

### *A Smile*

A Smile costs nothing but it gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so right or might the he can get along without it, and none is so poor that he can be made rich by it. A smile creates happiness in the home, fosters Good Will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad; and it is Nature's best antidote for trouble. Yet is, cannot be bought, begged borrowed, or stolen, for it is something this is of no value to anyone until it is given away. Some people are too tired to give you a smile. So give them one of yours, as none needs a smile so much as he who has no more to give.

## EDWARDS YMCA

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Women's Wellness Camp  
Edwards YMCA Camp  
East Troy, WI



# Edwards YMCA Camp

*32nd Annual*

*Humor Heals*



*Women's Wellness Camp*

*Program*

*Booklet*

*June 5-11th, 2009*

*Dear Campers,*

*Welcome! I have to say that I myself am excited and have been hearing about this anticipation about camp, for months! And it's here!!! This year's theme is "Humor Heals". Much of the programming offered will be connected with our theme, that will enhance your camp experience and bring you lots of smiles and laughter!*

*The schedule is packed with things to do, in fact so much so, it would be impossible to do it all! We encourage you to look over the weeks schedule and mark the things you REALLY want to do, then if you can fit the rest in....well, you can decide that later.*

*We hope you have a great week and please let us know if you have any questions please don't hesitate to ask myself or any of the Camp Edwards staff! Here's to a wonderful week!*

*Wahoooo!!!*

*Tiffany Praeger*

*Women's Program Director*

## Notes/Thoughts

*"A smile is a curve that sets everything straight."*

Notes/Thoughts



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"Friendship is like peeing on yourself:  
everyone can see it, but only you get the  
warm feeling that it brings."

## House Keeping

- All meals and much of the programming meets at or is offered in the main lodge called Micklewright.
- All program items marked with an \* have sign up sheets for that activity. Sign up sheets are in Micklewright.
- Daily massages, pedicures, and manicures are offered at an additional cost and on a sign up basis. (See page 8)
- Dock time is 10:30– 12:00 and 1:30-4:30 daily, weather permitting. A lifeguard must be on deck before entering water.
- See page for descriptions of fitness classes offered
- 1/2 week campers depart on Monday by 4pm.
- See either Tiffany, Toni, Kelli, Marsha, and Inez with questions or concerns.
- Keep cabin and lodge doors closed. There are live animals close by who are scavengers.

## Helpful Code

### Code for where activities are located

ML: Micklewright is the main lodge for programs, exercise and meals

AMP: Amphitheater is located between the visitors parking lot and RL

RL: Runge Lodge. This is the lodge past the Amphitheater, up the steps

HL: Hoffer Lodge. This lodge is next to Runge Lodge.

MLPO: Micklewright Porch

KYBO: Bathhouse that is situated near cabins

RC: Ropes Course is located in field out in front of Hoffer Lodge

Chapel: On Sunset Hill overlooking Lake Beulah. Exit East side of ML

AR: Archery Range located off main entrance road by Welcome Shelter

EL: Edwards lodge houses the trading post. Just down the road from ML

WF: Water front located west of the dock on the sandy beach area

LLP: Lower level parking lot. Parking lot by the amphitheater

## My Personal Directory

New Girlfriends I've met

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_, State \_\_\_\_\_, Zip \_\_\_\_\_

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_, State \_\_\_\_\_, Zip \_\_\_\_\_

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_, State \_\_\_\_\_, Zip \_\_\_\_\_

# Thursday-Til We Meet Again...

- 7:00 Early Marshwalk to Edwards Island  
Yoga-RL
- 8:15 Breakfast-ML
- 9:00 Closing Program/ Goodbyes
- 10:00 Checkout

