



# MOSQUITO EXPRESS



MANITOU SUMMER NEWS FOR OUR MANITOU FAMILIES

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## THE DIRECTORS' CLIPBOARD

Wow, the first week of camp is already over. It's hard to believe it went by so quickly. The theme of the first week has to be the record breaking heat, record breaking happy campers and record breaking well adjusted kids. We are not just saying this; the staff in pre-camp truly blew us away with their dedication to learning, working hard and caring about being true professionals. But we really know the truth about our staff when the kids arrive. This year it's also a record breaking staff. They are working so hard and enjoying every minute.



After a few years of unusually cloudy cool summer days, Mother Nature has blessed us this past week. Campers are putting on sunscreen after each activity, wearing hats and drinking eight glasses of water a day. They are running through the "car wash" to get soaked, running through the sprinklers and cooling off in the water usually at the end of the day. Counsellors are staying with their kids later than ever at night to give them the love and support they deserve and they are also re up early in the morning with those kids that are early risers to take advantage of cooler times at the tennis courts and all the land sports! The Activity heads are joining with the units for evening programs while also joining the cabins at night to play guitar, read stories and just hang out with the kids.

As usual we (Jeff and Mark) met each unit on the second day of camp to let them know that every single child must be included and feel comfortable in camp. All of the kids know that they can come to their counselors, Unit Heads, head staff or director team at any time in complete confidence and as a result everyone here feels safe and cared for. (We tell the kids that if they have an issue we don't tell anyone unless they give us permission; this way they feel secure in telling us anything). The theme with each camper cabin is inclusion and reaching out to new people. Finally at our first Friday Night Fireside, we had eight campers speak to the entire camp about the themes of inclusion and set a wonderful tone for all of camp. All of these results in a respectful, caring and supportive Manitou Community.

Do we sound excited? Do we sound pumped? Do we sound proud of our staff? YES! But you should be thanked too because these kids come to camp understanding what we expect of them and that makes our job so much easier. We're off to the lake!

- Mark & Jeff

## CANADA DAY WELCOMES CAMPERS

It was a very special camper arrival day in 2010 as we got to celebrate Canada Day with all the kids as they arrived safe and sound by cars and busses. Captain Canada joined with Manny the Moose to rally the staff in loads of other colourful and crazy costumes to kick camp spirit into full gear. Once the campers and all remaining gear got up to the cabins, it was time for the 2010 Activity Fair. All of our Activity Heads had their stations set up ready to promote their programs and tell campers about all of the exciting stuff that was in store for them this summer. Campers then got to choose their activities for the first week's schedule. The flag went up officially for the 2010 season with a rousing rendition of O Canada and the more traditional Manitou Song. The energy after just one night was riding high. No doubt the rest of the summer is going to be just as great.



## HOT STUFF!!!



Yes, the sun has been shining up here at camp in a big way, and we couldn't be happier! There may be a little less physical activity than usual, but the shortened sports periods have been replaced by jumps in the lake, runs through sprinklers and various water fights at all activities. We're loving the warm weather. Hats, sunscreen and water have been the buzz words of the summer so far, and we're certainly hoping for lots more sunshine in the weeks ahead.

## WHAT THE UNITS ARE SAYING...

Each of our Units have had a power packed first week at Manitou. Freshkids broke the ice on Friday with a rowdy set of field games as they got to know one another. On Saturday, there was a very special campfire ceremony welcoming all of our young new campers to Manitou. We're pretty sure there were several marshmallows involved in that ceremony somehow. The highlight of the week for the kids was probably Paint Your Counsellor night. This year's event took on a super hero theme and even counsellors standing on the sidelines weren't safe once the paint started flying! The kids in the unit finished their week with the Great Freshkid Egg Drop. Campers built contraptions to protect their falling egg with some interesting and ingenious results. We also started our Freshkid overnight canoe trips across the river this week and saw some great cabin activities including "Secret Agent" training.

Sophomores brought colour to camp right from the start as their first evening program was the Rainbow Olympics featuring colourful clothing, facepaint and lots of fun activities. The next night was "Bring Me," a wild scavenger hunt that had campers quickly combing through camp for a wide variety of strange objects. We hear that a live mosquito was one of the items on the list, but we're not sure any of the cabins managed to corral one. Things calmed down a little by Tuesday as the unit gathered for a campfire called "Soph Hour" (named for the Senior Hour campfires the older campers enjoy daily). Unit Head Francois was singing some campfire songs to entertain the whole unit. They wrapped up with the classic favourite Mr. & Mrs. Manitou, dressing up their counsellors in wacky costumes for a pageant, including Mark's dog Toby. Cabin activity highlights included a Foozeball version of World Cup, a live fantasy game called "Lair" as well as spas, baking and tubing.

The Juniors quickly tapped into the Activity Head team bringing our camp "celebrities" together for a creative round of Informercials. Things got even more intense on Saturday with a Twilight themed event that had campers performing vampire themed "trials" all over main field trying to defeat the evil vampires that had invaded Manitou that evening. By Tuesday, it was trivia time. Unit Heads Brad and Brittny drafted Sandy Foster, our trivia master and host of staff trivia tournament "Win Mark & Jeff's Money," to adapt the program into "Win Mark & Jeff's Tuck." Since the Juniors are pretty smart kids, we can only assume that Mark and Jeff had to cough up a lot of chocolate

bars before the night was through. The Junior Boys finished their week with a Dodgeball tournament while the girls joined with the Senior girls for a California Kickball tournament. Cabin activities in the Junior Unit this week included an epic inter-cabin baseball game, video biographies, cabin plaques and a cabin edition of "Manitou's Next Top Model."

