

Dear First Session Campers:

Hope this session was fun and full of memories . . .

For those of you who returned, I hope it was a time of
pleasant reunion . . .

For those of you who were here for the first time, I hope
it was all that you hoped for . . .

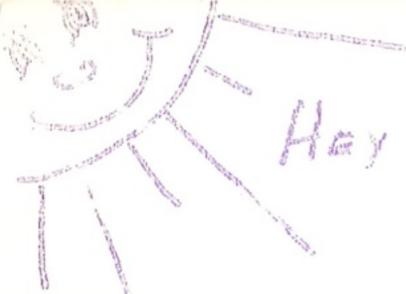
I hope we filled your day with hectic hours of busyness
And peaceful hours of inspiration . . .

The camp's resources were at your disposal
And it's traditions bring a sense of history, of purpose, and
of loyalty . . .

Hope you had the opportunity to grow, to give
And to become a part of the out-of-doors . . .

Hope your stay at CBC was a happy and learning experience
which you will long treasure. . .

Ms. "K"



Hey Gang,



CAN YOU BELIEVE THE SESSION IS OVER? IT'S GONE BY SO QUICKLY, BUT WE MANAGED TO HAVE A VERY BUSY SESSION. DIVISION A WENT TO THE AQUARIUM. HOW DID THE PENGUINS SMELL? DIVISION B, WHEN YOU WERE AT PURGATORY, DID YOU REALLY TELL THOSE JOKES TO JOSLIN? DIVISION C AND SENIORS, WE BET YOU'LL NEVER BE ABLE TO SAY AGAIN, "WE WENT ON AN OVERNIGHT, OUR BUS BROKE DOWN, WE WENT THE WRONG WAY AND IT RAINED ALL IN ONE DAY. BUFFUMVILLE REALLY WAS A HIKE . AND THE DANCES WITH JOSLIN WHAT MORE COULD BE SAID. THEN THERE WAS INDIAN COUNCIL, DID EVERYONE THROW THEIR FACTS IN THE FIRE? THE NEXT TIME ANYONE IS INVITED TO HAVE COOKOUT WITH THE QZ-T'S MAKE SURE THEY HAVE A FIRE GOING, UNLESS YOU LIKE RAW HOT DOGS.

ON A MORE SERIOUS NOTE, WE HOPE EVERYONE ENJOYED THEMSELVES AND WILL KEEP THE SPIRIT OF CLARA BRIDON CAMP ALIVE UNTIL YOU'RE NEXT YEAR. DON'T FORGET TO WRITE. WE'D LOVE TO HEAR FROM YOU. SEE YOU NEXT YEAR!!

See you soon
A. P. ...

FRIENDS

by Ruth Hopper

Friends are people who
Do the sharing and the caring,
the loving and the hating,
the crying and the laughing,
and looking at the good times and the bad.
Friends are people who we need to have
For we cannot live without them.

A FRIEND

by Joanne Moore



A friend is a person whom I may be sincere,
Before him I may think aloud.

HARMONY

by Ruth Hopper

Sailboats floating on tranquil blue waters;
Ducks gliding effortlessly near the shore.
The lake stretches without end,
Licking the sky.
Swoxy white puffs with patches of dusty blue.
Sunbeams waltz upon the waves.
Looking outward: sky, clouds, water
Blend together -- a collage of serenity.

THANKS FOR ALL YOUR TONS OF HELP , NEWSPAPER STAFF!!!!!!!!!!!!!!

* * Word Hunt * *

by Deb McLeod

WORDS TO FIND

INSULIN
PEOPLE
STUFF
DINT
HIGH SUGARS
FAT
JOSLIN BOYS
POLAR BEARS

D	E	A	R	A	E	H	L	A	R
I	E	S	U	L	L	I	N	C	O
E	B	T	P	P	L	G	L	T	A
T	E	U	E	D	I	H	B	I	D
J	R	F	W	I	T	S	H	U	R
O	S	F	A	T	A	U	S	I	U
S	U	P	P	E	R	G	P	T	O
L	Y	E	T	C	O	A	E	I	N
I	S	E	C	L	P	R	C	E	E
M	A	P	C	A	E	S	A	S	R
B	N	O	A	G	O	R	E	L	S
O	A	T	C	P	P	C	A	M	L
C	E	T	S	E	L	G	G	I	G
S	I	H	N	O	E	V	E	N	N
O	H	I	A	D	A	N	C	E	I
E	N	C	C	D	O	C	T	D	L
A	A	K	K	M	A	S	O	S	N
O	I	I	H	A	M	A	R	Y	M
P	O	L	A	R	B	E	A	R	S

