

Welcome to Pleasant Valley and North Woods Camps from your Enrollment Specialist!

My name is Debbie Clough, and I am your connection to camp as the Enrollment Specialist. My job is to make sure you have enrolled properly, ensure that your paperwork/forms are all in place prior to camp and to answer any questions that you may have along the way as we approach camp time. I work part time in this position, so you will hear from me within a day, depending on when you reach out to me.

My history with Overnight Camps began back in the 1990's when I came to Sandy Island Camp with my family. We enjoyed about 4 years on the island prior to building a home in Gilford, NH. When I found myself unemployed in the summer of 2021, I was alerted to an old job posting on Sandy Island. I applied and was offered the only open position as a PT Camp Registrar. This summer will be my fourth year here at camp. I love the staff, the job flexibility and especially working with families! I have spent my entire life connected to Lake Winnepesaukee and have called it home since 2017. I raised a family in Acton, MA for 23 years. I currently live in Gilford, NH. Working at camp is a real pleasure, since I am a kid at heart and love the outdoors! When I have free time, you will find me on the lake or hiking in the mountains. My most recent accomplishment has been to hike the NH 48 4000 footers! I continue to hike them with friends and enjoy every minute!

Because you have a new camper, I am sure that you have a lot of questions. I'm here to help answer them for you. The deadline for camper forms is May 1st. I'm a phone call or email away if you have a question or concern. Please reach out to me anytime.

I'm looking forward to helping you and your camper get ready for the overnight camp experience!

Enjoy today,

A handwritten signature in black ink that reads "Debbie". The script is cursive and fluid.

Debbie



A FIRST LOOK
into



North Woods & Pleasant Valley Camps



Welcome to Camp



The greatest adventure
you will ever have.

