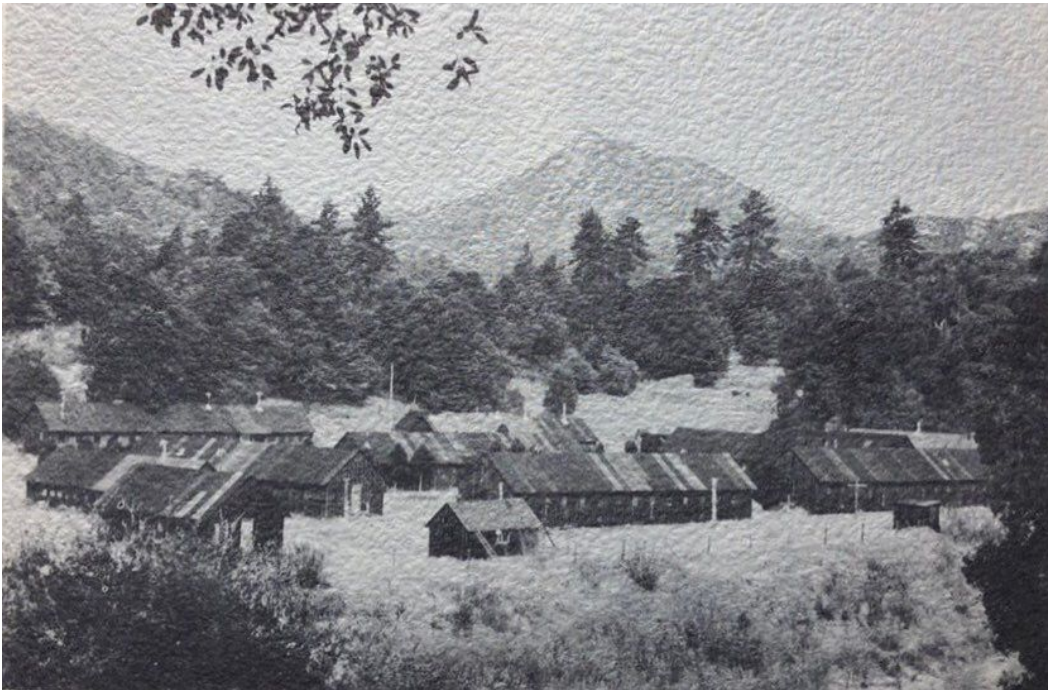


San Diego County Outdoor Education

Brendan Trachsel

May 2019

Revised December 2019



Foreword

The purpose of this document is to summarize the 6th Grade camp program of San Diego County. I hope to be able to spread a general knowledge of the past and present of the camp program. The program has had over a million campers in attendance over a 73-year period, me being one of them. I hope this information interests you as much as it interests me. Enjoy.

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Timeline

DD-MM-YYYY	Event
00-00-1941	Idea of San Diego Outdoor Schools formed through Kellogg Fndn. Workshops*
23-03-1943	City-County Camp Commission formed to try to lease the Cuyamaca CCC camp*
00-00-1943	Camp used as a summer recreational opportunity for disadvantaged boys*
00-00-1945	Ideas began to be revised of what camp should be, and do, for children. All year instead of just summer, all children instead of just the disadvantaged, learning instead of recreation.*
17-03-1946	First classes held at Camp Cuyamaca
00-00-1946	Palomar Outdoor School opened for Secondary School-aged Children
00-00-1947	Denver C. Fox appointed principal of Cuyamaca elementary program, along with 5 new credentialed teachers. As the program grew, he became the principal of Palomar and Marston as well.**
00-00-1955	Upper grade program phased out at Palomar Outdoor School. Replaced with 6th grade camp program.
00-00-1957	Camp Davidson leased from YMCA as student numbers increased
00-00-1960	Camp Davidson replaced with Camp Marston. Leased from YMCA to increase capacity as student numbers continued to increase.
00-00-1963	Camp Davidson leased from Girl Scouts

- 00-00-1968 City and County of San Diego issued \$1,740,000 in bonds to modernize facilities*
- 00-00-1968 Construction of Camp Cuyamaca and Palomar Outdoor School. Camp Davidson used during construction of Cuyamaca.
- 00-00-1968 Palomar Ridge Camp leased from Baptist Church during construction of Palomar Outdoor School
- 00-00-1969 New buildings completed at Camp Cuyamaca and Palomar Outdoor School. Camp Davidson and Palomar Ridge Camp no longer leased.
- 00-00-1972 Responsibility of operation and hiring employees transferred from San Diego City-County Camp Commission to San Diego County Office of Education
- 00-00-1974 Aides, now called “specialists” replace most of the credentialed teachers that were “loaned” from participating school districts.
- 00-00-1974 Camp Marston no longer leased from YMCA
- 00-00-1974 Denver C. Fox Outdoor School acquired as third permanent site. Used for 6th Grade Camp.
- 00-04-1974 Mataguay Camp leased from Boy Scouts for Santee Schools for 2 months.
- 00-00-1979 Denver C. Fox Outdoor School now used as needed for 6th Grade Camp.
- 00-05-1979 Palomar Ridge Camp leased from Baptist Church for El Cajon Schools’ 2.5 day encampments. 1 month.
- 00-00-1982 Denver. C. Fox Outdoor School ends Outdoor Education Program, leased to County Probation Department.

- 00-02-1982 Camp Marston leased from YMCA, opened for San Diego Unified Schools. 4 months.
- 00-00-1983 Palomar Outdoor School used by San Diego Unified for 6th Grade Off-Campus Race-Human Relations Program.
- 00-00-1988 Denver C. Fox Outdoor School reopened for 6th Grade Camp.
- 00-00-2010 Denver C. Fox Outdoor School closed as outdoor school, but still available for rent/lease.
- 00-00-2010 New Buildings completed at Camp Cuyamaca
- 00-00-2011 Palomar Outdoor School no longer received funding from San Diego Unified for outdoor education. Available for rent/lease.
- 00-00-2016 Camp Cuyamaca celebrates its 70th year of 6th grade camp, launching a yearly open house and a monthly newsletter***

Sources:

("Classroom Teacher Guide")

*(Schramm 8-9, vi)

** (Clarke 27)

*** ("Celebrating San Diego County's Original 6th Grade Camp")

San Diego County Outdoor Education Program

History and Curriculum

2019

Creation of Camp Cuyamaca

This section mostly focuses on the founding of the program as a whole, with later updates to Camp Cuyamaca only. For info on other sites, please refer to the timeline and sites pages. I referred to the book “Public School Camping” by James Mitchell Clarke. Copyright 1951.

In **1940 and 1941**, the Kellogg Foundation and American Camping Association hosted a series of workshops with the goal to improve camping through bringing those with experience and intelligence together. Through these workshops they came up with three core principles to help guide the development of public school camping:

- The principal purpose of camping is education.
- American children have the same right to camping as to education in the schools.
- Publicly sponsored camping does not mean that “government must do the whole job or interfere with private or parochial schools. Rather it is a challenge to adapt ... methods and experience ... to the needs of very large numbers of children.”

In **1942**, a citizen’s group representing organizations responsible for children was formed, known as “The Camp Committee of the Defense Recreation Co-ordinating Council”. Their goal was to negotiate for the use of sites such as Camp Cuyamaca, soon to be abandoned by the Civilian Conservation Corp. due to the program disbanding.

In **March of 1943**, the San Diego City-County Camp Commission (SDCCCC) was created through ordinance by the City Council. Their first goal was to lease Camp Cuyamaca

from the State Park Commission. The citizens in the county were represented through a member of the county board of supervisors, and citizens of the city were represented through a member of the city council. The San Diego school system was represented through the city superintendent, and the multiple county school systems through the county superintendent. The fifth member of the commission is the president of the district Parent-Teacher Association.

In **1944**, Camp Cuyamaca was leased with the 10-acre site to the SDCCC. The availability of the CCC camps accelerated the development of the program, as all the funds went to programming, instead of building a new facility. The lease would continuously be renewed to the current day.

The camp itself was only suitable for up to 100 students with good results, therefore they decided to limit the program to one grade. They decided to look towards elementary grades, as they spend much time together and would be able to have better experiences. They decided upon 6th grade for the following reasons:

- The children of that age do not require burdensome care.
- They are eager for adventure and like to explore.
- They are capable of considerable initiative and cooperation in rather complex group endeavors.
- Their attention span has achieved considerable duration and their interests are relatively easy to arouse and hold.

Between March of 1943 and the end of World War 2 in 1945, preliminary plans were made by the Camp Commission. They hired an executive secretary for plant rehabilitation and to run an experimental summer camp in 1945. During this time, the commission was in regular contact with the Kellogg Foundation, who recommended that their new executive secretary be one who spent six years in a Michigan school camp program supported by them.

In **Spring of 1946**, the very first regular camp director was hired. He was experienced in recreational camping and saw the educational potential in it. He would work with elementary school principals along with the commission to solve problems of coordination between the camp and schools, choose staff, and decide how many men/women were needed as counselors. They also worked on educational policies.

