

THE IROQUOIS SPRINGS TIMES



SPRING EDITION 2024

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★ A NOTE FROM MARK AND LAURA ★

Full Steam Ahead to Another Fantastic Summer!

This winter, by all accounts, was an unusual one for Rock Hill. With little snow, we have been able to tackle so many of our winter construction projects (more about this in this newsletter). Are you enjoying a little more daylight? We certainly are! One of our favorite days of the year is when we get to “spring ahead” and get a little more daylight – since more daylight can only mean one thing can’t be far behind – another summer in Rock Hill. Of course, it’s wonderful to be in Springtime, headed fast towards another amazing summer together! We are so excited to start of our 24th summer after this winter. It is so hard to believe camp is less than 75 days away before we will all be together again in the place that we all love so much.

This time of the year is marked with so many feelings and so much to do to get prepared for another summer. We have just returned from our annual camp conference in Atlantic City. The Tri-State Camp Conference is the largest gathering of camp professionals in the world. It is so amazing to spend time with so many people who love camp as much as we do. The energy and enthusiasm are infectious for the three days we spend together. We learn, we share, and we dream of new ideas for this summer. Our team was all together, and the exchange of new ideas was really motivating.

One of the highlights for us is how it reinforces what we do and the importance of camp in so many people’s lives. Most importantly, the thing we walk away from is this unbelievable feeling

of how lucky we are to be doing this year after year. We get a chance to help develop children, mentor staff and partner with parents - no other profession has such an incredible opportunity - we are so overwhelmed by this when we stop and think

over the last 23 years how many lives, we have been a part of in such a positive way. We can’t wait to do it all again in 2024 - our 24th season at Iroquois Springs.

In a few short weeks we will start the official beginning of the summer with the move up to Rock Hill followed by our New Family Orientation – this year we have so many new families to welcome into the IS family, we cannot wait! The best part of getting up to camp so early is watching how camp comes alive again for another summer – not just the grass growing, or the trees coming into blossom, but seeing new staff arrive on almost a daily basis, and getting camp ultimately prepared for June 29th! We make it a habit of thanking you all for the gift of your children on a regular basis. One of the

things we are looking forward to is getting back up to Rock Hill, where we will insulate our campers in the “camp bubble” and place that warm, loving blanket around them as they arrive for another wonderful summer.

Since the countdown has officially begun, we need to get back to work getting ready for summer 2024. We really cannot wait to see everyone and get the summer off to a great start.

Here’s to counting down to June 29th!

See you there!



With Love, Mark & Laura



GIRLS SIDE GAB *With Rosie*

Hello Girls Side!!!

Recently, I attended one of our camper's Bat Mitzvah celebrations, and her speech beautifully highlighted the lessons she learned during her time on Girls Side. Witnessing her reflection on our camp culture filled me with immense pride. It's a testament to the positive environment we've cultivated, where valuable lessons are transmitted year after year. As we navigate the months away from camp, I encourage you all to carry this sense of pride with you and continue to embody the values that make Girls Side so special. Your actions, both within and outside of camp, have the power to make a difference and inspire others. Let's keep the spirit of Iroquois Springs alive and continue to pay it forward!

I'm absolutely thrilled to welcome all of you back to camp in just about three months from now!

This marks our final newsletter before we officially kick off our summer in Rock Hill, and I couldn't be more excited for the change in scenery. I've had enough of the cold and wet weather - it's time to usher in the sunshine and the familiar rhythm of camp life! Lately, I've been inundated with wonderful emails and letters from some of our past campers and counselors, each one reminding me of the extraordinary impact camp has on all who experience it. Whether they're returning this summer or off on new adventures, the excitement and motivation among "camp people" at this time of year is truly infectious.

During the quiet winter months, we've kept the spirit of camp alive as we gathered to plan for another unforgettable summer. While it may have seemed distant during those chilly meetings (probably because it was a mere 20 degrees outside), the warmth in the air now

fills me with even more excitement as I prepare for another summer at Iroquois Springs with my favorite people in the world! From line-ups to campfires, trips, our famous "cruise," and evening activities, I simply can't wait to share these moments with you all again. Your smiles, laughter, singing, and even tears are what make it all worthwhile, reminding me why I'm so passionate about what I do.



To our new campers joining us for the first time in '24, I extend a warm welcome with open arms. You're embarking on an experience that will shape and change you in ways you never imagined.

As we eagerly anticipate the summer ahead, let's remember to uphold the values that make Girls Side truly special. **Kindness, empathy, and inclusivity are the cornerstones of our community**, and they extend far beyond the gates of Rock Hill. So, let's continue to spread positivity and make a difference wherever we go.

As we count down the days until camp, let's seize the opportunity to disconnect from social media, embrace the beauty of the world around us, and make meaningful connections with others. Your actions have the power to brighten someone's day and leave a lasting impact.

To all my incredible campers, keep shining bright, keep working hard, and above all, **keep being kind**. I'm immensely proud of all of you, both within and outside the camp community.

Sending you all my love and best wishes as we eagerly await being at line-up with all of you. For all our new campers that will be joining us this summer - get ready for the summer of your lives...I can't wait to meet you in May for New Family Orientation.

Have a great rest of the school year – Study hard and BE NICE – SEE YOU VERY, VERY SOON!!!!

Rosie xoxo

TRADITIONS

Camp has always been about traditions – these are the special memories we hold so close, but most importantly these camp traditions tie generations of campers together.