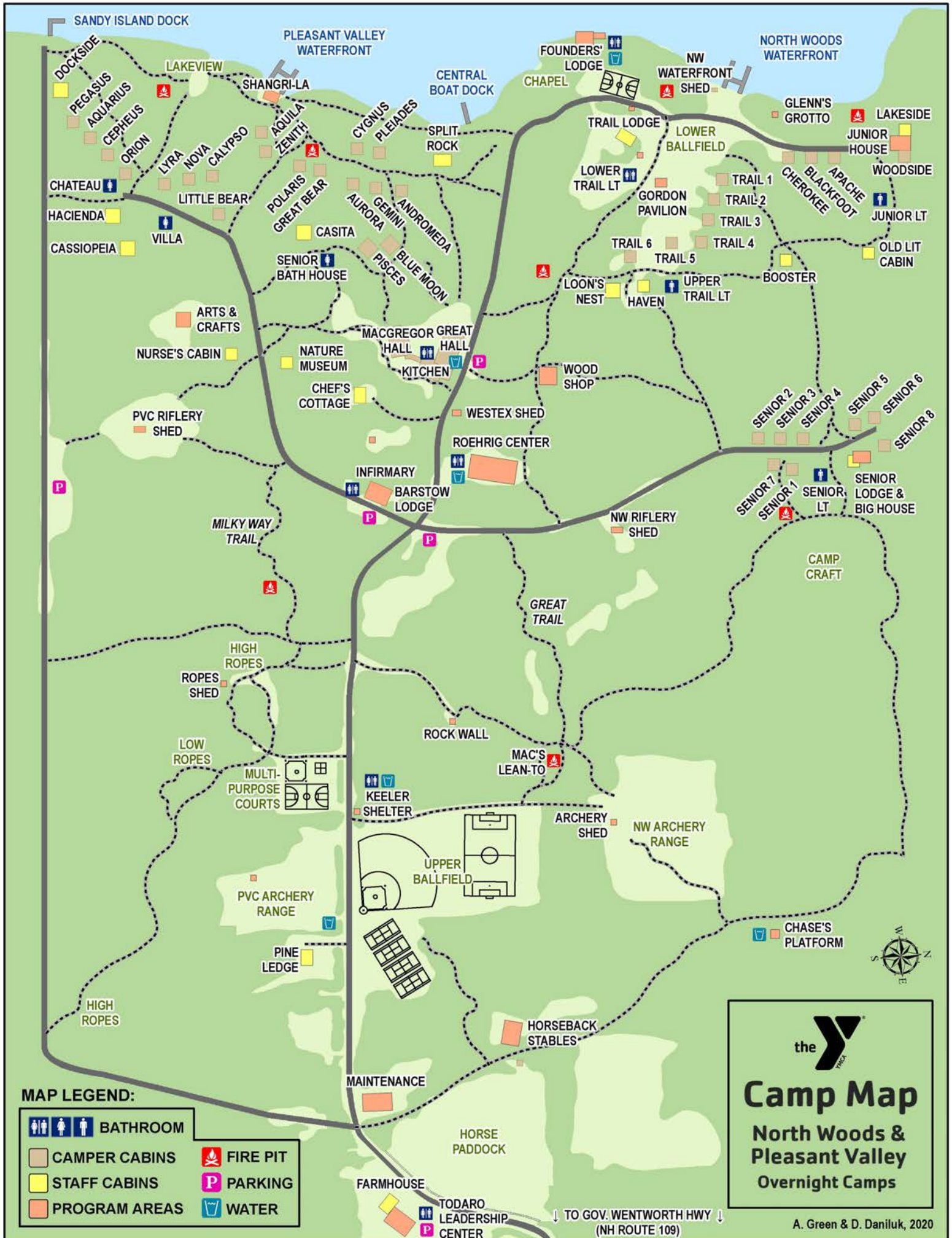


Over two hundred acres of wilderness just south of the White Mountains of New Hampshire is home to our family of summer Camps. Our Camps combine a rich tradition and history with a rustic environment nestled on the shores of Lake Winnepesaukee. As a nonprofit social service agency with a focus on healthy living, youth development, and social responsibility our mission is to create experiences that build healthy mind, body and spirit for all.

North Woods YMCA Camp continues it's rich history every summer as it has since 1929. North Woods brings together boys ages 8 to 15 of all races, religions, nationalities, and backgrounds to participate in a summer camp experience rooted in tradition and excellence.

Since 1969 Pleasant Valley YMCA Camp has provided a friendly, positive and supportive atmosphere for girls ages 8-15. At the core of Pleasant Valley's rich tradition is the group living experience, being an environment of cooperation while stressing the value and importance of each individual. Campers and staff from around the world join together to create a strong, supportive community of respect, teamwork and self-discovery.





MAP LEGEND:

- BATHROOM
- CAMPER CABINS
- STAFF CABINS
- PROGRAM AREAS
- FIRE PIT
- PARKING
- WATER

Camp Map
North Woods &
Pleasant Valley
Overnight Camps

↓ TO GOV. WENTWORTH HWY ↓
(NH ROUTE 109)



Daily Schedule



2 WEEK SESSION

7:30-7:45	Wake Up
7:45-8:00	Line Up
8:00-8:45	Breakfast
8:45-9:00	Clean Up
9:15-10:05	Period 1
10:15-11:05	Period 2
11:15-12:05	Period 3
12:15-12:30	Line Up
12:30-1:15	Lunch
1:15-2:15	Rest Hour
2:30-3:20	Period 4
3:30-4:20	Period 5
4:30-5:20	Period 6
5:20-5:45	Cabin Time
5:45-6:00	Line Up
6:00-6:45	Dinner
7:00-8:30	Evening Activity
8:30-9:30	D.I.V.E
9:30	Lights Out

MIDDLE SUNDAY

- Late Wake Up
- Extended Clean Up
- Chapel/Vespers
- Cabin Photos
- Co-Ed Day
- Sunday Night Singing
- Movie Night

ALTERNATIVE DAYS

1ST MONDAY

- Activity Fair
- Mini Activity Rotation

1ST THURSDAY

- Hobby/Free Choice
- Cabin Day

2ND WEDNESDAY

- Hobby/Free Choice
- Theme Day



Who You Need To Know



Cabin Counselor

Your cabin counselors should be a resource to use when you are feeling homesick, actually sick, in the event that you are having trouble with another camper. Counselors should be seen as the substitute parental figure to help you navigate through everything at camp. They may resource other camp staff to help as well.



