

CAMP KATA KANI

Where Campers Thrive



SPECIAL EVENTS

JULY 18, 2018

Pelican Harbor Field Trip

JULY 25, 2018

Field Trip to Naper Settlement

AUGUST 1, 2018

Pelican Harbor Field Trip

AUGUST 8, 2018

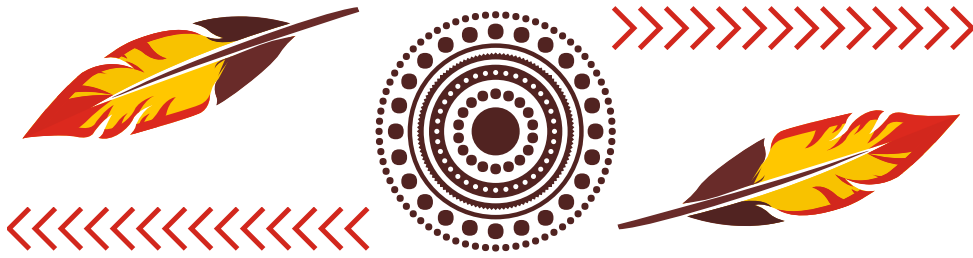
Field Trip to JJC Planetarium

CAMP REMINDERS

Did your camper enjoy this week? There is still time to register for more sessions this summer! Camp runs through August 10th



This week at camp, our campers dove back into the creative world for our second session of performing arts camp. We spent time practicing skits, playing some of our favorite games like capture the flag and empire and a few fun games of baseball, and doing some fun crafts. Our favorite craft was making God's Eyes, and we haven't stopped making them since we learned! This week, we also had some camper choice activities, which included fishing at the Trout Farm, archery, and playing some fun field games. On Wednesday, we traveled to the Tivoli Theater in Downers Grove to see the Lego Ninjago Movie. We really enjoyed snacking on popcorn while watching the Ninjago Ninjas fight to save Ninjago from the evil Garmadon. Then, on Thursday, we had a special guest visitor, Chris, who presented Earthkeepers, where we got to hear Native American stories, and even get up close with some live critters; like the corn snake and a box turtle. See our weekly spotlight to learn more about our Earthkeepers experience. Still to come, we're looking forward to making comic books, having our Friday cookout, and performing at our Grand Council Fire, which will be held at its new time of 3:15 p.m.



WEEKLY SPOTLIGHT

Earthkeepers

On Thursday, our special guest, Chris, led us on a Native American journey as we explored several Native American stories and learned how to take care of the Earth. We started our journey off with the story of how the first native flute was created, and we learned that it is also known as the love flute because of its origin story of bringing people together. Another story was about how the animals created day and night. The story told about how the spider brought down a piece of the sun and then the tiny frog and the big bear argued back and forth about how much day and how much night there should be, until at last the tiny frog one and the sun came for one day and left for one night, as we have today. From this story, our campers learned that no voice is too small, and that they can always stand up for what they believe in. We heard many more stories told by native people from places like Maine, Washington, Arizona, and North and South Carolina. The stories taught our campers about respecting their elders, using what they need and not taking too much from the Earth, the importance of taking care of the Earth. Our campers, of course, loved getting up close with the corn snake and the box turtle. Many campers had the chance to hold the corn snake and pet the turtle. We also were able to see Granny Spider the tarantula. We truly had a great time exploring the Native stories with Chris.

SHARE WITH US

Campers may submit artwork, writing, songs, or other work to post in the newsletter every week! Parents may share testimonials, anonymously or not, to post in the newsletter. Please contact Asst. Camp Director, Amanda "Betta" Held to submit to our newsletter, at campassist@campfireusa-illinois.org

CIT LEADERS

This week our CIT Leaders learned what it takes to be a good leader, and put their skills to the test leading younger campers in games, and rules and expectations for camp. We also learned how to set SMART goals, and set our own goals for what we'd like to learn and accomplish as CIT Leaders.

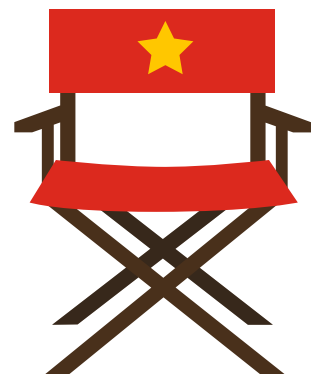
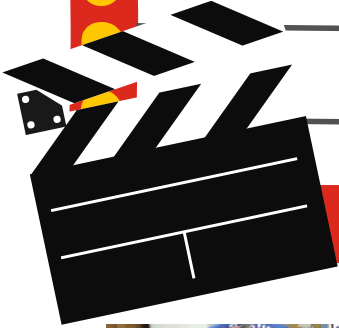
GRAND COUNCIL FIRE

Camper families are cordially invited to attend our closing Grand Council Fire Meetings. Each week features songs, skits, and our weekly camper awards!

