

THE IROQUOIS SPRINGS TIMES



SPRING EDITION 2025

P.O. Box 20126 | Dix Hills | NY 11746
P: 631.462.2550 | www.iroquoissprings.com

★ A NOTE FROM MARK AND LAURA ★

Celebrating Summer #25 Together in 2025

We can't believe there are less than 80 days until the start of what we know will be another terrific summer together. As we turn the clocks forward one hour and can now enjoy another hour of daylight, it reminds us that camp can't be too far behind. What a great time of the year it is – more daylight, the grass is starting to grow and the trees are filling in with new leaves. This annual cycle gets us excited to move us to camp and get rolling. Starting April 1st, our shorts stay on for the season and it's "all camp, every day".

This winter in Rock Hill was the coldest and snowiest in the past 5 years – despite these unusual challenges, camp is in great shape for opening day. All our improvement projects are on schedule and will be ready for our campers and staff, including the new staff lounge and the awesome air-conditioned dining room! The crew at camp has been working hard to get everything ready for us to have the best summer.

We love Spring (second only to Summer). At this point of the year, we have about 4 weeks before the office officially moves up to camp and we settle into our summer home. It's the time of the year we speak with staff on a daily basis; put some of the final touches on the program, the menu, cabin placement, orientation and on and on. It's what we live for! The rush and excitement of getting camp prepared for another amazingly memorable experience is like nothing else you can describe.

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 28th!

This is a big year for us as we celebrate our 25th summer at Iroquois Springs. Hard to believe all we have accomplished together over this time. We have countless 2nd and 3rd generation campers, alumni who celebrate milestone events with us, thousands of campers who have been impacted by all we do each summer and staff from all around the world who are connected to one another through the magic of Iroquois Springs – how lucky have we all been all these years!

We also wanted to take this opportunity to thank so many of you who have helped spread the word about Iroquois Springs - we have had another wonderful year, with another record enrollment with most groups filled. Thank you for all the support.

Since the countdown is officially begun, we need to get back to work getting ready for summer 2025. We cannot wait to see everyone and get the summer off to a great start – we can already hear the busses headed toward camp on June 28th.

See you there!



With Love, Mark & Laura



GIRLS SIDE GAB *With Rosie*

Welcome Back to Camp – Just Two Months to Go!

Hello Camp Families!

I can hardly believe it, but we're only two months away from being back at camp! As I write this, I'm filled with excitement as we prepare for another unforgettable summer at Iroquois Springs. Let's be real, I am so ready to leave behind the cold weather, and rain. Bring on the sunshine, campfires, and all the magic that summer at camp brings!

Over the past few months, even with the winter chill keeping us inside, I've been receiving emails and letters from our past campers and counselors. It's so heartwarming to hear from them and reminds me just how special camp is. Whether they're returning this summer or going on to do amazing things in the world, there's something about this time of year that gets "camp people" excited and motivated.

As the temperatures warm up, I find myself getting even more energized for the upcoming summer. I can't wait for line-ups, trips, campfires, our girls' side activities, sing, and so much more! But what I look forward to most is seeing all your faces whether it's during activities, at dinner, or at bedtime. It's those moments that remind me why I do what I do. The laughter, the cheers, the friendships—it's all worth it. Whether you're at the athletic fields, in the pool, on the lake, at Hobbyville, or taking on the adventure course, we all come together to experience that deep sense of friendship and love when we walk through those gates in Rock Hill.

I'm already getting excited for the first day when you step off the bus, bursting with anticipation for everything that lies ahead. From Color War to College Days, to Girls Side Sing and all the other events that define who we are as a camp community, I'll be right there cheering you on every step of the way.

To Our New Campers: I am excited to welcome all our new campers who will be calling Iroquois Springs home for the first time this summer. You are about to embark on a life-changing adventure, and I can't wait to see you grow, make new friends, and experience the magic that comes with being part of this amazing family. You'll learn about the power of kindness, the importance of stepping outside your comfort zone, and how to be part of something so much bigger than yourself. This summer will stay with you forever!

Camp Traditions: One of the things I love most about camp is our traditions. These traditions tie generations of campers together, and they create memories that last a lifetime. From Color War to Rope Burn, to the Order of the Blue and Gold, these moments are what make our camp experience so special.

A Personal Moment: On a personal note, I wanted to take a moment to reflect on something truly special. Josh and I have the privilege of watching our kids spend time with their camp friends in ways that filled my heart with so much joy. Whether it was at a bar or bat mitzvah, camp reunions,

casual hangouts, or even family vacations, seeing them together was a reminder of the incredible bonds that are formed at camp.

What struck me most was the deep, natural connection they share; it's the kind of friendship that doesn't fade with time or distance. Camp has this beautiful way of bringing people together, creating a family that feels just as close, if not closer, than some of the relationships we've known for years. Watching our kids laugh, reminisce, and support one another through life's moments, big or small, reminded me of just how profoundly camp impacts us, not just as campers, but as parents too.