Swim Instructors

Your swim instructor is going to be one of the counselors at camp. They have the ability to communicate with the Swim Program Head and the Waterfront Director in the event that you feel you have been placed in the incorrect swim level.



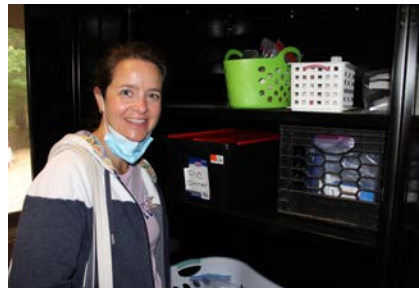
Section/Village Leaders

Your Section/Village Leaders are in charge of the whole section/village that you are staying. If you are having problems with your staff, another camper or any problems that you don't feel comfortable telling your Cabin Counselors, they are here for you.



Dining Hall Counselor

The counselor at your dining hall table assignment will want to support your dietary needs. Like: any dietary restrictions or allergies you may have, as well as helping you get enough food at each meal. Speaking up is essential so the staff can help know your needs.



Camp Nurses

The Nurses are another great resource for campers. We all know a great nurse, maybe from school or at your doctor's office. Our nurses take the role of keeping you cared for very seriously. But, a lot of campers forget they are a great resource to use when/if something needs to be discussed that may be personal or private. The nurse team is there to help and want to support you in times you need them.



Camper Liaison

The Camper Liaison- whose role is to support campers when they are having a hard time at camp. They will be there to listen, help mediate conversations, help you problem solve and also as a source to communicate the happenings at camp to the parents of campers.





NW & PVC ACTIVITIES

WHAT CAN YOU PICK AT CAMP

Swimming



Swimming is still an important part of a child's development. Therefore, we value it so much at NW and PVC. During this activity, campers will learn all the strokes and techniques to become a fantastic swimmer. Fun games will be included, and the water mats can be used towards the end of a lesson.

Awards

Level 1, Level 2,
Level 3, Level 4,
Level 5, Level 6

Canoeing and Kayaking



Here you will get to go on an adventure on the lake, relax in the sun or enjoy some crazy epic games with the boats. Go on the adventure and enjoy our beautiful Lake Winnepesaukee.

Awards

Underway Paddler,
Smoother Ride Paddler,
Crest Canoeer/Kayaker,
Gert Fredriksson Expert
Canoeist

Archery

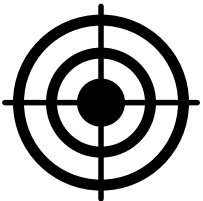


Robin Hood has nothing on our campers. Pick up a bow, then pick up an arrow as its time to score a 50 at multiple distances. Teach skills and develop them with every round. Not only can you level up with our scoring system, but points will be available for cabin competitions throughout the session.

Awards

Yeoman, Bowman, Bowman First,
Bowman Sharpshooter, Archer, Archer
First, Archer Sharpshooter, Silver
Bow, Silver Bow First, Silver Bow
Sharpshooter, American Archer,
American Archer Sharpshooter

Rifle



Take a deep breath and relax the body as they attempt to get series high or that prestigious 50. Rifle will test their aim and ability to hold steady. One of the most popular activities on camp. This is only for 11-year-olds and above so if you have Juniors, you will be headed to the slingshot range.

Awards

Pro-Marksman, Marksman,
Marksman 1st Class,
Sharpshooter, Bar 1, Bar 2,
Bar 3, Bar 4, Bar 5, Bar 6,
Bar 7, Bar 8, Bar 9, Expert

Soccer



Lace up your boots and warm up your kicking legs as soccer is a wonderful time to build teamwork and score some awesome goals. Soccer is played on the Upper Ball Field and Multipurpose courts. Train your skills in shooting, dribbling, passing, heading, and defending. Learn the rules and play amazing games.

Awards

Squad Member, First Team
Player, Club Captain, North
Woods Player of the Season,
MLS Player of the Season,
World Player of the Year



NW & PVC ACTIVITIES

WHAT CAN YOU PICK AT CAMP

Ultimate Frisbee



Played on the Upper Ball Field and a special lesson at the Waterfront, Ultimate Frisbee is one of the fastest growing sports in America. Train on your front, back, long, short and trick throws. Learn the game and even take on the golf course.

