

FRIENDLY PINES CAMP 2010 SPRING NEWSLETTER

April 2010

SPRING GREETINGS FROM FRIENDLY PINES CAMP

Ah, the familiar adages of SPRING! If winter comes, can spring be far behind? In like a lion, out like a lamb. April showers bring May flowers. Spring Cleaning. Spring Forward. Spring Fever. Spring Training. Play ball!

These warm spring days are both a meteorological and spiritual reward after what has been a stronger than usual winter. How strong a winter? We don't think it's exaggerating to suggest that we received five feet of snow this winter. One snow alone left two feet on the ground. Then we can quickly recall four snow falls of around six inches. Well, that right there is four feet. And then there are probably a handful of snowfalls, ranging in intensity from the "dusting" to the "wintry mix", that would conceivably add up to another 12 inches.

We don't want any of this to sound like complaining. Yes, we recognize the rewards of long, hard winter. Groom Creek is running wide and clear and probably will be until close to the time camp starts. The lake is full. The wells are brimming. The ground is still damp several feet deep. The water content in the trees is high, making them healthy and fire resistant. The meadow is greening and the forest grasses are getting thick.

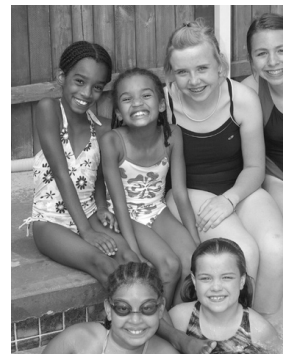
Nevertheless, it sure does feel nice to have the warm sun in your face and your feet on dry earth once again.

These last two months will be the big push to camp. Sylvia Hutichinson, our Program Director, has hired almost all of our counselors, and she is starting to work on the details of our Pre-Camp Training Week. Michael Geyer, our Rental Director among other things, will begin ordering new tetherballs, tennis rackets, and waterskis. Enrollments are coming in at a noticeably brisker pace. Though we've been enrolling since the fall, the volume always starts to increase once Spring Break is behind us. Our Open House in March was well attended, and that always helps in building momentum. The maintenance staff is making some last minute improvements to the facility, along with repairing some of the damages caused by the winter storms. We just received our first load of horses back from the valley, so after nearly four months, we are reminded by the intermittent neighs and whinnies that summer's just around the corner.

This will be Friendly Pines Camp's historic 70th Summer, and from all indications it's going to be a great one. With so many returning staff, we will enjoy the luxury of experience and depth. The new staff are a talented bunch and will bring fresh ideas and energy. The camp is in great shape (thanks to our tireless maintenance staff). David, our kitchen manager, will have nearly two-thirds of his kitchen staff back, so he'll be able to run a clean and effective operation and the meals will be of the same high quality that so many of you comment on and thank us for. Of

our 9 nurses, 8 will be FPC veterans, which means that we are well-prepared to take on any health challenges and well-fortified against the kinds of problems that come from a short-staffed and over-worked Health Center.

Most importantly, these staff, both new and returning, represent the foundation from which we build a strong sense of community. We know that along with providing campers a safe and fun experience, Friendly Pines Camp also provides them membership into a vital, nurturing community – a group of kids and adults who look after one another and take interest in each and every member. It's important for young people to enjoy the sense of belonging that camp provides. Being part of something greater than themselves, teaches them lessons in friendship, loyalty, cooperation and tolerance. It gives them another place to fit in. We find that some kids are at their very best when they're at camp for these very reasons. So if you're returning to Friendly Pines this summer, we are excited to have you take your place in our summer family. If you're still thinking about it, we hope you will give your sons and daughters the invaluable gift of camp and community.



STILL TIME FOR SPRING SAVINGS!

