The second week of camp is normally when we celebrate our “H2O-lympics”. On Thursday we published a list of H2O-lympic events that you could complete at home. That included the ever popular sponge relays. Plus, if you have water balloons; you can always enjoy a good water balloon toss.

This week our virtual campers have done an excellent job finding ways to have fun at home. From crafting tasty dishes in Food and Stories (and Senior Camp, too!) to beginning work on dramatic masterpieces in Imagination Online and Take Three, it’s been wonderful to watch our campers making connections, even though we have to be “physically distant”.

On the last few pages of this edition of the *Summer Snapshot*, you will find some recipes from this week’s camps. They’re fun and easy recipes to make at home with your family!

We’re looking forward to more excitement and fun next week. We will also be announcing new programs for the next few weeks of the summer. If you have an idea for a fun camp activity, please be sure to let us know!

Steve Cusick  
*Director of Day Camps.*

**SUMMER AT FRIENDS**  
**VIRTUAL PROGRAMS**  
**DO NOT MEET ON**  
**FRIDAY, JULY 3, 2020.**

**ENJOY THE LONG WEEKEND!**
Virtual Notes from Virtual Programs

Food & Stories
We returned for another week with our intrepid chefs to discover new tasty treats! We celebrated a birthday this week to go alongside our delicious applesauce cake, and saw many familiar faces, as well as some new ones that joined our virtual kitchen staff! Lead by Ms. Dolores, chefs followed along with stories like Fancy Nancy to craft creative dishes at home and make a variety of fun recipes like Hawaiian Casserole and Banana Bread! We rounded out the week with some refreshing Mint Chocolate Chip Cookies! It'll be our final day in the kitchen for our first two weeks of Food & Stories, but we hope to see you again later this summer!

Imagination Online
The world's greatest sandwich has...a camel, a book, scissors, the whole world, a dance troupe, a scuba suit, the entire universe, and a golf cart! Our intrepid performers began their session by exploring different improv games, including one sentence stories. We also began to explore different types of characters and settings, which will ultimately lead to the creation of some of the skits that we'll be performing at the end of the session. We can't wait to see how much these performers accomplish in 3 weeks!

Virtual Artists
WOW! We had another great week of virtual art! This week we used a variety of materials to make sketches, collages, models of time machines, and more! Our Virtual Artists demonstrated a lot of creativity and enjoyed getting to share their masterpieces with each other during the class. We can't wait to see what next week holds!

Take Three!
For our first week of Take Three, our young improv artists took to the virtual stage with some great improv games to kick off the session! We played ice breaking games like Rose, Bud, Thorn, and put together some collaborative improv stories with games like Bus Stop! We've just started putting together the first iterations of our own acts, as we begin to cast our fellow actors and actresses for the characters in our original plays. After some constructive critiques and brainstorming sessions, we're ready to move forward next week with the details of our emerging stories for our showcase at the end of the session! We can't wait to share what we're working on!

Animation
Our animators are knocking it out of the park! After a few lessons early last week, our animators took the wheel and really wowed us with their work! After watching some classic animations from over ten years ago, our group used these pieces to inspire their own animations utilizing dynamic backgrounds to add depth to their work. Our animators have already come so far! Look out for more animating opportunities later this summer!

Music and Movement
This week our Virtual Musicians learned about different instrument families. We discussed stringed instruments, brass instruments, woodwind instruments, percussion instruments, and vocalists! We also worked on rhythm patterns, and deep breathing exercises. We rounded out our classes with some movement games and creative listening. Next week our Summer Programs Coordinator, Mrs. Sue, will be leading a week of music activities learning about composers and creating our own instruments. We can't wait!

Tech Tapas Online
What a first week! Tapas set off with ambitious goals courtesy of our campers, who were given the option to choose between a wide selection of extraordinary software, before finally settling on audio design with Audacity. We jumped in to recording sounds and making music with pre-made sound bytes and self-made recordings! After getting our feet wet with Audacity, we kept that same creative energy as we switched over to video editing and film, as we began working on our storyboards.

Scavenger Hunts
This week we scavenged our house for items related to food, fun, and summer! Most of our campers found everything on the list! It's not too late to join Monday's Scavenger Hunt - just email summercamp@friendsbalt.org.

Summer Camp Trivia
Round 2 of our Summer Camp Trivia Series was so much fun! Congratulations to Jude and Kate for winning this week's round of trivia!
Senior Camp Salsa
Submitted by: Senior Camp & Mr. Sam
Prep Time: 15 minutes  Cooking Time: 15 minutes  Makes 4 Servings

Instructions
1. Wash your hands, then wash the tomatoes (and peppers) with cool water.
2. Carefully dice the tomato on the cutting board using the knife. Add tomatoes to bowl.
3. Carefully dice the onion. Remove the outer layers of the onion as well as the ends of the onion. You may also want to discard the smallest center rings of the onion. Add onion to the bowl.
4. Carefully cut the cilantro. (You can use precut cilantro, too!) Be sure to remove the stems. Add to the bowl.
5. If adding peppers, carefully cut them and add them to the bowl. Wash your hands when you finish handling the peppers.
6. If using fresh limes, cut the lime in half and squeeze over the bowl. If using lime juice, add about 1 tablespoon. You can add more or less time to taste.
7. Top off the bowl with some salt.
8. Stir thoroughly to mix all the ingredients together.
9. Cover and store in the refrigerator for 15 minutes (or more).
10. Serve with chips or tacos - ENJOY!