Traditions like Color War, Rope Burn and Order of the Blue and Gold are just a few of the special traditions we re-live with one another each summer and have generations of campers fondly remembering from their time at camp.

Over the last 8 summers, a new tradition was born at Iroquois Springs. At the Order of the Blue and Gold, we present staff and campers, who have been at camp for 10 years or longer, a unique "dog tag" – one to keep and one to place on a specially designated tree on guest lawn, where it will live forever.

It has been remarkable to see how important it was for those honorees to be recognized in this way and we can't wait to induct this year's honorees. The ceremony over the last 8 summers has been filled with laughs and stories of past summers, but mostly of a unique and special bond that these folks had with one another, simply put, this is a family.

We are excited to welcome the newest group of honorees this summer on **July 22nd, the same day as the Order of the Blue and Gold**.

- **Riley Cohen**
- **Remy Alperstein**
- **Ryan Lasky**
- **Jack Sherman**
- **Dara Alperstein**
- **Ciaran Miles**



Welcome to this year's honorees!



A Message From the Camp Office



Good Luck & Farewell!

Dear Iroquois Springs Families,

For the past three years, I have learned, grown, and become a better version of myself. When I accepted this role in January 2021, I was nervous about the unknown but excited for a new adventure. Although this is similar to how our new campers, seasonal staff, and families feel, I was met with an immediate sense of community and reassurance that no matter the tenure or status, we are all in this together. I did not know this at the time, but Iroquois Springs, my first full-time role out of college, was going to change my life forever. The people I met, the friends I made, and my now girlfriend, Jenna, all have become part of who I am. Although bittersweet, I wanted to inform you that I will be embarking on a professional journey with another camp organization and of course will miss my Iroquois Springs family immensely.

Reflecting on my time at Iroquois Springs, I am a better man, camp professional, and leader because of all the incredible experiences and meaningful connections I have made. Serving as your Office and Communications Manager has been more than a job; it has been a fulfilling adventure.

This niche yet important industry allows me to be myself, work with like-minded people, and experience new things daily. What I love to tell people when they ask what I do for work besides the "I can wear shorts and a t-shirt to work every day!" is that I am enabling campers and their families to have a rewarding and memorable camp experience.

Parents, thank you for entrusting me with your kids, personal information, and even sometimes your secrets! You have given me a sense of purpose and a great perspective on the world around me. Our connection will forever hold a special place in my heart.

Working alongside our year-round team, Mark, Laura, Brian, Lindsay, & Matthew, has been invaluable. I leave with a heart full of gratitude and appreciation. The incredible community you continue to build for generations is remarkable.

Though I may be physically leaving Iroquois Springs, I will always carry the I.S. camp spirit with me. Our campers have taught us that it is rewarding to try new things, meet new people, and embark on new adventures. I am truly internalizing these lessons and am proud of the dynamic Iroquois Springs community.

Wishing you all continued success, joy, and countless camp memories in 2024!

With heartfelt gratitude,
Jared Brown



Introducing Ashley

A few weeks ago, I packed my bags, and moved from the warm sunny land of Texas, to the charming (yet, chilly - brrrrr!) land of New York, and it's got me thinking a lot about change.

For some of you, like me, it'll be your first summer at Iroquois Springs, and we'll be experiencing a lot of firsts together as we navigate this new, exciting world.

Some of you may have had siblings who've gotten you pumped with all the insider information about a summer in Rock Hill, some of you may have done a tour, and seen camp, and thought about how awesome it will be to jump in the lake on a hot summer day. Some of you may be returning, but to a new bunk or division where you'll meet new counselors and campers alike.


Change is fun, filled with so much possibility, and if I'm being honest a little bit scary at times. So, what do we do when we find that change to be a bit overwhelming?

1. Look to your support system - Camp is such an exciting place because you have so many people whose entire purpose is to look out for YOU. (How cool!) If you're feeling overwhelmed, talk to one of the adults around you, they're there to help you get settled into your new home - remember a lot of times they can relate. You can also check in with other campers who've been through similar situations; they can share their personal stories and remind you what good comes on the other side of change.

2. Give it all you've got! - Sometimes change makes you want to pull back or focus on the areas where you're already comfortable. However, I want to remind you that you never know how special or cool, something or someone is if you don't give it a shot! At camp you will be challenged to try things outside of your comfort zone; maybe for you that's jumping in the lake or reaching out to a new face. While it may be a bit uncomfy in the moment, remember you had to try your favorite thing for the first time once upon a time. (I still remember my first roller coaster, AND the first time I had pineapple on pizza - YUM)

With this newsletter we are getting so close to summer, and I can't wait to experience my first one in Rock Hill with all of you! When you see me, don't hesitate to give me a big wave, and tell me all about YOUR favorite parts of camp.

Sending you all the biggest virtual hugs!

Love, Ashley x 

FAVORITE RECIPE FROM

Kitchen Stadium

Chocolate Banana Bites

INGREDIENTS

- 2 Ripe Bananas
- 1 Cup Chocolate Chips
- 1 Tablespoon Oil
- Toppings (optional): Sprinkles, Crushed Oreos, Etc.

INSTRUCTIONS

• PREPARE THE BANANAS:

Peel the bananas and slice them into rounds, about 1/2 inch thick.

Place the banana slices on a parchment-lined tray or plate and freeze for at least 30 minutes.

• MELT THE CHOCOLATE:

In a microwave-safe bowl, combine the chocolate chips and oil.

Microwave in 30-second intervals, stirring in between, until the chocolate is fully melted and smooth.

• DIP THE BANANAS:

Remove the frozen banana slices from the freezer.

