

THE 2013 *Foam* SUMMER BUCKET LIST

In an effort to make this the best summer ever, we decided to ditch the excuses and finally do all those things we always say we will. From going camping to learning new skills and planning the ultimate dinner party, this is the *FOAM* summer bucket list. Master a few of these, and you just might become the most interesting woman in the world. BY LINDZI SCHARF



Go Camping

→ IF PITCHING A TENT à la *Troop Beverly Hills* (i.e., at The Beverly Hills Hotel) is still your idea of camping, then it's time to try the real deal. "Camping is one of the best ways to experience the outdoors," says 26-year-old Emily Harrington, a professional rock climber and North Face athlete who knows a thing or two about roughing it everywhere, from local woods to Mount Everest. "Taking away your usual comforts can be an enriching learning experience," she adds. "It can help you grow as an individual." If it's precisely this idea that is keeping you from camping, listen up: "Car camping is the easiest and most comfortable way to start. Drive [to a campsite] and get set up—that way you don't have to backpack or walk." Harrington also recommends going with experienced friends and packing proper equipment, which includes a tent, sleeping pad and bag, cooler and portable stove. "They make little stoves that use a small propane tank you screw on. With just one pot, you can boil water to make coffee, or you can get gourmet and cook hot meals for dinner." Simply put, there's no excuse not to go when "you can be as hard-core or as luxurious about it as you want. You don't have to rough it just because you're going camping."

5 SERIOUSLY DELICIOUS AND SIMPLE CAMPFIRE DISHES



BREAKFAST BURRITOS

Start your day off with a tasty and filling meal by frying strips of bacon on a skillet over the fire. Next, scramble a few eggs in the same pan, then load up a tortilla with what you've made. Top with cheese and salsa.



BANANA BOATS

Cut open a banana, fill it with chocolate chips and mini marshmallows, then wrap it in aluminum foil and grill to perfection.



MINT OR RASPBERRY S'MORES

For a twist on this campfire classic, use Andes mints instead of milk chocolate. Prefer Hershey's, but with a new spin? Add fresh raspberries between the graham crackers, chocolate and marshmallows.



APPLE PIE ON A STICK

For a mouthwatering snack, push a stick through the top of an apple, roast it in the fire and then dip it in cinnamon and sugar.



BACON & CHEDDAR GRILLED CHEESE SANDWICHES

Place bacon and cheese between slices of raisin bread and grill it over the fire in a Coleman cast-iron toaster spritzed with olive oil spray. Full recipes can be found at koa.com/camping-recipes.

WHERE AND WHY

ROCKY MOUNTAIN NATIONAL PARK

Moraine Park Campground, 1000 Hwy. 36, Estes Park, CO; 970-586-1206. This park boasts beautiful mountain views, hiking, fishing, horseback riding and wildlife. What are you waiting for?

PAWTUCKAWAY STATE PARK

128 Mountain Road, Nottingham, NH; 603-895-3031. Gorgeous landscapes with a lakeside beach to boot.

HUNTING ISLAND STATE PARK

2555 Sea Island Pkwy., Hunting Island, SC; 843-838-2011. Pack your hiking boots! This campsite is known for its well-maintained trails in addition to a breathtaking saltwater lagoon.

HYALITE CANYON

Lower Hyalite Group Site, Hyalite Canyon Dr., Bozeman, MT; 877-646-1012. It's wonderfully scenic in the summer, and if you're feeling more adventurous, there's rock climbing and great skiing in the winter.

LEO CARRILLO STATE PARK

35000 W. Pacific Coast Hwy., Malibu, CA; 310-457-8143. Camp out by night and surf by day. What could be better? For more information, visit reserveamerica.com.



IF SAILING ISN'T YOUR THING, TRY:



STAND-UP PADDLEBOARDING

Surf legend Laird Hamilton brought this trend to the forefront, and it can be done on oceans or lakes. Experts swear you'll see a difference in your fitness and energy levels with three 30-minute sessions a week. Learn more at worldpaddleassociation.com.



SURFING

Ride one wave, and you'll be hooked. Surfing is more than a recreational activity, it's a lifestyle. You'll experience bliss and get a great cardiovascular workout at the same time. Find a surf school by you at nssia.org or surfingamerica.org.



WHITewater RAFTING AND KAYAKING

Before hitting the water, prep by upping your aerobic activity and strength training with a focus on back, shoulder and torso exercises. Visit the U.S. National Whitewater Center (usnwc.org) in Charlotte, North Carolina, for a thrilling experience on the water.

