



# ABC's of camping

# Trail Notes

info & fun  
from ymca camp arbutus hayo-went-ha

**A**rbutus Hayo-Went-Ha

**B**ig Blue Bus

**C**asino Night

**D**ustbowl

**E**questrians

**F**rog catching

**G** Swim

**H**igh Ropes course

**I**le Royale

**J**aybee

**K**um Ba Yah

**L**eaders Follies

**M**oons

**N**ejee

**O**nly for the hard core

**P**olar Bear

**Q**uietly walking to chapel

**R**est Hour

**S**uper Saturdays

**T**railside Lodge

**U**ltimate Frisbee

**V**aluable experience

**W**aterfront

**X**cellent camp

**Y**MCA

**Z**ip Line

## OPENINGS

are still available in  
most of our programs.  
**Check the web site at**  
**[www.hayowentha.org](http://www.hayowentha.org)**  
**for the latest**  
**update!**

## World Service Donations

This summer campers and staff collected a total of \$864.52 for world service. A portion of the funds raised are sent to the YMCA World Service fund, which directly impacts millions of people around the world by funding programs focused on developing strong kids, families and communities. For example the Armenian National Union of YMCAs has designed programs to provide social, psychological and nonformal educational services to children, adolescents and families, with special emphasis on families in need. In 1995, the YMCA of Armenia began several winter and summer camp programs (educational and sports activities) for refugee children as well as disabled and orphaned children. This first set of camping experiences yielded great success in providing the children new hope for life and a better future.

This year the camp community would also like to donate a portion of the money raised to a local Traverse City charity. Michael's Place is a nonprofit community based organization dedicated to creating awareness of and support for grieving children and their families. Michael's Place provides a safe atmosphere where healing can take place following the death of a family member or an important friend. Thank you to all of you who donated to the world service fund.



## Get involved as a volunteer

**Save the date!** Calling all volunteers for the annual **Girls Camp Work Weekend: May 15th–17th 2009**. Please join us and assist in the opening of camp for a new season. Some major projects will be undertaken but many small easier projects and cleaning are also tackled. The weekend starts on Friday with a welcome and snacks and goes through to Sunday lunch. You are welcome to all or part of the weekend. Saturday after dinner the climbing tower will be open for all to participate. A volunteer letter can be requested at this time if you would like to account for these volunteer hours towards school programs or community service needs.

Bring your friends—the more the merrier!

**Camps rely heavily on volunteers and the contributions they make to both camps' facilities. Your time and energy will be greatly appreciated and welcomed. Besides – it's a LOT of fun!**

## Wish List Donations

If you are cleaning out your closets this fall remember camp for some of your used items you no longer need. Hiking boots, hiking shorts, rain gear and backpacks are always items needed for some campers and staff throughout the summer. Also any costumes, dance recital outfits or prom dresses suitable for the costume closet are always welcome.

## Polar Bear, Pooh Bear or the Aussie Challenge!

All summer long campers rise in the morning to participate in either Polar Bear or Pooh Bear. Both "bears" start the day on the right foot. The brave Polar Bearers rise at the bell and immediately put on their swimsuit. They head down to the waterfront, take in the morning beauty of Arbutus and then plunge in! There is nothing like a dip in the lake to awaken your senses and soul. The campers who are dedicated to challenging themselves put in the extra effort to complete the Aussie Challenge—a swim across the lake and back!

The dedicated Pooh Bearers head out to the barn even before the bell rings. The walk out to the barn through camp is still and silent; it feels like you know something about the day no one else does. At the barn, the work begins. They muck out the stalls, feed the hungry horses and make sure they all have water. When breakfast rolls around, Pooh Bearers have worked up a sweat and are ready to eat! *Submitted by Liz Berliant*

**What do you think is the best way to start the camp day?** Email me your votes to [amacaluso@hayowentha.org](mailto:amacaluso@hayowentha.org) and results will be in the next newsletter.

## Calling all artists

Camp is always looking for unique artwork and designs for such items as the Christmas shirt, summer water bottle and a variety of other clothing items. If you have a design you would like to submit please email it to [amacaluso@hayowentha.org](mailto:amacaluso@hayowentha.org) or mail it to Camp at 1380 East Arbutus Lake Road, Traverse City, MI 49686 for consideration. The Christmas shirt design must be submitted before November 24th 2008.



## 365 Polar Bear's

Can you imagine doing Polar Bear everyday for a year! Ariel Trahan is just 27 jumps from that feat! Starting when she was an Adventurer, Ariel has done Polar Bear every camp day, every year since 1994. Come on back next year so we can help Ariel celebrate a "year of Polar Bears!"



## Stello update!

After a wonderful 10 weeks living at the barn, Stello the cat, is doing really well and now lives in Elk Rapids. Emma and Zoe would like to let everyone know they love looking after him! Stello will be joining you all again at camp next summer.



## Camp Song CD

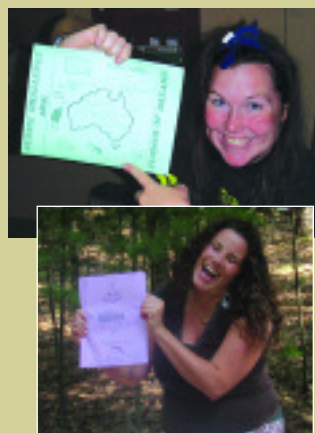
Are you still singing your favorite camp song from the summer? Do you have your own copy of the cd "Camp Days Dear"? Some of the songs you will find on the CD are: Camp Song, Princess Pat, Desperado, Shortening Bread, Boom-chick-a-boom, Shake Your finger, On Our Way and Piney Wood Hills—in total there are 30 track items.

You can order a CD for only \$12 each (includes postage & handling). To order your copy email: [amacaluso@hayowentha.org](mailto:amacaluso@hayowentha.org) or call toll free (877) 882-4532



## Mother/Daughter or "Hens and Chicks" weekend

**Save the date!** Friday, May 8–Sunday, May 10, 2009 will be the first ever annual "Hens and Chicks" weekend. Bring your Mother, Grandmother or your favorite Aunt to an exciting weekend at camp. Activities include, climbing tower, scrap booking, beading, hiking, canoeing, campfire, high ropes course, massage for both Moms and daughters, yoga and mini facials to name a few. Enclosed enrollment form will also be available on the web site November 1, 2008.



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