

# Camp White Meadow

Issue # 6  
08/07/06

## The Director's Chair

It's HHHHHHOOOOOTTTTT!!!!!!  
But we've braved the heat and managed to have a terrific week. What did we do? We spent a lot of time at the Beaches.

We swam, then swam and finally swam some more.

Then came Friday!!!

My favorite day of camp.

This week, CARNIVAL!!! There is no better activity!

The moonwalk, the sno-cones and the obstacle course. We had our fortunes told and met a clown that looked amazingly like Todd.

Crunchy popcorn, face painting and tests of skill rounded out the carnival.

It was a perfect ending to a week six.

Next week...Color Games.

It can start at any time now. Look to the sky.

What will the theme be?

Who are the generals?

Are you white or red?

The answer to these questions and many more are coming next week.

Until then, stay cool.

Take Care,  
Mark & Todd

## From the Fields

Week 6 proved to be a great week, as the campers excelled despite the heat. On Monday, all of the participants in basketball club did a great job, as they learned different types of passes. They also practiced shuffling and making passes on the move. As the week continued, box ball proved to be a favorite of both campers and counselors, as they were able to play in the shade. Everyone is looking forward to Color War in the coming weeks.

-Alex

## For Art's Sake

This week in Art's & Crafts the Little Surfers made ladybug hand puppets, and are going to make caterpillar paper chains on Wednesday. The Beach Bums began making dream catchers to keep in the good dreams and keep out the bad dreams. The Aqua Ninjas and the Devastating Dessert finished working on their Popsicle stick boxes. Looking forward to decorating camp on Friday for Carnival Day!

\*All 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> graders need one white t-shirt each A.S.A.P.! Please send one to camp with them A.S.A.P.!

-Franna

## EMT Advice

As it gets hotter and the heat waves hit, it gets dangerous out there, for everyone, but children and elders especially. Here's a few tips to stay safe:

1. Use sunscreen. If you're not used to going out in the sun, start with a high SPF, then decrease as your skin darkens. Reapply every 45 minutes so that you don't damage your skin, and use waterproof sunscreen.

2. Don't just drink water. Gatorade replaces more of what you use when you sweat, and is better when you get dehydrated.

3. Carry a bottle of fluids around outside. Especially when the campers are on a hike, they need to stay hydrated.

4. Avoid sodas. The caffeine dehydrates you, so water and sports drinks are better to turn to.

5. Jump in a pool, go through a sprinkler, anything! Stay wet, cool off!

6. Stay out of the sun as much as possible between 10AM and 2PM. It's the hottest part of the day. Take your run when the sun's going down.

7. Stay in the shade if you go out.

8. Wear a hat! The top of your head burns, protect it!

## From the Pool

This week all of the groups started to work on the sidestroke. It took the Beach Bums a few tries to get the frog legs down but they are almost ready to start the arms. The older kids are doing relays and games to perfect their form. We will continue to work on the sidestroke and hopefully start breaststroke soon.

-Kat & Teigan

## Boating/Nature

Week six saw a very busy time at Beach three. The Little Surfers and Beach Bums spent almost the entire day on Tuesday at the beach. We built a number of wild sand castles and a super resort lake we named Beach four. The Aqua Ninjas, Little Surfers and Beach Bums got to see the first sighting of Braineacks in the lake.

On the hiking front, Devastating Dessert got to play in the river at Hedden Park. It was a lot of fun playing in the stream and searching for crayfish. The Aqua Ninjas got to take a fun hike over at Mt. Hope. Everyone was surprised to see the big water tank pushed down the hill.

-Bruce



**Little Surfers**

Who are totally drenched from head to tow? It is of course our Little Surfers! We have been happily dipping, splashing, jumping, swimming, crawling, sliding, gliding and slithering through all types of water activities. Welcome to August where we find these day to be extremely hazy and warm. However, as you can see we have been keeping ourselves refreshed an cheerful.

