



GREETINGS FROM GOLAN



LIFE ON THE PENINSULA

The first two weeks in Golan have been so much fun! The campers are loving all of the activities and their friends! We already miss our 1A campers but can't wait for our new campers to come!



SETH SAYS: A NOTE FROM YOUR UNIT HEAD

Dear Parents,

My name is Seth Cohen and I am so excited to be Golan Unit Head. I just graduated from Indiana University with a degree in Psychology. I have been at Camp Sabra for five summers and each summer I have worked with Golan. I am looking forward to another great year!

B5

"The best thing we have done at camp is tubing and skiing! We love going to the lake. Our all-time favorite meal is pancakes. Before bed, we get to go firefly hunting and have flashlight time."



B12

"During cabin time we love getting to go tubing and skiing. Chipwiches are definitely our favorite snack. Whenever we have free time in our cabin we like to read, talk, and write letters."



B13

"Our cabin's favorite activity is tubing! Before lights out, our counselor Joel, reads us a book We love getting Chipwiches for a snack on Saturday."





B2

"Our favorite meal is Saturday morning breakfast when get to eat Cinnamon Rolls. We wish we could go tubing every day! In our free time, we like to play roofball in the boy's village. Before bed, we like to catch fireflies."

B1

"Our cabin's favorite snack is chipwiches and fruit. Whenever we have free time we like to sleep, play cards, and dance. We think the best thing to do at camp is to go tubing. After a fun day of activities, and after the showers, our counselor reads us Harry Potter."



B16

"We are super excited because our cabin has won clean cabin three times!! The best activity at camp is Swim Dock. We love to swim in the lake. Our favorite snack is Oreos. Before bed, we like to create Mad Libs."

Not Pictured: Jonah



EVENING PROGRAMS

Every night after dinner, Golan has a unit evening program, run by their unit head, Seth.



Messy Olympics: The boys had to run through various obstacles that we covered in whip cream, chocolate sauce, Cheerios and powdered sugar. The goal of the night was to get as messy as possible. They had a blast!

Beach Party: They spent the evening at the Swim Dock where they swam in the lake, made sandcastles and ate s'mores!

Field Day: Each camper had the experience of a mini athletic combine, They had activities such as the 40-yard dash, variety of running drills, testing their vertical ability, push ups and sit ups.

Bet on your Counselor: Golan had the opportunity to bet on their counselors. The counselors had to participate in silly competitions against each other.

Hilarious and Gross Amazing Race: Each camper got to run around the peninsula and do either a gross or hilarious task. Tasks included drawing a picture with your toes or guessing the ingredients of a gross recipe.





ACTIVITY SPOTLIGHT OF THE WEEK
Golan really enjoyed Swim Dock because it was a nice break from the sun and it was the first time in the lake for several campers.



QUESTIONS TO ASK YOUR CAMPER IN YOUR NEXT LETTER TO THEM

- What focuses have you had?
- What is your favorite cabin activity?
- What has been your favorite evening activity?
- How was Shabbat Players?

THINGS TO LOOK FORWARD TO:

- Israel Night
- Big Surf
- Bunk Night

Yesterday our Mini Campers left & we'll miss them so much. We can't wait to see them next summer!