At the **end of the '46-'47 school year**, Camp Cuyamaca was going strong. They had an active promotional campaign, allowing it to be widely known throughout the community. The camp operated smoothly and established its general operating procedures.

In the **beginning of the '47-'48 school year**, San Diego school camping entered a new phase. The City Board of Education supplied salaries for, and appointed from its own staff, five certificated teachers and an elementary principal named Denver Fox. This allowed the camp to fully serve eighty to one-hundred children. It also set up Camp Cuyamaca to truly be an educational institution.

Education

Democratic Living In-Cabin

A bunch of 6th graders living together for five days can seem like a nightmare, but at the same time it is an incredible opportunity to gain a sense of responsibility. One way this is done is bringing some values of democracy to the cabin. This is done through having the campers decide on a cabin community agreement, giving them a sense of control. Ideally, the new cabinmates can hold each other accountable for their actions without an adult getting involved, building upon self-reliance and responsibility. For infractors, the focus is in “Restorative Justice”, focusing on repairing the harm done and allowing the students to continue living together without issue. This is all a type of social growth program, focused on “ICARE” (Integration, Cooperation, Attitude, Respect, and Esteem). (Appendix A)

Discovery Approach

The “Discovery Approach” to learning is one that helps form critical thinking skills in youth. Instead of being told the answer, they are encouraged to connect their own experiences and observations to work towards the solution. Here it is described by Denver Fox:

“‘You will probably see here at camp that most of the teaching follows what we sometimes call the discovery approach,’ he said. ‘I see this as being synonymous with what people think of generally as the “scientific” approach, or the “investigative” approach, or the “problem-solving” approach. One of the sound reasons for using it is that it is just so much more interesting for teachers to teach this way, and for kids to learn. It is a lot more fun when the learner is involved in making discoveries - finding out for himself some new relationships, new insights, new facts, new concepts - and being

actively involved in it. This makes learning a great deal of fun. And if we can help youngsters to approach learning through discovering facts and relationships, being alert, questioning, identifying questions and problems, building up the methods of problem solving, then they will have a tool that will help throughout their lives” (Schramm 36).

Curriculum

Taken from the Cuyamaca Outdoor School page,

“Cuyamaca is the only program in San Diego County certified by the California Outdoor School Association as a Residential Outdoor Science School. With a curriculum designed by our credentialed teachers to take full advantage of the Next Generation Science Standards, our lessons incorporate trail experiences and citizen scientist projects to create hands-on learning that is meaningful, memorable, and fun. For many students, the weeklong, overnight experience transforms how they feel about science and themselves as learners.”

Next Generation Science Standards are aligned with Common Core, and include understanding core ideas, methods, and underlying ideas. The teaching is very interactive, using much of the scientific method. Technology is being integrated into the program, mostly with the iNaturalist app. However, they believe that the technology should be used appropriately and “only use if it enhances [what they are learning]” (Appendix A). The programs at Cuyamaca are incredibly eye-opening to students, and awaken a great appreciation for the planet we live on. They have focuses in two areas: environmental education and social growth.

Goals for environmental education are:

- Appreciation of nature

- Understanding how life functions on Earth
- Commitment to act responsibly toward the environment

Goals for social growth are:

- Teamwork
- Acceptance of others
- Self reliance
- Success

("Classroom Teacher Guide")

From 1983 to 2011, San Diego Unified School District participated in an alternate program at Palomar Outdoor School, focusing on social harmony. They had the following goals:

- To promote equitable educational opportunities for all students
- To prepare all students to succeed in a culturally diverse society
- To build positive relationships between individuals
- To create positive working environments
- To nurture self-renewal at sites during difficult times

("Race/Human Relations & Advocacy")