**It's not good-  
bye...it's  
just...see ya  
later! :)**

*Lovely Ladies of Women's Wellness...*

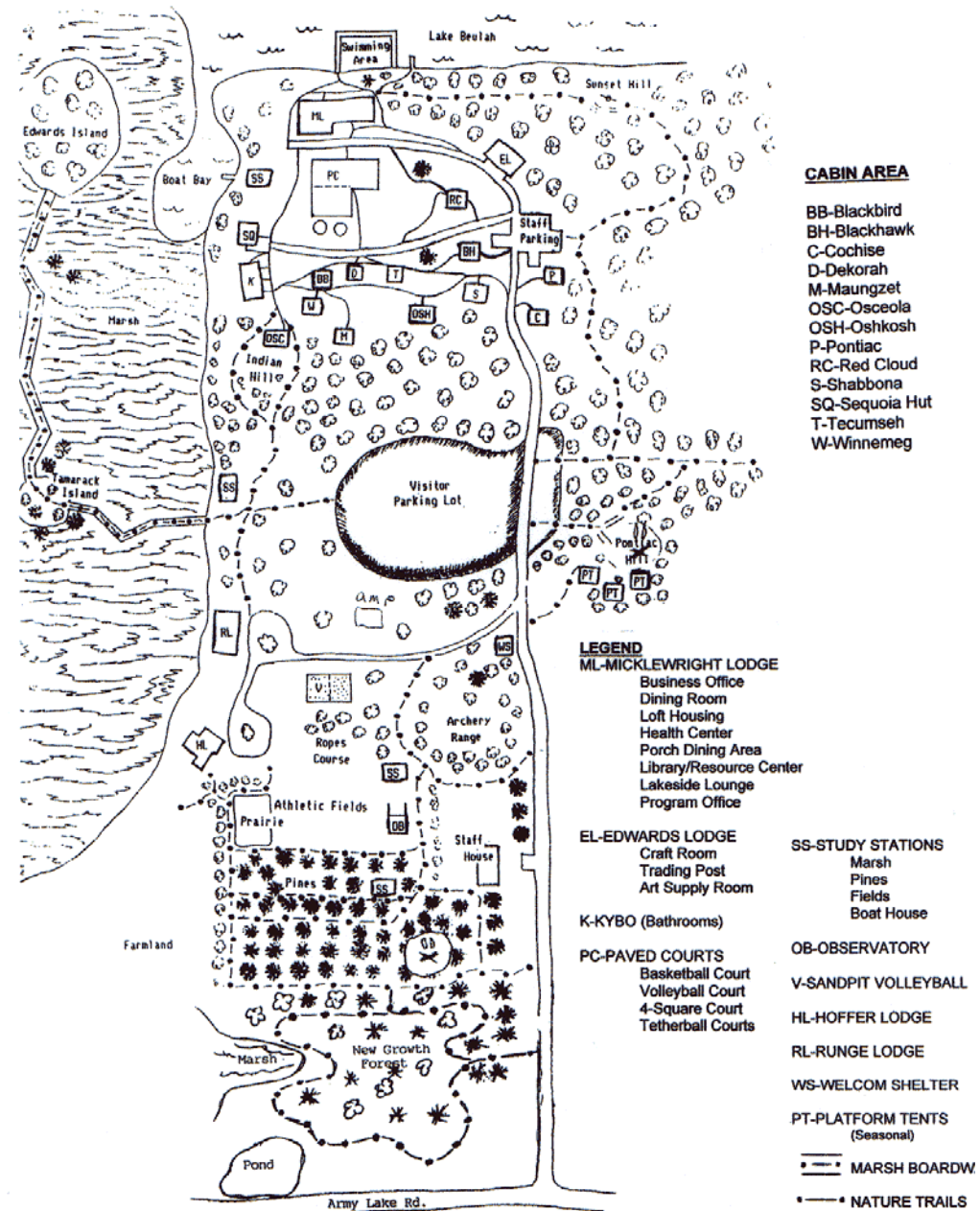
*I truly hope you enjoyed your time here at Camp Edwards. Mostly I hope you walk away with new memories, new friends and lots of camp experiences to look fondly at until (hopefully) you join us next year for our 33rd Annual Women's Wellness Camp!*

*Please take some time to fill out the survey that was included in your welcome bag. It is very valuable to us to hear what you enjoyed, what you did not and what you would like to see offered next year.*

*Even just being at Camp Edwards for 8 months I already see and feel the sense of a camp family, as I am sure you do to. SO...let's keep in touch and keep that camp magic going all year long.*

*Enjoy your summer & take care!*

*Tiffany Praeger  
Women's Program Director  
Camp Edwards YMCA  
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## Various Activities

**“\*” indicates sign up is required Sign up sheets are at ML. Sign ups allow us to prepare for the number that will show up or cancel.**

**\*Pontoon Ride:** Take a ride around Lake Beulah. Hear stories about the area, enjoy the wind in your face

**\*Learn to Kayak:** Take advantage of this skill development on Sat or Sun, then enjoy the Sunrise Kayak on Wed.

**\*Bird Walk:** This is for the early *birds* who would like to take advantage this educational walk.

**\*Chapel:** Sunset Hill offers a beautiful setting for spending a few minutes singing praise songs and prayer. Meets on ML porch in bad weather.