WORDS TO FIND

SMILING
GIGGLES
ROAD-
NUMBERS
SUPPER
PREPOT
SPEC
ACTIVITIES
DANCE

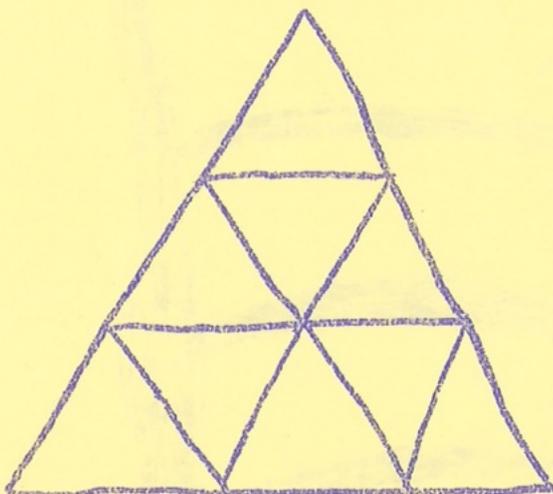


by Timber Howard

Fatty and Skinny were in a bed.
Fatty rolled over and Skinny was dead.

JOKE: There were five men at McDonald's and they all claimed to be Ronald McDonald. Which one was telling the truth??
A: The one with sesame seeds on his bun!!!

How Many Triangles Can You Find??????



ANSWER:
13 TRIANGLES

REMEMBER WHEN

The CITs broke the bench singing "Let's Go Fly A Kite" on the first day of camp????
Divisions A, B, and CITs went strawberry picking and made a 70.00 mistake????????
Five counselors and only 2 campers walked back from Buffusville?????

RECIPE FOR CBC

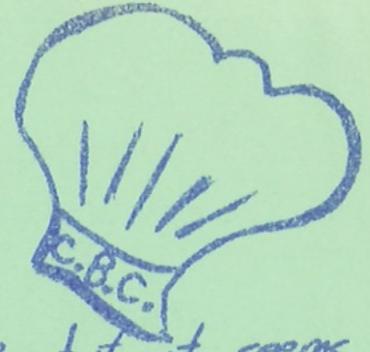
2 cups fun activities 1 1/2 cups diet
1 1/2 cups insulin 3/4 cup friends
1/2 cup staff and administration

Mix well in a North Oxford diabetic camp. Bake for 1/2 two-week sessions until next summer.

by
Stephanie
Berger



A Morsel from the Kitchen



FIRST SESSION 1981

The first session has come to a close, but it seems like all of you just arrived! (My how time flies, I thought the days were supposed to be longer)! We all hope you have had an enjoyable "camping experience"! It's not often we all can spend time with others who are in the same "boat", and share our experiences and talk over our troubles with others who can understand. The entire staff hopes you have had much fun with the actives, outings and the Robot from Coca Cola Co. We also hope you have learned a little more about yourself, about understanding others, and your diabetes.

From the Kitchens point of view, your diet is very important and needs to be understood by you! Please also remember that there are 4 keys to diabetes management. They are;

- ① KNOWING AND UNDERSTANDING YOURSELF
- ② DIET
- ③ INSULIN and
- ④ EXERCISE (not necessary in this order).

