

S U M M E R 2 0 1 1 . I S S U E 2 .

the

HI-HILLS HERALD

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BEST SUMMER EVER!

Dear Hi-Hills,

It's hard to believe how fast these past weeks have flown by. Yet, at the same time when I reflect on everything we have achieved, it feels like we have been at camp for a lot longer than 5 weeks. From the countless sports games and craft activities, to my many trips to nature and all the special events, it feels like we do more in a day at camp than we do in a week the rest of the year.

Since I last wrote, I have been lucky enough to experience my first Parent Luncheon, Our KinderCamp Garden Party and the Hi-Hills Annual Carnival. All of which were magnificent and enjoyable events.

So much of what we do here at Hi-Hills is intangible and based around the 'experience' and so as I introduce this week's newsletter, no words could begin to do justice in describing the the fun and excitement on campus each day, especially coming off the back of such an incredible carnival, but, as we would say in England, these guys have certainly given it a good crack.

Enjoy your weekend,

Jack



KINDER CAMP FAMILY FUN NIGHT

Our Kinder Campers rock!! After bringing the house down at the Garden Party last week (special shout out to all who attended)!!!

We are looking forward to our very own Family Fun Night here at camp on Monday, August 1st starting at 6:00 pm. Bring your suits and take a swim, play tennis or miniature golf or lounge by the pool catching up with friends. Our staff will be there, hope you will be there, too! Refreshments will be served. The rain date will be on Tuesday, August 2nd.

Mary Clare

NOTES FROM THE OFFICE

1. Skits for Bunks 11, 12, 13 and 15 will be on August 12th at 3:10 pm. Parents are welcome. Weather permitting, the skits will be held in back of the Camp Office. Feel free to call the office before you come for a definite location.
2. Camp pictures are coming home today (7/29)
3. Keep up to date with what is happening at camp, latest news, special events and pictures at www.hihills.com (website updated daily)
4. The latest camp pictures can be seen at: <http://hihills.com/photo-gallery/>

July Camp Birthday's

We would like to say a Big Hi-Hills Happy Birthday to.....

Jul 3 Duke, Kayleigh
Jul 4 Monto, Joshua
Jul 4 Turso, Lauren
Jul 5 Frucci, Lindsay
Jul 8 Brady, Ethan
Jul 8 Spinelli, Julia
Jul 8 Stansbury, Hartlei
Jul 10 Howard, Laura
Jul 11 Bellina, Robert
Jul 11 Saltel, Anne
Jul 11 Saltel, Kate
Jul 12 Kaplan, Liam
Jul 14 Weimer, Logan
Jul 15 Borrelli, Christopher
Jul 22 Kirst, Caden
Jul 23 Nicholson, Ciara
Jul 23 Williams, Max
Jul 25 Zuanic, Morgan
Jul 26 Escousse, Ava
Jul 26 Page, Annie
Jul 27 Fernandez, Rebecca
Jul 28 Rogers, Graydon
Jul 29 Klein, Carter
Jul 30 Vispoli, Ryan
Jul 31 Aldrich, Brooke

Staff

Jul 8, Ronald "RJ" Rescigno
Jul 28, Marc Gesualdo
Jul 30, Guillermo Gonzalez
Jul 20, Jack Dinwiddy



Drama

We will be putting on our play "The Rainbow Wars" on August 11th, the second parents' luncheon. We will have acting, singing, and dancing incorporated within the play and the art director will be making props and nice scenery for the play. We are all very excited about this play and hope you will be able to come to the show!

Elaine Murray
Drama Director

Follow the latest news
from Hi-Hills Day
Camp at
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Us' and you will
receive updates in your
news feed.

Kinder Camp News,

I can't believe we've past the half way mark... it is true – “time flies when you're having fun!” Our Garden Party was delightful... we enjoyed seeing old friends and meeting new. Thanks to all who attended and a special thank you to Elaine Murray, our music instructor for her time and patience with us...she always manages to bring out our best singing voices.

Carnival Day was an especially fun time for our campers...we didn't know which game or booth to try first and it is not true that the cotton candy was as tall as some of our campers – almost but not as tall.

We are looking forward to our Annual Family Fun Night, a great way to spend the evening relaxing with family and friends! Hope to see you there!!

