

# CAMP PENNBROOK NEWSLETTER *February 2023*



*Hey girls.*

We hope you had an amazing holiday season and are enjoying your school year so far. We can't begin to express how much we miss you and are so proud of all of the progress you've made.

As we start the new year, it's a very exciting time for new goals and positivity for 2023! If you've made any new years resolutions and feel comfortable sharing, we would love to hear them. Maybe you can inspire other campers or can create goals together.

Keep reading this month's issue for a new recipe for Valentine's Day, check out our returning staff, and hear more about our summer trips!

We can't wait to see you this summer!

Flip, Brooke, Amanda, & Sarah



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WWW.CAMP PENNBROOK.COM

# Recipe of the Month: Strawberry Shortcake Protein Pancakes

## Ingredients:

- 6 egg whites
- 1 cup strawberries (fresh or frozen, chopped)
- 1/4 cup oat bran
- 1/4 cup raw buckwheat flour
- 1/8 tsp baking soda
- 1/8 tsp sea salt
- 1 tsp honey
- nut butter or coconut whipped cream (topping)

XOXO

**15g protein**

## Instructions:

- Add egg whites, chopped strawberries, oat bran, buckwheat flour, baking soda and salt to a blender. Pulse 5-6 times, until ingredients are just combined.
- Spray a frying pan with coconut oil or other cooking spray. The pancakes will spread out, so using a smaller pan works well. Cook on low, covered, for 5-7 minutes, until bubbles appear on top of pancake. Flip over, and cook for another 1-2 minutes. Top with berries, nut butter, or coconut whipped cream.



### Strawberry Shortcake Protein Pancakes

Strawberry Shortcake Protein Pancakes get protein from egg...  
[sunkissedkitchen.com](http://sunkissedkitchen.com)



# RETURNING STAFF

We are a family here at Camp Pennbrook and are pleased to have staff that return year after year. Many staff members are "home grown," starting at camp from when they were 12 or 13 years old. Don't worry, many of our key specialists are back for 2023 as well!

## Head Staff:

Brooke Rainville, 10th year

Sarah Rothschild, 8th year

Amanda Morach, 4th year

## Counselors/Specialists:

Krysta Werschitz, 2nd year

Katelyn Gorney, 4th year

Melissa Garcia, 4th year

Christina Barrigan, 3rd year



**Camp "Mom":** Dawn Ormes, 24th year

**Arts & Crafts:** Cheryl Wilks, 24th year

**Tennis Instructor:** Jordan, 2nd year

**Cardio Instructor:** Savanna Barris, 6th year

**Cardio Instructors:** Rachel and Raquel, 2nd year

**Cardio Instructor:** Amanda Cucinotti, 4th year

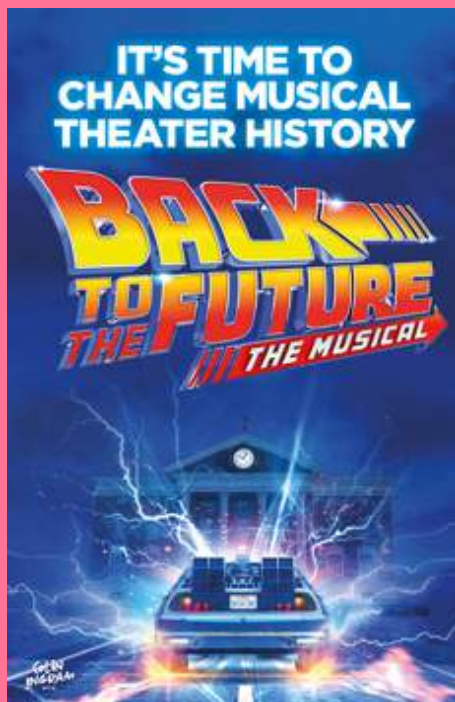
**Zumba Instructor:** Atrice Moore, 5th year

**Sports Director/Personal Trainer:** Steve Henessey, 3rd year

# Summer 2023 Trips

Sign up early to guarantee your spot on one of our trips! You can get tickets to the shows/concerts of your choice. If any of your favorite artists are going on tour next summer in the NJ/NY/PA area, let us know.

**Chances are, Camp Pennbrook will be there!**



*not for the fashion weak*

THE  
DEVIL  
WEARS  
PRADA

*the musical*

# LET'S GET SOCIAL

# JINGLE BALL '22



@CAMP PENNBROOK



WWW.FACEBOOK.COM  
/CAMP PENNBROOK



WWW.YOUTUBE.COM  
"CAMP PENNBROOK"

This year's Jingle Ball was probably the best show ever. Our lucky campers and staff who attended got to see a five hour show that included Lizzo, Backstreet Boys, Pitbull, Dua Lipa, Carlie Puth and Demi Lovato. Be sure to RSVP if you would like to join us at upcoming events!

## ACTIVITIES & TRIPS

## KEY DATES '22-'23

- BROADWAY SHOWS
- CONCERTS - TBA
- NEW YORK CITY SHOPPING
- TV TAPINGS - JIMMY FALLON, SETH MEYERS
- KING OF PRUSSIA MALL
- WHITEWATER TUBING
- SATURDAY NITE AT THE MULTIPLEX
- ICE SKATING
- MINIATURE GOLF
- THE GAME SHOW MAN
- KARAOKE DANCE PARTIES
- NAME THAT TUNE
- ZUMBATHON
- CAPTURE THE FLAG
- TALENT SHOWS
- & MUCH MORE!!!

### Winter Reunion Recap

This year some of our campers and staff attended a number of great special events. In December, some lucky campers attended Jingle Ball. Our Philadelphia and Florida campers had a chance to attend hockey games with Flip and Katie. Coming up is the bowling party at Dave and Busters in New York City, followed by our ski trip at Mountain Creek in Vernon, New Jersey. Invitations were already sent, but call for details!

### Open House

- April 16 & May 21, 2023

### Camp Season

- NEW! "Pre-Camp" - 6/17/2023
- First Day of Camp - 6/25/2023
- Last Day of Camp - 7/30/2023

*\*all dates tentative until further notice\**

Ask us about our Junior  
Counselor and  
Counselor-in-Training  
Programs!

## RE-ENROLL NOW!

Join us for the 2023 season!  
The \$500 deposit is fully refundable up  
to May 15, 2023. Can change dates and  
length of stay at any time.