Awards

The Intimidator, The Air Bender, The Brick Wall, The Ultimate Coach

Baseball/Soft/Wiffleball



All these versions get played at camp in all different areas. Go for a home run and run the bases. This activity is a good one for larger groups and can be played in any style.

Awards

Ace, Dirt Dawg, Wheels, Cannon, Hose, Slingshot, Bomber, Slugger

Basketball



Played on the Basketball court near the NW Waterfront, basketball is a popular activity at camp. Practice and learn skills such as dribbling, shooting, and passing. Shot some three points at this awesome activity.

Awards

Rookie, Sophomore, All Pro, Veteran, All-Star

Ropes



Test out comfort zones as we head up into the trees! Zipline, Catwalk, Rock wall and the Giant Swing. Just some of the amazing elements campers can try at ropes. This activity may not be for everyone as heights can be a problem for some. Learning Knots and how to belay is a perfect alternative for these campers. This activity is a strong bonding activity as you overcome difficult challenges together. Trailers and up for this activity.

Awards

Belayer, Climber, Alpinist, Mountaineer

Photo



We have a dark room where campers develop their film into black and white photographs. Each camper will take out a camera and learn the unique styles of taking a photo. After that they will develop their film and pick a photo to fully develop and take home.

Awards

Level One: Novice Photographer, Level Two: Apprentice Photographer, Level Three: Journeyman Photographer, Level Four: Pro Photographer, Level Five: Master Photographer



NW & PVC ACTIVITIES

WHAT CAN YOU PICK AT CAMP

Camp Craft



Can your cabin survive in the wild? Well, they will be able to after a session at this activity. Fire building, shelter designs, the art of tracking and stealth are some of the skills your cabin will learn in this activity.

Awards

Third Class (Wildman), Second Class (Survivor), First Class (Ranger), The Mud-Man Award, Spirit of the Woods, The Bear Grilles, "Nature's Most Savage Award"

Arts and Crafts



Explore and express the souls, design, and create masterpieces or have fun playing with clay and rope. The choice is yours as your cabin gets to make things with their hands (or feet if you want). Drawing, painting, tie dye, clay, fine arts, and bracelet making are some of the activities you can do at arts and crafts. Let your cabin decide and get creative.

Awards

You get to take away the amazing projects that you make

Sailing



The power of nature is your friend as you harness the power of wind! Learn about the wind, the boats, and sails as you go around the beautiful Lake Winnepesaukee. Campers have to be certain swim levels in order to participate in sailing.

Awards

First Mate, Skipper, Captain, Admiral, Commodore

Paddle Boarding



Paddle boarding is one of the coolest and relaxing ways to get around the lake. Learn to work on your balance and paddling techniques.

Awards

Beginner Paddler, Intermediate Paddler, Advanced Paddler, Paddleboard Expert

Sustainable Living



Sustainable living will teach you about living off the land, cooking, composting, and growing food for our own kitchens. This is an epic program so help us with feedback and encouragement throughout the summer.

Awards

You get to cook and try the vegetables that you grow.



NW & PVC ACTIVITIES

WHAT CAN YOU PICK AT CAMP



Woodshop

Design, cut and build a project to take home. Woodshop is an awesome activity that trains skills in design, cutting techniques, wood joining, sanding, and painting. Excellent activity for people that love to make stuff.



Drama

Lights camera action. Get excited to experience expression as you delve into a performance. This activity will rotate between unique styles of performance and teach new skills to all.



Dance

Put on your dancing shoes! It's time to learn routines and different styles. The group will perform at the drama show.



Tennis

Who is going to be king/queen of the court? Learn front hand, backhand and serving. Wimbledon awaits you. Played on the courts at the upper ball field.



Gaga Ball

This Activity gets everyone involved and is extremely popular with all campers. This is more of a fun activity for having competitions and knockout style events. Set up a league and score card and get some stats going to make it more memorable.

