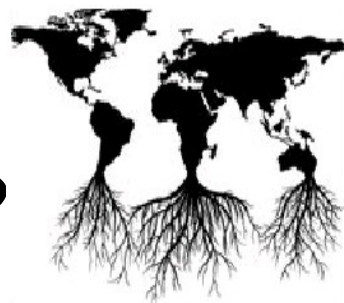


The Bubbler



Camp Betsey Cox

April 2022



The camp with a song in
it's heart



Inside this Bubbler:

- ♦ Scenes from an April Waterfront
- ♦ Wildflowers at Betsey Cox and signs of spring
- ♦ Nature Moments!
- ♦ 2022 Betsey Cox Family Information Packet preview including our 2022 Vaccination Policy-protecting our community

Do your little bit of
good where you are;
It's those little bits
of good put together
that overwhelm the
world.

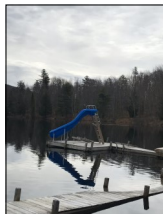
-Archbishop
Desmond Tutu



Lines from Lorrie —taking the plunge



On a Friday afternoon, a pleasant early spring day, I took a walk to the pond. It's so peaceful there in the fall, winter and spring, but in the springtime, I begin to count the days until campers and staff show up ready to take a plunge!



On that Friday afternoon, I was not alone at the pond. Despite the fact that more than half the pond was still covered in ice, the Canada geese had arrived back in Vermont from their winter hide outs further south. I found the geese quite amusing this particular day. Although half the pond was free of ice, the geese were walking along the edges of the water, staying with some commitment, out of the water and on the ice.



They reminded me about those of you coming to camp first session when the water in Burr Pond is....well....somewhat like its

name! Cautious is the often name of the behavior of those of you arriving in June. Like the geese, you pace the dock, perhaps cautiously dipping a toe in before taking a deep breath and a plunge! And then the wonderful cool feeling of being immersed in water comes over us—delightful!

I never saw a single goose in the water on Friday. I had to hurry back to the Farmhouse to read what I could find about these big, beautiful birds that we see most every late winter but not so much in the summer time. It would be such a treat to head out in a canoe to visit a goose family in the summer. But on a website called Kidadl.com I learned that geese “choose a location to nest where they can have a relatively uninterrupted view in several directions for nesting”. That's not really a good description of the pond in summer, of course.

For now, then, I choose to admire their on-ice parade and silently urged them to take a plunge into the water. They would be the first swimmers of the season!

(I believe since that day, two intrepid Sangamon folk took a dip on Easter weekend)

The rewards for the geese's dip would include tasty water plants, calm waters and perhaps even a small cautious fish.

I look forward to leaving my winter swim location (the pool at Pico ski area) and taking my first plunge into Burr pond. Will I be hesitant? Probably. It will be chilly. Probably. But the rewards of that first fresh-water swim are well worth it! I am thinking of us all as we begin to think more frequently about camp. There are so many new people, new activities to try, new adventures to experience, and in each case, it will take just a bit of courage to take a plunge into each one. I can't wait to do so! You, too?

Since my first viewing, I have taken many pleasant walks to check up on the geese and the ice. Just one warm day later, the ice was gone. No ice! No geese. Warmer days coming and even the pond is preparing for you to arrive! But the geese know....Burr Pond will be humming with activity. The geese will find peace and quiet elsewhere and for us.....fun begins!





In honor of Earth day this April 22, 2022...

NATURE MOMENT!

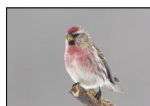
I HAD A NATURE MOMENT!

Earth Day in April each year is a great excuse to give back something to the planet. Giving back usually means learning a bit about something you are passionate about first. Nature Moments at Camp are so fun to report! We all get to hear about an observation or encounter, and...learn a bit too! Here are a few nature moments we wanted to share with you. Encounters with birds this time! Maybe you will find that learning about birds is something you are or could be passionate about!

Lorrie has been learning a lot more about owls since she is a volunteer science educator in town. She has seen a barred owl twice on a hike with a friend, that owl was busy hunting early frogs in a small spring pool. But here's the neat thing she learned! Did YOU know that birds can sleep while perched on a branch, while standing on one foot or even while clinging on bark? Here's how they do it! They can let one side of their brains sleep while the other side remains awake. Wow. Lorrie and Devri have known some campers who allege that they can sleep while staying awake, but not many!



Common Red Polls are a neat little bird! They move in flocks and stay in New England all year long. Their distinguishing feature is a bright red cap! At Saddleback, the red polls flock in the tree outside our window and forage on the ground. The flock does make occasional trips to the deck railing too. Something to see— 12+ birds on a rail!

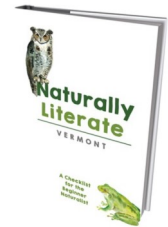


One bird that always means spring to me arrives sometime in March. It is the American Woodcock, or Timberdoodle. I like to call it “Meep”. That is its song. It is a small bird that looks a lot like a small football with wings with a long beak. It nests and forages on the ground for worms and insects. AND the male has an amazing courtship display. They spiral up and up and up in an open meadow and then dive straight down to the ground. Once they are on the ground for a moment they start to call, “Meep”. And they dance. Check it out: <https://www.youtube.com/watch?v=le1SK7rdPUk> and <https://www.youtube.com/watch?v=ne6nj9AgY7M> I usually only see them in the air, but

this spring I did manage to see one up close on a hike in Rockland. Lucky!

Can you name 10 birds that live in your back yard in winter? How about in the summer?

Our very own Amy Clapp, who works in BIRCH (*Buddies In Ropes, Campcraft and Hikes*) created this naturalist booklet- *Naturally Literate Vermont* to help us all learn about the natural world around us. At Camp, when you id a bird, plant, amphibian, insect, spider, mammal, reptile, fish, you can check it off in your own book. A fun way to learn about your surroundings!



