

Monday and the heat keeps coming!

The heat is supposed to break by Wednesday. We sure hope so! Alexei has moved the work outs around so that the kids miss the hottest part of the day. So, they are working out at 7:30, 11:00, and 5:30. The kids have been doing better with this schedule and have had a little longer nap time which is helpful in the heat. I am going to attempt to send a video with this newsletter that shows one of the exercises that the kids have been doing while they were here. The first week we seemed to have troubles with soreness, too much sun and a couple of teeth were lost (in the normal course of things). This week we are back to soreness. The exercises get ratcheted up a level and so the kids are sore again. They get some new exercises as well as more of the old ones.

Today's favorite recipe was homemade peach cobbler. Inna made this for us. We are lucky that when we are here we can have lots of fresh fruits and vegetables. Every day or two Teri goes to the vegetable stand for fresh things that are good for us. They already have potatoes, sweet potatoes, snap peas, green beans, squash, zucchini, tomatoes, onions, and new potatoes and that's only the vegetables! They have peaches and TONS of strawberries also. Then we get a few farm things like homemade butter and fresh eggs. What we can't get there we then fill in from Walmart or Sams. Working this hard in the fresh air and eating so many fresh foods really cranks up the metabolism and makes everyone really hungry! We have enjoyed so much good food and wonderful new recipes and the camp isn't even over!

This is a video clip of the kids working hard on the beach on this very hot day!



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Homemade Peach Cobbler

4 to 5 lbs of peaches (seconds work great for this recipe!)
2 cups of oatmeal (either kind)
2 cups of brown sugar
1 lb of real butter

Put oatmeal, brown sugar, and butter together in a crumbly mix. Add extra sugar if you feel it is needed. Peel peaches and cut into small bite sized pieces. Put peaches in first in the bottom of the pan then add the crumbled mixture on top. Bake in the oven at 350 for about 30 minutes until golden brown. If there seems to be too much juice in the bottom you can add a small amount of instant rice to the mixture. It gives it a nice texture and tastes nice and sweet. You may have to experiment a little with the measurements for what your family likes but this is a good starting place and the kids ate it until the pan was empty! It wasn't hard to make and pretty quick. Give it a try sometime.