



ROLESNOUC REMIX

Volume XXXVI

Spring Edition

April 2009

Spring has Sprung

Look outside and you should see the first signs of springs. Flowers are beginning to bloom, leaves are appearing on the trees and kids and playing in the yard. If you listen really hard you can hear the sound of campers gathering for morning assembly. Can you believe that the first day of camp is less than 90 days away?

Summer Trails is preparing for our 36th camp season. The office is in full swing; the phones are ringing with parents eager with questions, programs and activities are being developed, and supplies are being ordered. At home, campers and staff are preparing for the first day too.



How do you feel? How do you think the campers feel? Excited? Anxious? Eager? Scared? Nervous? There are so many factors that affect how you come to camp on the first day. If you are a veteran staff member you may be looking forward to reconnecting with other staff and campers from previous years. I bet you are excited to see those familiar faces with warm smiles that makes camp feel like home. Or perhaps, you have changed positions and feel nervous all over again? And, maybe this is your first day ever at Summer Trails and you have butterflies in your stomach. You're wondering, "Will I get along with my co-counselor? Did I remember everything I need for today? Where am I supposed to go?"

All those things you many be feeling, campers feel too! They too are exited and nervous about the start of camp. They wonder, "Will I know anyone? Who will I sit with at lunch? I hope I don't get picked last for kickball."

The similarities between the staff and the counselors are astonishing. During orientation and throughout the summer we strive to remind staff the importance of making campers feel they are a part of the group, to keep lines of communication open, eliminate bullying and encourage participation over perfection. We want the same thing for our staff. We want you to connect with peers, feel that you can bring questions and concerns to the leadership team and actively participate while supervising activities.



What a great summer we will have
if we work on this together!

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Things to do with your group when

you only have a minute or two

Bag of Tricks

Categories – Pick two categories (hot/cold, big/little, soft/hard) and ask campers to name as many items that they can that fit into the category. Alter the difficulty based on age level of group.

Initial Sentences – Make up sentences using words that begin with the initials of your name. For example, “Doug Howard Frank” could say, “Dogs have fleas.”

Walk this way – The first person in the line walks in a funny way, hops, skips... Everyone behind them has to follow.

Story Starter – Begin a story for your campers and ask each person to add to it to make it a silly story. Any open ended sentence will do (e.g. Yesterday when I was walking...)

Variation: Stand in a circle and select a small object that can be tossed from person to person. The person with the object starts the story and then tosses it to the next person who catches the object and then adds the next sentence onto the story.

Follow the rules – Have players sit in a circle. One person is “it” and stands away (but within eye shot) of the group. The other players choose a rule to use while answering questions. For example before answering a player must yawn or scratch their head. When the rule is made “it” returns to the circle and tries to figure out the rule by asking the players questions about themselves.

Counselor Judgment

Judgment is not something you can be taught in the conventional sense. Like patience, empathy and other human qualities, judgment is not something you can learn from a book or get from a lecture. It comes from experience and coaching. The following checklist is designed to help cultivate sound, consistent judgment:

1. What are the physical risks involved in this activity/decision?
2. Are there any risks I might not be able to see?
3. If something were to go wrong and someone got hurt, how would I feel?
4. Who is this activity/decision really for?
5. What would I do if the campers' parents were watching?
6. What would I do if my supervisor (group leader, camp director) was watching?
7. How will I feel about this decision tomorrow?

Remember...when you participate in a game or activity, you must never give up your role of being the adult, referee, counselor and observer. The more drawn into the game you get, the less likely you are to see a potential problem arising (like kids getting too carried away or trying something too risky)



Hayden Carnaghi sporting his Summer Trails T-Shirt at the Panama Canal

"Summer Trails Traveling T-Shirt Contest".

Here is how it works;
Take a picture of yourself wearing your Summer Trails t-shirt and send in (or email: info@summertrailsdaycamp.com) the picture and description.
Let's see all the fun places Summer Trails can visit.

News from the Trails

We know that our best staff comes from you! Summer Trails is looking for high quality camp counselors for the upcoming summer. Who better to tell the world about what a great place Summer Trails is to work than those who have experienced it first hand. Refer a friend..earn some cash. Earn an extra \$100 for people that you refer that become new hires and complete the summer season. Have them call the office at 914-245-1776 or email info@summertrailsdaycamp.com for an application. Limited positions are currently available. Remind them to write your name in the box, "how did you hear about camp?" The following positions are still available: Specialists - Dance, Nature, Photographer, Fitness, Sports. We are also looking for Group Counselors, Floaters and Maintenance.



