



Children's Oncology Camping Association - International

Fireside

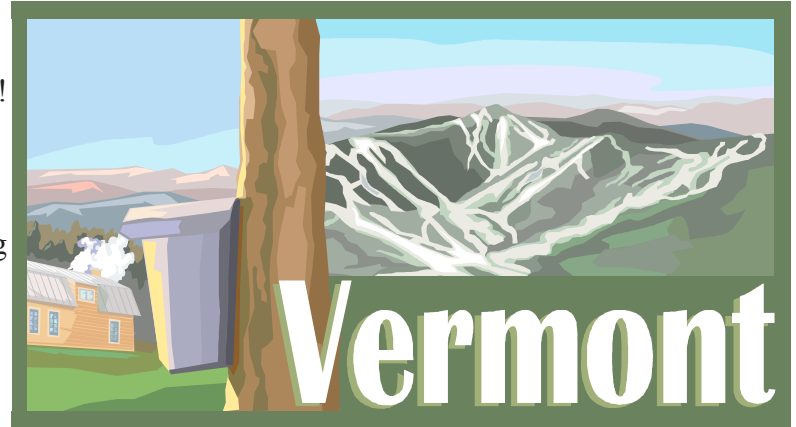
May 2008

Happy Spring Everyone!

I am happy to say the snow has finally melted in Vermont! I hope this newsletter finds you happy in spirit as the warmer summer days approach.

As many of you know, I have the distinct honor of serving as the Program Director for Camp Ta-Kum-Ta. Each year, we gather as a full staff and spend two and a half days together in preparation for our one week program to be held in August. Part of my work is to develop a meaningful and informational training program for our staff.

As with any training program, building our family is a significant part of the experience. We arrive as individuals and we leave as a family. Knowing this, I put on my "thinking cap" and here is what I came up with to kick us off:



Our theme this year is "Around the World in 7 Days". It is my hope that we are able to transform our camp ground into the channels of Venice with the Eiffel Tower of Paris watching over us as we trek along the wall of China and spend a little time visiting with a few Egyptian Pharaohs (that was a mouthful!) So much to see and do in a week!



To guide us along the way, we will be using the "stars of our past". On the first evening of our training weekend journey, the staff will gather in the dining hall to cut out and decorate large stars. On each star will be the name of a camper that has passed during our 20+ years. We will decorate the walls and ceiling with these guiding stars to keep the staff pointed in the right direction. While we decorate the stars, the returning staff will share stories about the camper that has passed while building a meaningful relationships with the newer staff member. This is the magic of camp. These stars will guide us as we prepare to travel the globe, Camp Ta-Kum-Ta style!

It is not easy to express why camp is so important to each of us. We fumble with words in an attempt to make sense of our overwhelming journey. The truth of the matter is simply stated; words can not express the experience. And honestly, that's ok with me. That is the wonder and magic of camp - something you and I cherish and carry with us every day. I am so thankful.

I wish you a wonderful camping season and I can't wait to hear your stories in November.

Warmly,
dennis.

The Keencheefoonee Road Race Helping Kids with Cancer go to Summer Camp

Why ask your volunteers who give their time, energy and love to your camp to raise money? Because they are the ones who understand why we do what we do. They can spread the word to their friends, families and co-workers to support them in the journey to reach the mission of Camp Sunshine and to “help kids with cancer go to summer camp.”

For the past eight years, the volunteers at Camp Sunshine in Atlanta, Georgia, have taken a simple road race and turned it into our largest annual fundraiser! During our two weeks of camp, we have approximately 225 volunteers and within that group, we have

several runners/walkers/plodders that also have an interest in fundraising. In 2001, we established our own road race during camp as a fundraising event and named it after the road that camp sits on, Keencheefoonee Road. Volunteer counselors solicit sponsors from their friends and family and corporate sponsorships from the companies where they work. Race packets are sent to counselors in March, and all participation is voluntary. About half of our counselors participate and raise money; approximately 90 actually walk or run on the morning of the event.



The Keencheefoonee Road Race is on the Tuesday morning before the camp day begins. A 5k route and one mile route are picked out and only the volunteers can participate. The race begins at 6:15 AM and all race activity is complete by 7:15 AM, including prizes to the winners. Winners include overall race winner (male and female) and the top money raisers and their prizes usually consist of Camp Sunshine gear or an art project the campers have made!

The camp volunteer gets a special “race-t shirt” if they raise a minimum of \$50.00. The donor or sponsor of the volunteer gets an official Camp Sunshine summer camp t shirt with a donation of \$50 or more. We also offer incentive gifts if someone donates at the \$250 or \$500 levels. If a corporate sponsor or individual donates \$1,000, they get their logo on the back of the race t-shirt and a recognition plaque! Donations can be made through the volunteer or on the Camp Sunshine website.

