



# SIGHTINGS

A Coastal Camp Weekly Publication

Camp Week: August 18-August 21, 2009

Theme: Ocean Explorers

Volume 10

## 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. We invite your family to participate in our *Family Programs* and to continue exploring the Headlands with us throughout the year. Check your email for information in the next few weeks. 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, Egrets, 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:

**Caitlin**  
counselor

Caitlin is a recent graduate of St. John's College in Santa Fe, New Mexico. She has worked as a lifeguard, a swim instructor and as an assistant in college level science classes. As a college junior, she interned with 826 Chicago as an assistant teacher in writing workshops and summer camps. She loves to make art, swim, read, and draw comics. Caitlin will begin working toward a graduate degree in Studio Art this fall in New York.



## Knot Tying & Chanty singing at Sea!

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