2016 CALENDAR
JANUARY 11: Camp Registration begins
FEBRUARY 13-15: Winter Retreat
FEBRUARY 15: Summer Camp deposit due
APRIL 23: Derby Day Auction at the Oregon Golf Club
MAY 21: MHKC Counselor Orientation at PSU
JUNE 13-17: MHKC Staff Training
JUNE 17: MHKC Golf Tournament, The Reserve Golf Club
JUNE 19: FIRST DAY OF SUMMER CAMP!
AUGUST 12: Last day of Summer camp
AUGUST 14-17: Family Camp
SEPTEMBER 11: MHKC Walk, Roll, or Stroll at Oaks Park

NOTE FROM KALEEN
Loving the people we serve binds all of us engaged with Mt. Hood Kiwanis Camp together. A shared passion for empowering those in our communities who have disabilities makes it easy to give our time and energy to help the Camp thrive. And thanks to all of you, the Camp is thriving!

Here are just a few outcomes that you helped us to achieve this year:

You donated over 6,000 hours of volunteer time to camp—serving as counselors, participating in camp work parties, working at the camp office, and volunteering to help with our special events.

2,309 people from 56 organizations enjoyed the Camp as a retreat location during the offseason, helping us to raise over $125,000 in support of Camp programs.

$284,000 was earned between the Camp’s G.I. Jive Show and Dance, Fore the Kids Golf Tournament and the Walk, Roll, or Stroll.

Launched less than a month ago, so far our 2016 MHKC Empowerment Circle Membership campaign has earned $6,475 from 25 supporters who chose to invest in the year round operation of our Camp.

We are grateful that you, our Friends of MHKC, see the potential in each of our campers. Your belief in our mission supports and enables the growth campers experience at MHKC. Together, we’ve helped our summer camp program make some great accomplishments this year. Throughout this edition of Trail Mix you’ll read stories sharing this progress. On page 5 take a look at our newly compiled info graphic which shares both qualitative and quantitative statistics about our Camp.

As 2015 comes to a close and we contemplate our goals for the New Year, I want to remind you of the most important lesson I’ve learned from the kids and adults who attend our Camp: never limit yourself. Often we limit ourselves to only what we think we can do, and don’t try things outside of the barriers we put up for ourselves. The truth is we can often go much farther than our minds tell us we can go. We see this truth every summer in the faces of our campers beaming with new accomplishments. So, as we set our sights on 2016, we will push ourselves to go beyond our own limits in service to people with disabilities. We hope you’ll join us.

THANK YOU
YOU INSPIRE US

The holidays are almost here, and we want to say THANK YOU for another incredible year. We’re inspired by you, our amazing supporters, who believe in Mt. Hood Kiwanis Camp’s mission of empowering children and adults with disabilities. You continue to make it all happen.

Thank you for volunteering, generously donating your time and money, and doing it year after year.

We admire you. We appreciate you.

Sincerely,
Kleen & the Mt. Hood Kiwanis Camp Staff

If you no longer wish to receive this publication please contact Kathy@mhkcs.org. 80% of the production cost of this newsletter has been provided at no charge by businesses who support our mission to empower children and adults with disabilities.
“I AM ACCEPTED FOR WHO I AM HERE. THANK YOU FOR HELPING MAKE THIS PLACE POSSIBLE. BECAUSE OF YOU I HAVE A PLACE TO BELONG, FEEL SAFE, AND VALUED!” - MHKC CAMPER DANIELLE

2015 SUMMER CAMP RECAP

As we think back on the success of our 2015 summer, we reflect with gratitude for all of the people who make Camp possible—our generous donors, loving counselors, countless volunteers, and tireless and dedicated staff. Together, every year, we provide life-changing programming to hundreds and hundreds of children and adults with disabilities.

In 2015, we increased the number of campers we serve during our eight-week summer camp program to 515. We saw the most growth this year in Campers in the 25+ age range, increasing to a total of 283. To help our families offset the cost of attending Camp, we awarded 56 camperships, totaling $24,862. We also grew our Camp staff family, hiring 40 new staff members who joined the 70 who returned to Camp this summer. Portland State University, along with Pacific University and Jesuit High School (junior counselors) provided our 240 counselors, surrounding our campers with constant support, encouragement, and care.