Learn to Sail

→ EVER FIND YOURSELF envious of Diddy's yacht-faring ways or singing along to The Lonely Island's "I'm On a Boat," only to realize you don't have any high-sea cred? Change that! "There's a lot to love about sailing," says 20-year-old Australia-based sailor Jessica Watson, who became the youngest person to sail solo around the world in 2010. (The producers behind *Soul Surfer* are turning her memoir, *True Spirit*, into a film.) Watson is quick to point out that not only is there a sense of independence to gain on the water, but sailing can also be a great social sport. To get started, she recommends heading to your local yacht club, many of which typically offer casual racing once a week. "They'll make a point of taking beginners out to introduce them to the sport," she says. Your first few lessons will focus on how to judge the wind and water, and there's an added bonus: "Learning to read the weather comes in handy when planning trips to the beach!" Watson suggests starting off in a small boat or dinghy. "They might not be as glamorous as bigger boats, but you'll be able to get a feel for what's happening much faster." She acknowledges the first few lessons might be a little overwhelming, but every expert was a beginner at one time. "It took me a while to find my confidence on the water, but I'm glad I stuck at it!"

LOOK THE PART

Since half the appeal of sailing lies in the cute outfits, we found a few nautically inspired pieces that make us want to head out to sea ASAP.



Symson Beaded Box jacket: ALICE AND OLIVIA, \$797, aliceandolivia.com.



Brice shoes: PELLE MODA, \$110, neimanmarcus.com.



Cabana Cord Corrine dress: WHIT, \$398, whit-ny.com.



Cestino tote: MASSI, \$180, massi.com.



Alley overalls: LAUREN MOFFATT, \$328, laurenmoffatt.net.

WAYS TO GET ON THE WATER

→ **THE AMERICAN SAILING ASSOCIATION** Find a sailing school by you. asa.com

→ **US SAILING** This leadership organization offers programs and events for sailors of all levels. ussailing.org

→ **SAIL TIME** Pay an annual membership fee, reserve time online and borrow a boat for the day. Training is also available from skilled instructors. sailtime.com



Discover Your Inner DIY Goddess

→ SURE, YOU MAY be an avid DIY blog reader, but it's time to get off the computer and hit the glue. "Creating your own projects is not as difficult as you think," says Jenni Radosevich, I Spy DIY blogger and author of *I Spy DIY Style*. "Start with simple projects that have minimal steps and then build your way up to a difficult one. Once you learn the techniques, it's much easier to venture out." Bracelets are easiest, she says, and take as little as 20 minutes. "They're a confidence booster and also a conversation piece. There are a million different things you can do with them. Plus, it's a low-commitment project and usually pretty cheap to make." And while creating home décor is more complicated, it's certainly not impossible. "Building a table or reupholstering a piece of furniture is a large undertaking, but there are so many great things you can make for the home." A DIY project can also be a great bonding experience. "I love having my friends over and making something together. We'll gossip, drink wine and craft." Stop reading, and start creating!

GET INSPIRED BY 5 FAB DIY BLOGS

DESIGN LOVEFEST.COM

Bri Emery collaborates with a team of talented women to deliver awesome DIYs.

APAIRAND ASPAREDIY.COM

Hong Kong-based Geneva Vanderzeil presents fab style and lifestyle projects with easy-to-follow tutorials.

HONESTLY WTF.COM

Erica Chan Coffman and Lauren Kolodny edit this savvy lifestyle blog.

SCRAP HACKER.COM

Filippa Malmegard's site delivers rad DIY ideas for the home and beyond.

APARTMENT THERAPY.COM

Founded by Maxwell Ryan, this site features great design inspiration and home-improvement projects.

5 PROJECTS YOU CAN ACTUALLY DO



EMBELLISHED PILLOWS

If you're handy with an iron or a hot-glue gun, you can easily make your own pillowcases—a great way to add a personal touch to any room. Check out addicted2decorating.com for ideas.



BRIGHT CHAIN JEWELRY

A little bit of Plasti Dip and color tint can go a long way. Dip a metal chain into an aluminum can filled with your favorite color, and you've got a customized statement necklace. Visit ispydiy.com for the full low-down.



STRIPED VASES

Spice up your kitchen table with a bold centerpiece. It's as easy as grabbing some spray paint, a clear vase and rubber bands or tape. For further instruction, check out 2littledreams.com.



