



ROLESNUOC REMIX

Volume XXXVII

Winter Edition

November 2009

Making Memories

2009 was an amazing summer! In 8 weeks our campers played, swam, ran, sang, danced, competed, cooperated, raced, kicked, threw, caught, batted, jumped, colored, painted, glued, crafted, ga-ga-ed, aimed, scored, skated, tie dyed, acted, dressed up, climbed, ate puffs, smiled, laughed, and made life-long memories. All of this happened because of **YOU**, the Summer Trails World Famous Staff! A Big **“Round of Applause”** from our newly expanded Leadership Team: Scott, Greg, Debi, Dave, Dan, Phil, Lynn, Robyn, Heather, Joanna, Liz, Christine, Brittany, Amy and Jodi! And a special **“Seal of Approval”** from Jamie, Scott and Andrea.



Before you know it we will be back at camp making new memories. It's never too early to start thinking about the design for your crazy hat, the tune of your banner day song or a costume for dress up day. We have started planning too! Summer 2010 is not to be missed!



Good Luck this year and we look forward to seeing everyone in the Spring. In the meantime drop us a line, send us a picture and let us know how things are going, what you're involved in and accomplishing. We'd love to include your news in an upcoming edition or the Rolesnuoc Remix or Trail Mix.

In This Edition:

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Staff Update

Relax....Little Grove Group Leader Amy Kaufman has begun work as a Reiki Practitioner. Reiki is a Japanese method of stress release. The Reiki Practitioner places their hands on the client to release physical and emotional aches and pains!!!



Lower Grove Assistant Group Leader Brittany Kuglar is student teaching at Mohansic School in the Yorktown School District where she sees many of our campers, parents and staff



Peter Collins who has recently been named as a Co- Vice President of Panas Players can be seen in the upcoming November production of Godspell.

Lindsay Amoroso is working on a public relations degree at SUNY New Paltz with a psych minor.

Making a Splash - Lauren Judisky has become a Red Cross Certified Water Safety Instructor and plans to return to Summer Trails in 2010 as a member of the Aquatics Staff

Kelly Amendola is currently coaching 7th and 8th grade soccer in Brewster

Health Director Robyn Butlien is providing some TLC at VanCortlandt Elementary this year as the school nurse

Marci Kalinowsky is tutoring students in a variety of subjects including English, Health, History, Film, and Literature.



Wedding Bells are Ringing



Aquatics Director Debi Reilly (soon to be Kelly) will be tying the knot Thanksgiving weekend



The Future Mr. and Mrs. Kelly



News from the Trails

In the office, preparations for Summer 2010 are already in full swing! Parents are eagerly calling to register their campers and Drew is hard at work maintaining the facility. There is so much to be done before the weather is warm again.



Parent Survey results are back! We know that you do a great job, but it feels so good to hear it from parents. **In our parents words... counselors and coaches are... great, wonderful, the best, enthusiastic, encouraging, excellent and world's greatest. The campers... speak glowingly of all staff at Summer Trails, loved and adored their counselors, and hold them in highest regard.** This is why our camp is **"World Famous."**



In a continued attempt to enhance communication with our staff while being eco-friendly, we launched the **Official Summer Trails Day Camp Facebook Page** last fall. We would like to be "Friends" with each and every one of you. Please look us up and connect with us instantly!! On the Summer Trails page you can find important information about camp, get in touch with camp friends, write on the wall, and post some of your favorite camp pictures. What a great way to stay in touch!!



Check your mailbox!! **Camp contracts will be arriving shortly.** Please read them carefully and have them back to us **by their deadline.** Do you want to work Extended Morning or Extended Day this year? Are you working towards or have you completed a new certification this winter? Do you want to return to camp in different job capacity? Contact **Jamie** to discuss 2010 employment options.



Have a friend who is looking for a summer job? Have them give us a call, check the **website** (**applications are now available to download online**) or drop us a line (**info@summertrailsdaycamp.com**). Remind them to let us know during initial contact that you referred them. There is a \$100 referral bonus for you for each friend you refer who is hired and completes the summer.