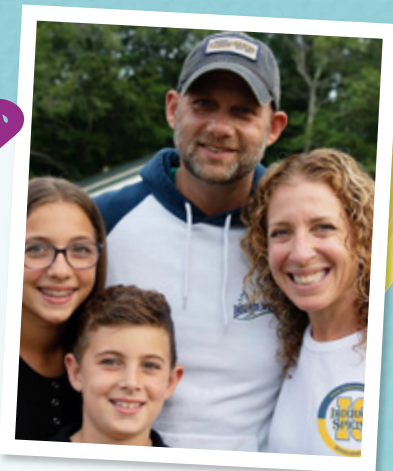
There's something about camp that goes beyond the activities and traditions. It's the friendships, the lessons, and the sense of community that stay with you for a lifetime. I still talk to my camp friends.

These moments, when we get to see the magic of camp spill over into everyday life, are priceless. It's a reminder of why I'm so passionate about the camp experience, for the lifelong friendships, the personal growth, and the lasting impact it has on all of us.

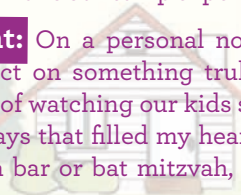
A Final Thought: As we count down the days until summer, I encourage you to keep doing your best in school, stay kind to one another, and remember to make positive choices both at camp and beyond. Don't forget, it's always easier to be nice than to be mean! We believe in treating others the way we want to be treated, and we have zero tolerance for anything that leaves others feeling excluded or hurt. Iroquois Springs is built on kindness, empathy, and friendship, and I'm so proud of all of you for embodying these values both inside and outside of camp.

As we get ready to reunite at camp, let's take a little time to unplug from social media. Spend time outside, explore the world around you, and connect with the people around you. One of the greatest gifts of camp is the chance to truly be present, and I encourage you to bring that spirit of mindfulness into your everyday life.

I can't wait to see all of you in just a couple of months! Keep working hard, keep being kind, and keep smiling. I'm so proud of each and every one of you.



Love Rosie :)





POLICY REMINDERS

WE WANT TO TAKE TIME TO REMIND YOU OF SOME IMPORTANT POLICIES THAT HELP CREATE OUR CAMP COMMUNITY.

SENIOR TRIP TO MONTREAL

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

July 27 – 30!

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 departure.



PASSPORT REMINDER

All Senior / CIT campers participating on the senior trip will be **REQUIRED** to provide a valid passport to go to Montreal this summer.

If you do not currently have a passport, we strongly urge you to start the process now. Specific Details and Registration Details to Follow

CHANGE FOR 2025

CAPTURE THE FUN, RESPECT THE PRIVACY!

Hey campers and parents! We love seeing all the epic summer memories you capture with your digital cameras and GoPros—so snap away! But here's the deal: cameras of any kind **CANNOT** be used inside the cabins. Ever. Why? Because everyone deserves privacy while changing, showering, or just chilling out. Let's keep the good vibes rolling by making sure our cameras stay outside where the fun happens. Thanks for keeping camp awesome and respectful for everyone!

UNPLUGGED & IN TUNE WITH SUMMER!

At Iroquois Springs, we believe in real connection—laughing with friends, sharing stories by the campfire, and soaking up every bit of sunshine (not screen time!). So, a quick reminder for all our amazing campers and parents:

NO CELL PHONES AT CAMP!



Camp is a phone-free zone for campers, so leave those devices at home.

SKIP THE SCREENS, BRING THE BEATS!



While devices with screens or internet access aren't allowed, music is always welcome in the bunk! Bring along a screen-free MP3 player like the "Mighty Vibe" or "CampFire Player" and share your favorite tunes with your bunkmates!



A SAFE AND HEALTHY SUMMER FOR ALL

As noted in our Policy Agreement, campers may not bring or use electronic cigarettes, vapes (Juil, Vape Pens, etc.), or similar items. These are not permitted at camp under any circumstances. Any camper found with such items will be sent home for the summer without a refund. We take this policy seriously to keep camp safe, healthy, and fun for everyone.

THANK YOU!

Thanks to all our families for helping us create the special, screen-free, supportive environment that makes Iroquois Springs the magical summer home we all know and love. If you ever have any questions, big or small—just give us a call! We're always here to help.

Dates to Remember

Camper Forms Due
Tuesday, April 15th

New Family Orientation
Sunday, May 18th

Area Pick-Up for IS Baggage Service
Sunday, June 22nd

Opening Day
Saturday, June 28th

Visiting Day
Saturday, July 12th

Rookie Day # 1
Sunday, July 13th

Session #1 Ends
Friday, July 18th

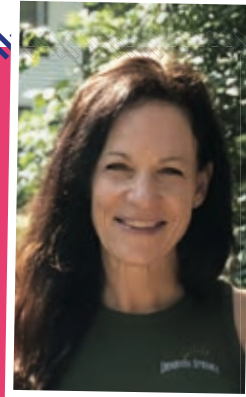
Session #2 Begins
Saturday, July 19th

Rookie Day # 2
Sunday, July 27th

Senior Trip to Montreal, Canada
Sunday, July 27th to Wednesday, July 30th

Campers Return Home
Friday, August 8th

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!

Tradition is the Heart of Camp

At its core, camp is built on tradition. These timeless rituals are more than just memories — they are the thread that connects generations of campers and staff, creating a legacy that lives on year after year.

