2018-2019 CALENDAR
AUGUST 17  
Last day of summer camp
SEPTEMBER 9  
Walk, Roll, or Stroll
JANUARY 14  
Camp registration begins
JANUARY 19-21  
January Winter Retreat
FEBRUARY 16-18  
February Winter Retreat
APRIL 27  
MHKC Auction
JUNE 3  
MHKC Golf Tournament
JUNE 23  
First day of summer camp!

MEMORY GARDEN
For 85 years, Mt. Hood Kiwanis Camp has existed because of thousands and thousands of people—visionaries, philanthropists, leaders, campers, families, counselors, staff, Kiwanians, volunteers, and generous donors. During that time, many of those people have left us, but have remained in our hearts. This summer, we created a memory garden at Camp. It’s a quiet, reflective place where anyone can sit and remember those who have passed, and even create a stone memorializing a member of the Mt. Hood Kiwanis Camp family. We encourage you to visit the memory garden during your next trip to MHKC.

HELLO FROM KALEEN
Camp is up and running, as I write today Session II has just begun. I had the privilege and the pleasure of spending all of last week at Camp. I stepped in and served as an Assistant Counselor Supervisor for part of the week. Thank you G Group for allowing me to join you in your fun at Camp. I learned so much from the campers and counselors in Group G, about sharing, working together, enjoying the moment, and taking advantage of all that MHKC has to offer. I had a blast, and came home with 16 new friends.

There is so much happening at MHKC right now. Our adaptive biking program launched this summer. We have a recumbent bike, a hand-pedaled bike, a tandem bike and more. It’s so much fun watching the excitement of our campers as they tackle this new activity with enthusiasm and great success. We hope to hear that our campers take up adaptive biking in their home communities once they return home from Camp this summer.

We’re also hard at work on campsite improvements: new shade shelters, designing a new entrance gate, preparing to convert platform tents to adirondacks, and building a new fence up at the horse corral are just a few of the projects our campsite and facilities team are working on this summer.

In addition to the never-ending list of campsite projects necessary to keep our 22-acre grounds and buildings operational, we are embarking on something much bigger. The Camp is preparing for a capital campaign to tear down and replace Hemlock Dormitory and a few other major camp projects including: utilities upgrades, replacing our stage, and much needed improvements to our maintenance barn and logistics areas. You will be hearing more about this effort as the MHKC Board and Staff present our proposal to the U.S. Forest Service for their approval and begin working to raise the funds to complete this campaign. We’ll need the help and support of our entire MHKC family, and hope that you’ll find a way to get involved. You can keep track of our progress and get updates by visiting www.atcampicanfly.org

Lastly, we are celebrating 85 summers this year with a birthday party at Camp on Thursday August 9th. We would love to see you there. Join us for barbecue, take a walk down memory lane and look at our MHKC historical displays, visit the new memory garden, and of course, spend time with our campers as they perform their skits and wrap up their week at Camp. RSVP to Alicia at alicia@mhkc.org.

Hope to see you on the mountain soon,
Kaleen
2018 CAMP PHOTOS
PHOTOS BY JUSTIN TUCKER
Adaptive Bike Program

With a grant from the Nike Employee Fund at the Oregon Community Foundation and generous donations from local bike company Different Spokes and a MHKC camper family, the Osborns, we officially launched a NEW adaptive bike program at Camp this summer.

The purpose of the adaptive biking program is to create a 1-to-1 cycling program, which fosters increased independence and engagement in meaningful and physical activity through the utilization of motor recreation.

The goals for the adaptive biking program are to:

• provide a new recreational opportunity for individuals with disabilities to engage with their peers at camp
• improve physical and mental health
• provide campers with skills they can build upon in their daily lives alongside peers, friends, and family

With time and further resources, the hope is that this program will expand to include games throughout the loop, additional supportive gear, and added adaptations to provide each camper with the just-right challenge. Currently, the activity consists of a pre-warm up biking activity to aid in mentally and physically preparing for biking and as a result, helps campers become alert or calm with a variety of sensory input. After campers have put on safety gear, a brief demonstration is presented on the bike they are paired with, and then they have the opportunity to practice braking and slowing down before campers begin. Campers are paired with a bike based on capabilities, such as coordination, processing time, and attention.