Mary Clare Kubicz
Kinder Camp Director



Bunk 1

Hi ho, hi ho it's off to camp we go...Bunk #1 is having so much fun...Hi ho, hi ho...or should we say Hi-Hills! Week 5 has started and Bunk #1 is having as much fun as ever! During the extremely hot days we spent a lot of time in the pool, where Matthew and Ariana have made huge strides in instructional swim. We also had our Garden Party last week; where Gabby did a great job singing loud and proud for all to hear. Dance was a new activity for us... and Nickolas showed us all the cool moves he had. Finn showed us his artistic talent when we made bowls in pottery and Priya did a very good impression of a Flamingo in tennis. Zachary learned how to twist lemons for lemonade in cooking and Oliver did an outstanding job playing “Clean Your Room” in athletics. Brendan has been building some wonderful sand creations in our playground. Bunk #1

was sad to see our friends Brady and Austin leave us but hopefully we will see them again next summer. Camp may be half over but Bunk #1 is going to make the most of the rest of the time we have left here at Hi-Hills!

Beth and Sarah



Hello from Arts & Crafts

After a great first few weeks, Arts and Crafts at Hi-Hills is continuing to interest and excite campers! Campers have been overjoyed to be painting the last few weeks. Boys have been painting and building bug motels and girls have been working on painting and building nostalgia boxes. Kinder Camp kids have been working on paper lanterns and their own place mats. Also, with the current Kinder Camp theme being bugs and insects, the kids will be making bugs out of pinecones. Sand art, a camp favorite, will be done with both boys and girls this week. Then, the girls will be creating their very own leis out of tissue paper and ziti, and the boys will be starting an exciting building project. In the weeks to come, exciting new art projects are a definite!

Jackie Graham



UPCOMING SPECIAL EVENTS

AUGUST 1ST
Family Fun Night
KinderCamp

AUGUST 1-5
Sportsmanship
Week

AUGUST 8TH
Picture Day (Make
up and Retakes)

August 11th
Parent Picnic

Bunk 3

Bunk 3 would like to say a sad goodbye to Lila & Sofia C., and a happy welcome to Haven! Sofia C. and Sofia V. enjoyed pony camp this week! This week was also carnival! Lucy, Angelina and Campbell liked the Bouncy House where they were able to race each other. Austin had his face painted like Spiderman and Brayden had his face painted like a football player! Layla's favorite part of carnival was the yummy cotton candy. Christopher is really enjoying dance class and Benjamin's favorite activity to do is swim!

Kelly and Kim



Bunk 5

Time has been flying by in Bunk 5. The past few weeks we have been so busy with fun activities. Last Wednesday we had a Scooby Doo Mystery Day in Bunk 5. We made Scooby snacks and then solved a Scooby Doo mystery. It was definitely the highlight of the week for everyone. Last Thursday, we sang our hearts out at our Garden Party, and we really enjoyed the cake and ice cream. We are pleased to say that our Platypus story won first place in the Hi-Hills story contest!! Needless to say, we have been having lots of fun in Bunk 5. Dylan and Lizzie are really enjoying pottery with Mr. Nathan and their clay creations are magnificent. Carter, James and Caden are Bunk 5's tennis champs and they keep improving their skills every week. Liam and Myles really enjoy building Lego structures and their latest are the Vampire and Ghost express vehicles. Allie and Isabel have had lots of fun playing in the sprinkler and it helped them to keep cool during those hot summer days. Last week our friend Eguardo left camp to go on vacation; we will truly miss him. The next few weeks Bunk 5 is looking forward to the Kinder Camp Late Night and making bug creations during our "Goin' Buggy" theme.



Meredith and Monica

Special Events,

Carnival was a huge success enjoyed by all campers and counselors. Cotton Candy is always a hit at this special event. Teen Travel and campers enjoyed the Wrecking Ball as they played in groups of 4 looking to see who could knock each other off of the pedestal into the cushioned pit below. Prizes, prizes and more prizes the campers earned points towards their desired prizes. Campers from bunks 11 through bunks 23 assisted their counselors in creating their booth. Campers learned how to help other campers as they came up to their event to play a game, get a tattoo, etc. It was great to see campers actively playing games, having fun as well as leading their bunks activity with their peers.



Dress Up Fridays - Campers enjoy dressing up each Friday to receive small token prizes in bunks 11 – Teen Travel. Please look to the Hi-Hills Herald and Hi-Hills website for the updated dress up days.

I am looking forward to our Pirate theme during week 7 when the campers will be walking the plank at our pool, scavenger hunt, and our Pirate Raft Racing at the pool. Which Counselor will go down with their ship? Should be loads of fun!

