

# HIGH MEADOWS HAPPENINGS

*2025 Camp Newsletter*



**Session 3, Week 2**  
**July 21-25, 2025**



# THIS WEEK AT CAMP



*Juniors compete in stomp rocket relay races.*



*"Swing and a drive!"  
Wiffle ball games were a highlight!*



*Grasshoppers race with the goats  
on the Lower Meadow!*





Enjoying a spin on the Tire Swing!



Seniors work on knot-tying in Pioneering class



Minute to Win It games on Friday!



Juniors play in the barn.



Little Moon gets some love from a Senior Quest camper!



A Senior Legend camper enjoys cooling off in the pool during the Overnight.



The water slide brings joy to our campers!



# SPECIAL EVENTS









# SPOTLIGHTS & VALUES

## Staff Spotlight: Nurse Darlene



This summer marks Nurse Darlene's 35th year at camp, making her our second longest-tenured staff member —a true cornerstone of our community. Her remarkable nursing career has spanned a wide range of roles, from pediatric offices and the U.S. Air Force to serving as the school nurse at High Meadows and volunteering at free clinics for underserved communities.

Beyond her professional achievements, Darlene's connection to camp runs deep. All three of her now-grown children spent their summers here, with two earning the level of overall

Knight in our Knighthood program. And the family legacy continues as her granddaughter is the third generation in the family to attend camp.

Darlene is also passionate about service in many forms, having dedicated years to raising service dogs from playful puppies to the moment they leave for advanced training. Though now semi-retired, she continues to give back: volunteering, subbing as a school nurse, and still joining us each summer to share her care and kindness with our camp community.



## Value of the Week: Cooperation

The second week of session three emphasizes cooperation, reminding us that while High Meadows Camp values individual achievement and experience, it also celebrates what we do together. The focus on cooperation is highlighted at the end of the week, with the All-Camp Cookout and the Minute-to-Win-It Challenges!





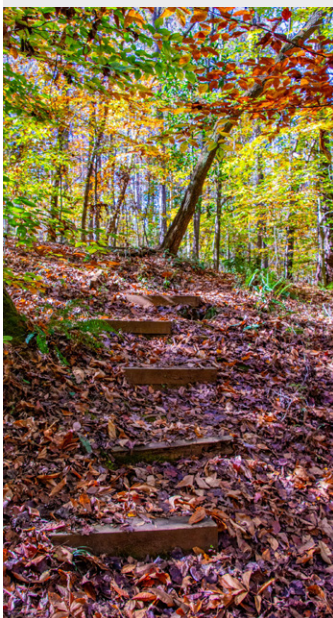
# SPOTLIGHTS & VALUES

## Camp Creatures: The Rattle Heifer

Before High Meadows was a camp and school, the land was the residence and farm of the Franklin family. Legend has it that one of the Franklin's cows wandered out of its corral and remained on the land even after the founding of High Meadows. Legend also has it that a camper in the early days of the camp threw their bologna sandwich out of their cabin, where it was struck by lightning later that evening. The lightning strike turned the bologna into bolognium, a radioactive isotope of bologna. Later, the cow came across the bolognium and at the exact moment that the cow began to eat the bolognium, a rattlesnake bit the cow. This event caused a fusion, melding cow and rattlesnake into a new creature: The Rattle-Heifer. Sometimes, while walking through the woods, it is said that one can hear the dreaded cry of this beast, which supposedly sounds something like, "rattle rattle rattle moooo, rattle rattle rattle moooooo...". Obviously, this abomination is proof-positive as to why it is such a bad idea to litter at camp!



## Location Spotlight: Shadowfox Trail



Shadowfox Trail is the main path that snakes through the forests near the high meadow and the pool. Along this path are many famous High Meadows landmarks, such as Old Stonehenge, the Outdoor Classroom, Jody's Path and the Granfather tree, and the mud pit. Shadowfox Trail is named for Mark Warren (pictured), the first head of Senior Camp (whose spirit name is Shadowfox). This trail is a favorite destination for Seniors Nature and Lore classes as well as Nature hikes for Grasshoppers, Juniors and Super Seniors. During the school year, Kindergarten classes spend two days per week on the trail embarking on adventures with hiking backpacks and weather-appropriate attire. The trail is equipped with an outdoor classroom, bathroom, and many fun things to discover like the Grandfather Oak Tree.



July 28 - August 1, 2025

**12:00**

Monday, July 28  
Senior Quest Lake Trip

Monday, July 28  
Super Sr No Screen Challenge

Tuesday, July 29  
Senior Quest Evening

Wednesday, July 30  
Unit Choice Theme Day

Friday, August 1  
Origin Trail Day

*Make sure  
the events  
for the  
last week  
of camp  
are in your  
calendar!*



# UNIT UPDATES

## Grasshopper Gazette (Richard)



Grasshoppers enjoyed a fantastic second week of the third session. In Discovery, we explored the exciting world of rockets and catapults. At the barnyard, we rode ponies once again. During group time, we crafted cat eyes and explored traditions. In Sports, we sprinted across the field for a lively game of soccer and even splashed down the water slide. We are eagerly looking forward to the third and final week of the session. **Our Unit Choice for Wednesday is Wacky Tacky Day!**