Using a fork or toothpicks, dip each banana slice into the melted chocolate, coating it completely.

Allow any excess chocolate to drip off, then place the chocolate-covered banana slice back onto the parchment-lined tray.

• ADD TOPPINGS (OPTIONAL):

If desired, sprinkle the freshly dipped banana slices with sprinkles, crushed Oreos, etc. before the chocolate sets.

• FREEZE AGAIN:

Once all the banana slices are coated and topped, return the tray to the freezer.

Let the chocolate banana bites freeze for at least 1 hour, or until the chocolate is firm.

• SERVE AND ENJOY:

Once the chocolate is fully set, your chocolate banana bites are ready to enjoy!

ATTENTION New Camp Families!!!



If this is your first time coming to Iroquois Springs and you have some of those first-time camp parent questions - packing list, forms and "what to expect" question..... have no fear - we have you covered with our very own

"Camp Counselor"

We are excited to introduce you to Robin, our camp counselor who is here to help you best prepare for this summer. She is a veteran member of our full-time camp team, and mom of 3 Iroquois Springs campers.

If you have not made an appointment to connect with Robin to have all your camp questions answered, be sure to do that right away - <https://calendly.com/robin-iroquoissprings>

She cannot wait to speak with you!



Packing Tips!

Packing for overnight camp can seem overwhelming, especially if this is your camper's first summer, but do not worry...with a little time and organization it will be fun and done!

1 LET THE IS PACKING LIST BE YOUR GUIDE A great place to start is with the Iroquois Springs 2024 packing list, which can be viewed on the Everything Camper website. This list has been thoughtfully created through years of experience, and provides the perfect suggested amount of clothing, bed & bath items, footwear, toiletries, and camp gear needed for a great summer. Camp laundry is done weekly, so the packing list is just right for both 3 and 6 week campers. If you haven't already done so, be sure to place your order with our clothing outfitter, Everything Camper, for required and suggested IS logo'd items.

2 INCLUDE YOUR CAMPER Be sure to have your camper participate in the packing process. Shopping and packing for camp can be a lot of fun, as campers make plans to create their own space, style and independence. Picking out a favorite comforter, clothing, sneakers, and other camp gear will help campers get excited for the summer, and familiar with what they are bringing to camp.

3 PACK SOME COMFORTS OF HOME Have your camper choose a few comforts of home, like a favorite stuffed animal, blanket, or pillow. With so many new items coming to camp, it's nice to have something familiar and comforting. Pack some pictures of family, friends, and pets to decorate their space and share with bunkmates. Comforts of home can also include some rest hour activity items like a favorite card game, book, or craft.

4 LABEL EVERYTHING Labels should have a camper's first and last name. This will make it easier when it's time to sort clothing on laundry day, keep track of personal items, and return home with the belongings they came with. If it goes in the trunk, it should have a label...pillows and blankets, bathing suits and sweatshirts, and flashlights and nail clippers, label it all! If you have extra labels when packing is done, send them to camp. It never hurts to have extra.

5 MAKE WRITING HOME EASY We know how much fun it is to go to your mailbox and find a letter from your camper, so pack some self-addressed stamped envelopes of family and friends, along with plenty of stationery and pens. Campers also love receiving letters from home, so keep the letters coming. The mail may be slow, so send a letter or two a few days prior to their arrival. Having a welcoming letter from home is a great way to start their summer adventure.

6 LESS IS MORE! With all the amazing camp gear available today, it may be hard to stick to the suggested packing list, but as we like to say, "less is more." It's tempting to pack additional items to give your camper more choices, but too many additional items can make it harder for them to manage their space. We want campers to have an easy time organizing their belongings so they can get outside and experience everything camp has to offer.

7 KEEP ITEMS ORGANIZED Once you have everything ready to be packed, it's helpful to separate your camper's items in Ziplock or plastic bags. This can be as simple as putting shorts and t-shirts in one bag, pajamas, and sweatshirts in another...and so on. This will help keep everything organized and clean in the trunks and allow counselors to easily arrange your camper's items in the bunk. Make sure to securely tape and bag liquid toiletries, so nothing accidentally opens and ruins other items in the trunk.

8 THINGS TO LEAVE OUT OF THE TRUNKS In addition to leaving cell phones and electronics at home, please do not pack any valuables or items that carry great sentimental value. Though most items will be perfectly safe and taken care of, it is possible that something can get damaged or lost. Please do not pack any special items that your camper would be upset about damaging or losing. Also, please do not pack a wrapped present or "trunk gift", as it creates competition between campers. We feel that being at camp is the best gift possible!

9 PACKING FOR THE BIG DAY On the day of arrival, have your camper bring a backpack or string bag on the bus, with a snack or lunch and a bathing suit. Campers will be swim tested the afternoon they arrive at camp and having a bathing suit handy helps them get off to a great start. If they have a longer trip, throw in a deck of cards or MadLibs they can play on the bus with their friends.

With a plan and some patience, you will get the trunks packed and you can then focus on getting your camper excited for an amazing summer of great friends, fun traditions, and lifelong memories. Wishing everyone an easy and fun packing experience. See you soon!

Let's Pack

For personal picking questions, advice and tips, make sure to connect with Robin, our camp counselor, and schedule a time to talk via her calendly link:

<https://calendly.com/robin-iroquoissprings>

Welcome

We are thrilled to welcome the following new campers to the **Iroquois Springs Family** (since our last newsletter)

NCAA BRACKET POOL

March Madness always brings an electrifying buzz, and this year's 9th Annual Iroquois Springs camper and staff bracket competition was no exception! The thrill of the games kept us on the edge of our seats throughout. We're excited to announce that **Stella Ben-Canaan** clinched victory in the camper bracket, earning an exclusive IS-style "party" with her entire bunk this summer!

