

# Camp Constitution Journal

Vol. 14 – No. 2

Monday, July 18, 2022

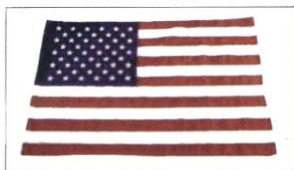
★★★★★

## TOP 10 REASONS

### FOLDING ★ THE ★ FLAG

To properly fold the U.S. Flag, follow these steps:

1. Two people face each other, each holding one end of the flag. Stretch it horizontally at waist height and fold in half lengthwise.
2. Fold the flag in half lengthwise again; the union (blue field) should be on the outside with edges held together.
3. One person holds the flag by the union while the other starts at the opposite end by making a triangular fold.
4. Continue to fold in triangles until the flag resembles a cocked hat with only the blue field showing. ★



1a.



1b.



2.



3.



4.

TO:

# Get *US* out! of the United Nations

by John F. McManus, John Birch Society, President Emeritus

### Are You Aware?

Many of our nation's leaders have been working for decades to deliver the United States to the United Nations as the major step in building a UN-controlled New World Order. Each year since the founding of the UN in 1945, the conspirators for global control have taken steps that threaten to destroy the independence of our nation and the freedoms of the American people. Please read what follows and join in the campaign to *Get US Out!* of the United Nations.

### 1. Incompatibility of the U.S. and UN Systems of Government

U.S. System: Basic rights are given by God and cannot be overruled. Freedom prevails. (See U.S. Declaration of Independence, 1776.)

UN System: Basic rights are granted by the UN government and can be cancelled "by law." No recognition of God. The world body lists rights it recognizes and then claims power to abolish them "by law." (See the UN's Universal Declaration of Human Rights, 1948, and the UN's International Covenant On Civil and Political Rights, 1966.)

### 2. UN Seeks to Disarm American Citizens & Cancel the 2nd Amendment

The UN has always sought to ban private ownership of weapons. For instance, the world body published *Our Global Neighborhood* in 1995, calling for "the disarming of civilians."

The UN Arms Trade Treaty (adopted by the UN in 2013) would ultimately disarm Americans. It was signed by the U.S. in 2013, but has not been ratified by the U.S. Senate.

### 3. The UN Is a Lawless Body; It Violates Article 2 of Its Own Charter

Article 2 of the UN Charter states: "Nothing contained in the present Charter shall authorize the United Nations to intervene in matters which are essentially within the domestic jurisdiction of any state nation]...." Examples of UN violation of its own Charter include: (a) forcing U.S. citizens to cancel plans to mine gold in Montana; (b) targeting U.S. law that permits capital punishment; (c) condemning the U.S. Border Patrol for efforts to bar entry of illegal immigrants; and (d) urging independence of Puerto Rico when even the people of that U.S. possession have repeatedly indicated they don't want their relationship to the U.S. changed.

### 4. Every UN Secretary-General Has Been Either a Communist or a Socialist

1945-46: Alger Hiss, Communist (United States)

1946-53: Trygve Lie, Socialist (Norway)

1953-61: Dag Hammarskjold, Socialist (Sweden)

1962-71: U Thant, Socialist (Burma, now Myanmar)

1972-81: Kurt Waldheim, Nazi Socialist (Austria)

1982-91: Javier Perez de Cuellar, Socialist (Peru)

1992-96: Boutros Boutros-Ghali, Socialist (Egypt)

1997-06: Kofi Annan, Socialist (Ghana)

2007-16: Ban Ki-moon, Socialist (South Korea)

2017- : Antonio Guterres, Communist (Portugal)

Continued on next page.

### INSIDE THE JOURNAL TODAY

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(Get US Out! from page 1)

## 5. UN Charter's Article 25 Overrides U.S. Constitution and American Sovereignty

The complete text of Article 25 states: "The Members of the United Nations agree to accept and carry out the decisions of the [UN] Security Council in accordance with the present Charter."

No President or member of Congress who has sworn a solemn oath to abide by the U.S. Constitution can permit Article 25 to dictate U.S. policy. However, most of America's elected officials believe our nation is obliged to deliver forces and arms when the UN calls for them.

