



# The Centerland Chronicle

## WEEK 4 WAS HOT HOT HOT!

Hello from a scorching week 4! Boy was it sunny, hot, sunny, and hot this week, but we still managed to have a fantastic time doing all our favorite camp activities!

Water time was introduced this week to help keep us cool, where we got to enjoy the cold water while running through sprinklers! That, in addition to swimming and multiple water breaks throughout the day kept us cool and hydrated.

Speaking of staying hydrated, have you sent your camper to camp with a water bottle? Water bottles are the best way to make sure your camper stays hydrated all day, and with hot days like these it is important to come



Above: Nobody complained about getting in the pool on these hot days!

Below: Todah! Thanks! To Lewis for his contribution to the newsletter! He will be running Lewis' Language Corner! Do you have something to contribute? Let Anna or Nesya know!



to camp with a (**labeled**) water bottle. We have Camp Centerland water bottles on sale for \$5 each.

We also have a lot in our Lost and Found, and show every item at flagpole in the afternoon. Our counselors are trying to label everything that comes to camp unlabeled, but the best way is if you could take a little time to label everything at home before it gets to camp.

This summer has been amazing so far, and we can see it getting even more amazing as the weeks go flying by. The staff is having a great time, the campers are having a great time, and... STAY TUNED FOR COLOR WAR!

## LETTER FROM THE DIRECTOR

This week's theme is gratitude. Oh boy, do we have a lot to be thankful for at Camp Centerland. We appreciate all the time and energy spent by the men from Universal Ropes for constructing our ropes courses. More importantly, our ropes specialists have been training tirelessly in this heat to be able to safely facilitate on our climbing wall, zip line, and low and high ropes elements starting next week. Our Grey group, Discovery, were fortunate to go on the first

"urban" extended field trip we have run in a long time. Dan Rosen, the Unit Supervisor, planned an action packed, meaningful, fun filled three days for our campers.

The yellow, light green, and green groups enjoyed their first overnight of the summer with a Star Wars theme. Red, light orange, and orange are looking forward to the first stay late of the summer next week. Our CITs are making strides learning how to interact with campers and we can already tell many will make excellent staff members one day!

We look forward with gratitude to one of our best week's of camp...Maccabiah (color war) to end the first half of camp. Hannah Donner and team have an excellent week planned. It is so on next week!

If you are interested in adding weeks to your camp summer, please email our registrar, Stacey Block, at sblock@jccbuffalo.org or call Camp Central at 688-4118 x313.

Shabbat Shalom!

Lauren Klenosky  
LKlenosky@jccbuffalo.org

## Camp Centerland

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### Some points of interest:

- ☺ Visit our website at [www.campcenterland.org](http://www.campcenterland.org)  
You can also "like" us on Facebook and follow us on Twitter!
- ☺ Label EVERYTHING!
- ☺ Campers must wear sneakers to camp.
- ☺ Put on Sunscreen before coming to camp EVERY DAY!!!

## Nurse Casey's Tip of the Week

A morning at camp can be long when you haven't had breakfast. Make sure your camper eats a good, healthy breakfast so they have fuel for the day!

Also, make sure to drink plenty of water at home, as well as at camp! And remember to bring those (labeled) water bottles to camp every day!!!

# GETTING TO KNOW YOU...



Name: Alex  
 Group: Light Green  
 Born: Moscow, Russia  
 Favorite Superpower:  
 Teleportation

Name: Aja  
 Group: Light Green  
 Born: Moscow, Russia  
 Favorite Superpower:  
 Invisibility



## WEEK 4 NEWSLETTER CHUG!

Name: Max  
 Age: 8  
 Lives in: Buffalo  
 Superpower: Ability to liquefy anything

Name: Daniel  
 Age: 8  
 Lives in: Hershfield  
 Superpower: Invisibility



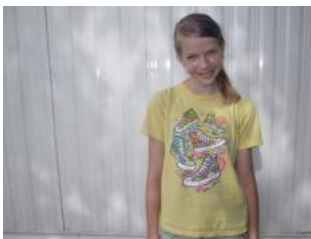
Name: Sofia  
 Age: 8  
 Lives in: Snyder  
 Superpower: detect if  
 people are paying attention



Name: Sarah  
 Age: 11  
 Lives in: Williamsville  
 Superpower: Flying



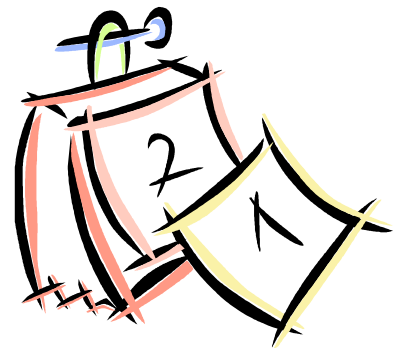
Name: Sam  
 Age: 7  
 Lives in: Am-  
 herst  
 Superpower:  
 Make poison  
 ivy into brick