## Juniors Journal (Kayla & Olivia)



What a fantastic week! We kicked off the week with high-energy sports, diving into Bomberball, Crab Soccer, and Gaga ball. In Nature, we built fairy houses, explored campus, and identified camouflaged animals. In Crafts, we painted our clay projects, with each camper adding their unique style and colors. We also made beautiful necklaces and bracelets, with campers proudly wearing their handmade creations around campus! As the summer sun kept shining, we cooled off in the best way possible, by zooming down the water slide! We wrapped up the week with a tropical hot dog cookout on Friday! Campers gathered under the summer breeze to watch their counselors compete in hilarious Minute to Win It games, cheering them on while enjoying good food. Thank you for sharing your campers with us. We love seeing their smiles, kindness, and confidence as they try new activities and build friendships that make camp so special. Get ready for tie-dye next week and for it, please send your camper with a white shirt so they can create a bright, colorful keepsake to remember their summer fun. **Unit Choice for Wednesday is Neon/Camo Day!**





## Super Seniors Squad (Steven & Demi)

We had a stupendous week full of laughter, creativity, and teamwork with our Super Seniors! In Sports, campers faced off in lively games of Dodgeball, Gaga, and Zebratonicus tag. We also spent time working on archery skills, with many campers improving their aim and learning new techniques. Campers had a blast in woodworking, building birdhouses, feeders, and airplanes. They also painted their clay projects with vibrant colors, letting their personalities shine through each piece. Our unit sang camp songs loudly and proudly, bringing extra energy to the camp day. We even built basketball launchers! Midweek, we cooled off on the water slide, which brought endless smiles and laughter. On Friday, we enjoyed a tropical hot dog cookout, a perfect way to wrap up the week. We are so proud of our Super Seniors for their creativity, sportsmanship, and spirit. Thank you for sharing your campers with us. **Our Unit Choice dress up day next week will be Pirate Day.**

**The NO SCREEN CHALLENGE!** This is a Super Seniors tradition that starts on Monday, July 28 and ends Thursday, July 31 when the Super Seniors go home. Campers interested in taking on the challenge are encouraged not to use any electronics for four days. This includes computers, tablets, smartphones, smart watches, video games, VR headsets, and of course, TV. At the end of the session, successful campers will be honored for their dedication and group effort with a traditionally decorated feather.



## Senior Quest Quips (Morgan)

Senior Quest had a wondrous second week of third session. We had a stellar Bomberball tournament, a radical game of social ball, and two unforgettable dress-up days. On Thursday, we played on the water slide and tire swing and developed our independence. And on Friday, we capped it all with an incredible Livestock. We can't wait to see what week three holds! **Our Unit Choice for Wednesday, July 30 is Holiday Day!**



**Senior Quest Lake Trip:** The lake trip is Monday, July 28. Senior Quest campers will load up on a bus and make the short drive to Red Top Mountain Beach. Campers should bring: Close-toed shoes with heel straps (old tennis shoes or water shoes are the best for protecting feet in the water), a towel, sunscreen, bug spray, and of course lunch.

**Senior Quest Late Night:** The late night is on Wednesday, July 30 for Senior Quest campers. They will enjoy a group activity, take a dip in the pool, eat a meal prepared by the CITs, enjoy some down time, sing some ol' camp songs and finish the night with...what else...s'mores! Rain or shine, we plan on having a great time!

**Campers who do not plan on staying for the evening will go home the same way they always do at 4:00 p.m. Pick-up will be at 8:30 p.m. at the carpool location. There is no bus service.**



SENIOR QUEST EVENING

# MENU

JULY 29, 2025

## Pre-Dinner Snack

Chips, Crackers, & Fruit

## Dinner

Sandwich Bar

## Dessert

S'mores



## Senior Legend Latest (Tyler)



Senior Legend had beautifully extraordinary week. We cooked some cobbler in Pioneering which was delicious. We went to Red Top Mountain State Park for our off-campus lake trip. We also had our overnight where we had camper vs. counselor soccer, swimming, an archery tournament, sandwiches custom crafted the CITs, trivia, and ended the night with a ceremony! The packed week ended with a hot dog cookout where the Legend counselors competed in the minute-to-win-it challenges. We can't believe it is already the final week of camp, but we will make it a memorable one! **Our Unit Choice for Wednesday is Fortnite Day!**



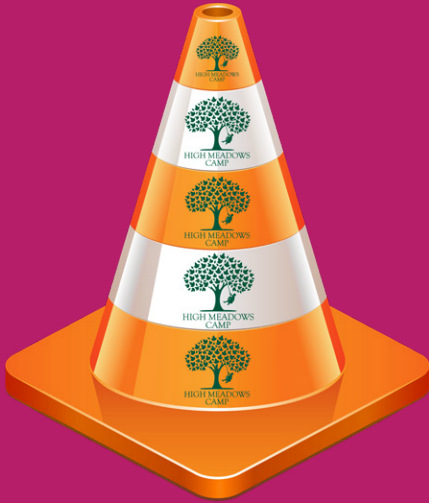
## CIT Corner (Danielle)

CITs had a wonderful second week of third session. We honed our leadership skills and celebrated our creativity. The Sandwich Bar at the Legend Overnight was a success, as were our booths at the Hot Dog Cookout. Congratulations to Charlotte, who shared a delightful reflection and graduated the CIT program this week. We have several more graduating next week and we can't wait to see what they do as counselors!





# CAMP OFFICE REMINDERS



## Traffic Flow Announcement

Parents and guardians, Please help ease our carpool line and subsequent traffic backup on Willeo Road by not arriving on campus prior to 8:50 a.m. and 3:50 p.m. To avoid waiting in the driveway line, we suggest arriving at 9:10 a.m. and 4:10 p.m. Thank you!



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Need to Contact Us? Call  
(770) 993-7975 or email  
[camp@highmeadows.org](mailto:camp@highmeadows.org).





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backgrounds.”

— HMS Parent