Mindy Schwartz
Director of Special Events

HI HILLS CAMP SONG

Hi Hi Hills
How how are you?
Feels so good just a walkin' through the woods
Let the sun shine (clap)
Cause it feels so fine
Hi Hi Hi Hi Hills

Since camp's begun we're gonna have some fun
It's a good day for a swim
The water's fine we'll have a real good time
So let's all jump right in

Hi Hi Hills
How how are you?
Feels so good just a walkin' through the woods
Let the sun shine (clap)
Cause it feels so fine
Hi Hi Hi Hi Hills

Everything's okay at the end of the day
And when the summer ends
Give a smile all the while
Cause you made so many friends

Hi Hi Hills
How how are you?
Feels so good just a walkin' through the woods
Let the sun shine (clap)
Cause it feels so fine
Hi Hi Hi Hi Hills



Nature Corner

As the camp season progresses, a variety of different activities continue to keep the children busy in Nature. We've played bug, reptile or science bingo, picked beans, peas, and squash from the Gill Garden, took our second wade into the Peapack Brook, and went on a nature scavenger hunt.

For the carnival, the children tried their luck tossing ping-pong balls into floating flamingo cup holders.

For Sportsmanship Week, each team will be cheering on their team's cockroach. That's right, cockroach. We are having Giant Madagascar Hissing Cockroach races. Good luck to both teams and may the best cockroach win.

As the fifth week of camp comes to an end, I continue to enjoy seeing the excitement the children have when they come to Nature.

Spending time with your children in Nature continues to be very enjoyable.

Mr. Nature

Paulie, The Platypus Adventure Story

(Written & Created by Bunk 5)

Paulie, the Platypus lived in the ocean. He didn't look like other platypi. He had red zigzags, a rainbow bill and super large green feet. One day he was swimming in the ocean and he was thinking about how happy he was to be Paulie, the Platypus.

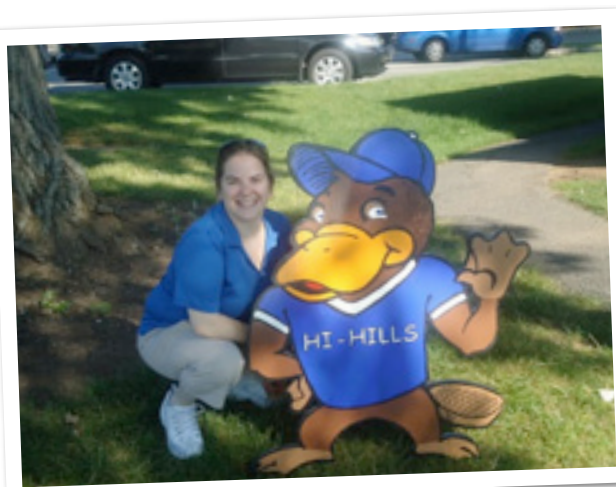
All of a sudden he had a huge net surrounding him and he was being lifted up out of the water. Pirates then threw him down on the floor of a huge pirate ship. The Pirates then led Paulie down a dark hallway. They pushed him into an office, and he saw a big scary man with a black beard, dark creepy eyes, and ripped up clothes. Paulie looked down at the Pirate's legs and saw that he only had one leg! Then, he looked at his hands and saw that the pirate had a hook for a hand! His name was Blackbeard and he was in control of the ship! Blackbeard said, "you are the Platypus that stole my treasure and until I have it back I'm going to lock you up in jail."

Paulie was put in a dungeon on the ship and then he was brought to a huge scary castle on Seaweed Island. Zombie ghost monsters were there to greet Paulie and the Pirates. The zombie ghost monsters were the scariest things Paulie had ever seen. They had huge sharp teeth and red and yellow striped eyes. One had skeleton ones, one had crocodile skin and one had 5 hands! The zombies grabbed Paulie and put him in a jail cell in the basement of the castle. Paulie was very scared and he started to cry. He hadn't eaten in 3 days and he was so hungry. He stayed in the jail cell for five weeks until one day he heard a huge scary rumble coming from upstairs.

It sounded like the walls were falling down above him. The zombie ghost monsters were sleeping and they didn't wake up when they heard the sound. Out of the corner of his eye Paulie saw a man hiding in the corner. He knew that this man was, Super Kyle Kirst! Super Kyle knew that Paulie is not Blackbeard's treasure, so he came to rescue him. Super Kyle Kirst had laser beam powers, a magic wand that could make people sleep, and he had amazing super strength.

All of a sudden the zombies woke up and took out their laser swords. Super Kyle used his magic wand to zap the zombies into a deep sleep. Super Kyle grabbed the keys from the zombie's pocket and unlocked the jail cell. Paulie said, "Thank you so much Kyle.

