



ALLEGANY BOYS CAMP

inspiring change through relationship

June 2018

Therapeutic Sleeping



“Good morning!” calls chief as he circles through the sleep tents. “It’s 6:30 and time to rise and shine.” Several bodies immediately pop out of their beds while several others lie motionless, acting oblivious to the time and chief’s prompting to get up. The day has hardly begun, yet each boy has an opportunity to learn a lifelong skill: how to get out of bed well. Eventually, everyone is up getting dressed and doing

tent chores. Footlocker lids slam shut as beds are made, shower bags are packed, and the floor is swept before the group gathers at logs for devotions and to read over their plans for the day.

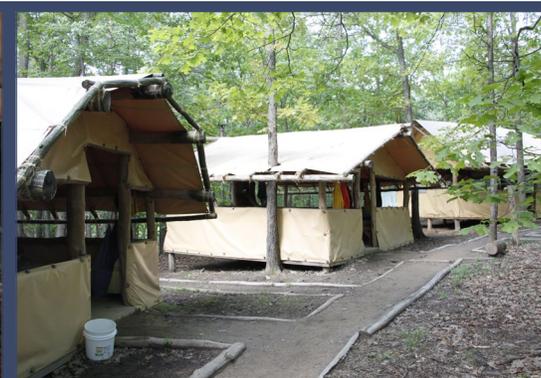
Many life skills are learned in the sleep tent. It is where the day begins and ends, two of the most important times of the day. The first hour of the day does a lot to set the tone for the rest of the day and the last hour of the day has a lot to do with how a boy gets up the next morning. How a boy or a group is doing can be seen simply by taking a stroll through the sleep tents and seeing how well tent chores are being done. A boy learns to take care of his things and be organized. The bed should be made neatly, the floor swept, his laundry folded neatly in the footlocker, shoes and boots in a neat row under the bed, and everything in its place. These things can be a struggle for anyone and having a regular routine helps it happen. As a boy learns to take care of his things and his space, he learns responsibility and has a sense of ownership. Tent chores provide an opportunity to work together with tent partners, helping a

new boy make his bed or pack a shower bag, taking turns sweeping the floor, working together to lift footlockers to sweep underneath them and getting it all done in a reasonable amount of time so they are on time for breakfast. It’s an opportunity to learn to hold each other accountable and to make sure it is done right especially when chief is not right there. The half hour siesta (nap) after lunch is an opportunity to learn to change pace, rest, and reflect for a bit in the middle of the day.

It is in the sleep tent that chief has one of the greatest opportunities of the day to practice chiefs touch: meeting needs through getting his hands on a boy and his things, helping fold or unfold blankets, tucking each boy into bed at night and giving him a good-night hug and a vitamin C, or applying a band aid here and some camp salve there. Meeting emotional needs begins through meeting the physical needs.

Night time provides its own natural therapies as boys drift off to sleep after a long day. It may be the coyotes howling, the hoot of an owl, a whip-poor-will calling, the occasional fox bark or raccoon fight, experiencing the tremendous power of a thunderstorm, a train rumbling off in the distance, or simply the heavy breathing or loud snoring of a fellow camper as he dreams about the firewood they cut that day, the canoe trip they’re planning, or a new idea for a new tent. Good night and rest well guys. Hoya!

Kevin Maust
Groupwork Supervisor



ADVENTURE LEARNING - BOB WHITE QUAIL

Bob-white! From somewhere along a distant woods edge, through the early morning mist, his voice rang out. Chief Daryl and I paused for a break in our bike ride last summer when his call caught our attention.

Our book, *Birds of America* says it well: "The call of the Bob-white is one of the cheeriest sounds in nature. Nearby, it commands attention; distant, it harmonizes with other sounds of summer, yet never palls upon the ear. It names the bird. Northerners call him Quail; Southerners, Partridge; but he has named himself and ornithologists have decided that he is the prior authority. His cry is interrogatory. It is pleasing, heartening, delightful. Farmers translate it as more wet, saying that it foretells rain. And this prophecy is always welcome in the drouth of summer."