This summer we changed up some programming, adding new fun and challenging activities. We added a new Low Obstacle Course Element (huge hit!), allowing for counselor/camper team building and offering an alternative to the high ropes elements for our campers. Our travel groups who enjoy day trips during their week at Camp got to explore Dabney Park and participate in Disc Golf—teaching them a fun skill they can continue to play when they return home after camp. Also this summer, both our horse and arts and crafts programs took it to a whole new level, amazing everyone with their creativity and talent in engaging campers. A sweet little “mini horse” named Disco helped campers feel comfortable at the horse corral, where sometimes larger horses can feel a bit overwhelming.

Following Camp, we held our second year of Family Camp—serving 31 moms, dads, brothers and sisters—sharing our Camp and its programs with them, and helping to prepare young campers to attend Camp on their own in the future.

A special THANK YOU to our hardworking (quite the understatement) summer staff and volunteers who put in countless hours this summer. Endless gratitude to all of YOU who support MHKC and make our success possible.
This summer, for the second year in a row, we hosted nine families for an exciting four-day Family Camp program. Designed specifically to meet the needs of our youngest campers, Family Camp offers campers ages 8-14 years old the chance to try out camp-life in a safe and supportive environment with their parents or caregivers and siblings present.

Structured to mimic our main summer camp program, Family Camp gives campers and their family members the chance to enjoy the outdoors together. Moms, Dads, and kids alike experienced the adventure course, went horseback riding, swimming, tie-dyed t-shirts, canoed and swam at Trillium Lake, and began learning all of MHKC’s favorite camp songs.

Giving parents and potential campers the chance to come to Camp together does two important things: it allows kids to begin getting comfortable in our camp environment before they come to Camp on their own, and it lets parents get to know our staff and begin developing confidence in our team’s ability to keep their loved one safe and healthy during their stay at Camp.

A new element of Family Camp this year allowed us to offer job skill development opportunities to some of our long-time MHKC campers, such as Randy. This year Randy took the lead as our fish pond supervisor, helping our campers learn how to hook and cast a line and reel in the infamous and often elusive “Oscar”. Randy did a terrific job teaching and assisting younger campers and we loved giving him the opportunity to be “one of the staff” during Family Camp.

Next year Family Camp will be offered from Sunday August 14 to August 17, 2016. The cost will be $250 per family member for the four day program. This includes food, lodging, and all activities while at Camp. If you, or someone you know, is interested in learning more about MHKC’s Family Camp, please have them contact our Program Director, Monica Corbo, at Monica@mhkc.org

**ONLINE TRAINING**

Staff and counselors’ training days are often long and intense as we work diligently to prepare for Summer Camp. Throughout our training, we provide both written materials as well as practical in-person hands-on training to follow best practice training models and ensure our staff and counselors have the most thorough training possible.

This past summer, we added a third element to our training—online training. This spring, our staff and counselors were required to participate in a comprehensive online training program and score 100% on a follow-up online test to secure summer employment. After completion, staff reviewed all information a second time during our on site training. The online initial training allowed more time for in-person teaching, questions, discussions, and hands-on practice at our on site training.

We continue to look for ways to grow and improve, with the ultimate goal of being able to provide our campers with the most safe, healthy, and successful experience possible at Mt. Hood Kiwanis Camp.
MT. HOOD KIWANIS CAMP NUMBERS

561 CAMPERS SERVED THIS YEAR
during our Summer Camp Program,
Family Camp, and Winter Retreat.

CAMPERS BY AGE
10-13
14-18
19-24
25+

22 ACRES
IN THE MIDDLE OF
1,067,043 ACRES OF THE
MT. HOOD NATIONAL FOREST

WHERE OUR SUMMER CAMPERS LIVE
457 OREGON
40 WASHINGTON
3 IDAHO
1 FLORIDA

These numbers represent our eight week Summer Camp Program and do not include Family Camp or Winter Retreat. Several campers attended Camp multiple weeks.