**\*Climb Wall:** This challenging activity allows you to climb to new heights up a 30 foot wall.

**\*Ropes Course:** This low ropes course is a low to the ground course that will challenge and reward you as you master each piece station.

**12-Step:** A support group that meets after supper on the porch at Micklewright.

**\*Archery:** This activity teaches you the correct way to pull back a bow to be more accurate in hitting your target.

**Trading Post:** Shopping is an activity right? The trading post is a great place to shop for souvenirs for others or simply to pick up something for yourself. Open daily. Times will be posted.

**\*Banana Boat Rides:** Take an exhilarating ride on our 6 person water tube as it skims along the surface of Lake Beulah.

**Waterfront:** Dock time is not just for laying out in the sun. When a life guard is on duty, canoes & kayaks maybe used. Open 10:30-12:00 & 1:30-4:30 daily.

## Wednesday-Game Day!

- 6:30 Aerobics w/ Abs
- 7:00 Yoga-RL
- 8:15 Breakfast-ML
- 9:00 Chapel-Sunset Hill
- 9:00 Game Time!-HL (outside)
- 9:15 Tappercize-ML
- 10:30 Cardiac Health Interactive Presentation-Bernadette O'Connell, RN
- 11:00 \*Climb Wall  
\*Pontoon- WF
- 12:30 Lunch- ML
- 1:30 ZUMBA-ML  
\*Banana Boat Ride- WF  
\*Gus's Ice Cream Trip-Big Chair
- 2:00 \*Cardmaking-Porch
- 2:30 \*Archery
- 3:30 \*Cardmaking-Porch
- 5:30 Supper-ML
- 6:30 12 Step-MLPO
- 7:00 Closing Campfire w/S'Mores and Edward's Summer Staff! Skits...songs...and fun galore!
- 8:30 Board Games & Snack-RL

That's right it's  
**GAME DAY!**  
Sport your  
Favorite team  
apparel and  
partake in  
some games-  
playable by  
**ALL!**  
Best sports  
dress up, cheer  
and best prize  
give-aways!



## Custard Anyone?

**Hitch a ride with a camp staff chauffeur and let's go get some famous Gus's custard!**

**It's a throw back to a 50's drive-in and a chance to treat yourself. C'mon...you know you want to!**

## Tuesday-Relaxation Day

- 6:30 Sculpting w/Bands-ML  
\*Early Bird Canoe/Kayak-Beach
- 7:00 Yoga- RL
- 8:15 Buffet Breakfast-ML
- 9:15 Tappercize
- 12:30 \*Packed out Lunch
- 1:30 \*Kayak on Lake-WF
- 5:30 Supper-ML
- 7:00 \*Pontoon Ride-ML
- 8:15 Evening Snack-RL  
& MOVIE: "Crazy, Sexy, Cancer" A very inspirational and life changing story-join us!
- 9:00 No yoga

Traditionally campers have enjoyed getting cleaned up and heading into civilization on Relaxation Day. If you prefer to stay at camp, we do have a reduce schedule of things for you to take advantage of like the waterfront



Please sign up if you will be here for home-made pizza tonight. This will ensure there is enough for everyone.



**Lunch meal is a bag lunch.** Please sign up if you would like one.



### Check out your WELCOME PACKET!

In it you will find:

- Discount coupons to Elegant Farmer, Espresso Love Coffee, and Pedal n' Cup.
- Also available in Micklewright Lodge are pamphlets on Lake Geneva and the East Troy Trolley.

**Boot Camp:** You will be inspired and have fun, while participating in a fantastic medium to high intensity cardio workout led by a certified adventure fitness trainer.

**Aerobics w/Sculpt:** This will be a medium intensity aerobics class using resistance tubes (tubes available for use) for sculpting. **Please bring a mat or towel.**

**Yoga:** Increase strength, flexibility, and balance without strain. Deep breathing throughout the class focuses the mind and dissolves tension.

