

THE MICAH UPDATE

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MESSAGE FROM MARK

MARCH 2013

Dear Micah family:

Even though spring has arrived, the snow just keeps coming in Maine. Bridgton has already had over 100 inches of snow. Hopefully warm weather will come soon and the snow will melt, ushering in the summer of 2013. It is, after all, just three months away. For those keeping track of the countdown like we are in the Micah office, we just recently passed the 90 day mark until first session begins!

This newsletter is always a gentle reminder to get your child's forms in to the office. It's time to order camp clothing and schedule medical appointments so you can get us updated info for the crucial health form due for each camper.

Please make sure to log into the "Family Sign In" link at www.campmicah.com to access the new and updated Micah Parent Handbook. Over the years, things do change and this year is a good time to revisit the handbook and read many updated topics, especially our new technology policy.

With spring and warmer weather around the corner, we send you this newsletter with all of the Micah Family News that's fit to print. Enjoy and let us know if something in your life is worth including in an upcoming newsletter. This edition is packed with exciting news and always reminds me of the way Camp Micah campers, counselors, and all of our parents and alumni make an impact on and a difference in our world.

Looking forward to seeing you in Maine! Happy Passover!

Mark

Camp Micah
www.campmicah.com

Winter:
P.O. Box 67414
Chestnut Hill, MA 02467
617-244-6540

Summer:
156 Moose Cove Lodge Rd
Bridgton, ME 04009
207-647-8999



Be sure to "like" Camp Micah on Facebook so you can be one of the first to hear about exciting news and contests!



SUMMER 2012 REUNIONS



On Sunday, January 13, 2013, Camp Micah held our 12th annual reunion at Jillian's of Boston. This was a brand new location for us and it seemed to be a hit with the 200 campers, staff, and alumni who were in attendance. During the two hour event, there certainly was no shortage of things to do. Campers and staff alike played pool, foosball, Xbox, and chowed down on some yummy appetizers! But the thing that makes the reunion so special is being able to catch up with all of your summer friends. Everywhere you looked you saw groups of people laughing, telling stories, and talking about how great the summer was.

A big thank you to those that participated in our coat drive at the reunion to benefit the children at the Boys & Girls Club of Dorchester. The Club was so appreciative of the over 75 coats we were able to donate! We were so proud that so many of our Micah families took our year-round passion for *Tikkun Olam* to heart.

Though everyone was sad when the event came to an end, they did not go away empty handed. Along with all the laughs and memories, everyone left with a Camp Micah winter hat and a copy of the 2012 second session Color War SING which features the Micah Alma Mater. We are already receiving a ton of pictures of campers wearing their new Micah hats

in outrageous locations (make sure to keep those coming). Alanna & Charlie Margulies and Julia Ruskin documented their drive home to New Jersey with stops along the way to take pictures in their new hats. What a fun road trip!



Of course this was not the only reunion Camp Micah had this winter! On Sunday, March 3, 2013, Mark traveled to Florida and hosted Micah's first Florida reunion at Rabbi Lipof's condo in Aventura. Twelve of Florida's finest attended and were treated to a terrific afternoon. While there, they were able to snack on Rabbi Lipof's amazing creations and take in beautiful views of the ocean as they laughed at all of the silly comments Mark said!



Though we refer to Micah as our summer home (which it is), hosting these reunions emphasize the fact that Camp Micah transcends summer and extends to the other 10 months of the year. Seeing the joy on old friends' faces and how eager everyone is to extend an arm for a hug lets us know that the community all of us have created is truly special. It's something everyone takes with them as they leave the camp gates and down Moose Cove Lodge Road.



NEW FIBER ARTS PROGRAM!

Attention older campers! Check out this message from Sue about a new specialized art program that we'll be debuting this summer:

Introducing...Camp Micah's New "Sheep-To-Shawl Fiber Arts Program!"

We are so excited to announce our new program in the Art Underground!

Older Campers who have enjoyed our fiber arts offerings through the years will be excited to learn that we have a new program geared just for them.



Our Sheep-To-Shawl Fiber Arts program will take campers from Sheep to...well...fun finished projects!



Our select group of Micah Fiber Artists will meet daily and really explore the medium. We will visit farms that have sheep, alpacas, rabbits, and goats, and learn the differences between the fibers produced by those animals.