Volunteers take pride in raising money for an organization that they love and dedicate their time to each summer. Camp Sunshine realizes that our best advertisers and supporters are our volunteers. Your volunteers can do the same for your camp too! For more information on this fundraising idea, please contact Lindsey Monroe, Special Events and Public Relations Coordinator at Camp Sunshine (lindsey@mycampsunshine.com or 1-866-sun-camp)!



Abstract sent to SIOP on behalf of COCA-I



COCA-I with the help of Dr. Alex Martiniuk from the George Institute for International Health, in Sydney Australia, has developed and submitted a narrative abstract detailing who COCA-I is and what COCA-I does to The International Society of Pediatric Oncology (SIOP). The SIOP conference will be held in Berlin, Germany Oct 2-6, 2008. SIOP is the

major global organization concerned with the issues of children and young people who have cancer. For the past 35 years it has brought together doctors of many different disciplines to develop better care for this disease. In recent years nurses have become involved and over the past 3 years they have been developing an alliance with parents and their complementary organization ICCPPO. SIOP's mission is to bring the best possible care for children with cancer to the farthest corners of the globe.

If accepted this abstract will be displayed at the conference and published in the extensive conference journal of the International Society of Pediatric Oncology.

The oncology world will now be introduced to the wonderful work of COCA-I!

Coming soon!

Brand new items in the
COCA-I web store.

Check the site in the
next two weeks for
exciting new items.

2008 COCA-I Conference

November 13 - 16 - Tempe, Arizona

Hosted by Camp Rainbow and Arizona Camp Sunrise

Held at the Tempe Mission Palms www.missionpalms.com

Hotel Accommodations can be made by calling 800 547-8705

Space is limited for the Thursday Directors Forum starting at just \$60 extra. Watch the COCA-I website for on-line registration and get signed up early.

Conference Fees for Members:

Early Registration (until September 26, 2008)	\$ 325 USD
Regular Fee (Sept. 27 - Oct. 17, 2008)	\$400
Late Registration (after October 18, 2008)	\$500
Single Day Rate	\$250
Non-Members	\$500

Thursday Pre-Conference Fees for Members:

Early Registration (until September 26, 2008)	\$60 USD
Regular Fee (Sept. 27 - Oct. 17, 2008)	\$75
Late Registration (after October 18, 2008)	\$100
Non-Members (if space is available)	\$150

Begin the evening dance program with some general musical activities, and save the actual dancing for later in the program. Name games, activities with and without partners, small group games, and activities with the entire camp are good places to start.

Next, introduce musical activities that don't actually involve any dancing. Singing is a good choice, especially those songs with some movement as well, but here are a few more activity ideas:

Name that Tune. Visit your local library or music store and collect music from television programs, game shows, and movies. Then play a few seconds from each tune and let the audience, working in small groups, try to identify as many tunes as possible. CDs are a good choice for this activity. Then, replay the music in the same order, and let groups shout out their answers.

Music Around the World. For an international theme, try collecting music from different countries, and again play a short segment of each selection. Small groups are asked to guess which country or what style of music each selection represents.

Sing a Song about _____! With the entire camp split into small groups of about eight to ten campers, select a single word, such as "blue." Groups are then given two minutes to brainstorm as many songs as they can with the word "blue" somewhere in the lyrics, and then be prepared to sing this line of the song. Groups take turns, singing one song per round. As the activity continues, any group that runs out of songs or repeats a song previously sung by another group are out for this round. Next round, try another word, such as other colors, camp themes, holidays, animals, or countries.

What Are We Singing? Provide each small group with a song title and lyrics. Each camper selects one word from the opening line of the song and with the rest of the group sings this word at the same time. So, for the song "I Love the Mountains," several campers would all sing their word from the first line, "I love the mountains, I love the rolling hills," in one, mashed chord of words. The object for the rest of the audience is to guess what the song title is.

Marching to the Beat of a Different Drum

This next level introduces music, but still provides some security for young campers by providing structure and the unity of a group. I call this activity, **Marching to the Beat of a Different Drum**. Collect a series of different music segments (popular songs from various artists, music styles, and locations, but especially music with a definite beat). **Different Drum** begins with each group counting off, and each camper remembering his or her number. Camper number one has the opportunity to lead the very first song. If it is a marching band number, they can march — or use any other movement that is safe and appropriate for the physical ability of the rest of the group members. Song segments are typically only about thirty seconds long. The next song belongs to camper number two. The unique thing about this activity is that everyone in the group has the opportunity to lead, even if only for a short time.

Hint: For younger groups, the first leader can be a counselor to demonstrate how to lead the group.