Whether it's the spirited competition of Color War, the fiery intensity of Rope Burn, or the meaningful ceremony of the Order of the Blue and Gold, these cherished traditions shape the camp experience. They remind us of who we are, where we've been, and the bonds we've formed along the way.

Ten summers ago, we introduced a new tradition to the Iroquois Springs family — one that honors deep dedication and long-standing connection. At the Order of the Blue and Gold, we recognize campers and staff who have spent 10 summers or more with us. Each honoree receives a pair of personalized dog tags: one to keep, and one to be placed on a designated tree on guest lawn — a lasting symbol of their commitment, forever rooted in camp soil.

Witnessing the ceremony each summer is nothing short of inspiring. It's not just about the number of years — it's about the shared stories, the laughter, and the unspoken bond that

links everyone in this special circle. Those honored are not just celebrated; they are embraced as lifelong members of a family that transcends summers.

We can't wait to welcome the next class of honorees on **July 26th**, during this summer's **Order of the Blue and Gold** ceremony. It's more than an event — it's a powerful reminder of the enduring spirit of camp.

- **Olivia Bogard**
- **Emma Glaser**
- **Halle Kraus**
- **Hayley Lederman**
- **Isabel Levine**



Welcome to this year's honorees!

Packing Tips!

Packing for overnight camp is the first step in preparing your camper for a successful summer of exciting adventures, greater independence and meaningful friendships. If this is your first time packing for camp, the task may feel a bit daunting, but do not worry with a little time, organization, and our helpful tips, 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 2025 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 INVOLVE YOUR CAMPER Be sure to have your camper participate in the packing process. It's a great opportunity to build your campers' sense of ownership. 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 even 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 if one comes off in the wash.

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 make it easy and pack some self-addressed stamped envelopes of family and friends, along with plenty of stationery and pens. Camper's also love receiving letters from home, so keep the mail coming. Send a letter a few days prior to their arrival at camp. Having a welcoming letter from home on the day they arrive 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!

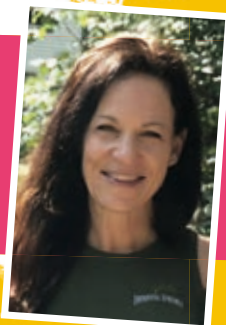
9 PACKING FOR THE BIG DAY On the day of arrival, have your camper bring a backpack or string bag on the bus, with a snack or lunch and a bathing suit. Campers will be swim tested the afternoon they arrive at camp and having a bathing suit handy helps them get off to a great start. If they have a longer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

With a plan and some patience, you will get the trunks packed and on their way to Rock Hill in no time. Please let us know if you have any questions about packing or how to best prepare your camper for an unforgettable summer. 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>



NCAA BRACKET CHALLENGE 2025 WINNERS ANNOUNCED!



March Madness brought its usual dose of excitement, and the 10th Annual Iroquois Springs Camper & Staff Bracket Challenge was as thrilling as ever! From buzzer beaters to bracket busters, the energy was off the charts.

We're thrilled to crown **Brett Kaplan** as this year's camper bracket champion! He's scored himself an exclusive IS-style celebration for the entire CIT bunk this summer – way to go, **Brett!**

On the staff side, it was a battle to the end, with **Avery Lieberman** picking up the top spot. Avery will be repping some fresh IS swag all summer long.



Huge thanks to everyone who participated and brought the spirit to this year's challenge – you made it unforgettable!

Welcome

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

Holden Burt	New York, NY
Milton Burt	New York, NY
Macy Chapman	Kewanee, IL
Sawyer Chapman	Kewanee, IL
Kiara DeNitto	Cliffside Park, NJ
Jonah Domanski	Maplewood, NJ
Henry Domanski	Maplewood, NJ
Zoe Goldberg	Boca Raton, FL
Chelsea Honig	Rye Brook, NY
Victoria Honig	Rye Brook, NY
Emmy Kim	New York, NY
HuiXin (Tammy) Luo	New York, NY
Anders McGinnis	Rock Hill, NY
Brayden McGinnis	Rock Hill, NY
Leo Munits	Irvington, NY
Averly Negrón	Avenel, NJ
Gabriella Oliverio	Long Island City, NY
Xavi Perez	New York, NY
Hunter Ruziecki	Old Bethpage, NY
Annabel Seidler	New York, NY
Jaxon Suarez	Metuchen, NJ
Joli Suarez	Metuchen, NJ
Joshua Tim	Irvine, CA

BOYS SIDE STUFF WITH JOSH

at the very heart of what is now Boys Side at Iroquois Springs. This would be the view from the main parking lot if you were looking towards what would become Boys Side of Iroquois Springs. The stairs from the porch are right around where the Boys HC is now. During its prime, The Glenwood served as an escape for city dwellers from New York City, who sought refuge from the congestion, noise, and summer heat. Travelers would board a train from Manhattan to Rock Hill, venturing into the serene Catskill Mountains to enjoy the fresh mountain air, open landscapes, and outdoor recreation. This experience was rare and treasured at the time.

Over 125 years later, the same land continues to provide an escape from city life, though now as Iroquois Springs, a summer camp dedicated to childhood growth, friendships, and adventure. Just as the Glenwood Hotel once offered relaxation and rejuvenation, our goal on Boys Side is to provide an environment where you can unplug from the digital world, immerse yourself in nature, and experience the joy of the outdoors. Our returning group leaders, activity specialists, and cabin specialists are gearing up to start the summer of 2025 better than ever.

