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Calendar

June

- 4 National Trails Day
- 9 Leadership Fundraising
..... Breakfast @ Westin Hotel
- 11-12 Dad 'N' Me @ Camp Niwana
- 12 ... Peace Arch Celebration
- 25 ... Camp Sealth Open House
- 27 ... YVC Summer Service
..... Projects Begin

July

- 4 Independence Day, Office
..... and Program Resource
..... Center Closed
- 18-22 Tall Timbers I Day Camp
- 25-29 Tall Timbers II Day Camp

August

- 8-12 Camp Royal Arch Day Camp
- 12 ... Camp Fire USA Night at the
..... Mariners
- 25 ... Branch Group Program
..... Committee
- 26 ... YVC Summer Service
..... Projects End

Wohelo Speak Out

I did many different things for my Wohelo Award. I had to complete Highlights and Reflections from my workbook and 3 big projects called Advocacies. My three advocacies were; planning a workshop/plan the weekend for Starflight Weekend 2003, planning Outdoor Skills Day 2004, and organizing "Caroling for Cans" with Horizon youth, "Shoebboxes of Joy" for Renton groups and helped out in Horizon House.

My first Advocacy was the Starflight Weekend. It was a lot of work! I had to lead a workshop that fit with the "Spy Kids" theme, so I chose to teach secret codes. I researched different codes then gathered all the materials and went to the weekend. It was a success! The kids really enjoyed pretending to write secret messages. After so much work, it was rewarding to see the kids have so much fun.

My second Advocacy was planning Outdoor Skills Day. First I had to gather all the information on different activities, then I had to find leaders to teach the kids. It took a long time but I was able to get everything organized into a time chart. When the day arrived I was prepared! I had made bags with a patch, bead list, work sheets and everything participants would need. The rest of the day rolled smoothly.

For my third Advocacy I organized a few things. I got information and helped with "Shoebboxes of Joy" for Renton Camp Fire leaders. "Shoebboxes of Joy" is a shoebox filled with gifts that are given to the needy and elderly. I gave directions on how to do it and then the Renton area groups filled dozens of shoeboxes. When the groups completed their boxes I picked them up and delivered them to the destination. I also led and organized 'Caroling for Cans' with Horizon Cabinet. I pre-made and distributed grocery bags asking for food donations. Then, Horizon Cabinet got together and caroled and picked up filled bags. We gathered more bags than I gave out! Another thing I did for this Advocacy was volunteer for a week at Horizon House. Horizon House is an assisted living and retirement home. I was a little nervous, and didn't know what to expect, because I had not been around a lot of older people before, but when I got there I had a really good time. We went to the park and the library and played games. It was really rewarding.

In all, my Wohelo Award project was a lot of work, but really fun too. I learned a lot of new things about people and places and recommend it to all youth in Camp Fire.

Hannah Ander,
Horizon Member of Kathy Ander's Group, and Wohelo Award recipient



Leaders' Meeting Dates

Auburn	Tuesday, June 7 th Auburn First United Methodist 100 N Street SE, Auburn	7 p.m.
Enumclaw	No June Meeting	
Federal Way	Wednesday, June 8 th Azetca Restaurant in Federal Way	7 p.m.
Highline	Thursday, June 2 nd Angelo's Restaurant 601 SW 153 rd St, Burien	6 p.m.
Kent	Wednesday, June 1 st South Branch Camp Fire Office	7 p.m.
Maple Valley	No June Meeting	
Renton	Monday, June 6 th St. Matthew's Lutheran Church 1700 Edmonds Ave NE, Renton	7 p.m.
Morning Make-up Meeting		
For all areas	Tuesday, June 21 st South Branch Camp Fire Office	9:30 a.m.

Upcoming Events

June 4 th	National Trails Day Event in Enumclaw
June 12 th	Peace Arch Celebration
June 25 th	Camp Sealth Open House
July 18 th – 22 nd	Tall Timbers I Day Camp
July 25 th – 29 th	Tall Timbers II Day Camp
August 8 th – 12 th	Camp Royal Arch Day Camp
August 12 th	Camp Fire USA Night at the Mariner's
August 25 th	Branch Group Program Committee

Training

Call Hollianne at 253 854 3676 for an appointment if you need program training or know of a parent who would like to find out more about getting a group going for their child.

Adventure Leaders planning to use the Wood Gatherer materials in the fall, watch for training dates in September, or contact Hollianne at 253 854 3676, if you would like to be trained before school begins.

SUMMER

Summer Events

Summer is filled with opportunities for Camp Fire groups and/or members to put on their red, white, and blue and help increase Camp Fire's visibility in our communities. Many towns host festivals and parades during the summer. Groups are encouraged to participate in local events to help promote Camp Fire and the great programs available.

If you are interested in planning or participating in a community event or parade, call the SBO at 253 854 3676. We can provide booth activities and parade supplies or help recruit extra volunteers.

Maple Valley Days

June 10th, 11th, 12th*

Kent Cornucopia

July 14th, 15th, 16th, 17th*

Renton River Days

July 20th, 21st, 22nd, 23rd, 24th*

Covington Days

July 29th, 30th*, 31st

Maple Valley Kids' Day

July 30th

Auburn Good Ol' Days

August 12th, 13th*, 14th

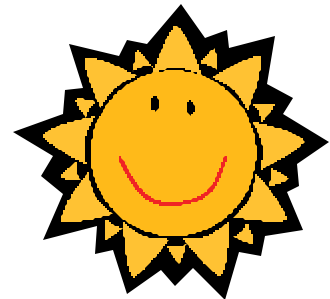
Kent Canterbury Faire

August 20th, 21st

Federal Way Festival

August 26th, 27th*, 28th

*parade date



Older Youth News

Wohelo Award Candidates: If you are planning to receive the Wohelo Award in the spring of 2006, make sure to contact Hollianne at 253 854 3676 or e-mail her at hollianne-m@campfire-usa.org and put your name on the list.