Awards

Junior Craftsman,
Craftsman. Senior
Craftsman, Master
Craftsman

Awards

Most Improved
Performer, Top
Performer/Future Oscar
Winner, Future Director,
Future Stage Manager

Awards

Most Improved Dancer,
Top performer, Future
Choreographer

Awards

Hacker, Baseline,
Swinger, Wimbledon
Club, Tournament Pro

Awards

Beginner, Intermediate,
Advanced, Pro



PICKING ACTIVITIES

ACTIVITY FAIR

1ST MONDAY



THE SESSION SCHEDULE

There are 6 activity periods in a day that will consist of a mix of active, mindful, creative and water based activities. Campers get to choose their own activities that they want and that will be their personalized schedule. Each program has a progression-based curriculum to develop skills and knowledge in each area. These activities will be chosen on the first Monday of camp. Campers will pick their own activities in an activity fair type process. They will get to choose 6 activities, one being swimming. Each camper will be given a slip of paper to sign up for activities.

6 SUCCESSFUL TIPS

SWIMMING IS FIRST

You will have to pick a swim slot first as part of your six choices. You will be given a swim level after your swim check and this will let you know which period you can swim.

GET YOUR 1ST CHOICE

All activity classes have a capacity. If you want to do Photo, Sailing, Paddle Boarding or Woodshop go to these first as they fill up fast. Rifle, Archery and Ropes also are very popular, they have more capacity but still fill quickly. After you can go to your other activities with bigger capacities such as Sports, Camp Craft, Arts and Drama.

LOCATION OF ACTIVITIES

Think about your movement and where activities are located. Period 1 Archery followed by Period 2 swim, then to Period 3 Soccer, is not ideal as you will have to walk up and down the hill a lot. Maybe try a Lower Camp morning and Upper Camp afternoon or vice versa.

TRY SOMETHING NEW

You might not get all your picks but don't be sad, you can try something new. We have seen so many campers fall in love with activities they would never have chosen.

JOIN A FRIEND OR NOT

Ask your cabin friends what they are doing before you choose. They might have a set order and you can join them. However, if you love something they are not interested in, make sure you do that! This is your adventure, make the most of it.

ALL DONE

After you are done, you will give your schedule to the person at the end of the hall. They will type in your activities and you will get your sheet back at the end of Lunch.



SAMPLE MENU

GREAT HALL & MAC HALL



Breakfast

Pancakes

Scrambled Eggs

Waffles

French Toast

Donut Bites

Bagels

Lunch

Tacos

Grilled Cheese

Chicken Burgers

Chicken Nuggets

Cold Cuts

Dinner

Pizza

Spaghetti

Mac and Chesse

Turkey Dinner

Fried Chicken

Alternatives

Sun butter & Jelly

Salad Bar

Fruit selection

Cereal, Yogurt

Dessert

Ice Cream

Cake

Cookies

Brownies



NW & PVC Packing list

Below is a list of our suggested packing list. Quantities depend on personal habits and length of stay.

Please, label all of your child's belongings!

Bedding:

- Pillow & 2 Pillow Cases
- Blanket 1-2
- Twin Sheets (1-2 sets)
- Sleeping Bag
- Egg Crate or Foam Mattress Pad for Comfort (optional)

Clothing

- Underwear (8-15 pairs)
- Socks (8-15 pairs)
- T-shirts (7-14)
- Long Sleeved Shirts (1-3)
- Shorts (6-14)
- Long Comfy Pants (2-4)
- Jeans (1 pair)
- Pajamas (2-4 sets)
- Sweatshirt (1-4)
- Swim Suit (2-4)
- Light Jacket/Windbreaker
- Raincoat
- Nice-ish outfit for the camp dance (Remember it is camp, not a formal).

Footwear

- Sturdy Sneakers (1-2)
- Flip Flops/Crocs (for shower)
- Closed Toed Sandals
- Boots (For Horseback, sneakers are OK)

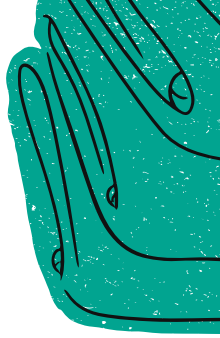
Toiletries

- Toothbrush
- Toothpaste
- Deodorant
- Shampoo + conditioner
- Floss
- Mouth Wash
- Hair Brush
- Body Wash/Soap
- Bath Towels (2-3)
- Beach Towel (2)
- Chap Stick (Optional)
- Moisturizing Lotion
- Sunscreen

Other Necessities

- Water Bottle
- Flashlight/Headlamp & Batteries
- Pens & Paper
- Stamped/Addressed Envelopes
- Bug Repellent
- Book
- Hat
- Small Backpack for day trips
- Laundry bag for dirty clothes
- Playing Cards
- Trunk or Duffle Bag
- Shower Caddy for shower supplies

Electronics are not allowed at camp besides digital cameras. Cell phones are strictly prohibited at Camp.