PERSONALIZED RAIN BOOTS

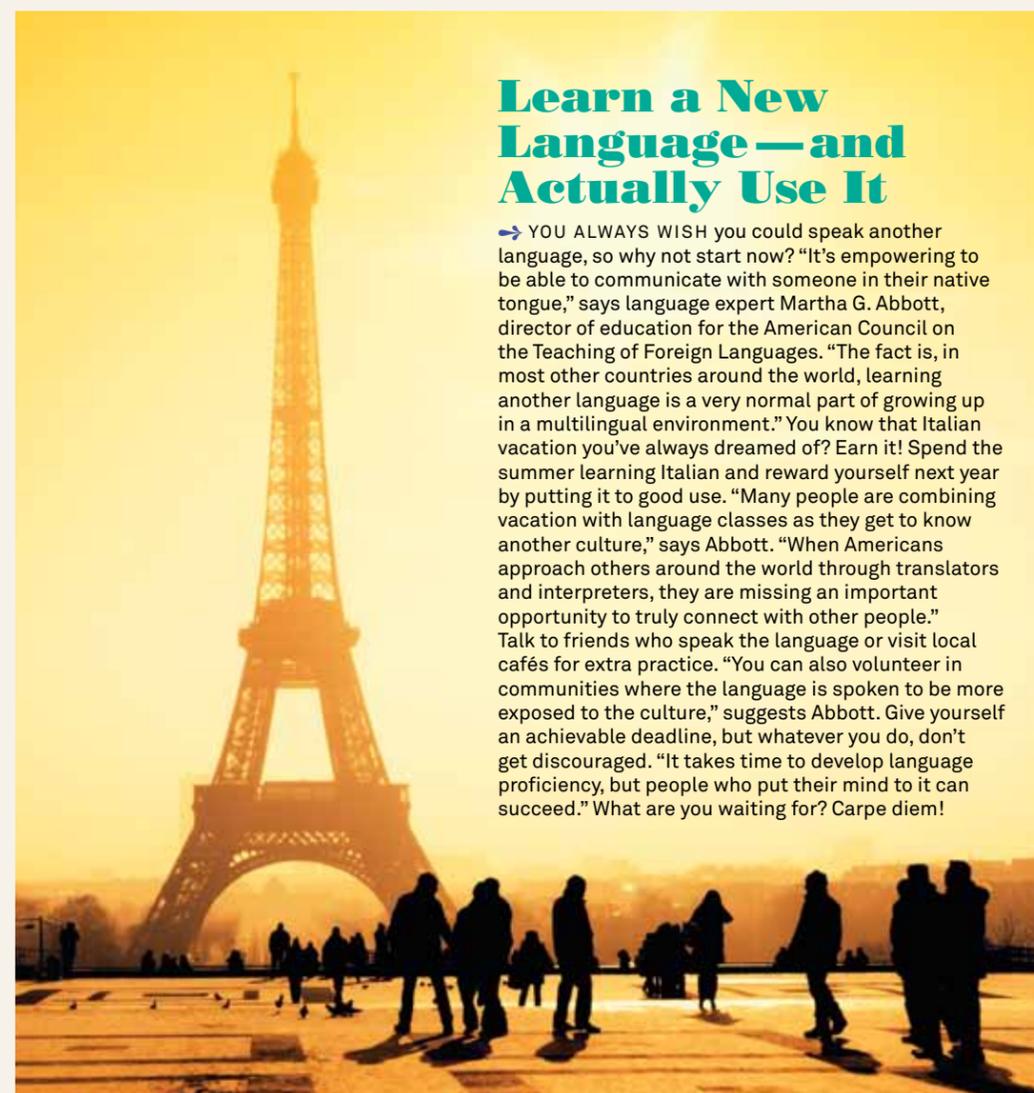
If you like to doodle, this one is for you. Use Krylon's 18k-gold leafing pen to draw polka dots, stars and anything else your heart desires on a plain pair of rain boots. Visit glitternglue.com for inspiration.



LIGHT-UP HEADBOARD

This is an intermediate-level project, but hey, you have all summer, right? Purchase the necessary lumber, projector, drill, paint and 300 twinkle lights, and hit abeautifulmess.com for the full tutorial.

I SPY DIY: PHOTOGRAPHED BY LYDIA HUDGENS



Learn a New Language—and Actually Use It

→ YOU ALWAYS WISH you could speak another language, so why not start now? "It's empowering to be able to communicate with someone in their native tongue," says language expert Martha G. Abbott, director of education for the American Council on the Teaching of Foreign Languages. "The fact is, in most other countries around the world, learning another language is a very normal part of growing up in a multilingual environment." You know that Italian vacation you've always dreamed of? Earn it! Spend the summer learning Italian and reward yourself next year by putting it to good use. "Many people are combining vacation with language classes as they get to know another culture," says Abbott. "When Americans approach others around the world through translators and interpreters, they are missing an important opportunity to truly connect with other people." Talk to friends who speak the language or visit local cafés for extra practice. "You can also volunteer in communities where the language is spoken to be more exposed to the culture," suggests Abbott. Give yourself an achievable deadline, but whatever you do, don't get discouraged. "It takes time to develop language proficiency, but people who put their mind to it can succeed." What are you waiting for? Carpe diem!