## 6. Articles 39-51 of the UN Charter authorized the UN to direct U.S. participation in the "undeclared," "no-win" Korean War. Articles 52-54 of the UN Charter authorized creation of NATO and SEATO as UN "regional alliances," which led to U.S. involvement in "undeclared," "no-win" wars in Vietnam and Afghanistan.

Established in 1945, the UN directed the Korean War (54,000 Americans killed and 153,000 wounded). This war has never been settled.

Formed in 1954, SEATO directed the Vietnam War (46,000 Americans killed and 153,000 wounded). The Vietnam War could have been won but for restrictions from on high. This war marked the first defeat in our nation's history.

Congress declared neither the Korean War nor the Vietnam War as required by the U.S. Constitution. United States involvement in these two wars was due to our membership in the UN and SEATO.

Two more undeclared wars in Iraq were conducted with similar political interference.

Established in 1949, NATO conducted the war in Afghanistan from August 2003 to December 2014 as the leader of a UN-mandated coalition of 50 nations, which included the United States, and which at its height had 130,000 troops.

## 7. UN Leaders Oppose National Sovereignty, Favor a UN-led World Government

U Thant (1970): "Lenin's ideals of peace are in line with the aims of the UN Charter."

Boutros Boutros-Ghali (1992): "The time of absolute and exclusive sovereignty has passed. It's time to rethink the question of sovereignty."

Kofi Annan (2000): "There must be new forms of global governance and global rules."

## 8. State Department Officials Bow to United Nations.

*Secretary of State Dean Acheson, 1949:*

"NATO is designed to fit precisely into the framework of the United Nations."

*Secretary of State John Foster Dulles, 1957:*

"I have never seen any proposal made for ... world government or for world federation which could not be carried out either by the United Nations or under the United Nations Charter."

*State Department Official Richard N. Gardner, 1974:*

"In short, the house of world order will have to be built from the bottom up rather than from the top down [via] an end run around national sovereignty, eroding it piece by piece...."

*Secretary of State Colin Powell, 2001:*

"When it comes to our role as a member of the Security Council, we obviously are bound by UN resolutions and we're not trying to modify that."

## 9. Numerous Divisions of the United Nations Headquartered in Huge Buildings Throughout the World Continue to Build the UN's Power Over All of Mankind.

The UN's Organizational Chart shows the presence and indicates control of the world body in the fields of education, population, children, women, environment, trade, finance, health, agriculture, labor, military, science, culture, atomic power, telecommunications, aviation, industrial development, narcotics, refugees, immigration, property rights, and more.

## 10. Disarmament for All — Except the United Nations.

In 1961, the U.S. State Department issued a 19-page booklet entitled "Freedom From War: The U.S. Program for General and Complete Disarmament in a Peaceful World." This document's plan, never withdrawn, called for "progressive steps" leading to a UN-dominated new world order. It summarizes elements of this frightening plan as follows:

- "States would retain only those forces and non-nuclear armaments ... required for maintaining internal order."
- "The UN Peace Force, equipped with agreed types and quantities of armaments, would be fully functioning."
- "The manufacture of armaments would be prohibited except for those of agreed types and quantities to be used by the UN Peace Force.... All other armaments would be destroyed or converted to peaceful purposes."
- "The peace-keeping capabilities of the UN would be sufficiently strong ... to assure peace ... in a disarmed world."

Resistance to this hellish proposal generated by The John Birch Society over many years has led to its non-implementation. But appropriate government officials have frequently admitted that it is still the fixed and determined policy of several U.S. agencies and departments.

## Conclusion

The United Nations is not taking over the United States. What is occurring is that the United States is being delivered to the United Nations. This delivery must be stopped. The course is clear. Withdrawal from the United Nations must be accomplished while there is still time to do so. ***Get US Out!*** of the United Nations. ★



## ACTION

<https://shopjbs.org/product/top-ten-reasons-to-get-us-out-of-the-un-slim-jim/>

These slim jims are on sale for \$3 (pack of 25). What a great way to share the message!