We created so many great memories and traditions this past summer; we can't wait to do it again in 2010!! Have a Great Holiday Season and keep in touch!!

"Summer Trails Traveling T-Shirt Contest".



Amanda and Jack Sammel
in Puerto Rico

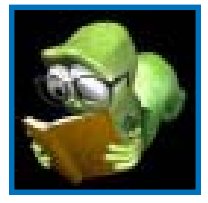
Here is how it works:
Take a picture of yourself wearing
your Summer Trails t-shirt and send in
(or email: info@summertrailsdaycamp.com)
the picture and description.
Let's see all the fun places Summer Trails can visit.



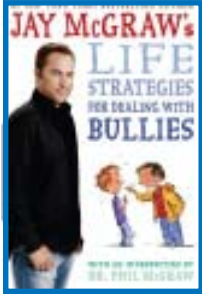
Cheryl Gardner (Alumni Camper and Staff Member and Founders Ann and Dave Silverstein's daughter) with husband Michael featured in Santa Barbara magazine, owners of the Burger Bus



Book Club Suggestions



As promised, each Rolesnouc Remix will include a recommendation for a good read related to working with children. Our pick for this issue is... *Life Strategies for Dealing with Bullies by Jay McGraw.*



Whether you are a student, parent or teacher this book is a useful tool for you. Bullying has been on the increase in schools for some time and it is time for adults to take a more proactive stance against it. The book defines bullying, as well as, discussing why kids bully, the damage it can do, taking on bullies, educating parents, and what schools can do to discourage it. He introduces ways bullying has changed in the 20th Century and the introduction of e-bullying on the internet. Jay McGraw speaks directly to teens in a kid-friendly tone with some repetition of ideas to help them stick. It is an approach that puts responsibility on the individual to deal with the situation.

On the internet, on playgrounds, and in schools across the country, thousands of elementary and middle school kids are picked on, teased, and harassed by bullies. McGraw helps kids identify potentially harmful situations and deal with bullies through tips, techniques, and examples that apply to real-life situations. Jay doesn't just speak about the bullies, he also speaks to the bullies themselves to help them change their ways. McGraw takes a no-nonsense approach to bullying and provides concrete tools for readers to handle it. This book is a great tool for you to read alone or with a child. The goal of this book is to help children who are being bullied to take back the power in their lives.

FASTFACT

In the United States alone, bullying affects more than five million students in grades six through eleven. One out of seven students reported being bullied.
(Source: National Institute of Health, 2000)

Book Blurbs

You may have heard the line, "Sticks and stones may break my bones, but words will never hurt me." Well, the truth is that sometimes words can hurt just as much as actions. And with physical bullying, not only do you get the emotional pain that comes from being the target of bullies, but you can get your body hurt too.

Bullying is a horrible thing, and it happens way too much. Some researchers have said that up to 90% of children in elementary school have bullied in some way or another – 90 percent! Chances are that you probably have been picked on by some other person. Or you certainly know somebody who has.

Students who get bullied are everywhere – they may be your buddy or your brother. Or you. And most important of all, they are people who don't deserve to have anyone call them names or push them around.

About the Author: Jay McGraw is executive producer of The Doctors, as well as president and CEO of Los Angeles-based Stage 29 Productions. He is the #1 New York Times bestselling author of The Ultimate Weight Solution for Teens: The 7 Keys to Weight Freedom; Life Strategies for Teens; and Closing the Gap: A Strategy for Bringing Parents and Teens Together. McGraw is a regular contributor on the Dr. Phil show and has also been featured as a teen expert on Larry King Live and the Today Show. McGraw earned his law degree from Southern Methodist University and is a graduate of the University of Texas, where he received a BS in psychology. He lives in Los Angeles with his wife, Erica and is expecting his first child in 2010.

Bullying Behaviors



Facts:

- Those who are shy, loners or awkward often become bullying targets
- Some children bully because they have been bullied
- Boys usually bully in a more physical manner
- Girls bully more in a verbal / social manner
- Bullies can be boys or girls of any age

What to do:

- Let bully know their behavior is unacceptable
- Know the correct protocol and code of conduct on how to report a bully
- Support the victim in private – “working it out” can do more harm than good
- Encourage peer group to be supportive of the victim and to respond in a pro-active way
- Stop the behaviors immediately – call your teacher / group leader / supervisor if necessary

THE CONFLICT TOOLBOX

Handling conflict skillfully means choosing the best tool for the situation you're in.
You always have choices.



