

Saturday

June 19, 2004

# CAMP TIDBITS



**“MDA SUMMER CAMP... YOU’RE GONNA LOVE IT!”**

**MENU FOR**

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## WELCOME

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Welcome to Camp Seymour! We've planned, we've packed and we've set up for a great week! My sincere thanks to our incredible staff and volunteers as well as our Camp Seymour friends. Most especially, we thank the campers and their families for entrusting them to our care.

Have a great week!

Rosemary K. Owens

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## DAILY SCHEDULE

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<b>9:00 a.m.</b>	Breakfast
<b>9:30 a.m.</b>	Set-up Camper Registration
<b>10:00a.m. to 1 p.m.</b>	Campers Arrive
<b>12:00 p.m.</b>	Lunch
<b>2:00 p.m.</b>	Camper Welcome Camper Orientation
<b>4:00 p.m.</b>	Make Nametags Make dorm/bed signs Campground Tour
<b>5:00 p.m.</b>	Dinner
<b>6:30 p.m.</b>	Settle in
<b>8:00 p.m.</b>	

**Breakfast- French Toast or Pancakes  
Sausage  
Fruit  
Breakfast station-Oatmeal/  
Toast  
Juice**

**Lunch- Tony’s Pizza  
Salad**

**Dinner- Fried Chicken Dinner  
Vegetables**

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## DONATION HONOR ROLL

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**Big kudo’s** go to many of our volunteers for their hard work in getting special items donated to camp. Jamee and Dennese Mahoney, Heather Jones, “commissary +”, Katie and Dave Walker, Scott Riggins, and Charlie Booth . Let us know if there are any other people to remember

### Web Site Information

Thanks to Chris Jacobson  
And his remarkable talents..we have a website and email. Your parents will receive business cards with the address and they can check you out during the week and send you emails. Thanks Chris!!

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## WEATHER CHECK

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HOT ....  
STAY HYDRATED AND SUNSCREEN!

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## POOL RULES

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Pam Hunt is our MDA lifeguard. She is a highly qualified professional. Our campers are her main concern and she is in charge of all pool activities. And Ladies, as a reminder, skimpy swimsuits are not permitted! This isn't South Beach!! Remember Sun-screen always...



SWEET NOTHINGS.....

**-To Becca Meier-3 days and counting...The Skipper**

Say this one 3 times....

-She sells seashells down by the sea-shore-

**Nick, I 've thought about you all year... share a poem with me sometime...your secret admirer**

**I would like to congratulate Joseph Shoop for his recent high graduation and a special "Welcome Home".**

**We think the nurses are hot!! The boys in Cabin 6.**

Look for the box with hearts if you wish to write a "sweet nothing" to someone...Deadline is 7pm each evening to be in next days newsletter.

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## SPORTS UPDATE

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Details of the competitions this week will be announced soon! Gentlemen...Start your engines!!

welcome and thanks  
To our wonderful med staff  
Dr. c, sariah, amber and marlo!!  
They will be your best friends this week so be nice to them!!

## NO SMOKING PLEASE!

DON'T EVEN THINK ABOUT IT  
Smoking, illegal drugs, and alcohol consumption are NOT permitted at MDA Camp.

Violators will be sent home.

**NO EXCEPTIONS!**

Take care of your personal items. MDA and Camp Seymour are not responsible for lost items.

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## Crafts today

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Come by the craft shack and do one of the following...hang out, meet new friends, pick up your mess....

Name tags

Bed signs

Cabin signs

Sun Visors

Paper Mache

Thank you Mrs. Mahoney!!!

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## BIG RECRUITERS

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Kris Napper, Conrad Reynoldson, and Dr. C get *high fives* for recruiting the most counselors. We are not sure "how" they did it and most curious as to what they said to get them here. However, we are thrilled that they came and we look forward to getting to know them. Way to go Kris, Conrad and Dr. C!!

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## MEGHAN'S CORNER by Meghan

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### LAND OF THE FREE, BECAUSE OF THE BRAVE

Let's show our American pride this week! Support our soldiers in Iraq by writing them a letter, or even creating some *cool* arts and crafts that they can display in their living quarters (which are very primitive). I spoke to one of our soldiers last week, and he said, "it means so much to receive mail of any kind and it really boosts our spirits and morale." I feel strongly that we should use this opportunity of being together as a camp unit to support our troops with letters and good wishes. Look for the red, white and blue table to write or drop off your letters this week. I will provide the names and addresses for you by Monday.