OR

You can get a high quality glossy reprint of this article for as low as 20 cents each.

## ★ WHAT ★ TO ★ DO ★ ABOUT ★ WHO ★

The American Republic is set up to protect the God-given rights of its citizens. “We the People,” who hold the majority of the governing powers, have delegated enumerated powers through the states to the federal government.

As James Madison wrote in *The Federalist*, No. 45, “The powers delegated by the proposed Constitution to the federal government are few and defined. Those which are to remain in the State governments are numerous and indefinite.”

No treaty, no agreement, and no court ruling can alter this, since, according to Article VI of the Constitution, the Constitution is “the supreme law of the land,” as are “the laws of the United States which shall be made in pursuance thereof.” In pursuance thereof is key. Any law, treaty, agreement, regulation, rule, edict, or decree that doesn’t follow the constitutional limitations is null and void. To change the Constitution, it must be amended.

Citizens working through their state legislatures and Congress should nullify the proposed power grab from the World Health Organization, especially blocking the upcoming Pandemic Treaty and reversing the soft implementation of the International Health Regulations, which the Centers for Disease Control and Prevention (CDC) describes on its website as a “legally binding agreement.”

As reported in the cover story, amendments proposed by the Biden administration to the International Health Regulations would make international control of our healthcare system much easier. Why would we care what an international organization such as the WHO does in regard to these regulations? Because federal agencies have implemented these regulations, as evidenced by the CDC’s online statement.

The John Birch Society, the parent organization of this magazine, exposed this same tactic about a decade ago when the radical environmental agenda of the United Nations was being implemented through ICLEI (now known as Local Governments for Sustainability) at the local level. Even though advocates of this agenda (Agenda 21/2030) call this a “nonbinding agreement,” principal portions of the agenda became binding when local governments passed legislation codifying them. Grants and subsidies tied to these also helped to sweeten the deal for local governments. Advocacy groups offered workshops for citizens to help persuade them to embrace this agenda. Little did they know that these workshops used techniques to lead participants into a desired outcome of accepting this agenda, making it seem as if there was a need for it in their community. Our “Agenda 21: How Will It Affect You?”



video documented this process happening in Contra Costa, California, in 2011.

While federal agencies don’t have the power to legislate (a power delegated only to Congress), they do have nearly unending resources and the powerful, crushing regulatory weight of the federal government. Unfortunately, many Americans are not aware of their responsibility to guard against such power grabs. In this instance, Congress is usurping power from the states and the people since it has no legitimate legislative power in this area (check the Constitution’s Article I, Section 8).

The proper way to stop this power grab is to contact our state legislators and have them do what Alexander Hamilton suggested in *The Federalist*, No. 16: “If the ... State legislatures be necessary to give effect to a measure of the Union, they have only NOT TO ACT, or to ACT EVASIVELY, and the measure is defeated.” This works exactly the same way when power is grabbed by an international body.

In the Kentucky Resolutions of 1798, Thomas Jefferson wrote, “Where powers are assumed which have not been delegated, a nullification of the act is the rightful remedy.” James Madison also suggested this in the Virginia Resolutions of 1798. He wrote in part, “the states who are parties thereto, have the right, and are duty bound, to interpose.”

For those who say nullification doesn’t work, look over the last 24 months. The government tyranny induced through the Covid lockdowns provided ample opportunity for nullification to be used. And it was. Many county sheriffs, mayors, town and county boards, state district attorneys, police chiefs, governors, and business owners declined to participate in the enforcement.

We at The John Birch Society recommend state legislatures nullify this WHO power grab. We also recommend that Congress defund the WHO and the Senate vote down any proposed pandemic treaties. Supporters can go to [JBS.org/WHO](http://JBS.org/WHO) to use our free Action Alert tool to send prewritten and customizable emails or make video and/or phone calls to their legislators.

