



PILCHUCK PEEKS, August 2022

Camp Fire Snohomish County Council
4312 Rucker Avenue, Everett, WA 98203
425-258-5437, www.campfiresnoco.org



Club Pre-Registration Now Open

Register for 2022-23 Club now and be entered into a drawing for a fabulous basket of Camp Fire prizes worth over \$75.

Pre-register for \$20 per youth by August 31st to be entered into the drawing. Beginning September 1, the registration price will be \$25 per youth. Adults will still be able to register for no charge.

Click here for Club Registration

Every youth and adult club member pre-registered by August 31st will be eligible for the drawing. One lucky winner will receive this basket with tons of Camp Fire items *including two t-shirts, P-Nuttles, a coffee mug, a mason jar cup, frisbees, a candy journal, a Camp Fire pin, a book of games and other fun items.*



Open House Invitation

August 16th, 1-7pm

Everyone is invited to attend and bring a friend.

The activity stations for the kids include making a plant identification tool, learning how to identify plants, making a craft, making mini s'mores as a treat, and much more.

We hope to see you all. Stop by anytime between 1pm – 7pm to say Hi! Please RSVP to **club@campfiresnoco.org**.



This will be our 31st Annual WoHeLo Luncheon!

Featured Presenter

Dr. Anne Browning

Assistant Dean for Well-Being, University of Washington School of Medicine.



Dr. Browning's presentation:
Resilience and Well-Being: Building Strength for the Road Ahead

Register for the Event

Also included in event will be:

- Update on Camp Fire Programs
- 2022 Lou Denney Award Recipient

For any questions, please contact Michael at 425-258-5437
or **mdeal@campfiresnoco.org**.

If you cannot attend the event, but would like to make a donation,
please click **here**.

The Simple Art of Noticing New Things

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Noticing new things is a path to mindfulness. Social psychologist **Ellen Langer has been studying** mindlessness and mindfulness for thirty five years. She argues that while rigorous meditation or yoga practices can be great, they aren't the only ways to access the benefits of mindfulness. Instead, she invites us into "the simple **art of noticing** new things."

Want to try it? It's simple. Here are some ideas to get you and your children started:

-Notice five new things about your child today. [they can notice 5 things about you]

-Look at [a] face and notice how it moves as they show emotions. Listen for four new sounds in your environment.

-Notice five new things about your partner, friend, or neighbor today. Invite your kids to go outside and discover new things close to your home that they have never noted before.

-Try something new (doodling, cooking) and share five new things about how it makes you feel. Pay attention to a few new tastes or smells about your food while you eat it.

For the full Article go to the Spark & Stitch Institute **Noticing New Things - Spark & Stitch Institute**

Camp Fire Store

August Specials

Save all summer long! All Camp Fire logo merchandise is 25% off throughout the month of August.



Sale valid: 8/1/22 - 8/31/22

*Excludes: emblems, vests, sashes & program materials.

Store Hours

Monday - Thursday	9am to 5pm
Friday (Summer Hours)	9am to 5pm
Saturday & Sunday	Closed

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