Another large group activity that can be performed with a variety of music is a grand march — where campers join hands in a large circle and one counselor begins to lead this long line in a series of spirals, twists, and circles, until they are again in a large circle.

Dances without Partners

There are a variety of musical activities and dance styles that don't require partners — line dancing, step dancing, jump roping, tinikling, and limbo dancing. In many cases, some of the older line dances can be taught using recent songs from current artists.

Tinikling (rhythmic dancing between two poles), limbo dancing (passing below a slowly lowered stick), and jump roping (double dutch, multiple ropes) are all forms of dance that can be used during refreshments or break periods and still engage many campers at one time. These and several other styles of ethnic dances can also be used during a cultural appreciation program or "around the world" event.

Hint: Encourage counselors to learn the dances prior to camp and then spread out during the dance to teach small groups the difficult steps.

Mixers

After some solo dancing, introduce some partnered dancing using mixers. These dances quickly change partners and keep campers active and moving. The Jiffy Mixer, Down on the Corner, and Oh, Susanna are great for groups of any size. The World of Fun recordings have even more.

Hat mixer

One of my favorite mixers, which works to a variety of music, is the hat mixer. Two lines of campers form an "alley" — boys in one line, girls in the other. At one end of the alley are three chairs, with a large hat at the center chair. The music begins. The first boy sits in the middle chair and places the hat on his head. The first two girls take the seats on either side. The boy places the hat on one girl's head, and then dances with the other. The girl with the hat moves to the middle chair, and the next two boys sit on either side. The dancers move to the bottom of the alley, and then join their respective sides again. For those who are not immediately chosen, they have the next opportunity to choose their own partner.

Hint: For very large groups (more than 100 campers), try having three or four different locations in the same room with the alley and chairs setup. When couples are finished dancing at the end of the line, they can join any of the other lines.

The tunnel

For those situations when a camper remarks, “but you never play MY KIND of music!” here is a modern mixer that works very well. Partners face each other, join hands, and form a long “tunnel.” The music begins, and these couples dance. A few (about eight) campers enter the tunnel, one at a time. When they find a person with whom they would like to dance, they simply back in front of this person’s partner and bump him or her out of the line. The displaced camper then moves to the top of the tunnel and has the opportunity to find a new partner on the next round. This activity works with all kinds of music, so here is your chance to try a few minutes of even the most unusual music, and keep everyone dancing.

Other Musical Activities

Don’t forget to plan some activities or music for the break portion of the program. Classical dance tunes like Surfin’ USA by the Beach Boys (campers can stand on benches or wooden planks like surf boards), Shout from the Animal House Soundtrack, and other party tracks are popular. Or, find the CDs that baseball and other sporting events play between innings to get the crowd up and moving.

There are also a variety of ways to make music without CD players. Jug bands can be formed using a variety of percussion instruments. Sportime sells “boomwhackers,” which are tuned plastic tubes that play different tones. Perhaps your camp craft program can include some musical instruments in its daily program (shakers from film canisters and rice, pipe chimes from electrical conduit, and other instruments made from recycled materials). Finally, consider using live music (a local band or DJ) or organizing a camp band to perform for the evening dance program.

Hint: For those programs without easy access to electrical power, or musical amplification, there are several “singing games” like “A Bear Went over the Mountain” and a variety of “play party” games, that are the early versions of modern mixer and social dances. And all they require are dancers who will sing!

Dancing with Partners

While square dancing is popular at some camps, this is not the case everywhere. The World of Fun recordings have several square dances, but here are ideas for other forms of partner dances.

Ethnic dancing

Nearly every location has ethnic dance groups or social clubs that can be invited to your camp to teach their style of music and dance. Scottish dancers, contra and square dancing groups, military reenactment groups (such as the Civil War or colonial periods), ballroom dancers, and modern dance troupes are some possibilities. Plus, these groups often provide some educational content with their dances, such as historical facts, food events that add to the evening events, traditional costumes, and more.

Athletics

There are a variety of athletic dance styles, including tap, jazz, aerobics, tae-bo, cardio kickboxing, and other forms of music-related dance. Some of these forms use partners for stretching and balance.

Conclusion of the Dance

Don’t feel compelled to end the dance evening with “slow dances.” But, if you choose to include some slower dancing music, consider the “snow ball” approach. Every time a counselor yells “snow ball,” dancers must find a new partner. This makes even the slow dances a type of mixer.

Music can also be used to set the final mood of the evening. If you wish campers to be in a quiet mood for an end of the day program after the dance, use music that will set the tone.

Dr. Jim Cain, Ph.D. is the author of Teamwork and Teamplay and has been involved with youth development programs and camping for nearly thirty years. He is a musician, a third generation square dance caller, and has always loved dancing at camp. Contact him at 585-637-0328 or jimcain@teamworkandteamplay.com

