

# THE SEWATARO SMOKE SIGNAL

Camp Sewataro

One Liberty Ledge

Sudbury, MA 01776

(978) 443-3100

July 21, 2011

Dear Sewataro Families,

Can our first four weeks be drawing to a close already? We want to thank you for sharing your terrific children with us. Watching them play and getting to know them has been our greatest pleasure. To our departing families — we will miss you, and look forward to seeing your children's smiling faces again next summer. We wish you a fun and restful remainder of the summer, and please feel free to come back and visit.

The first round of Overnights (Blue section) and Overdays (Red and White sections), are now behind us, and the new format provided many benefits for parents and children alike! Parents, who have both boys and girls in camp like the convenience of coming for only one Overday. And the older section of campers who stayed for the Overnight, loved the relaxed pace and continuous play enabled by not having their stay interrupted by a campfire with parents. We heard rave reviews about the new tents from both counselors and campers alike, and it was a beautiful night for sleeping out on the campgrounds under a full moon, followed by a home cooked breakfast of pancakes, sausage and fresh fruit. We thank our amazing staff for Monday's Overday combined the Red and White section, which proved to be a huge success. What an absolute delight it was to see campers, counselors and parents singing and dancing 'round the camp fire with John Fitz. That kind of liveliness and spirit is both the essence and the magic of Camp Sewataro, and we are so grateful to everyone who joined in the fun.

We hope you've had as much fun as we have these first four weeks. From greeting campers in the morning to waving goodbye to them in the afternoon, we've enjoyed the beauty, energy, and individualism of your children, and we thank you for sharing them with us. For those of you continuing on for more weeks, we have plenty of fun surprises in store for you.

*The Taylors, Jen and Emmy*



Last Friday was...

## STAR SEARCH!

Our campers did an outstanding job finding "celebrities" around the camp grounds last Friday!! The Star Wars crew, Thor, Superman, Tinkerbell, James Bond, Dorothy and Toto and many more stars hid around camp. When campers found them, they gave them clues to solve the word puzzle. The end result? "Everyone at Camp Sewataro is a Star!"



## Red & White section Overday!

This week's Overday was a big success here at camp! After several games, free swim, and a pizza dinner, Fitz and Seth led the tribes in songs, many of which are what we call "Classic Sewataro" tunes that we often sing at closing exercises (or any 'ol time!) each day. Sewataro campers break into smiles and song at the mere mention of "Green Alligators!"



## Spirit Awards

Congratulations to the winners of the Spirit Award for the week of July 11th:

**Congratulations on a GREAT JOB!**

<b>Red</b>	<b>White</b>	<b>Blue</b>
<b>Pima</b>	<b>Apache</b>	<b>Comanche</b>
<b>Ponca</b>	<b>Mohawk</b>	<b>Navajo</b>
<b>Yakima</b>	<b>Sioux</b>	



## Golden Broom Award

Last week's neatest and cleanest tents belonged to the:



**PONCA ALGONQUIN CHINOOK**

*It was a clean sweep!*

## FIRST SESSION CAMPERS!

Thanks for a terrific summer. We'll miss all of you, and hope to see you back here in 2011. **Applications** will be available in the late fall!





Tell your friends about our  
**Summer Tours!**



Visitors will be able to meet the Directors, get a tour of the beautiful grounds and experience the Spirit of Sewataro! Please call the camp office (978-443-3100) to set up a personal tour.

## ARTS & CRAFTS!

Magic wands, Olympic headbands, decoupage water bottles, newspaper bowls—the campers have been busy making masterpieces in Arts & Crafts this summer! Becca and Kelly have really enjoyed see how creative the campers are and seeing hard work end in beautiful projects. They also had fun watching the Huron tribe use their binoculars they made during Friday's Start Search! Coming up, campers can look forward to tie dying/finger painting t-shirts and candle dipping.

Becca teaches French to Dover and Sherborn high school students during the school year and Kelly is a senior at Syracuse University studying Art Education. What a team!

## Please Remember



### FOOD ON LAST DAY

Many of our campers suffer from a variety of food related allergies; therefore, we no longer allow parents (or staff) to send in candy or desserts for their tribe or bus on the last day.

*Thank you for your continued understanding and cooperation!*



## FRIDAY SPECIAL EVENT: OLYMPICS!

This Friday is Olympic Day here at camp! Throughout the week, each tribe will be participating in various activities that will earn them points for Friday! It will be a great week where campers get the chance to meet new friends as the three teams are comprised of a mix of the sections!

Due to the heat, this will be a **WATER OLYMPICS**, so please make sure to bring bathing suits and flip flops/sandals to camp to wear during the event.

## CLIMBING!

It's the Sewataro Climbing Tower! Standing tall at 21 feet, our contoured tower has six different courses, which range in difficulty from easy to advanced. Always ones for creativity, Climbing counselors Rob, Elise and Nathan recently created a new game called, "Climbing Golf"



where campers try for low scores by using as few handholds as possible in reaching the pinnacle. While "par" is 60, our lowest camper score has been set by Chris Roper of the Tusokies with an incredible 35! Congratulations, and ROCK ON, Chris!

Elise, Rob and Nathan have all been trained in climbing by Project Adventure. Their favorite thing about Climbing is seeing how adventurous the campers are. Elise, who heads up Climbing teaches in a 4th grade classroom during the school year.

## MUFFIN TIME!

### Chocolate Chip Zucchini Muffins

Adapted from Gourmet | September 2009

Yield: Makes 12 cupcakes

Active Time: 15 min

Total Time: 1 1/2 hr (includes cooling)

#### ingredients

- 1 1/2 cups white whole wheat or all-purpose flour
- 2 tablespoons cocoa powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup plus 2 tablespoons sugar
- 1/2 cup vegetable oil
- 1 large egg
- 1/2 teaspoon pure vanilla extract
- 2 cups zucchini, coarsely grated
- 1/2 a (6-ounce) package semisweet chocolate chips

Equipment: a muffin pan with 12 (1/2-cup) cups with paper liners  
preparation

Preheat oven to 350°F with rack in middle.

Whisk together flour, cocoa, cinnamon, baking soda, baking powder, and salt. Beat together sugar, oil, egg, and vanilla in a large bowl with an electric mixer until thick and creamy, 2 to 3 minutes. At low speed, mix in flour mixture until just incorporated. Stir in zucchini and chocolate chips. Divide among lined muffin cups and bake until tops spring back when lightly pressed, 20 - 25 minutes. Cool in pan 5 minutes, then turn out to cool completely.