



AKEELA NEWS

OCTOBER 2024

**Summer 2025
Enrollment is Open!**

Session 1: June 27 - July 18

Session 2: July 21 - August 11

Family Camp: August 14 - 19

ENROLL TODAY

Early Bird Discount

Applies Until

October 31!

A LETTER FROM THE DIRECTORS

Dear Campers,

We can't believe how quickly time has passed since the end of the summer. Here in Philadelphia, the trees are starting to change colors and we're pulling out our cold weather jackets. The change of season allows us to think back on what was truly an amazing summer at camp. We are so glad to have you in our camp community, and so proud of everything that you accomplished this past summer. Here is a reminder of just a few of the accomplishments and growth that you achieved while at Akeela ...

- You made your bed and helped clean your bunk every day!
- You chipped in with "dining hall duty" to help meals run smoothly.
- You participated in meal-time discussions with your bunkmates and counselors.
- You joined in all kinds of activities, even new ones that made you uncomfortable.
- You considered the feelings & needs of the rest of the community.
- You survived - and thrived - without electronics or internet access for more than three weeks!
- You made connections with campers outside your bunk by sharing common interests.
- You made an announcement or were recognized at an Evening Meeting.
- You went on multiple hikes.
- You left the comfort of your home and your family to be at Akeela.

As you look at that list, we're sure that it brings back many other memories of your time at Akeela. No doubt you're thinking of your camp friends and we know that they're thinking about you, too! We hope you take this opportunity to reach out to them. Send them an email or message today! Maybe tell them about how school is going, what activities you're doing outside for fun, or what you're dressing up as for Halloween.

We can't wait for next summer and are thrilled about how many of you will be with us again then. As the school year moves on, we'll be sharing lots more information and updates about Akeela 2025. In the meantime, enjoy the rest of the fall!

Fondly,

FRIENDSHIP COMMUNITY GROWTH PRIDE FUN



READ THE LATEST BLOG FROM DEBBIE:

BREAKING FREE: MY TAKEAWAYS FROM

“HOW TO BREAK UP WITH YOUR PHONE” BY CATHERINE PRICE



After another summer at camp where I am able to completely unplug from social media and the news and the mindless scrolling that comes along with both of those things, I realized that my camp relationship with my phone was much healthier than my home relationship! So I decided to seek help from our local library and I recently finished reading “How to Break Up with Your Phone” by Catherine Price! It’s not your average self-help book—it’s a practical, science-backed guide on how to reclaim control over our devices and, ultimately, our lives.

The Phone “Problem”

The core issue, as Price describes it, isn’t that phones are bad—it’s that we’ve developed an unhealthy attachment to them. This stems from their design: social media platforms, notifications, and even the apps we use daily are built to capture and maintain our attention for as long as possible. In the process, they change how we think, what we pay attention to, and even how we interact with the world around us.

As I read through the first chapters, I found myself thinking about my habits—checking my phone right after waking up, constantly reaching for it in idle moments, even using it as an escape from boredom. Sound familiar?

The 30-Day Plan

What really sets this book apart is the actionable plan Price outlines: a 30-day “phone breakup.” This isn’t about throwing your phone out the window or going on a digital detox for good. It’s about creating space between you and your device, so you can have a healthier, more intentional relationship with it. I’ll admit, some of it was pretty obvious and some was a bit “cheesy”, but it was still helpful to see it all laid out for me in print!

The Benefits of Breaking Up

One of the most powerful takeaways from the book is that, in breaking up with your phone, you gain so much more than just extra time. Price points out the ways in which phone overuse impacts our memory, creativity, and mental health. By reducing screen time, we not only free up space for more meaningful activities but also allow ourselves to be present in our own lives.

This reminds me of the experiences shared by children who attend screen-free summer camps like Camp Akeela. These camps, where kids spend days or weeks entirely free from phones and other devices, provide living proof of the benefits of stepping away from screens. At Camp Akeela, campers report feeling more connected to nature, making deeper friendships, and rediscovering hobbies and interests they might not otherwise have explored. It’s a clear example of how stepping back from technology fosters creativity, enhances social connections, and brings a sense of calm and focus that’s hard to find when we’re constantly plugged in.