It is most important that we all do the best that we can do - be it our diabetes control, our school work, or just understanding ourselves and others. We hope you have enjoyed the meals and maybe, have tried a food that we have never liked or tried before! We hope to see all of you again in the summer of "82". Now, take home what you have learned and experienced and practice it! When you have a bad day, think of the fun you had and the friends you have met at C.B.C. Have

A SAFE, FUN and BEAUTIFUL SUMMER! With love, Chef Gordo and
ROSALIE COHEN - FOOD SUPERVISOR, DIETICIAN
DIANE DYER - ASSISTANT COOK
ASSISTANT DIETICIAN - NANCY RANDALL
DINING GUIDES - DONNA BALASKI, TERRY CAISSE

CBC WOULD END IF

- . . . Rainbow Ridge didn't shake when someone moved.
- . . . Janet Moran wore anything but flip-flops.
- . . . the seniors were serious.
- . . . Sue didn't comb her hair.
- . . . Leanne didn't play the harmonica.
- . . . there weren't any campfires.
- . . . the CITs got a 10 on inspection.
- . . . we didn't say grace at meals.
- . . . we didn't have at least one dance with the Joslin boys.
- . . . diabetes had an "instant" cure.

*****NEWS FLASH*****

June 28, 1981
Site: CIT Campfire Area
Story: Mother Turtle Gives Birth To Eggs

During the opening campfire of first session at CBC, there was a turtle giving birth to eggs under one of the benches. We flashed a light on her and she began to squirm. Then she was left alone to have her babies.

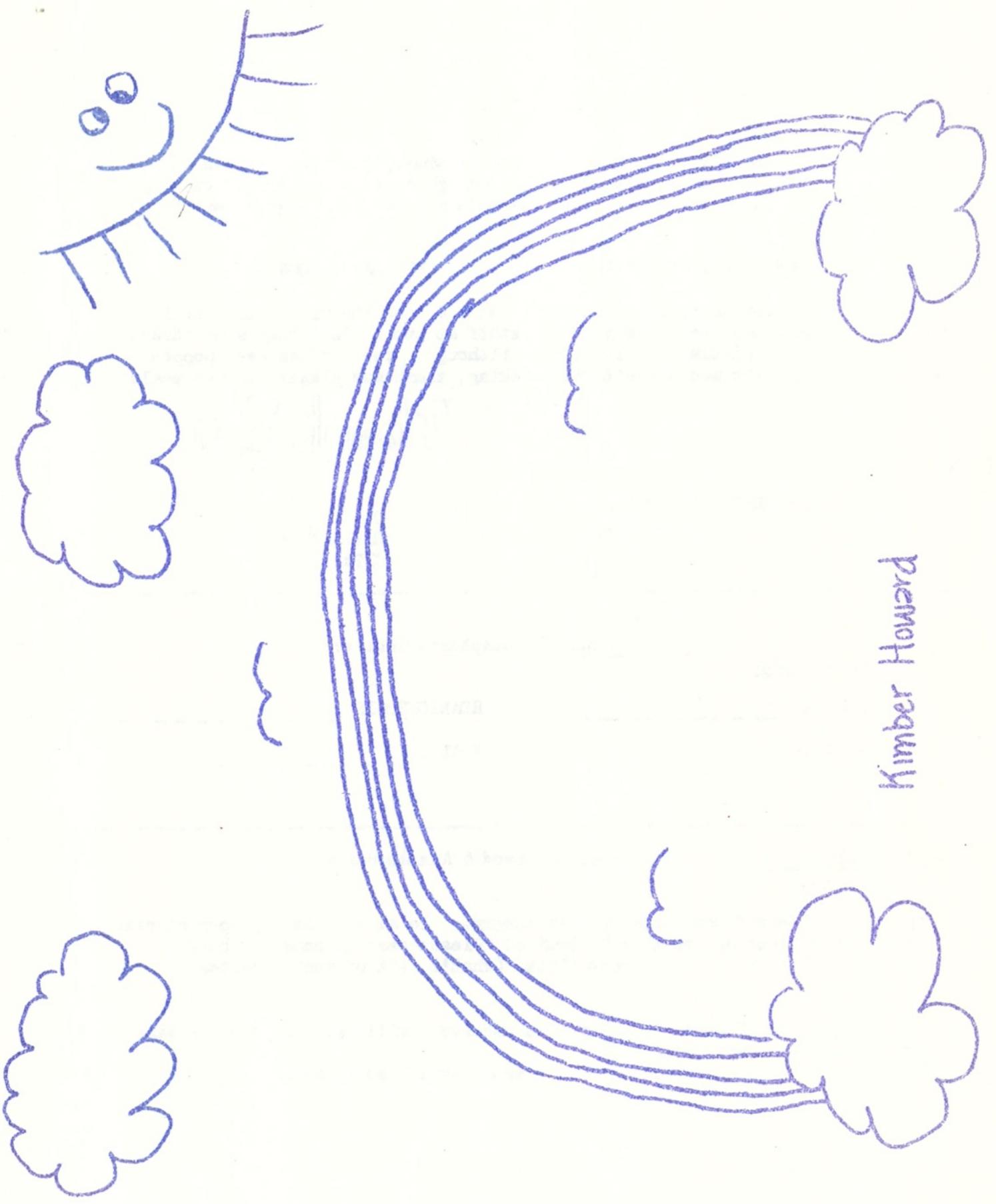
- D is for the darkness of Judy's tan.
 - I is for the indispensable guitar-playing talent of Debi.
 - V is for the vitality that insulin plays in our lives.
 - I is for indestructable Callie.
 - S is for the sending of letters that Robin does.
 - I is for how interesting Amy's puppy is.
 - O is for the oftenness that Sue combs her hair.
 - N is for the never-ending hunger of Leslie.
 - C is for "Conehead" Zena.
- by Joanne Moore

