



SIGHTINGS

A Coastal Camp Weekly Publication

Camp Week: July 5-July 9, 2010

Theme: Ocean Explorers

Volume 4

From The Camp Manager

Ahoy all ye Ocean Explorers! 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 until 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 at (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.

-Pete



Knot Tying & Chanty singing at Sea!

Just sit right back and you'll hear a tale of the sail on the Schooner *Seaward*... a 2 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!



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!



Animal Sightings:

We saw Black Tailed Deer, Kestrels, Pelicans, Ravens, Humming Birds, Quail with their covey, Turkey Vultures, Scrub Jays, Cormorants, Sea Stars, Anemones, Red Winged Blackbirds, and Harbor Seals ...**Oh my!**

Under the Microscope:

Kevin, Camp Counselor

Kevin grew up in San Francisco and attended University High School. He recently graduated with a degree in Mechanical Engineering from Brown University. This fall he will be attending UC Berkeley where he plans to pursue a Masters Degree in Civil Engineering. He is an ultimate Frisbee, soccer, and lacrosse player, and an outdoor enthusiast. He loves working with kids, loves to travel, and hopes to build a bridge one day in the future!



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!