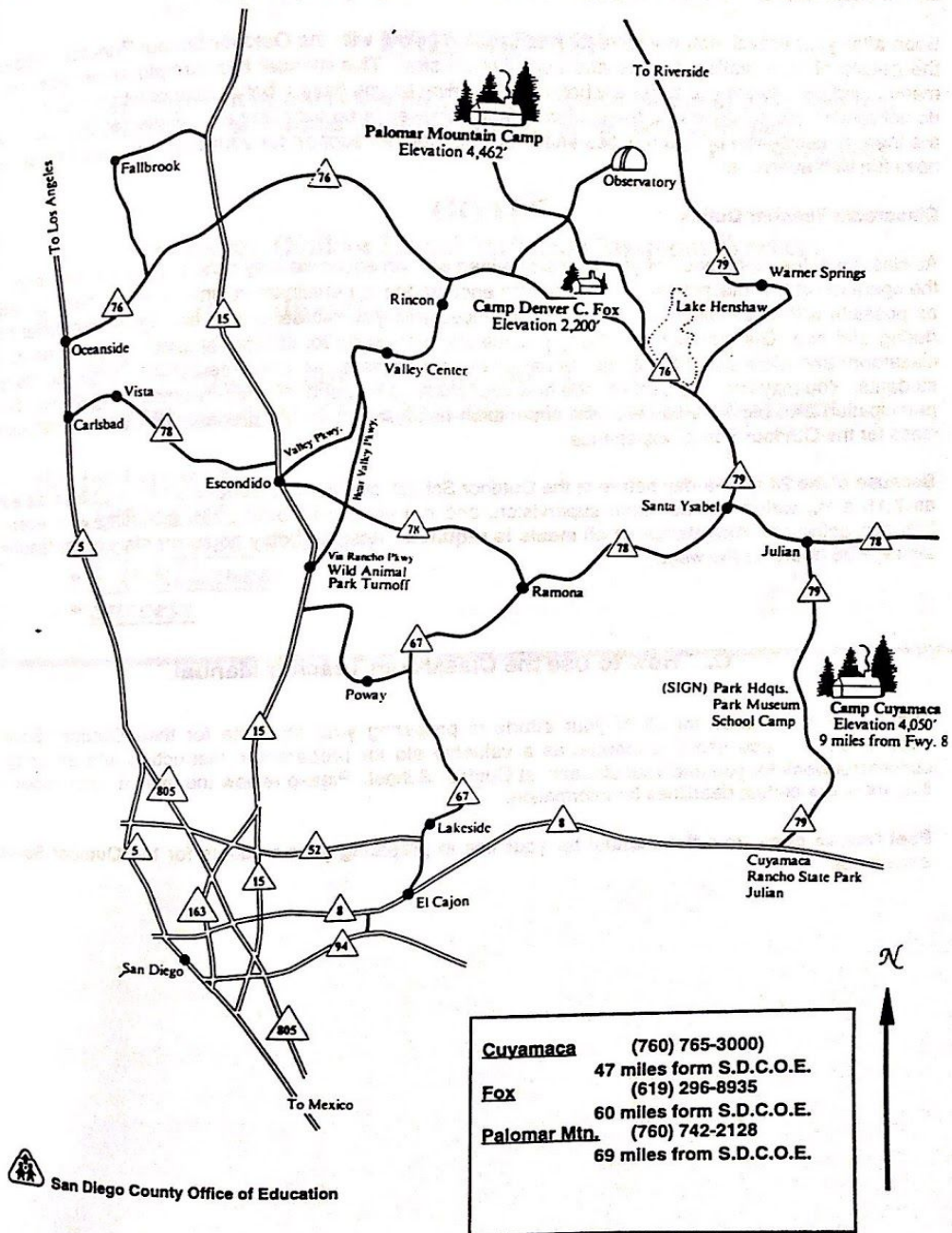
Outdoor Education School Sites

Descriptions and Images of Past & Present 6th Grade Camps

2019

Map of Sites

Outdoor Education



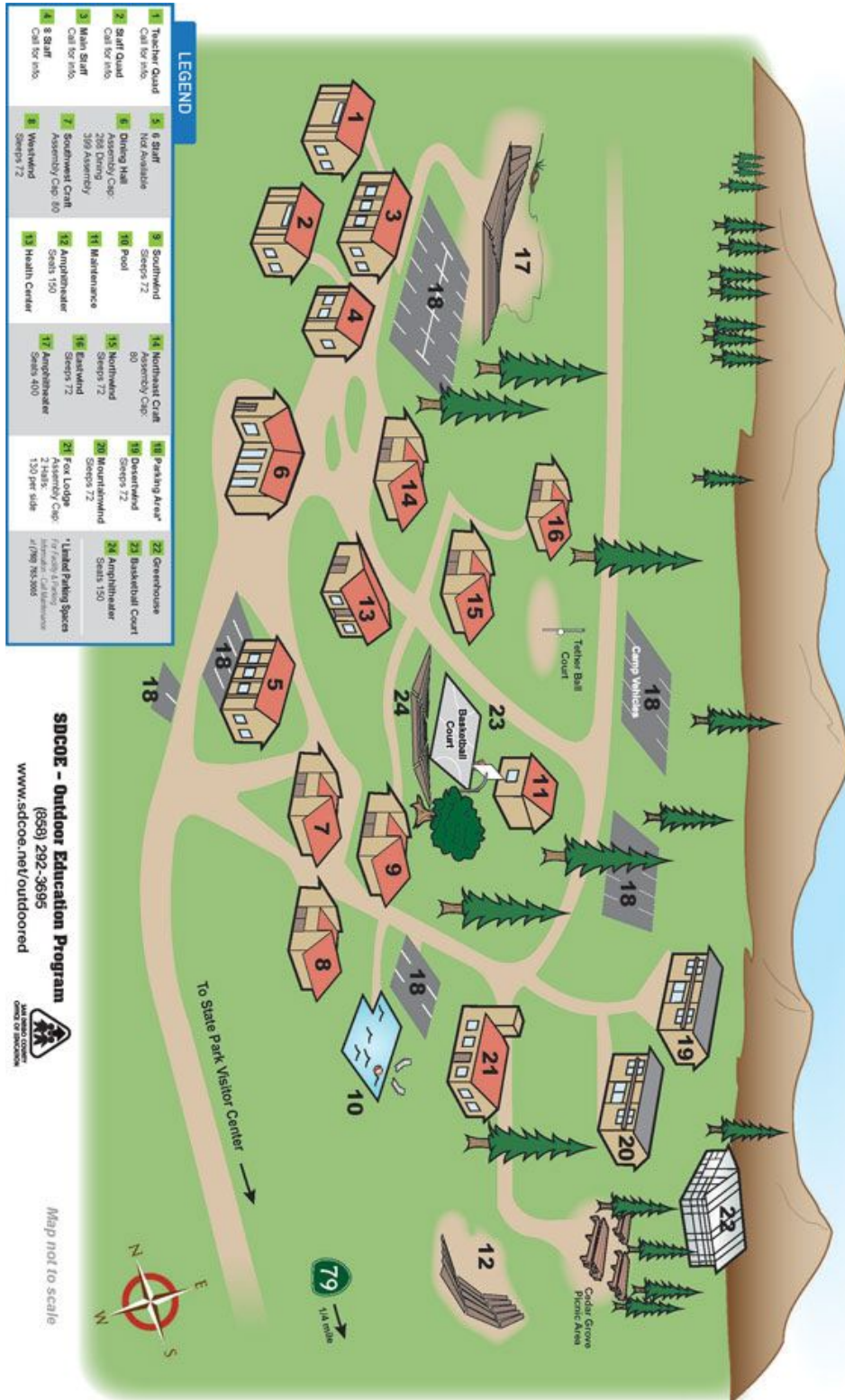
(“Classroom Teacher Guide”)

Permanent Sites

Camp Cuyamaca - Rancho Cuyamaca State Park

The CCC camp, first used by children in 1943 as a recreational summer camp opportunity for disadvantaged boys, held its first 6th grade camp classes on the 17th of March, 1946. The program was started by San Diego City Schools (Now San Diego Unified School District), however county school districts eventually wanted to join, La Mesa being the first. That's when the San Diego City-County Camp Commission was created. Camp Cuyamaca has had continuous use since it's first held classes earning it the title of "The Original 6th Grade Camp". Denver Colorado Fox was appointed principal of the elementary program at Camp Cuyamaca in 1947. He would later become principal of Palomar Outdoor School and Camp Marston as the program grew. He was very influential in the San Diego County program and held his role until 1971. Fox Lodge would eventually be built and named after him in 2010. In 1969, new buildings were completed replacing the old CCC tar paper buildings with permanent structures. The cabins are the exact same as Palomar's, featuring 4 living partitions with a central meeting space under one roof. Where the old CCC buildings once stood, there is now a Cedar grove planted by students many years ago. In 2010, two additional new cabins were built, along with Fox lodge as a meeting space. All cabins are named among the concept of wind (e.g. Desertwind, Eastwind) as it used to be thought that Cuyamaca meant "meeting place of the winds". It actually roughly translates to "behind the clouds". Cuyamaca serves about 13,000 sixth graders annually. It is available as a retreat center on weekends and in the summer.

6th Grade Camp at Guyamaca



Modern-day map of Camp Cuyamaca facilities. SDCOE.

Current Day Images



Cabin for students. Built in 1969. SDCOE.

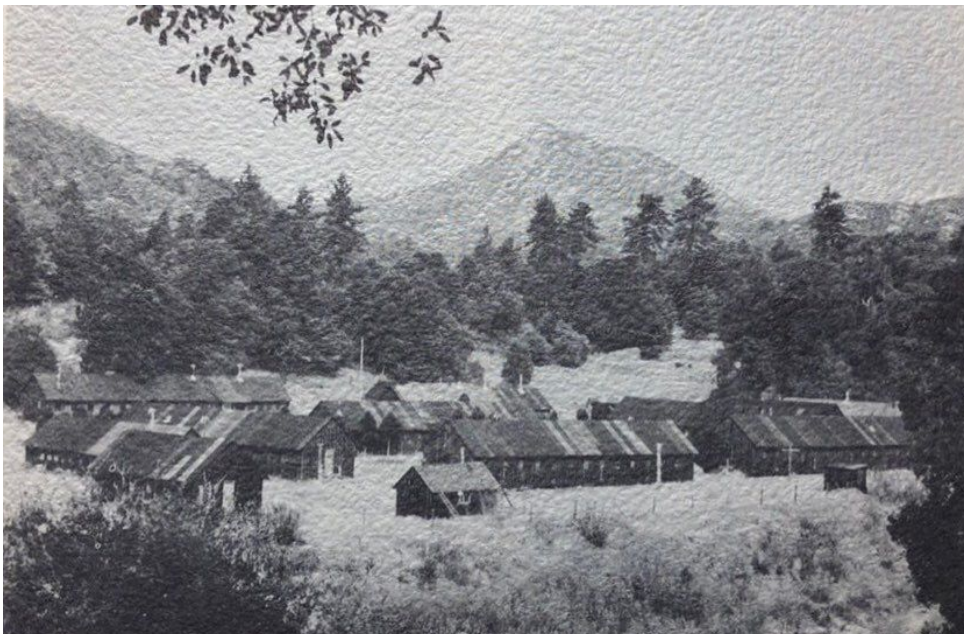


Cabin for students. Built in 2010. SDCOE.



Fox Lodge. Built in 2010. SDCOE.

Pictures From The Past



Original Cuyamaca CCC Site. Pre-1969.



Monkey Bridge. 1953. Taken by John Fry.



Dining Hall. 1953. Taken by John Fry.



Students clean their cabin. Undated. SDCOE.

CAMP CUYAMACA

CONCEIVED BY

SAN DIEGO COUNTY BOARD OF SUPERVISORS

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HENRY A. BONEY	SECOND DISTRICT	DE GRAFF AUSTIN	FOURTH DISTRICT
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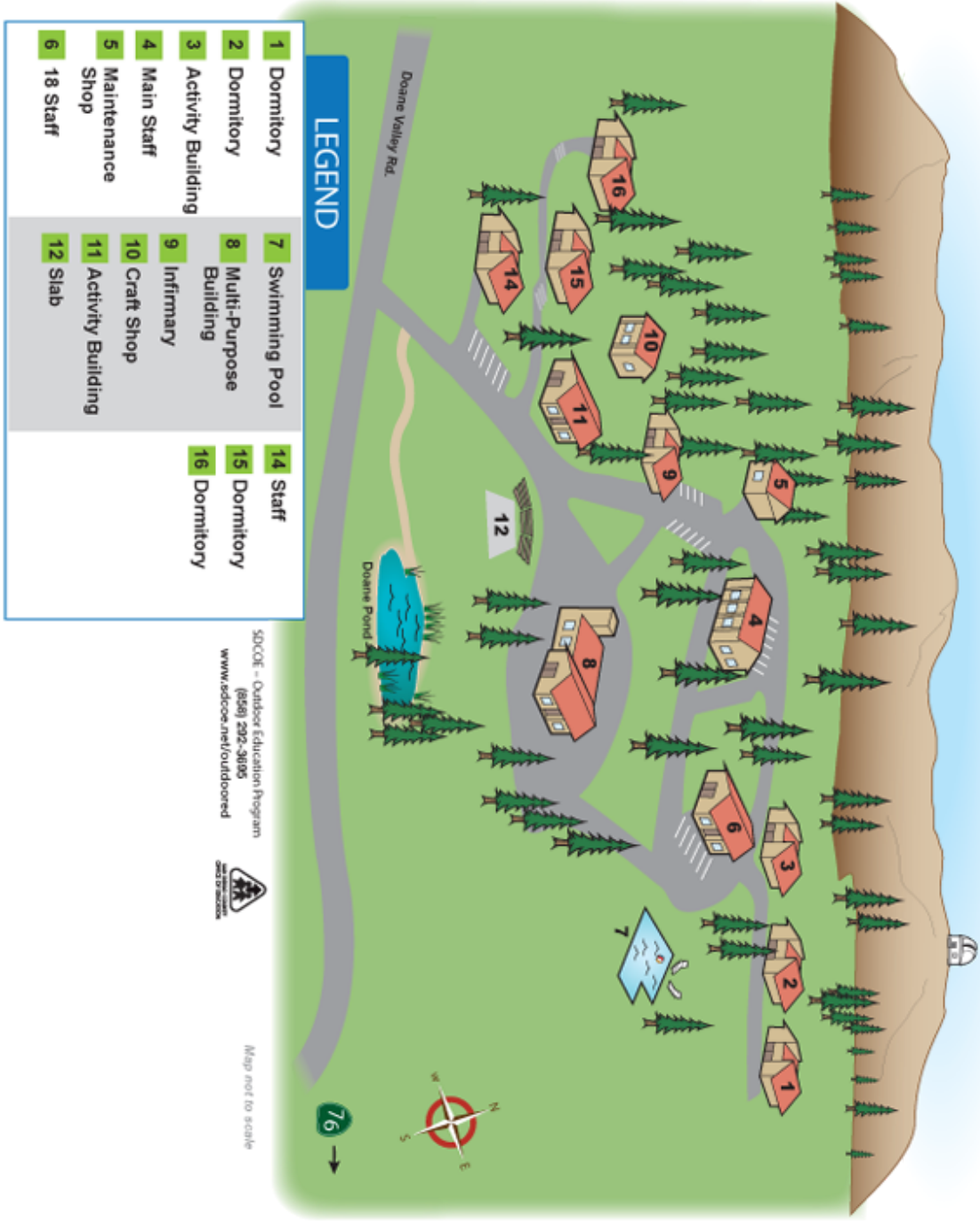
DEDICATED 1969

