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# SUMMER CAMPS

Camp listings collected and compiled by Wendy Scheck

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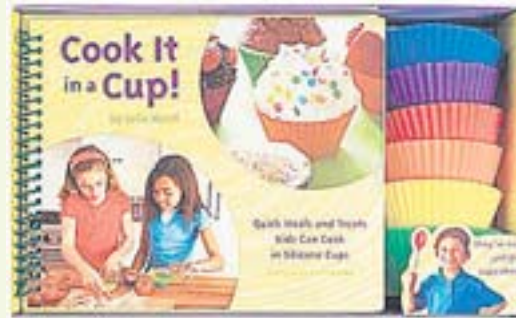
## What Does Your Teacher Do Over the Summer?

Some teachers go off on holiday, others work at temporary jobs or tutor students for a couple of months; chances are you might not see them again until the fall. But here in Lamorinda, there's a very good chance you may run into a teacher or two at your summer camp! From Summer Music at Stanley to Moraga Sports Camp, many of Lamorinda's teachers offer our kids a bit of homework-free fun over the summer. Contributing writer Jill McTaggart (see last summer's What's For Dinner articles), a teacher of Foods and English at Joaquin Moraga Intermediate, is offering a new camp this summer - Cook It in a Cup is just one of many teacher-run camps available to Lamorinda's kids!

You may download our Summer Camp Guide:  
[www.lamorindaweekly.com](http://www.lamorindaweekly.com)

## Cook It in a Cup First a Book, Now a Summer Camp!

By Jill McTaggart



My eleven year old daughter, Sophia, has inherited a sweet tooth from both sides of our families. She is ready and willing to bake brownies every day of the week. I tried to get her to expand her repertoire and met with zero success until our friend in Lafayette, Julia Myall, announced she was publishing a cook book for kids. Her cook book is the best selling Cook it in a Cup.

Immediately, I looked it up on-line and ordered several copies for my own kids and the kids I cook with every day, as the Foods teacher, at JM Intermediate School in Moraga.

Cook it in a Cup is ingenious in so many ways. It is a small, brightly colored book formatted with a simple food selection ranging from breakfast in a cup, super sides, and sweet treats. Of course, Sophia gravitated right to the brownie recipe. Now any brownie recipe that is not from a box and calls for unsweetened chocolate squares as well as chocolate chips is right up our alley! They are divine. They are as chewy in the middle and lightly crispy on top as any from a cookbook for grown ups we've ever made.

But the highlight of the book is that it comes with 6 brightly colored silicone cups for the chef/kids to use to bake all the recipes in. These cups can sit on any cookie sheet and go directly in the oven. I love these cups because it is automatic portion control, especially when cooking for our family or a few friends, everyone just gets a cup portion. (Some infighting may arise regarding favorite colors etc, but that is to be expected.) For instance when we bake the sweets we limit ourselves to just the one cup instead of cutting a bigger than needed (although wanted oh so badly wanted) piece of the brownie or lemon bar, or strawberry shortcake.

The Little Pear Pie recipe is perfect for Moragans that live near the pear orchards. The pear orchards at Camino Pablo and Moraga Road are open to the public.

And I can think of no better field trip than a walk over to there in mid-summer just as the heavy pears are about to plunk off their stems, and use them for the pies. The recipe calls for frozen puff pastry so that part is doable for cooks of all ages. The cups from the cookbook are turned upside down to make rounds to be used as the pie portion of the pear pies. I told you it was ingenious.

Another fabulous recipe that inverts the cups is the Crispy Potato Nests. Potatoes are thinly grated and mixed with olive oil and garlic, and then heaped on top of the upside down cups. The potatoes are baked and then after they are cooled, set right side up again and become sweet, yummy nests. My students use the inside of the nests to dollop very generous amounts of ketchup.

