



Toasting the Journey

"IT IS GOOD TO HAVE AN

end to journey toward; but it is the journey that matters, in the end." - Ernest Hemingway

For five years, Flying Horse Farms has been transforming lives-and not just the lives of campers and their families. It's changing the lives of all those who step onto camp's path, from the donors who give so generously to make this work possible, to the volunteers

who bait hooks on the boat dock, to the brunch recipes. doctors who give up their vacation to wear tutus and be pied.

We're doing important, meaningful work, and we are honored to be doing it alongside each of you.

As we celebrate our fifth birthday, we're launching our inaugural annual magazine, The Journey. We hope it takes you deeper into our work, offering a rich, soulful exploration into all that camp does and the people who make the magic possible.

In what would have marked Paul Newman's 90th year, we've spent this year CEO/President, Flying Horse Farms



celebrating his legacy. We are both honored and thrilled to carry on that legacy in his home state. So who better to grace our first cover than the legend himself? We share his story within these pages, along with many others-from a news story on a Yale study proving our work arms campers with tools for life to a feature sharing three of camp's most-requested

We may all have come from different places at different times in our lives, but our shared passion and dedication to this mission unite us on this journey—and for that we are eternally grateful.

Thank you for being on this journey

Mimi D

IOURNEY

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Flying Horse Farms

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Flying Horse Farms, located on 200 scenic acres in Mt. Gilead, Ohio, provides magical, transforming camp experiences for children with serious illnesses and their families-free of charge. It is the first camp in the Midwest to become a fully accredited member of the SeriousFun Children's Network, a group of camps and programs worldwide founded by actor, philanthropist

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CONTENTS

NEWS

- 3 TRANSFORMATION TRUTH
- 4 PASSION GROUNDSWELL AT A&F

FEATURES

- 7 MAN ON A MISSION: PAUL NEWMAN'S LEGACY
- 11 HAPPY FIFTH BIRTHDAY, FLYING HORSE FARMS
 - 19 PRESCRIPTION FOR JOY
 - 25 RISE & SHINE: BRUNCH

MAGIC

- 29 THE MAGIC MAKERS
- **37** POST SCRIPT





Transformation Truth

Yale study concludes campers leave with increased confidence, independence and more

FTER MADELINE RICHARDSON WAS DIAGNOSED with cancer, she grew accustomed to having her mother with her-always.

"For the two years she was in treatment, I never left her side," said Madeline's mom, Carol Richardson.

But going into middle school, 11-year-old Madeline needed to find independence.

Flying Horse Farms, her mom said, delivered.

"It's something that pulls her a little bit out of her comfort zone in a very safe way. It pushes her and challenges her to be a little more independent and make decisions on her own without consulting me or her dad," said Richardson, of Powell, Ohio. "When she comes home from camp, she has a confidence."

Flying Horse Farms has long promised that transformation. And now, researchers at Yale have confirmed that camp is keeping its pledge.

A Yale Child Study Center team surveyed more than 600 families whose children attended Flying Horse Farms, or one of four other SeriousFun Children's Network camps, in 2014.

Their conclusions? Campers demonstrated significant and sustained positive changes, including increased confidence, self-esteem and social skills—among other changes. This study amplifies previous Yale studies performed over a couple-year period showing that Flying Horse Farms and other SeriousFun camps provide significant psychological and social benefits for campers, which help them develop resilience in coping with their illnesses.

Dr. Gerard Boyle, chairman of pediatric cardiology at The Cleveland Clinic Children's Hospital and a longtime Flying Horse Farms board member and volunteer, has witnessed the transformation firsthand among his own patients.

"They go back home with a confidence that is very hard to get," he said. "They often lose their inhibitions and their self-consciousness about their scars or their disease. They realize that the disease, the defect, does not define them. And they learn this not from the doctors or the nurses or the parents—they learn this from the other kids."

A&F: The Evolution of a Partnership

Driven by a groundswell of associate enthusiasm, Abercrombie & Fitch's partnership with Flying Horse Farms has expanded into one with the entire Serious Fun Children's Network. Here's a peek at how a single conversation turned into more than half a million dollars, 45,000 T-shirts—and A&F counselors across the globe.