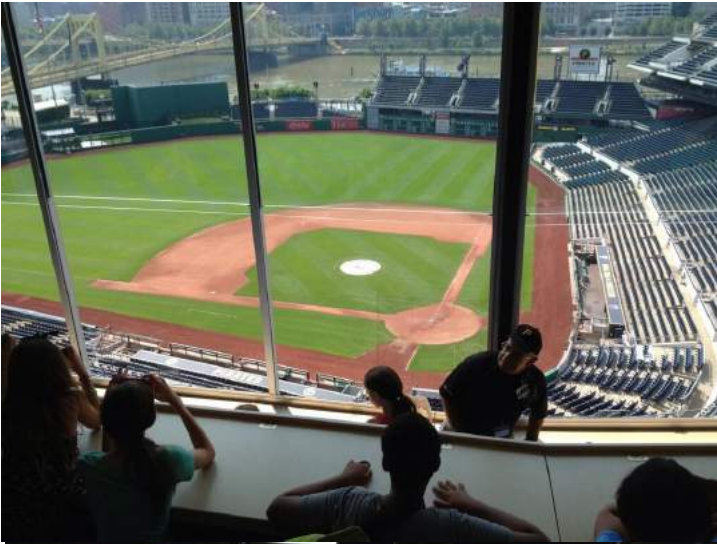
Name: Ilona  
 Age: 11  
 Lives in: Amherst  
 Superpower: Reading minds

## WEEKLY CALENDAR LOOKING AHEAD TO WEEK 5!

Week 5 Theme is "Tacharut" - Competition—Maccabiah  
 Tuesday, July 23rd—Jr. Discovery and Discovery Camp Car Wash  
 Tuesday, July 23rd—Discovery Overnight  
 Wednesday, July 24th—July 26th—COLOR WAR  
 Thursday, July 25th—Junior Camp Stay Late (Red, Lt. Orange, & Orange)  
 Friday, July 26th—Wear Color War Team Color



# DISCOVERY TRIP TO PITTSBURGH



SEE ARTICLE ON THE BOTTOM OF PAGE 4

## Camp Centerland

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Email:  
campcenterland@jccbuffalo.org



## SWIM STROKES FROM THE SWIM FOLKS

Way to go week 4 campers! This week our Pre-K-1st graders worked on the arm and leg movement combined for their Elementary Backstroke. A special congratulations to Henry and Lyric from the Red Group who are now swimming independently with no floatation device during their swim lessons! For our 2nd-5th grade campers, our focus has been the backstroke—straight legs with their kick and horizontal balance in the water. Our 2nd and 3rd graders also worked on treading and our 4th and 5th graders had their backstroke reevaluated for their swim test. Discovery and Junior Discovery campers did rescue skills for junior lifeguarding. Watch out JCC... here comes the next generation of lifeguards!

Have you been wondering about your camper's bracelet from Weeks 1-3? This is a new NYS Department of Health requirement for campers. Beginning next week, your camper will be receiving a red, yellow, or green silicon JCC bracelet when they go swimming. Please make sure they keep these on for the entire week. These bracelets display their swim level as it is laid out by DOH standards:



To wear a **YELLOW** Bracelet, a swimmer must:

- \* Jump into chest deep water
- \* Swim 25 yards (1 length) front crawl independently without stopping
- \* Swim Elementary Backstroke 15 yards
- \* Float on the back for 1 minute



To wear a **GREEN** Bracelet, a swimmer must:

- \* Complete all of the skills above
- \* Swim 25 yards (1 length) backstroke independently without stopping
- \* Swim 15 yards Breaststroke
- \* Tread water for 1 minute

Swimmers who do not complete either requirement are given a **RED** Bracelet.  
Only **GREEN** Bracelet swimmers have passed the DOH's deep water test.

## DISCOVERY DISCOVERS PITTSBURGH!

From Tuesday to Thursday, Discovery went on an exciting journey to Pittsburgh, Pennsylvania, home of the Pirates! Our first stop was the Squirrel Hill Community Food Pantry, where we sorted food and stocked shelves for the local community. The next day we started off at PNC Park where we had a once in a lifetime tour of Pirates Stadium! From there, we spent the rest of the afternoon at the Carnegie Science Center and we even took in the High Voltage Show which featured a HUGE Tesla Coil. We wrapped up our day with pizza and a showing of The Hobbit in Schenley Park.

Not only was it a great opportunity to see the sights of a wonderful city, but it was also an opportunity to learn more about each other and ourselves. An evening teambuilding activity resulted in the campers opening up and becoming closer with both counselors and their fellow campers. It was an emotionally charged and moving experience for all involved.

It was probably one of the most meaningful moments of my life, and I hope it was just as meaningful for my campers.

We are looking forward to our next extended trip to Letchworth State Park during week 8!

-Dan Rosen, Discovery Supervisor

Check out the photos on page 3 and on Facebook and Twitter (@campcenterland)!