



# News

Editors: Katie, Holly, Matt, Josh

Practically Summer, 2017

## What's been going on at Onas?

We've been cleaning, painting, and organizing getting everything ready for summer. The dining hall is all set up, the pool is almost open, and we have a full staff and group of campers who are going to make this summer one to remember.

Now, we are just counting down the days 'til our counselors arrive for pre-camp orientation and training, and campers start arriving on June 25!

We can't wait for all of you to get here and to get this summer started! See you soon!

- Holly and Matt

## Looking Green ...



The rainy spring days may be a bummer now, but they are feeding our gardens and trees for a lush summer! The thirsty leaves are ready to provide our campers shade and provide a beautiful mean lovely home to the bugs and birds. The spring flowers are in bloom for the spring school groups that are at camp now ... helping our staff get geared up and ready for the real deal—YOU!

We are beyond excited to share this gorgeous space with all of you! The Camp Onas community could not be more thrilled to spend another summer on this beautiful land making memories to last a lifetime.

We hope you guys are excited too so here are a few tips and reminders to ensure everyone can be the happiest of campers!

## Which is Poison Ivy?



## Plants at Camp

Wild Raspberries are a camp favorite, BUT scavenging for these sweet treats can put you at risk! No need to worry, if you get your Berry Picking Permit you will learn which plants are safe and which to avoid. The berries should be red and bumpy... not your skin!



## Getting Ready for Camp— Ticks & Bug Spray

Camp is full of fun and games but it can also be full of ticks! Before you come to camp, please practice putting on bug spray and checking for ticks with your parents. Also, remember to pack long socks for hikes and games in the woods/Upper Fields and spray your shoes. We'll go over all of this with you again during the summer, but practicing at home will help you keep those suckers off of you while you are at camp.

a. poison ivy b. wild raspberries c. virginia creeper d. wild strawberries

# Counselor Hunt!

How many Onas counselors can you catch? Hint: Look in EVERY direction!

R T R N N N N G N L S I D K Z  
 E G E T I I W E M Y E I M A J  
 L R P L C N M K D G S M F Q I  
 Y A O K O R A N K R O V E R T  
 T C O E A I E B E T H A N Y S  
 J E C C E Y V L A A I M H N O  
 A S T O U M Y S R R A D S A P  
 S X O E E U A R A I I V O T H  
 P P M L H J Y J L M X A J E I  
 E C E C V D A S H L E Y N U E  
 R D S N E Y L L O H M I U A P  
 A J K X C T J A C K K I T M Z  
 F D T C T E A L E X M M L A E  
 D E L A A D R E L I Z A S E K  
 R Y M Q Y Z O A E N O I V I S



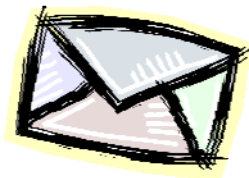
## AN ONAS DAY

- 7:30-The wake up bell rings.
- 7:45-Set up bell for breakfast
- 8:00-Breakfast begins
- 8:30-Crews and tent cleanup
- 9:15-First Period Assembly and Activity Period
- 10:30-Second Activity Period
- 11:30-Free Time until Lunch
- 12:00-Lunch
- 12:45-Lunch ends and campers return to bunks for rest hour
- 1:50-Third Activity Period
- 3:00-Fourth Activity Period
- 4:00-Free time until Dinner. Fruit snack and free swim from 4:00-4:45
- The camp store opens from 4:45-5:45
- 6:00-Dinner
- 7:15-Evening Activity
- 9:30-Return to bunks for bed and to do .....

## Do you want your friends to write to you while at Onas?

Don't forget to give them your camp address. Here's it is:

Your Name  
 Camp Onas  
 609 Geigel Hill Rd.  
 Ottsville, PA 18942



We can't wait to see you really soon!

## Parents Corner

### Staying Healthy at Camp

Our goal is for all of our campers to be happy and healthy. Here are ways you can help...

Complete the **24-Hour Health Check Form** by checking out your child before arriving to camp, and bring it with you. Please hold back any child who has been sick in the past 48 hours. The form was in your registration packet, and is available in the forms section of our website. Please, please, please do the lice check the night before or the morning of arrival. If you find something, or are unsure, give us a call before coming to camp. We will talk you through what to do.

Are you bringing medications to camp? Prescription medications must come in the original container with your child's name, dosage, directions, and prescribing health care provider on the label. **That includes inhalers!** Bring enough daily OTC medications (such as Claritin, Zyrtec, etc.) to last the session. The Onas infirmary has medication for the occasional upset stomach, cough, allergies, and any aches and pain, so there's no need to pack the medicine cabinet. Actually our infirmary is not that big a place!

We use weekly pill boxes to dispense camper medicine, you will be expected to place the first week's meds into the daily slots when you arrive along with writing out the instructions on our form, it similar to the Health Form medication section—we will do this together when you come to the Nurses' Table. You are welcome to bring a prepared pill box for your camper in addition to its original container.