

## Camp Communication – July 28, 2022

### La Semana 2022

[www.LaSemana.org](http://www.LaSemana.org)

6202 Bloomington Rd, St Paul, MN 55111

### Welcome to La Semana 2022!

**Covid protocols:** There has been a recent surge of cases within the area. We highly encourage mask wearing when indoors for the benefit of our immunocompromised campers and families. If you or your camper feels sick, we ask that you stay home. If you have been exposed to Covid-19, please test negative before returning to camp and wear a mask. If you have tested positive for Covid-19 in the last 10 days, please adhere to [CDC.gov](https://www.cdc.gov) guidance and remain isolated for the first five days and wear a mask around others for the next five days following isolation. We ask this for the safety of our campers and volunteers.

**Thank you!** A VERY special thanks to our planning committee for putting together a great week!

Volunteer coordinator: Mari Creque  
Education 9-11: Peg Bartlett & Kelly Burton  
Education k-8: Cassie Zonnefeld  
Ayudantes: Tina Gonzales  
Communications: Kate Weidner  
Specialty: Molly Mitch & Tom Wenisch  
Crafts: Jennifer Kaupan & Maria de los Angeles Woodburn

This wouldn't have happened without you! If you would like to help plan La Semana 2023, please talk with Gabriella Wenisch, camp coordinator, tomorrow and let her know. Or put your name down on the sign up at the Welcome table.

**Specialty:** Join our fundraising team! On Thursday of Specialty campers will be working with Common Hope to raise money for education in Guatemala by



### 2022 Country of Focus: Guatemala



### Important Announcement:

**For Safety: Everyone at Base Camp must have a name badge on at all times.**

**Volunteers:** Volunteers receive their name badge at check in table  
**Visitors:** All visitors must sign in at the camp welcome & information table to get name badge.  
**Campers:** Wear your t-shirt with your name on it all week.

### Emergencies

In the event of an emergency, call 612-208-PLAC (7522).

### Camp Welcome & Information

Need help? The camp welcome & information table is located near the main entrance.

participating in a Walk for Hope. We have collaborated with Common Hope to set up a webpage for information and donations. La Semana families, click below to learn more and sponsor your camper to help us meet our goal of \$2,000. <http://give.commonhope.org/LaSemana>

**Lost and Found:** Please check for missing items at the check in table. We have a bracelet, water bottles, little shoes, and sunglasses (found in donations).

**What to Bring:**

**Wear comfortable closed-toe athletic shoes, warm-weather clothes, sunscreen, a refillable water bottle and bug spray.**

- Please note that Basecamp does not allow any open toe shoes for activities.
- **For Friday, bring your own bag lunch.**
- Mask

**Adoption Panel:** This Friday we will have our annual adoption panel for campers! Our alumni are so excited to share their experiences with your campers. This panel will cover all topics: adoption, life, growing up as a minority, friendship, school, and more. This panel is for campers and adopted individuals only. Although we highly encourage attendance, if your camper will not participate in this year's panel, please let their chaperone know. We will not provide an alternate activity for campers who choose not to participate.

**Common Hope Fundraiser:** With your help, we have raised \$986 through the online webpage and \$101.82 through our donation bins for a total of \$1,087.82 for Common Hope! Our goal is to raise \$2,000 for Common Hope, which PLAC will meet! Help us reach our goal on the last day of camp!

**2022 Service Projects:** Thanks for your generosity in bringing in donations for The Bridge for Youth out of Minneapolis!

Total donations as of 7/28: Women's Underwear 27 pair, Men's Underwear 40 pair, Socks 153 pair, Electric toothbrush 1, Travel toothbrush holders 32, Toothbrushes 89, Floss 14, Dental picks 53, Mouthwash 1, Toothpaste 52, Hygiene travel kits 4, Sunscreen 12, Shampoo/conditioner 56, Pantyliners 100, Hand sanitizer 22, Deodorant 64, Shave cream 1, Face cleanser 1, Sunglasses 1, Mirror 1, Travel hygiene bag 1, Body Washes 7, Soaps 22, Lotions 6, Body scrubber 1, Combs 24, and Chapstick 5

**Lunch: *Friday: Bring your own lunch***

**Alumnos:** Contact alumni representatives Julianna Ondrey at Ondreyjuliana@yahoo.com or Matthias Dewane at Matthiasd18294@gmail.com with questions. If you haven't already, join "PLAC - Los Alumnos" group on Facebook to stay up to date on updates and events during and after camp!

**Fiesta Friday Celebration:** We will wrap up our week with our Fiesta Friday celebration! This will include a variety of fun activities for our campers throughout the camp day from 9:00am to 1:00pm

when checkout will take place. After 1:00pm our chaperones will no longer be responsible for your camper, please check them out at this time.

We will, however, continue our celebration with DJ, ice cream truck, and more! **Parents, at 1:30 pm you will be able to see the dance routines campers learned during the week. We will not serve lunch this day, so we ask all campers to bring their own lunch to camp. We will provide snacks to compensate for the late lunch hour.**

**Thanks to Chef Amelia for providing recipes from her sessions yesterday!**

MEMELITAS (from COOKING CLASS #1 10:15 – 11am Healthy Snacks)

Corn Masa Cups Filled with Black Beans and Queso Fresco Topped with Tomato Chirmol Salsa

Recipe by chef Amalia Moreno-Damgaard, AmaliaLLC.com

Makes 6 Memelitas

1 cup instant corn masa flour

1/2 teaspoon Kosher salt dissolved in 1 cup cold water

1/4 cup roughly chopped epazote (optional)

Canola oil

Garnishes

1 cup refried beans

1 cup tomato chirmol salsa (recipe below)

1/2 cup crumbled queso fresco (fresh Latin cheese)

1/2 cup whole or chopped epazote or cilantro leaves, or both

Combine the flour with the salted water to make very moist dough. It should not stick to your hands. If the dough feels dry, add a little more water. If it's too wet, add more flour. When you form the dough into a ball, it should hold its shape and should not crack when pressed. Keep it covered with a damp cloth, as it tends to dry quickly.