Campers will gather some of their own raw materials and learn to "spin" fleece into yarn. We'll create our own dyes from plants that grow at Camp Micah and we'll dye fibers from the plants we gather ourselves. Finally, we will try our hand at arts like needle-felting,



knitting, rug-hooking, wet-felting, quilting, weaving, batiking, embroidery, applique, sewing, needle-punching, and a variety of other exciting art forms.



Who is teaching our special group of Fiber-Arts Campers? Well, we "felt" you deserved the best, so we "combed" Maine for the best teachers in each area, and they have agreed to come to camp to teach their specialty to you! We've "woven" together both familiar and new faces to create a "tight-knit" program that you'll be "dying" to be part of.

We promise a lot of surprises! So, why not give the new program a "spin." We think you'll be "hooked."

-Sue



HOLLA FOR CHALLAH!



We are so excited to announce that former Chef and Baker Will Huntress will be Camp Micah's newest Head Chef! Will has over 8 years of culinary experience and is excited to bring his expertise to Micah this summer! We would also like to announce that former Baker Wayne Cadman will be serving as our Food Service Manager. Will and Wayne will be working very closely to bring you all of your Micah favorites (yes, that means BROWNIE PIE) as well as a few new creations! Both Will and Wayne are very excited to be leading our food service and look forward to making sure that all of you have a delicious summer.

NEW BUILDING

Can you imagine having to do all of the building and repairs for a 250 acre facility in a 3 car garage? Well that was the reality for our facility manager, Mike Fusco, until recently. This fall/winter Camp Micah broke ground on a new maintenance building that is 36 x 70 feet. The purpose of this building is so all of our equipment can be stored safely and to serve as a place where Mike can work during the long and cold Maine winters. Built by Mike and our carpenter, the new maintenance building is a great addition to our already wonderful facilities.



MICAH IN THE NEWS

The Boston Globe recently shared news about the amazing accomplishments of former Micah camper, **Eli Dershwitz**. (B15, 2011). We're looking forward to following his Olympic pursuits!

An excerpt from "Three Area Teens Part of the US National Junior Fencing Team" by Paul Lazdowski Globe Correspondent/March 20, 2013

Nicknamed "physical chess," fencing's psychological component requires years of refinement before reaching elite status: the moment when foot speed and hand-eye quickness match strategic acumen and emotional maturity.

For three area youths — 17-year-old saber fencers Eli Dershwitz of Sherborn and Andrew Mackiewicz of Westwood, and 18-year-old épée swordsman Alex House of Upton — it's a process that began before the age of 10.

They recently took a huge step toward their dream of the Summer Olympics. Dershwitz, Mackiewicz, and House were named to the 18-member US National Junior Fencing Team, which consists of athletes under 20 years old.

The teammates will travel together to the Junior World Championships in Croatia (April 6-15), but with differing expectations.

The 6-foot, 170-pound Dershwitz has the best odds of medaling. A junior at Dover-Sherborn High, he is the top-ranked US junior saber fencer, and ranked second internationally.

"I always hear to stay at a high competitive level is harder than getting up there, so it pushes me to work harder, practice more, eat healthier, work out more, try to push myself to be the best that I can."

With fencers typically peaking in their mid 20s to early 30s, and the 2020 and 2024 Summer Olympics looming, it may not be the last time the threesome teams up for their country.



Eli Dershwitz (left)

2012 CIT **Zach Eagle** was featured in the March 17 edition of the Boston Globe. We're so proud of his work with Newton Teen Voices!

TEENS MAKING A DIFFERENCE:

A year and a half ago, Newton South High School senior **Zachary Eagle** traveled with a friend to Washington, D.C., to visit the friend's sister at college.

They watched in shock as one of the woman's roommates consumed so much alcohol so quickly at a dorm party that she passed out and had to be treated at the campus hospital.

Eagle, who is a member of the internship group Teen Voices, which advises Mayor Setti Warren on issues relating to Newton teens, returned home determined to raise awareness of binge drinking and its dangers.

"You can't help it if others drink, but you can help them stay safe," Zachary said. "If people are educated, they'll know what's dangerous and look out for each other."

Using an online prevention and intervention tool developed by the San Diego State University Research Foundation, the students customized a survey at newtonechug.com

that allows users to anonymously evaluate their alcohol tolerance level and risk patterns, while receiving personalized feedback such as how many songs could be downloaded from iTunes with the money they spend on alcohol.

The website was printed on business cards and distributed to all Newton North and Newton South high school students. Articles were published in both school newspapers, and health teachers required students to take the survey as a homework assignment.

