



Blue's News

Blue Hill Summer Fun Camp

July-August 2011



Summer Fun Camp 2011

Summer Camp Weekly Themes

- * Around the World
- * Scientific
- * Eco-Explores
- * Sports
- * Water Works
- * Da Vinci
- * Camp Olympics

School is over and many kids think "What am I going to do this summer?" the answer is, have a great summer at the Blue Hill Summer Fun Camp. Summer camp is offered to members and non-members of the community, ages 6-12 from 9AM-4PM with extended hours in the morning and afternoon.

This year we took a different approach on how campers could have fun at camp and at the same time, an exciting learning experience through activities and field trips. Camp was based on a rotating schedule. Each group had the opportunity to visit the different rooms, including art, education, swimming, dance, etc. Campers learned about



Camp group presents project.

healthy eating with the Food Project, used their creative skills with volunteers from the MFA, and got acquainted with nature through visits to Land Sake Farm. Campers also had the opportunity to learn about banking and the importance of saving money, which in turn, got the campers thinking about saving money for college.

Campers received breakfast and lunch daily in coordination with our healthy eating initiative, which

exposed campers to healthier options. A different theme was celebrated weekly and each age group created group projects based on the theme and presented it to the entire camp. Campers were very creative with their projects, which included a performance with sports equipment and erupting a volcano with Mentos. The projects were a great opportunity for campers to cheer on their fellow peers.

Summer camp was a success thanks to staff and their drive to provide a fun and nurturing environment. Both campers and staff will always remember the fun they had at Summer Fun Camp.

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Community Swimming @ Blue Hill

Swimming has long been considered one of the most "perfect" sports because of its low injury rate and the amazing health benefits, regardless of one's age or



Campers in the pool

ability. Community swim allows club members and the community alike to enjoy the unique and beautiful pool at the club. The pool is open to the public from 6:30PM-

7:45PM, for people of all ages during our summer season. We see a wide range of ages, from the young families, kids, to the elderly. What better way to spend a warm summer evening, then enjoying the calm and crystal clear pool?

Campers on the Farm

During the course of summer camp we had the opportunity to visit Land Sake Farm, located in Weston every Wednesday from 1:00PM-3:00PM. Land Sake is a 501c3 non-profit organization; they run a public farm, host educational programming for all ages, maintain the town forest for recreational and production uses, and care for both public conservation and private land. Their work uncovers the intrinsic value of the land around



campers feeding and petting

us and the importance of treating the land with respect (landssake.org). Twelve campers were selected from each age group to visit the farm and had the opportunity to experience the farm in a different way: hands-on. When they arrived, they were welcomed by Green Power Workers, youth who work on the farm and serve as leaders for our campers. Campers had the opportunity to learn about the farm and its maintenance and had a chance to feed goats, cows and chickens. Campers were very excited to

hold the animals and have that one-on-one experience, given the fact that most inner city kids do not have the opportunity of such encounters. During their tour of the farm, campers were exposed to different herbs and vegetables, and also picked berries, snacking on their findings. At the end of each visit, campers made scrumptious smoothies, in which they blended the ingredients on a specially designed blender bike, which they enjoyed riding and blending at the same time. Campers thoroughly enjoyed their time at the farm.

Young Leaders

A group of 8 youth started the summer with ideas of community and giving back. They ended their summer with 7 weeks of hard work, dedication and friendship under their belt.

Young Leaders 2011 allowed those participating to volunteer and work in both the Club and in the community. They tied shoes, filled boxes with donated food, fed the homeless and the hungry, climbed trees and came to-

gether as one. They met peers from all over the city and spent two days working together and learning about leadership. "Young Leaders really showed me what else is out there and that I'm not the only one that matters," said one teen.

Young Leaders gave eight youth a "job" this summer, but also a sense self-worth that will hopefully guide them through life's many challenges.



Young leaders volunteering at the Greater Boston Food Bank.