Cuyamaca dedication placard. Taken by Brendan Trachsel.

Palomar Outdoor School - Palomar Mountain State Park

This CCC camp was opened in 1946 as an upper-grade counterpart to Cuyamaca with a program for high school juniors and seniors. In 1955, however, the secondary school program was phased out and replaced with another 6th grade program. New buildings were completed along with Camp Cuyamaca in 1969, replacing all of the old CCC buildings. The cabins are the exact same as Cuyamaca's, featuring four living partitions with a central meeting space under one roof. In 1983, the site's 6th grade camp use became exclusive to San Diego Unified School District's Sixth Grade "Off-Campus Race-Human Relations" Program. This program was independently operated, giving them the title of being a "cousin" site to Cuyamaca and Fox. The site resides very close to the Palomar Mountain Observatory, and early on all cabins were named after planets and trees. Today this no longer seems to be the case. In 2011, San Diego Unified stopped funding for Outdoor Education, ending its use as an outdoor school to the present. The site is now open to rent/lease year around.

Palomar



Modern-day map of Palomar Outdoor School facilities. SDCOE.



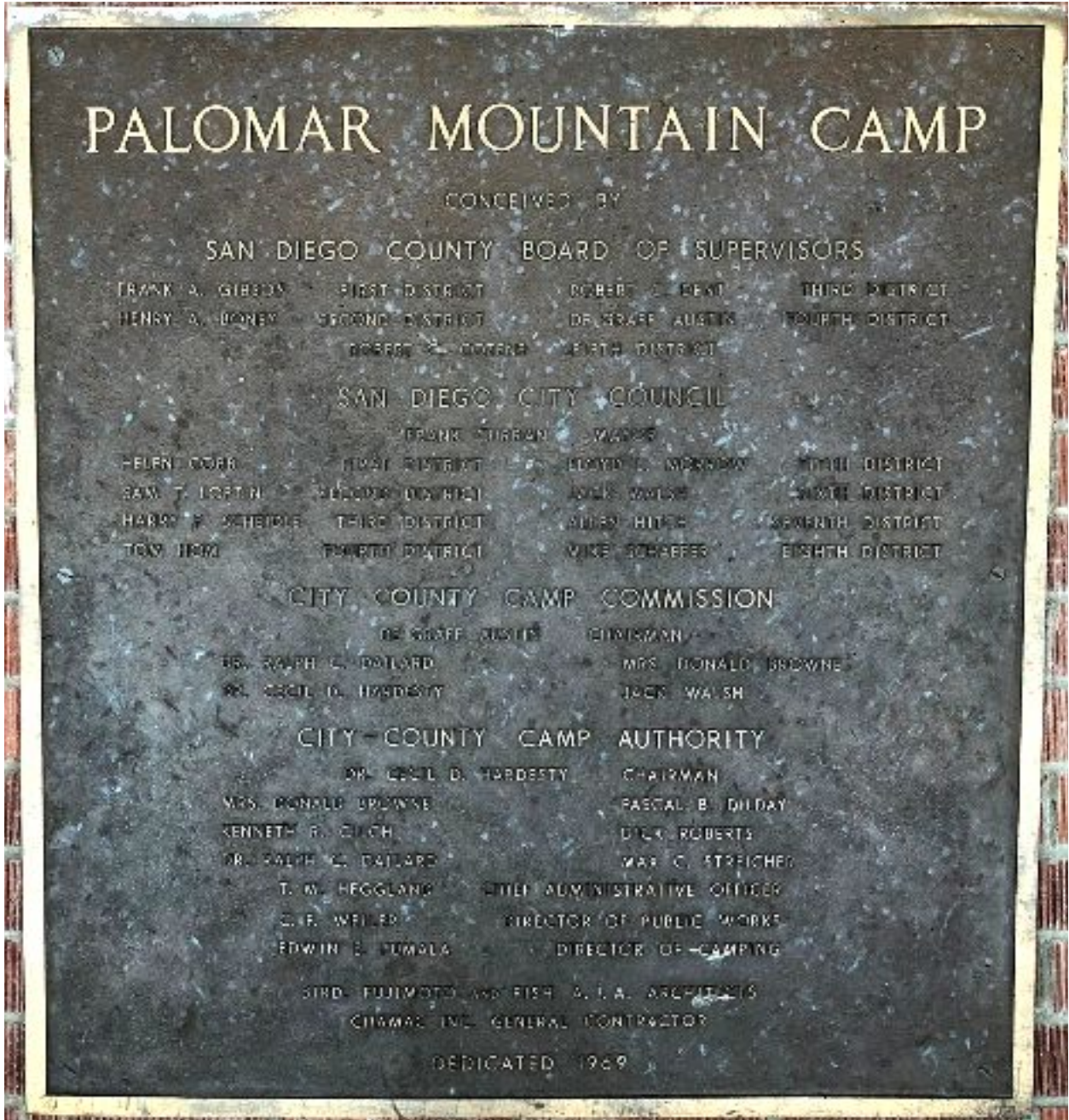
Cabin for students. Built in 1969. SDCOE.



Activity building. Built in 1969. SDCOE.



Dining hall/Multi-purpose building. Built in 1969. SDCOE.

