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YMCA OVERNIGHT CAMPS
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Volume 1 Issue 2 July 2018

A newsletter for Alumni & Friends of YMCA OVERNIGHT CAMPS – MARSTON | SURF | RAINTREE



Alumni Spotlight



Ward Schalekamp & Frank Manase (Camp Marston Staff, 1997)

Frank Manase (Tanzania) and Ward Schalekamp (Netherlands) first met in the early morning hours at Camp Marston in the Summer of 1997. They both arrived in the dark and were placed in the same cabin. In the morning, Ward noticed a pile of blankets on the floor that appeared to be moving. He stepped out of his bunk bed, carefully poked the pile, and out came this big smile from under the blankets, "Hello!! My name is Frank". Little did they know that a special friendship was born instantly.

For Frank & Ward, even to be at Camp Marston was a bit of a marvel. Frank was not initially selected for camp in his country but persuaded the placement representative by doing some nifty card tricks. Ward meanwhile was at a study exchange program in San Francisco and really wanted to be part of the typical American phenomenon of summer camp. He also needed to convince the camp representative in a telephone interview that he was the right counselor for the job. Once

at camp, they had a fantastic summer as counselors that included a great group (Simon, Kim, Aaron, Peter, Dora, Jamie, and many more). Both loved to play music at campfire, Frank with drums and Ward with his alto saxophone. At the end of summer it was time to say goodbye, but it was not the end of their story.

5 years later (in 2002) Ward was in between jobs and wanted to visit Frank in Tanzania, however he had no idea how to contact him (remember this is pre Facebook, Skype, etc.). The only thing Ward knew was that Frank studied medicine in Dar es Salaam. Ward faxed the Dean of the school and asked to pass on his details to a student named Frank (what a long shot). One day before Ward's flexible flight option lapsed, Frank called! The line connection was bad, but it seemed that Frank got the idea so Ward took the risk and flew to Tanzania. They connected and had a great time, sharing what was happening in their lives and just having fun together.

In the years thereafter they both started careers and families, each marrying and having 4 children while also unfortunately losing their fathers at young ages to cancer. Then in 2013, they connected again to setup a non-profit for preventive medicine services in Tanzania. With Frank as the passionate leader and Ward as advisor arranging financing from Europe, they started The Community Center for Preventative Medicine (CCPM), which offers preventive health services through education, early detection of diseases, and facilitation of timely disease interventions. Learn more about their amazing work on facebook at www.facebook.com/CCPmedicine/

This past May, the two met again while Frank participated in a World Health Organization Summit in Switzerland. Frank stayed for 2 days with the Schalekamps and they hope to bring both families together, possibly in 2021, for the Camp Marston 100th Anniversary! Both Frank and Ward credit the transformational experience of working at camp that summer as a huge influencer in their lives today. In Frank's words, When I start to think about the number of lives protected by our mission (CCPM), I sincerely will never forget the beginning of this journey in the mountains of Julian.

If you haven't already registered for the next Alumni Event @ Camp Surf on 8/26/18 please do so via the link below:

www.ymca.org/get-involved/events/camp-surf-alumni-afternoon

Do you have a camp story to share?

We'd love to hear it! Please contact:

Steve Morris

Director of Financial Development & Alumni Engagement

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NOTES from
TOM



By Tom Madeyski
District Executive

I am hearing so much excitement for the new Camp Marston Dining Hall. Friends, campers, parents and alumni have all commented how wonderful it will be to have an expanded

dining hall, complete with bathrooms. The project is slated for completion in late September, early October of this year. As the contractor was installing the foundations, we had a few surprises. Many of the old footers were inadequate to meet today's building codes, so we replaced them all. The construction company, CREW Builders, has done a wonderful job looking to the long term and doing the job right. If the old Gilmore Dining Hall lasted 89 years, I'm confident the new structure will stand for well over 100 years. What a legacy!