Summer Fun in City Parks

This summer was a great adventure for our campers. They traveled all around the city enjoying the sights and participated in many fun activities. Some of the highlights were performances that were held at The Mary Eddy Baker Library Summer Festival, Elma Lewis Playhouse in the park at Franklin Park. Our campers performed to a crowd of over 300 at the park and

an audience of about 75 at the library. In addition to the performances, members had the opportunity to view the positive side of their community amidst the surrounding violence. On the last day of camp members performed a 20-minute showcase of the dances they learned throughout the summer for friends and family. The highlight of the summer was when dancers col-

lectively put together a dance video that is available on DVD for friends and family!



Our Garden & The Food Project

Living in the city can make it difficult to have a garden, let alone appreciate the time and effort put into cultivating a beautiful garden full of fresh produce.

Members of the Blue Hill club, through the Harvard Pilgrim wellness initiative and collaboration with the Food Project, have created their own

**" I love tomatoes... bringing some to my mom."
- Kayla, 8**

club garden. In March, volunteers from the Food Project help members build a garden area where members planted broccoli, eggplant, tomatoes and all sorts of herbs. During camp, volun-



Campers picking vegetables and herbs from our garden.

teers from the Food Project helped members create various recipes with fresh produce they harvested from our garden.

Members were very excited to take care of their garden and see the process of growing, harvesting and consuming what they cultivated. In addition to members, parents and staff have had the opportunity to benefit from the garden, from encouraging members to make better food choices to making pesto with our delicious basil.

New England Aquarium @ Our Club

On August 4th, the New England Aquarium brought their Traveling Tide Pool program to the Blue Hill Boys & Girls Club. The Traveling Tide Pool program allowed campers to participate in handling and observing a wide range of live tidal pool animals from local waters including sea stars, hermit crabs, sea cucumbers, and clams. The NE Aquarium teacher naturalists answered members' questions



Campers feeling starfish and sea urchins.

and allowed our youth to learn about the wild-life

that inhabit our region. Thanks NE Aquarium!!

**" My favorite part of the traveling program was touching the star fish, they were so prickly."
- Daija, 7**

Free Eye Exams for All Campers/Its All About Our Teeth Dental Workshop!

This summer, the Blue Hill Campers had the opportunity to receive free vision and dental screenings. Members received basic vision tests by representative of the New England Eye On Site mobile vision. Depending on the outcome of the exam, Members received a refer-



Dental workshop in performing arts area.

ral for further vision services.

Members also had the opportunity to participate in a dental health program held by students of the Forsyth School of Dental Hygiene of the

Massachusetts College of Pharmacy and Health Sciences.

Members from the Dental program held a workshop for ages six to nine years old. Topics discussed included dental hygiene, maintaining a healthy diet, and the repercussions of excess sugar intake.



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Our mission is to help young people, especially those who need us most, build strong character and realize their full potential as responsible citizens and leaders.

We do this by providing:

- a safe haven filled with hope and opportunity
- ongoing relationships with caring adults
- life-enhancing programs

We serve approximately 14,000 children and teens, ages 6 to 18, in our Clubs, and through our programs and partnerships.

Our approach focuses on six core initiatives: Arts; Education; Leadership; Life Skills; Sports, Fitness and Recreation and Technology. During the summer, many of our Clubs run summer camp programs for children and leadership programs for teens.

Teen Summer Adventures

Teens at the Blue Hill Boys & Girls Club have been on quite an adventure this summer! The amazing Teen Staff, Erica, Shari and Brandon, along with input from Keystone Club Inspiration, the Teen Leadership group, put together one of the best summer programs yet!

The schedule included daily craft projects, basketball clinics, tournaments, group games, BBQs, open music studio, and the biggest adventures... three field trips a week. Teens kicked off the summer by scoring great seats to WWE Monday Night Raw Live. The fun continued with trips to the beach, bowling, a Codzilla Speedboat Thrill Ride, Boston Duck Tour, Water Country, and Six Flags.

The music program was another great addition to the teen summer schedule. Rick, Music Director, opened the studio for teens three nights a week

and ended the summer with a fantastic Open Mic Night, showcasing what the teens had been working on.

The talent was outstanding! The best part of the summer were the exceptional teens who participated in the program. We could not have asked for



Teens riding the Codzilla speedboat

a better group of youth. There were a lot of new faces that we hope will continue to visit the Club throughout the school year. Everyone is looking for-

ward to more adventures next summer!



Teens @ Six Flags having fun in the park!