GO FORTH AND PRACTICE



FRENCH

ABROAD: *Parlez-vous français? Oui?* Go to Paris and show 'em what you've got in the City of Love. Who knows? Maybe you'll even find *amore*.
DOMESTIC: Visit Louisiana or Maine, which boast the highest population of French speakers in the United States.



CHINESE

ABROAD: As a city that's influential in commerce, fashion and technology, Shanghai has become an increasingly popular tourist destination in the past decade.
DOMESTIC: New York and California house the highest percentage of Chinese speakers living in the States.



ITALIAN

ABROAD: Savor *la dolce vita* over breathtaking views and *delizioso* cuisine in Rome.
DOMESTIC: Head to Little Italy in New York City, Chicago, Boston or Philadelphia; all four cities have solid Italian-speaking populations.



SPANISH

ABROAD: Applying your Spanish will be easy in Seville, where fewer natives speak English than in other popular cities such as Madrid and Barcelona.
DOMESTIC: Enjoy exotic ambiance from the comfort of Old San Juan, Puerto Rico. Practice your *español* while knowing you can always fall back on your first language.



GERMAN

ABROAD: Germany's largest and most multicultural city, Berlin is well known for its architecture. Take in the view while talking the talk.
DOMESTIC: Hop over to the Dakotas, where German is the second-most-popular language.

HOW TO GET STARTED



LIVEMOCHA

Branded as "the world's largest online language learning community," this site offers online practice and interaction with more than 15 million individuals from some 195 countries around the world. livemocha.com

HELLO-HELLO

Learn from your iPad: This mobile app provides courses in 13 different languages with lessons, training and tutors. It also includes animated videos and interactive exercises. hello-hello.com



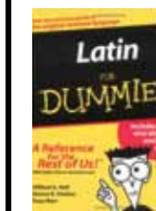
MANGO LANGUAGES

Another great app that helps with language learning. The added bonus: It's available for free through many public libraries. mangolanguages.com



ROSETTA STONE

It's an age-old option, but there's a reason people swear by it. With 30 languages to choose from and five levels to complete, it's an effective choice. They'll even let you demo it for free. rosettastone.com



THE FOR DUMMIES SERIES

Don't discredit this route based on its title. The company offers books, CDs and apps in an array of languages, including Arabic, Japanese, Dutch and even British Sign Language. dummies.com



Learn to Play the Ukulele

→ YOUTUBE SENSATION JAKE SHIMABUKURO'S rendition of "Bohemian Rhapsody" would make anyone want to rock the ukulele. (Seriously, Google it.) And the recording artist insists it's easier than you think. "The ukulele is the iPad of instruments because it's tiny and portable," he says, adding that just three chords (G7, D7, C) are the gateway to hundreds of traditional Hawaiian tunes. "The most important thing is to play songs you love—that way you'll be motivated. Once you know the chords, you can play any song, even if it's Lady Gaga or Justin Bieber." While a ukulele from Shimabukuro's favorite craftsman, Kamaka, might run you upwards of \$800, don't let the price deter you. "Those are almost like heirloom pieces that stay in the family for generations, but you can get a really good imported ukulele for less than \$100." And it's a great relaxation technique too. "The ukulele is like an entire yoga session in one strum. Come home after a long day and take out your ukulele—it'll make you feel good. If everyone played the ukulele, the world would be a better place," says Shimabukuro. "You can't possibly be angry and shred on the ukulele at the same time. It's an instrument that brings a lot of positive energy to the world."

Did you know?

BJ Thomas' 1969 hit "Raindrops Keep Fallin' on My Head" was one of the first major songs to utilize the ukulele. Train eventually followed his lead in 2009 with "Hey, Soul Sister."