The Seniors wanted to dine in style this year. So counsellor build lazy susans for their tables in the Dining Hall during pre-camp. Campers spent their first evening program decorating the wheels and giving some character to their cabin tables. The next E.P. was "Tie 'Em Up" a team building challenge including a fair bit of rope. The Senior Boys created an episode of "Cribs" decking out some director cabins while the girls played in their California Kickball tournament. But the highlight of the week for the Seniors had to be Tuesday night's Manitou Gladiators. The physical game show came to camp with campers running through challenges on the Adventure Park and Hockey Rink pitted against a colourful group of staff from all over camp. The Senior's cabin activities were just as colourful. We watched the more traditional programs such as campfires and volleyball games to fantasy drafts and a lumberjack challenge at wood-working to a few things that were pure comedy as girls participated in a etiquette class, boys established their "Bro Code" and went fishing for minnows.

CITs also had their hands full in their first week. The weather for their 3-day trip to Kukagami could not have been better as we sent out a record number of CITs along with coordinator Emily and an army of Canoe Trippers headed onto a loop meeting up halfway for a CIT orientation session. The group came back full of energy and ready to start with their cabin and activity placements. They have also started into campwide programming planning some upcoming events and this morning's Hobby Hubs activities.

## STAFF TALENTS

Our staff took to the stage on Monday night for our first staff Talent Show of the season. There were some wonderful musical acts, including some original Manitou tunes and a Unit Head medley. A group of Directors even took to the stage for their own version of a well known Backstreet Boys performance before leading the camp in We Are Manitou to close the show. We also had demonstrations from the Staff Improv Club and a wood breaking demo by one of our woodworking staff. For the record, he was using his head and not a hammer. Some talent!



## THE SPORTS REPORT

Though the weather has been warm, our athletes have still been out and active participating in a range of activities over our first few days. Hockey/Sports has started it's house leagues with both the Manitou Football League and Junior Manitou Hockey League returning for the 2010 season. But even hotter than house leagues have been our roller hockey periods and a huge turnout for our girls only ball hockey period. Their first tournament day has been postponed for some cooler weather next week.



Out on the diamond, the baseball staff have the batting cage up and running for batting practice as part of their regular drills. With intercamp tryouts going on, drills have been very important before our campers get out on the road for competition. In addition to tryouts, the Basketball staff have come up with some new ideas to go along with their fully redecorated studio. The buzz on court has been over the BUMP leaderboard that has campers lining up to take shots each period. Games of 21 have also been very popular in early days.

The Golf program has had some exciting developments. Campers going off site are now playing their golf at the Ridge at Manitou, enjoying their spectacular course and facility. But campers in camp are also enjoying some new facilities as the first five holes of a brand new 9-hole mini-golf course have been unveiled. The Golf staff also ran their first golf "sprinkler day" of the summer.

Other events this week have included the Spinning Wheel at Volleyball. Campers in each period spin the wheel to determine the type of games and drills they will participate in that period. At Soccer, water cooler water wars were put on hold recently for the World Cup draft creating teams for the upcoming in-camp tournament. The tennis staff also brought back the famous Manitou Tennis Academy program (MTA) for campers as a special after-dinner coaching clinic for our more serious players.

But no areas have been busier this week than our waterfront sports. Kids are just loving skiing, wakeboarding, sailing, swimming, canoeing and kayaking in the warm weather. We do suspect that campers are dumping their boats a little more often than usual. But the Canoe staff have taken advantage of their popularity to launch the Manitou Yacht Club passing out photo membership cards to campers participating. It's certainly started out to be a great summer for sports!

## ARTISTS' CORNER

Our performing and visual artists have certainly hit the ground running this season. Our Dance and Theatre programs went right into auditions and prepping for their shows with a group of CITs working on choreography this year. On the Radio, the broadcast schedule is now set with radio shows hitting the airwaves throughout the day. The first edition of the Mosquito also hit shelves this week. In the Video program, campers are mastering 3-D this summer. Pre-production has begun on "Mani-tar" our homage to 3-D filmmaking. Rock Music has also taken over a second studio and introduced a silent jam studio complete with an electric drum kit so that campers can work more effectively as a group as they get their bands up and running.



The visual arts have also been busy. At crafts, one of the big projects in the first week has been working with melt beads. We're not sure if they even needed to use an oven this week! They've also been making treasure boxes and picture frames. The woodworking studio has also been making boxes and frames along with hockey sticks and we hear even a working pinball machine. The photographers around camp have all developed their first roll of film and are now starting to work on photographs, while up at Creative Arts campers have been working on paper dolls and fake ads up in the studio while getting out and about in camp for camp improvement projects and building sand castles down on the waterfront.

## OUTDOOR ADVENTURE

In addition to sports and arts, our outdoor adventure programs are also running at full speed. While Ropes campers do seem to be doing a fair bit of "hanging around" on the climbing wall, campers at the Adventure park have been getting involved in a series of silent challenges as part of our new sign-up period and several games of "Ninja." Campers in the Greenhouse have launched a whole new recycling program at camp as part of their program. Boxes have been placed throughout camp to collect scrap paper. The paper will be melted down and turned into paper bricks that can be used as starting fuel for campfires. The garden has also been doing very well. Canoe Trips have also started with a full slate scheduled to head out throughout the summer.