On Wednesday from 6 to 9 p.m., Teen Voices will host its second youth summit at the Charles E. Brown Middle School, 125 Meadowbrook Road in Newton. The inaugural summit last October was a forum for students, parents, and teachers to discuss binge drinking, school stress, bullying, and other concerns, Zachary said. This event will focus on implementing solutions.

"What I really want is for kids to know that Teen Voices exists," he said, "and if they have something they want to change, they can come to us."



'You can't help it if others drink, but you can help them stay safe. If people are educated, they'll know what's dangerous and look out for each other.'

ZACHARY EAGLE
Newton South High School
senior and member of group
that advises Mayor Setti
Warren on teen issues



Newton Teen Voices Mayor Internship Program

MAZEL TOV, MICAH!



Congratulations on the recent engagement of former camper, counselor, and Unit Leader **Raquel Borgenicht**. Raquel was down in Florida with her family for their grandparents' 60th wedding anniversary. Her boyfriend, Steve, couldn't be there because he had used up all his vacation days. Such a bummer. On December 31, he surprised her in Florida. When Raquel saw him, her first thought was that he was surprising her for New Years! Before she even had time to process, he was down on one knee and popping the question. We're so excited for you, Raquel! Don't forget to send us pictures of the big day!

Another Micah marriage has led to another Micah baby! Former Unit Leader **Shannon (Staples)** and former hiking staff member **Mikey Welsh** met at Micah during the summer of 2009, got married last year, and now have expanded their family to include baby G!



Gwynneth Grace Welsh was born on November 21, 2012 at 10:47 am. She weighed 6 lb., 15 oz. and was 18.75 inches long. Her parents report that her favorite pastime so far is watching soccer with Mikey but Shannon is going to change that as soon as baseball season rolls around!



Mazel tov to former theater staff member and Performing Arts Team Leader **Melissa Wolfert** on her recent engagement! Melissa is now teaching middle school English and busy planning her wedding with her fiancé, Mark. Good luck with all the planning, Melissa! We can't wait to hear all the details!

Congratulations to ANOTHER couple that met at Micah! **Ieuan Halliday** (2009 BMX instructor) and **Alicja Klos** (2009 Kitchen Staff) were married in 2012. They're now the happy parents of a 6 month old daughter, Liliانا.



Do you have big news or a lifecycle event you want to share with the Micah Community? Email Steve Monge (steve@campmicah.com) and be sure to send pictures!

MICAH IN ACTION... SOCIAL ACTION!

Camp Micah just ordered 3 STATE Bags to give away to those who entered our STATE Bag contest on Facebook. Keep reading to learn more about what STATE Bags are all about and which Micah families can expect their own STATE Bags in the mail soon!



Former Boys' Head Counselor, **Scot Tatelman** (Jodi's brother), and his wife, Jacq, started a new philanthropic endeavor, STATE Bags. STATE works to address the immediate needs of America's most poverty-stricken children through its GiveBackPack Program. For every STATE backpack purchased, one is given to a student growing up in an impoverished American

neighborhood; but the program doesn't stop there. STATE's mission goes far beyond the bag.

Every one of the donated backpacks is hand delivered by a team of PackMen at STATE's bag drop events. These motivational, high-energy rallies leave kids with not only a brand new bag, but a renewed spirit and belief in themselves. A new STATE of mind that will propel them to be agents of change in their communities and beyond.

The STATE PackMen are experienced, child development specialists. Their energetic and unique performance style is yet another reason why the GiveBackPack Program is such a groundbreaking, inspirational initiative.

The GiveBackPack Program also features the STATE Badges. Representing the core values STATE was founded upon — acceptance, leadership, knowledge, conservation, courage and health — kids of all ages are encouraged to tell STATE how they embody these values. They are then rewarded with a new Badge to proudly display on their bags.

And the winners of our STATE Bags giveaway contest are...

Jordan Chastanet
The Adler Family
The Tulman Family



Congratulations! You can expect your State Bags to arrive soon!

CAMP COUNTDOWN

With less than 90 days until the start of first session 2013, the Micah winter office is busy planning for our 13th summer. With this being our B' mitzvah year (Yes, you read that right! Since Micah is coed, we couldn't very well call this our Bar or Bat Mitzvah year. We, therefore, give you a new Micah vocabulary word - B' mitzvah!), we're hard at work making sure it's a summer to remember filled with amazing surprises. We're also busy hiring veteran and new staff. See how many of the names you can find below! We couldn't fit ALL the amazing staff members that are coming back to Micah for the summer of 2013 but here's a sneak preview of who you can expect to see back in 04009!