The HIKE TO BUFFUNVILLE: by Ruth Hopper

We took a hike to Buffunville State Park. We left CBC around 10:00 and got there around 11:40. We layed on the beach till lunchtime and after lunch, most everyone went swimming sooner or later. The clouds were out later. When we got back, everyone was either sore and red or had an addition to their tan.

LITTLE PINK ELEPHANT by Joanne Moore

Little Pink Elephant fell on the grass,
Little Pink Elephant fell on his _____.
Don't get excited, Don't be alarmed;
Little Pink Elephant fell on his arm.



Kimber Howard

*****STRAWBERRY PICKING*****

The CITs and Divisions A and B went strawberry picking. It was fun. We got hot. You are not supposed to step on the strawberries or jump over the rows. We ate a lot of strawberries and our sugars were high.

STRAWBERRIES ENJOYED BY ALL:

BY JOANNE MOORE

Thanks to Division A, Division B, and the CITs, strawberries were enjoyed by campers and staff at two meals. They went strawberry picking on June 30th. Although a few berries were popped into the mouth during the picking, there was plenty for two meals.

b
in

Thank You



THEY WERE DELICIOUS.....

DIVISION A
DIVISION B
CITs

PUZZLE by Stephanie Gunther

Cabin Mix-Up

WLLIDDD

RDANICWBRGIE

XIMPICAKIS

KSALEDEI

LETTERS HOME

by Debbie McLeod & Annete Bailey

Dear Mom,
Camp is OK. I'm soooooo happy but I'm hungry! Please send me a pepperoni pizza. Also, I haven't got any more clean undies. Please send me some of those.
Love, Katie (what's left of your daughter)

Dear Mom,
I'm still hungry. I don't think Daddy's underwear will fit too good. Please send me a box of Lorna Doones.
Love, Katie (There's even less of me now.)

