

Week 3
Early Americas
June 29th—July 2nd,
2009



Camp Blazing Trails Newsletter

A Message from the Director

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Dear Camp Blazing Trails Week 2 Families,

Thank you so much for picking Camp Blazing Trails as your summer day camp experience. We have an exciting week in store for you and your children.

Early America's is a week to take us back to our roots. In addition to the art of canoeing and archery, this week is filled with fun activities that remind us of Native Americans and our ancestors. Be on the lookout for some fantastic Arts and Crafts that will also represent our theme of Early Americas.

We have a very special guest, and well known storyteller Gwen Locklear, who is coming out on June 2nd to spend some time with the two tribes. Gwen has spoken to groups all over North Carolina and is the Treasurer of the Triangle Native American Society.

We want to remind everyone about our calendar, Geocach-

ing Challenge, and policies which are all available in this newsletter. We hope this is a tool as well as a fun read for many of you participating in camp. We also want to invite you to view our blog at this address:

<http://ymcablazingtrails.blogspot.com/>

We will be making at least two updates a week to this blog with fun pictures of what happens here at camp!

One more reminder; there is no camp on Friday, July 3rd. We hope that everyone has a wonderful 4th of July weekend and enjoys time with the family!

Thank you again for being a part of Camp Blazing Trails. If there is anything we can do to strengthen your camp experience, please don't hesitate to ask.

Sincerely,
David "Capt. Planet" Botts



YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Want to know more about our YMCA Programs? Go to www.ymcatriangle.org and see everything we have going on!

What to bring to camp each day!

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Walking Stick • Snack/Lunch • Extra Water if desired. • Bogspray/Sunscreen 	<ul style="list-style-type: none"> • Walking Stick • Snack/Lunch • Water Shoes • Bogspray/Sunscreen 	<ul style="list-style-type: none"> • Walking Stick • Bathing Suit and Towel • Snack/Lunch • Sunscreen applied early! 	<ul style="list-style-type: none"> • Walking Stick • Snack/Lunch • Sunscreen/Bugspray 	<ul style="list-style-type: none"> • Walking Stick • Snack/Lunch • Sunscreen/Bugspray

Camp Blazing Trails 2009

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3 Early Americas	29 Tribal Time/ Arts & Crafts	30 Canoeing, Hiking, and Fishing	1	2 Guest: Gwen Locklear	3 No Camp!!	4 Happy 4th of July!!!
Week 4 Science in Nature	6 Tribal Time	7 Canoeing, Hiking, and Fishing	8	9 Guest: Blue Jay Point Center FAMILY DAY!! 12:30-1:30pm Noah's	10 Guest: Ocean and You Arts & Crafts	11
Week 5 Slimy & Scaly Animals	13 Tribal Time	14 Canoeing, Hiking, and Fishing	15 Guest: Umstead Park Rangers Water Day!!	16 Guest: Blue Jay Point Center Archery	17 Guest: Museum of Natural Science Arts & Crafts	18
Week 6 Xtreme Planet	20 Guest: Morehead Planetarium	21 Canoeing, Hiking, and Fishing	22 Water Day!!	23 Guest: Ocean and You FAMILY DAY!!	24	26
Week 7 Survival and Safety	20 Guest: UNC Air Care Tribal Time	21 Canoeing, Hiking, and Fishing	22 Guest: Umstead Park Rangers Water Day!!	23 Guest: Blue Jay Point Center Archery	24 Guest: White Tiger Taekwondo Arts & Crafts	26

Camp Blazing Trails 2009 Staff



Katherine Vance,
Assistant Director
"Dory"

Background: Katherine is a Youth Director for the A.E. Finley YMCA. She supervises Brassfield Elementary School Programs and Track 3 Tracking Out. Katherine has been a Youth Director for 1 year and has years of experience with the YMCA as a camper, CILT, Leader's Club advisor, and Finley Day Camp Head Counselor and Programmer. Katherine is joining us at Blazing Trails this summer in hopes that it is the **BEST SUMMER EVER!!!**

David Botts, Director
"Captain Planet"

Background: David is a Youth Director for the A.E. Finley YMCA. He supervises Sycamore Creek School Programs and Track 4 Tracking Out. David has been a Youth Director for 4 years. David has tons experience with the YMCA as a camper, an after school leadership counselor, youth fitness programmer, and residential camping counselor. David is returning for his 6th summer at Blazing Trails.



