



# Camp News 2015



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## Another Successful Year!

Welcome the 2015 edition of the Camp Del-Ja-Ri Newsletter. The newspaper staff has accumulated this collection of articles for your reading pleasure. We had a lot of fun this year, and we hope that you did, too!



### Swimming

By: Jade

People are loving the slide and swimming. The bounce house is also cool to people who passed the

swimming test to go. The lifeguards spray people with a water gun and they take a boat. The shallow end is getting lonely. Only three people are in the shallow end. The lifeguards are having so much fun because one lifeguard is taking a boat and water gun and spraying people in the deep end.

### Frisbee

By: Manasseh

Playing frisbee is really fun. I kept catching it so easily. I was able to throw it good, too. I played with Caleb, Jesse, and Ravi. They were good at frisbee, too! I can't pick who was the best.

### Fishing

By: Courtney

At camp I went fishing and I caught a big fish. My friend helped me catch it. My friend's name is Ravi! When I went to take a picture with my fish I screamed. After I took a picture with the fish I let it go! The End! That's the whole story of the fish.

### Arts & Crafts

By: Courtney



Today we made fruit and veggies shish-kabobs with watermelon, cherry tomatoes, cherries, cantaloupe. The vegetables we had. Swiss cheese, Colby

Jack cheese, Cheese, red peppers, cucumbers. There was whip cream and Ranch when we ate them tonight. I had fun with the food.

# SUMMER THEME



## By: Gracie

This year our theme was a Summer Beach theme. We really enjoyed activities, snacks, and games related to this theme. One of them was a sand castle building. To make the sand castles, we took buckets and put our wet sand into them making our molds. It was really fun, and everyone was really cool and creative.

Next we had a water balloon fight. It was Counselors and CITs against the Campers. It was super awesome!

Lastly, we had a balloon toss. We took small water balloons and tossed them. When we got down to the final 2 groups, we got a party balloon full of water and tossed it together. Ravi and Gracie won the second time, and Jesse and Caleb won the first.

We had fun with our summer theme, and are excited to do it again some time! The End

# CAMPER SURVEY



## What everyone likes best



By: Courtney

- Swimming
- Swimming
- Kayaking
- Swimming

## What is everyone's favorite activity?



By: Jade

- Payton - Water Side
- Tiffany - Swimming
- Caity - Swimming
- Dorie - Boating

## Camper Survey



By: Gracie

This year we got some new Campers and Counselors! So, I decided to interview everybody!

First I asked campers what their favorite everyday activity was. Caleb, Tiffany, and Gracie all replied with “Swimming, Swimming because of touching the ground by the diving board” - Caleb.

Next, I asked the CITs what their responsibilities were. Jesse replied with “...helping the kids go to the bathroom every morning and night, along with helping kids eat and take meds.” - Jesse. Dorie replied with “Also, organizing activities, such as the balloon toss and fights.” - Dorie.

Lastly, I asked the Counselors if they thought the kids behaved better with the Counselors or CITs. Everyone of them, besides Sarah, said Counselors. Sarah said she didn’t know.

Even though we had some new, and old, Counselors and Campers come back. Some opinions and attitudes changed, we are all the same old people. The End.

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## Camp 2015



Our theme for the week was Beach Party, and we started our week with a sand castle building party. We also tried to throw a wet sponge through a floating ring to hit our counselors. We had our annual BINGO night with lots of prizes for all. Our CIT’s led us in a water balloon fight. We had a pizza/ movie night, and then the sorority ladies came up for a visit. The campers enjoyed boating, swimming, fishing, arts & crafts and singing songs around the fire. What we did not like were ALL the mosquitos! We had fun spending our “med money” at the Camp Mack Gift Store.

It is hard to believe that this is year # 26 for camp! We are thankful for the 6 returning campers and blessed to have had 4 new campers join us. We are so happy that everyone was able to join us this year and we look forward to seeing you next year!

Love, Alisa

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# DOCTOR TIME



## Doctoring Thoughts From Dr. Mike

We had a great time again at Camp Del-Ja-Ri! It was good to meet new friends with Arthritis and other Arthritis-like diseases, and it was good to see some of our old friends again. Everybody took their medicines on time, and some campers had to take a little extra medicine because playing made them a little sore.

Pretty much, all the campers knew their medicines, but we practiced saying the medicines at every meal. We also practiced knowing the amount of the medicines and how often we are supposed to take them. At camp, the reward for knowing the medicines and taking them on time was a bracelet and a trip to the Gift Shop. For the rest of life, the reward for knowing and taking your medicines is being Healthy!

It is also important to know your allergies to medicines, so that you never take a medicine that causes problems. Knowing what each medicine does is also important.

For campers and staff with arthritis, exercise and a good diet are also important for good health. We enjoyed cookies and cake at Camp, (especially the Lemon Cake!), but we should avoid eating these too much. To get exercise, it is best to make it a game. Everyone exercised a lot at camp, but since they did this while playing, it didn't seem too hard. Doing exercise as part of something you enjoy doing is the best way to keep exercising a long time.

Some of our new campers came to camp to meet other kids with arthritis. This is probably one of the best parts about Camp Del-Ja-Ri, spending time with other kids with arthritis...oh yeah...and the Lemon Cake! At school, there may just be one or two other people with arthritis, so sometimes our campers feel like others do not understand them (and there is never Lemon Cake at school). However, most of our campers tell us that when they explain their disease to others that they get a lot of support and kindness from others. Definitely at camp, all of the campers should get support and kindness from each other.

I will sign off for now: I hope everyone has a good year at school and work. Stay healthy! Keep seeing your doctor regularly to choose the best treatments for your arthritis or arthritis like condition! Eat healthy! Exercise regularly! Learn lots! Be nice to others! Play and have fun!