This summer five bikes are available: one recumbent 3-wheeler, two hand cycles, one tricycle, and one side-by-side tandem. Counselors either ride with their campers or walk/jog alongside as the campers cycle through the course. Campers are encouraged to try out biking, take a closer look at the bike, or just have a seat with the brakes on for a few moments. Additionally, campers from this summer have the opportunity to be a part of suggesting fun names for the new bikes, giving them an important role in the start-up of this amazing new program. Stay tuned, official names will be revealed at the end of the summer!

So far, the biking program has been successful as seen through enthusiasm and interest from campers. Many campers have expressed this was their first time riding a bike and others have said it was their first time since they were children. The smiles and sense of accomplishment on their faces says it all. All who have fallen in love with the bikes have been encouraged to seek out biking after camp in their communities. A detailed resource page with organizations who provide rentals and purchasing for adaptive bikes is available at Camp and in the Portland office.
OCCUPATIONAL THERAPIST STUDENT

Mt. Hood Kiwanis Camp is fortunate to have an ongoing relationship with Pacific University.

Rebecca Runnels is an occupational therapy student from Pacific University completing her Doctoral Experiential Internship at Mt. Hood Kiwanis Camp (MHKC) this summer. Rebecca chose to complete her project at MHKC due to her passion for summer camp and helping others complete activities as independently and successfully as possible.

The main projects Rebecca has facilitated at camp are helping create, begin, and adapt the new biking program; putting together sensory bags for all groups to utilize on the go; and assisting in transfer training for staff and counselors. Her overall goal has been to assist in providing opportunities for successful engagement and participation in camp activities.

Summer camps typically provide campers with a plethora of new activities which campers may not have access to or the ability to participate in after camp due to various factors. Rebecca’s capstone paper will explore the necessity of providing youth and adults who have disabilities, with meaningful, favored recreational activities experienced at camp in their everyday lives.

We are grateful for the time and passion she has dedicated to Mt. Hood Kiwanis Camp to help elevate our programming. Rebecca will be graduating this August with her Doctorate in Occupational Therapy.

RESOURCES IN THE COMMUNITY

Rentals:
Kerr Bikes
Rent a bike and ride around the Portland waterfront! Available for the whole family.
www.kerrbikes.org
Near OMSI
1945 SE Water Ave., Bldg B
Portland, OR 97214

Adaptive Recreation Services at Hilyard Community Center
Rent a bike and ride around Eugene! eugene-or.gov/134/Adaptive
2580 Hilyard St., Eugene, OR 97405

Other resources:
Different Spokes
different-spokes.com
Recumbent PDX
recumbentpdx.com
Greater Portland Area AMBUCS
facebook.com/pdxambucs
iCan Shine
icanshine.org
CHA-CHA-CHANGES

It was Heraclitus who said, “The only constant in the world is change.” We can’t speak for the world, but we certainly find this to be true at Mt. Hood Kiwanis Camp.

MHKC is so fortunate to benefit from the passion, energy, and talent of many amazing people, both on our summer staff and on our year-round staff team. But this makes staff transitions just that much harder.

We’ll start with the departures—
It’s with sadness for Camp and happiness for our colleague that we share our former Director of Programs, Allan Cushing left our organization this spring and accepted a new position as the Salishan Programs Director for Synergo. Allan gave seven years of service to Camp—growing from counselor to summer staff—and then to a year-round staffer as Rentals Coordinator and finally Director of Programs. Sheriff Allan, as he was affectionately known at Camp, was a favorite with our campers. He has promised to visit, and we’ve seen him a few times in Camp this summer. Congratulations on your new role Allan, we know you will be as successful at Synergo as you were at MHKC!