Remember: Always cook with adult supervision, and be careful and safe in the kitchen!

Ingredients and Supplies
- 2 tomatoes
- 1/4 c. cilantro (optional)
- 1 red onion
- 1 tbsp lime juice
- 1 tsp salt
optional: peppers (such as jalapeno) for spice.

You will need a cutting board, bowl for mixing, and a knife.

Summer Hawaiian Casserole
Submitted by: Food & Stories Camp and Mrs. Dolores
Prep Time: 20 minutes  Cooking Time: ~ 30 minutes  Makes 4 Servings

Instructions
1. Grease the baking dish with butter or margarine, and place a layer of the cooked pasta in the baking dish. Think of this as casserole layers.
2. Sprinkle some melted butter or margarine evenly over the top of the pasta. (about 3 tablespoons to keep the pasta moist)
3. Then in a medium bowl combine your 1 cup of sugar and about 6 tablespoons of flour and 1 or 2 more tablespoons of melted butter or margarine to make that mixture slightly moist. Stir in about 1 cup of your shredded cheese and about 1 can of your drained pineapple. Keep the pineapple juice at the side so that you can use it later on in the process.
4. Stir all of these ingredients together really well and pour that mixture on top of the layer of pasta that is already in your baking dish. Spread it evenly over the pasta. Put another thin layer of pasta over that and sprinkle a little more melted butter or margarine over that layer of pasta.
5. Then in a small bowl crush some crackers of your choice into very fine pieces and add a small amount of pineapple juice to moisten the crackers and a small amount of melted butter until you get the crackers to the texture you like. (Think of that step as a topping) Sprinkle that topping over the layer of pasta. You may then sprinkle some more of your shredded cheese and some more of your pineapple over the top to your liking.
6. Bake at 350 degrees for about 25-30 minutes. Since the pasta is already cooked you are basically cooking it long enough to melt the cheese and allow the pineapple and juices to flavor the pasta. Then enjoy.

Remember: Always cook with adult supervision, and be careful and safe in the kitchen!

Ingredients and Supplies
- 1/4 box cooked elbow noodles
- 1 cup sugar
- 6 tbsp flour
- 2 cups shredded cheddar cheese
- 2x 20 oz cans of pineapple, drained, reserve pineapple juice
- 1 stick melted butter
- 1 cup cracker crumbs

You will need a baking dish, bowl, and spoon.
Senior Camp Pizza Bagels
Submitted by: Senior Camp & Mr. Sam
Prep Time: 12 minutes  Cooking Time: ~ 10 minutes  Makes 2 Servings

Ingredients and Supplies
- 1 or more bagels
- container of tomato sauce
- mozzarella (or other) cheese.
  (Shredded works best)
- pepperoni (optional)

You will need a knife, baking sheet, foil, and cooking spray (optional).

Instructions
1. Lay out all of your items for easy access.
2. Cover the baking sheet in foil, and spray lightly so the bagels don’t get stuck.
3. Preheat the oven to 400 degrees.
4. While oven is preheating, assemble your pizza bagels:
   - Cut bagel in half. Then put both halves on the foil, with the flat side up.
   - Spread tomato sauce on bagel using a spoon.
   - Add cheese on top of the bagel.
   - Optional: Add pepperoni or anything else.
5. Wait for the oven to finish preheating, then put the pan in the oven for 5 - 10 minutes.
6. Remove from the oven, and let cool for 5 minutes. Don’t try to eat them early – they’ll be too hot!
7. Enjoy!

You can make multiple bagels at the same time!

Camp Mac & Cheese
Submitted by: Senior Camp & Mr. Sam
Prep Time: 15 minutes  Cooking Time: ~ 30 minutes  Makes 4 Servings

Ingredients and Supplies
- 1 c. dry macaroni noodle
- 1/2 c. shredded cheddar cheese
- 1 tsp. butter or margarine
- 1/4 c. milk or cream
- 1 tsp salt

You will need a pot, strainer, spoon, and serving bowl.

Instructions
1. Bring 2 cups (or more, if you are making more pasta) to a boil in the pan on the stove. (Set the burner to “Medium High” or about 6. Add a small amount of salt (1 tsp) to the water to prevent the noodles from clumping together. Add the Macaroni to the boiling water (slowly, so it doesn’t splash!). Cook until noodles are soft and tender; stirring often. (We like to use a wooden spoon to stir!)
2. Once noodles are cooked, strain noodles through strainer to drain the water into the sink. (Careful – Steam will be hot!). Turn the stovetop heat off. Return noodles to the pot once drained.
3. Add a teaspoon of butter to the noodles. Stir butter into the noodles until melted completely. Then, season the pasta to taste – you may add garlic powder, salt, pepper, paprika, or other spices. Continue stirring.
4. Add cheese to taste. Start with a half cup of cheese. Add additional cheese to taste. Stir cheese into the noodles. (You may need to turn the stove to low to help melt the cheese.) Continue stirring until the cheese is completely melted, and mixed in with the noodles.
5. Add milk to pot and continue stirring. Add any additional seasonings to taste. Turn off stove.
6. Pour into bowl and serve. Garnish with extra cheese. If desired, top with bread crumbs.

Bonus tip: you can enhance your mac and cheese with cooked chicken, cooked broccoli, cooked bacon, or any other flavors you might like to add.