SEEK-A-WORD

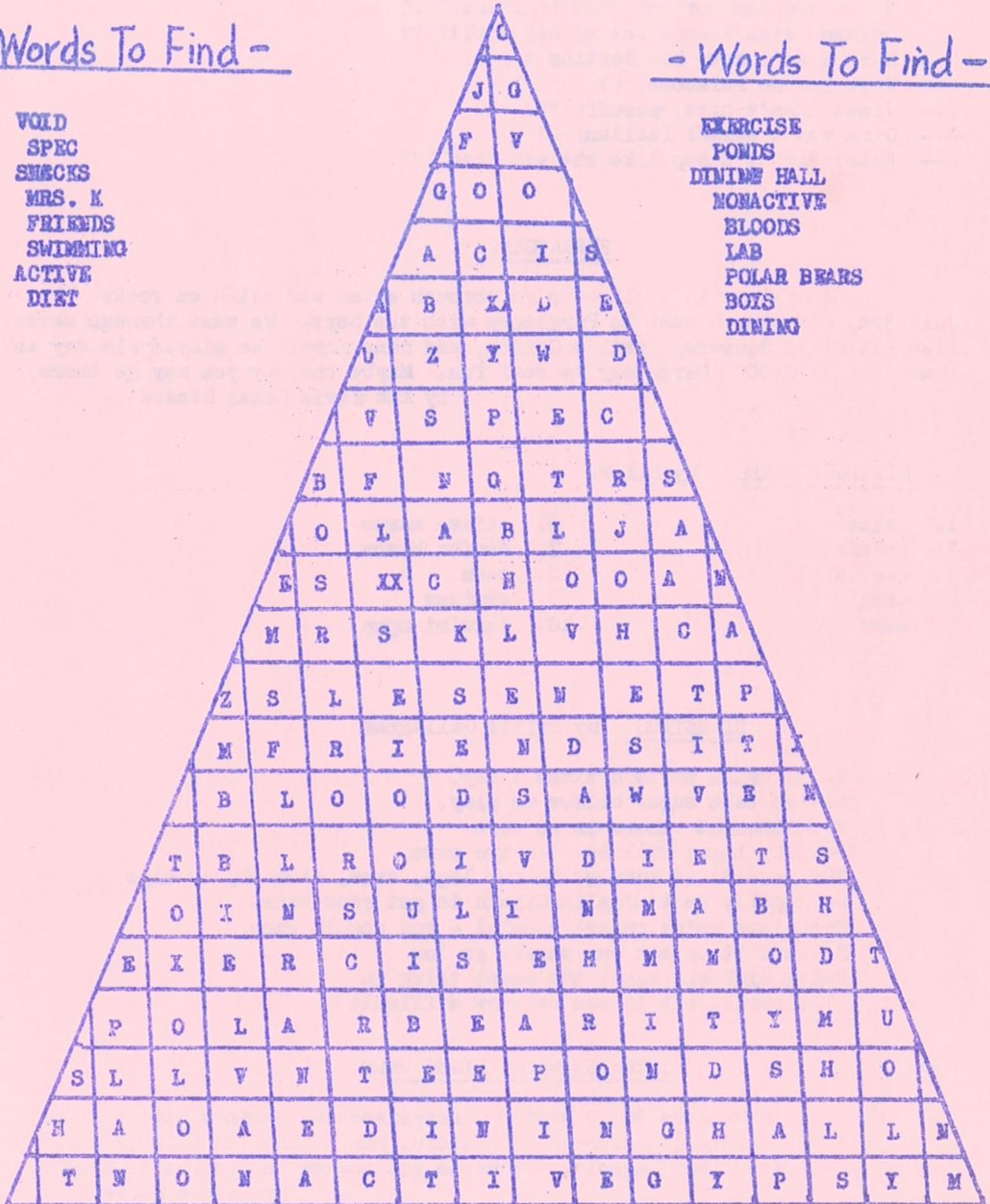
BY JOANNE MOORE

Words To Find -

VOID
 SPEC
 SNACKS
 MRS. K
 FRIENDS
 SWIMMING
 ACTIVE
 DIET

Words To Find -

EXERCISE
 PONDS
 DINING HALL
 MONACTIVE
 BLOODS
 LAB
 POLAR BEARS
 BOYS
 DINING



WHAT IF:

by Ruth Hepper & Jane Meagher

- Diana lost her dark sunglasses and didn't look like Jackie Onassis???
- Deirdre really was a sumo wrestler???
- Bobby, Diana, Paula, and Anne lost their "why be normal" pins???
- Ellen dropped her pump and it broke???
- Suzanne didn't come out of her shell???
- Ruth didn't have her Beatles tapes???
- Jane had no rainbows???
- Janet didn't have "scruffs"???
- Gina was a normal Italian???
- Kathy didn't sleep like she was dead???

PURGATORY

Purgatory is a place to go through caves and climb on rocks. On July 3rd, Division B went to Purgatory with the boys. We went through caves like Fat Man's Squeeze, Devil's Coffin, and many more. We stayed all day and came back at 3:00. Purgatory is real fun. Maybe one day you may go there.

by Ana Maria Comas Bacardi

MIXED-UP WORDS by Ali P.