Another person we’re saying goodbye to is someone we all respect and adore, our expert MHKC Communications Director, Terri Hammond. In her thirteen summers serving MHKC, I do not believe there is a hat Terri has not worn, nor a role at Camp or in the Portland office she couldn’t step into and accomplish if called upon. Terri is our go to for so many things, not just everything related to marketing, branding, and messaging, but also things like, “where do I find that file on the server;” or “who was the person we used to get bread donations from?” Terri is leveling up and returning to school this fall at Portland State University where she has been accepted into the Masters of Social Work program. She will be such an asset to our community as she completes her studies and begins serving youth in a new capacity. We wish her EVERY success, and want her to know that there will be a lot of—”I wish we could ask Terri”—happening in the Camp office over the next few months. We’re going to miss you Terri!

Parting brings such sweet sorrow, we will be sad to see Marta Boylen complete her tenure as our first Health Care Administrator when Camp ends this summer. For Marta this change is a transition to retirement. We are very happy to know she’ll get to spend more time in her new role of Grandma to her first grandson born this spring. We’re grateful that she chose to end her professional career working with MHKC. She has helped to professionalize our health care delivery system, allowing us to work ahead of the summer with families and better prepare campers to stay safe and healthy while at Camp. She has taught us all so much, and her spunk and energy are infectious. We are really pleased that Marta has indicated that she is interested in consulting with us. We anticipate using her skills from time to time on special nursing projects and to help train our new Health Care Director—both because we’ll benefit from her expertise, and because having her in the office is fun. Thank you Marta!

And now the promotions and additions—
It’s our pleasure to announce the promotion of Kayla Plessinger to the role of Programs Director. Kayla has been serving Mt. Hood Kiwanis Camp for 18 years now. You read that correctly. She was 12 years-old the first summer her aunt brought her up to Camp. Kayla has, at some point along her MHKC journey, fulfilled nearly every role we have on the summer camp team. She came onto the year-round staff in 2016 as Assistant Programs Director and made an impact right away. Watching campers benefit from her knowledge, experience, and energy for Camp as our new lead Programs Director has been a delight this summer. Kayla’s leadership and passion for Camp are apparent everywhere. We are thrilled to have her directing our summer program. Congratulations Kayla!

We are also excited to introduce you to Matt Winnett, our new Assistant Programs Director. Matt comes to us from the world of Boy Scouts, where he served seven summers on the staff of Camp Baker, working his way up to Aquatics Director and running a variety of evening program/activity elements for campers each summer. Matt also worked for several years at a senior living and memory care facility, where he developed strong skills providing resident care and managing complex behaviors. He brings us lots of great abilities, and a huge passion for the benefit of attending summer camp. Matt’s making a name for himself at Camp already (look for him performing onstage during campfire) and he’s getting great feedback from staff, campers, and families alike. Welcome to our MHKC family Matt!
Mt. Hood Kiwanis Camp needs YOU! Join the Mt. Hood Kiwanis Camp Empowerment Circle. Your unrestricted gift ensures the operation of camp and provides amazing opportunities for our campers to joyfully try new things, make new friends and learn new skills!

Mt. Hood Kiwanis Camp
Empowerment Circle
Levels of Giving

- LAKE CIRCLE  $75 - $149
- FOREST CIRCLE  $150 - $499
- TIMBERLINE CIRCLE  $500 - $999
- PINNACLE CIRCLE  $1,000 - $2,499
- SUMMIT CIRCLE  $2,500+

Thank you for ensuring that the joy and lasting friendships created at Camp carry on for years to come!

Contact Grace Wadell Development Director, at Grace@mhkcc.org or 971.230.2928.
April’s “Mt. Hood Kiwanis Camp Goes Glamping” Gala and Auction was an incredibly exciting and heartfelt night, and raised much needed and greatly appreciated funds for our life-changing programs. Thanks to the passion and generosity of our guests, the evening’s fundraising surpassed expectations. In one night, we raised a record-breaking $268,000!

Thank you to our guests, generous donors, volunteers, campers, camper families, Kiwanians, camper performers/rock stars Jeremy Bice, Lauri Hyde, Emma Lundell, Iris Tervo and family, the MHKC Staff Infection Band, Smokey the Bear, Woody the Owl, the US Forest Service, Mike Barrett, and Kelly Russell. Thank you to our tireless auction committee: Wallie & Marian Downs, John Flaherty, and Ann Holstrom.

