



SIGHTINGS

A Coastal Camp Weekly Publication

Camp Week: July 6-July 10, 2009

Theme: Ocean Explorers

Volume 4

From The Camp Director:

Ahoy mates! This week was an adventure on the high seas. We spent our days learning about life at sea, San Francisco maritime history, navigation, shipwrecks, and seaweed! Every week of camp has been a truly unique, one-of-a-kind experience. If your camper enjoyed this week, wait til you see what else we have up our sleeves. We still have a few openings left in the coming weeks. Contact the camp office for details 415 331-1548. We hope you've enjoyed your week with us and hope you'll return to the Marin Headlands to share all you've learned with friends and family.

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Carrageen Cuisine: Try this camper approved seaweed salad recipe at home!

Ingredients:

- 1 cup dried seaweed
- 2 tbsp. toasted sesame seeds
- 1 tbsp. sesame oil
- 2 tbsp. soy sauce
- 3 tsp. sugar



Directions: Soak seaweed in water for 4-6 minutes to rehydrate. Strain excess water. In a bowl mix oil, seeds, soy sauce, & sugar. Pour over seaweed and mix. Enjoy!

Animal Sightings: We saw Quail, Harbor Seals, Elephant Seals, Black Tailed Deer, Pelicans, Humming Birds, Red Tailed Hawks, Turkey Vultures, Ravens, Butterflies, Cormorants, Gulls, & Red Winged Blackbirds...**Oh my!**

Life on the Edge at Pt. Bonita Lighthouse

Campers experienced the not so glamorous life of lighthouse keepers this week during a windy visit to Point Bonita Lighthouse. Campers hiked 2 miles along coastal trails to the trailhead, crossed fault lines, ventured through a long dark rock tunnel, & crossed a historic suspension bridge. A 5 mile roundtrip trek!



Under the Microscope:

Mike counselor

Mike is a sophomore at Olivet College in Olivet, MI. He is working toward a degree in Environmental Science and is crazy about this beautiful planet we share! Mike loves getting in the water and has been swimming competitively for 14 years. He feels lucky to have had the opportunity to teach swim lessons and be the Head Coach of a swim team for almost six years. Mike loves biking, scuba diving, surfing, and hiking. His greatest joy comes from exploring nature with children. Mike remembers the love and wonderment this big blue planet instilled in him and hopes to pass that along to others.



Knot Tying & Chanty singing at Sea!

Just sit right back and you'll hear a tale of the sail on the Schooner *Seaward*... a 3 hour tour! This trip was a highlight for campers as they sailed around the bay, along the San Francisco marina, and around Alcatraz & Angel Islands. Aboard they raised sails and practiced their sea chanties! Yo ho!