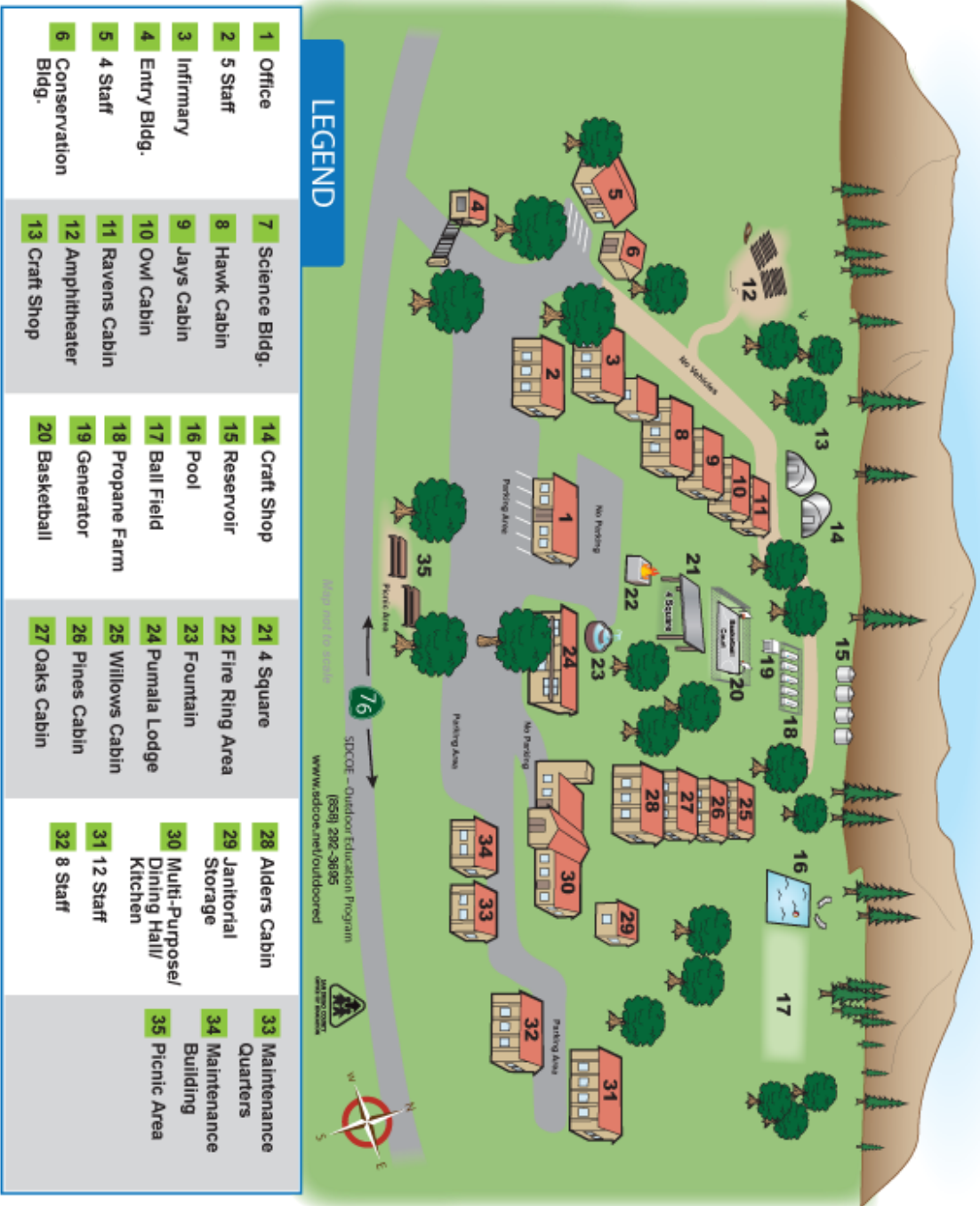


Palomar dedication placard. Taken by Brendan Trachsel.

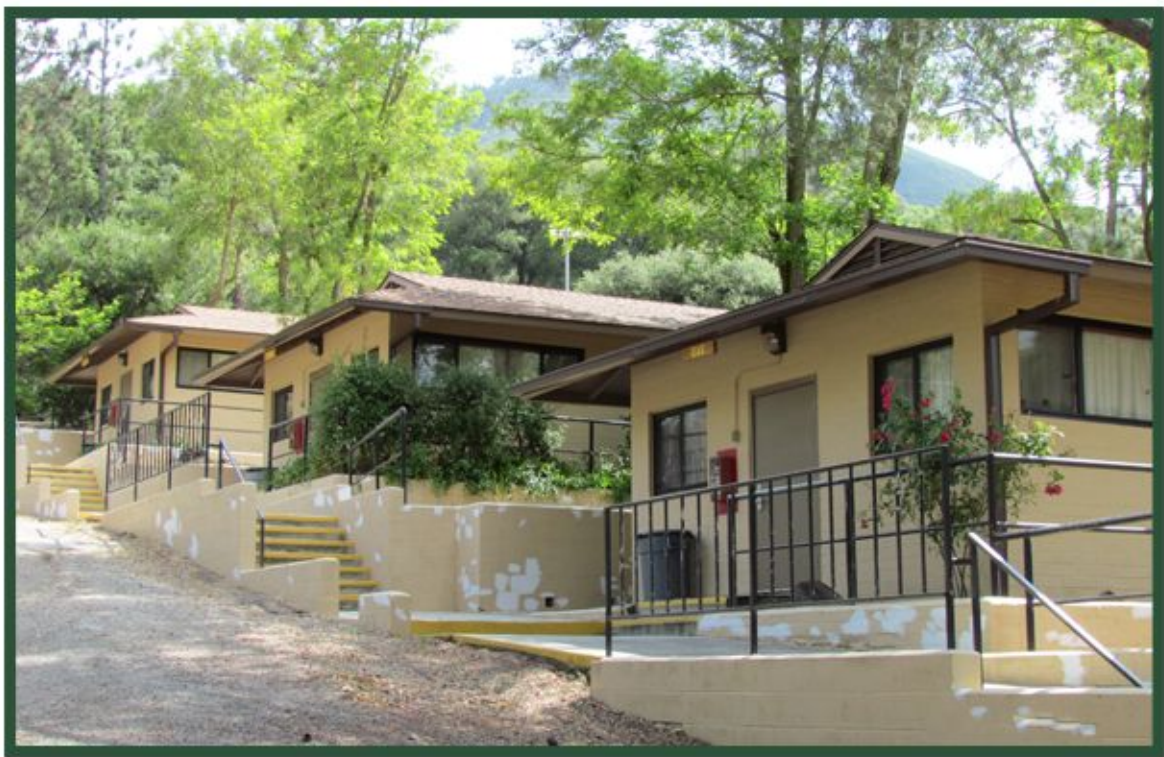
Denver C. Fox Outdoor School - Highway 76

Originally a county honor camp for non-violent inmates, this “sister” site to Cuyamaca was acquired in 1974 as a third permanent site and was dedicated to Denver C. Fox, former principal of Cuyamaca, Palomar, and Marston. The camp was leased to SDCOE for one dollar. It was consistently used for 6th grade camp for 4 years until 1978, and from 1979 to 1982 it was only used as needed to accommodate students. In 1982 it was no longer used as an outdoor school and was leased to the county probation department. In this time, well-behaved inmates would enter the work program, would be housed at the camp, then sent where needed for work projects. It reopened as an outdoor school in 1988 and continued to be as such until it was once again closed for outdoor education in 2010. The boy’s cabins are named after birds, and the girl’s cabins trees. They consist of a long rectangular corridor lined with bunk beds. The lodge is named after Edwin E. Pumala, first executive secretary-director of the camping commission. He helped guide, promote, and develop the program from the 1940s until he retired in June 1974. The site is available year around to rent/lease.

FOX



Modern-day map of Denver C. Fox Outdoor School facilities. SDCOE.



Cabins for students. SDCOE.



Craft shops. SDCOE.



Pumala Lodge. SDCOE.

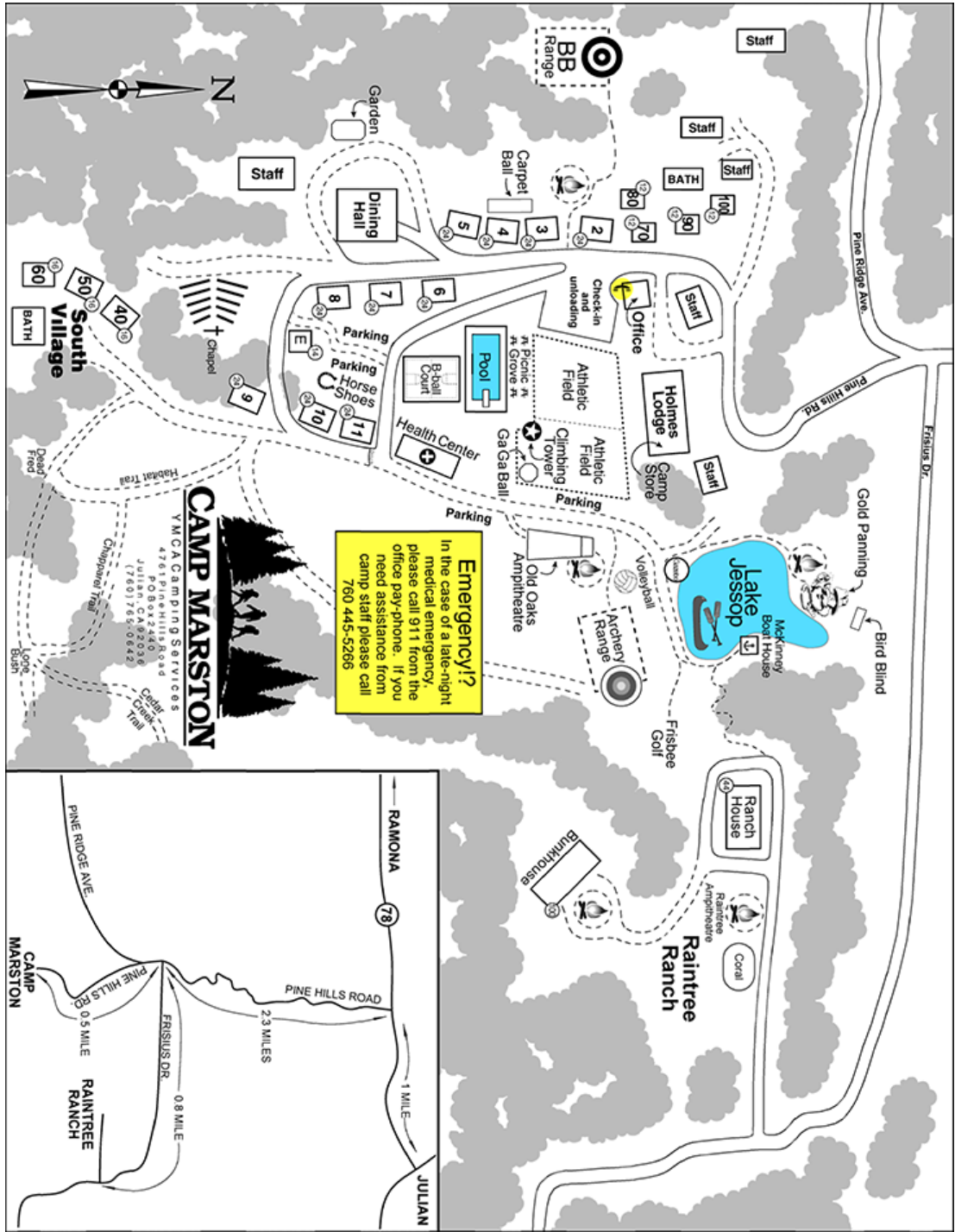


Dining Hall/Multi-purpose building. SDCOE.