If you're still trying to figure out what you're going to be doing this summer, time is running out. The Springtime Enrollment Discount will end on April 10. You can save up to \$145 per camper per session if you pay in full at the time of enrollment. Or you can save \$50 by paying just the deposit at the time of enrollment. You can information on our website. Just go to the Parents tab and click on Forms. You'll find both the 2010 Springtime Special Enrollment

Form and the 2010 Springtime Special Pricing Chart. You can also enroll online. Of course, if you have any questions, please don't hesitate to give us a call. Every camper who enrolls before April 10 will also receive one of our special 70th Season t-shirts. We've provided a black and white picture, but the shirts themselves are indigo blue. One of a kind! 100% cotton – they breathe!



CABO'S THOUGHTS: MY ROOKIE

It's exciting. That's for sure. But then, yes, there's a little bit of nervousness. It's both. Yeah, I guess that's the best way to describe it. On the one hand being the camp dog is a big deal. Do you even know how many dogs would love to be in my shoes – or paws? Kids everywhere just dying to be your friend. Beautiful sunshine. A whole forest to run around in. In the dog world, camp dog is the perfect gig. On the other hand – or paw – there's a lot of pressure. Lots of responsibility. Lots of people counting on you. And the bar has been set pretty high at FPC. I'm walking in the footsteps (okay, pawprints) of some pretty impressive camp dogs. Toby, Happy, Tootsie, Koko, and Chico. They're legends. I'm just a young black Lab doing the best I can.

My owner encourages me each day. She tells me not to worry, that being nervous is all part of it. It's a sign, she says, that I'm eager to do a good job. (And I am.) She reminds me that there will be lots of new campers who will be in the same boat I'm in. Green. Wet behind the ears. New to the whole thing. Maybe some of these new campers had brothers or sisters or moms and dads who came to camp in the day. And like the dogs that came before me, these family members made it look so easy, or made it sound so easy. That's a lot to live up to. But my owner says I just need to work at my lessons, never give up, and have confidence in my own "inner strength", and before I know it, I'll be right at home. It'll be like I was Camp Dog my whole life. And one day, they'll be talking about me just like they talk about all the others. I look forward to that day.

So, since it seems we have a lot in common, what do you say we help one another out? When you're feeling nervous about this great big adventure called camp, get me or a counselor to give you a pat on the back. And when I'm nervous, would you mind giving me a quick pet? (I prefer a belly rub, but my owner thinks that might be a little rude.)

I can't wait to finally meet all of you, and though it might take me a little while to get up to speed, I promise I will try to be the best Camp Dog I can. My owner says I'm just a pup and I have a few skills I need to work on. Learning to stay put is one. For instance, the whole time I've been telling you this, I've been watching these two squirrels playing under the oak tree. I know I'm not supposed to chase them, but it's hard. So, deep breaths. I'm taking deep breaths. Deeeeeeep breaths.

ALUMNI WEEKEND - 2010



Being a fourth generation camp, the parents and grand parents of many of our campers are Friendly Pines' alumni. If you don't know already, let me inform you that Friendly Pines celebrate its 70th Season by hosting an Alumni Weekend, Friday September 3 through Monday, September 6. The weekend will be modeled after good ol' Friendly Pines Camp. We'll offer the same activities you remember as a camper, and that includes the Round Dances, Council Fires, Overnights, Talent Shows, and maybe even a little Capture the Flag. You can download a registration from our website, where you will



also find a FAQ piece that will answer most of your questions about the event. Of course, if you have more questions, don't hesitate to contact us. You must be 18 and a former camper to attend; however, all alums are allowed to bring a guest. Generally, campers will live in cabins according to gender and the decade you attended. One of the best benefits? It's all FREE! First come, first served. So if you'd like to return to the summers of your youth, **SIGN UP TODAY!**

PARRY! LUNGE! COUNTER-PARRY!

Every off season, we spend a lot of time talking about activities. How can we change this activity to make it more fun? What can we do to make this activity more safe? We need an activity for our younger campers. How about an activity for our older campers?