- | | |
|------------|-------------------|
| 1. sales | 6. stfare narts |
| 2. sulxini | 7. drofox htron |
| 3. Jaolimi | 8. sasm |
| 4. aneg | 9. gnrdwan |
| 5. edef | 10. lussini wnpup |

DIABETICS by Billie Gallagher

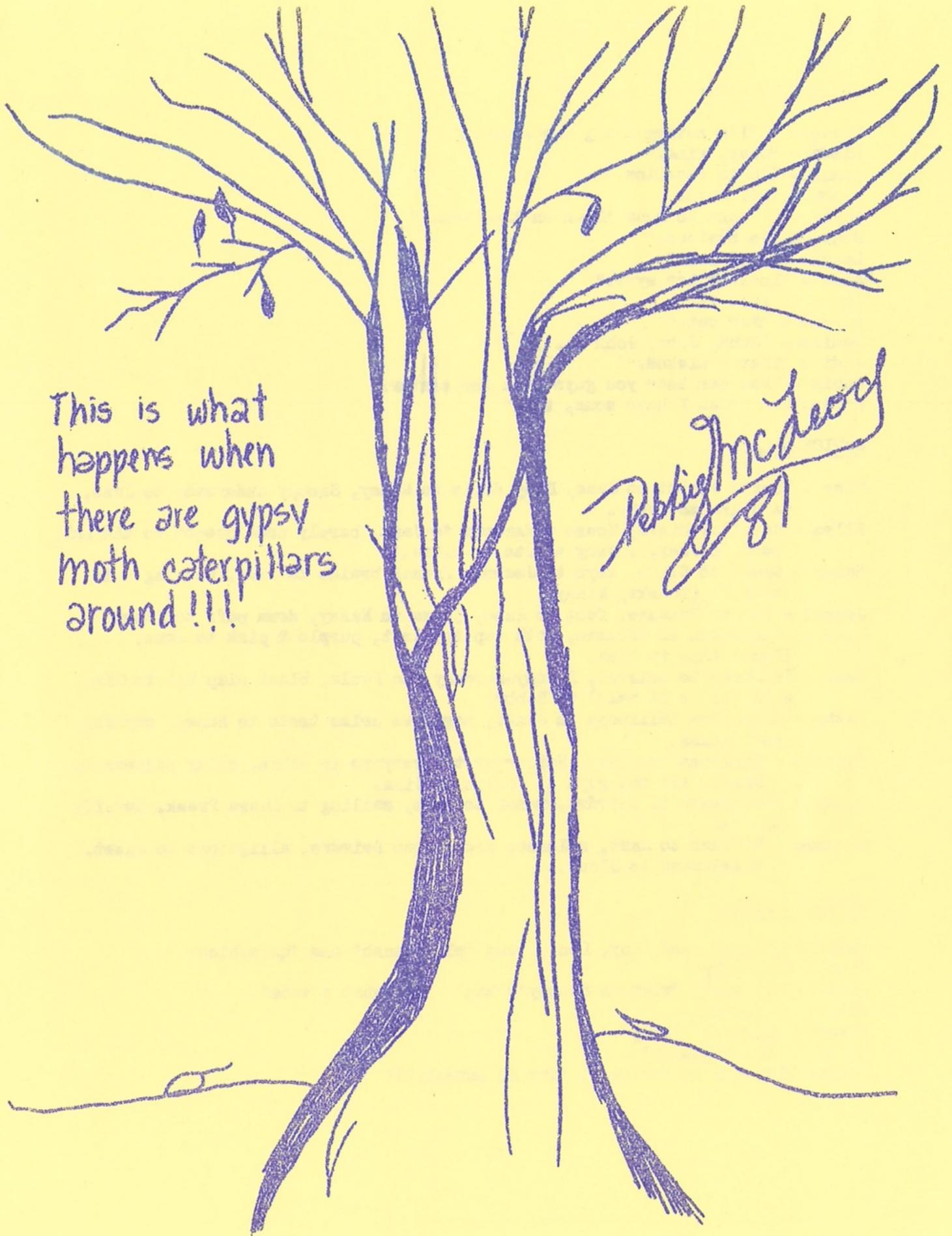
We do urine tests 4 times a day.
And go take sugar before we play.
Even though there is no cure
Someday there will be. We are sure.
The needles we take go in our legs, arms, stomach, or hips.
We usually go to Joslin Clinic to get good tips.
The diets we're on are special - you should know.
Believe it or not our sugars go low.
Being diabetic isn't the worst thing in
the world, but it can be very difficult.

