



The Importance of Overnight Camp



Owl and Rudy

A message from Rudy, our founder

Dear Friends,

Overnight camp is one of my fondest childhood memories. And, having been a camper and camp counselor myself, I know that a camp environment is a place to be your true self, have some independence, take a few risks, and learn how to live in a community -- essential qualities to becoming a competent and confident adult. I wanted my son to have this experience. I wanted him to be able to spread his wings. But, as a child living with food allergies and restrictions, finding places to experience this kind of growth was difficult, if not impossible. And not just for him – for me, as a parent and a Food Allergy Mom. So, we founded a camp where he could thrive. That was ten years ago. My little boy is now a man, and Camp Blue Spruce has given hundreds of children an amazing camp experience and a solid community of friends.

Kids need camp now more than ever.

After two years of screens and isolation, camp brings kids together to make new friends, play, be silly, and try new things. The perfect antidote to the pandemic! An amazing community awaits your child. [Visit our website](#) and watch our documentary, *Tastes Like Freedom*, to learn more. Or call me! I'd love to talk with you. We hope to see your camper in August!

All the Best,

Louise aka Rudy Rutabaga Riversong

Register for Camp

Dancing in the Kitchen!

Our kitchen staff is the heart of Camp Blue Spruce because we are all about the FOOD! Do you want to make 100 people smile? Join the kitchen team! Wash dishes, dance in the kitchen, and make delicious meals – free of the top-9 allergens and all gluten. It's an amazing experience!



Learn more about working at Camp Blue Spruce by [visiting our website](#).

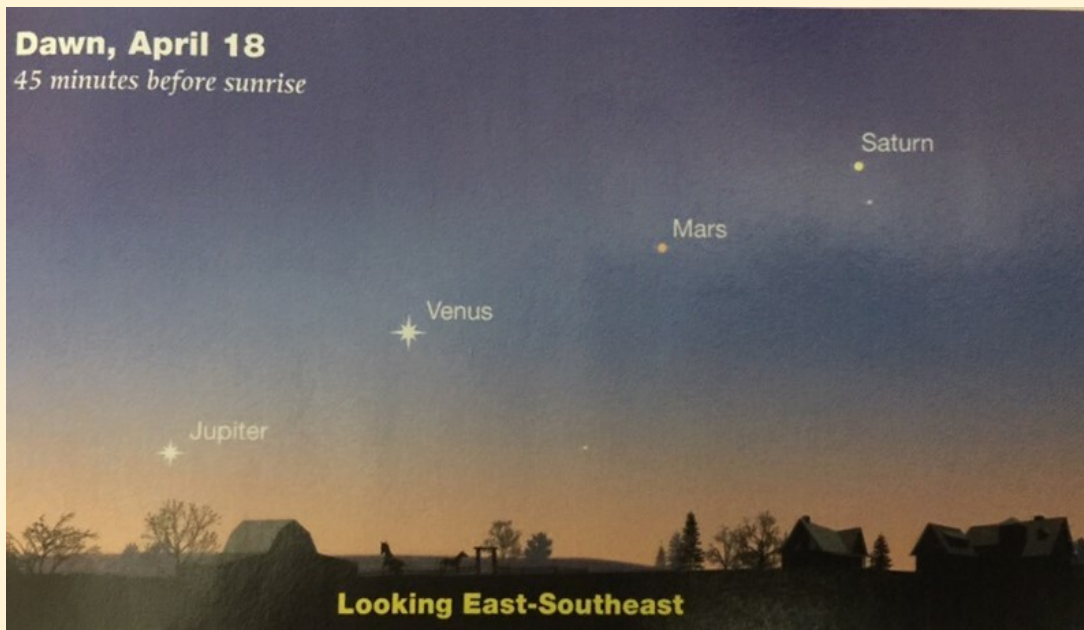
Apply Today!!

Star Talk for April

By Astronomer Jim

If you want to see planets, early morning before sunrise is the place to be in April! Venus, Mars, and Saturn will all be close to each other in the morning sky as the