I have cooked nearly everything in the book and they all worked beautifully and easily. Ben, my nine year old son, is a master of the sinfully simple Nacho Cups. These are a delicious mixture of chips, refried beans, and cheese baked for 10 minutes into a gooey delight. When I am not around, Ben has tried the Nacho Cups in the microwave to a soggy, but still good result.

The cups are dishwasher safe and fairly easy to clean. They do have ribs so you need to use a sponge with an nylon abrasive to clean them. Kids need to be supervised, of course, as cutting and baking is involved.

I am such a fan that Julia and I have teamed up to host the very first Cook it in a Cup Camp this summer at Joaquin Moraga Intermediate School. There will be two different sessions a day. A 8:30-10:30 for chefs 6 years old to 10 years old and a 11:00-2:00pm for more advanced chefs aged 10 and up. Dates are Session 1: June 22-June 26, Session 2: July 13 - July 17, Session 3: July 20 - July 25 at JM Intermediate School. Check out the website at Cook it in a Cup.com for details.

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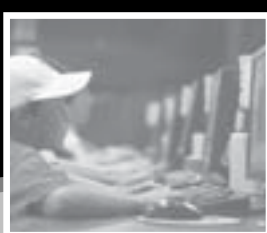
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**925-283-2100 or [www.shermanswim.com](http://www.shermanswim.com).**

### Oakland Strokes offers Rowing Camps

Jack London Aquatic center (JLAC), (Oakland ) The nationally recognized Oakland Strokes offer interested students aged 12-18 a perfect opportunity to see what crew is all about. Participants will learn rowing technique, build their strength and endurance, and have fun gaining knowledge about teamwork. Weeks of: June 15, June 22, July 6, July 13, August 3, and August 10.  
**[www.oaklandstrokes.org](http://www.oaklandstrokes.org) or call (510) 652-6445.**

### Football Camp (Moraga)

Be part of a Lamorinda tradition, the annual summer youth football camp at Campolindo High School. In his 13th year as Campolindo High School head football coach, Kevin Macy directs a full gear contact football camp for grades 4 through 8. The camp runs from July 13 through July 24, Monday through Friday, 1:30 to 5:00. All equipment is supplied, T-shirt is included. Call Coach Macy at **280-3950, Ext. 5163, or 932-1579.**

### MATS Hoops Basketball Camps (Orinda)

The Miramonte High School boys basketball staff will host its 3rd annual summer basketball camps. Designed for boys and girls grades 3 to 10, our camps emphasize skill development, sportsmanship and team play. Our two camps run June 22 to 25 and July 13 to 16. Mornings: 9 am to noon - grades 7 to 10. Afternoons: 1 to 4 pm - grades 3 to 6.  
**Email: [MatsHoops@gmail.com](mailto:MatsHoops@gmail.com)**  
**Phone: 925-945-1901.**

### Orinda Sports Camps

Basketball, Flag Football, Golf, Mini-Hawks, Lacrosse, Multi-sports, Soccer, and Tennis Camps. Camps offered by the City of Orinda, Parks & Recreation Department. Ages 4-15.  
(925) 254-2445 [www.cityoforinda.org](http://www.cityoforinda.org).

### Moraga Sports Camps

A wide variety of sports camps are offered this summer: Gymnastics, Golf, Track & Field, Basketball, Baseball, Soccer, Euro Soccer, Volleyball, Tennis, and Cheerleading camp are available through the Moraga Parks & Recreation Department.  
**[www.moraga.ca.us](http://www.moraga.ca.us) Phone: 925-888-7045.**

### Lafayette Summer Sports Camp

The camps will utilize the brand new Lafayette Hockey Rink and the beautiful fields of the Lafayette Community Park for fun sports and games like hockey, soccer, football, dodge-ball and capture-the-flag. Both camps are for kids ages 4 to 14 and will take place at the Lafayette Community Center.  
**925-284-2232 [www.LafayetteRec.org](http://www.LafayetteRec.org).**

MatsHoops@gmail.com'."/&gt;