While the Glenwood guests sought a break from their daily routines, we try to find a similar sense of renewal—swimming in the lake, hiking the hills, playing sports, and forming lifelong friendships. The spirit of discovery and adventure that once drew visitors from New York City continues to thrive on this historic property, proving that the need for connection, nature, and fun has remained timeless.

What was once a luxurious adult getaway during the turn of the twentieth century is now a transformative summer home for children, reinforcing the idea that getting away from the every day and embracing new experiences in the great outdoors is just as important now as it was more than a century ago. I look forward to spending the summer of 2025 together and sharing more stories about how lucky we are to spend the summer together. At least one tree in the picture above is still on Boys Side. I can't wait to show you which one. **Campe Diem, Josh**



NOTES FROM BUBBA'S CLIPBOARD



Well folks, the shorts are officially on... though, if we're being honest, they never really came off this winter. While others were layering up, I was over here pretending 30 degrees was just "brisk July" weather. That's when you know camp season is getting close — when fashion decisions are no longer dictated by the thermometer, but by the calendar (and a healthy dose of denial). Officially time to hang up the skis for the season and focus on the summer ahead!

Every May, as I roll up to camp for the start of pre-camp, I still get that same excited, butterflies-in-my-stomach feeling I had as a kid heading to sleepaway camp for the first time. And yes — even after 40+ of being away for the summer, the magic never wears off. You'd think after all this time I'd be immune to it, but nope — there's something about the smell of the fresh mountain air, the first walk around the empty fields, and hearing the echo of laughter just waiting to return that gives me chills (and not because I'm still wearing shorts in 40° weather).

This year, the excitement is extra special. We're celebrating **25 amazing summers of Iroquois Springs** — a milestone that fills me with more pride than a camper finally mastering their swim test. It's wild to think of how far we've come, how many lives have been changed here, and how many s'mores have been consumed (we don't talk about the marshmallow inventory anymore). But even with all the nostalgia and celebration, the work of getting camp ready for day #1 is no small task. The "pre-camp to-do list" has officially taken over my life — somewhere between repainting bunks, testing sound systems, and making sure the lake knows it's showtime, I'm also trying to get my house in order and squeeze in a few final spring projects at home, because after-all, once the move to Rock Hill becomes official, all that gets puts on hold until the fall season when post-camp groups end for the season.

There's a bit of a tug on the heartstrings every year as I pack up and say goodbye to my family at home — but the good news is, I get to reunite with my summer family, the incredible team of campers and staff who make Iroquois Springs what it is. Because in the end, camp isn't about the buildings or the bunks or even the weather (which can be unpredictable at times). **Camp is about the people.** It's about the friendships, the inside jokes, the high-fives at line-up, and the late-night talks under the stars.

So here we are, counting down the days until the buses roll up Bowers Road, blasting music and delivering hundreds of smiling faces ready for a summer of adventure, growth, and joy. Until then, finish the school year strong, keep dreaming of Color War cheers and cookout nights, and know that we're getting everything just right for your arrival.

SEE YOU AT THE FLAGPOLE. SHORTS ON. SPIRITS HIGH. LET'S DO THIS. BUBBA

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MEMO FROM MoMo

Hey everyone! It's me

The countdown is on! The days are getting longer, and that can only mean one thing—it's almost time to head back to Rock Hill for another incredible summer at Iroquois Springs! I hope you're just as pumped as I am because this summer is going to be one for the books. Now, I know we've all been counting down the days, but let's be honest—some of our essential camp skills might be a little rusty. We can't have anyone showing up unprepared for the ultimate summer experience! So, whether you're a returning camper or gearing up for your first summer at Iroquois Springs (welcome aboard!), I've put together a fun list of activities to help you get in peak camp condition.



The Ultimate Camp Prep List!

Backyard Bonfire Bash

No fire? No problem! Set up a cozy indoor bonfire with twinkling fairy lights and pillows, then take turns telling the most outrageous campfire stories you can dream up. Bonus points if you practice your s'mores-making skills with a microwave or toaster!

Shelter Showdown

Get competitive with a tent-pitching challenge! Whether it's an actual tent in the backyard or a blanket fort in the living room, see how fast you can set up your cozy camp retreat.

Camp Culinary Cook-Off

Put your campfire cooking skills to the test! Try whipping up creative camp snacks like peanut butter and banana sandwiches, no-bake trail mix bars, or even a homemade version of your favorite canteen treat.

Wacky Wardrobe Challenge

Camp fashion is all about comfort and creativity! Test your best mix-and-match skills by creating the wildest, most colorful camp outfits imaginable. Who can pull off the most legendary camp look?

Story Time Showdown

Sharpen those storytelling skills by coming up with the most epic, hilarious, or downright bizarre campfire tales. The sillier the better—throw in some plot twists and unexpected endings for maximum fun!

Campfire Karaoke Night

Grab a hairbrush microphone and belt out your favorite camp tunes like nobody's watching! Get ready for campfire singalongs by practicing your best performance moves.