You've saved my life!" Paulie and Super Kyle escaped from the castle and flew up into the air. Super Kyle said to Paulie, "I have a really exciting place that I'm going to take you to. It's Hi-Hills Day Camp. They have really fun things to do there like cooking, swimming and arts and crafts. Since you are such a nice Platypus, I know that you will make some really great friends and have a great time at camp this summer." So, now Paulie spends every summer at Hi-Hills Day Camp, and because he is everybody's favorite he has now become the camp mascot.



Highlights from the Lower Bunks,



Even the scorching heat of the last two weeks could not diminish the enthusiasm of the Hi-Hills campers! They applied some extra gooey sunscreen and kept themselves hydrated with plenty of water strategically placed around campus. They spent extra time in the pool and whenever possible they kept cool with activities in our air-conditioned Game room and Athletic Center. They stayed as happy and as lively as if it were just another fun day at camp.

Our parent luncheon was a great success! We had a record number of parents attend, which made the children so very happy. Everyone enjoyed a nutritious lunch prepared by Chef Anthony and the children proudly introduced us to their family members. We learned all about their moms and dads all afternoon. They were so happy to have their parents and siblings there with them that day. Miss Elaine, our Music teacher, provided some wonderful music for a fabulous afternoon lunch as well.

On Smurf Day, the children painted their faces blue, wore Smurf masks and even wore little white Smurf hats. They were very involved in having a great time. Miss Mindy our entertainment coordinator does a really nice job in creating lots of spirit for all of our dress up days but again, the campers went all out! Frankly, it was remarkable to see so many campers dressed up in spite of the heat. Even our Director, Jack, was dressed as a Smurf for the day, blue face and all.

Carnival is always one of the highlights for the kids. They love to create their carnival booths and then to have other campers play their games. They enjoy the cotton candy and love to win the game prizes. Of course, it was hard to finally get them off the Wrecking Ball and some of the other special activities that arrive on campus during Carnival, but it is worth it to see the joy on their faces. Thanks, Hi Hills campers for being so COOL, especially on such hot days!

Donna Butler

Hi-Hills Music Program

The campers have been wonderful and easy to teach. The third week the campers learned about tone color which is the specific and unique sound of any voice or anything that makes a sound. (instruments, people, animals, automobiles, etc.). We played "the tone color game" where each camper closed their eyes while I or someone else that volunteered would go around the room making a sound with something and it had to be identified. Tone color is very important in music expression. Composers think deeply about which instruments should play certain themes in their works.

The fourth week the campers were taught about the music sign language called "Solfege". There are hand signals for "Do, Re, Mi, Fa, Sol, La, Ti, Do." The higher Do at the end is held higher to demonstrate the higher but same tone as the lower Do. We had fun singing "Do Re Mi" from "Sound of Music" using the hand signals.

At the end of our music lessons, we have a lot of fun playing various games.



Elaine Murray

Bunk 11

These past few weeks have been busy for Bunk 11! Surviving the heat during Smurf week and getting ready for carnival, we have been all over camp! All the way down in nature the boys went on a scavenger hunt with Bunk 13, in the search of bugs, spiders, leaves and even Chinese walnuts! In cooking, the boys made tasty sand (vanilla pudding and crushed cookies) for snack! This Wednesday, was carnival, where Bunk 11 hosted a pie eating contest which was a HUGE success!

The boys won tickets all over camp and used them to get some awesome prizes at the end of carnival. As always, the boys have been improving steadily in swim lessons and on Fridays play games like diving for rings! Pottery is a favorite, they have made some fantastic impressions, bowls, and sculptures already! As camp comes to a close this week, the boys look forward to late night! Bunk 11 is excited for the next few weeks of camp!



Catherine and Anthony

Bunk 12

Phew.....We made it through the heat wave!! Wow..... We can't believe its week 5! The Bunk 12 girls have bonded and have created unbelievable friendships. We all had the best time at our Pajama Party. The girls enjoyed their manicures/pedicures and "pigging out" on popcorn. Amanda, Jordan, Elizabeth and Ashley were very proud of their polka-dot finger and toe nails.

It has been such a pleasure to observe the girls excelling in all the special areas. Anna has overcome her fear of jumping in the water. The pride on her face was priceless. Taylor and Kate have demonstrated a tremendous amount of energy into Tennis. Our girls love music and dancing. They are learning various steps in Dance. Katie and Hunter have made a huge effort to learn the Box Step, Grapevine and Leaping. We all enjoyed picking green beans and zucchini in the Gill Garden. Dakota was very proud of her gigantic zucchini! Sofia and Madison impressed us with their creativity during Pottery. They made beautiful animal pinch pots and leaf slabs.



