



# HIGH MEADOWS HAPPENINGS

6-23-2023

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## Today was Character Day!

Calendar of All Camp events:

- Wednesday June 28th is **Show Off Your Hair/ Hat Day!**
- Friday June 30th is **Unit Spirit Day**, as well as our all-camp hot dog cookout!

### COOKOUT MENU

#### HOT DOGS

- REGULAR
- KOSHER
- VEGETARIAN

#### CHIPS

#### CARROTS

#### COOKIES

#### JUICE/ WATER



## Person Highlight: Richard

- Don't forget to "like". High Meadows Camp on Facebook and "follow" us on Instagram @highmeadowscamp in order to keep up with the latest announcements and camp news.



- Richard is the unit leader for Grasshoppers, our youngest unit comprised of rising kindergartners. He began working at camp in the summer of 2004 as a Juniors counselor, a role he held for seven summers until Grasshoppers split off from Juniors and became our newest unit in the summer of 2011. Since then, he has mostly remained there aside from a few sessions working in an operational support role. This summer is his twentieth summer working at camp and remarkably, he has never missed a single day of camp in those twenty summers and has watched many of his former campers grow up and eventually work with him. Outside of camp, he enjoys playing and watching sports (especially the Georgia Bulldogs and Atlanta Braves) and spending time with his family and puppy. Overall, he is an integral part of the High Meadows community, and camp would not be the same without him!





## Value of the week:

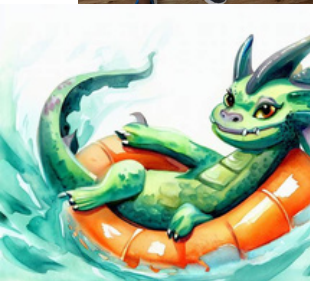
This past week, our value was RESPECT. High Meadows campers show respect:

- for others, through positive interaction.
- for ourselves, by caring for our physical well being.
- for nature, through our commitment to protect the environment.
- for our history, by honoring our community traditions.



## Grasshoppers Gazzette (Richard)

- Grasshoppers had a fun first week of 2nd session! We learned about volcano eruptions and other cool science experiments in Discovery! In Sports, the campers played a friendly game of soccer versus the counselors, showing exemplary teamwork along the way! We also got to meet some barn friends and enjoyed swim time at the pool! Can't wait till next week for more fun adventures!
- On Friday 6/30, Grasshoppers will be wearing **orange** for Unit Spirit Day!



## Juniors Journal (Hannah, Ashley, and Sydney)



This week, Juniors had tons of rainy day fun! We had dance parties, played games, rode ponies, and made new friends. Friday was Character Day and we all came with our best costumes. It was a great first week of the session, making the best of cloudy weather, and when the sun came out on Friday, we soaked up some much needed sunshine. We can't wait to see what memories and experiences the rest of the session will bring!

- Please send a white t-shirt with your camper, as we will be tie-dyeing the third week of the session!
- On Friday 6/30, Juniors will be wearing **blue** for Unit Spirit Day!



## Super Seniors Shout Outs (Jennifer and Steven)

- Super Seniors had a smashing week of fun! We began learning basic woodworking skills with the saw, hammer, and vice. We learned the proper stance while shooting an arrow and tried a neat volcano experiment in Discovery. In Sports, we played crab soccer, king and queen dodgeball, and Zebratonicus tag. During group time, we sang "I Lost My Underwear", "Tom the Toad", "Tarzan", and "It Ain't Gonna Rain". We visited the water garden and climbed the chicken tree. We did the rain dance and it worked every time! Wowee! What a week!
- On Friday 6/30, Super Seniors will be wearing **green** for Unit Spirit Day!



## Senior Quest Quips and Legend Lore

All Seniors announcements (Annie, Matt, Morgan, and John)



- Today was the first **LIVESTOCK** of the session! Livestock takes place each Friday in the Barn Theater for Seniors campers and counselors who want to show off their talents, sing songs, and have skit challenges.



## Senior Quest Quips (Tina)

- Senior Quest had an excellent week! We chose our classes for the session and began work on Knighthood requirements. Although it rained much of the week, we made the most of it in our rain rooms where the campers got to know each other and demonstrate their artistic abilities. We look forward to an exhilarating second week and much drier weather.
- On Friday 6/30, Senior Quest will be wearing **red** for Unit Spirit Day!