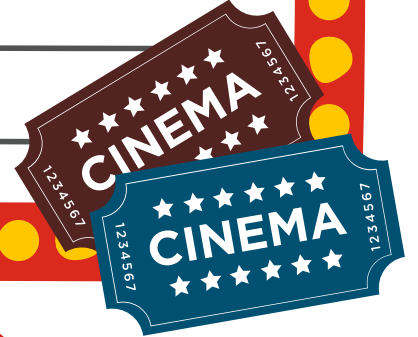
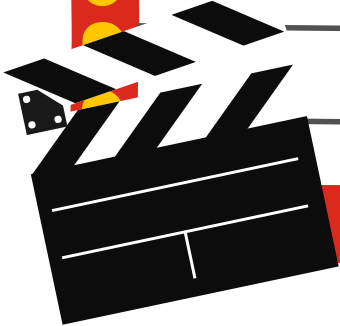
*This week,
Grand Council Fire
begins at 3:15 pm!!*



Weekly Highlights



Weekly Highlights Continued



ASK THE STAFF

PARENT Q & A



Q: These mosquitoes are driving us crazy, is there anything else we can do?

A: We're glad you asked! Mosquitoes can be especially tricky during the summer months, particularly after all of the rainy and humid weather we've had lately. Because we are an outdoor camp, and because we are located so close to the trout farm, we experience more mosquitoes than you might have in your own backyard. We encourage all campers to apply and reapply bug spray throughout the day, especially if we are doing activities in the woods. Bug spray with at least 25% deet is recommended. There are also natural additions and replacements discussed on the next page, for those who are interested in trying.



Q: Which days does my camper need a packed lunch?

A: Campers need packed lunches every day except for Fridays. On Fridays, we have a lunch cookout and provide a hot dog lunch to all campers. We do have a refrigerator on site for campers to store lunches. However, during some field trips, we may take our lunches with us, and in these cases, campers should have freezer packs in their lunches to keep them cold until lunch time. Notice will be given in these cases.



Q: How can my camper participate in the CIT Leadership Program?

A: Campers ages 10 and up are welcome to inquire about participation in the CIT Leadership Program. After discussing what the program entails with Ranger, campers will be sent home with a form for parents to read and sign with their campers. Please keep in mind that our CIT Leadership Program is designed to help build leadership skills, and as such may entail homework assignments. For details and more information, please contact Ranger. His contact information is listed below.

QUESTIONS OR CONCERNS?

If you have any questions or concerns, please contact us:

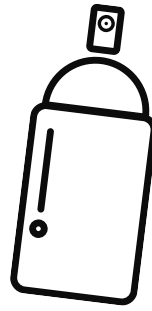
Camp Director Ryne "Ranger" Hanz:
email at camp@campfireusa-illinois.org
phone at 815-690-8692

Assistant Camp Director Amanda "Betta" Held:
email at campassist@campfireusa-illinois.org

Visit us on the web at www.campfireusa-illinois.org



HOW TO KEEP AWAY BUGS NATURALLY



When it comes to repelling bugs, there are many natural solutions you can try in addition to or in replacement of traditional deet based bug sprays. Going natural might seem intimidating, and many people wonder if it is truly affordable. The good news is that you can make natural bug repellent on many types of budgets. Most biting insects like mosquitoes, chiggers, ticks, flies, and also spiders are sensitive to smells around them. Certain essential oils, such as citronella, peppermint, spearmint, eucalyptus, lavender, lemongrass, clove, cedar, geranium, catnip, tea tree, and rosemary, are great for repelling insects. When it comes to choosing which scents to work with, any combination will work, though some will smell better to your nose than others. Because some essential oils may cause minor skin irritation, it is recommended to only spray bug sprays containing essential oils onto clothes and gear, or in the general area you will be, rather than onto skin. When making your spray, it is important to remember that because water and oils do not combine, you will need to add an agent such as witch hazel, rubbing alcohol, dish soap, or vegetable glycerin. I've shared a tested and approved recipe that is fairly inexpensive. More recipes can be found through simple Google searches.

Betta's Bye-Bye Bug Spray

Recipe

3 cups ~ Water

1 cup ~ Vinegar

1 tsp ~ Dish Soap

20 drops ~ Peppermint Essential Oil

20 drops ~ Lavender Essential Oil

In addition to creating your own sprays, many lotions can also be added to your typical bug spray routine to help fend off unwanted insects. In the past, I have personally used a natural lavender essential oil lotion, as well as Bath and Body Works brand Eucalyptus and Spearmint stress away lotion. These have both been effective, and I have had less bug bites while wearing these lotions. Finding your best deet free solution may take trial and error, but is worthwhile when done successfully. Feel free to ask any further questions. Happy camping!

--Betta