The New American has documented the anti-American activities of the WHO, as well as its staffing by communists, Marxists, and others from authoritarian governments. Let’s make sure they don’t make further inroads in America. Please act today. ★

By William S. Hahn

*William S. Hahn is the chief executive officer of The John Birch Society.*

*Article first appeared in The New American Magazine Vol 38, No. 12*

*June 27, 2022 Page 44 “The Last Word”*



## “Something Told Me To”

Maria Balboa, 19, a Texas A&M University student, was working her shift as a bagger at an H-E-B grocery store in Annaville, Texas, on March 28 when an older woman and two children came through the checkout line. When it became clear the woman could not pay \$137 of her grocery bill, Balboa felt compelled to pay for the groceries herself.

Balboa told The Epoch Times the woman was prepared to pay for her groceries using a SNAP food stamp card, but learned that there was only \$19 left on it. The woman was shocked and upset, and said she would have to put back most of the items except what she needed for dinner that evening.

It was then that Balboa asked the cashier what the remaining balance for the groceries was. Upon learning the outstanding sum was \$137, she immediately offered to pay the difference.

Initially, the woman was reluctant to accept Balboa's assistance, but Balboa insisted, and the woman ultimately went home with all of the groceries.

Days later, Balboa was called into her supervisor's office. The woman Balboa helped had submitted a survey to the store about Balboa, praising her kindness. She also took the opportunity to explain her situation. Her story moved Balboa and her managers to tears.

“She explained that she had taken in her two grandkids when they were left by their mother,” Maria said. “This was why money had been tight for her, and she had to take a lower-paying job so they would not go into the foster care system. She thanked me for my kindness that day, because it really helped her out.”

The grandmother wrote, “God put this young lady at [the] bagging area for us.” The managers were moved by Maria's kindness and insisted on reimbursing her for what she spent. They later gifted her with a basket to show their appreciation for her commitment to the customers.

Balboa had every intention of keeping her kind deed to herself, but the wonderful response that she received from the woman she helped and from her supervisors prompted her to share the story in the hopes of inspiring others.

“Hearing her words made me realize that it's small things like paying for groceries that can help people out in ways you don't even know,” Balboa wrote in a Facebook post detailing the story and the survey. “And with that being said: always be kind and do a good deed for someone when you can.” ★

By Raven Clabough

Article first appeared in *The New American Magazine* Vol 38, No. 11  
June 13, 2022 Page 34 “The Goodness of America”



## Mr. & Mrs. Sean & Erin McDermott

Sean and Erin McDermott have been in the fitness industry for over 30 years. Erin has also been an RN for over 25 years but when COVID hit she decided to leave traditional nursing and with her husband they both opened their own fitness studio that includes doing vitamin infusions, personal training, small group fitness classes, and nutrition counseling.



In Littleton, MA they are now helping people live their best lives through proper exercise and nutrition. **RevolutionFitness.Club** ★

Kennan Wilson was crowned the 1st Annual Camp Constitution Connect 4 Champion.

Keenan Wilson  
Jacob Affleck  
Shane McDermott  
Jonathan Krutov  
Valerie Chu  
Abigail Krutov  
Collette Chu  
Raphael Newman

Keenan  
Jonathan

Keenan  
Abigail

Abigail  
Collette

Keenan  
Chloe

Keenan

Gabriel Newman  
Daniel Tyuvn  
Noah Newman  
Lucas Valentine  
Marlee Newman  
Chloe Valentine

Daniel  
Noah

Noah  
Chloe

Chloe



## ★ CABIN ★ INSPECTIONS ★

**Boys Dorm A**

Name your Cabin. Extremely neat. No decorations. A wet towel and a wet floor cost a little but overall extremely tidy. ★

Score: 6.5

**Boys Dorm B**

Name your cabin. Disheveled beds A plethora of debris all over the place. Substantially more decorations than Dorm A. Any decorations are better than none. Fans are there for a reason. A little air circulation will mitigate the awful stench. We like the wreath, flag and hat. ★

Score: 4.5

**Girls Room 11**

Name your cabin. Spectacular. This was the best room we have ever experienced on day 1. The light show was huge. Wow. It was obvious the interest in participation represented by the instruments and what not. On closer inspection, however, we found a gross violation of cleanliness. We found a wristband from prior tenants under the bunks. That oversight kept you from a perfect score. ★