As for the staff bracket, we had a tie at the top of the leaderboard. None other than **Mark Newfield** and **Colin Hamilton** emerged triumphant and will be flaunting their new gear come summertime. A big shoutout to all who joined in on the bracket challenge – your enthusiasm made this year's competition a blast!



Natalie Ahern	New York, NY
Max Bauer	New York, NY
Evan Bazar	New York, NY
Elise Block	Port Washington, NY
Asa Cohn	New York, NY
Charlotte Evans	Victoria, Australia
Dash Finley	Mamaroneck, NY
Lucas Friedman	Manhasset, NY
Emma Gearing	Kings Park, NY
William Gearing	Kings Park, NY
Rose Goldberg	Port Washington, NY
James Karabell	New York, NY
Madeline Kelly	Miami, FL
Milo Kovac	Santa Monica, CA
Sebastian Mantell	Brooklyn, NY
Lennon Margiotta	Westfield, NJ
Adi Nornberg	New York, NY
Ava Opp	Allison Park, PA
Zoe Opp	Allison Park, PA
Madyson Parra	Sea Cliff, NY
Jenna Reyfman	New York, NY
Skylar Reyfman	New York, NY
Suvir Sachdev	Port Washington, NY
Lailah Schwimmer	Westfield, NJ
Chloe Shwayhat	Old Greenwich, CT
Asher Smith	Beverly Hills, MI
Teddy Steckart	New York, NY
Lucy Stoga	Montclair, NJ
Alexa Wand	Manhasset, NY

BOYS SIDE STUFF WITH JOSH

I am thrilled that it's time to write the Spring Newsletter because that can only mean one thing — camp is right around the corner. I'm excited to trade my snow shovel and winter hat for suntan lotion and sports equipment. I had the chance to spend a few days at camp this winter, and what stands out the most in my mind is the amount of snow that covered camp — it's hard to imagine sometimes. It took me quite a bit longer to make the trip over to the frozen Boys HC from the basketball courts, but I was determined, nonetheless. I climbed, slid, and watched each step more carefully as I made my way across Boys campus. As great as it was to be back in camp and at the place I call "home," it just didn't feel right. It felt as if camp was frozen in time, literally! I was hoping that I could close my eyes for a moment and when they opened, find all of you — campers and staff alike — standing around the flagpole on Boys Side, waiting for lineup to begin. I missed the sound of bouncing basketballs on the court and the crack of baseballs hitting each other's mitts during rest hour. I missed seeing kids hanging out on their porches with their counselors, telling stories and playing guitar. Well, these times are about to begin again, and I think I might be the most excited for it... what do you think, are you with me?

We have so many new campers and families who I would like to welcome to Iroquois Springs this summer. It's remarkable to see all the new names (and soon-to-be faces) that will be joining us for what will once again be an epic summer together! Your camp experience is going to be second to none, because Boys Side knows how to have fun and we all make lifelong friends. I know our returning campers can't wait to welcome new friends and show them what makes Iroquois Springs the special place we all hold so near and dear to our hearts. I think we all agree that there is nothing in the world like hanging out in the bunk, listening to music on the porch, or socializing at canteen time with your best friends in the world. I'm sure you can't wait for the summer to begin already, just like me! The flag is about to be raised on Boys Side and basketballs are being prepared for our World-Class Boys Side Knockout Tournament. We also have a ton of new and exciting program ideas that your counselors and group leaders are preparing as we speak.

I speak for the entire team of group leaders, counselors, and staff who are as excited as you are to head back to 12775 soon! As the school year winds down, and the anticipation for the summer of '24 grows, know that you are going to be surrounded by people who want to see you succeed, support you, encourage you, and simply bring out the best in you this summer! I can't wait to live our dream together in the summer of 2024. - **Josh**





NOTES FROM BUBBA'S CLIPBOARD



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The days are getting longer, the sun is starting to shine a little brighter, each day that passes seems to be getting warmer and I can't help but feel that familiar excitement bubbling up inside me. Yep, you guessed it - it's officially "**shorts season**" and I could not be happier! And let me tell you, putting away all my long pants for the next 8 months puts the biggest grin on my face! Although, if I could keep my ski gear out a little longer, that would really be the best of both worlds!

As my concentration this time of year is laser focused on camp and the enormous task ahead, once again, I find myself in a new and somewhat unfamiliar territory as my wife and I navigate through personnel uncharted waters. Our oldest daughter, Avery, is graduating from high school and preparing to start her first semester at the University of Colorado at Boulder (sko Buffs) and nothing makes a parent prouder than a milestone like this. Of course, a bonus for our ski loving family is that a few added trips to Colorado and the chance to sneak in a couple more days of skiing over the next 4 years is an opportunity we won't shy away from. (By the way, how did this happen so quickly...am I getting old, Riley is also a CIT)!

While no two summers are identical and each presents obstacles that must be overcome, every summer at camp also affords us new opportunities to **learn, grow, develop and continue to explore**. Whether it's a first-time camper who puts their trust in joining our camp family or a staff member traveling from many miles away to embark on a what quite possibly could be the hardest job of a their life or a family believing in us to make a difference in their child's life, every summer at camp is a gift, and one that should be never be taken for granted!