We love going on the boats with Bruce where we are always finding new and interesting sea creatures. Our group enjoyed creating ladybug puppets with Franna. Camp became very silly on Yad-sdrawkab (backwards-day) and we had a blast exploring all of the fun games that the carnival had to offer!

Stay cool and safe.

-Lisa, Molly, Amy & Barb

**Beach Bums**

Everyone enjoyed Medieval Day; watching the counselors play "Fear Factor"-they probably won't eat mashed potatoes for a very long time, playing pin the sword on the knight and our own version of archery; throwing the noodles through the Hula Hoop.

This week our name really fit as the temperature felt in the 120's, every single camper was in the water. It could have been the pool, the lake, the slip 'n slide or under White Meadow Falls-the shower at Beach 3. Drinking water and applying sunscreen was mandatory!

Wednesday was Backwards day- closing in the AM and opening in the PM. We all took life REALLY slow this week and were able to stay as cool as humanly possible. Carnival Day is Friday-Everyone love a carnival.

Until next week

-Miss Nancy, Jason, Ali, Jackie, Lindsay & Christina

**Kung Fu News...**

This week we rode the heat wave right into the pool.

-Lori

**Weekly Dessert Specials**

Devastating Dessert nearly melted this week! But, we kept our cool by swimming A LOT in the circus pool. We also had a box-ball tournament- in the shade of course. Our Arts & Crafts projects this week were outstanding. We even helped make posters for all of the fun games at Carnival Day. We're very sad we only have two weeks left together.

-Liz

**Cookie-Sitter Onners**

At the end of last week, we assisted the camp with the preparation and implementation of Medieval Day by working on posters and props for the celebration. Everyone worked very hard and spend a lot of time helping out. Great job!

Monday's beach volleyball game was a rousing success with guest star, Sarah, making another appearance with us in the sand. Rounding out the morning was a highlight-filled street hockey game with some great goals, scintillating saves and dedicated defensive play. We had fun!

Tuesday's trip itinerary included Hacklebarney State Park and through the heat and humidity we hiked and huffed and puffed, but made it far enough to enjoy wading and climbing in the Black River. It was a fantastic day and a tremendous escape from the perils of the hot weather. The teamwork and cooperation of the CSOs was top notch!

Rounding out the past week, box ball became a favorite game of the CSOs with great footwork, strategies and sportsmanship. Its never easy being "out" in a game, but the CSOs are handling the

"down" as well as the "ups" in the topsy-turvy game of box ball.

-James & Taryn

**Hot off the Grill**

This week the travelers had their second overnight of the season at the White Meadow Lake Club House. They had tons of pizza and made their own sundaes. Wednesday the teens traveled out of the heat and into the air conditioning at the Funplex in East Hannover. Thursday we floated down the Delaware, however we were not chewing on our underwear. Carnival Day was a complete blast as the teens helped run the many different booths throughout the day. We are looking forward to week seven!

-Jon, Paige & Stacy



Teen Travel Trips:

Monday Aug. 7<sup>th</sup>- Hurricane Harbor

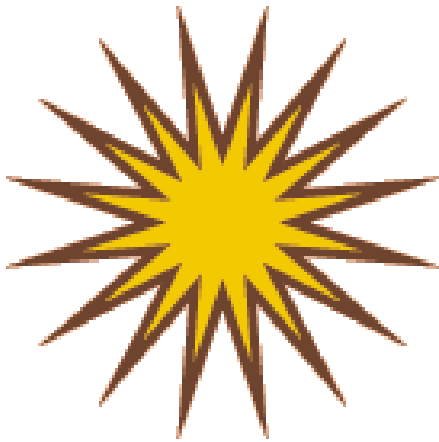
\*8AM-6PM\*

Tuesday Aug. 8<sup>th</sup>-Pt. Pleasant

\*9Am-6PM\*

Wednesday Aug. 9<sup>th</sup>-Mountain Creek

Thursday Aug. 10<sup>th</sup>-Bronx Zoo



# Calendar of Upcoming Events



# Color War?!?!!