We are looking forward to what is coming up in the next few weeks of camp. The girls are excited to perform in our skit in week 7. In addition, we had Carnival this week and Sportsmanship week is next week. Bunk 12 is full of energetic young girls who enjoy everything Hi Hills has to offer. We are very proud!

Jen & Emily

Bunk 13

The summer at Hi-Hills has really started to pick up. The boys have been busy having fun with various activities. In Cooking, the boys have enjoyed making pop-up pizza and sand cups. In Nature, the scavenger hunts in the stream and field are always a fun adventure for Bunk 13. Another fun activity was picking the string beans that the camp enjoys for lunch, in GSB's new garden. In this extreme summer heat, the game room has been a popular choice for the boys. They enjoy sharing and showing their creativity with the Lego's. Also, the boys enjoy playing the card game Apples to Apples. In athletics, the boys have grown by leaps and bounds with their sportsmanship and teamwork.



Ryan

Camp is a Special Place....

One of the true beauties of camp for me is how camp fosters growth in everyone within the community, no matter what age or stage of life you're in. I learn something new everyday, whether it be about myself, a colleague, a game, or even an approach to better manage a situation. I know you're probably thinking this occurs in most environments, but camp is unique, camp is an environment away from the real world, a break from that 'pressure' in school and society. At camp everyone is accepted for being themselves, at camp everyone is our friend, at camp everyone has the opportunity to try new things and discover new hobbies as they begin to find their place in this world. At camp our children can spend time growing naturally, in a 'safe' and 'positive' environment that focuses on promoting self esteem and confidence in it's people. AND the greatest thing about camp is, it's all based around the principle of 'having fun', so most the time you don't even realize you're learning new skills, and developing as a person.



I feel privileged to be apart of this remarkable camp community, where I am still learning just as much today as I did on my first day at a camp almost 10 years ago.

Have a lovely weekend,

Jack

Bunk 15

We had a blast week 5 in Bunk 15. New counselors to the bunk, but not new to Hi-Hills. This week: Valerie has been known to play a mean game of kickball or two with bunk 23 this summer. Anthony already knows all the campers from being one of the best lifeguards at Hi-Hills. Elliott works close with Bunk 15 as an outstanding archery teacher. This week has been filled with fun activities. We practiced archery skills, and even had a full bulls-eyes. It started to rain cats and dogs, but that didn't get us down. Our bunk loves working up a sweat while playing crazy games of GaGa. Wednesday was our awesome carnival. We ate cotton candy, won lots of prizes and challenged each other all morning on the Wrecking Ball.



Valerie, Anthony and Elliott

SUMMER THEMES AND DRESS UP...

AUGUST
5TH

Team Spirit

AUGUST
12TH

Pirates

AUGUST
19TH

Design your own
Shirt

Bunk 16

These past couple of weeks have been fun and exciting. Becky, Lily and Lindsay were all Queens of the court in tennis, smashing the competition! Meghan and Erin were expert tattoo artists at the carnival while Amelie and Kirsten raced each other through the inflatable obstacle course. The girls had some excellent costumes for Smurf Day! Catherine and Mariel made great art projects at Arts and Crafts. Julia and Elizabeth are naturals at acting when practicing for the play. Ella, Ava and Gabby loved learning new dance moves. Jolie, Sara and Elizabeth ruled the GaGa pit even getting the counselors out! We are looking forward to a great 2nd half of camp!

Danielle and Megan

Bunk 17

Halfway through the summer, Bunk 17 continues to dominate Hi-Hills Day Camp! These guys have been everywhere and done it all: Ga-Ga in the pit, kickball in the old gym, exploring the stream during Nature, picking vegetables in the garden, and performing a creative Star Wars skit for the whole camp to enjoy. As always, Counselors Marc and R.J. lead this stellar group of future all-stars: Peter B., Owen, Ryan, Mitchell, C.J., Jeffrey, Philip, Edward, Matt, Timmy, Noah, Joshua, Charlie, Peter S., Adam, and Alex. The bunk is still looking forward to the rest of the summer's events, including carnival, fishing, and league playoffs. Keep up the excellent work, gentlemen!



Marc and RJ

Bunk 22

We have successfully made it halfway through camp as we enter into our 5th week and the girls are excited for what we have next on our agenda. Our Sun Rise Lake trip to Mendham last Fri. July 22 had to be canceled due to extreme high temperatures. We were really looking forward to going but we still have 2 more trips to complete before the end of camp.