Now, if you're feeling those pre-summer jitters, know that you're not alone. It's all part of the adventure, and we're here to support you every step of the way. Remember, **camp is about the people, not just the place, and we're all in this together**.

I'm counting down the days until we welcome our amazing staff for orientation and see those buses roll into camp, bursting with energy and excitement. Trust me, it'll be here before we know it!

In the meantime, let's finish spring strong, excel in whatever we're doing, and get ready for the adventure of a lifetime this summer.

Here's to an incredible summer ahead! **BUBBA**

Don't forget to check us out on...



MEMO FROM

MoMo

Hi everyone! It's me MoMo! Well, it's almost that time of year, the days are growing longer, the ice has finally melted, and we are heading back to Rock Hill to put the finishing touches on what is sure to be another amazing summer at Iroquois Springs! I hope all of you are as excited about returning to camp as I am! I know this will certainly be a summer to remember.

While we're all busy living 10 for 2, some of us may be a little rusty on some of our unique summer camp skills. I would hate to see anyone return to camp not knowing how to roast a mallow or construct a friendship bracelet. So, with that in mind, I've prepared a list of activities and games you can do at home to prepare yourselves both mentally and physically for the summer ahead. And for our first-year campers (how exciting) this will be a great opportunity for you to get up to speed on all things camp!



Campfire Spectacular:

Transform your living room into a roaring campfire spectacle! Gather around with blankets and pillows, and practice telling spine-tingling ghost stories with hand gestures and bone-chilling sound effects.

Tent Pitching Party:

Turn tent setup into an epic race against time! Dash, dive, and roll to set up your tents faster than your friends and family. Cue the dramatic music and let the camping chaos begin!

Extreme Camp Cuisine Challenge:

Prepare for Kitchen Stadium! Practice some of your favorite classic camp recipes or try using unexpected ingredients like marshmallow tacos and hot dog pizzas. Who says camp food can't be crazy?

Fashion Frenzy Extravaganza:

It's time to strut your stuff on the catwalk of camping couture! From outrageous hats to mismatched socks, showcase your wildest camping ensembles with flair. (This is also a great opportunity to make sure your camp clothes still fit!)

Bedtime Story Bonanza:

Prepare for storytelling mayhem! Spin wild stories filled with daring adventures, outrageous plot twists, and characters so bizarre they belong in a circus. Get ready for a rollercoaster ride of imagination!

Flashlight Limbo:

Break out the limbo sticks and crank up the music—it's limbo time! With flashlights in hand and determination in your hearts, bend, twist, and shimmy your way to limbo victory!

Bug Safari:

Embark on a bug-hunting expedition like no other! Equipped with magnifying glasses and butterfly nets, scour every nook and cranny in search of imaginary insects. It's a bug safari safari—double the adventure, double the fun!

Campsite Cleanup Carnival:

Who says cleaning can't be a blast? Turn chores into a dance party extravaganza! Boogie, shimmy, and shake your way to a spotless campsite, with laughter echoing through the wilderness.

Campfire Karaoke Bash:

Grab the mic and let your inner rock star shine! Belt out your favorite camp songs in new and exciting ways. Get your voices warmed up for another amazing summer filled with singing and dancing. Its karaoke chaos at its finest!

Those are just a few of the ways I like to make sure I'm ready for another summer filled with laughter, memories, and friendships. How do you get yourself ready for camp? I can't wait to hear all about the amazing year everyone has had.

See you all in Rock Hill! MoMo

Message from Cindy in the Health Center



We are so excited to be getting closer to our Summer 2024 and know we will have a happy, healthy, and safe summer.

These are some health center processes that I thought it would be helpful to understanding how the camp health center functions throughout the summer.

- + Camp medications should be completed through PackMyRx. Please pay special attention to deadline dates.
- + Any medications that are unable to be processed through PackMyRx please email me at cindy.dickson@iroquoissprings.com to review and prepare for the summer. (Gummies can be sent through PackMyRx, they will be bottled and sent to camp.)
- + Any medications that may need to be sent to camp, MUST be sent before June 15th.
- + The ONLY medications permitted to come on the buses include growth hormones, insulin, epi-pens, and inhalers.
- + During the camp season, phone calls are held at the office during clinic call hours which are 8:30 – 10:30 AM and 6:00 – 8:00 PM. During this time, we are focused on our campers who visit the health center and will back to you in a timely fashion when clinic call is complete.

I am looking forward to our 2024 summer and providing a safe and healthy camp experience for your children.

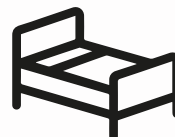
REMINDERS

These are the times you should expect to receive a call from the Health Center:



If your child gets placed on a prescription medication

If your child has an injury and/or needs to be seen at an outpatient facility (i.e., an X-ray is needed)



If your child needs to sleep in the health center overnight



If your child meets any criteria that may need a phone call home. (examples may include lice, fever, medication questions, etc.)



COUNSELOR'S CORNER



Love from



Lindsay



As the gentle breeze of spring breathes life into the world around us, our hearts are filled with anticipation for the arrival of yet another summer camp season. Camp isn't just a place we visit; it's a home – our home away from home, where memories are made, friendships are forged, and hearts are forever touched by the magic of being together.

In a world filled with constant motion and noise, camp stands as a beacon of tranquility and connection. It's a place where time seems to slow down, allowing us to savor each moment and truly immerse ourselves in the beauty of nature. From the moment we arrive, we feel a sense of belonging that is as comforting as it is invigorating.