We also talk about adding activities. In recent years, for instance, we've added Jewelry Making, Camp Musical, Guitar, Digital Photography, and Packing. This year we will be including an activity that we know lots of campers will want to try. For the first time, Friendly Pines Camp will be offering fencing. Josh Gilbert, a counselor we've hired from Baylor University, is excited, stoked, and jazzed to head this brand new activity. Now we need to buy all of the foils and safety equipment and prepare adequate space in which to conduct the activity. We anticipate this will be a popular activity so we're doing lots of planning.

We'll probably add some other activities, as well. For instance we're looking at adding an activity called Soap and Candle Making. If you have any ideas for an activity you'd like to see some day, let us know. We're always interested in what you think.



A VERY SPECIAL THANK YOU

Friendly Pines depends so much on the goodwill of its camp families. Despite the reach of the internet and the volumes of magazines and newspapers published each month, *word of mouth* is still our most powerful form of promotion. We would like to publicly thank the following families who have referred Friendly Pines Camp to a new camp family this year.

The Moskowitz Family
The Callie Family
The Pierson Family
The Vitols Family
The Nelson Family (Tucson)
The Kaufman Family
The Abrams Family

The Murphy Family
The Elliott Family
The Brink Family
The Ott Family
The Stephans Family
The Hatch Family
The Welk Family

We know there are a lot more families who never get recognized. If you learned about Friendly Pines from a friend and ended up enrolling on the strength of that referral, please pass the name on to us so we can properly thank the referring family. Thanks again for all of your kind words and loyalty.

CONTACT US

Friendly Pines Camp

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(928) 445-2128 or toll free 1-888-281-CAMP
email: info@friendlypines.com
website: www.friendlypines.com

PARTNERS IN PARENTING

The Case for Camp Why Kids Need It Now More Than Ever

By Peg L. Smith



Change is a part of life. It is often directly related to survival and can enrich one's life in ways unexpected. Childhood is in essence a time of profound change and development. It is exciting and disquieting at the same time. When it comes to our children, we need to be sure that change is made for the better.

We've been so concentrated on the brain, we forget about the rest of our bodies. This change in focus has led to an obesity rate that is unacceptable. Our kids are not as healthy as the generation

before.

Families used to live in a community. We've lost that, keeping kids inside and losing a sense of neighborhood.

Add to that the fact that our kids stand to inherit all the economic, social, and environmental challenges we've created, and the legacy we have left our children and youth begins to look bleak.

So, how do we prepare our children with the skills and more importantly, the competencies they will need to tackle changes in our world? We could start with a positive camp experience. A quality camp experience provides our children with the opportunity to learn powerful lessons in community, character-building, skill development, and healthy living — a meaningful, engaged, and participatory environment.

Camp promotes community. It creates this great space that shows kids how to live together and care for one another. There are norms and negotiation of boundaries; there are rules. Camp is a place where kids can "practice" growing up stretching their social, emotional, physical, and cognitive muscles outside the context of their immediate family. This is what childhood is supposed to provide.

Camp teaches critical thinking. We need to remember how important it is to be actively involved in the learning process, and camp affords that. We're going to need really strong problem solvers in the next century. We need the science, math, and biology, but without the ability to relate, connect, empathize, or inspire innovation, how will our kids be able to make a difference in the challenges now facing us?

The camp experience embraces the natural environment. While children have fewer and fewer opportunities to be outdoors, the camp experience advances the outdoor learning environment. As we become more concerned about saving the planet, we run out and make DVDs and videos about it. But the environment needs to be experienced to be appreciated. Kids need to catch tadpoles in the creek, wander among the trees, and feel the sun on their faces to understand the importance of those things. What happens to a generation that may grow up not seeing stars in the dark of the night?

Camp creates future leaders. The camp experience offers kids a close-up look at compassionate leadership through the camp director, counselors, resident nutritionist, and other camp personnel. And kids get loads of opportunities to practice being a leader them-



selves — song leader, lunch table leader, team captain, the list goes on and on.

Camp is an equal opportunity life changer. It addresses universal childhood needs not specific to a particular racial, ethnic, or socioeconomic group. Nobody is left out. It's all about childhood development.