Backyard Explorer Expedition

Turn your backyard or local park into a discovery zone! Look for cool rocks, funny-shaped leaves, or try to spot different types of birds and bugs—just like a real nature hike at camp.

Obstacle Course Challenge

Set up a DIY adventure course in your yard or living room, complete with "river crossings" (jumping over pillows), "mountain climbing" (couch cushions), and a "bear escape sprint" (running to the finish line)!

These are just a few fun ways to get into camp mode before the best summer ever begins. How are you getting ready for Summer 2025? I can't wait to hear all about the adventures you've had this year.

See you all in Rock Hill!

MoMo



IS 2025 IS 25 CELEBRATING 25 SUMMERS - OUR SILVER ANNIVERSARY - 2025 CELEBRATING 2

A Message From the Camp Office

A Note from the Iroquois Springs Office – Tiffany’s Getting Ready for an Amazing Summer!

Hi everyone! Tiffany here—Office Manager at Iroquois Springs and your behind-the-scenes camp cheerleader! I can’t tell you how thrilled I am that summer is right around the corner. There’s something magical about this time of year—the calm before the storm, when every corner of camp starts to come alive with possibility.

Right now, the office is buzzing (well, quietly buzzing for now!) with last-minute preparations. Schedules are being fine-tuned, iPads and radios are charging, and yes, the great labeling extravaganza is in full swing. It might sound like a whirlwind—and it is—but it’s the kind of organized chaos that fills me with joy. There’s such satisfaction in checking off every little detail, knowing that soon, this place will be filled with the sounds of laughter, music, and endless camper excitement.

What I love most about my role is seeing how all the pieces fit together. From parent phone calls to coordinating arrival logistics, every task is part of the bigger picture—creating an unforgettable summer for your kids. And I’m lucky to be doing it alongside an incredible team that

shares the same passion and love for camp. We thrive on teamwork, lots of coffee, and a shared excitement for what’s to come.

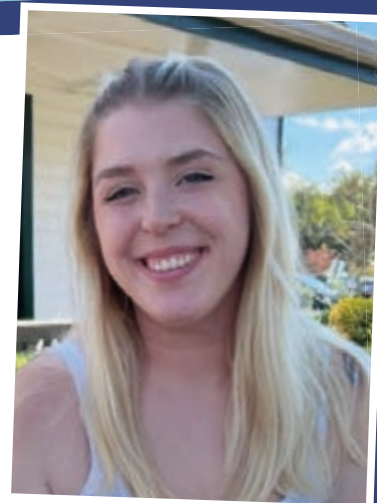
I can already picture that first moment—the buses rolling in, campers leaping into their counselors’ arms, and bunkmates reuniting like no time has passed. And then, that magical first night around the campfire, under a sky full of stars... It truly is the best part of the year.

We’re getting everything ready to make this summer the most memorable one yet—and I can’t wait to welcome your campers home to Iroquois Springs!

Let the countdown begin... Let’s go, Summer 2025!

With excitement,

Tiffany



INTRODUCING THE IROQUOIS SPRINGS APP YOUR NEW SUMMER SIDEKICK!

We’re excited to announce the launch of the Iroquois Springs App – your one-stop hub for everything happening at camp this summer!

Whether you’re a returning family or new to the Iroquois Springs community, the app is designed to keep you connected and in the loop like never before. With just a tap, you’ll get:

- 📸 **Photos of your camper** – thanks to built-in facial recognition
- 🎥 **Videos and highlights** from the summer
- 📰 **A curated daily news feed** straight from camp
- 📅 **The camp calendar**, reminders, and special events
- 💬 **Easy ways to get in touch and share memories**

And here’s a big one: The app is the **ONLY** place to view the official summer photos taken by our amazing camp media staff. So, if you want those priceless smiles and snapshots from your camper’s adventures, make sure you’re plugged in! **STAY CONNECTED. STAY INFORMED. STAY INSPIRED.**



Details on how to download the Iroquois Springs App and register will be in your inbox soon!

Message from Cindy in the Health Center

We are so excited to be getting closer to Summer 2025 and know we will have a happy, healthy, and safe summer.

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



- + Camp medications should be completed through **Community Care Rx**. Please pay special attention to deadline dates.
- + Any medications that are unable to be processed through **Community Care Rx**, please email me at cindy.dickson@iroquoissprings.com to review and prepare for the summer. (This would include Epi-Pens, Inhalers, Growth Hormones, Etc.) (Gummies can be sent through **Community Care Rx**, so please enroll ASAP)
- + The **ONLY** medications permitted to come on the buses include growth hormones, insulin, epi-pens, and inhalers. These items can also be mailed to camp in **ADAVANCE** of opening day and **MUST** be sent before **June 15th**.

+ 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 get back to you in a timely fashion when clinic call is complete. Rest assured, all messages will be returned to you in a timely manner.



I am looking forward to our 2025 summer and providing a safe and healthy camp experience for your children.

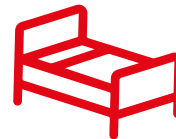
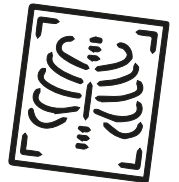
REMINDERS

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.)