But what is it about camp that makes it feel like home? Is it the familiar faces of returning campers and counselors, the laughter that echoes through the trees, or the shared traditions that bind us together as a community? Is it the smell of pine trees in the air, the sound of laughter echoing across Girls Side / Boys Side, or the warmth of a cozy cabin on a cool summer night? While each of these elements plays a role, it's the spirit of camp – the sense of warmth, acceptance, and unconditional love – that truly makes it feel like home.

At camp, we find solace in the embrace of nature and the companionship of friends. Whether we're roasting marshmallows around the campfire, encouraging each other while laughing together throughout a lesson on the athletics fields, or simply enjoying the beauty of a starlit sky before lights out, every moment is infused with a sense of joy and wonder that can only be found at camp...can only be found while we are together.

But perhaps the most profound aspect of camp is the way it transforms us – not just as individuals, but as a community. Because that is what camp is truly about, community, friendship, togetherness. Through shared experiences and meaningful connections, we discover the best parts of ourselves and learn to appreciate the unique gifts that each person brings to the table. In the safety and support of the camp environment, we are free to be our authentic selves, knowing that we are loved and accepted just as we are. And that is the power of camp. Everything we do at camp, everything we learn, and every way we grow is because of the people who surround us. Whether it is our camp friends or our camp counselors, these camp people help us become our best version of ourselves.

As we prepare to return to camp once again, let us embrace the warmth of knowing what makes camp our home away from home, and cherish the memories that await us with our camp friends. Whether we're reuniting with old friends or embarking on a new adventure, let us open our hearts to the endless possibilities that lie ahead and celebrate the spirit of camp that binds us together as a family.



Don't forget to pack!

There is lots to do at camp everyday and certainly some things you might not think about as you prepare for the summer ahead, so while packing for camp, here are a few things not to forget...

1. White & Black T-Shirts / Pillow Cases or Similar to Tie-Dye / Silk Screen / Air-Brush
2. Anywhere Chair (Available from Everything Camper Website)
3. Football Jersey for Monday Night Football on Boys Side
4. Musical Instrument (Camp Rock Band)
5. Halloween Costume (Yes, we celebrate Halloween)
6. Outfit for Banquet Night
7. Tennis Racquet & Baseball Glove (if you have them)
8. Nalgene Type Water Bottle

Of course, a full packing list can be found on the Iroquois Springs and Everything Camper websites.

MARYLAND & FLORIDA GATHERINGS

Just about a month ago, we had an awesome time meeting up with our camp families from Maryland and Florida! It was such a blast to hang out with parents and campers as we get ready for the summer ahead. We caught up with old friends, shared some great camp stories, chatted about the summer, and felt the excitement to camp building up. Huge thanks to everyone who came and spent time with us, enjoying some delicious food, playing games, and bonding as a camp family!



Announcing Rookie Days

Come explore the world of overnight camp at Iroquois Springs for an incredible, fun filled day!

Who: Future campers entering the 1st through 4th grades in September. Each program is strictly limited in enrollment, so please sign-up ASAP!

ROOKIE DAY

Dates: Sunday, July 14th & Sunday, July 28th

Time: 9:30 – 3:30

Cost: No Charge

Program: Get a chance to explore what an Iroquois Springs camper enjoys each day throughout the summer. This is a terrific way to discover what Iroquois Springs will be all about before the 2025 summer arrives. You will be instantly transformed into an Iroquois Springs camper for life! This unique, well-rounded program provide campers a chance to experience a variety of activities in a fun, nurturing and safe environment and a great way for parents to tour camp and meet the leadership team at Iroquois Springs.

Rookie Campers Enrolled for '24

Caleb Ast	Miles Krivicka
Ethan Ast	Charlotte Landesman
Tyler Attman	Zachary Mittler
Bliss Barnett	Aliza Nickum
Cooper Barnett	Maxwell Patkin
Sydney Bernstein	Henry Rich
Caleb Berrol	Ruby Rosen
Evie Dinkes	Sydney Schubach
Nathan Dishuk	Molly Schwarz
Ryan Friedman	Rachel Singer
Dylan Gorman	Teddy Steckart
Kyle Gorman	Ezra Taishoff
Alexandra Gushue	Abigail Tropp
Joey Guzman	William Weiss
Lily Katzenstein	Max Wolf
Noa Klein	

Call the camp office for registration details or enroll on-line!

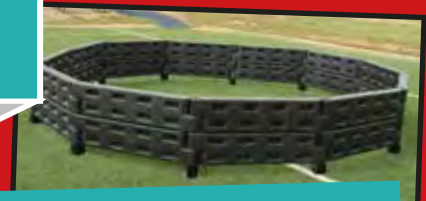
Don't forget to say hello to our entire group of Rookie Campers from last summer who have decided to return to camp for a full session this summer – we are so proud of all of you!



WHAT'S HAPPENING IN ROCK HILL

Rock Hill is about to wake-up to the sounds of Iroquois Springs! In just a few short weeks, the start of our pre-camp team will begin to descend on the place we call home each summer and we could not be more excited! You may be thinking, "why on earth would staff be arriving to camp so early" ... or you might be saying, "I wish I could arrive to camp this early as well", of course, there are many reasons why. To prepare camp for the summer ahead, it takes a team of Iroquois Springs staff to help clean-up, manicure the grounds, unpack all our winter storage, finish up ongoing projects and make sure all the details are perfect for opening day for you to enjoy! Additionally, we open camp in May (and stay open after camp until October) to host all types of user groups, so we are bust getting ready to give Iroquois Springs a "test run" of sorts for the guests who will be arriving soon.