Camp has a lasting impact. One of the greatest gifts you can give a child is a sense of success and achievement. Camp teaches kids how to be active participants, ask questions, ask for help, and try new things. They leave understanding that it's okay to feel a little uncomfortable sometimes, because that's generally what happens when you're getting ready to learn something. The camp experience translates back in real-world experience — in an "I can" attitude.

We need to advocate for our young people. We should promote opportunities for kids — give them camp experiences that serve as an antidote for the world's challenges. We need to recognize this is not a series of frivolous activities. We often think if it looks like fun it must be unimportant, but "fun" is a young person's "work" — to learn, to grow, to be productive, creative, and happy. If they don't do that work, they won't turn into healthy adults.

Now more than ever, kids need camp. Visit www.CampParents.org to find out how you can change a life by helping make it possible for every child to have a camp experience. (Peg L. Smith is the chief executive officer of the American Camp Association.)



FOOD FOR THOUGHT



Food Rules is a slim (140 pages) book that gives you some simple rules to eat by. Thumbing through a copy, one quickly realizes this book is to eating what Strunk and White's

Elements of Style is to writing. It compiles a bunch of common sense rules about diet and offers them in a simple and entertaining way. We thought we'd share a few of the rules.

- Don't eat anything your great-grandmother wouldn't recognize as food.
- Avoid food products containing ingredients that a third grader cannot pronounce.
- Shop the peripheries of the supermarket and stay out of the middle.
- Sweeten and salt your food yourself.
- Do all your eating at a table.

All told the book offers 64 food rules. Each rule is followed by couple paragraphs of explanation; however, you can see that most of the rules make a lot of sense on their own.

Food Rules is written by Michael Pollan, the author of *The Omnivore's Dilemma* and *In Defense of Food*. A recent issue of *Newsweek* cited Mr. Pollan as one of the people of the last decade who has "changed the way we think" — quite an accomplishment. Both books examine food and diet in America, and though the topic may not sound like the stuff of a great read, Mr. Pollan's observations and research is interesting and eye-opening. You may not agree with everything Mr. Pollan writes, but he certainly offers lots of rich food for

2010 ENROLLMENT UPDATE

2010 Enrollments have definitely increased since Spring Break. Though we have space in all of our sessions, it appears that some of the sessions will draw closer to capacity through the month of April. Below is an update as of this writing.

Session One: Girls spaces are 60% full and Boys' spaces are half full.
 Session Two: Girls' spaces are 50% full and there are plenty of Boys' spaces.
 Session Three: Plenty of spaces for boys and girls.
 Trailseekers A: 15 places left for girls. About 8 spaces left for boys.
 Trailseekers B: 15 spaces left for girls and 15 spaces left for boys.

2010 CAMP DATES

Session One: Sunday, June 13 - Saturday, June 26
 Session Two: Sunday, June 27 - Saturday, July 10
 Session Three: Sunday, July 11 - Wednesday, July 28
 Trailseekers A: Sunday, July 11 - Monday, July 19
 Trailseekers B: Tuesday, July 20 - Wednesday, July 28

SPRING ROUND-UPS

Open to Everyone

Come to the Round Up whether you're signed up for 2010 or still just thinking about it. Everyone's invited.

- See the brand new show
- Watch a presentation about FPC history
- Enjoy refreshments.
- Meet our staff.
- Reunite with friends.
- Meet camp families from your area.
- Register to win a free week of camp!

TUCSON ROUND UP

Tuesday, April 6
 Windmill Suites at St Phillip's Plaza
 4250 N Campbell Ave
 Tucson, AZ 85718
 Refreshments start at 7PM

PHOENIX ROUND UP

Tuesday, April 13
 Scottsdale Princess
 7575 E Princess Dr, Scottsdale
 in the Conference Center
 Refreshments start at 7 PM



933 Friendly Pines Rd
 Prescott, AZ 86303

address service requested



Summer's just around the corner! Be part of our 70th Season!