MARYLAND & FLORIDA GATHERINGS



About a month ago, we had an incredible time reconnecting with our camp families in Maryland and Florida! It was so much fun to spend time with parents and campers as we gear up for the summer. We reminisced with old friends, swapped camp stories, talked about what's ahead, and could feel the camp spirit growing stronger. A big thank you to everyone who joined us for great food, fun games, and meaningful moments together 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!



Dates:
Sunday, July 13th from
Sunday, July 27th from
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 2026 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 '25

- | | |
|------------------|--------------------|
| Calvin Almassy | Grant Guzman |
| Blanca Amendola | Camille Horowitz |
| Joaquin Amendola | Jacqueline Jemal |
| Estie Attman | Arielle Klein |
| Chase Ben-Canaan | Alexandra Kleinman |
| Tyler Ben-Canaan | Hadlie Kowal |
| Casey Bender | Norah Krivickova |
| Hannah Boxer | Parker Levitt |
| Matthew Costello | Chase McCarthy |
| Blake Eisenberg | Jillian Mittler |
| Bowie Evans | Lucas Rich |
| Rylan Evans | Spencer Rosen |
| Noah Fajga | Ella Rosenfeld |
| Amelia Friedman | Taylor Rosenfeld |
| Brianna Gamburg | Eliza Turetsky |
| Sasha Gendler | Ella Weber |

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!



COUNSELOR'S CORNER

Unzipping Summer



Love from

Lindsay

It starts small.

Unzipping your backpack after school and noticing the sun's still out.

Unzipping your jacket because the breeze is finally warm instead of icy.

Unzipping the windows to let in that fresh, spring air that smells like possibility.

And then, little by little, it starts to happen:

Your brain shifts into summer mode.

Your heart starts racing when you see "camp" written on the calendar.

Your body starts itching to run, jump, splash, sing, cheer, and just be free.

Because whether you realize it or not, you're getting ready to unzip summer.

Soon, it won't be your backpack you're unzipping—it'll be your camp duffel, stuffed with sunscreen, friendship bracelet string, mismatched socks, and way more t-shirts than you need (but you'll wear them all, somehow).

You'll unzip your sleeping bag on an overnight in the treehouse.

You'll unzip your hoodie for a polar bear swim.

You'll unzip yourself—you'll open up to new friendships, fresh challenges, and the very best version of you.

Spring is our favorite sneak peek. It teases what's ahead. It whispers, "Hey... remember camp?"

But summer? Summer shouts it from the mountaintop (or the top of the climbing wall):

"It's time!"

So, go ahead – feel the change. Breathe in that spring air, shake off the school year, and get ready to unzip the best summer yet. And while you're counting down those days, here are a few ways to start unzipping the magic of camp:

Theme Day Takeover

Pick a day this week and declare it a theme day (Wacky Wednesday, Pajama Parade, IS Spirit Day—your call). Dress up, go big, and yes... breakfast in costume is a must.

Camp Playlist Party

Create your ultimate camp soundtrack—campfire classics, feel-good summer hits, and songs that remind you of bunk dance parties. Turn it up while making friendship bracelets or tying lanyard during sunset (peak camp vibes).

Camp Olympics: Solo Edition

Set up 3-5 "events" using things around the house—sock toss into a laundry basket, hallway obstacle course, spoon relay. Compete against your past self, your siblings, or even your parents. Winner gets ultimate bragging rights.

Mail Yourself to Camp

Write a letter to "Future You at Camp." Seal it, pack it in your duffel, or keep it for the first night. Include your goals, memories, or maybe even a silly dare.

Campfire Kitchen Test Lab

Invent a new campfire snack using only what's in your pantry. No fire needed—just bold, delicious creativity. Think graham

crackers + chocolate + ice cream, or whatever's hiding in your snack drawer.

Camp Countdown Jar

Fill a jar with slips of paper—each with a camp-themed activity, memory, or silly challenge. Pull one each day to stay hyped until opening day.

Your Bunk, Your Rules

Redecorate your bed like your camp bunk—string lights, photos, a DIY nameplate. Camp vibes, no bug spray required.

Camp doesn't need to begin the moment the bus pulls up—it can begin now, with the little things that make you feel free, fun, and full of anticipation.

In the meantime, soak in the sunshine and start thinking about that first s'more on opening night, that first time you sing The Little Birdie song at lineup, that first jump off the iceberg into the lake. Let yourself unzip the energy, the joy, and the silliness that's been waiting all winter. Because once you unzip summer, you unleash the real magic—and you won't want to zip it back up.



WHAT'S HAPPENING IN ROCK HILL?



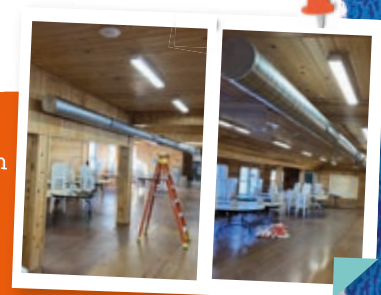
Camp Is Waking Up... And It's Cooler Than Ever (Literally!)

Rock Hill is stretching, yawning, and starting to wake up—and that means one thing: **Iroquois Springs is coming back to life!** After a long, chilly winter, our year-round team is hard at work preparing for another unforgettable summer. In just a few short weeks, our pre-camp team will start arriving to bring camp out of hibernation, roll up their sleeves, and get every inch of Iroquois Springs sparkling for Opening Day.