Don't want to leave at the end of the day?
Why not work Extended Day. Spots are limited so call now!!

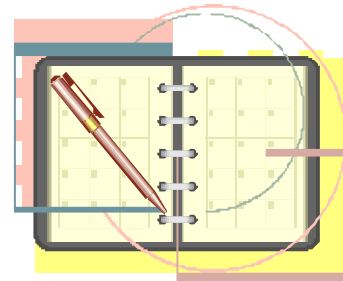


Web Based Training – In an attempt to go greener, Summer Trails is reducing the amount of paper used by offering selected parts of staff orientation via Web Based Training (WBT). Look for information in a future mailing about how to access, participate and complete the WBT. If the office does not have your current or correct email address on file, please call the office.



Mark your calendar!! – Important Dates:

- New Staff Orientation – 6/6/09 @ 9am
- Baseball Staff Training – 6/9/09 @ 4:30pm
- 1st All Camp Orientation — 6/13/09 @ 9am
- 2nd All Camp Orientation – 6/20/09 @ 9am
- First Day of Camp – 6/29/09
- Last Day of Camp – 8/21/09

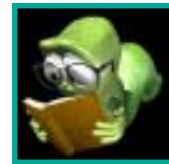


If you are interested in taking one of the following Red Cross courses please email debi@summertrailsdaycamp.com for details
CPR for the Professional Rescuer and CPR for Lifeguards – June 10-11
CPR for the Professional Rescuer Recertification – June 2
First Aid – Responding to Emergencies – May 16-17

Do you have a current certification? Please send us a copy, fax (245-1683), email or snail mail it to the office!

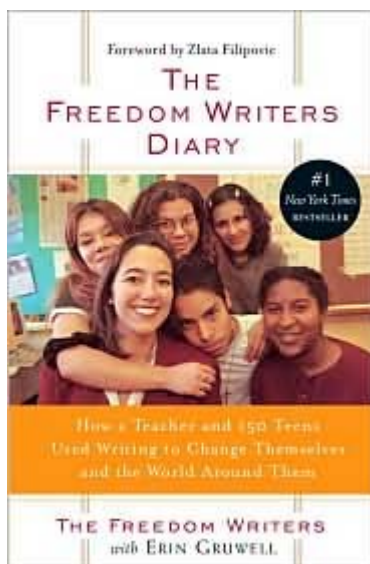


Book Club Suggestions



Oprah has one, Barnes and Noble has one and now Summer Trails has a book club too!!
Each Staff Newsletter will include some recommendations for good reads.

With a wide range of topics, there is surely something that will appeal to every bookworm!!
We would love to know what you think!! Leave us a message on our [Facebook](#) page about the book



As an idealistic twenty-three-year-old English teacher at Wilson High School in Long beach, California, Erin Gruwell confronted a room of “unteachable, at-risk” students. One day she intercepted a note with an ugly racial caricature, and angrily declared that this was precisely the sort of thing that led to the Holocaust—only to be met by uncomprehending looks. So she and her students, using the treasured books Anne Frank: The Diary of a Young Girl and Zlata’s Diary: A Child’s Life in Sarajevo as their guides, undertook a life-changing, eye-opening, spirit-raising odyssey against intolerance and misunderstanding. They learned to see the parallels in these books to their own lives, recording their thoughts and feelings in diaries and dubbing themselves the “Freedom Writers” in homage to the civil rights activists “The Freedom Riders.”

Biography

ERIN GRUWELL, the Freedom Writers, and her nonprofit organization have received many awards, including the prestigious Spirit of Anne Frank Award, and have appeared on The Oprah Winfrey Show, Prime Time Live, Good Morning America, The View and **The ACA Tristate Conference** to name a few. All 150 Freedom Writers went on to graduate from Wilson High. She lives in Long Beach, California.