Temporary Sites

Camp Marston - Julian, CA (1960-1972, Feb.-June 1982)

Beginning in 1921, with two acres of leased land, “Pine Hills Camp for Boys” opened. It’s first summer cost \$10 to attend, along with a \$1.50 transportation fee. In 1928, the name was changed to Camp Marston, honoring George Marston, founder of San Diego YMCA. In 1929 the camp grew to 17 acres, then to 58 in 1944. Today, Marston and Raintree Ranch together hold 236 acres. Summer camp has been provided for boys every summer since it’s opening, and went co-ed in 1966. In 1959, the camp reached a lease agreement with SDCOE, and the 6th grade camp program began during the school year in 1960. This lease for outdoor education would be the longest of any of the interim sites: 12 years. Once Cuyamaca had new facilities in 1969, many schools moved there; some schools stayed at Marston. The lease agreement ended in 1972, but YMCA continued with their own outdoor education. In 1982 another lease agreement was reached for February to June of that year to accommodate San Diego Unified schools. This was the last year for San Diego Unified before beginning their “Off-Campus Race-Human Relations” Program at Palomar. Marston is still owned by the YMCA, and is home to summer camps, retreats, and outdoor education. Their education program serves about 8,000 youth annually.



Modern-day map of Camp Marston facilities. YMCA.



Dining hall. Taken by Tom Munnecke.



Soccer field and rock climbing wall. Taken by Tom Munnecke.

Camp Davidson - Julian, CA (1956-1960, 1963-1969)

Camp Davidson was initially owned by the Armed Services YMCA, designed as a retreat for military personnel, sitting on 50 acres of land in the Pine Hills area of Julian. A lease agreement was reached in 1956 with SDCOE to accommodate an increasing number of students. In 1958, the camp was purchased by Girl Scouts of San Diego Imperial Council and remains owned by them to this day. The lease agreement ended in 1960, when SDCOE leased Marston to accommodate an even greater number of students. Sixth grade camp came right back again in 1963, however, as Camp Marston alone was not large enough for the still increasing attendance. The camp was also used in place of Cuyamaca during the construction of the new facilities. When construction was completed in 1969, Davidson was no longer used for 6th grade camp. From 1991 to January of 1993, Girl Scouts decided to completely rebuild and rename the camp. The only original structure remaining today is the fireplace in the lodge. Whispering Oaks is still open today, sharing the property with Camp Winacka.

Mataguay Camp - Highway 76 (April-June 1974)

Mataguay Scout Ranch first came to be in 1956 when the San Diego County Council purchased the land for \$168,500. Construction began in March of 1957, and the first summer camp was started in June of 1958. Construction of four cabins and a dining hall began in 1965. SDCOE leased the camp from April to June in 1974 for use by Santee Schools for 6th grade camp. In 1976 the meditation chapel was completed on site. In 1985 a dining hall was built, still used today. Mataguay hosts summer camp programs, with about 1,500 in attendance every year. They also host project COPE, a BSA program to build leadership and group unity. It is open to rent for events and retreats, as well as camping on it's 1000 acre property.

Palomar Ridge Camp - Palomar Mountain (1968-1969, May-June 1979)

Palomar Ridge Camp, also formerly known as Palomar Baptist Camp, and today Palomar Christian Conference Center, resides in Palomar Mountain a little up the road from Palomar Outdoor School. Robert Fisher homesteaded in 1903 on Palomar Mountain and years later was persuaded into donating 40 acres of land to be used for “evangelism through camping”. It was leased from 1968-1969 during the construction of Palomar Outdoor School, and once again from May-June 1979 for 2.5 day encampments for El Cajon schools. Today they host retreats, run summer camps, and hold outdoor education. More info can be found at pccc.org.

Influential Figures

Portraits and Descriptions

2019

Preface:

I'd personally like to thank every one of the staff at Cuyamaca who have assisted me with this project. I have received nothing but open arms from every one of you, and the help each step of the way is appreciated beyond words. Unfortunately, I only had the opportunity to talk to a few of you, but I am positive that you all belong on this list. You all do incredible and important work educating our youth about the great outdoors. Camp has a lasting impact on all; this is coming from a past camper himself. It wouldn't be possible without you.



De Graffe Austin

Hurlbert De Graffe Austin was born in Fallbrook on July 25th, 1895. He was one of nine children and would live his entire life in San Diego County. He began to study Law at Hamilton-Lindley law school from September 1915 to June 1917, until he enlisted as a Flying Cadet to serve in World War 1. He would be commissioned as a 2nd Lieutenant and would serve until 1919. Afterwards, he entered politics, and would go on to hold positions of San Diego City Councilman, Vice Mayor, Collector of Customs for the Port of San Diego, and County Supervisor for 1st, and eventually 4th, districts. He founded the San Diego City-County Camp Commission when he was a City Councilman, and had the position of Chairman on that council. His name is found on the dedication placards at Cuyamaca and Palomar. Documents regarding Austin and the City-County Camp Commission are stored at the San Diego History Center in Balboa Park. The accession number is 811110. ("MS 1 De Graff Austin Papers")



Bill Van Arsdale

William E. Van Arsdale has a long-lasting footprint on the San Diego County Outdoor Education program. He served as the director of Outdoor Education, and the President of the council. He endowed money to send kids to camp forever. For over 30 years, a writing contest has been held

to send 15 kids to camp for free. He was also honored posthumously in 1993 with an award being established in his name. It has been nearly 30 years since his passing, and he is still positively affecting camper's lives.

Denver C. Fox



Denver Colorado Fox was first hired in 1947 as principal of Camp Cuyamaca and the elementary program. He would go on to hold that role for 24 years, until 1971. He eventually became principal of Palomar and Marston as the program grew. He was an incredibly influential figure in the program, eventually having a camp named after him, along with the lodge at Camp Cuyamaca.

Greg Schuett

Principal of Cuyamaca since 1990, Schuett has greatly influenced the functions of camp. Beattie says that, “classes have more structure and the quality of the teaching has taken leaps and bounds [with Greg’s guidance]” In 2018, the Community Campership Council awarded him the Van Arsdale award, exemplifying, “professional leadership, dedication to the welfare of children, and belief that young people should have an outdoor learning experience as an important part of their education”. He is in his 29th year as his role of principal, and absolutely will leave big shoes to fill. (Appendix A)

Susanne Beattie

Beattie's first Cuyamaca experience was as a camper from Twin Peaks Middle School. She graduated from SDSU in 1989 with a degree in Recreation and went on to intern at Orange County Outdoor Schools. She later went on to work at Cuyamaca as a Specialist until 2002, when she was promoted to head teacher. March of 2019 marked her 29th year. In 2012, she was nominated to be the 2012 Teacher of the Year. (Appendix A)

Ernie Ludwig

Ludwig originally heard about Cuyamaca while on jury duty, where another juror on the trial worked at camp as camp nurse. Months later, while driving out to the desert on the 79, he passed by Camp Cuyamaca and decided to stop by. He entered the office, where two campers who only spoke spanish couldn't be communicated with due to the language barrier. Luckily Ludwig spoke spanish and was able to communicate with them. That got him a job offer, and he went on to work at Camp Cuyamaca for 31 years, until he retired in 2018. He is now a Substitute Specialist. He is known for his lessons through storytelling, and describes his career as the, "best job in the world". In 2013, he was the classified employee of the year for SDCOE. (Appendix A)

Doug Connor

Connor's first camp experience was at Camp Palomar in 1983 with Darnall Elementary School. At 15, he began to attend summer camps as a counselor-in-training. A little later, he ended up being one of the very first interns at 6th grade camp. In 1994 he was hired as an outdoor education specialist and worked at Cuyamaca, Fox, and Palomar. In 1999, he went off to get his

teaching credential, where he worked the Splash Science Mobile Lab. Once getting his credential in 2005, he taught overseas for 5 years. In 2010, he went back to Cuyamaca, substituting for a year until being hired to his current position. He was named SDCOE's 2016 Teacher of the Year, making it as a finalist in the San Diego County Teacher of The Year award. (Appendix A)

Acknowledgements, Resources

Contact

Brendan Trachsel

brendantrachsel@yahoo.com

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Kim Holzhauer



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<https://www.brendantrachsel.com/me.html>

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VII CURRICULUM

The program has two major goals with sub goals for each.

Environmental Education

- Appreciation of nature
- Understanding how life functions on earth
- Commitment to act responsibly toward the environment

Social Growth

- Teamwork
- Acceptance of others
- Self reliance
- Success

The curriculum is correlated with the State Science Framework and is a curriculum of action: exploring, creating, observing, conserving, sharing, and evaluating.

Appreciation of Nature

This is a thread that is woven throughout the program. It is fostered by spending time in nature using the five senses, in structured and unstructured activities guided by role models who care about and understand nature.