This week we went on our fishing trip which went very well. The girls caught a total of 11 fish but no take home, maybe on our next fishing trip.

Victoria Ackert caught 2 fish, Annie Page caught 2 fish, Katie Lazaar caught 1 fish, Kallie Mangean caught 3 fish, Savannah Sussman caught 2 fish and co-counselor Nicole Pisak caught 1 fish.

All the girls did a great job. Our carnival was on Wed. July 27th and we face painted and did manicures at our booth. The girls had a blast working at our bunk's booth.

Sportsmanship Week will be coming up soon for the 6th week and that is definitely going to be a challenge as the girls show their athletic skills and competitiveness as well as good sportsmanship. Go Hi-Hills!

Congratulations to Eliana Schach for winning The Sports Authority Award for Athlete of the week for Girl's Leagues. Way to go Eliana!

Maria, Nicole and Lauren



Bunk 23

A Berry Pickin' We Will Go!

Did you know Bunk 23 has their own secret Raspberry Patch? Actually we have two located in different areas of the camp. As the summer began the bunk checked the growth. We waited anxiously as they changed from orange to red. By weeks 3 and 4 they are ripe enough to pick.

Our bunk makes its own berry juice by adding water powdered sugar. OH SO GOOD! Whether just picking or eating them a good time was had by all!

Gary and Will

DANCING WITH MARISA!

Even in week 5, dance is still going strong. The campers come into the dance room so excited and love to play games, with freeze dance being a favorite by all. We begin class by learning a variety of stretches. I've been teaching the campers all different dance steps where they practice them and then add their own personality into their moves. The girls' bunks have been learning a dance combination where they can just dance around doing cool and fun steps. The boys' bunks have been very enthusiastic about dance and keeping up with all of the steps. I enjoy being the dance teacher at Hi-Hills Day Camp, and I hope your children are enjoying dance as much as I am.



Fishing with Em!

Fishing continues to be lots of fun, very competitive and successful! Bunk 23 tied the record of 20 catches held by bunk 12. Round one will conclude after bunk 17 returns from fishing on July 29th. Please go to our website and see some of the catches of the day. Round two will begin week 6.

POTTERY:

We've been flying through clay down at the scout cabin. In five weeks, we've used almost 500 pounds of clay! That's almost 100 pounds a week! In the past two weeks, the campers have been learning how to use a pottery wheel, with tremendous results. I am amazed



at the quality of all the cups, bowls, vases, & even volcanoes that have been created by the campers of all ages. The final glazed pieces of thrown pottery will be coming out of the kiln soon, and I can't wait to see the outcome!

-Pottery Dude

Em Foster
Fishing Director



ARCHERY

This is Elliot from archery and I would like to say that we are having an amazing summer so far. All of the campers that participate in Archery have been improving their skills. Each class that I have gets at least 2 bull's eyes. This past week, we have been shooting at balloons on the target. A camper in bunk 23 shot 2 balloons out of 3 shots – this is awesome!!! I'm having a great time this summer teaching the campers in archery.



Sportsmanship Week is Coming...

Hi-Hills is getting geared up for Sportsmanship Week starting August 1st. Sportsmanship Week is a Hi-Hills tradition in which the camp is broken up into two teams that compete in a wide variety of competitions throughout the week. Teamwork and good sportsmanship are hallmarks of the weeklong experience. The famous Hi-Hills Giant Pasta Hunt and campus-wide Apache Relay are just two of the many events in which the campers will be participating.

Swim!

We are ending the fifth week of camp and instructional swim is going



very well. The level ones are blowing bubbles and putting their faces in the water.



The level twos are floating on their back and gliding around the pool. The level threes are working on the front crawl, backstroke and treading water, so they can swim two laps in the pool. The level fours are working on their strokes; the sidestroke, the butterfly stroke, the elementary backstroke, and the breaststroke. They have also been improving their front and back crawl.

In addition to instructional swim, we had some fun days in the pool. The campers have been playing water polo, tag games and diving for rings.