HOW TO GET STARTED

HAWAII MUSIC SUPPLY

Located on the North Shore of Oahu, this ukulele superstore offers classes too. Can't catch a flight? No worries! They also give free online lessons. theukulelesite.com

UKULELE UNDERGROUND

Learn your favorite tunes through a series of online videos. You'll pick up Maroon 5's "Moves Like Jagger" or The Rolling Stones' "Paint It Black" in no time. ukuleleunderground.com

THE ZOEN

Learn at your own pace and on your own time with private online lessons via webcam. thezoen.com

JAMMIN' WITH YOU

This New York-based company offers in-home ukulele lessons for those living in Brooklyn, Manhattan or Queens. jamminwithyou.com

GUITAR CENTER

Throughout May and June, Guitar Center is offering free ukulele lessons at stores nationwide. They'll even lend you an instrument. Visit their site to check the schedule. (Note: Lessons are based on supply and demand at each location.) guitarcenter.com

Throw a Dinner Party

→ TOO INTIMIDATED TO try your hand at hosting? Get over yourself. "Throw out the idea of perfection and opt for quality and style over variety and expense," says entertaining expert Karen Bussen, author of *Simple Stunning Parties at Home*. "Hosting people in your home, whether you live in a house or in a tiny apartment, is both fun and rewarding. There is nothing more fulfilling than sharing a meal, a glass of wine and good conversation with people you like." She recommends starting with a theme. "If you're confused, start with a geographical region and use it as your inspiration. Foods and wines that come from the same place have a high chance of going well together." And if you're a beginner, start small. "Don't invite more people than you can easily host," advises Bussen. "Serve a mix of just one or two homemade things, along with high-quality prepared foods and a limited but excellent selection of drinks." Now get cooking! 🍴



Dinner party: PHOTOGRAPHED BY VIERA PHOTOGRAPHICS Party design: BROWN PAPER DESIGN

SO YOU NEED A DINNER PARTY THEME

A WINE-PAIRING PARTY

You don't have to be a wine connoisseur to behave like one. Create your ideal menu, then visit your local vino shop and ask the sommelier for suggestions based on each course. And don't forget the dessert wine!

CINCO DE SUMMER

Who says Cinco de Mayo can't happen all summer long? Make your favorite Mexican dishes, throw some margaritas in the mix, and call it a *fiesta*!

DINE UNDER THE STARS

Don't underestimate the power of a good outdoor dinner party. If you don't have enough outside furniture, tables and chairs are easy to rent. Hit Google to find a party rental company near you.

TAKEOUT, PLAIN AND SIMPLE

It's like a potluck, only everyone brings a family-style dish from his or her favorite restaurant. The best part? There's less to clean up!

A LOCAVORE CELEBRATION

Serve drinks and dishes that exclusively feature locally sourced ingredients. Take a trip to your local farmers' market or check out farmfresh2you.com and organicexpress.com, sites that ship boxes of fresh veggies and fruits directly to your door.

WHAT YOU'LL NEED TO DO



SET THE TABLE

The more obvious necessities include plates, napkins, flatware, serving dishes, Champagne glasses, cups and table linens. Need to stock up? "For basics on a budget, Ikea is a great place to get things in quantity like fun glassware, or fabric to hang over a table," says Bussen. Whatever you do, avoid paper plates. If you're opting for disposable, smartyhadaparty.com has great options for entertaining.



SET THE MOOD

Prep an iTunes mix in advance, and light white, unscented candles. (You don't want a fragrance to interfere with the pleasing aroma of dinner.) Choose your favorite shape—votives, tea lights, floating candles, pillars or tapers. "They are the easiest and least expensive way to instantly transform a space into a sublime temple of ambience." And get creative: "Put things together in unexpected ways. Paint empty wine bottles and use them as vases, or write quotes on slips of paper and fold them into napkins."



SET THE SCENE

Feature bright arrangements. Create your own unique centerpieces using Mason jars from Michaels and your favorite flowers from Trader Joe's. (Don't buy pre-styled bouquets; instead, purchase specific flowers in bulk, then mix and match contrasting colors for a bold effect.) Moving the party outdoors? Pick up lanterns, tiki torches, bug-repellent candles and decorative string lights. "Consider the elements," says Bussen. "You'll need candle lanterns or LEDs if your fête is going to last until after the sun sets."

SHIMABUKURO'S FAVORITE ALBUMS FEATURING THE UKULELE



ISRAEL "IZ" KAMAKAWIWO'OLE, *Facing Future*

"His rendition of 'Somewhere Over the Rainbow' is beautiful. That song completely changed the way people thought about the ukulele."



EDDIE KAMAE, *Heart of the Ukulele*

"It's one of my all-time favorite ukulele records. I consider him the first ukulele virtuoso, dating back to the 1950s."



EDDIE VEDDER, *Ukulele Songs*

"It's an incredible album. His iconic voice over the ukulele is amazing."



AND DON'T MISS: JAKE SHIMABUKURO, *Grand Ukulele*

Be sure to give his haunting cover of "Rolling in the Deep" a listen.