If you're wondering why staff start arriving so early, you're not alone! It takes a whole crew to unpack storage, clean up the grounds, plant fresh flowers, and bring new projects across the finish line. Plus, we host awesome rental groups in May and June—giving us a chance to test everything before you all come running through the gates this summer.

And speaking of new projects... the upgrades this year are next-level!

First up: AIR CONDITIONING IN THE DINING HALL! That's right—we've brought the chill to mealtime. Whether you're chowing down with friends after an afternoon on the lake or singing your heart out during meals, you'll be doing it in breezy, air-conditioned comfort. Camp just got cooler (literally and figuratively). Just imagine those summer lunches with a breeze that's not just from the fans!



But that's not the only upgrade we're buzzing about. For our amazing staff, we've created a **brand-new Staff Lounge**. A cozy, cool, and welcoming space that is packed with creature comforts, it's our way of giving back to the counselors, specialists, and support crew who make the Iroquois Springs experience so magical. This welcoming space designed to recharge and connect while staff are off-duty will be an added benefit for our **Difference Makers** this summer! **(And hey, we all know, happy staff = happy campers!)**

Whether you're a returning camper counting down the days, or a **first-time camper dreaming of what's ahead**, this is the moment we've all been waiting for. But nothing compares to the thrill of **Opening Day**. If this is your first summer at Iroquois Springs, get ready for something truly unforgettable. There's a special kind of magic in the countdown—packing your bags, meeting your bunkmates, and imagining all the fun that's just around the corner. And for our returning campers... you know exactly what's coming, and we can't wait to see your smiling faces run through those gates.



Big things are happening, and even bigger memories are on the horizon. Summer 2025 is shaping up to be one for the books—and we're saving you the best seat at the table (now with A/C!). So yes—camp is waking up. The beds are getting made, the new dock is in place, and the grass is greener than ever. All that's missing... is YOU.

We can't wait to see you at line-up and start giving out the first set of fuzzies for the summer!

2025 CELEBRATING 25 SUMMERS - OUR SILVER ANNIVERSARY - 2025 CELEBRATING 25 SUMMERS

SHARE YOUR MEMORIES...

As you all know this summer we're celebrating 25 years of friendship, fun, and adventure here at Iroquois Springs! To mark this incredible milestone, we're inviting campers and staff, past and present, to submit a short video sharing your favorite camp memory or how the magic of Iroquois Springs has impacted your life!

How to enter:

1. Create a short video (1-3 mins) describing your favorite camp memory
2. Submit your video by May 1st to momo@iroquoissprings.com
3. Winners will be announced and presented live during our Special 25th Anniversary Order of The Blue and Gold Celebration

Let's celebrate the legacy of Iroquois Springs together, get creative and have fun! Share your story and be a part of IS history!



Programming Note

New This Summer: Podcasting at Camp!

We're thrilled to announce a brand-new program coming to camp this summer...

Podcasting!

Whether you're a future broadcaster, storyteller, or just curious to try something new, this activity is your chance to get behind the mic and let your voice be heard.

We'll start simple, covering the basics of planning, recording, and editing, but with the creativity of our campers and staff, we know this is going to become a fan favorite in no time. We can't wait to hear what you create—see you there!

DON'T FORGET

to pack!

There's always something exciting happening at camp, and some items can be easy to overlook while packing. As you get ready for an amazing summer, be sure to include these must-haves:

- ✓ White & black t-shirts, pillowcases, or similar items for tie-dye and silk screening
- ✓ An Anywhere Chair (available on the Everything Camper website)
- ✓ A football jersey for Boys Side Monday Night Football
- ✓ A musical instrument if you'd like to join the Camp Rock Band
- ✓ A Halloween costume (yes, we celebrate Halloween at camp!) (Freshman thru Inters)
- ✓ A special outfit for Banquet Night
- ✓ Tennis racquet and baseball glove (if you have them)
- ✓ A sturdy, refillable water bottle (like a Nalgene)

For the full packing list, visit the Iroquois Springs or Everything Camper websites.

FAVORITE RECIPE FROM

Kitchen Stadium

Frozen Yogurt Bark

A Cool DIY Snack for Campers & Parents!

Looking for a refreshing, easy, and peanut-free recipe to make at home? Try this Frozen Yogurt Bark! It's a hands-on, no-bake treat that campers and parents will both love. Perfect for a spring or summer afternoon or even a camp-themed weekend!



WHAT YOU'LL NEED

- 2 cups vanilla yogurt
- 1 tbsp honey or maple syrup (optional)
- ½ cup sliced strawberries
- ½ cup blueberries
- ¼ cup mini chocolate chips (optional)
- ¼ cup granola (peanut-free)
- Extras: banana slices, shredded coconut, sprinkles

HOW TO MAKE IT

1. Line a baking sheet with parchment paper.
2. Mix yogurt and honey (if using) in a bowl.
3. Spread the yogurt onto the parchment—about ¼ inch thick.
4. Sprinkle on your toppings: fruit, granola, chocolate chips—get creative!
5. Freeze for 3+ hours until solid.
6. Break into bark-style pieces and enjoy!