Divide the dough into 6 equal parts and form them into balls. Using two pieces of sturdy plastic, put one ball in between the plastic and press carefully yet firmly with a large skillet to form a small and chubby tortilla 4 inches in diameter.

Put each tortilla on a preheated griddle or non-stick skillet over medium low heat and cook until edges loosen, 3 minutes per side. Flip the tortilla with a wide, heat resistant rubber spatula and cook for another 3 minutes. Let cool slightly.

Quickly pinch the sides of each tortilla to form a half-inch tall border pulling masa from the center outward.

Brush or spray Memelitas with a light coating of oil. Return to the griddle to finish cooking border side up only, about 2 minutes. Transfer to a tortilla warmer or cloth and keep covered until ready to serve. Memelitas should be visibly cooked and slightly crispy outside and soft inside.

Assemble the Memelitas distributing garnishes as desired starting with a layer of beans, salsa, queso fresco, and epazote or cilantro.

#### *Amalia's Notes:*

Memelitas without any toppings or oil, keep in the refrigerator up to a week. They also freeze well and can be thawed, brushed with oil and reheated right before using.

**TOMATO CHIRMOL SALSA:** Makes about 1/4 cup. 2 teaspoons canola oil, 2 1/2 tablespoons finely diced Roma tomatoes, 1 tablespoon finely diced yellow onion, 1 to 2 bird's eye (Thai) chiles (optional), 3 tablespoons water, 1/4 teaspoon kosher salt. Put the oil in a hot skillet. Add the tomatoes, onion, chiles, water, and salt. Cook over medium heat until saucy and thick, about 3 minutes. Taste and adjust seasoning, if needed.

*From COOKING CLASS #2 12:15 – 1pm Healthy Breakfast*

#### CHORREADAS

Fresh corn pancakes topped with Latin Crema and Berries

Recipe by chef Amalia Moreno-Damgaard, AmaliaLLC.com

Makes 6 chorreadas

1/2 cup milk (whole, 2%, or fat free)

2 large eggs

1/4 cup melted unsalted butter sticks

1/2 cup instant corn masa flour

1 cup thawed sweet corn

2 tablespoons sugar

1/2 teaspoon coarse salt

Latin cream (sour or table cream)

1 cup raspberries

Mint

In a blender, purée the milk, eggs, butter, corn masa flour, corn, sugar, and salt until mostly smooth yet a little chunky.

Heat a small nonstick skillet. Pour 4 tablespoons of the batter into the dry pan and swirl it around to coat the bottom of the skillet to make 14” pancakes. Cook over medium heat just until the pancake appears almost dry on the surface and can be turned with a soft spatula, about 2 1/2 minutes on 1 side and 1 minute on the other side.

Serve the pancakes with cream and berries and garnish with mint.

### **Drop Off/Pick Up**

- **Do NOT arrive BEFORE 8:20 am unless you have permission from your volunteer area chair or the camp chair.**
- All campers, volunteers and visitors must enter through the main door.
- All campers must check out with their chaperone when leaving camp. If leaving early, a parent must notify a camp official in advance.

**Classroom facilitators cannot allow a child to leave without an authorized adult. Let your classroom facilitator know if anyone other than a parent is allowed to pick up your child.**

### **Behavior Expectations for All**

- All campers, parents and volunteers must follow the rules outlined in the Code of Conduct (Link to ‘Code of Conduct’ provided below)
- Ayudantes who are having difficulty fulfilling their assignments will be talked with and a parent/guardian will be contacted. (Please refer to Ayudante Discipline under the Ayudante section of the website for further info)
- Please respect all campers and presenters. Each child will receive a yearbook at the end of the week. You may not post any photos containing images of MINOR campers or Ayudantes without PARENTAL permission.

### **Visitors**

- Visitors are more than welcome during our social events on Tuesday evening during our kickoff or on Friday afternoon during our fiesta event.
- Upon arrival, visitors must check in at the camp welcome & information table and wear a nametag throughout the day. Visitors under the age of 18 must be accompanied by an adult at all times.

**Emergencies:** In the event of an emergency, call 612-208-PLAC (7522) or 911 for medical emergency.

**Information for Volunteers:**

Name tags must be worn all week. All volunteers check-in and pick up your name tag at the volunteer check in table BEFORE going to your assigned volunteer position. Please return your name tag at the end of camp on Friday.

The volunteer table can assist you with any questions about your assignment.

DO NOT ARRIVE BEFORE 8:20 on Friday unless you have been instructed to by your chair. Please supervise your children before you check them into their group at 9am. It is very difficult to change positions. For the brief week of camp, we encourage all volunteers to remain in the position for which they have been assigned (and agreed to). Please refrain from any position changes unless it's absolutely critical.

We are counting on your pledge to volunteer in this role. If you do not fulfill your volunteer role at camp you will need to be charged the full price of camp. Every position is important for the camp to be successful for you and your child(ren). The more attention we give the children during this week at camp, the more enriched their experience - and yours - will be. If you have questions or concerns about your role as a volunteer, please contact Mari Creque at [volunteers@lasemana.org](mailto:volunteers@lasemana.org).

**Photo Opportunities:** Although we will not be able to have a yearbook this year, there will be plenty of opportunities for photos. Please remember, any photograph taken of campers or Ayudantes requires parental permission before taking the photo and especially posting.