- | | | | | |
|-------------------------|--------------------------------|-------------------------------|-------------------|------------------------------------|
| Check it Out | Take Responsibility and Fix It | Take Turns | Agree to Disagree | Share |
| Ignore it and Walk Away | Listen, Paraphrase, Reflect | Offer Help | Compromise | Say, "I'm Sorry" |
| Make a Request | Ask for Help | Talk it Out and Problem Solve | Ask Questions | Say How You Feel and What You Need |

Because of Camp So Much is Possible!



**Because of Camp...™
so much is possible**

Here at Summer Trails, we have always known the importance of Camp. We have spent the last 36 years building friendships, making memories and providing a nurturing experience for our campers.

The American Camp Association (ACA) has launched a campaign to educate the country about the powerful benefits of camp. They have enlisted the help of celebrities such as Lisa Loeb, Kerri Strung and Blair Underwood and now we are calling upon you. As you know camp, and the experiences of camp, defines us, even as adults. Camp has touched many lives, introduced people to new passions and broadened horizons. It's time for you to share how your Summer Trails experience has significantly influenced you.

Fill in the blank..."Because of Camp, I ____"

What to do:

- List the Top 5-10 things you love and/or learned at camp on The [Summer Trails Facebook Group](#) wall, or send an email to debi@summertrailsdaycamp.com.
- Become a Fan of **"Because of Camp"** on Facebook and Read and Share your experiences.

Yvette Rosario-Perez was on TV as a kid doing double dutch jump rope



Kevin Richard's nickname is K-Spillz



John Crowley loves to Beat Box



SHANTIRA ROLLE'S NICKNAME IS TEKA



Funny Facts and Faces

Dan Caplan built a 6 foot model of the Titanic out of popsicle sticks



Ariel Kelner is really good at spelling backwards her favorite camp song is ROLESNUOC



Victoria Ricotta can imitate Kermit the Frog

Molly Plotkin collects stuffed animal cows



Danielle Berkowsky can juggle and walk a tightrope





Don't forget to get
your contract back
to the office
before it expires!

Are you interested in babysitting?

Often families call the office looking for a babysitting referral. If you would like to be included please email your contact information (name, phone number, email address) to debi@summertrailsdaycamp.com

HAPPY BIRTHDAY TO YOU

Ryan McNamara	9/3
Lori Robinson	9/3
Becky Hawkins	9/5
Brian Marschhauser	9/6
Gina Ronca	9/9
James Agostelli	9/9
Joseph Mancini	9/12
Hilliary Smith	9/13
Stephen Nicolais	9/15
Brittany Kugler	9/15
Amy Kaufman	9/21
Eric Koval	9/23
Michelle Bartosch	9/23
Geoffrey Shimberg	9/24
Lynn Carlisto	9/27
Natalie Finn	9/30
Eddie Goldfarb	10/2
Brittany Drake-Koo	10/5
Elizabeth Nesbitt	10/15
Kate Richenthal	10/25
Claire Meenagh	10/25
Gregory Turrone	10/26
Hayden Carnaghi	10/27



Bronwyn Davila	10/27
Adam Massi	10/28
Carla Weiss	10/29
Kristen Begley	10/31
Kevin Richards	11/3
Sam Rudin	11/4
Liz Ronca	11/4
Heather O'Neill	11/7
Brittany Pico	11/11
Ariel Kelner	11/12
Vincent LaPorte	11/12
Janine Pampillonio	11/13
Laura Kilgallon	11/16
Nick Ellsworth	11/19
Jarred Bronley	11/21
Janina Smith	11/24
Dania Montanaro	11/29
Victoria Lopez	12/7
Melissa Amoroso	12/13
Sarah Marbach	12/15
Jen Allen	12/16
Mable Cabrera-Falcon	12/23
Mark Mancusi	12/31