Score: 7.5



## ★ 2022 PIZZA PARTY RACE ★

Standings	M	T	W	Thu	News	Total
<b>Dorm A</b>	6.5	0	0	0	0	6.50
<b>Dorm B</b>	4.5	0	0	0	0	4.50
<b>Room 11</b>	8.0	0	0	0	0	8.00



## ★ PUZZLES ★ GAMES ★ QUOTES ★

## Summer Camp Word Search

## ★ Yesterday's ★ Solutions ★

## EYEBALL BENDERS

1. A partially peeled banana
2. Plastic packing material
3. Scouring pads
4. Empty eggshell
5. Wooden clothespins
6. Plastic hairbrush
7. Cracker Jacks
8. Candles
9. Stick of bubblegum
10. Raw egg
11. Mailbox
12. Back of postage stamps
13. Coffee grounds in filter
14. Scrabble tiles in rack
15. Glue applicator
16. Swiss cheese
17. Licorice sticks
18. Bunch of bananas

## Chess Pieces (Page 44)

A. White moves his queen left and forward on the diagonal two squares, taking Black's pawn with check. Black must capture White's queen with his pawn. White moves his white-squared bishop forward and to the left three squares, giving checkmate to the Black king.

B. White moves his bishop forward and left one square, giving check with his queen. Black moves his king one square to the left. White moves his queen back one square, giving check. Black moves his king one square to the left. White moves his queen two squares to the left, giving checkmate.

C. White moves his knight to the white square two squares in front of his rook, giving check with the knight. Black moves his king to the right, either to the white square or the black one. White moves his knight to the square in front of the Black bishop, giving check with his rook. Black captures the White knight with his king. White moves the pawn that is farthest to the right forward two squares, giving checkmate with the pawn.

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

★ Ants ★ August ★ Barbecue ★ Baseball ★ Beach ★ Bees ★ Bicycle ★ Blue Skys ★ Boating ★ Breeze ★ Camping ★ Fishing ★ Flies ★ Flowers ★  
 Gardening ★ Golf ★ Green Grass ★ Hat ★ Hiking ★ Holidays ★ Hot ★ Ice Cream ★ July ★ June ★ Mosquitoes ★ No School ★  
 ★ Picnic ★ Roller Blades ★ Sandals ★ Skateboard ★ Soccer ★ Solstice ★ Sprinklers ★ Sunburn ★ Sunglasses ★ Sunscreen ★ Sunshine ★  
 ★ Suntan ★ Sweat ★ Swimming ★ U V Rays ★ Wasps ★ Water Fights ★ Watermelon ★

## Lewis &amp; Clark Maze



## Bamboozable #31



The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

## Tomorrow's Schedule

## ★ Camp Constitution Schedule ★

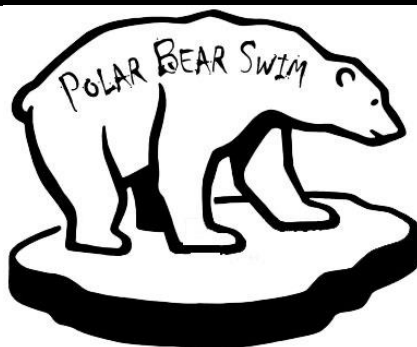
When	Required *	What	Where/Notes
6:30AM		Polar Bear Swim / Morning Run (Mrs. Erin McDermott)	Pond / Trail
7:00AM	×	Wake Up !!! <u>Optional</u> Prayer Walk - Mrs. Giminez	Outside Maple Ridge
7:50AM	×	Flag Raising: Devotions & Announcements	Flag Pole (Mtn View Lodge)
8:00AM	×	Breakfast	Outside Cafeteria for Grace
8:30AM		Staff Meeting (Students Cabin Prep)	Mtn View Lodge
9:00AM	×	The Weaponization of Science Part I	Professor Willie Soon
		<b>Short-Break</b>	
10:00AM	×	Agenda 21 / 2030	Mr. Hal Shurtleff
		<b>Short-Break</b>	
11:00AM	×	Freedom & Morality	Rev. Steve Craft
		<b>Short-Break</b>	
12:00PM	×	Lunch	Outside Cafeteria for Grace
1:00PM		Careers in Public Safety Recreation Time - Mr. Kalis Swimming or Marksmanship Available at 2:30 Optional Class	Plainfield 1st Responders LAKEFRONT/POOL USE REQUIRES LIFEGUARD 2:30 PM Optional Swimming & Marksmanship
3:00PM		Movie: "2000 Mules"	
5:00PM	×	Dinner	Outside Cafeteria for Grace
6:30PM	×	Article III: The Supreme Court	Attorney Jonathan Alexandre
7:20PM	×	Flag Lowering	Flag Pole
7:45PM	×	Article I & II: Legislative & Executive Branch	Mr. Norman Tregenza
8:35PM		<b>Break (Long Sleeves, Mosquito Repellant, Song Book, Flashlight)</b>	
9:00PM	×	Campfire(Flashlight & Songbook)- Staff	Fire Pit( <b>Optional For Juniors</b> )
10:00PM		<b>Break: Snacks &amp; Camp Newspaper (hopefully)</b>	
10:30PM	×	Report to Cabin	Your Cabin
11:00PM	×	Lights Out	Good Night

