



# Camp Equinunk & Blue Ridge



The Leader in Children's Camping Since 1920



## THE JUNE BUZZER



As we prepare together for "Opening Day" on June 28th, we know that all of our former Campers and Staff can't wait to be back home at CE and CBR to see all of their friends. We're all ready to welcome our first time Campers and Staff to our Camp family.

### WOW!!!

Are we excited about our new facilities and programs at CBR and CE! We're sure you will be too!

- New Bunks
- New Climbing Tower

*Contest Winner:*  
**Steve Lewis with "Tower Ridge"**

*Runner-Up:*  
**Danielle Kellner with "Mount Rockmore"**

- New Games for the Canteen (Wagon Wheel)
- New Fitness Center
- New Climbing Cave at Hobby Center

### NEW PROGRAMS AND EQUIPMENT:

- New Red and Grey Lacrosse Equipment
- New Telescopes for Astronomy Program



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### 2004 Important Dates:

**Start of Camp**  
Monday, June 28th, 2004

**Visiting Day**  
Saturday, July 17th, 2004

**End of Camp**  
Monday, August 16th, 2004

## FRIENDLY REMINDERS:



- Since some of our children are extremely allergic to peanut products, we request as in the past, not to send peanuts in any form (peanut butter sandwiches) for the bus ride to camp. THANKS!
- Pack shin guards for soccer; helmets for horseback riding; protective gear for roller hockey/blading.
- For the health and safety of our children, please do not send aerosol cans to camp.
- Camp policy requires all health and physician forms be sent to camp prior to departure. No camper will be permitted on the bus unless these forms are received.
- Campers should wear CE and CBR shirts on the bus.

- No Plastic Drawers at Camp
- No packages of any kind will be accepted at camp (birthday's exempt)
- All medications must be sent to camp during the week of June 22nd.

We've enclosed relevant information pertaining to **Departure and Camper Phone Schedules** for you to review carefully. Please ensure your phone is set up to receive collect calls (cell phones do not accept collect calls) or send calling cards with your child(ren). If you have any questions please call Caralyne at (631) 329-3239 until June 14th and then at camp at (570) 224-4121.

# CAMPER CORNER

By Jake Schantz • Upper Senior '04

June, 1999 I was awakened by my mom with "Its time to go to camp." I was glued to my bed, I did not want to leave my home, for it would be the longest time I would be away from my family. Eight weeks! Eight weeks is what I was about to go away for, I couldn't even imagine what the summer would be like without my parents. But little did I know that what I was about to experience was going to be life altering.

After what seemed like hours I was finally pushed, I mean "gently nudged," onto the bus and I was heading to Camp Equinunk. I got on the bus and I found out that a lot of the people on the bus were already friends. They were together in camp for a few years already and here's me who is going to camp for the first time ever without knowing a soul. I ended up not saying much on the bus ride over to camp. I made up for not saying anything with the tears that I cried. When we finally hit camp I calmed down a little and a counselor met me and my bags and took me to my bunk, bunk 9. There I met my bunkmates and it was a little rough in the beginning but eventually I made friends. As the days went on this weird thing happened. I started to let loose, and when I did, I had so much fun that I didn't care about not being home or not seeing friends and family. During the day it was a breeze, I was kept occupied playing sports and meeting new people and eventually I wasn't even writing to my parents anymore.

When my first summer was winding down and I thought it was over something incredible happened. That morning I woke up and to my surprise I saw Upper seniors running around in a frenzy with walkie-talkies and they were saying "its gonna break, its gonna break", and it did. Papers came flying down onto Lehrer

Field (our soccer field) and on the top it read COLOR WAR 1999. As a junior I was able to see the upper seniors run color war and it looked like they were having the time of their lives and I thought to myself, maybe one day I'll be one of those guys. Color war was one of the few things that bought me back to camp the next year.

Many people take camp for granted but camp has been the light at the end of my tunnel. I have no idea what it would be like to not have being a camper to look forward to during the year. If I didn't have camp I dare to think what I would be like as a person in this world. If you have never experienced a summer at Camp Equinunk you have not lived life to its full extent.

Camp changed my life, actually, camp divided my life into two. I have two sets of friends, 2 families, I have two lives. Camp isn't something that I go to, just to have fun anymore, for me, camp is going to see my family that I have been away from for 10 months. As years go by the people that you meet in camp, you realize are the people that have impacted you as a person and the people that you will start to care about and love. Camp Equinunk is like one big family and the more you put into the family the more you will get out of it.

Here I am, Jake Schantz, 15 years old and I am about to go into my upper senior year. I look back on camp and I say to myself, WOW, it went so fast. I can look anyone in the eye and say, I'd give up being an upper senior this year to have another ten years of being a camper. It wasn't just my parents that raised me as a kid and took me through the obstacles in life. Camp took me from a good life to the best life and I don't care what anyone says but nothing can match a summer at Camp Equinunk.