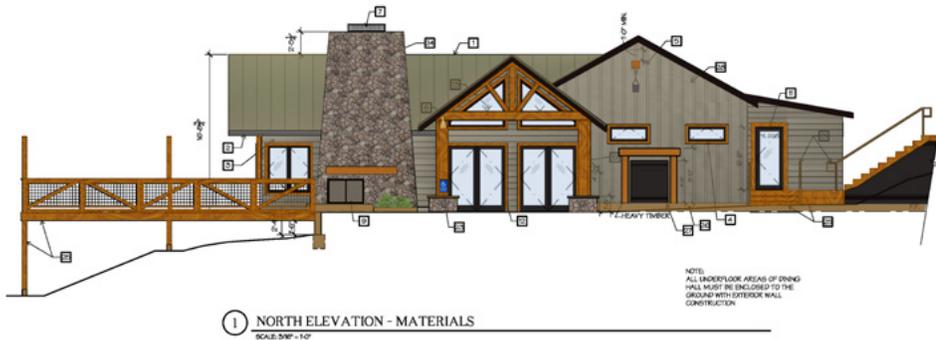
I am most excited for the additional seating space, the large outdoor deck & courtyard, five bathrooms, upgraded heating & cooling, two drink stations and the Old Mining Camp theme. We're also installing a projector and screen, allowing us to host training and conference events. Architect Drew Hubbell has done a masterful job designing the structure. Our goal is to create a distinctive space that is comfortable and practical.

I'd like to recognize our Food Service and Program Staff members that have made temporary dining in Holmes Lodge a

wonderful experience. Our world-famous camp meals are still prepared in the kitchen, then transported to Lower Holmes Lodge. We haven't missed a beat; the food is as good as ever. Lower Holmes too small to fit all campers? No problem! During summer, our Challenger Boys & Girls are being served outdoors in Grace's Pavilion, right next to Holmes Lodge.

Summer Camp is at its peak, and our theme of "Camp is Camp and it's all good" is playing out every day. It's so joyful to watch children disconnected from electronics, laughing, playing, exploring and making friends. The magic of camp is alive and well. I invite all alumni to visit this summer, just give me a call or email. Bring a friend; we'd love to see you!

Lastly, thanks to all the alumni that attended our reunion on Saturday June 16th, last day of Summer Staff Training. I was really struck during the opening circle how much positive influence camp had on former campers and staff. Numerous alumni shared how camp had significantly shaped their character and prepared them for adult life. It was inspiring! I hope to see you at our next Alumni Event.



BRICK
BY BRICK
LET'S BUILD A NEW DINING HALL!

Would you like to be a part of this transformational project?

We're setting aside an area of the outdoor courtyard for special personalized bricks, which you can participate in. Here's a chance to contribute and memorialize your family name, positive message, or even add a short quote.

Be a part of Camp Marston history!

As you know, we are building a new, larger, amazing dining hall. The new dining hall will add 80 dining spaces, a large outdoor deck, courtyard and new views to the east through three large dormer/windows.



GIVING LEVELS

- \$250** 4" x 8" Brick
- \$500** 8" x 8" Brick
- \$1,000** 12" x 12" Brick
LEAD SPONSOR

GIVE ONLINE: ymca.org/brick

iCARE Corner: 16th Annual Creek to Bay Cleanup

DID YOU KNOW this past spring, YMCA Camp Surf was a designated site for the 16th Annual Creek to Bay Cleanup Day? In partnership with I Love A Clean San Diego, volunteers improved the health and beauty of San Diego's natural environment by removing more than 150,000 pounds of trash and debris from locations throughout San Diego County. The top five most commonly collected items being cigarette butts, plastic beverage bottles, food wrappers, plastic bottle caps, and plastic straws.

**JOIN US for the next
Coastal Cleanup Day
September 15th, 2018!
www.cleanupday.org**

5 Easy Things You Can Do To Protect Our Precious Waterways:

1. Keep Plastic Out of the Ocean

The ocean is awash with non-biodegradable plastic debris; some of it so finely-ground that it is digested by microscopic plankton, the basis of the oceanic food chain. Keep plastic out of the ocean by reducing the amount of plastic you use. Avoid plastic bags by using reusable shopping bags. Refill plastic water bottles. Recycle plastic, or dispose of it with care. Biodegradable plastic products made from corn, food starch, and sugarcane are now available.