★Tuesday, July 19, 2022★

## ★ Camp Constitution Jr. Patriot Schedule ★

Start	End	Program	Where/Notes
6:30 AM	7:00 AM	Polar Bear Swim / Morning Run	Pond / Trail
7:00 AM	7:50 AM	Wake Up !!! <u>Optional</u> Prayer Walk - Mrs. Giminez	(Outside Maple Ridge)
7:50 AM	8:00 AM	Flag Raising: Devotions & Announcements	Flag Pole (Mtn View Lodge)
8:00 AM	9:00 AM	Breakfast	Outside Cafeteria for Grace
9:00 AM	9:25 AM	Morning Prayer & Songs	Mrs. Edith Craft
9:25 AM	9:40 AM	<b>Break</b>	Mrs. Edith Craft
9:40 AM	10:15 AM	Amendments 1 & 2 (Lesson A)	Mrs. Edith Craft
10:15 AM	10:30 AM	<b>Quick AM Snack</b>	Mrs. Edith Craft
10:30 PM	11:05 AM	Capitalism or Socialism (Lesson B)	Mrs. Edith Craft
11:05 AM	11:45 AM	Craft Time / 5 First Amendment Rights	Mrs. Edith Craft & Staff
11:45 AM	11:55 AM	Cleanup & Announcements	Mrs. Edith Craft
11:55 AM	1:00 PM	Lunch	Outside Cafeteria for Grace
1:15 PM	2:45 PM	<b>Meet Spunky! Session 1: Balloons etc.!</b>	Mr. Alan Belanger
3:00 PM	3:45 PM	<b>Dancing With Donna</b>	Ms. Donna DeSantis
3:45 PM	4:55 PM	<b>Recreation Time - Mr. Kalis</b>	
5:00 PM	6:00 PM	<b>Dinner</b>	Outside Cafeteria for Grace
6:30 PM	9:00 PM	Free Time (Flag Lowering @ 7:20)	
9:00 PM	10:00 PM	Campfire(Flashlight & Songbook)- Staff	Fire Pit( <b>Optional For Juniors</b> )

★Tuesday, July 19, 2022★



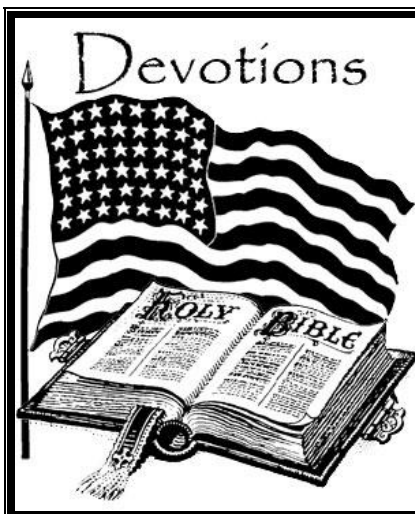
## Today's Conditions: "Beautiful"