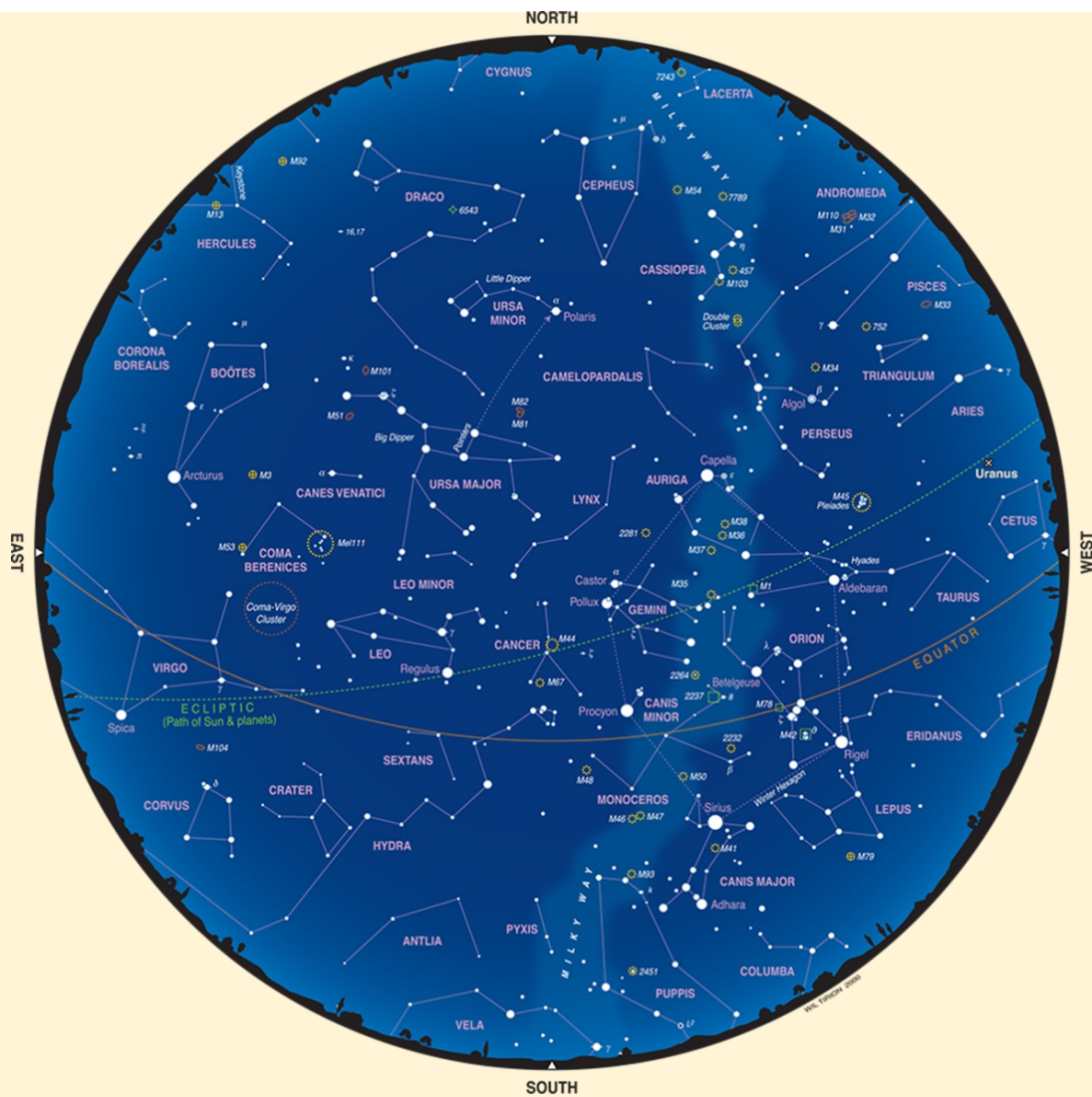
month begins and by mid-month, those three planets, plus Jupiter, will be strung in a line from the western horizon.



Several well-known constellations will be visible this month. Cancer the crab is centered in the southern sky at sunset (although it is a faint constellation.) Just to the east of Cancer, is the bright zodiac constellation of Leo the Lion. Leo is one of the few constellations that actually looks like the living creature that it represents. Regulus, the brightest star in Leo (in the chest of Leo), is one of the brightest star in the sky. Unfortunately, although Leo's bright stars well outline the constellation, that are few objects inside the constellation to look at unless a person has a strong telescope.

The constellation of Gemini is still visible, but off to the East, and Orion is getting closer to the Eastern horizon. Canis Major, with Sirius, the brightest star in the sky will still be very visible, to the East and below Orion and to the West and below Leo.

Learn more at the [Star Talk Blog](#).



Camp Blue Spruce's vision is that all children and families living with food allergies have a sense of belonging, trust, and community.

Camp Blue Spruce provides children with food allergies experiences where they can be independent, confident, and worry-free

Camp Blue Spruce is a 501(c)3 charitable non-profit organization. Your donations are tax deductible.

Donate Today!

www.campbluespruce.org



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