STORAGE TIP**

Keep your bark in a freezer-safe container.
Eat straight from the freezer for a cool spring or summer snack!

Major Theme Days

There's nothing better at camp than a day when **EVERYONE** jumps into something fun and creative that adds personality and spirit—even on the most unexpected days of summer! Let's make sure **EVERYONE** remembers and participates in these three exciting **THEME DAYS** coming up this summer:



Crazy Hat Day

Get imaginative and wear a hat that's fun, wacky, or totally original.



Jersey Day

Any sport, any team, any style - just throw on your favorite jersey and join in!



IS Spirit Day

Rock your IS gear and show off your camp pride with your best swag.

We can't wait to see your ideas! These days are always a blast when EVERYONE GETS INVOLVED.

HAPPY Birthday

April

- 1 Jake Gold
- 1 Ariella Lincoln
- 1 Anna Rosenbaum
- 2 Viviana DeRose
- 2 Justin Heller
- 2 Jacob Rich
- 2 Samantha Schorr
- 3 Emerson Mandel
- 3 Dylan Silbowitz
- 6 Skylar LaMarca
- 6 Holden Rothschild
- 6 Noah Tropp
- 7 Zachary Basov
- 7 Aiala Bilbao
- 7 Reid Finnern
- 7 Olivia Morton
- 7 Jacob Taylor
- 8 Jake Bronstein
- 8 Ethan Farber
- 8 Elise Greeley
- 8 Eli Silberman
- 10 Alexa Dobstaff
- 10 Camille Eisenberg
- 10 Callie Tollin
- 11 Benji Gold
- 11 Graham Preizler
- 11 Jackson Projansky
- 11 Hunter Ruziecki
- 12 Josie Costanzo
- 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 Hailey Gross
- 18 Camilla Diaz
- 18 Isabel Diaz
- 18 Lexie Hurwitz
- 18 Crosby Kayne
- 20 Tyler Bogard
- 20 Samantha Buckley
- 21 William Weiss
- 22 Ines Vila-Trias
- 22 Georgette Yasgur
- 23 Grace LaMarca
- 24 Lila Friedland
- 24 Meyer Jacobson
- 24 Jordan Josephson
- 25 Isabella Kersh
- 25 Olivia Lippmann
- 25 Ava Platzer
- 28 Ilan Kleinman
- 28 Luca Zuniga
- 29 Archer Fraade-Blonar
- 29 Emma Gearing
- 30 Emma Lebowits
- 30 Jacob Mamlet

May

- 1 Sawyer Chapman
- 1 Kevin Henao
- 2 Bowie Evans
- 2 Jenna Reyfman
- 2 Skyler Reyfman
- 3 Arielle Klein
- 5 Blanca Amendola
- 7 Bella Berrol
- 7 Ava Mandel
- 10 Jordan Block
- 10 Milton Burt
- 12 Devon Cohen Antonio
- 12 Morgan Penner
- 13 Max Rosenbaum
- 13 Sydnie Schubach
- 14 Max Wolf
- 15 Amelia Friedman
- 15 Rosie Patkin
- 15 Harris Wechsler
- 16 Emily Levy
- 17 Cadence Nickum
- 18 Marlow Friedman
- 18 Lola Shapiro
- 20 Grant Guzman
- 20 Juliet Mastroberti
- 20 Hannah McMullan
- 21 Harvey Tsarevsky
- 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 Kaia Rice-Krans
- 27 Chase Stein
- 28 Tali Cohen Antonio
- 28 Eliza Costanzo
- 28 Brian Greenspan
- 29 Ryan Mendlowitz
- 31 Hannah Boxer
- 31 Ethan Strugatz

June

- 3 Hazel Abad
- 4 Jake Goldenberg
- 4 Austin Liebman
- 5 Jake Bernstein
- 7 Aliza Nickum
- 7 Hazel Schapiro
- 8 Ella Weber
- 9 Dana Assa
- 9 Sydney Attman
- 9 Callan Carway
- 9 Dylan Hecht
- 9 Chloe Lashins
- 10 Sienna Friedman
- 11 Natalie Ahern
- 11 Quentin Ahern
- 11 Leighton Heard
- 11 Mitchell Kaufman
- 11 Sam Lottner
- 11 David Massonneau
- 11 Eli Rosenbluth
- 11 Jaxon Suarez
- 12 Mila Kowal
- 12 Harper Taheri
- 13 Skylar Bijari
- 14 Brendan Kiliski
- 14 Owen Lieberman
- 15 Cooper Barnett
- 15 Lennox Gordon
- 15 Lucas Rich
- 16 Caleb Ast
- 16 Caleb Barth
- 17 Abram Goldman
- 17 Alexandre Meier
- 18 Norah Meade
- 18 Mia Pearlman
- 21 Ava Hart
- 21 Axel Krosney
- 23 Emmy Kim
- 23 Olive Kremen
- 25 Noah Fajga
- 26 Zoey Platzer
- 27 Evan Nelson
- 27 Xavi Perez
- 29 Samuel McGinnis
- 29 Athena Speyer
- 29 Dylan Steiner
- 30 Ava Epstein
- 30 Eleanor Mitchell
- 30 Thomas Sico