



THE MICAH UPDATE

February 2009

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Message from Mark

It was great to see everyone at the reunion. Those who could not make it were missed! As we prepare this winter news letter, we are just four short weeks away from the first day of Spring and about three months from moving the Micah Office back to Maine for the Summer of 2009. With more than three feet of snow currently on the ground in Bridgton, we are hoping that it will get warm soon so that we will be able to get our cars closer to the main office for unloading!



A winter view from the pool .

We are busy completing staff hiring for this summer and are pleased to have over thirty former campers on our staff once again. Our new counselors continue to be a very impressive group. Here is a highlight. Our new Tennis Director, Chris Canady, is a Division 1 college assistant coach at Stonybrook University in New York. On our Tennis staff, we have hired four Division 1 college tennis players who will make up one of the best tennis programs Camp Micah has ever seen! Of course tennis is not our only priority and we have some new and returning staff members that will be bringing their own expertise to Micah this summer.

As we prepare for camp, you should too. Please make sure to read the letter sent with the blue folder last month. As of March 1st, most forms that need to be sent in to the camp office will be available on our website and may be electronically submitted to us. This will make it easier for you to have all the forms in by May 15th, 2009. Please note that the medical forms still need to be filled out and signed by a parent and by your child's doctor before they are mailed to us.

As winter fades and summer gets closer we are excited about reuniting our Camp Micah community back in Maine this summer. We look forward to giving your children a respite from their daily lives and offering a safe, inclusive environment where every child can learn, grow and develop new skills.

Enjoy the newsletter!

Mark



GOOD TIMES AND GOOD FRIENDS



Good times and good friends, isn't that what this year's summer reunion was all about? On January 17, approximately 250 Camp Micah campers and staff gathered at the Longellow Sports Club in Natick, MA to celebrate and relive memories from the Summer of 2008. While it was very cold outside, at least it did not rain (who remembers second session?). Campers and staff alike spent time catching up on the gossip and visiting with friends they had not seen since August. Many played basketball,

while others simply chatted the hours away as if Summer 2008 was still going strong. The evening was highlighted by Mark's talk about the past summer, current Camp Micah news and a look ahead to Summer 2009. But the fun did not stop there. The 2008 slideshow was shown and amidst all of the laughter,



there were definitely some tears remembering all the great times had. For some, the reunion continued in various campers' homes, where bunks were once again staying up way past lights out...I just hope there were not any raids! We at the Micah office would like to thank all of those that attended and we look forward to welcoming many of you back home in a few short months.



THE MICAH EDGE

FOR GRADES 9 AND 10

Get ready Summits, Summer 2009 is nearly here and you should begin thinking about where you would like to specialize. As you may remember, last year we introduced the Micah Edge: A specialization program for Summits. The Micah Edge allows Summits the opportunity to choose a specific area of camp where they would like to focus their time. This could be sports, theater, art...anywhere. Each participant is given extra periods at their specialization. In addition, they are afforded the opportunity to work one-on-one with a personal coach who is responsible for monitoring their progress and helping each camper achieve their goals.

The Micah Edge was created to help those older campers who participate, or would like to participate, in a certain activity in High School, who want to make a sports team, who want to get cast in the school play or who just really like doing something and would like to get better. It also serves as a way to keep these campers engaged by challenging them to excel. Participation in the Micah Edge is not required but those who do are expected to work hard and put in the time it takes to progress in their activity and achieve their goals.

In the next few weeks you will be receiving an e-mail about the Micah Edge. In it you will find an explanation of the program and a sign-up sheet where you can choose your specialization and list the goals you have for the summer. Once you have filled this out, you can either mail or e-mail the form back. If you have any questions, please feel free to call the Micah office at 617-244-6540 and ask for Steve or send an e-mail to steve@campmicah.com.

It is our hope that we will continue to grow this exciting and innovative program. Last summer was great and we have high hopes for Summer 2009!

SO, WHAT REALLY GOES ON FROM AUGUST UNTIL MAY?



You'd be surprised how many times we are asked, "so what really goes on from August until May at the Micah Office?" Since many of you are curious, we thought we would give you a sneak peak into the inner workings of Camp Micah.

After Micah and Northbound are over, we close Camp Micah. The process usually takes 2-3 days, as everything is packed up and stored for the cold Maine winter. After the office is moved back to Chestnut Hill, MA, Mike Fusco spends two more weeks cleaning, shutting off the water, and locking camp. As hard a task as that is to begin with, Fusco has to factor in the 8 calls a day from Mark...just kidding Mark, we know it's usually only 5-6.