The Mt. Hood Kiwanis Camp staff did not put this event on alone. It came together thanks to collaboration with and vital insight from campers and camper families, volunteers, Board members, and program staff. Thank you for your dedication!

Playing to our Glamping (glamorous camping) theme, Saturday night was kicked off with visits from Smokey the Bear, Woody the Owl, and the US Forest Service. Guests purchased blue enameled MHKC camping mugs, and enjoyed the outdoor-themed decor—a glowing moon, trees, and a faux fire. The crowd was also treated to camp songs by the Camp’s own Staff Infection Band. Little known fact: The Staff Infection Band has volunteered at Camp every week for the past 19 years to play music at Thursday night barbecues for our campers. They plan their vacations, family reunions, summers, and work schedules around those nights, prioritizing the campers’ summer camp experience. Talk about lifetime dedication! Thank you, Staff Infection Band!
A HUGE thank you to our generous Gala Sponsors:

**Platinum Sponsor:**
Seneca Foods

**Gold Sponsors:**
Builders FirstSource
Consumer Cellular
Columbia Bank
IMS Capital Management
The Hart Family Foundation
Kiwanis Club of Portland Foundation
KPTV - Fox 12

**Bronze Sponsors:**
Behunin Family
Buckley Law/Layla McLean
Boise Cascade
Bullivant Houser Bailey
Cedar Hills Kiwanis Club
Delta Graphics
De Vries Family
International Wood Products
Jennifer Nugent Law P.L.L.C.
KinTech
Montavilla Kiwanis Club
OrePac
Mt. Hood Kiwanis Camp Foundation
Pacific Office Automation
Pam Pariani
Ross Island Kiwanis Club
SW Hills Kiwanis Club
Synergo
Tigard Kiwanis Club

The focus of Saturday evening was bringing the experience of Mt. Hood Kiwanis Camp to the gala. The show was filled with campers performing skits, introducing the staff and board, and sharing their love of MHKC. Former Trail Blazer announcer Mike Barrett graciously emceed the evening, partnering with Kelly Russell from Artisan Auctions. Guests were enthusiastically bidding on exciting packages like trips to Jamaica and Italy, and luxurious wine excursions. Thank you to all of our bidders and live auction winners!

During the special appeal, MHKC camper Iris Tervo and her family shared how Camp helps build Iris’s confidence, encouraging her to challenge herself and achieve more. Thank you Tervo family for sharing your story and being such strong advocates for the work we do.

Thank you to everyone who believes in the Mt. Hood Kiwanis Camp mission, to empower children and adults with disabilities. You made this year’s auction a huge success!

See all event photos and videos on our MHKC Facebook page, website, or YouTube channel.

SAVE THE DATE FOR NEXT YEAR’S AUCTION

APRIL 27, 2019
MHKC FOUNDATION

DID YOU KNOW?

It costs Mt. Hood Kiwanis Camp over $3,450 per week to serve each camper who attends our programs. We ask our camper families to pay only a fraction of that price in registration fees. Our Camp Staff and Board of Directors raise funds each year to bring in the remaining dollars necessary to run our programs.

Every camper who spends the week in our Main Camp Program has their own personal counselor who works with them one-on-one all week. This fact makes MHKC unique among camps that serve people with disabilities. Many others either cannot offer one-to-one support or charge families an additional fee for this level of service.

MHKC has partnered with Portland State University for over 45 years. PSU is not only our primary source for the counselors who come up to work with campers every summer, but they also provide us with researchers and educators who specialize in the field of developmental disabilities, and help to train our summer staff team, giving us highly skilled professionals ready to serve our campers.

With over 85 years of service to people with disabilities across our state and throughout the Northwest, MHKC has served over 16,000 campers and impacted tens of thousands of lives. Our Camp was way ahead of its time, successfully serving kids and adults in a recreational setting in the forties, fifties, and sixties when the prevailing trend in our society was to institutionalize those who had disabilities.

Today we want to make sure MHKC stays on the cutting edge, introducing new activities and equipment modifications to make recreation and play easier for our campers, partnering with researchers and educators to incorporate the latest developmental disabilities best practices into our program, and looking forward to anticipating the next opportunities to better serve people with disabilities.