**Zumba:** A form of aerobic exercise that fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system.

**\*Biking:** Group biking lead by Inez is a great way to exercise outdoors and see the area.

**Aerobics w/Abs:** Medium intensity classic aerobics class with emphasis on abs towards the end of the class. Come sweat to the music! **Please bring a mat or towel.**

**Senior Fitness:** This low intensity stretching and cardio class is designed especially for ages 50-80.

**Chair Aerobics:** A convenient and fun way to get aerobic exercise and improve muscle tone and flexibility. You'll do the cha-cha, can-can, a tap dance, and much more while seated comfortably on a chair.

**Tappercize:** With the guidance of Sandy C. she will teach your some tap routines with an aerobic twist. Some tap shoes will be available for use, otherwise feel free to give it a try with some good ol sneakers!

**Line Dancing:** You will learn several different line dances designed for cardio that you can enjoy again and again. Come have fun and enjoy the music!



## 45-Min. Massages-Sign Up

Massage:  
**Deep Tissue \$45.00**

Massage:  
**Trigger Point \$45.00**

Massage:  
**Hot Rock \$60.00**

Massage:  
**Swedish \$45.00**

Massage:  
**Micro Fascia \$45.00**

Massage:  
**Rain Drop Therapy \$60.00**

### Ionic Cleansing: \$60.00

A gentle way to remove toxins from your body through your feet.



You can pay massage therapists with cash or check. Gratuity is not included in costs of spa services. Payment is due at time of service. Sign up in Micklewright...spots fill quickly!

## Craft Classes -

**Card Making:** 3 different classes are offered throughout the week. You can either try the sticker-scrap booking card, or emboss a card. Each class is \$5 (cash or check) and each class is instructed by staff from Stamper's Cupboard. You will make 3 cards in each class. Let's be crafty! Sign up early the classes allow a limited number of participants.

### Natural Bath Salts & Natural Lip Balm:

Beautify yourself with the essence of the earth! Using all natural products you will make your own natural bath salt and lip balm with Tiffany. Sign up early the class limit is 8 participants.



Funny Fact:

One good belly laugh burns off 3.5 calories!

## Monday-Day at the Races

- 6:30 \*5K Walk/Run Event-LLP
- 7:00 Chair Aerobics!-ML
- 8:15 Breakfast-ML
- 9:00 Chapel-Sunset Hill
- 9:30 \*Pontoon-WF
- 10:00 Fun with Fungus! w/Tracy Moore
- 11:30 \*Archery- AR
- 12:30 Lunch
- 1:30 ZUMBA
- \*Low Ropes-RC
- 3:00 Climbing Wall
- \*Banana Boat Ride-Dock
- 5:30 Supper-ML
- 6:30 12 Step-MLPO
- 7:00 Bowling-meet at Big Chair
- 8:45 Evening Snack- MLPO
- 9:00 Yoga-ML

**5K Walk/  
Run Event**

Get goofy and fit with our low intensity 'Chair Aerobics' this AM in Micklewright Lodge



Catch a ride on our BANANA Boat attached to the Edwards' ski boat for a wild (or slow and leisurely) ride around the lake!



## BOWLING BONANZA!

Meet at camp's new BIG CHAIR to join us for a night of bowling and laughs! Come equipped with your 'Day at the Races', and larger-than-life hat! St-eeeeeeerike!



## Sunday-Camp's a CIRCUS!

- 6:00 \*Buck Island Swim-WF  
 7:00 Bird Walk— HL outside  
 7:15 Silver Sneakers-ML  
 \*Early Morning Pontoon  
 8:15 Breakfast-ML  
 9:00 Chapel-Sunset Hill  
 9:15 Tappercize  
 10:30 Cultural Nutrition &  
 Acupuncture-ML  
 11:30 Guided Meditation— RL  
 \*Pontoon-Dock  
 \*Edible Plant Hike-RL  
 outside  
 12:30 Lunch-ML  
 1:30 \*Boot Camp-HL  
 1:30 \*Bike Ride— ML  
 3:00 Power of Now-  
 Discussion-MLPO  
 3:30 \*Climb Wall  
 \*Line Dancing  
 5:30 Supper-ML  
 6:45 12 Step-MLPO  
 7:00 \*Sunset Pontoon  
 \*Archery  
 8:00 COMEDY SPORTZ!  
 9:15 Yoga— ML



Join us for a camp tradition... the Buck Island 1/2 mile Swim !

### Power of Now -Eckhart Tolle

Join Mary Williams in a discussion about taking time to really appreciate the present as she guides you in the tools needed, as given by Author Eckhart Tolle.