Town Auction Basket Themes

The Central Puget Sound Council of Camp Fire USA is having its 20th annual auction on October 28, 2005 with a theme of "Building Our Future Together." Each year the towns in the South Branch put together items for this event. Leaders and parents may contribute items to the following thematic baskets:

Town Basket Themes

Auburn:	Romance
Enumclaw:	Time Capsule Memories
Federal Way:	Scrapbooking
Kent:	Travel
Highline:	Legos
Maple Valley:	Tools (tentative)
Renton:	Knitting

Collect items this summer and bring them to the September Leaders' Meeting for your town or to the South Branch Office. If you are able to procure other items for this event or have something else you would like to donate, forms are available at the office.

The funds earned at this event go to fund valuable Camp Fire USA programs for more than 18,000 children and families in King, Mason and North Kitsap counties.



Service Projects

Renton groups celebrated Earth Day by helping clear weeds and beautify Dead Horse Canyon. Friends of Dead Horse Canyon was amazed and gratified by the amount of work accomplished by the participating Camp Fire groups.

Day Camp

There are still limited openings for youth in the South Branch Day Camps so get your registrations in NOW, as they are filling fast! Certain age levels are already filled in several of the camps, but it is worth a call to the Registrar to see if there is space for your child. Tall Timbers I, running from July 18th – 22nd, will have a "Finding the Magic of Friendship" theme and a registration deadline of June 27th. Tall Timbers II, from July 25th – 29th with a registration deadline of July 5th, will have a Tropical theme. Camp Royal Arch, August 8th – 12th, will have a Super Heroes theme. Deadline for registration at Camp Royal Arch is July 18th. If you are interested in volunteering full-time, remember your child(ren) may attend camp for just \$20 – what a deal! Call the South Branch Office for more information 253 854 3676.

Tall Timbers Day Camp needs the following supplies:

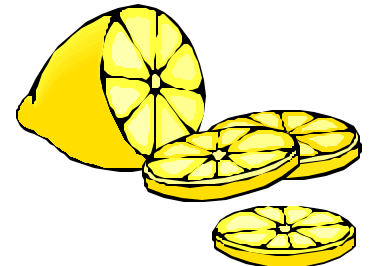
- Craft Foam
- Plastic Folgers Coffee Containers with the indented handle and lid
- Ping Pong balls (or similar)
- Scrap CD's

If you have any of these items, please bring them to the South Branch Office by the end of June.

Join the Lemondrops in the Fight Against Lymphoma!

My name is Rachel Hickel and one of my Wohelo advocacies involves the fight against Lymphoma. Many of you know someone who has faced lymphoma. My family is coping with this as one of my family members was diagnosed in 2002. It is the most common blood cancer and the third most common cancer in children.

The Lymphomathon is a 5K walk to raise funds for the Lymphoma Research Foundation. It is a great way to take a stand against this disease. That's why I started a team, the Lemondrops, to walk the 5K this year on June 12th, 2005. Our team's goal is to earn \$5000 to fight this horrible disease.



Consider joining me next year for this remarkable experience or find another way to help at www.lymphoma.org.

Rachel Hickel,
South Branch Horizon Member and Wohelo Award Candidate

Editor's Note: Camp Fire members may not raise funds for another organization as representatives of Camp Fire or in Camp Fire apparel, but may take action as individuals. Good luck, Rachel!

Youth Suicide Prevention

Suicide is the third leading cause of death amongst teens in the United States. One out of 4 Washington State high school students report having seriously considered suicide in the previous 12 months. Youth suicides outnumber youth homicides in Washington State. For every two homicides in the U.S. there are three suicides. Every eighteen minutes another young person commits suicide. Suicide is the 2nd leading cause of death among college students and the third-leading cause of death among youth overall (ages 15-24). Experts estimate that each year nearly 5,000 teenagers commit suicide. Teen/youth suicide rates have tripled since 1970. Evidence indicates that for every suicide, they are 50 to 100 attempts at suicide. The ratio of male to female suicides is four to one. However, young women attempt suicide four times more frequently. Here's how you can help:

How can I help?

1. Don't react with criticism or horror
2. Remain non-judgmental; let the teen know that you care
3. Understand that the behavior is a coping mechanism
4. Validate the emotion that triggered the behavior, not the behavior
5. Get professional help that will provide the teen greater insight into their emotional states and replace the self-harming behavior with effective coping skills

Show you Care

Often, suicidal thinking comes from a wish to end deep psychological pain. Death seems like the only way out. But it isn't. Let the person know you really care. Talk about your feelings and ask about his or hers. Listen carefully to what they have to say.

"I'm worried about you, about how you feel."

"You mean a lot to me. I want to help."

"I'm here, if you need someone to talk to."

Ask the Question

Don't hesitate to raise the subject. Talking with young people about suicide won't put the idea in their heads. Chances are, if you've observed any of the warning signs, they're already thinking about it. Be direct in a caring, non-confrontational way. Get the conversation started.

"Are you thinking about suicide?"

"Do you really want to die?"

"Do you want your problems to go away?"

Get Help

Never keep talk of suicide a secret, even if they ask you to. It's better to risk a friendship than a life. Do not try to handle the situation on your own. You can be the most help by referring your friend to someone with professional skills to provide the help that he or she needs, while you continue to offer support.

"I know where we can get some help."

"Let's talk to someone who can help...let's call the crisis line, now."

"I can go with you to get some help."

If you or someone you know is thinking about suicide, call 1-800-Suicide.

Jennifer Johnson, Wohelo Award Recipient



Camp Fire USA

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