# Alumni Corner

By Hennie Finkelstein Simon • 1975 - 1985

What is it like to be a parent of an Equinunk camper after having been a Blue Ridge camper of the 1970's and 1980's? Well, I can finally hang on boy's side without getting into trouble! More importantly, I am watching my son Jared develop at camp and I see how many of his experiences are parallel with what I experienced at Blue Ridge. The fact that Jared is now experiencing many of my childhood experiences has added a new dimension to our relationship. We can talk about his current days and my past, both at Blue Ridge and at Equinunk, and he is genuinely interested. My mother, a Blue Ridge camper of the 1940s and 1950s and my brothers, Equinunk campers of the 1970s are always eager to get into the conversation and pull out old photo albums. Tradition is an important part of the Equinunk/Blue Ridge experience and it is passed down from generation to generation. I will never forget leg wrestling at tribes and Color War cheering. My twin 5-year-old boys are already chanting "Equinunk Tell Your Story." The world is a constantly changing place but Blue Ridge and

Equinunk seem to have remained unchanged. Obviously there have been many physical improvements (a little weird to see ceiling fans in the bunks), but the CORE still remains the same. Also, I now appreciate having a separate boys and girls side at camp. It was always great seeing the boys and spending hours getting ready for socials, but most of who I am today developed through my experiences of being just with the Blue Ridge girls. There was a "freedom" of knowing the boys were not around all the time. I see the exact same thing with my son at Equinunk. He is so comfortable on boy's side and because of camp has become very outgoing, genuine and of course, silly, exactly how I was during my days at Blue Ridge. He also has developed incredible friendships (as did I) which I know will last forever (as have mine). Jared's entire bunk came for a sleepover in the fall and it was fun to watch them interact, although each child is very different, there is a true bond. Some of my fondest memories are from my days at Blue Ridge and to see my son having the same experience fills me with a sense of pride and joy.

## Parents Suggested Summer Reading

We and our staff are constantly praised for our insight and ability to relate, in a positive manner, to our campers. Blue Ridge and Equinunk takes pride in our staff's attendance at professional conferences throughout the year. We are pleased to recommend the following books for you to review this summer. We've read and heard all of the authors; they're dynamic, humorous and always informative. Enjoy.

Michael Thompson & Dan Kindlon - *Raising Cain*

Michael Thompson - *Best Friends/Worst Enemies*

Dan Kindlon - *Tough Times, Strong Children*

Carol Gilligan - *Meeting at the Crossroads*

Rachel Simmons - *Odd Girl Out*



CE/CBR MOMS  
AND FRIENDS  
MAKE A  
SURPRISE VISIT  
TO THE EAST  
HAMPTON  
CAMP OFFICE

# Directors Corner

At last summer's Counselor orientation, early childhood expert, Michael Brandwein, suggested a variety of techniques that camping professionals and parents may utilize in guiding children to make good choices. These suggestions are followed at camp and you may find them appropriate and useful at home as well.

## TEACHING GOOD CHOICES AT CAMP AND AT HOME

### Our Four Key Goals Are:

1. Communicate with our children more about what we value
2. Make that communication more immediate; so don't wait
3. Make that communication more energetic; so look impressed
4. Make that communication more specific ( see "C" below)



### Good Choices to Look For, Praise and Model Ourselves

#### 1. TRYING AGAIN

- a) We call this persistence
- b) What most people usually say is "hang in there"

When children deal with a problem, we should say "you did a good job." It's not enough to tell children that they are good; we must tell them why.

- c) When we see children make good choices we should:

1. Describe it (tell them what they did)
2. Label it (tell them what it's called - persistence; not giving-up)
3. Praise it (tell them how you feel; show it's valued)

In summary: focus on facts first and then provide information  
Why is being specific so important? - the three big benefits are:

1. It's more credible, believable (children are less likely to deny it)
2. It sticks; it gives evidence to children as to why these positive things are true, which makes these self beliefs stronger if attacked; this builds a child's resiliency.
3. It provides clues to others about what to do to be "good"

- d) Say to them; "You tried that again"  
"You're doing this again"

#### 2. TWO INDIVIDUALS WORKING TOGETHER

- a) We call this team work and cooperation
- b) Say to them; "you're doing that together, that's teamwork!"
- c) **ADVANCED TECHNIQUE:** after a while, we can begin to leave out step "b" sometimes so that they begin to label themselves.

Why do we want them to do that? Because then it sticks.

#### 3. DOING THINGS THE FIRST TIME YOU'RE ASKED

- a) We call it respect and good listening - it includes when they do it fast
- b) Say to them, "you did that first time"
- c) **Negativism note:** we usually only talk about this when they don't do it.

#### 4. DOING THINGS WITHOUT BEING ASKED

- a) We call it initiative and thinking for yourself
- b) Say to them, "you thought to do that on your own"

#### 5. HELPING OTHERS

- a) Examples of this are asking "Can I help?"
- b) We call this taking care of people
- c) Say to them, "you're doing extra"

#### 6. ASKING FOR HELP

- a) We call this being honest
- b) Our common error is that we answer too quickly and offer help too early
- c) Better technique: "you're asking for help; that's smart"
- d) We also want to praise children who do things on their own

#### 7. WAITING

- a) We call this patience
- b) Say to them, "thanks for being patient"

#### 8. DOING SOMETHING HARD

- a) We call this challenging, guts and tough
- b) Say to them, "you're doing something hard"

#### 9. DOING SOMETHING NEW OR DIFFERENT

- a) We call this open, creative and flexible
- b) Say to them, "you tried it a new way"

#### 10. SAYING SOMETHING POSITIVE, INCLUDING COMPLIMENTS

- a) We call this being positive
- b) Say to them, "I'd like to hear what you like"

We feel that we share a partnership in parenting with all of our families. We hope you find these ideas useful. We'd love to hear from you throughout the year and share in all of our campers' accomplishments.

Warmly,

*Sheryl and Richie*