



Summer camp proves to be a delightful vacation for local women

By **Bonny Breuer**
Her

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While youth might be wasted on the young, I can now say with complete confidence that summer camp certainly is!

Jane Capps of Greenville and I attended Joan Lunden's Camp Reveille for women in Naples, Maine, for four days and three nights in August. Those of you who heard Joan speak at the Women for Women Advisory Board's Power of the Purse Luncheon last May will remember her saying that her mission in life is to inspire and nurture other women. Well, this is one woman who truly walks her talk!

Joan utilizes Camp Takajo, owned by her husband Jeff Konigsberg, and transforms this beautiful setting on Long Lake into a magical place where women can unwind, rejuvenate, play like a kid, de-stress, challenge themselves and connect with other women. This year, the third year for Camp Reveille, there were 138 campers from ages 21-73. There were 17 sets of mother/daughters and 16 sets of sisters.

My daughter Bonny Block from Atlanta and her college roommate Tara Locke from Rhode Island came with us. The four of us shared a cabin. I had no preconceived expectations of camp except to enjoy being with my daughter and have a good time doing activities I had not done since I was 12.

Joan arrived at camp by 8 a.m. every morning from her summer home adjacent to camp, just in time to participate in "Wake Up, Shake Up" exercise at the beach and then lead a half-hour walk on different trails around the camp. She is ever present at her camp — joining in activities, sitting at your table during meals or just visiting with the campers.

Camp days were filled with activities of our choosing and we still did not get to do it all! Jane and I started our day with 7:30 a.m. Tai Chi and then packed in a Banana Boat ride, archery, yoga, arts and crafts (we made stunning jewelry), kayaking, tribal drumming, and the climbing wall.

The famous Reveille Relay Race involved the entire camp, divided into two teams. Jane and I both did the egg-in-the-spoon relay for our teams; other activities included three-legged race, wheelbarrow race, making up bunks with hospital corners, sitting on balloons to pop them, and whistling after eating saltines.

In addition to activities, there were sessions on eating properly, uncluttering your life and Joan's Make-up Secrets (very popular). Our three evenings featured a campfire with s'mores and drumming by an all women's group called Inanna; a dance party; and a special showing of the movie "Julie & Julia." Before the movie, Joan showed a hilarious GMA segment when Julia Child was trying to teach her and David Hartman how to make egg nog!

We campers were pampered beyond our wildest dreams: free facials, massages, memory-foam mattresses specially chosen by Joan for our beds, designer sheets, huge bath towels changed daily, toiletries provided and stocked in the showers (Joan also adds shower curtains to each stall), potpourri in our cabin bathrooms, and fresh flower arrangements everywhere! Joan is a proponent for skin cancer awareness in women and had a dermatologist from Philadelphia to do free screenings. We wanted for nothing when it came to our meals. They had thought of everything women love to eat (and maybe should not) and drink, even wine every night!

Would we go back next year? You betcha! The dates are Aug. 19-22. This year, the cost of camp was \$899 and the airfare from Greenville was about \$250. With the interest Jane and I have already stirred up by sharing our adventures, you can bet we won't be the only Southern accents heard at Camp Reveille next year!

Bonny Breuer was chairwoman of the Women for Women Advisory Board when Joan Lunden spoke in Greenville for its annual Power of the Purse Luncheon. She has lived in Greenville 10 years and is married to Tony Breuer, a neurologist and artist.

Camp Reveille, (914) 219-5555, www.campreveille.com



Alexia Berry Photography

Jane Capps, left front, enjoys a ride on the Banana Boat.



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Camp Reveille founder and TV personality Joan Lunden, center, poses with Jane Capps, left, Bonny Breuer, Bonny Block and Tara Locke.



Contributed photo

Greenville campers Bonny Breuer, left, and Jane Capps show off the jewelry they made in front of their cabin at Camp Reveille.



Contributed photo

Bonny Breuer, in pink shirt, and Jane Capps, in aqua shirt, participate in morning Tai Chi class at Camp Reveille.