### Edible Plant Hike

Join Tracy for a guided hike through the woods as she points out the yummy treats the earth has to offer!

*And later...*

Milwaukee, WI's own COMEDY SPORTZ TEAM  
Here at CAMP EDWARDS!

Tonight we will not only observe but take an active part in being an Edwards comedy troupe!

## Morning Programs

### Saturday: Keynote Speaker: Laughter Yoga & "E-motional Medicine"

Dr. Cindy Solliday-McRoy

*Highly regarded as a dynamic and energizing motivational speaker, Dr. Cindy has her own unique style that's both inspirational and contagious! This very interactive presentation will teach you how to incorporate positive habits into your life and the life-changing effects they can have on an individual.*

### Sunday: "Traditional Cultures & Nutritional Wisdom" Brandon LaGreca of East Troy Acupuncture

*Join holistic healthcare practitioner and licensed acupuncturist Brandon LaGreca for a slideshow presentation journey into discovering the wisdom of our ancestors. In this presentation we will examine several distinct traditional cultures and compare their diets to learn how we might empower our health with their everyday wisdom.*

### Monday: The "Tick" in Tickle and the "Fun" in Fungus

Tracy Moore, Environmental Educator

*Come laugh and learn about plants and animals we consider pests. You will be amazed by the lifestyles of some of our most common, but hated "neighbors." This presentation will help shed some light and laughter on why every living thing is important in some way.*

### Wednesday: Cardiac Health, an Interactive Presentation

Bernadette O'Connell, RN

*In this interactive workshop Bernadette will go over basic preventative measures in cardiac care for ages of all women. Not only informational and beneficial but will also see where you stand health-wise, including a fun jeopardy game and prizes.*



## Friday-WELCOME!

- 3:00 Arrival
- 5:00 New Camper Orientation-ML
- 6:00 Soup and Salad Bar-ML
- 6:30 2nd New Camper Tour/Orient
- 6:45 12 Step-ML porch
- 7:15 Opening Ceremony-Amp
- 8:00 Mixers and Games in ML
- 8:45p Evening Snack-ML
- 9:00p Yoga-RL

**\* requires sign up**

Remember, all scheduled items with an asterisk require sign up. Sign up early to prevent cancellation due to lack of interest.

### Treat Yourself!

Sign up for a manicure & pedicure, or both! Appointments will be in Runge Lodge, Saturday and Monday. Please only cash or check. Pedicure-\$20~1/2 hr/  
Manicure-\$15~1/2 hr/Both-\$35~ 1 hr.

### New Campers

If you are a new camper, please meet other new campers and your host, Tiffany Praeger as she takes you on a tour of camp. Meet at the Micklewright lodge at 5:00. There will be a 2nd new camper tour following the Soup and Salad bar at 6:30. This will be for you to ask any questions you may have about the week.

Welcome  
Everyone!  
In case of nightly  
emergencies, dial  
extension. 226  
from any camp  
phone.



## Saturday "Full of Smiles"

- 6:30 Aerobics w/Abs-ML
- 7:00 Yoga-RL
- 8:15 Breakfast
- 9:00 Chapel-Sunset Hill
- 9:15 Tappercize-ML
- 10:00 Keynote Speaker-Laughter  
Yoga, Micklewright Lodge
- 11:30 \*Chair Aerobics!-ML  
\*Learn to Kayak-Beach  
\*Pontoon-Dock
- 12:30 Smiley Lunch-ML
- 1:30 \*Boot Camp-HL
- 1:30 \*Body Scrub & Lip Balm-  
MLPO  
\*Line Dancing-ML  
\*Banana Boat Ride-Dock
- 3:00 \*Card-Making- MLPO
- 4:30 Robbi Grill Memorial-HL
- 5:30 Dinner of Divas!- ML
- 6:45 12 Step-ML porch
- 7:00 Talent Show-ML or AMP
- 8:15 Evening Snack-ML
- 8:30 Yoga-ML

**Never kayaked before?  
Come learn the basics  
with Tiffany at 11:30**

Tonight is the  
**TALENT  
SHOW!**  
At 7pm join us in  
Micklewright  
To share with one  
another all our  
unique talents!



It will be a great  
night!

### Dinner of Divas!

Come dress up your table and yourself for our Dinner of DIVAS!  
Sport your favorite DIVA outfit and/or  
personality. The dinner will be filled with some DIVA  
antics too!

