



Birch Pond Beacon

October 2008

Casco, Maine

In the flow at Netop

According to Wikipedia, the concept of “flow” involves a mental state in which a person is totally immersed in what he or she is doing by a feeling of energized focus, full involvement and success in the process of the activity. We see this phenomenon every day at Netop, as campers experience “flow” and its typical characteristics, including:

- Being absorbed in the activity
- Concentration & focus
- Loss of self-conscious feelings
- Distorted sense of time
- Clear goals & expectations
- Balance between ability & challenge
- Sense of personal control
- Intrinsic rewards

Being “in the flow” helps reduce stress and worry. At Netop, kids thrive because of the activities, adventures and friendships. It’s a thrill to live in that environment during the summer and we draw from it all year long.



Climbers in the flow on Mt. Washington



Friends from Philly, Spain & New York enjoy a nice day at the Birch Pond waterfront

2008 Four Spokes Winners

Awards are given each summer to campers who most exemplify the “four spokes”:

Mental – leadership, responsibility, creativity, resourcefulness, judgment

Social – friendships, empathy, teamwork, communication, helpfulness, service

Physical – achievement, sportsmanship, fitness, skill development

Spiritual – values, character, inspiration, faith, positive influence

Congratulations to our 2008 recipients:

	<u>Session I</u>	<u>Session II</u>
Mental	Andrew Carlson	Michael Zurzolo
Social	Tommy Bagley	Porter Grieve
Physical	Matias Sancho	Alvaro Imaz
Spiritual	Patrick Nininger	Nate Morgan

Favorite activities

What were the favorite morning activities that campers chose this summer? It was a good mix, including: rock band, guitar, baseball, archery, soccer, drama, boating, basketball, conditioning and leather craft.

But, ask any camper which afternoon and evening activities they like best and you will no doubt hear: slip 'n slide, flour bombs, inter-camp sports, tribal games, name-that-tune, capture-the-flag and campfires.



Slip 'n slide is a non-stop action hit

We love feedback!

We get lots of feedback from families about their Netop experiences. Our post-summer survey response rate was a whopping 73%. Notably, 87% of respondents rated their overall Netop experience as **“awesome”** (the other 13% rated it “good”). Food is a big hit with the campers as 73% are **“completely satisfied”** and the rest are **“mostly satisfied”**. In terms of session length, 35% of our campers prefer 4+ weeks, 35% like 3 weeks and 30% prefer the 2 week session.



Campers rocked the Lodge with a performance of “Sweet Child of Mine” on Parents Day

Birch Pond Bliss



Birch Pond saw lots of action this summer, with an impressive catch of large mouth bass

2009 camp season dates:

June 28 – August 1 (5 week session)

June 28 – July 18 (3 week session)

July 19 – August 1 (2 week session)

Netop Nuggets – News & More



Dave Hissey (Netop alum '70-'71) has a son, Pete, who was drafted in the fourth round as a centerfielder by the Boston Red Sox and signed with the ball club in August.



Frith Family The Frith family (formerly of Springfield, PA) made a generous contribution to the Netop Friends Fund on behalf of the Stephen A. Frith Memorial Fund. This gift will go toward camper scholarships for Springfield township boys.



Netop Sundaes A total of 82 Netop Sundaes were awarded this summer! Winners were cited for tent inspection, ladder tournament champs, Citizen of the Week honors, referring new campers to Netop and many other achievements.



Where the heck is Netop? If you haven't seen the new video, *“Where the heck is Netop?”* you can easily find it on www.youtube.com. Produced by our own counselor, Alex Colby, the 6-minute film has received rave reviews! Available on DVD.

See page 3 for special “thank you”



Thanks for your support!



We are grateful to the many people who have supported Netop during 2007 & 2008. Whether through contributions to the camper scholarship fund or capital needs, participation in volunteer work efforts, or donations of goods or services, we appreciate your commitment to Netop and our mission of providing an enriching and valuable life experience to every single camper. Thank you for your support!

Adair, Christine
Asher, Chet & Natalie
Baldrige, Jim
Barnes, Ed & Pam
Beaty, Terrence & Laurie
Beck, Doug & Leah
Bell, Steve & Leigh Anne
Berlandi, Brian & Katheryn
Berry, Chris
Block, Karl
Braunewell, Bruce & Elizabeth
Brown, Bob
Cadwallader, Peter
Caras, Matt & Sally
Carson, Kit & Judy
Comly, Albert & Frances
Coons, Fred & Nancy
Costa, Paul
Dittemore, Scott & Meg
Doyle, Scott
Dunstan, Allen & Patricia
Fenimore, Keith & Kristina
Foster, Jay
Frith Family (Stephen A. Frith Memorial)
Geisinger, Kurt & Janet
Gordon, Eric & Marcia
Gordon, Larry & Amy
Griffin, Helen & Frank (and friends)
Haden, Russ & Gail
Hales, Charles & Mary Ann
Hallowell, John & Yarra
Hallowell, Paul & Elma
Haney, Chris & Victoria
Hanson, Bruce
Herold, Steve (& youth lacrosse club)
Hester, Tim & Francie
Hester, Andy & Suzanne

Hester, Mary "Ma"
Hopwood, Herb & Stacy
Horner, Chip & Holly
Keeler, John
Keely, Peter
Kelsh, Dan & Louise
Kingsley, Tony
Kingsley, Doug & Joan
Kirchthurn, David
Lamberton, Mark
Lavers, Pete
Liberg, Leif
Lohmeyer, Luke & Terry
Mehrer, Wayne
Mills, Ken
Morgan, Dick & Susan
Morgan, Hal & Kerry Tucker
Olson, Chip
Peirce Family
Phinney, Bob & Sue
Rehnert, Geoff
Ruppenthal, Bruce & Letty
Rush, Ed & Trudy
Russell, Wayne & Debra
Salo, Glenn & Susie
Shuman, Frank
Sorterup, Don
Stewart, Russ & Polly
Tucker, Jess
Truscott, Ken
Truscott, Skip & Mary Ann
Ward, Geoff
Webster, Chris
Webster, Doug & Kelly
Webster, Win
Williges, Allison
Zuck, Dwight