Augie Lorio

LEAGUES

IT HAS BEEN AN EXCITING WEEK SO FAR IN ATHLETICS. FIRST OFF, IN BOYS' LEAGUES ON MONDAY THE RUNNING MIDGETS DEFEATED THE SKY ANGELS IN TENNIS BASEBALL 12 - 3. THEN, IT WAS THE GREEN LANTERNS DEFEATING THE GLADSTONE GLADIATORS 14 - 4 IN BASKETBALL. IN THE GIRLS' LEAGUES ON MONDAY IT WAS THE MANIACAL MONSTERS DEFEATING THE DEVIUS DINGOS 4 - 3 IN TENNIS BASEBALL AND IN BASKETBALL IT WAS A WHOPPING DEFEAT BY THE CURIOUS CHEESECAKES 20 - 0 OVER THE MAGICAL MANGOS. ON TUESDAY, THE BOYS BATTLED AGAIN! IT WAS THE RED HOT GREEN LANTERNS DEFEATING THE GLADSTONE GLADIATORS IN TENNIS



BASEBALL 14 - 3. IN SOCCER, STILL PLAYING STRONG AND HOLDING THEIR OWN IT WAS THE SKY ANGELS 6 AND THE RUNNING MIDGETS 4. THERE WERE NO LEAGUE GAMES SCHEDULED FOR WEDNESDAY DUE TO CARNIVAL. THE GIRLS WILL PLAY THEIR LEAGUE GAMES ON THURSDAY AND THE BOYS WILL FINISH UP ON FRIDAY. GOOD LUCK AND KEEP UP THE GOOD ATHLETIC SPIRIT!



JOHN BELLINA

Cooking with Mary Clare

Each week we are trying new recipes mixed in with favorites from last year. Dirt cups and sand pies were a refreshing snack during last week's heat wave! Teen Travel made pancakes supreme and homemade blueberry muffins served with OJ and cranberry juice for a delicious breakfast. This week we made butter cookies in a variety of shapes and decorated them with assorted icings and toppings! Summer fruits will make a yummy salsa for next week's snack...Can't Wait!!!



Mary Clare

Teen Travel

Week 3 brought the much-anticipated trip to Club Gateway. The Teen Travel group won all three nightly contests against the numerous camps competing against each other. Contests involved singing, hula-hooping, egg toss and many other fun and quirky events. Guides Chris and Lori provided our group with fantastic memories including the trip to the beautiful waterfall.

Week 4 provided a taste of both urban and rural scenery. Tuesday's trip to Camelback beach was a fun way to escape the heat enjoying various water rides. At the Broadway theatre the group witnessed a spectacular

performance of Sister Act. To round out the week, the Teen Travelers ventured into the woods to battle each other in games of laser tag.

Week 5, saw slipping and sliding at the ice rink. On Wednesday, the group witnessed the much-anticipated last

movie of the Harry Potter Series. On

Thursday, for the first time at Hi-Hills the kids participated in paint ball games including capture the flag and storming the castle.

For anyone who is interested in the week 7 trip (August 8 – 12) to the Jersey Shore and Hershey Park please call the camp as soon as possible to make arrangements.

"The Platypus Camp Song"

The platypus is our mascot
Hi Hills is very proud.
It has a beaver's tail
That stands out in every crowd.

They can swim, really great
Just make sure you're not its bait.
Don't mock it, or give it zingers
Or it will get you with its stingers!

It looks kind of different,
Its nose looks like duck bills.
So that's why we'll keep it
At our great camp, Hi Hills.

Elaine Murray



Hi-Hills Tennis

It is difficult to believe that we are already deep into week five at Hi-Hills Day Camp! Thankfully, the oppressive heat has passed and we are quick to seize the opportunity to play as much tennis as possible in the great outdoors. Our collective tennis skills are improving, nonetheless the focus remains on the camper's enjoyment. After all, "if tennis is fun, they'll keep playing. If they keep playing, they're going to learn something along the way. And the more they learn, the better they will perform" (Quickstart Tennis, 20).

To this end, the Kindercamp bunks played Flamingo and Frog Hops before wielding their racquets and striking the balls off their forehand and backhand sides. We received many creative suggestions from the campers. We moved throughout the court imitating various animals until the call of "flamingo!" prompted everyone to try and stand on one foot with both arms spread out to the sides. Tunnel Ball and Rolly Polly were two additions to our skill exercises over the past weeks. The more smiles and laughter, the better.

The older campers were introduced to movement exercises such as Bungee Jump, Slamma Jamma and Red Light - Green Light. All three are designed to improve one's confidence in handling the racquet and controlling the ball. Slamma Jamma, for instance, has the campers paired up with one another in an effort to move from the baseline to the net. They progress by successfully passing and catching the ball on one bounce and then side shuffling to the next marker. The new skills exercises were Survivor, Clean Your Room, Tag Team Singles and One Ball Live. In the latter, two pairs of campers sustain a rally on the same court at the same time, imagining a line that vertically divides the court. As soon as one pair makes an error, they shout out "one ball live" and the remaining ball is played out among the four. Keen vision and alert footwork are essential to success!