FUN AND GAMES

7 Spot Sudoku

	A	B	C	D	E	F	G
a							2
b	5	7					4
c					2		
d	1		4				7
e					3		
f	7		6				1
g							

Place numbers so that each row, column and irregular section has each number 1-7 exactly once

Rhyme Time

Find two words that rhyme and have the same meaning as the phrases below.

Example: kitty cap = cat hat

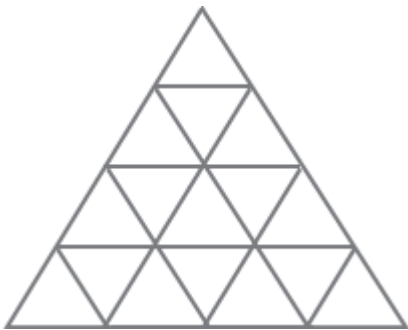
1. funny William _____
2. short cry _____
3. extra points _____
4. tuna dinner _____
5. igloo _____
6. crazy kid _____
7. heavy slumber _____
8. naked bunny _____
9. impolite man _____
10. heavy feline _____
11. consume beef _____
12. big flat boat _____

Check your answers on the
Summer Trails
[Facebook](#) page

Turn the word SLOW into FAST by only changing one letter at a time. We even give you the clues!

S	L	O	W	
				A small slit
				A thin strip
				Level
				Italian Car
				Clenched Fingers
F	A	S	T	

How many triangles are located in the image below?



Baseball Trivia

Who holds the record for the most RBI's?

Who won the World Series in 2008?

Who was Summer Trails' first Professional Baseball visitor?

What was the first year that a world series MVP was chosen?

What New York Yankee and Summer Trails visitor hit the last home run at the "Old Yankee Stadium?"

How many World Series Home Runs did Mickey Mantle hit?

What New York Met wore his Summer Trails Baseball t-shirt while being interviewed during the postgame the following day?

Who was the first team that legendary Hank Aaron played for?

Who holds the baseball record for the most wins in a single season?

What Professional ball player has the most appearances at Summer Trails?

Which baseball great holds the record for longest game hitting streak?

Jessica Sussman can hold her breath underwater for a long time



(can you spot/name the current staff member in this picture?)



Funny Facts and Faces



John Geller is a drummer in multiple bands

Jen Allen's nickname is "Jenny Giggles"



John Crowley is a Black Belt in Go-Ju-Te



Nicole Vece can hula hoop for 10 minutes

Liz Nesbitt is double jointed

Michelle Marratto's left foot is bigger than her right

Grace Lurcott can draw almost any Disney Character



Jeanne Patterson can mimic water flowering and gurgling

HAPPY BIRTHDAY TO YOU

Yvette Rosario-Perez 1/10
Martha Silvestre 1/11
Sal Catalfamo 1/15
Steve Pollak 1/17
Natalie Zaremba 1/18
Frank Licursi 1/23
Thomas Simmons 1/27
Carol Collins 1/30
Christine Wedvik 2/1
Dan Caplan 2/3
Julia Zaremba 2/4
Daniel Kreiness 2/5
Debra Reilly 2/9
Jackie Berkowitz 2/12
Nancy Amoroso 2/12
Michael Pierz 2/12
Adam Matsil 2/15
Andrew Rodgers 2/18
Peter Collins 2/19
David Kaufman 2/27
Stephanie Rudin 3/2
Jodi Schraier 3/2
Jesse Nunes 3/7
Lorraine Zaranski 3/9
Sam Vaimberg 3/10



Fredrick Kolthay 3/13
Lindsay Amoroso 3/13
Laura Tostanoski 3/14
Elliot Kravits 3/14
Nicole Vece 3/15
Kari Ludwig 3/18
Nicole Livindini 3/21
Jim Castrataro 3/21
Rob Iepariello 3/24
Stephen Crowley 3/24
Victoria Dosso 3/25
Kelly Birmingham 3/30
Mike Linquist 3/30
Peter Segreto 3/31
Jeanne Patterson 3/31
Meaghan Pogue 4/2
Jerry Panagiotakis 4/2
Eric LaMastro 4/5
Kasey Amendola 4/9
Michelle Maratto 4/9
Ryan Simmons 4/16
Marisa Rush 4/18
Jeremy Rodriguez 4/23
Krissy Kivel 4/25
Linda Bucello 4/26



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www.summertrailsdaycamp.com