## Senior Legend Lore (Tyler)

- Senior Legend had a fun but rainy week! We began discussing the importance of Knighthood and took a deep dive into the requirements needed for each level in each class. We spent a good amount of time indoors due to the rain which allowed us to really get to know each other. We ended the week with an incredible Livestock and are looking forward to an exciting second week full of fun events such as the lake trip and overnight!
- On Friday 6/30, Senior Legend will be wearing **yellow** for Unit Spirit Day!



- Legend's Lake Trip is Wednesday 6/28. Campers will load up on a bus and make the short drive to Victoria Beach at Lake Allatoona. Campers will arrive back at camp in time to go home via their normal mode of transportation.
- **What to bring:** close-toed shoes with heel straps (old tennis shoes or Keens are the best for protecting feet in the water), a towel, sunscreen, bug spray, a water bottle and lunch.



- Legend's Overnight is Thursday 6/29. This is a wonderful experience spending a night on campus under the stars.
- **Details:** Legend campers will begin the evening with a group meeting where they plan the night. They will play a friendly game of camper vs. counselor soccer, enjoy a dip in the pool, eat a scrumptious meal prepared by the counselors and CITs, enjoy some down time with games and dessert in the Barn Theater, and finish the night with a ceremony prepared by campers and counselors. They will bed down for the night in a location of their cabin (castle) choosing. Rain or shine, we plan on having a great time!
- **What to bring:**
  - a mess kit (we encourage using a reusable plastic plate, bowl, cup, fork/ spoon) for dinner and for the cookout on Friday).
  - sleeping bag, pillow, sleepwear, and toiletries.
  - yellow/ gold attire for Unit Spirit Day.
  - any evening/morning medication must be turned into a counselor in the prescribed bottle along with any instructions needed. Please fill out and turn in the Authorization for Medication Form found at this [link](#), which you may email to [camp@highmeadows.org](mailto:camp@highmeadows.org) or print and turn it in to a counselor.
  - No need to bring a second lunch on Thursday, as we will be having the all-camp cookout on Friday afternoon.

## OVERNIGHT MENU

- **Pre-Dinner snack:** fruits, chips, crackers.
- **Dinner:** pasta bar/ peanut butter (or peanut-free butter) & jelly sandwich alternative.
- **Dessert:** ice cream sandwiches and popsicles.
- **Breakfast:** cereals, fruits, juices, milk, and of course..... donut trivia!



**CIT**

## CIT Corner (Rey and Danielle)

- The CITs this week had a blast! We joined our first groups of the session and met our new campers. We had fun dressing up for Character Day and learning the skills required to be successful counselors. We can't wait until next week!





# General Announcements

## Carpool tip:

- To avoid waiting in line, arrive at 9:15 for drop off and 4:15 for pickup. Cruise right through! If you do wait in line, please remember – **NO IDLING** - little lungs at work!



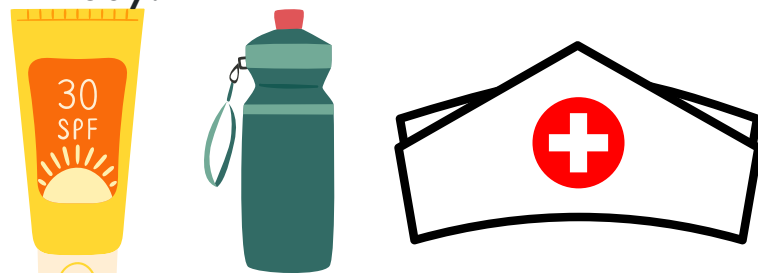
## Carpool reminder:

- While you are going through the line, please make sure that your kids keep their heads and limbs inside the car and not out the windows or sunroof!



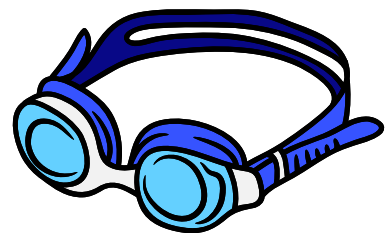
## Nurse's Nook:

- Please make sure your camper brings sunscreen and a water bottle every day!



## Pool Post (Aya):

- *For campers in Grasshoppers, Juniors, and Super Seniors, please send goggles for free swim if needed!*



# HIGH MEADOWS CAMP