Understanding How Life Functions on Earth

We teach the students four major concepts that drive our biosphere

- The flow of energy
- Cycling of matter
- Interrelationships between living and non living elements
- Changing of forms

Commitment to Act Responsibly Toward the Environment

Through instruction and positive role modeling, students learn how they can positively impact the environment. We emphasize the 3 R's, Reduce, Reuse, Recycle.

Curriculum activities include:

• Welcome Walk

A shorter trail class on Monday to introduce students to the curriculum, their team mates and the outdoor classroom.

• Nature Studies (3), two hour trail classes that explore the "E, C, I, C" concepts

• **Nature Crafts** - Every student chooses one of three craft options. This activity provides further understanding of certain scientific principles, produces an artistic creation, and a souvenir to take home (two hour class). The crafts include: miniature forest, rock and wood.

• **All Day Adventure** - All students, who are physically able, participate in this six-hour, two-to-five mile, nature walk. Emphasis is placed upon the use of their senses and the discovery approach to learning is utilized. Classroom teachers provide secondary adult supervision on these hikes.

("Classroom Teacher Guide")

Social Growth Development Activities for Student Success:

- **Teamwork and Acceptance of Others**
 - Working together in the cabin, dining room, and site maintenance
 - Demonstrating respect and courtesy in a group living situation
 - Practicing safety
 - Demonstrating family-style dining etiquette
 - Demonstrating proper audience behavior in large and small groups and in a variety of situations
- **Self-reliance and Independence**
 - Living apart from family
 - Maintaining personal hygiene
 - Handling homesickness
 - Making good choices
 - Developing responsible behavior
 - Adapting to new situations
- **Success**
 - Finishing the hike
 - Solving the problems
 - Making new friends
 - Learning new information
 - Staying the whole week

(“Classroom Teacher Guide”)

SCHEDULE OF WEEK'S ACTIVITIES AT THE SCHOOL CAMPS

Time	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
6:50	Reveille					Pack and clean-up
7:15	Breakfast gong					
7:30	Breakfast dishes					
8:15	Cabin clean-up					
8:50	Flag raising		Song and pledge	Song and pledge	Song and pledge	Conference with teachers
9:00	Morning assembly	Staff meeting	Singing Nature lore Divide groups	Singing Nature lore Divide groups	Singing Nature lore Divide groups	Square dancing Museum "Woodquiz Scramble"
9:30	Morning activity	Arrival of campers	Craft Hike Crafts	Craft Hike Crafts Mining	Cook-out	Lunch
11:30	End of activity	Divide campers into living groups				Singing
	Wash-up					Departure of campers
11:45	Lunch gong	Orientation				
12:00	Lunch					Counselors check and close camp
1:00	Rest	Orientation of campers	Conservation activities Observatory and mine (Palomar only) Nature hike	Conservation and observatory Nature hike	Conservation and cookout Observatory and mine (Palomar) Nature hike	
		Health inspection	Singing Sharing Nature lore Crafts	Singing Sharing Nature lore Crafts Mining Fishing	Singing Sharing Nature lore Crafts Mining Fishing Work project	
2:30	Afternoon activity	Orientation of teachers				
4:00	End of activity	Camp exploration hike				
	Leisure of games					
4:30	Showers & sign-up					
5:30	Supper gong					
5:45	Supper					
6:30	Special interest		Astronomy	Astronomy		
6:50	Evening program gong	Story of the forest	Indian ceremony	Sharing experiences	Skits or star hike	
7:00	Evening program			Frontier games	Evaluation session	
8:00	Wash and to bed					
8:30	Story					
9:00	Lights out - quiet					

1960s schedule for Camp Cuyamaca (Schramm 27)

Oak Village

Monday	Thursday
10:00-12:00 Student arrival, move in and orientation 12:00-12:45 Lunch 12:45-1:45 Finish orientation 1:45-2:00 Fire Drill 2:00-3:45 Welcome Walk 3:45-4:00 Bathroom Break 4:00-4:45 Recess 4:45-5:00 Bathroom Break 5:00-5:45 Dinner 5:45-7:15 Craft prep and cabin time 7:15-8:00 Campfire (Amphitheater) 8:00-9:30 Cabin Activity Time 9:30 Lights out	6:30-7:00 Wake up and get ready for breakfast 7:00-7:45 Breakfast 7:45-8:00 Village meeting 8:00-8:30 Students meet with classroom teachers 8:30-9:00 Bathroom break and activity prep 9:00-11:30 Crafts 11:30-11:45 Bathroom break 11:45-12:35 Lunch 12:15-12:45 Bathroom break 12:45-3:00 Nature Study 3:00-3:15 Bathroom Break 3:15-3:45 Recess / Talent Show Rehearsal
Tuesday	Friday
6:30-7:00 Wake up and get ready for breakfast 7:00-7:45 Breakfast 7:45-8:00 Village meeting 8:00-8:30 Students meet with classroom teachers 8:30-9:00 Bathroom break and activity prep 9:00-3:00 All Day Adventure 3:00-3:15 Bathroom Break 3:15-3:45 Recess / Talent Show Rehearsal 3:45-5:00 Showers 5:00-5:45 Dinner 5:45-6:30 Cabin Time 6:30-7:30 Native American program (Lodge) 7:30-9:30 Cabin Activity time 9:30 Lights out	6:30-7:00 Wake up and get ready for breakfast 7:00-7:45 Breakfast 7:45-8:15 Bathroom Break 8:15-8:45 Autograph signing 8:45-9:00 Walk to Lodge 9:00-9:45 Cuyamaca Quiz 9:45-10:00 Slide show and poetry reading 10:00-10:30 Snacks 10:30-10:45 Departure
Wednesday	Friday
6:30-7:00 Wake up and get ready for breakfast 7:00-7:45 Breakfast 7:45-8:00 Village meeting 8:00-8:30 Students meet with classroom teachers 8:30-9:00 Bathroom break and activity prep 9:00-11:30 WRAP or Nature Study 11:30-11:45 Bathroom break 11:45-12:15 Lunch 12:15-12:45 Bathroom break 12:45-3:00 WRAP or Nature Study 3:00-3:15 Bathroom Break 3:15-3:45 Recess / Talent Show Rehearsal 3:45-5:00 Showers 5:00-5:45 Dinner 5:45-6:15 Cabin time 6:15-7:30 Night Hike (meet in Assembly Hall) 7:30-9:30 Cabin activity time 9:30 Lights out	

Updated 9/12/14 SP/SB

Modern Schedule for Camp Cuyamaca

C. Dining Hall

The food at Outdoor School is fantastic! Three hearty meals are served daily. Ten to fifteen students eat family style with one adult at each table and enjoy conversation about the day's events. The following is a sample menu for a typical week.

MENU

	Breakfast	Lunch	Dinner
Monday		Macaroni & Cheese Tossed salad Black Olives, Carrot and Celery Sticks Bread - Margarine Milk - Water Fresh Fruit	Chick Nuggets Tater Tots BBQ Sauce - Catsup Tossed Salad Bread - Margarine Milk - Water Ice Cream
Tuesday	French Toast Rice Chex Syrup - Margarine Milk - Water Oranges Mixed Fruit	Pizza w/Pepperoni Cheese etc. & Vege Pizza Tossed Salad Relish Tray Milk - Water Fresh Fruit	Turkey Fajitas/Flour Tortillas Spanish Rice Refried Beans Salsa - Hot Sauce Punch - Water - Milk Dessert - watermelon
Wednesday	Hot cakes Sausage links or Patties Cold cereal Syrup - Margarine Milk - Water Orange Juice	Hot Dogs w/Buns Tater Tots Tossed Salad Relish - Diced Onion Mustard - Catsup Chocolate Milk - Water Fresh Fruit	Roast Beef w/ Gravy Mashed Potatoes Broccoli w/Cheese Tossed Salad Rolls - Margarine Lemonade - Water-Milk Apple or Cherry Crisp
Thursday	Eggs Scrambled Hot Oatmeal -B Sugar Toast - Jam- Margarine Catsup - Hot Sauce Milk - Water Orange Juice	Fish sticks Potato nuggets Tossed Salad Tartar sauce Catsup - Lemon wedge Milk - Water Fresh Fruit	Lasagna (beef) Tossed Salad Garlic buttered bread- sticks w/ parmesan cheese Milk - Water 50/50 Bars
Friday	Eggs Scrambles Flour Tortillas Refried beans Salsa Catsup - Hot Sauce Milk - Water Oranges Juice	String Cheese Chocolate Milk Muffins Banana Nut Grape Juice Apple Milk - Water	

Students may eat as little or as much (yes, seconds and thirds) as they like. Students are encouraged to at least sample each item. Students with special dietary requirements are accommodated (vegetarian, lactose free, etc.). **Please call the school the week prior to your visit regarding these needs.**

- The outdoor school staff encourages proper dining hall manners throughout the week. Examples of manners we expect: polite conversation, staying seated throughout the meal, taking hats off at the table, using please and thank you, proper passing of food and quiet voices. Please review these dining hall expectations with your students before their visit.