Camp Songs



Peace and Taps

Peace I ask of thee, o river
Peace, peace, peace
When I learn to live serenely, cares will cease
From the hills I gather courage, visions of the days to be
Strength to lead and faith to follow, all are given unto me
Peace I ask of thee, o river
Peace, peace, peace
Day is done
Gone the sun
From the lakes, from the hills, from the sky
All is well
Safely rest
God/Love is nigh



North Woods Camp Song

Come now your voices raise
To North Woods, to North Woods, to North Woods Stand while
we sing our praise
To North Woods, to North Woods, to North Woods The laughing
loon shall symbol be
Of the merry company
That pledges faith and loyalty
To North Woods, to North Woods, to North Woods
Come now your voices raise
To North Woods, to North Woods, to North Woods Stand while
we sing our praise
To North Woods, to North Woods, to North Woods The laughing
loon shall symbol be
Of the merry company
That pledges faith and loyalty
To North Woods, to North Woods, to North Woods



YMCA Song

Are you ready? (Are we ever!)
The Y's an open door! (You're right!)
Since 1844! (You're right!)
Serving boys and girls! (You're right!)
Say it once again! (You're right!)
Sound off! Y-M, Round it out, C-A
Bring it all down, Y-M-C-A
Y-M, Y-M, Y-M-C-A, C-A, C-A, C-A-M-P
Y-M-C-A C-A-M-P, Y-M-C-A C-A-M-P
Y Camp! Y Camp! Yaaaaayyyy Y Camp!
I was PVC born and PVC bred
And when I die I'll be PVC dead
So rah rah PVC hip hooray
You're the best darn camp in the USA!
Boom-buh-di-boom-boom, boom-boom!



Announcements Song

Announcements, announcements,
announcements! Cuz when you're up you're
up
And when you're down your down
And when you're only halfway up
You're neither up nor down
Announcements, announcements,
announcements!



Penguin Song

Have you ever seen a penguin drinking
tea? Take a look at me, a penguin you will
see! PENGUIN ATTENTION
Penguin salute
Right flipper!
Left Flipper!
Right flippy floppy!
Left flippy floppy!
Flippy tail!



Dojo

Is there any fear in this dojo? NO SENSE!
Is there any punishment in this dojo? NO
SENSE!
Is there any sign of mortal weakness in
this dojo? NO SENSE!
NORTH WOODS!

Camp Songs Sunday Night Singers



3:50

-1:60





HOW TO MAKE FRIENDS AT CAMP

Pleasant Valley

What was the best thing you heard from your camper about camp?

"Emma had fun overall and made lots of friends"

"He loved the counsellors and made some great friends"

"She had a host of new friends"

"He made new friends"

"The friendships she made with her cabin mates!"

"He bonded with his cabin (all of them)"



BE A FRIEND FIRST

Make the first move, invite others to connect, ask questions, find commonalities, play

GREAT TIMES TO CONNECT

When brushing your teeth, walking to & from activities, at meals, rest hour & cabin time, join in games

HAVE A POSITIVE ATTITUDE

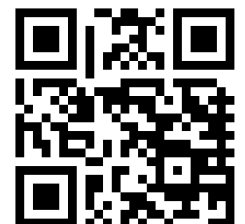
Assume the best, don't take things personally, ask instead of assuming

BE APPROACHABLE

Approachable body language, eye contact, smiling, be curious about others

BE BRAVE

Say yes when you really want to say no, go to hang out.





Camp Loyalty Program



When referring a friend means more than ever before!



It's as simple as 1, 2, 3...