Once we are settled in Boston, and after a few days of rest, Mark, Mike, Jodi and Steve are back prepping for the next summer. Our first order of business is to organize the office, after which we begin talking about the previous summer. We go through evaluations, discuss what did and did not work well and have a few meetings with Shari, Kate and Avi that cover every aspect of camp; from scheduling to programming to bunk life.

As this is going on, Avi is hard at work getting the yearbook ready for an early November mailing. Kudos to him for taking on this massive task. As Avi is working on assembling the yearbook, the rest of us are busy editing it (especially Kate...if you find any errors, feel free to yell at her). Once done, it is sent to print and then mailed to all campers and staff.

The rest of the year is spent talking to and visiting with prospective campers, hiring new and returning staff, attending camp and staff fairs and working on exciting ideas for the upcoming summer. We also have several events that we prepare for and plan. These include the reunion in January, the UNH Outdoor Education Jobs Fair in February, the American Camping Association New England Conference in March and the Camp Micah Administrative Weekend in April. We also have several large mailings a year, in addition to 3-4 newsletters.



Steve working on the Newsletter

Pretty soon May is upon us and Mark and Steve are making plans for a mid-May departure to Maine. Once there, the office is set up and the pre-camp crew arrives. With their help (and the help of Fusco), camp begins to take shape. Everything from towels to tennis racquets are unpacked, docks are put in, the pool is opened, bunks are painted...and the list goes on, but you get the idea. Before long, all of the Administration have arrived and staff orientation week is upon us.



Mark at his best

As you can see, we stay quite busy. The best part about our jobs is that we work with friends and are doing something that we love. All of us in the Micah Office consider ourselves very lucky to be able to do what we love year round. We hope this gives you an idea of what really goes on from August until May.

HAVE MICAH WILL TRAVEL!

This should definitely be a saying amongst some of our returning staff members! Several members of our Micah family have sought adventure this year in some amazing places through their colleges and universities.

SYLVIA NELSON, who will be returning to Micah as Head of Dance, is spending a Semester at Sea. The following is an e-mail from Sylvia describing her incredible journey:



Greetings Camp Micah,

Sylvie here, letting all of you know what I've been up to.

I left January 19th from Nassau, Bahamas on the MV Explorer on a program called Semester at Sea. It lasts for 108 days and is a combination of classes on the ship and time off in certain ports. The countries we visit are Spain, Morocco, Namibia, South Africa, Mauritius, India, Thailand, Vietnam, Hong Kong, China, Japan, Hawaii and Guatemala. We finish in Ft. Lauderdale, Florida on May 6th.

So far, I have been to Spain and Morocco and had amazing experiences in both countries. We get to Namibia on Saturday, February 14, when I leave for a safari in the Ethosha National Wildlife Reserve. We have class every day at sea, but have no classes while we are in port. I'm taking some amazing classes, like Global Studies (this is a requirement for everyone every single morning), Sacred Sites, A History of U.S. Immigration Law and World Dance.

This is such a life-changing experience, one that I recommend to everyone. Even though it is just the beginning, I have learned so much.... Well, I guess that's about it. I can't wait to see everyone again in June!

For those of you who would like to keep up with Sylvia and all of her travels, visit her blog at <http://dancinsylv.blogspot.com> . Unfortunately the internet on the ship is very slow so she could not send any pictures. But, she promises a lot when she returns this summer. Bon Voyage!

ANDY WELSH, our returning Wilderness Team Leader, just came home from a semester abroad in St. Petersburg, Russia. Check out what he has to say about his trip:



I spent three very active deployments overseas in the Marines. Even after all of my military experience, I thought I was going to throw up in the small, stall-sized, bathroom of my host family's house. Most people in my program did. First-night jitters aside, my time in St. Petersburg, Russia was amazing. The fact is, I learned more about myself there than in any of my classes in college. I can't say that it was an entirely pleasant experience, but it certainly was a memorable one. Russia is a fascinating, oftentimes confusing, and ultimately humbling, place. The culture, people, and language are so far beyond my ability to explain, that I won't even begin to try. Through all the ups and downs and highs and lows, I'll always remember the loyalty and warmth of my host family and friends. I honestly believe that St. Petersburg, Russia is a uniquely beautiful city that needs to be experienced first-hand.



The picture on the left is where Andy attended classes while in St. Petersburg. The picture on the right is the beautiful Church on Spilled Blood.