G X A H H Y J A E I R O L A M H H W B L
 D A I L J E T F R Y K H I B K D K I E Y
 I S I S L N A Z C L D A W N U L G R U Y
 R A P C A Y E T J L A I O V O P U L C M
 J Z X T A E S W H O D S L U H A N J W M
 A P N Q V M U A E E R T I I L A I O E V
 P A R A N O E E S E R S L N I H E S E B
 S S P A H V D K D S B T J K Q K V H C R
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 B E I U K E A L A M R P V M Y G T G A D
 S P L P S L R V G S G L E Y P W W U H S
 F P F E E S E U O G K Z Y F O L W L A K
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 D G D D B G S H L N J W Q Q E P A K V W
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 V P X A P E E X V D R P C K X K M E F W
 C N U L I X S N T I L M L W L Z Q G M R
 P R N A L I M I L L S V K R M D C Z V O

Find these names vertically, horizontally, diagonally, forwards, or backwards. Good luck!

Ali Mills	Dontai	Josh Agulnick	Malorie	Seidman
Ally Sass	Emily Silver	Karen Rathjens	Mike Maciag	Shari
Big Phil	Emma Hance	Kenny	Olly	Sheppy
Brodsky	Heather Temple	Laurel	Prager	Sloane
Daniel Anderson	Ian	Louis Braver	Santana	Zeeva

PASSOVER GREETINGS



"I hope you had a nice seder. I was in the army during the seder. Still thinking of you and all the Micah people, and all of my experiences there still echo in my mind. Happy holidays!" -Dor Meir (B15, 2006)

We also received a beautiful Passover email from **Asher Lovesky** (B15, 2008 and CIT, 2010). He too is currently serving in the Israel Defense Forces. We keep Asher, Dor, and all of our alumni that are serving in the IDF in our thoughts and prayers.



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

December: Emily Adler, Kristen Alberts, Abby Alepa, Emilie Alpert, Jeremy Arbesfeld, Rob Bolka, Madison Brown, Austin Camiel, Andrew Cerel, Jordan Chastanet, Zachary Cohn, Julia Credendino, Alex Dow, Emily Ferestien, Alex Finn, Marc Finn, Chloe Fishman, Charlie Goldsmith, Samantha Gordon, Jason Greenfield, Sydney Greenfield, Jonathan Harvey, Brent Huot, Alex Kolodney, Sammi Lappin, Alexandra Laufer, Jenny Lipof, Sofya Lipshits, Elliot London, Chris McEvoy, Stephen Monge, Josh Moskoff, Jeremy Noller, Yoav Peretz, Dan Prager, Sonya Schloss, Max Schreiber, Daphne Solomon, Hanna Spivak, Nicole Strauss, Daniel Switalski & Jordan Wurtzel

January: Noah Adelstein, David Adler, Zoe Adler, Isaac Appel, Lina Baranovsky, Caleb Barer, Jordan Barr, Taylor Barron, Nadav Berkman, Andrew Borghesani, Ben Cerel, Tamara Crosby, Jessica Diamond, Isaac Feinberg, Sydney Finn, Evan Fisch, Jason Fisch, Scott Flickinger, Haley Friedler, George Furlong, Jamie Garuti, Olivia Gaynor, Abby Gefen, Chloe Ginsburg, Drew Ginsburg, Noah Glassman, Danielle Golden, Alexa Gordon, Sam Gragg, Laurel Greenfield, Abby Gurevich, Liz Harris, Alex Land, Alex Landau, Dani Lerner, Jake Lerner, Davis Lutwack, Borja Martinez-Laredo, Tyler MCGoldrick, Zachary Morgan, Jennifer Moscovitch, Sarah Pactor, Mia Polokoff, Arianna Reith, Sophie Rich, Braden Sheinkopf, Zachary Sickles, Justin Silver, Noah Stanton, Nathan Taylor, Emily Waldman, Josh Wecker, Noah Weinberg, Sarah Weinberger, Max Winshall & Danielle Wolk