SURPRISE WATER FIGHT HELD

On June 30, Division C surprised the Seniors with a water fight. The Seniors got trapped in Peaceful Pax. Then the water fight was moved to the flagpoles. Everyone got soaked but it was enjoyed by all.

by Joanne Moore





This is what happens when there are gypsy moth caterpillars around!!!

Rebbie McDevoy
81

SAVIERS OF CITE:

Theresa - "I'm having a Big Mac attack."
Linda - "Okay, fine."
Janis - "I'm in reaction."
Kathy - "Hey mush."
Katie - "I want to hear 'Down on the Farm.'"
Nanra - "Be serious."
Laurie - "Oh, wow."
Haldi - "Look at her eyes."
Ann - "I love it."
Leanne - "Far out."
Denise - "John, John, John . . ."
Jodi - "That's wicked."
Robin - "You can hear you guys from the center."
Michelle - "Can I have some, too."

SENIOR WILLS:

Gina - Tennis racket to Jane, Baby dolls to Nancy, Snoopy underwear to Jane, 5% urine to Kathy.
Ellen - Matching Mickey Mouse underwear to Jane, barely used peepot to the Lab, soda to Judy, flashy shorts to Diana.
Nancy - Cross to Ellen, keys to Joanne, French braids to Jane, bathing suit to A.J. (Thanks, Nancy.)
Joanne - Tan to Suzanne, feet to Anne, jeans to Nancy, down puff to Janet.
Beth - Loud mouth to Suzanne, bath cap to Janet, purple & pink to Jane, 'Rose' tape to Gina.
Jane - Rainbows to Deirdre, Snoopy-a-Doopy to Paula, black pimp hat to Gina, mail (or is it male) to Bobby.
Kathy - Sugarless lollipops to Janet, negative urine tests to Nancy, shyness to Suzanne.
Annette - Earrings to Nancy, Hairbrush to everyone in cabin, silky pajamas to Diana, all the guys at Joslin to Gina.
Janet - toothpaste to Deirdre, razor to Jane, sailing to Luara Frank, Scruffy to Jane.
Suzanne - Ribbons to Anne, molasses cookies to Deirdre, alligators to Janet, sunglasses to Diana.

SENIOR SAYINGS:

Deirdre - 'Sumn' and 'Hey, Lou' and 'plaza mush' and 'quisahisa'
Gina - 'Oh, baby'
Jane - 'Oh, wow' 'where's Snoopy's hat' 'Oh, what a taste'
Beth - 'I love it'
Janet - 'Oh God' 'help'
Kathy - 'I'm negative'
Senior Division counselors - 'Why be normal??'

SENIOR DIVISION: REMEMBER WHEN . . .

by Ruth Hopper & Jane Meagher

- Bobby threw Deirdre in the lake???
- Whispering Pines stayed up all night laughing??
- Paula's DUMBO was hung from the rafters??
- Bobby flew over the bridge on patrol??
- Janet was scared of sailing???
- Susanne peed in the sailboat:???
- Gina talked only of guys:??
- Carmen put her eggs in the cereal:??
- Deirdre did sumo wrestling while we were eating:??
- Jane kept tripping over people???

GAME: by Kim H.

A ⊙ B ⊙ C △ D + E - F ◇ G ⊙ H △ I ⊙ J • K X L ∞ M A N ∩ O U P *

Q ⊙ R ⊙ S ? T ⊥ U ⊙ V ^ W ⊙ X ⊙ Y ⊥ Z ⊙ .

⊙ ∩ ⊙ X - △ ∩ ⊙ ⊙ ⊙

⊙ ⊙ ⊙ ⊥ U ∩ △ ⊙ A *

1 serving :

- 1/2 Banana
- 1/4 cup apple bits
- 1/2 cup apple juices or cider

by Naomi

Put bananas, apples, and cider in a blender and blend until in the form of pudding.



I'M NOT OVERWEIGHT,
I'M UNDERTALL.

by
Debbie McLeod
1st session '81

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79 Lynn~~

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Dad Kruezek 5-7
Kathy Kruezek 6-4
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