[READ THE REST OF THE BLOG HERE...](#)



ERIC'S FAVORITE PUMPKIN COOKIES

The Sasson kids love these cookies - they're very soft and are the perfect fall treat!

- ½ cup oil
- 1 ½ cups sugar
- 1 egg
- 1 cup canned pumpkin
- 2 ½ cups Flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon allspice
- 6 oz chocolate chips



Preheat the oven to 350 degrees F.

Cream together oil, sugar and egg. Sift flour with all other dry ingredients. Add flour mixture alternately with pumpkin to the cream mixture. Add chocolate chips. Drop by the teaspoon (or tablespoon if you like bigger cookies!) onto a lightly greased cookie sheet.

Bake 10-15 minutes.



DID YOU KNOW...

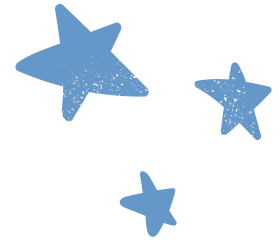
Halloween originates from an ancient Irish festival called *Samhain* [sao-win]. Samhain is an Irish word meaning "summer's end" and the celebration marked the end of the harvest, and the beginning of the dark, cold winter. Celts believed that on this night, the boundary between the worlds of the living and the dead became blurred. On the night of October 31, they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.



WE LOVED OUR HALLOWEEN
SPECIAL EVENT THIS SUMMER!



GEN ALPHA



CAN YOU SLAY THIS SLANG WORDSEARCH?

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- AURA POINTS
- BETA
- BUSSIN
- GYAT

- ITS GIVING
- MID
- OHIO
- PERIOD

- RIZZ
- SKIBIDI
- SIGMA
- SUS

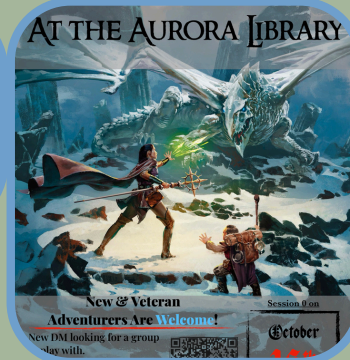
FIND THE ANSWERS HERE

COMMUNITY UPDATES

Blu (Bunks 7 & 4) has a new job working at an eco village in the South of France! (below)



Elijah (2nd Session, Bunk 15) has started a D&D campaign at his local library after learning all about it at camp this summer! He is getting ready for Session 0 and is excited to meet a new group of friends! (right is his poster to advertise)



Rehan (2nd, Bunk 16) had a playdate with bunkmate Evan and they enjoyed ice cream together. He attended a Sabrina Carpenter concert (right), and is will be playing Marty from Madagascar in his school's theater performance!



Brady (2nd, 18) is on two soccer teams, and sees Akeela friends Tristan (2nd, 18) and Rye (2nd, 18) every day at school!



Aidan (1st, 18) and **Bailey** (1st, 18) enjoyed a sleepover for Bailey's birthday (above!)



After camp ended, a lot of our international counselors enjoyed traveling around the US. An especially popular destination: New York City! (left & right)



Matt (1st, 3) loved water polo at camp so much that he is pursuing it at home! He joined the Pegasus Aquatics Intro Group and is loving learning the rules of the game!



Judah (2nd, 18) welcomed 2 kittens into his family! Sisters "Shuri" and "August" (left!)



Kate (1st, 7) is busy with guitar and dance lessons, and is so excited to head to New Orleans to see Taylor Swift at the Superdome (above!)

Brendan (16) has started an awesome new school and has started playing roller hockey!

Lots of the Irish staff (Amy, Pepper, John, Antoinette, Nadia, Ciarán) met up for a meal in County Limerick!

Counselor **Alden** (Bunk 8) is studying abroad in Copenhagen and loving the experience. She says the city is so clean, with amazing food and beautiful architecture!

Sam (2nd, 2) is loving his freshman year of High School (right). He really likes commuting to school by subway, and has joined Model UN!