Clark
Moser,
"Moose"
(Left)
Head
Counselor



Alex Hayden, "Hippo" (Left)
Elizabeth Meyers, "Monkey" (Right)
The Takotas, Tribe 1 Counselors

Jeremy Rohn, "Jump Rope" (Right)
Cathy Dalton, "Curious Duck" (Center)
Jacob Myers, "Elmo" (Left)
The Arawaks, Tribe 2, Counselors



For more pictures check out our blog at <http://ymcablazingtrails.blogspot.com/>

Contact Information

Camp Blazing Trails Mobile Office Phone

815-8400

(Staff are available between 8:30AM-1:00PM)

David Botts, Director of Camp Blazing Trails

845-3846 Office

david.botts@ymcatriangle.org

Katherine Vance, Assistant Director of CBT

845-3830 Office

katherine.vance@ymcatriangle.org

Erin McCallum, Registration, Financial

Information, Cancellations and

Membership Services

Office 845-3849

erin.mccallum@ymcatriangle.org

2009 Blazing Trails Parent Packet

<http://www.ymcatriangle.org/Data/Assets/ParentPacket2009.pdf>

Blue Jay Point County Park Website

www.wakegov.com/parks/bluejay/default.htm

Camp Blazing Trails FAQ

Q: Can my child bring their own life vest or fishing pole on Tuesdays?

A: Yes. Please label all items sent to camp. All fishing poles must be strung with a bobber, weight, and hook. No lures are allowed.

Q: Do you swim at Camp Blazing Trails?

A: There is no swimming off Blue Jay Point property. Instead, we have water activities on the lower fields.

Q: Do you have a lost and found?

A: Yes. However, after the last day of camp in August we donate all items to Goodwill on Strickland Rd.

Q: Tell me a little about walking sticks.

A: The best information is available in our parent packet. The URL is above in our contact information.

A: What do I do if someone different is picking up my child or I need to pickup early?

A: Just send a note, call us, or let us know beforehand. We will gladly have your child ready to go. Due to the nature of our activities (i.e. Canoeing), expect a wait if you plan on picking up at the last minute.

Q: I've completed my week at camp and would love to share some feedback!

A: Great! You can email our Director, write us, contact the A.E. Finley YMCA or fill out a survey which usually comes out in August. Thank you for being a part of our camp!

WakeMed Healthy Tip

Crack the FAT CODE on product labels - What does it really mean?

Here is a guide to better understand what **fat claims** mean on labels:

- **Fat Free:** Less than 0.5 g of fat per serving
- **Saturated fat free:** Less than 0.5 g of saturated fat per serving
- **Trans fat free:** Less than 0.5 g of trans fats per serving
- **Low fat:** 3 g or less of total fat per serving
- **Low saturated fat:** 1 g or less of saturated fat
- **Reduced fat:** At least 25% less fat than the regular version
- **Light/Life:** 50% less fat or one-third fewer calories than the regular product

Be sure to check the serving size in food products. Often there are several servings in one bag, but the claims on the label only address ONE serving! Try to decrease your consumption of saturated and trans fats because they are proven to increase cholesterol levels.



The YMCA of the Triangle and Wake Med are working together to educate the community about enjoying a healthy balance—
Eat, Play, Live!

Family Geocaching Challenge!

Are you familiar with the amazing GPS Treasure hunting game of Geocaching? We Are! And we play it at camp!

Did you know there are over 15 different Geocache's at Blue Jay Point alone?

Each week we will feature one Geocache that we know is located at the park! We'll give you a little info but mainly point you in the direction of www.geocaching.com for more info.

Find a Geocache? Earn a bead! Come see Captain Planet as a family before or after camp and confirm you found a geocache to earn an extra bead. This is a great father/mother daughter/son hobby!

This week's Geocache:

GCTNPC—Into the Lake - Pleasant Union Church
Difficulty 2/5 Stars
Size: Micro Cache

Want to get involved but just need more info? Talk to Captain Planet today!