1. Recruit Friends
2. Complete Our Referral Form
3. Enjoy These Benefits!

[CLICK HERE to Submit Your Referrals](#)
Or Use QR Code:



TIER 1: RED

**Refer
1 camper**

Camp Bucks

\$10 to the camp store for each new camper referred

Cash Back

\$50 credit per referral for you in the fall
\$50 for your referred family

YMCA Benefit

\$100 discount if you are a YMCA of Greater Boston Member

**Special Surprise
on Arrival**

TIER 2: GREEN

**Refer
2-4 campers**

Camp Bucks

\$15 to the camp store for each new camper referred

Cash Back

Up to \$200 Bonus Cash Back
\$50 credit per referral for you in the fall,
\$50 for your referred family

YMCA Benefit

\$100 discount if you are a YMCA of Greater Boston Member

**Special Surprise
on Arrival**

TIER 3: BLUE

**Refer
5-7 campers**

Camp Bucks

\$20 to the camp store for each new camper referred

Cash Back

Up to \$350 Bonus Cash Back
\$50 credit per referral for you in the fall,
\$50 for your referred family

YMCA Benefit

\$100 discount if you are a YMCA of Greater Boston Member

**Special Surprise
on Arrival**

Fast Pass Pick-up/Drop-off

TIER 4: YELLOW

**Refer
8+ campers**

Camp Bucks

\$25 to the camp store for each new camper referred

Cash Back

Up to \$400+ Bonus Cash Back
\$50 credit per referral for you in the fall,
\$50 for your referred family

YMCA Benefit

\$100 discount if you are a YMCA of Greater Boston Member

**Special Surprise
on Arrival**

Fast Pass Pick-up/Drop-off

Pizza Party

[CLICK HERE to Redeem Your](#)

[YMCA Discount](#)

Or Use QR Code:



Guidelines:

Friends must be NEW to either camp North Woods OR Pleasant Valley. Your benefits grow with every referral, accumulate over time, and there is NO MAXIMUM to credits per year!



CONNECT WITH US YEAR ROUND



Summer Questions?

Information about registration, payment, scholarships, paperwork, add-ons, refer-a friend/bunk requests, medical, transportation, check-in and check-out, packing, etc.

Check out our Website



<https://ymcaboston.org/camps/>



Just email us at:
campingservices@ymcaboston.org



Call our camp office:
603.569.2725

Handy Dandy Sheet

At drop off (both for on-site drop off and bus families), you will receive a document that we call our "Handy Dandy" which has all the phone numbers and contact information you will need while your child is at camp.



We are using an amazing
new **MOBILE APP**
Campanion!

"Help with all your pre-camp paperwork, and give you updates and photos of your child right to your phone!"



CAMPANION

Need help with Campanion:
Call 303-444-2267

To get started, follow these simple steps:

1. Download the CAMPANION APP on your cell phone.
2. Use your CampInTouch Account email address and password to log in. (if you need help identifying this information, email us at campingservices@ymcaboston.org)
3. Complete forms online and upload completed paperwork right in the app!
4. Upload a photo of your child, which enables the app to send you photos during camp.
5. Ensure you have push notification enabled within your phone settings so you can receive important updates from camp all year long!



Physical address:
1 Northwoods Camp Rd.
Mirror Lake, NH 03853



Mailing address: PO Box 10 Mirror Lake, NH 03853



camp office: 603.569.2725



CampingServices@ymcaboston.org



Bus Stop Location:
Stop & Shop:
301 Centre St,
Jamaica Plain, MA 02130



Director Matt Jago "Jago" Welcomes you to North Woods Camp



**"Kids need Camp
more than ever!"**

Who is Matt Jago?

An area of great pride at all our camps is the diversity of its campers and staff. Little did Nottingham England native born Matt Jago (known as Jago), know that an interview with an international camp recruitment agency at the age of 18 would change his life forever and for the better. Jago has been a staff member doing every imaginable job at North Woods for 18 years! For the first four years, he was program head for the ropes course and lived in the senior section. Then, after being a Counselor, he became the C.I.T Director, Program Director and Leadership Director, followed by his role as Assistant Director, and now our beloved Director! "I arrived at North Woods for the first time in June 2004. My first experience was walking into the Great Hall and seeing the staff singing on the first night of staff training week. After introducing myself and feeling very nervous about my first international trip away from home, we headed to the junior section to find a cabin for the night. It is hard to put into words the emotions you feel when you first see our beautiful lake Winnepesaukee. Since that very first day, I fell in love with the waterfront, the pine trees, campfires, songs in the Great Hall and that amazing bell waking me up every morning – but of all the things I love the most, nothing can beat the connections and friendships that you make at camp."

