

# Newsletter

## MESSAGE FROM THE EXECUTIVE DIRECTOR

### Dear Friends,

As torchbearers of the future, young people require guidance and support to navigate the complexities of life. While it is essential for adults to provide a nurturing environment, it is equally important to challenge youth to foster personal growth and development. By offering constructive challenges, adults can empower young people to unlock their potential, build resilience, and become well-rounded individuals ready to face the world.

At Children's Beach House, our programs intentionally encourage independence, promote critical thinking, cultivate resilience, and support youth as they embrace failure as a learning opportunity. Adults in general, and especially here, play a critical role in equipping young people with the abilities to adapt, persevere, and thrive in the face of adversity. The staff continues to strive to encourage kids to bounce back from setbacks by developing coping mechanisms.

As always, these things are done in the context of relationships that span many years and support children and youth through normal developmental transitions and exceptional crisis. We consider ourselves honored to be positioned to provide such support and it is only possible because of the generosity of our community of donors and friends.

In deep appreciation for your support,

Richard T. Garrett  
Executive Director

## Child Development Center Specialty Days

Every day at the Margaret H. Rollins Child Development Center is special. But some days are extra special. On those days, the teachers and assistant teachers dream up special activities organized around special themes to teach special lessons. These are called, you guessed it, Specialty Days.

On Sprinkler Day, in addition to cooling off on one of the summer's hottest days, the preschoolers collaborated on sand building projects (such as mermaid tails for lucky classmates) and making a "filling station" to fill buckets of water.

On Beach Day, our intrepid young explorers found a variety of living things in the bay, including hermit crabs, small fish, blue crabs, sea snails, a diamondback terrapin, sand fleas, whelks, whelk egg casings, and jellyfish. They also found several shells and rocks, some of which they deemed to be "fossils."

The preschoolers were so excited to bring their own bikes and helmets from home on Bike Day. In addition to offering lots of fun riding time, that Specialty Day provided a good opportunity for the teachers to talk about bike safety.

On Science Day, our young learners got to be "scientists for a day" and combined ingredients to make something new. The four-to-five-year-olds made confetti slime and lava lamp cups; The three-year-olds explored the interesting texture of oobleck.



### CBH Mission Statement

The mission of Children's Beach House is to improve the lives of children, youth, families and communities by helping them to identify, understand and utilize their own strengths, talents and resources.

# What a Summer! Highlights and Observations from Summer Camp 2023

During CBH summer camp, there is laser-like focus on the current moment or what immediately follows that moment. It has to be that way. When you're dealing with dozens of active young people in an environment that includes a sprawling building, a swimming pool, a ropes course, and an ocean, and those kids are moving through a schedule that includes swimming, boating, horseback riding, and countless other activities, focusing on the moment is the only way to keep everyone safe and engaged. But, when summer camp comes to an end and there is finally time to catch one's breath before weekend camps start up, it's the perfect (and only) moment for CBH camp staff to take a quick look back at the summer that has just passed. Here is what they report...

## It was a summer of crazy weather.

As for people just about everywhere, the summer of 2023 at CBH Camp was influenced by the wacky weather. On several days, camp counselors had to reduce or eliminate outdoor activity when the air quality was poor because of the forest fire smoke blowing down from Canada. The camp staff changed course, ditched their planned outdoor activities, and quickly cooked up new things for the campers to do indoors. Fortunately, they had a bit of advanced notice to do that. That was not the case on several other occasions when torrential rainstorms – which had not been predicted and weren't showing up on real-time weather apps – suddenly blew across Delaware Bay and deluged the Beach House. In those cases, safety was the first priority; keeping dry was the second; regrouping with a new indoor

activity came third – and usually just as the storm outside was ending.

## It was a summer when kids at camp acted like kids at camp.

Camp coordinator, Jonathan Freeman-Coppadge reports that, even though the behavior of weather was unpredictable, the behavior of the campers was not. As always, campers who were away from home for the first time needed extra support, clear and repeated directions, and more frequent

checking in – things the counselors were prepared and happy to do. For middle schoolers, as always, the counselors' focus was on helping them learn how



to relate to one another with kindness and restraint. Middle school is a fraught time. Children's inner lives and social lives become more complex, and they test new ways to navigate them. Sometimes it required a bit of coaching to help them do that kindly. And, for the camp's high schoolers, whose attention is inevitably fragmented by other obligations and interests, the task at hand was to help them manage and prioritize their increasing responsibilities. For some, this meant cutting back on Children's Beach House activities to make room for school activities or part-time employment - a bittersweet development that indicates the Youth Development Program is working and the kids are confidently moving on.

### **It was a summer that marked progress.**

After a Covid-mandated hiatus, this past summer marked the second year CBH camp was back in full swing. And it showed. Last summer, Jonathan Freeman-Coppadge noted that campers who had been isolated by the pandemic had to have their behavior corrected and redirected repeatedly. They were out of practice and needed a great deal of coaching to remind them how to properly engage with one another. This year, the kids were more easily and more naturally kinder, like they had retrieved a skill that had been temporarily lost. The camp staff also hit their stride this year. With eight of the nine camp counselors returning for their second year, they had the skills, confidence, and connections with the campers that made it easier to intuitively and seamlessly manage all aspects of camp life.