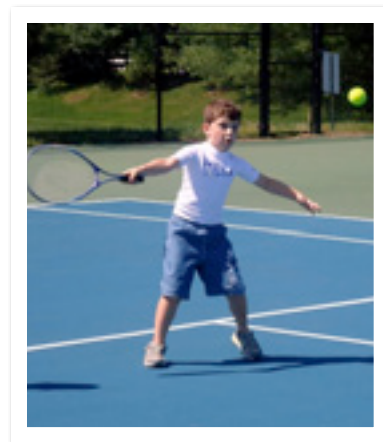


Yours in Tennis,
Marc Willemsen

Congratulations!

Tennis Player of the Day!

Our tennis players of the week are Annie Page and Abigail Rogers from Bunk 22, Lindsay Frucci, Lily Lorio and Rebecca Fernandez from Bunk 16 and Matt Capalbo and Alexander Girgis from Bunk 15. In addition, the first five Platypus pins were awarded this past Friday. Congratulations to Anna Leung (Bunk 12), Elizabeth Leclerc (Bunk 16), Andrew Fillippelli (Bunk 15), Jake Cohen (Bunk 11) and Owen Brady (Bunk 17).





Meet the staff of Hi Hills...

Beth Hansen – This will be my 8th summer with Hi-Hills. I have a B.A. in Psychology and an A.A. in Early Childhood Education. I have worked with children of all ages for twenty years, with the last eight in a Special-Ed Preschool. I enjoy helping children learn and discover the world around them. In my down time, I enjoy reading, knitting, crocheting and spending time with my family.

Mike Trapani - Mike is entering his 4th year at Hi-Hills and his first as an office supervisor. Mike received his Bachelor's degree in History and Master's degree in Secondary Education from Farleigh Dickinson University. During the school year, Mike is a 7th grade Social Studies teacher at Bridgewater Middle School. He also coaches the Middle School Baseball Team and the Bridgewater High School Summer Legion Baseball Team.

Chuck Hogan – Chuck holds a B.A. in Early Childhood Education from Kean University. He is a 3rd grade teacher. He runs the school's Science and Environmental clubs. Chuck presents wildlife and nature programs to Scout Children's groups. He is an American Heart Heartsaver Instructor in First Aid, CPR, and the use of A.E.D. Chuck enjoys fishing, hiking, and keeping exotic animals. This is his 12th summer at Hi-Hills.

Catherine Sharretts – I am eighteen years old and I love to work at summer camps! I have worked at camps for four summers now. I have worked at a preschool, a boy's sleep away camp and volunteered at elementary schools. I am going to American University in the fall with plans to study Public Affairs. I am very involved in several club s and I love to work with children.

Jennifer Monto – I am a Special Education Teacher in Scotch Plains. This is my 6th year as a counselor at Hi-Hills. My two sons also attend the camp. I have my Master's Degree in Special Education. I enjoy running.

More Staff profiles next week...

C.I.T. Program

The Counselors in Training each week have the opportunity to evaluate their feelings towards how they liked their current placement, suggestions, and rated their assignments. Each week I look forward to meeting with my junior team in discussing concerns, feelings and offer suggestions on how they can improve their activities within their assignments. Counselors as well get to evaluate their C.I.T. of the week.



Recipe of the Week MARY CLARE'S BANANA BREAD

Prep time: about 90 minutes

Ingredients:

- 2 eggs
- 1³/₄ c. sifted flour
- 2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/2 tsp. salt
- 1/3 c. vegetable oil
- 2/3 c. sugar
- 1 c. mashed bananas (about 3 bananas)

Directions:

1. Preheat the oven to 350° F (180° C).
2. Beat eggs well in a small bowl.
3. In a medium-size bowl, sift together the flour, baking powder, baking soda, and salt.
4. In a large bowl, add the vegetable oil. Add the sugar a little bit at a time, and continue beating until the mixture is fluffy.
5. Add the eggs to the mixture in the large bowl and beat well.
6. Add some of the flour mixture to the large bowl and beat well. Then add some of the mashed bananas and beat some more. Continue adding flour, then bananas, then flour, then bananas, until everything is mixed in.
7. Pour mixture into the baking pan. Bake for 70 minutes.
8. Flip your banana bread out of the pan, let it cool for a bit, and cut it into slices to eat and share!