To Jago, it was very clear that with the world in lockdown and being stuck at home on video call after video call, that people need camp. "We are all desperate for that human connection away from screens." There is nothing better than sitting around a Great Hall table with no phones or technology and just having conversations about what you did that day. The one thing Covid did for me was giving me the time to reflect on my choice for going back to camp year after year. What I realized is that I made the absolute right choice!! I would never be able to meet, interact, and help as many people as I could when I am at North Woods. It truly is the best place in the world."

We are grateful to have Jago as a part of our camp family for nearly two decades. "Sunday mornings where we host chapel has always been one of my favorite traditions at camp. This is a time when all of camp gets together in a beautiful location surrounded by the towering pines. Every generation that has been at North Woods has sat in chapel and listened to someone speak inspirational words that motivates them to do amazing things."

MESSAGE FOR SUMMER CAMPERS:

Are you ready! I know I am. Summer is in the air, and I cannot wait to meet you all. I remember my first time coming to camp and being a little nervous but as soon as I saw the smiling faces of the staff, the beautiful lake and the towering pine trees, I knew I was in the right place. This was my new home for the summer, and I hope this will be yours as well. Get excited for all the fun activities, songs, new friends and of course the amazing campfires. Every summer my camp family grows, and I'm excited you will be a part of it this year. So put on your bug spray, pack your bags and get ready for an adventure of a lifetime. See you all at North Woods soon.

"No man stands taller than when he stoops to help a child"





Director Beth Dales Welcomes you to Pleasant Valley Camp



Who is Beth Dales?



"I love the inclusivity I see when new campers arrive!"

Born and raised in Wolfeboro, New Hampshire, it seems like fate and good fortune that Beth Dales would become our new leader at Pleasant Valley. After spending 10 years in the Boston area, she and son Jack moved back "home" and bought a house in Tuftonboro. Beth and son Jack had attended YMCA Overnight Camp, so they're journey coming to our camps seemed destined from the start!

Beth has served an array of roles since her hire in June of 2016 – first as the Middler Village Leader, then the PVC Assistant Director Administrator, followed by Assistant Director and now is our PVC Director. "One 10-week summer at PVC and I was hooked. The camp family welcomed me in and taught me so much about the PVC traditions. Being the Middler Village Leader at PVC and sending my son to North Woods gave me the opportunity to get to know camp through multiple lenses. I got to see the transformation as both parent and staff member. For Jack, coming in as an LIT was more impactful that we both could imagine. He found a support network different from his hometown friends, different than his family, and previous camp. This came at a time in his life when he really needed it which was special. I knew from that moment on, my role at PVC was more than a job – it was about changing lives and building strong, confident, self-assured youth who are unapologetically proud of being themselves."

When asked what Beth loves the most about camp, she could go on and on for days! "I love the inclusivity I see when new campers arrive. I love the enthusiasm the counselors and campers have when around showing their new friends around, teaching them the camp songs and sharing the camp traditions. I love the message of empowerment given to children when they are here. The genuine encouragement to be their most authentic self, to struggle when doing something difficult, to know that even though struggling is not a comfortable space to be in that it is worth it to get to the other side of the challenge. And to watch children learn their own personal grit and determination is incredible to witness. The PVC community has always been a place where people can come together."

MESSAGE FOR SUMMER CAMPERS:

I am looking forward to the first night all the staff come for training week. I am looking forward to each session check-in seeing familiar faces and new ones. I look forward to singing in the dining hall, hearing the laughter in cabins when I pass by, and deep conversations in small groups cabin D.I.V.E.s. I look forward to spending another memorable summer with each and every one of you and I hope that you bring oodles of excitement with you too so we can be sure to make this Summer the best summer yet! We can't wait to see you in a few months!

"When I learn to live serenely, cares will cease"