<https://sites.google.com/addisoncentralsu.org/naturally-literate/home>

Another way to learn more about birds specifically while you can connect to the internet at home is to check out— <https://www.allaboutbirds.org/>

It is a great website maintained by Cornell University. You can simply enter a characteristic and a location and many id options pop up! They include a natural history blurb and also bird calls. Very cool! They also have an online and instagram site— <https://www.allaboutbirds.org/cams/> that has cameras in owl nests among other things. Baby barred owls are very fluffy! We have had many owlets at camp over the summers. They make a fair bit of noise in the evening hours. When we heard them a lot, we did bit of learning and discovered that the owlets fledged from the nest but stay within about a 3 mile radius of the nest for at least three months. And even though they fledge they are still fairly dependent on their parents for food— they beg! That is the shrill whistling sounds we hear from them! Hoping for a shared meal from their parents. Interesting!

What are you passionate about? On Earth day this year we challenge you to teach someone else about something you are passionate about. Maybe you can teach the rest of us about it this summer too!

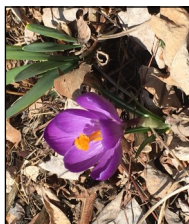
Signs of Spring in New England... MUD then wildflowers!

April is a month of change! In New England the snow has stopped (for the most part, although today April 19, I have a wintry mix outside), and the earth is starting to warm up. I learned a new term this year, "*the ground is letting go of the frost*". I had never heard that before. It does seem to be a true statement because the ground is squishy most everywhere! Frozen ground thawing from below creates an amazing amount of mud. Then add April showers and it is truly a quagmire.

But Spring is springing nonetheless! In Maine, where the winter office is Spring is kinda funny. As I said, one day we have 60 degrees and one day we have "wintry mix". You can have flowers blooming on the Coast, and 2 foot drifts of snow in the Western Mountains. In Vermont and Maine, and every where in New England really, we have mud in common. Betsey Cox women are not afraid of a little mud! In fact, many even enjoy the feel of it between their toes.



After the mud comes spring wildflowers. Lorrie posted this week the first spring crocus outside Killington. Although, they are not a wild flower they are perennials that pop up each spring.



Here are a few other flowers you can find out and about around camp! It is fun to share them with you in this *Bubbler*, as the magic of spring

wildflowers is mostly over by the time campers join us at Betsey Cox! Staff may get a peek though! Here are some of our flowers and some magic tales to go with them:



Purple Clover. Beautiful, sweet, and the Vermont State Flower. We find in our meadows.

Red Trillium, a gorgeous wildflower that grows in shady areas. At Camp, Jembaleda has the most trillium I have seen in Vermont. Trillium can be white, or painted as well.



The yellow violet or trout lily is another wonderful wild flower! It is one of the spring ephemerals. These grow in the rich soil created by the fallen deciduous leaves before the trees leaf out in the spring. Very cool!

Lorrie has a story about lady slippers that she shares with us some summers. About a heroic girl who saves her village and leaves a bit of her blood in the forest when her shoes wear thin on her journey. Those spots of blood, legend has it bloom into lady slippers. Betsey Cox has a patch of lady slippers on Steve's trail each spring.



The wild strawberry can be found at camp and up on Blueberry Hill. When camp opened

Blueberry Hill was covered by blueberries. As the land changed and evolved, the hill ecosystem changed, and there are now many strawberries in June on the hill. Wild strawberries are tiny, but have the most intense delicious flavor! Worth combing the meadow for its sweetness.

Lily of the Valley. Another perennial that can grow wild or be planted. Listed here for the song:



White Coral Bells upon a slender stalk. Lily of the Valley deck my garden walk. Oh, don't you wish- that you could hear them ring? That will happen only when the fairies sing!



An all time favorite spring plant- not a wildflower but a treat regardless! Rhubarb! Some might find it a weed, but the stalks find their way into many a spring dish! Entrée or dessert!

Lorrie makes amazing Rhubarb pies, crumbles, cakes, and bars. Joan Higgins, Nana makes a delicious rhubarb sauce to pour over ice cream. I have a friend who makes rhubarb juice. Delish! We have a large plant in the Garden! Lucky us!

The BC garden is being planned as I write. Lorrie and Ed and Yvonne are connecting to organize veggie "starts" that we will plant Memorial Day weekend most likely. And flowers too! Soon the soil will be ready to grow food and beauty! So, we can stand a bit of muddy earth for a few weeks! Squish!





BETSEY COX

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Betsey Cox Family Information Packet on its way at the end of the month!

We will be sending out our family information packet by the end of April. It will be emailed out to each of you and also linked and posted on our website. The current 2022 Forms are online right now. Forms can be emailed back or simply brought with your camper on opening day. If you email them ahead, please do bring hard copies with you to Camp also. Thanks!

We wanted to be sure to share our Covid-19 Vaccination policy in the Bubbler as well. Please be in touch if you have any questions at all.

2022 Covid-19 Vaccination Policy



Camp Betsey Cox will require all campers and staff to be fully vaccinated against COVID-19 for the 2022 season unless granted a medical exception by an MD and approved by our medical staff. Medical exceptions must be in line with CDC guidance for contraindications.

<https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html#contraindications>

At this point, that does not mean that all campers must have received their boosters, but that is subject to change as our COVID plan emerges in response to anticipated guidance for the coming summer.

We will be collecting copies of vaccination cards with our camp health forms upon arrival at camp.

If your child will not be fully vaccinated by the start of their time with us this summer, please let us know as soon as possible and we will issue a refund for tuition paid.



Stay tuned for news about the 2022 Staff Team!

**Staff will be announced in the May Bubbler!
Can't wait for summer!**