### **And, as always, it was a summer of profound experiences.**

There are always little epiphanies that take place at CBH camp sessions. Also, periodic big ones. Some come quietly during exchanges between



campers; Others come loudly and in larger crowds. When asked about the moments that campers shared or that they witnessed themselves, the camp staff shared these moments of camper insight: After a sailing lesson at the Lewes Yacht Club, one of the high school students announced, "It changed my life! You're just out there. It's just you and your thoughts on the water." Such is the power of an unplugged moment with nary a screen in sight. At the other end of the spectrum - loud, crowded and fully plugged in - was when the same group of high school students were the special guests of the Freeman Arts Pavilion at a Go Go Gadget concert. The kids loved the energy of the event and how special they felt when they discovered that their seats were close to the stage. It was completely mind-blowing, then, when they got to meet the band members, who happily and generously autographed the campers' shirts and bandanas and made them feel special.

The campers also had moments of insight about community service. A highlight of every week-long camp session this summer (and last summer) were the mornings they spent exploring Delaware Bay, thanks to the generosity of Freedom Boat Club and its members. On those occasions, boat club members

took groups of CBH campers out on the bay on Freedom Boat Club-owned boats to learn about the bay, speed alongside pods of racing dolphins, and get a close-up view of the Delaware Breakwater East End Lighthouse. Learning that their adventure was made possible through the donated time and resources of Freedom Boat Club, the campers felt, first-hand, the power of community service. Two groups of campers put that lesson to work when they each spent a morning volunteering at the Food Bank of Delaware, unpacking donations, sorting and organizing food, and re-packing it for distribution. They were happy to pay it forward.



## Children's Beach House Board of Trustees

Alexandra Ergon, CFA  
*President*

Thomas F. Sheridan  
*Vice President*

Michael J. Hogan  
*Treasurer*

Constance Marshall Miller  
*Assistant Treasurer*

Linda M. Fischer  
*Secretary*

Raymond F. Book, III,  
MS, CPA/PFS  
Ellison M. Carey  
Hon. William C. Carpenter  
Eileen S. Clark  
Mary M. Culley, Esq.  
Karen B. Falk  
Alexis Gahagan  
Sarah I. Gore  
Lorrie H. Grayson  
Jean T. Hitchens  
Ilona E. Holland, Ed. D.  
Mark A. Holodick, Ed.D.  
Mark R. Hutton  
Paula S. Janssen  
D. Preston Lee, Jr.  
Thomas P. McDonald  
Elyse F. Moore  
Bernadette Polinski  
John Schultz, Esq.  
Stacy Shamburger  
David A. White, Esq.

## Children's Beach House



Children · Families · Communities

1800 Bay Avenue | Lewes, DE. 19958

Address Service Requested

NONPROFIT ORG  
US POSTAGE PAID  
NEWARK DE  
PERMIT # 109

Visit us on  
our website:



Visit us on  
Facebook:



### Founders' Circle

Mike & Sherry Hogan  
Chad & Elyse Moore  
Michael Paese & Blake Kimbrough  
Thomas Sheridan & Vincent Walsh  
Trudie Thompson and the Mildred and Ray Thompson Fund

### Beacon Society

Tjark and Ann Bateman  
Scott Bradley  
Daniel Bucci  
Samuel and Mariah Calagione  
Ellison Carey  
Richard and Lynne Carpenter  
Susan A. Cassidy  
William and Ann Clair  
Martin and Eileen Clark  
Scott and Kim Connell  
Jim and Mary Culley  
Michael and Susan Damiano  
Channing Daniel and Bill Gluth  
Timothy Dillingham and  
Donald Corin  
Clifford Diver and Kathryn Byrne  
Jonathan and Nancy Ellsworth  
Steven Elmendorf  
Alexandra Ergon  
Jim and Karen Falk  
Joseph Filipek and  
Larry Richardson  
Robert and Linda Fischer  
William Flanagan  
Richard Garrett and  
Miguel Deleon  
Henry and Susan Gomez  
Barry Goodinson  
James Harden and  
Richard Gottwald  
Rodney Sharp and Lynne Herrick  
Rex and Haley Holstein  
Lucinda Issel  
Thomas Jamison and  
Don Wainwright

Sallie Jones  
Ken and Debbie Karpinski  
Roger Kramer  
Robert Land  
Ann Lingo  
John and Carol Lingo  
William and Janice Lingo  
Patricia Burton Loew  
Gail McDermott  
Tom and Jamie McDonald  
Joseph and Carol McGrath  
Susan Moore McJunkin  
Neil and Ellen Meltzer  
Brian and Kathi Mengel  
Robert and Beverley Myers  
Brenda Mitchell  
Anthony Orman  
Jay Raksin  
Barry Redmond and  
Janet Reeves  
Dr. and Mrs. Anis Saliba  
John and Michele Schultz  
Shae Searl  
Joseph and Judy Setting  
Daniel Smith and Lorraine Voles  
John and Sharon Stanton  
Peter and Kathy Stoehr  
Dave and Becca Svec  
Virginia Terzano  
John Thurman and  
Joseph Wendolowski  
John and Patrice Tosi  
George and Alina Tudor -  
Rehoboth Massage & Alignment  
Shaun and Erica Tull

Live music by:  
**33 1/3**  
The Band

winter  
**WONDER**  
to benefit Children's Beach House

# Holiday Masquerade

Cocktails · Dinner · Entertainment  
Live & Silent Auction · Art Show

**Friday, December 1, 2023**  
6:30pm - 9:30pm  
1800 Bay Ave, Lewes, DE

**TICKETS**  
Scan the QR code  
or visit [www.cbhinc.org](http://www.cbhinc.org)  
or text **WINTERWONDER23** to **76278**

To Support  
**Children's  
Beach House**  
Children · Families · Communities