ANNUAL BUDGET
GOES DIRECTLY TO PROGRAM EXPENSES

78%

$24,892 FINANCIAL AID
AWARDED TO 56 CAMPER FAMILIES

232 COUNSELORS
from Portland State University, Pacific University, and Jesuit High School served as volunteer counselors to provide our campers with a 1:1 camper/counselor ratio. Each group has 9 campers, 9 counselors, and 2 staff members.

NINE ADAPTED PROGRAMS
→ ADVENTURE COURSE
→ SWIMMING
→ HORSEBACK RIDING
→ CANOEING
→ HIKING
→ FISHING
→ ARTS AND CRAFTS
→ RECREATIONAL FIELD GAMES
→ WHITE WATER RAFTING

MT. HOOD KIWANIS CAMP COVERS 62% OF THE ACTUAL COST OF CAMP

IT COSTS $3,400 TO PROVIDE A CAMPER ONE WEEK AT MHKC, AND CAMP FAMILIES PAY $1,300. THIS NUMBER IS CALCULATED BY THE TOTAL NUMBER OF CAMPERS SERVED ANNUALLY VS. ANNUAL PROGRAM SPECIFIC COSTS, WHICH DO NOT INCLUDE ANY COST ASSOCIATED WITH ADMINISTRATION OR FUNDRAISING.
ADAPTED OBSTACLE COURSE

Mt. Hood Kiwanis Camp received a generous grant from the Nike Employee Foundation to build a new low obstacle course element. With the support of Synergo, a long-time partner that specializes in building adventure course elements, we created a completely new and innovative design. The adapted obstacle course consists of a series of platforms linked together by moveable challenge elements. These elements consist of swinging bridges, teeter-totters, and climbing components. They can be set up, taken apart and put back together in a variety of ways, creating ever changing combinations.

This obstacle course provides new thrills to our campers and is completely adapted to be fully utilized by individuals of all ambulatory abilities. This element does not require a harness and has a variety of paths and challenges which makes it easily accessible to EVERY camper. It also offers an activity allowing campers and counselors to experience the same challenges TOGETHER, building camper/counselor trust and friendship. We are grateful to our partners at the Nike Employee Foundation and Synergo for helping us to create this new part of Mt. Hood Kiwanis Camp.

UNIQUE WAYS TO SUPPORT MHKC

STAFF INFECTION BAND
Did you know the MHKC Staff Infection Band is for hire? They play all eras of music (wonderfully) and donate 100% of their proceeds to Camp! Just this fall, they raised $1,300 for MHKC by playing at local events. If you are interested in having great live music at your next birthday party, retirement party, or family gathering, contact Marilee Payne at marileepayne@aol.com or the Camp office at 503.452.7416.

RENT THE CAMP!
ALLAN@MHKC.ORG

Host an unforgettable family, church, or company retreat while supporting MHKC. We have an array of housing options, perfect for any sized group! 100% of all proceeds go directly to Mt. Hood Kiwanis Camp. Contact Allan Cushing at 971.230.2930 or Allan@mhkc.org to reserve your mountain retreat today!

SUPPORT MHKC WHEN YOU SHOP FRED MEYER!

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Mt. Hood Kiwanis Camp at: www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number 94344.
- Then, every time you shop and use your Rewards Card, you are helping MHKC earn a donation! You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit: www.fredmeyer.com/communityrewards.
TEN YEAR “CAMPIVERSARY”

★ 2005 ★

Corey and Lage  Lage and Ruben  Lage and Gary  Joey and Lage

Sometimes when people hear about Mt. Hood Kiwanis Camp for the first time, they think about the incredible opportunity for children and adults with disabilities to spend a week at summer camp. What they don’t initially realize is that the camp experience is more than just getting to fish, swim, or ride horses for a week. Camp is about pushing boundaries, growing physically and socially, gaining self-confidence, and forming lifelong friends—growth that extends into every area of one’s life. Several of our campers have been experiencing this every summer for the past ten years at Mt. Hood Kiwanis Camp. Lage, Joey, Ruben, Gary, and Corey all came to MHKC for the first time in 2005. This summer, they experienced their tenth summer at camp, TOGETHER!