Where did the bird we heard along our ride come from? Had he been raised by one of our neighbors? Were there a few wild quail existing in our area?

Western Maryland was once home to many Bob-whites, but changing farming practices, hard winters, and predation have reduced their numbers to isolated pockets. This is especially so in the northern fringes of their range.

The cheerful call that morning seemed an invitation to introduce more Bob-whites to the area. While we probably won't repopulate the state with quail, we may be able to establish a small local population.

This spring we purchased some Bob-white eggs and incubated them in chuckwagon. Each day, boys carefully turned the eggs and anticipated the arrival of the chicks. Then one morning the wonder began. That precisely pecked circle around the cap of the egg. That struggle. That amazing feat of freeing himself from the egg. Then lying scrawny, wet, and exhausted on the floor. Soon he was up and making his way about, chirping and encouraging the rest to come out and see the new world. Answered by muttered peeps in the shells, "I'm trying, I think I'll be out soon."

Now they're a couple weeks old. "Teenagers" as Chief Jeff commented, peering into the brooder one day. Boys gather around the box every chance they get, always glad to help care for them. The birds are especially grateful for any high protein snacks of insects that may be brought.

Soon, our Woodsmen group plans to help build a larger outdoor cage for our lively youngsters. We are also hoping to get some more chicks from a hatchery. We plan to raise them over the summer and release them on our property this fall.

Perhaps next spring we'll be rambling and flush a covey of our friends from a thicket. Or maybe we'll be on our way to chuckwagon and through the early morning mist a call with ring out: *Bob-Bob-White!*

Albert Stoltzfus
Program Director



Camp Kindling ... small pieces of camp news and needs



- 🌲 We say farewell to Peter Strickler this month. He has given two years of his time to make a difference in the lives of the Woodsmen Group.
- 🌲 Welcome to Peter Zehr from Myerstown, PA. He arrived the middle of May, and will be serving as chief in the Woodsmen group.
- 🌲 The groups are preparing to go on canoe trips and hiking trips this summer. Pray for them, that the trips could be good times of making progress and for their safety.
- 🌲 We are sawing lumber for our chuckwagon project and plans are to start construction on August 6. If you are interested in helping with this project, please contact camp.

FAMILIES DAY

We hosted our annual Families Day on Memorial Day. Members from each boy's family came to share the day together. We started with campsite tours and group activities, then gathered for some exciting games, an inspirational chapel time, and a BBQ chicken dinner. We had excellent participation and were encouraged to witness strengthening bonds between boys and their families.



Hello, I'm going to tell you what families day is like. Well, first of all we had to prepare for it. That meant cleaning tarps and re-lashing our tents.

It all started when we put it on our 6 month calendar. It seemed far away but believe me it went very fast.

Well, when families day came which was May 28, 2018 a Monday. We worked hard to prepare for it.

Well, on May 28 our families came to camp. First of all we came up to Shady Grove to meet our parents. Then we came down-trail for an hour of different activities. Then we went up-trail to play a couple different games.

Then we went to chapel. The groups sang a couple songs. Then Chief Brian talked for about 45 minutes. Then we went to eat BBQ chicken.

Then, we had pow-wow and said goodbye to our families. That was families day!

Matthew—Woodsmen

Families are the compass that guides us. They are the inspiration to reach great heights, and our comfort when we occasionally falter.

Brad Henry



ALLEGANY BOYS CAMP

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We send out printed newsletters twice a year. The rest of the year is by email. If you currently are not receiving our email newsletter and would like to, email our office at ruth@alleganyboyscamp.org.

OPEN HOUSE

fun activities for the whole family



August 4, 2018
10:00 AM until 2:00 PM

Tours from 10:00-11:30 AM
Pork BBQ Lunch: 11:30 - 12:30