A big part of what will allow the Camp to be successful at achieving our goals is the support of the many families, friends, and businesses who donate to fund our work. As important as it is that we give to the causes we love during our lifetime, if we have the ability to do so, gifts at the time of retirement or when we pass away also make an enormous difference to organizations like MHKC.

A gift to the MHKC Foundation is one way to create a lasting legacy at our Camp. If you or your family is interested in making a planned gift to our Foundation, please let us know. We would be honored to talk with you about your goals and help you to ensure that the Camp we love is here to serve kids and adults with disabilities for decades to come. For more information or to schedule a meeting, please contact Kaleen Deatherage at kaleen@mhkc.org or 971.230.2920

MT. HOOD KIWANIS CAMP 2018
WALK, ROLL, OR STROLL
SUNDAY SEPTEMBER 9, 2018
OAKS AMUSEMENT PARK

WWW.MHKCWALK.COM

Join us on Sunday, September 9, 2018 at Oaks Park for a family walk. This is a fun reunion for campers, staff, and counselors and all funds raised go to MHKC! After the walk, enjoy live music by the MHKC Staff Infection Band, a barbecue lunch, games, silent auction, and more. Walk as part of a team, or come on your own. All proceeds go straight to Mt. Hood Kiwanis Camp, supporting our mission of empowering children and adults with disabilities. Registration is free!

HAVE YOUR OWN RETREAT AT MHKC!

Want to support Camp AND have a relaxing mountain vacation? Come stay at Camp in the beautiful Doig Cabin! The Doig Cabin is our most recent addition to MHKC. It is a lovely two bedroom lodge with a kitchen, full bathroom, living room, and wrap around deck overlooking the serene Little Zigzag River.

The cozy cabin sleeps 5 and can be rented for $135/night, including all towels, linens, TV, and Blu-Ray. All of the proceeds from your rental goes directly to providing life-changing Camp experiences to our campers. Contact Rory to book your mountain escape!

Rory@mhkc.org or (971) 808-8197.
GRANTS RECEIVED TO SUPPORT MHKC

Operational Support: Support from these organizations will be applied to our operating funds to be used in support of our programs.
- Rocky and Lauran Henderson Fund of the Oregon Community Foundation
- Theodore Rutherford Lilly Fund of the Oregon Community Foundation
- Jordan Fund
- Joseph E. Weston Public Foundation
- Juan Young Trust
- Fred and Patty Hopp Foundation

Family Camp: Funds from this grant were used to increase access to Family Camp especially for low income families.
- The Standard

Camp accessibility: Funds from this grant were used to purchase automatic door openers for Fanning Lodge.
- Re-Max Equity Group Foundation

Camp vehicles: With these grants, we purchased a haul trailer to maintain the campsite.
- ESCO Foundation
- L.P. Brown Foundation

Camp facilities and program: With the following grants, we made updates and improvements increasing facility and program quality and safety.
- Bill Healey: Funds from this grant were used to help minimize our footprint in Mt. Hood National Forest.
- Pacific Power Foundation: Funds from this grant were used to update the Adventure Course.
- Safeway Foundation: Funds from this grant were used to purchase new mattresses for camp.
- The Multnomah Athletic Club Foundation: Funds from this grant were used to purchase rowboats.
- Albina Rotary Foundation: Funds from this grant were used to purchase kayak and rescue equipment for aquatics and Trillium Lake.
- Corvallis Kiwanis: Funds from this grant were used to purchase a kayak and rescue equipment for aquatics and Trillium Lake.
- First Tech Federal Credit Union: Funds from this grant were used to purchase laptops for program staff.
MT. HOOD KIWANIS CAMP
10725 SW Barbur Blvd., Suite 50
Portland, OR 97219-8673

www.mhkc.org

p. 503.452.7416
f. 503.452.0062

The Mt. Hood Kiwanis Camp EMPOWERS children and adults with disabilities.

Mt. Hood Kiwanis Camp is an equal opportunity recreation provider operating under special use permit on the Mt. Hood National Forest, USDA Forest Service.