

UDC NEWS



Utah Deaf Campers, Inc.

Editorial

Social interactions is a big topic now. Many research organizations have determined that social interactions with family, friends, or strangers help improve one's own health. Here is an interesting comment from Centers for Disease Control and Prevention (CDC), "When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and to have better mental and physical outcomes. They are also better able to cope with hard times, stress, anxiety, and depression".

UDC provides many social and outdoor activities for your physical health and mental health. Throughout the year, activities or events will be announced here on UDC newsletters, emails, UDC Facebook group, and other available social medias, including UAD Bulletins.

According to Sherry Turkle's book "Reclaiming Conversation" screen time like televisions, cell phones, and computers kill deep and meaningful conversations



Go Away Cold Weather!

Let us get outside and enjoy the sun and see all the vegetation turn green again! I blame my inability to tolerate the cold on Arizona, where I grew up and where people cheerfully ask, "Hot enough for ya?" as the sun slowly grills you corneas. What about you? I'm ready for some warm weather right about now. I miss wearing cargo short pants and sitting in my camping chair while basking in the warm sun.

Are you guys ready for camping season?

Camping season is just around the corner. UDC is getting everything ready for all of you. Food is being ordered, outdoor games taken out of storage, and scheduling for outdoor activities at River's Edge @ Deer Park. Speaking of which, Chef Shon accepted to serve Central Texas BBQ at River's Edge July 12, 2024. His food is world renown. If you ask around at UDC, you will find everybody loved his food, some even ate at his restaurants to just taste his amazing food again.

Editorial (cont.)

or social interactions.”

Personally, I value my social interactions with the members of the deaf communities. It's the only way I can remain sane and function. Without social interactions, we all slowly wither away like the brown grass that doesn't get any water.

UDC was created for you and for all members of the deaf communities. Come and start interacting with us! You'll feel better, for sure. 😊👍

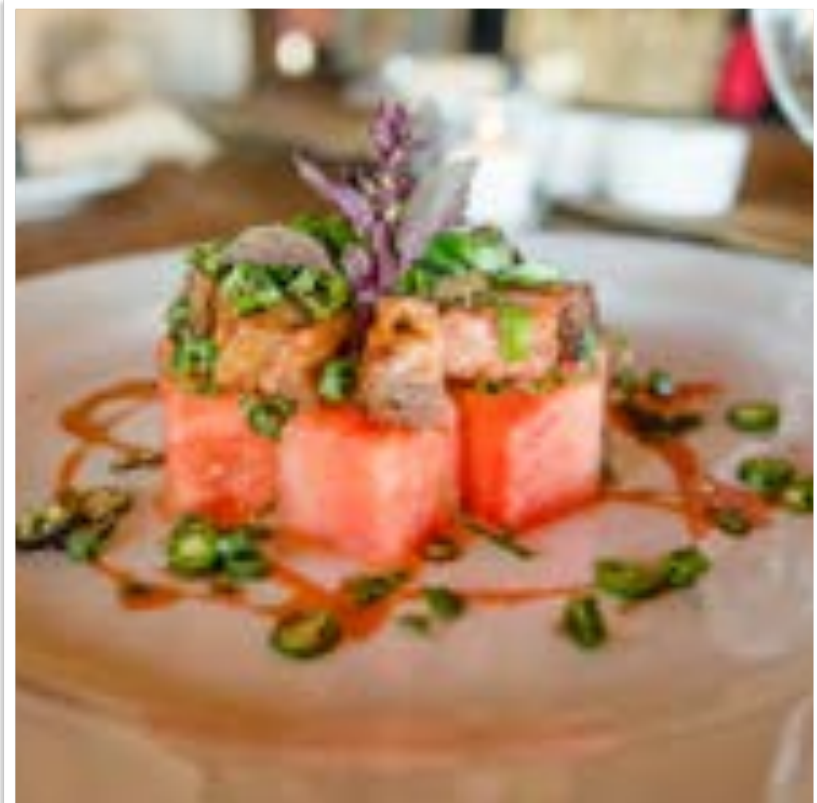
Donors Board...

We are especially grateful for the generous donations from a variety of donors. Without them, UDC would not be where it is today and be able to offer a plethora of outdoor activities for all of us.

Chef Shon Foster

Here's a short bio about Chef Shon Foster. He grew up in Kanab, most of his life. He opened his first restaurant "Rewind" in Kanab. Then he opened another one called "Sego" in Kanab after Rewind closed. Most of his kids are in the restaurant businesses too. The rest is history. He now owns or operates several restaurants in Utah and 3 new ones in Colorado. His edible works of art will not disappoint! Here's a few pics to see who and what I am talking about. He will be serving Central

Texas BBQ July 12, 2024 at River's Edge @ Deer Park. Be sure to contact Heidi to reserve your spot.





Picked up donated items from Recreation Outlet in Ogden. Thank you from all of us. Lots of cool recreation outdoor equipment in the store. Check it out!



20 cornhole boards built and stained. Works of art! What for? So you can come and play to win cash! April 27, 2024 8am to 6pm at the Deaf Center. 2 player teams \$30. What y'all waiting for? Contact Clark Gaudette at gaudette6@yahoo.com or venmo \$30 and team name. Very important: bring 4 cornhole bags per team (4 of 6"x 6" and 16oz bags)



venmo

2024 Schedule

April 27 - 8am-6pm	UDC's First Cornhole Tournament	Deaf Center
April 9 - 530pm-730pm	UDC Board Meeting	Harmons
July 11-14	UDC 5th Anniversary	River's Edge, Heber City