## Bears

Elizabeth Krutov	Willow Whitworth
Jonathan Larson	Luc Pennella
Avery Olden	Allie Pennella

## Runners

Julia Daniels	Lielle Chu
Frederick Martel	



## Morning Devotion

Scripture	Sophia Zhyzneuski
Flag Duty	Rebekah & Elisabeth Krutov

## Evening Devotion

Flag Duty	Gus Kalis & Steven Mauder
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## Grace Before Meals

Breakfast	Sophia Zhyzneuski
Lunch	Titus Valentine
Dinner	Marlee Newman

## Last Night's Campfire Devotion

Scripture	Ezra Hector Proverbs 16
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## Sunday's Campfire

The first campfire of Camp Constitution 2022 was also the first for our new Campfire director, Mrs. Heath. The night opened with three rousing patriotic favorites: God Bless America, America, and God Bless The USA.

We have lots of great voices this year and lots of new campers from CT and NY. The new campers were introduced to the Bonnie Song and then participated in the gyrations on the second go around.

Jokes for the night were told by David Krutov and Hal and some of the guys performed the "duck skit". Josh V. performed a classical piece on the violin and Mrs. White lead the camp in Clementine sung to the tune of Ode to Joy which everyone seemed to enjoy. The Crafts took a turn leading the camp in a rendition of the Bear Song. The girls graced us with Edelweiss while the guys gave Caissons a go. Franklin Soon assisted in closing the evening as he played Taps on the Bugle.

Make sure you let Mrs. Heath know what a great job she did last night. I think it is fair to say, the campfire is in good hands this week. ★

Tuesday, July 19, 2022



## Breakfast

French Toast ★ Sausage Links ★ Scrambled Eggs ★ Home Fries ★ Breakfast pastry  
★ Cold Cereal ★ Fresh fruit ★ Yogurt & Granola

## Lunch

Fried Chicken ★ Mac & Cheese ★ Fresh vegetables ★ Bean & Corn Empanadas  
★ Salad Bar ★ Fresh fruit ★

## Dinner

Shrimp Scampi ★ Linguini ★ Stuffed Peppers ★ Fresh Vegetable ★ Chef's Choice bread ★ Chef choice dessert ★ Salad Bar ★

## Quote of The Day

Submitted by Spohia Daniels

"If you don't know your rights, you don't have rights". ★

— Mr. Norman Tregenza

## Newspaper

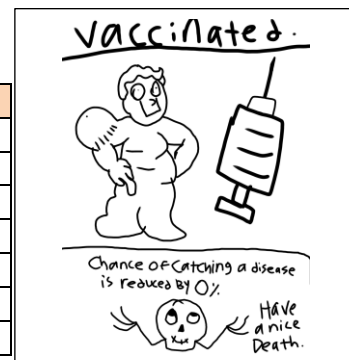
New Editions should be out after campfire. Photos can be shared by bringing your camera to the newspaper room where I can copy your photo roll. You can email photos and stories to [fleck14@verizon.net](mailto:fleck14@verizon.net) Missing a

## NOTICE: GROUP PHOTOS

If you want a print of the group photo, get your orders in ASAP. This is a short week and we need to arrange for printing, pickup and distribution. Counselors should have a count by the end of Tuesday. Family orders: See Hal Shurtleff. ★

## Snack Bar News

Hours		Prices	
2PM – 3PM	Emily & Maddie	Toblerone	\$2.50
6PM – 6 <sup>30</sup> PM	David & Gabby	Drinks	\$1.50
8 <sup>40</sup> PM – 9PM	Emily & Gus	Ice Cream	\$1.00
10PM – 10 <sup>30</sup> PM	Sarah & Becky	Candy Bars	\$1.00
Contact Sarah if you wish to help run the Snack Shack. Volunteers Sought		CapriSun	\$0.50
		Gummies	\$0.50
		Chips	\$0.50



Shibastian Belanger welcomes all to Camp !!!

The Nurse is in Room 28, use the door on the left side of the lecture room.