★ 2015 ★

Ruben, Gary, Joey, Lage, and Corey celebrating ten years at camp together.
2015 WALK, ROLL, OR STROLL
PHOTOS BY JUSTIN TUCKER

TOGETHER, WE RAISED ALMOST $25,000 for Mt. Hood Kiwanis Camp at the 2015 Walk, Roll, or Stroll in September!

The highest fund raising team was FnG with a record team total of $5,139. MHKC Camper Jeff Stephenson knocked it out of the park by raising $2,000 himself! His secret? “I tell people what Camp does. And every bit helps,” said Jeff.

To say the event was a success would be a GIANT understatement. For the second year, Oaks Park was a super fun venue. The day was filled with laughter, reunions, music, food, and fun.

This event is more than just a “walk.” It helps us raise money so that we can continue to empower children and adults with disabilities. Thank you to everyone who signed up, fund raised, brought friends and family, came early and stayed late, and helped out however you could!

THANK YOU TO OUR SPONSORS:
- Hotwire Electric
- AAA
- FSA
- MassMutual SpecialCare
- Vinnie’s Pizza

THANK YOU TO:
- SW Hills Kiwanis Club for grilling for 250 people!
- FSA for donating the barbecue lunch
- The Staff Infection Band
- Desi, the Facepainter
- Erin Brown from ‘The Task at Hand Massage’
- The Inspire Dance Team

You can see all of the walk photos on our MHKC Facebook page and www.mhkc.org.

Interested in helping with this fun event? We are looking for camper parents, Kiwanians, and MHKC summer staff and counselors to help make this event happen again in 2016. Contact Skye@mhkc.org for more information.

A BIG thanks to all of our team captains!
Charlie Stone - FnG
Sarah Perine - Dancing Dingo Diva Rangers
Andy Jones - Team Jones
John Schrupp - Team Schrupp
Judy England - Chipmunk Ridge
Kristi Lougee - David’s Dynamite Dance Moves
Haylee Eide - Session IV Counselors
Amanda Nab - The MARVEL-OUS Team
Cary Solberg - Holey Walkamolies
Brendan McInturf - BJ’s Team, Turf
Dale De Vries - Cedar Hills Crusiers
Mark Price - Ross Island Early Risers Kiwanis Club
Jeanette Dimick - Montavilla Kiwanis Club
Monica Corbo - Long Distance Funners
Marta Boylen - Club Meds
Mathew Robinson - Robinsons
Allan Cushing - The Brobeneezer Sneezers
Denise Watkins - Jagerfly
Kathy Werschkul - Crawfish Crawlers
Devon Woznack - Session II Counselors
Eric Leatham - Columbia Bank
Heather Hitch - ECHH
Madeline Mulhern - TEAM JEREMY
Joey Cannard - Team Joey
Cordell Parkrosz - Parkrosz

SAVE THE DATE FOR OUR 2016 WALK:
SEPTEMBER 11, 2016
AT OAKS AMUSEMENT PARK
HAVE YOU JOINED THE EMPOWERMENT CIRCLE?

“I THINK A HERO IS ANY PERSON REALLY INTENT ON MAKING THIS A BETTER PLACE FOR ALL PEOPLE.” — Maya Angelou

Help the Camp by providing ongoing, sustainable financial support by becoming a member of the Mt. Hood Kiwanis Camp Empowerment Circle. Your participation makes a big impact and ensures that for the eighty-third consecutive summer, Mt. Hood Kiwanis Camp will open the gates and welcome over 575 children and adults. Make your dollar matter! Contact Skye Burns, Development Director at Skye@mhkc.org or 971.230.2928.

GRANTS RECEIVED TO SUPPORT MHKC

We would like to thank the following foundations for their continual support of our organization. They help make our life changing programs to our campers possible.

CAMPSHIPS
Even though MHKC covers over 60% of the cost of Camp, the $1300 that is left for our camper families to pay can feel very overwhelming when finances are tight. These funds are used to provide financial assistance making it possible for some Campers to attend Camp who otherwise might miss out on the opportunity.

