

## **Summer Camp.... Winter and Spring First**

BY JESSIE KREIDER, PROGRAM DIRECTOR

Today marks the first day of Fool's Spring. Temperatures are rising, the snow is melting into the first session of mud season, and yet we are still in winter for another three weeks.

So, while you endure three more sessions of winter (Second Winter, Spring of Deception, and Third Winter) after this weeks Fool's Spring, make room in your schedule to spend some time at Camp Mack this spring and summer.

And to embrace mud season, I've even included a recipe for mud paint! Get out, embrace all the seasons, and have adventures.



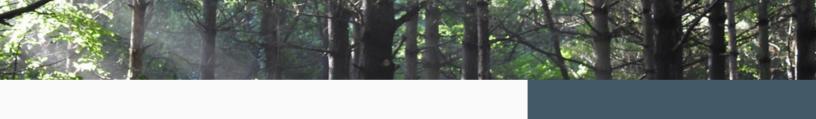
## This issue:

Winter and Spring First
PAGE 01

Mud Paint Recipe and Upcoming Events PAGE 02 Adventure Day PAGE 03

Preparing for Summer
Camp
and
Camp Eligibility
PAGE 04

HAND IN HAND PAGE 01



### **MUD PAINT**

Time to put on your old clothes and enjoy artistry in nature with a batch of mud paint.

\*Phot and instructions adapted from learnplayimagine.com

#### SUPPLIES:

Bowls Water Brushes Mud

Card Stock Dawn dish soap (optional)

Powdered Tempera Paint

\*Can use liquid watercolor or food color

#### **DIRECTIONS:**

Gather mud into bowls. Add a couple Tablespoons of powdered tempera paint and a good squirt of Dawn.

Stir in water with a stick or spoon until you get your desired consistency.

Paint on cardstock or other thick paper.

\*The additional of dish soap makes the mud paint smoother and also aids in cleanup.



# UPCOMING EVENTS

MOTHER DAUGHTER RETREAT MARCH 8-9

MEDIEVAL HOMESCHOOL DAYS MARCH 10 OR 12

SPRING BREAK DAY

CAMP

APRIL 7-11

SURVIVAL DAY
HOMESCHOOL DAYS
APRIL 14 OR 16

ADVENTURE DAY APRIL 26

SUMMER CAMP OPEN House May 4

REGISTER AT WWW.CAMPMACK.ORG

REGISTRATION CLOSES

1 WEEK BEFORE THE
EVENT START DATE.

HAND IN HAND

PAGE 02

## **ADVENTURE DAY- April 26th**

Help us celebrate our 100th anniversary at Camp Mack with a FREE Adventure Day in our wilderness area.

From 9:30a-4:30p we will have a day full of adventure for all ages. Enjoy challenge course activities, play games, join around a campfire with popcorn, or take a self-guided nature hike.

Register ahead of time to reserve a time slot for archery, climbing tower, zipline, or high ropes.



WWW.CAMPMACK.ORG/ ADVENTUREDAY

HIGH ROPES
CLIMBING TOWER
ZIP LINE
ARCHERY
HAY RIDES
HIKING
9-SQUARE
CORNHOLE
CAMP STORE

POPCORN S'MORES SHAWNANIGANS



HAND IN HAND PAGE 03

## Ways to Prepare for a Great Week at Summer Camp

Summer Camp registration opened up February 1. Keep reading for some tips to start to anticipate and prepare for a week of camp. A great week of camp begins with preparation. Contact our Program Director, Jessie Kreider, at jessk@campmack.org for more tips on home sickness prevention and how to make camp a great fit for your kid.

#### SLEEP HYGEINE

A good sleep routine can set the tone for your whole day. It is important to have routines for getting ready for bed, preparing your body for sleep, and falling asleep. At camp, campers will be in a cabin with 5-8 other people and temperatures/ light/ sounds will vary by night. If your child uses OTC sleep aids to help fall asleep, please make sure the age on the bottle is appropriate for your child.

#### BRING A FRIEND

If you bring a friend to camp, you can request them as a bunk mate. Bunk mate requests must be made by both parties to be honored. Some parents also serve as volunteer cabin counselors at camp.

#### **ELECTRONIC FREE ZONE**

Camp is an electronics free zone for campers. Cell phones, smart watches, gaming systems, music players, etc... are not permitted. Parents can view photos online, send 1 way emails, or send mail to campers during their week. Consider if your camper needs to do an electronics detox before camp. Explore all the fun things camp has to offer and discuss how you will celebrate time with each other after the end of the camp week.



## CAMP ELIGIBILITY \*GRADE COMPLETED

SAMPLERS 1/2
SEEKERS 3/4
FINDERS 5/6
ECO ADVENTURE 5/6
SPLASH 6-9
TARGET SPORTS 6-9
SURVIVOR 6-9
CREATIVE ARTS 6-10
FOLLOWERS 7-9
YOUTH CAMP 9-12



HAND IN HAND
PAGE 04