferences 2007 and 2008. An ACA accredited camp may bring as many as 8 staff as part of their registration fee while a non ACA camp may bring as many as 4 staff as part of their registration fee. Additional staff will cost an \$15 per person.

**EXCITING LEADERSHIP INSTITUTE OFFERINGS AT THE MID STATES
CAMPING CONFERENCE, APRIL 12-14, 2007**

Super Skills for Leading, Directing and Supervising Superb Camps by Michael Brandwein, Educator, Author, Trainer

Writing Your Own Adventure Curriculum by Sean Garland, BS Therapeutic Recreation, Cross Cultural Studies

Wilderness First Aid, 2 day workshop by Greg Freise, President of Emergency Preparedness System LLC, Lead Instructor

Project WET by Mary Beth King, facilitator for Project Wild, Project Tree and Project WET

Program Matter-Designing Your Program to Meet the Developmental Needs of Your

Campers by Mattie Braun & Cathy Scheder, Camp Director-Camp We-HaKee for Girls & Asst. Camp Director-Camp Nicolet

Becoming a Love and Logic Parent by Francesca Muscan, National Award Winner from Child Welfare League of America

What to Do When You've Run Out of "Time Outs!" Working Effectively With Challenging Campers and Difficult Behaviors by Jeffrey Leiken, MA, Mentor, Consultant, Trainer

Ostriches No More! The Way to Reduce the Risk of Sexual Problems at Camp is to GASP-Talk about Sex by Robert Selverstone, Phd., Psychologist, who has conducted workshops for more than 300 camps and at ACA conferences for more than two decades. This workshop is open to parents who wish to attend.

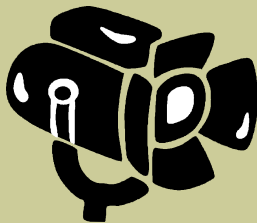
Reconnecting Kids with Reality-Fun Activities That Teach Decision Making Skills by Marcey Walsh, Speaker, Consultant, Author and Producer of children's television

Marketing Your Camp by Rita Yerkes, David Emanelson, Gary Cline, and Chris Wells, Staff from George Williams College of Aurora University

How to Handle Hard to Handle Kids by Gregg A. Catalano, M.Ed., LCDC, LMFT

Who Says Management Can't Be Fun by Gail Johnson & Pam Parr, National Speakers/Presenters

In addition to the listed Leadership Institute Courses, there are a variety of ACA accredited courses such as ACA Standards Course, Associate Visitors Course, ACA New Director Orientation Course, Basic Camp Directors Course, and Basic Archery Instructor Course, Level 1 offered. Many of the Leadership Institute Courses have a participant limit so sign up early to assure a place. Bob Selverstone's course is open to parents, so send your parents an invitation for an opportunity to dialogue with an expert in the field. REMEMBER, APRIL 12-14, 2007 IS MID-STATES. Register at www.acamidstates.org.

**STANDARDS
SPOTLIGHT****New Standards Guides Available**

If you haven't received your NEW ACA Accreditation Process Guide, get on the phone with the ACA office NOW to arrange to get this must have guide to camping in your hands! All visitors and camps going through accreditation during 2007 must attend a training on these standards. Contact the ACA to get a list of trainings and to register for this very important course!