ANNE AND ELI SHAPIRA CHARITABLE FOUNDATION
WALTER WADSWORTH CHARITABLE TRUST

JIM DOIG CABIN
Funding for this project was utilized to remodel our old bathhouse into a cabin to be used for housing during our summer camp season and to be available as a rental facility during the off season.

JUAN YOUNG TRUST
EQUITY GROUP FOUNDATION

OPERATING FUNDS
Funds will be applied to our operating fund to be used in support of our Summer Camp Program.

J. FRANK SCHMIDT FAMILY CHARITABLE FOUNDATION

ASSISTANT PROGRAM DIRECTOR
Funds from this grant will allow MHKC the ability to hire an Assistant Director to help MHKC continually grow and improve our program offerings.

HOOVER FAMILY FOUNDATION
JUAN YOUNG TRUST

LIGHT FIXTURES
This grant was utilized to replace aging electrical needs and light fixtures in Laurel Lodge.

L.P. BROWN FOUNDATION

WALKIE TALKIES
This grant was utilized to purchase new walkie talkies and batteries used by staff members to communicate over our 22 acre campsite.

CORVALLIS KIWANIS FOUNDATION

PROVIDENCE CHOOSES MHKC AS THE RECIPIENT OF THEIR CHARITY AUCTION

In April, Mt. Hood Kiwanis Camp was selected as one of two recipients for the Providence Health Plan 24th Annual Charity Auction. The Providence Health Plan Annual Charity Auction is an employee-driven fund raising event for charities in Oregon. This year’s auction reinforces their commitment to provide support and new opportunities for some of the most vulnerable members of our community – children and adults with disabilities. Mt. Hood Kiwanis Camp is thrilled to share that Providence employees raised over $28,000 for the Camp. Thank you Providence and Providence employees for your support and generosity!

Greetings from...

Have you seen the new mural in Fanning Hall? It was painted (and donated) by the lovely and talented Lisa Lake (Summer Staffer Nick’s mom). Thank you Lisa! We love it!
MHKC FOUNDATION

DID YOU KNOW?

- It costs Mt. Hood Kiwanis Camp over $3400 per week to serve each camper who attends our programs. We ask our camper families to pay only a portion of that price in registration fees. Our Camp Staff and Board of Directors fund raise 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 afford one-to-one support or charge families an additional fee for this level of service.

- MHKC has partnered with Portland State University for over 40 years. PSU is not only our 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 80 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.

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SAVE THE DATE

SATURDAY
APRIL 23
OREGON GOLF CLUB

2016

BENEFIT FOR MT. HOOD KIWANIS CAMP

This year we’re placing all bets on Mt. Hood Kiwanis Camp at our Derby Day annual dinner and auction. Put on your finest derby attire and join us for a day at the races with mint julep cocktails, live music, and a hat contest. We will be returning to the Oregon Golf Club hosting two separate events in one day—a daytime brunch and evening gala. Please join us in our mission of empowering children and adults with disabilities. For questions and sponsorship opportunities, contact Skye Burns 971-230-2928 or Skye@mhkc.org.

PLACE YOUR BETS BRUNCH

GOURMET BRUNCH
LIVE & SILENT AUCTION
ENTERTAINMENT
$75 per person
Doors open at 11 am
For tickets visit:
www.mhkc.ejoinme.org/DerbyBrunch

TRIPLE CROWN GALA

ELEGANT DINNER
LIVE & SILENT AUCTION
LIVE BAND
$200 per person
Doors open at 6 pm
For tickets visit:
www.mhkc.ejoinme.org/DerbyDinner

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SAVE THE DATE
FORE THE KIDS

CHARITY GOLF CLASSIC
BENEFITING MT. HOOD KIWANIS CAMP
FRIDAY JUNE 17, 2016
THE RESERVE VINEYARDS AND GOLF CLUB

FOR MORE INFORMATION, CONTACT
SKYE@MHKC.ORG OR 503.452.7416

SAVE THE DATE
SUNDAY
SEPTEMBER 11

mhkc
WALK, ROLL, OR STROLL 2016
OAKS AMUSEMENT PARK
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.