We have reported to you in the last few editions of the Iroquois Springs Times and on social media that we have been working on several different projects this winter, and we are thrilled that as of today, all of them are on track to be ready for opening day for you to enjoy and to enhance our top-notch facility. **As a reminder, here are some of the things we have been up at camp:**



Turf GaGa Courts on Both Sides of Camp

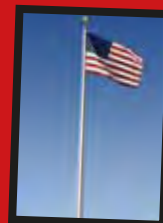


New Waterski Ski Dock

Renovations in the Health Center



New Look and Feel at the Girls Side Flagpole



Bathroom Remodels on Select Boys and Girls Side Cabins

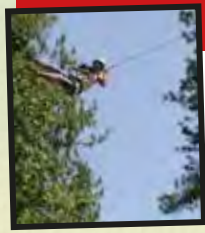
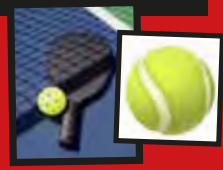


Whether the project is big or small, every off-season at camp for the last 23 years has been dedicated to improving our facility and enhancing the camper experience for our entire camp family. We are proud of what we have accomplished and know there is always more that can be done. However, the part that bring us the most joy, and truly warms our heart, is watching all of you who get to experience the magic of Iroquois Springs each summer, that truly is the gift that keeps on giving. We can't wait to welcome you all home this summer!

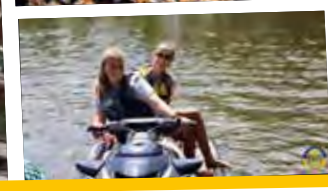


Brand New Construction of a Girls Side Cabin

Completely Renovated Boys Side Tennis / Pickle Ball Courts



Installation of The Giant Swing at the Aerial Adventure Course



Dates to Remember

Camper Forms Due
Monday, April 15th

New Family Orientation
Sunday, May 19th

Area Pick-Up for IS Baggage Service
Sunday, June 23rd

Opening Day
Saturday, June 29th

Visiting Day
Saturday, July 13th

Rookie Day
Sunday, July 14th

Session #1 Ends
Friday, July 19th

Session #2 Begins
Saturday, July 20th

Rookie Day # 2
Sunday, July 28th

Senior Trip to Washington DC
Sunday, July 28th to Wednesday, July 31st

Campers Return Home
Friday, August 9th



SENIOR TRIP TO THE Nation's Capital

Don't forget, our Senior campers
(entering grades 8 – 11) are headed
to Washington DC during session # 2,

July 28–31!

If you plan to attend this awesome 3-night /
4-day experience, please make sure you have
completed the permission form on-line as
spaces is limited!

Detailed itinerary and further information will
be provided as we get closer to our trip date.



POLICY REMINDER

WE WANT TO TAKE TIME TO REMIND

YOU OF SOME IMPORTANT POLICIES THAT HELP CREATE OUR CAMP COMMUNITY.

- Cell phones are never permitted at camp for campers
- Electronic devices that have a screen or can access the internet are not allowed at camp, but we love the sound of music in the bunk, so make sure to plan to bring an MP3 player such as the “Mighty Vibe” or “CampFire Player” so you can enjoy those tunes with your bunkmates!

Many parents and campers have already reviewed and signed the “Policy Agreement” document that outlines our expectation for our camp community each summer. We want to remind parents that any camper in possession of electronic cigarettes, vaporizers (Juil, Vape Pens, etc.) or other similar devices will immediately be dismissed from camp for the summer without tuition reimbursement, as items such as these have no place in our camp environment.

Thanks for your continued support and cooperation in making Iroquois Springs a camp community we all feel good about calling our summer home. Should you have any questions at all, just call and ask, we are always available to help!

Major Theme Days

There is nothing better at camp than a day when **EVERYONE** gets involved in the fun and creativity of something that brings character and a unique sense of spirit to camp on even the most random day of the summer. Let's make sure that **EVERYONE** remembers and gets in on the action of 3 major "theme days" for the upcoming summer.



Crazy Hat Day

Be creative and wear something fun, silly, or unique!



Jersey Day

Any sports, any design, anything you have, let's all get into our jerseys for the day!



IS Spirit Day

This is the day to show off your IS Gear, wear your most fun swag and show your camp spirit!

We can't wait to see what you come up with and know that when **EVERYONE** is involved, these types of events at camp are so much fun for **EVERYONE**.



SCOPE (Summer Camp Opportunities Promote Education)

From time to time, ideas, and opportunities outside of the summer camp season that

are too good not to share and presented to us, and this is one of them. SCOPE, Summer Camp Opportunities Promote Education, is an organization that provides summer camp opportunities to all children, regardless of socio-economic background. Through off-season events, in-camp fundraisers, and awareness raisers all summer long, we all feel deeply connected to SCOPE. As a camp, Iroquois Springs is proud to help support organizations like SCOPE, Morry's Camp, and others, as we truly know the value that camp has for all kids!

We are happy to share with you, that to date, 8 of our Florida campers have volunteered to be part of a new and exciting opportunity to connect, give back and stay involved in the camp community. It's an opportunity for your child to be part of a new grass roots project, from the ground up, that will include other South Florida campers from over 20 different camps. With teens already active in the SCOPE

Southeast JLC (Junior Leadership Council), the goal is to educate, empower, and help instill service opportunities that speak directly to your child's care for camp.