February: Jason Alpert-Wisnia, Alec Bandzes, Shoshana Blumenfeld, Brian Borghesani, Benjamin Cohn, Daniel Cooper, Liam Davis, Ariana Defranc, Sophia Esquenazi, Gefen Finn, Sam Fishman, Morgan Fusco, Josh Gans, Sam Gantert, Nancy Garber, Morgan Goldberg, Max Greenfield, Bella Hauser, Michelle Isgut, Noah Jacobson, Adam Joseph, Daniel Kaleo, Erica Kleeman, Lily Koufman-Frederick, Jesse Krassin, Danielle Lacouture, Max Lappin, Benjamin London, Jordi Martinez, Molly McArt, Ferran Mestre Augusto, Lily Meyers, Ashley Mowen, Leah Murphy, Zachary Nislick, Benjamin Noe, Jayla Odorcuk, Julia Patkin, Arielle Rabinovitz, Steven Ratner, A.J. Reis, Alexa Roos, Abby Russman, Sarah Schwartz, Sophie Shnayderman, Jason Siegel, Rachel Siegel, Daniel Simmons, Nicole Solomon, Andrea Stilerman, Olivia Syat, Ben Wecker, Doria Weiss & Liane Wilson

March: Benjamin Aronovitz, John Bale, Olga Benacerraf, Hilary Cameron, Shari Churwin, Kelly Conner, Claudia Coplein, Ashley Davidson, Jordan Esrig, Maura Fehon, Adam Felber, Olivia Ference, Alexa Garfinkle, Andrew Geller, Josh Gilligan, Lila Goldstein, Danielle Grosswald, Zachary Halpern, Sebastian Hamori, Alexa Hartman, Matt Honkonen, Jim Hughey, Kendall Huot, Phil Kaminnik, Gal Karako, Rachel Katzin, Noah Kleinlehrer, Monika Kozubal, Edyta Lachowicz, Sam Litchman, Emily London, Alanna Margulies, Cassidy MCGoldrick, Justin Milstein, Mark Morton, George Patsouris, Allison Pollock, Ethan Rosensweig, Agnieszka Sawczuk, Chad Schuster, Lucy Schwartz, Zachary Schwartz, Izzy Shnayderman, Emily Silver, Zachary Singer, Julian Sofer, Carly Sofro, Julia Solomon, Gabriel Stern, Zachary Vincent, Jonah Weingart, Sara Weiss, Sam Weitzen, Sophia Wolk, Sue Woron & Scott Wurtzel

IMPORTANT REMINDERS

- The 2013 Parent Handbook has been mailed to new families and is available online to all parents by logging into www.campmicah.com and visiting the Forms section. There have been noteworthy updates in this year's version and we ask that all parents take the time to read through the contents. Please pay close attention to our updated Technology Policy:

For years, Camp Micah has struggled to balance camp life with technology. At camp, we try to assist kids in unplugging for the summer. For many reasons, including the safety of our campers, we find it necessary to prohibit campers from accessing the internet while at camp. Technology changes so fast and it's difficult to keep up with which devices have the ability to connect to the internet (whether via Wi-Fi or 3G/4G). We have, therefore, instituted a **NO SCREENS** policy at camp. In order to restrict campers' access to the internet, and to assist them in unplugging and enjoying camp life, **the following items are NOT ALLOWED at camp:**

- Cell phones, smartphones
- Laptops, netbooks, iPads/tablets, any device that connects to the internet
- iTouches
- Kindles, Nooks, or other e-readers.
- Video game systems such as Gameboys, PSP systems (or other handheld games), Game Cube, XBOX, mini televisions

We do encourage campers to bring a music playing device, if they wish, and there are many .mp3 players available that do not have games or access the internet (such as the iPod Shuffle, iPod Nano, and iPod Classic). For avid readers, we encourage sending good old fashioned books to camp!

- Camp is filling fast! There are just a couple spots left in a few of our units. If you know of a family that would be a good fit for our community, let us know now before it's too late.
- The summer is quickly approaching and that means it's time to submit your important paperwork! The deadline for forms to be submitted to the Micah office is May 15. Log into the Micah website to access everything you need to complete. Watch your email in mid-April for instructions on how to submit activity preferences for the summer.
- Don't forget to enter our Camp Micah Hat Contest! Send us a picture of you wearing your hat in a creative or outrageous place. We'll post the pictures on our official Facebook page and the camper who comes up with the most creative pictures will win a prize at camp!
- Want to be mentioned in our next newsletter? Send updates on your own social action projects, lifecycle events, and other newsworthy items to steve@campmicah.com. Don't forget to include some pictures!