2. Be Considerate of Wildlife

Our trash can damage or kill wildlife easily, but it is easy to prevent these tragedies. Never dispose of fishing line or nets in the water. Don't release helium balloons outside. Minimize your use of Styrofoam. Cut open plastic six-pack rings that can entangle life.

3. Reduce Household Toxins

The fewer herbicides and pesticides you spray, the fewer you will swim in! By using natural fertilizer, phosphate-free detergents and non-toxic cleaning products, you can ensure healthier waterways and a cleaner overall environment.

4. Conserve Water

With just a little effort, we can all save water every day. Use low-flow showerheads and faucets, take shorter showers and repair leaky faucets to help our oceans.

5. Spread the Word!

Talk to friends and family about the problems - and the solutions that impact our waterways. Write letters to the editors of your local newspapers calling attention to marine issues.

Water Safety A Team Effort

**By Kyle Millard | YMCA CAMP SURF
Waterfront / Groups Program Director**



My name is Kyle Millard, and I am the Waterfront and Weekend Groups Director at Camp Surf. Water safety has been a huge part of my life and upbringing. I was born and raised in Virginia Beach and ever since I can remember, I have spent my days at or near the ocean. My very first job, at the age of 16, was as a professional lifeguard for the Virginia Beach Lifesaving Service. For eight years I trained and guarded at the Virginia Beach

Oceanfront protecting the lives of thousands of people day after day. Little did I know that those skills I learned would eventually lead me to YMCA Camp Surf.

For those of you that may not know, Camp Surf is the only YMCA camp that has its very own USLA (United States Lifesaving Association) certified lifeguard service. We go through the same standards and guidelines as many

other city or state Ocean Lifeguard Services in the United States. I am proud to announce that as the minimum standards are increased, we continue to meet them and recently renewed our Open Water Lifeguard Agency Certification! Our lifeguards must complete a rigorous annual training that lasts for 8 days, which includes a combination of 21 hours of first aid classes and scenarios, 48 hours of open water lifesaving classes and scenarios,

(...continued on next page) 3

Water Safety

A Team Effort ...continued from page 3

and of course constant strength and stamina training. It takes a unique individual to meet these standards, and our lifeguard team year after year sets the bar high.

Of course, none of this would be possible without the help of the amazing David Sims, our Waterfront and Weekend Groups Coordinator. David started at Camp Surf 3 years ago as a lifeguard and program instructor, and through his dedication and hard work, has quickly moved up the ranks and was recently hired in February to help lead our waterfront team. David hails from the great state of Texas where he worked as a Coordinator for the city of Austin for three years managing a pool. That experience led him to camp and he brings an amazing energy and a ton of knowledge and support to the team. He has led the last two Lifeguard trainings at Camp Surf, and thanks to him our waterfront team is extremely prepared and focused on protecting the lives of all of our campers and families who enter the water. If you ever have the opportunity to come to camp and meet David you will be greeted with a big smile and if you're lucky a big hug!

Protecting the lives of our campers and guests in the water takes our entire staff team to accomplish. From Myself, David, the lifeguards, and our camp counselors we all have a huge role to play in order to make sure everyone is safe and having a lot of fun in the sun.



If you do find yourself going to the beach this summer make sure you stay safe by following these tips:

- Don't swim near rip currents
- If you find yourself in trouble, don't panic! Put your fist up in the air (universal help sign)
- Stay sun safe, wear sunscreen, hats, and drink plenty of water
- Always, always swim near a lifeguard

Have a SURF safe summer!

STAY CONNECTED

It's never been easier to keep in touch with camp news, camp friends, and find out about all the alumni events happening throughout the year!

Find us on [Facebook](#).

Follow us on [Instagram](#) & [YouTube](#).

And of course there's always....

We're social.



[@ymcacampmarston](#)

[@ymcaraintreeranch](#)

[@ymcacampsurf](#)

www.ymca.org/camps/camp-alumni

ALL ABOARD!
AT YMCA CAMP SURF

11 | 3 | 18

SAVE THE DATE

ANNUAL BEACH PARTY
Saturday, Nov 3rd from 4-9pm

- Enjoy the sunset, dinner, live music, and dancing
- Silent/Live auction benefiting camp scholarships
- Great food and beverages!

www.ymca.org/beachparty

OUR MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind, and body.