If you have a child/teen who would like to participate in any capacity, please let us know and we will help connect you to the committee to get involved and help build towards creating a meaningful event in the fall in South Florida. The hope is that whatever we create will become an annual program and perhaps even expand to other programs that will enhance the lives of children in your area for many years to come.

Together we will be able to provide underserved children in South Florida the chance to experience overnight camp at nonprofit camps in Central and Northern Florida.

If you would like to hear more about opportunities to get involved in SCOPE or Morry's Camp, whether in Florida, New York or anywhere in between, don't hesitate to reach out, we will be happy to help connect you.

Thank you to all those that are already involved in helping to promote summer camp to all campers and a special shout out to our South FL campers who jumped on-board as soon as they heard about this new opportunity to make a difference in another camper's life!

HAPPY Birthday

April

- 1 Jake Gold
- 1 Ariella Lincoln
- 1 Anna Rosenbaum
- 2 Justin Heller
- 2 Jacob Rich
- 2 Pierce Schoenberg
- 2 Samantha Schorr
- 3 Emerson Mandel
- 3 Dylan Silbowitz
- 4 Emily Setton
- 6 Rose Goldberg
- 6 Holden Rothschild
- 7 Zachary Basov
- 7 Reid Finnern
- 7 Olivia Morton
- 7 Jacob Taylor
- 8 Ethan Farber
- 8 Elise Greeley
- 8 Eli Silberman
- 10 Alexa Dobstaff
- 10 Camille Eisenberg
- 10 Gracie Eisenberg
- 10 Callie Tollin
- 11 Graham Preizler
- 11 Jackson Projansky
- 12 Alice Frank
- 12 Aviv Yoran
- 13 Evan Bazar
- 13 Hayley Siegfried
- 14 Lily Gould
- 14 Lexi Horvath
- 14 Morgan Sauer
- 16 Sydney Bernstein
- 17 Jack Herzog
- 18 Crosby Kayne
- 20 Tyler Bogard
- 20 Samantha Buckley
- 21 Bella Plaut
- 21 William Weiss
- 22 Chloe Collazo
- 22 Ines Vila-Trias
- 23 Grace LaMarca
- 24 Lila Friedland
- 24 Meyer Jacobson
- 25 Isabella Kersh
- 25 Olivia Lippmann
- 28 Sophie Apple
- 28 Ilan Kleinman
- 28 Lailah Schwimmer
- 28 Luca Zuniga
- 29 Archer Fraade-Blanar
- 29 Emma Gearing
- 30 Emma Lebowits
- 30 Jacob Mamlet
- 30 Sarah Rich

May

- 1 Charlotte Cohn
- 1 Kevin Henao
- 1 Faye Tesi
- 2 Jenna Reyfman
- 2 Skyler Reyfman
- 3 Charlie Friedland
- 7 Bella Berrol
- 7 Ava Mandel
- 8 Brianna Birkhold
- 8 Suvir Sachdev
- 10 Madison Powers
- 12 Devon Cohen Antonio
- 12 Evelyn Kelly
- 12 Morgan Penner
- 13 Max Rosenbaum
- 13 Sydnie Schubach
- 14 Max Wolf
- 15 Rosie Patkin
- 15 Harris Wechsler
- 16 Emily Levy
- 17 Chase Korn
- 17 Cadence Nickum
- 18 Marlow Friedman
- 18 Lola Shapiro
- 20 Juliet Mastroberti
- 20 Hannah McMullan
- 22 Gabi Hausfeld
- 22 Jordan Rael Meytes
- 23 Lila Male
- 23 Hayden Pick
- 24 Jayden Leung
- 24 Sophia Staller
- 25 Caleb Berrol
- 26 Nicky Shaknes
- 27 Alexandra Liebman
- 27 Chase Stein
- 28 Tali Cohen Antonio
- 28 Mason Rosenblatt
- 29 Ryan Mendlowitz
- 30 Alex Jackson
- 31 Benjamin Holtzman
- 31 Ethan Strugatz

June

- 2 Emma Glickman
- 4 Jake Goldenberg
- 4 Austin Liebman
- 5 Jake Bernstein
- 7 Aliza Nickum
- 9 Dana Assa
- 9 Sydney Attman
- 9 Dylan Hecht
- 9 Chloe Lashins
- 9 Shelby Weisel
- 10 Sienna Friedman
- 11 Natalie Ahern
- 11 Abigail Cooper
- 11 Felicia Cooper
- 11 Leighton Heard
- 11 Mitchell Kaufman
- 11 Sam Lotner
- 11 Eli Rosenbluth
- 12 Mila Kowal
- 12 Harper Taheri
- 13 Skylar Bijari
- 13 Leo Wein
- 14 Riley Cohen
- 14 Brendan Kiliski
- 14 Owen Lieberman
- 15 Cooper Barnett
- 15 Hayley Nelson
- 15 Spencer Plaut
- 16 Caleb Ast
- 16 Caleb Barth
- 16 Casey Lozier
- 17 Abram Goldman
- 18 Norah Meade
- 18 Mia Pearlman
- 19 Rachel Singer
- 20 Sophia Nickelshpur
- 21 Ava Hart
- 21 James Karabell
- 22 Gavin Preizler
- 23 Olive Kremen
- 24 Lucia Shulman
- 25 Jace Krupitsky
- 27 Evan Nelson
- 29 Samuel McGinnis
- 29 Athena Speyer
- 29 Dylan Steiner
- 30 Ava Epstein
- 30 Jorge LaFuente
- 30 Eleanor Mitchell
- 30 Thomas Sico