

What's been going on at Onas?

This summer we have many new additions to camp! We have lots of new campers coming to Onas for the very first time! We can't wait to share this wonderful place with all our new friends. Also joining us is a fresh batch of Camp Aides and some new cooks as well. Be on the lookout for both new and familiar faces in the Camp Onas Kitchen this summer! Be sure to give them a warm Onas welcome to thank them for all their tasty cooking.

Looking for some new scenery? We have brand new flower beds right outside the Texas Room!, Built by a few Onas staff members, they are packed with all kinds of flowering plants getting ready to bloom just in time for campers to arrive and pick them!

- Holly and

Donkey Donkey Donkey



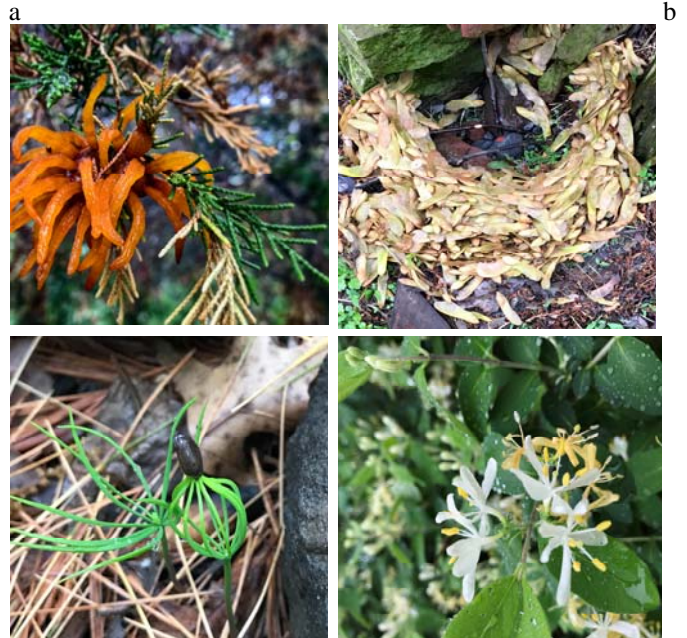
Cheyenne, Flower, and Pepita are ready to roll for the summer! They miss their Nature Staff and CIT friends, plus all of you! The donks can't wait to share their home with everyone. Camp is fun and exciting during the summer, but gets quite quiet in the off-season, that's why our favorite gals are eager to get things started!

The animals at Camp Onas are just one of many reasons why this place is oh-so-special! What is something that makes camp extra-special to you? Write to us or email us at friends@camponas.org



BRING ON THE CAMPERS!!!

What's that?!



Above: A few interesting spring things from around camp. Can you figure out which is which?

1. Honey suckle flowers: They grow in pairs and will become the "twin sister berries" that grow all over camp by the time campers arrive.
2. Apple Rust Fungus: a gelatinous fungus mass that forms on cedar trees, and expands into these crazy looking things when the weather is wet. It's generally pretty harmless to the trees, but it's quite a sight!
3. A white pine seedling emerging from the soil: You can see the seed case is still attached to the seedling leaves. That seed used to be part of a pine cone.
4. An interesting pile of maple samaras (seed pods): formed where water flows from one of the barn down-spouts.



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 recommend that you pre-treat (at least some of) your clothing with bug repellent Permethrin as an extra measure of protection. More info about this is on the packing list.

Counselor Hunt!

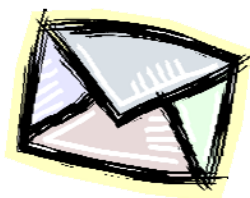
How many Onas counselors can you catch? Hint: Look in EVERY direction!

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

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



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



(Rose & Thorn)



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 a lice check the night before arrival. If you find something, or are unsure, please 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 entire medicine cabinet.

We use weekly pill boxes to dispense camper medicine, you will be asked to place the first week's meds into the daily slots when you arrive along with writing out the instructions on our form, it is 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 if you'd prefer.