II PHILOSOPHY AND GOALS

PHILOSOPHY

"That which can be learned in the classroom should be taught there, and that which can best be learned in the out-of-doors should be taught there.

L. B. Sharp, 1943

GOALS

Students, Outdoor School Staff and Classroom Teachers

Environmental Education

- Appreciation of Nature
- Understanding how life functions on Earth
- Commitment to act responsibly toward the Environment

Social Growth

- Teamwork
- Acceptance of Others
- Self-Reliance
- Success

OUTDOORS: ERNIE COWAN

Tree landmark connects to the past

Few things in life provide the permanence offered by nature and wild places.

A lifetime in the outdoors and a photo taken more than 100 years ago brought that home clearly to me last week.

As a bright-eyed teenager, I attended school camp on Palomar Mountain just like thousands of other San Diego students. It was a ritual for sixth- and eighth-graders and for many it was their first exposure to the wonders of nature and the outdoor world.

Some kids were not comfortable with being away from home for the first time or being away from their usual habitat of concrete and classrooms.

Fortunately, my parents introduced me to nature very early in life so for me it was heaven. I was in my element.

I can credit my mother with a love of nature, but this was a whole week away from school and living and learning about the outdoors.

It was also a time when a seemingly endless supply of bacon was served at breakfast in large bowls along with delicious pancakes.

We had sandwiches for lunch that we made ourselves, and copious amounts of food for dinner, along with several desserts if we behaved. We sang hiking songs about spiritual things, "The Red Men," and Zulu Warriors, but they were with respect for those connected to the land.

Of course, no memory of school camp would be complete without a crush. This was a time when Richie Valens was singing "Oh Donna," and one of the camp counselors, coincidentally named Donna, happened to be what I thought was the love of my life. Sadly, she didn't know I existed.

There are many memories from those two carefree weeks of learning in the outdoors and to this day I can still find the can opener tree on the road leading to the camp. Look for it on your left as you drive down the winding park road into Doane Valley.

But there is another life landmark visible on Thunder Ridge above Doane Pond in the broad valley where the school camp stands. This is part of Palomar Mountain State Park and thankfully preserved for generations to come.

It's called the Cross Tree and it was a landmark pointed out to young campers in the late 1950s when we spent our time in its shadow. Over the years I have always smiled



ERNIE COWAN

The Cross Tree is visible on Thunder Ridge above Doane Pond.

when I see the tree, because it brings back such wonderful memories of my young life, learning about nature, discovery of myself and the friendships, some that still exist today.

When I think about it, I am amazed that this landmark is still visible after 60 years. Even more amazing was my discovery recently of a photograph taken around 1904 that also showed the tree.

I was doing some online research when I came across a history of George Edwin Doane of Palomar Mountain, written by Peter Brueggeman. There was the 1904 image showing a sweeping view of Doane Valley and the Cross Tree, high on the ridge, in the distance.

It was standing more prominently than it does today, but clearly the same tree.

For me, the Cross Tree means continuity. Despite a life filled with change, I can return to a place that is seemingly unchanged. It connects me to my past and my roots and despite countless visits, to a place where I have enjoyed constant discovery both inwardly and outwardly.

I've shared Doane Valley with my kids and their kids, and I hope that will continue for endless generations.

If anyone ever questions the value of California's state parks, just spend a little time in the shadow of the Cross Tree.

Parks, and the people who are dedicated to running them, preserve more than just the habitat.

Memories are also preserved here.

Email ernie@packtrain.com or visit erniesoutdoors.blogspot.com.

APPENDIX A

Interview Conducted: January 15th 2019

Interviewers: Brendan Trachsel and Nora Ward

Interviewee Profiles:

Susanne Beattie:

- Began career as intern at Sixth Grade camp in Orange County
- Took first job in outdoor ed at Camp Alani
- Went to school (1989) at San Diego State with a major in recreation
- Spent 2.5 years at Camp Cuyamaca after college (1990) and
“...really enjoyed the program...[and] saw opportunity [at it]”
- Became specialist (aka head teacher) in 2002 at worked as one for 29 years
“I feel so lucky to have found a job that I love”
- Nominated as Teacher of the Year (San Diego County 2012)
- “[I believe] anyone should have the opportunity to be a scientist”
- Encourages “environmentally literate children”

Greg Shuett

- Current principal
- 29 years as principal
- Advocate of communal improvement and staff practicing what they preach/teach in camper cabins
- “Always adapting”
- Encourages staff to input their own ideas
- “Don’t see a sea of faces, they are all individuals...treat them how you’d want your own children to be treated...you are their loved one away from home...”

Ernie Ludwig:

- Cuyamaca legend
- At Cuyamaca for 31 years, began when 29
- Started as substitute as fluke as he learned about program at jury duty
- Loves the look on kids’ faces when they discover something new
- Appreciates the “freedom of the trail, discovery, and to share its wonder with the children”
- San Diego County Office of Education Employee of the Year 2013
- Loves giving kids special experiences

Ex: kids with disabilities that can enjoy nature that “normally wouldn’t have camp experiences, but we make that happen”

- “To me, it's the best job in the world”

Camp Logistics

Jobs at Camp Cuyamaca: 50 staff total

- Village leader: oversees 2 cabins and a total of 144 students, in charge of managing 8 specialists and 2 camp counselors, communicates with children (discipline, homesick, observation), deals with one core group of kids per week.
- Vice President: helps run logistics of camp
- Nighttime leader: (example: Scotty Baba, 2 per cabin) spends the night in cabins and tells stories, plays games, and makes sure kids are safe at night [18+, not teaching, “big brothers/sisters”
- Intern (4-6 per year): shadows and learns from the specialists [college grads, minimum wage, no benefits]
 - 3 week training program (out on the trail, “pretty intense”, workshops)
 - CPR certified
- Kitchen Staff/ maintenance: prepare food and make sure camp is physically in good condition
- Specialist/naturalist (24 total) : hiking/teaching, crafts, big emphasis on the education aspect of camp. [4 year science degree]
“...Introduce the kids to nature and so much more”

Not necessarily a “teacher” per say because of Proposition 13 passed in 1978 that:

- Reduced funding for schools and caused the camp to switch from an environmental focus to education on Race-Human-Relations that brought in students from all over the county
- Active especially at Camp Palomar (only camp that was certified to do this program)
- Refurbished busing system to become more of an “integration program” for kids from different parts of San Diego to meet and interact with each other (technically program called “Race Human Relations”)
- Now camps are still naturalist focused but “with a twist” in the early 80’s - 2011

State Park Relations:

- Operates as system to “connect with San Diegans” (about 1200 a year)
- State Park system has “always been supportive”

- Currently on a 35 year lease
- Before camps do projects, works with/gets it approved by the CEQA and their environmental scientists
- Follows park's safety rules: guns, arrest, crazy parents

Surrounding Area:

- "Wildlife is incredible"
- Gives kids "room to roam"
- Serengeti of Southern California
- "Virtually guaranteed to see wild turkeys, deer, coyotes etc"

Changes to the program over the years:

Originally: each specialist chose what they wanted to teach in their class such as:

- Plants
- Animals
- Earth science
- outdoor/survival skills
- Through the "Point and talk" teaching method

EXAMPLE: in the 90's, curriculum focused on energy flow cycles and interrelations changing

2019: cross curriculum

- "Next Generation Science Standards"
- Citizen scientist focused (example: Gold Spotted Oak Borer project with UC Riverside)
- iNaturalist App = class room tool
- Climate change observations
- Interactive classroom (more thinking, hypothesizing, predicting, immersing) = "much more socratic"
- Aim to "...use technology in appropriate way" + "only use if it enhances [what they are learning]"
- Big goal: "...immerse them [the kids] in nature, but do so so they continue their curiosity"

Democratic Living: began in January 2018

- Method of teaching restorative justice
- "[we are] holding kids accountable" ex: **cabin community agreement** leads to a more successful, productive, and respectful week

- Gives the kids a sense of power
- A type of social growth program
- Focused on: “ICARE”

Integration
Cooperation
Attitude
Respect
Esteem

= similar to Character Counts

- Greg Shuet as Principal in 1990: classes have more structure and “the quality of the teaching has taken leaps and bounds [with Greg’s guidance]” - Susanne Beattie

Expansion:

- Termination of Palomar Outdoor School and Camp Fox caused a third village to be built
- Logistics of camp had to be completely reworked to be able to serve all children in

County:

- 2 lunches
- 2 breakfasts
- 2 dinners
- 3 completely separate units
- Staff not working as close
- “Doesn’t feel crowded”

Kids evolution:

- Before, they weren’t as readily exposed to technology
- Now have to get used to not being constantly connected
- Hikes have had to be cut down to 2 miles shorter
- Get along better with each other now, more empathy toward one another
- Special needs campers are more common

Final words of advice/comments:

- Must be passionate about a combination of science, children, and flexibility
- Having teaching/ special education certification is a good thing
- Being apart of the Cuyamaca team can be difficult, but is so rewarding