NEWS AND REMINDERS

- ◆ This winter, Brookline High School in Brookline, MA put on a production of the Broadway classic, *Rent*. The performance was amazing. We would like to extend a special congratulations to current camper Laura Jacobs and alumni Ezra Plançon and Max Greenfield for the brilliant jobs they did!
- ◆ Did you know that Amanda Singer, our new scheduler, has a shorter hairdo? Well, she does. In January, Amanda cut her hair for the Pantene Beautiful Lengths Foundation which provides wigs to chemotherapy patients.
- ◆ By now you should have received your summer 2009 packet. Remember, all forms are due by May 15! You can electronically submit all of the forms (with the exception of Health Forms 1 and 2) through our website at www.campmicah.com beginning on March 1. You will soon be receiving an e-mail about this. The e-mail will explain, in detail, the steps needed to access and submit the forms to us.
- ◆ Make your plans now for Visiting Day on Sunday, July 19, 2009 and Alumni Day on Saturday, August 1, 2009. If you haven't yet done so, be sure to make your hotel reservations for the weekend. A detailed hotel list can be found on the Micah website.

CAMP SUNSHINE TURNS 25!

As many of you know, we have a very close relationship with Camp Sunshine. Not only do we send our campers and staff to volunteer, we also contribute financially. This year, Camp Sunshine has



begun a matching fundraising challenge with the New Balance Foundation. Camp Sunshine is selling bricks that will be placed in a walkway. Bricks range in price from \$250-\$2,500 and will include the donor's name. The New Balance Foundation will match gifts over \$250, up to \$250,000. This is to honor the 25th anniversary of Camp Sunshine.



Camp Micah is proud to announce that we have purchased a \$2,500 brick to celebrate 25 years of an amazing place that has touched the lives of so many. We will be sending information to all of you this spring about this effort. If you would like to learn more, please visit <http://www.campsunshine.org/bricks/>.



KRIGER'S COOKING CORNER

Panko Crusted Haddock

Serves 4

Ingredients:

- 4 pieces of Haddock (fresh or frozen)
- 2 Cups of Panko Bread Crumbs
- 1 T. Salt
- 1/2 T. Black Pepper
- Garlic Powder
- 2 T. Unsalted Butter
- Baking Sheet



Directions:

- 1) Preheat the oven to 375 degrees.
- 2) Melt butter (enough to paint the tops and bottoms of the fish).
- 3) Combine panko bread crumbs, salt, pepper and garlic powder. Mix well.
- 4) Paint the tops and bottoms of the fish with butter and lay it in the bread crumb mix. Flip it over, coating both sides. Place the fish on the baking sheet.
- 5) Cook at 350 - 375 degrees for 10-15 minutes, depending on the thickness of the fish.



H-A-DOUBLE P-Y YOUR BIRTHDAY'S HERE
SO DON'T BE SHY

Happy Birthday to all our campers and counselors who
celebrate their birthdays in December, January and February!

December

Chloe Fishman
Sydney Greenfield
Jennifer Feldman
Emily Ferestein
Jayme Getelman
Olivia Chase
Jennifer Lipof
Adam Gray
Jordan Wurtzel
Danny Abend
Jeremy Noller
Jon Harvey
Jason Greenfield
Josh Mizels
Alex Lowenthal
Terren Klein
Austin Camiel
Max Shaller
Charlie Goldsmith
Henry Sher
Jeremy Arbesfeld
Jason Kriger
Kelly Chase
Chris Canady
Amanda Pearce
Alexis Crabtree
Kelley Holley
Gretl Kresmer
Ryan Curtis

January

Laurel Greenfield Sarah Simmerer
Sarah Lebovitz Seth Gutkin
Anna Lichtiger Scott Flickinger
Ashley Shane Shannon Staples
Emily Waldman Stacy Weinberg
Mia Polokoff Ethan Settel
Abby Geffen Matt Tucker
Sarah Factor Rachel Shea
Danielle Wolk Paula Macdoald
Dani Lerner
Olivia Gaynor
Victoria Chase
Noah Stanton
Jennifer Moscovitch
Samuel Gragg
Jason Laffer
Averell Wallach
Benjamin Cerel
Zachary Landau
Zachary Getelman
Jake Lerner
Alex Landau
Andrew Borghesani
Andrew Lebovitz
Drew Ginsburg
Noah Adelstein
George Furlong
Zachary Morgan
Max Winshall
Isaac Feinberg
Madeline Rocklin-Waltch

February

Rebecca Weiser
Nicole Roth
Leni Benacerraf
Doria Weiss
Maxine Greenstein
Erica Kleeman
Joshua Novack
Giancarlo Buonomo
AJ Reiss
Jesse Krassin
Harrison Markell
Harris Cohn
Lucas Ramos
Elijah Kolb
Samuel Gantert
George Meed
Jason Siegel
Leah Weisman
Eran Avigal
Sarah Shepro
Rosalie Waxman
Andy Welsh