By February, 185 A&F artists have invested roughly 1,200 hours of work into turning the WellNest into the world's happiest hospital, with colorfully painted and themed rooms—a teepee hideout, an under-the-sea adventure, a meadow and more. The Flying Horse Farms team shares camp's mission at the A&F quarterly meeting. A&F artists start (and finish) creating donor signs for buildings around camp. A&F associates continue volunteering at spring, summer and fall camp sessions, as well as work days. They are coming up with new ideas—bake sale, anyone?—to raise money for camp at the A&F home office. Senior district managers visit to tour camp, participate in work days and host team-building sessions. A contingent from A&F's team attends camp's

inaugural Columbus Campfire

gala in September and,

after that, the SeriousFun

Children's Network gala in

New York

Horse Farms. Camp continues successfully recruiting spring, summer and fall camp volunteers at A&F. But A&F ups the ante: What if the company allows associates to be weeklong camp counselors without having to take any vacation-throughout the SeriousFun Children's Network? By spring, A&F associates heatedly compete for 35 positions as weeklong camp counselors at Flying Horse Farms and three other SeriousFun camps. The chosen associates are allowed one week of paid leave by A&F to be counselors

By now, A&F has raised and given more than \$600,000 in cash and goods to Flying

A YALE CHILD STUDY

more than 600 families

whose children attended

Parents reported noticing

several positive changes

independence

75% Increased maturity

76% Increased interest in

social activities

self-esteem

confidence

Source: Yale Child Study Center

80% Increased openness

to try new things

Center team surveyed

Flying Horse Farms

or one of four other

SeriousFun camps.

in their children:

74% Increased

77% Increased

79% Increased

Flying Horse Farms board member Bill McDonough brings an A&F leader to camp. Soon, a brainstorm with CEO Mimi Dane begins. A&F wants to engage its associatesmany from around the world-with community. Camp needs volunteers. A&F invites the FHF team to visit its headquarters to recruit. Before year's end, A&F holds its first fundraiser for camp; a staff sample sale that raises \$15,000.

Flying Horse Farms team members visit the A&F headquarters twice this year, successfully recruiting volunteers for camp sessions and events. A&F's generous crew comes to camp with enthusiasm to spare. By fall, 13 A&F associates have given more than 350 volunteer hours during camp sessions, and they are amped, A&F associates continue holding fundraisers to benefit camp. What more can A&F do,

they ask?

to do onsite interviews and background checks for volunteers, streamlining the application process. A&F's catering arm, Bon Appétit, caters camp's volunteer appreciation event at no cost to camp. (It soon becomes an annual tradition.) Roughly two dozen A&F associates volunteer at spring, summer and fall camp sessions, giving almost 700 volunteer hours. Even more visit camp for work days and continue fundraising at A&F HQ. The Flying Horse Farms team hosts a two-day retreat for

A&F leadership, and the

WellNest art project is born.

Camp team members return

to A&F two times this year

at Flying Horse Farms, The Painted Turtle (California), Barretstown (Ireland) and Over the Wall (United Kingdom). A&F donates \$250,000 to the Serious Fun Children's Network, sponsoring Network galas in New York, Los Angeles and London. A&F also gives 45,000 camp T-shirts for camps Network-wide-with the promise to deliver even more shirts and counselors

3 FLYING HORSE FARMS ● 2015

in 2016.



Facing the Sun

With ambitious experts and generous donors, Flying Horse Farms launches its inaugural weeklong craniofacial camp



HE BOY WITH A CLEFT PALATE WAS AT A TRADITIONAL summer camp for kids in Cleveland playing with

"Your face looks more messed up than that tennis ball," a kid taunted.

The boy returned home in tears.

a muddy tennis ball, alone.

The story outraged his doctor, Dr. Gregory Lakinchief of the division of pediatric plastic surgery and director of the craniofacial center at UH Rainbow Babies & Children's Hospital.

"You can fix the way their faces look, but if they're broken on the inside also, you can't fix that with surgery," he said. "Taking care of these kids has to be very comprehensive."

Camps for children with craniofacial anomalies existed, but there were only a few scattered across the country. Lakin wanted one close to home.

After fundraising, rallying supporters from other children's hospitals and working with Flying Horse Farms, his dream is now a reality.

On the heels of a successful weekend pilot camp in fall 2014, Flying Horse Farms hosted its inaugural weeklong craniofacial camp this summer.

"It was very emotional for me to be able to see these kids enjoying it," said Lakin, who volunteered at the pilot camp as well as the weeklong camp. "They can be together, and they're not looked at as outcasts, or they're be able to participate in that."

Camper Dylan Trudeau, whose medical challenges include motor skill delays, language frustrations and stunted growth, relishes his camp family.

"Kids outside of camp are afraid of him and generally to experience.



don't approach him because of his appearance," said his mother, Sheila. "At camp, he finds friends everywhere and is a total super star."

The camp was made possible by several generous donors, including The Reinberger Foundation, based in Cleveland, which made a multi-year, \$225,000 pledge to help fund it.

"Children with craniofacial conditions, just like the other populations that you serve at Flying Horse Farms, need that opportunity for uninhibited fun and interaction with other kids," said Reinberger Foundation President Karen Hooser. "We saw the need, so we're thrilled to

As Lakin sat in the dining hall one day, he watched an 8-year-old boy—a patient of his who has had three jaw surgeries—open his mouth and eat a hamburger. He was awed. The simple act is not an outcome he typically gets



"Before, he didn't have much of a chin," Lakin explained. "By bringing the jaw forward, it allows him to chew better, look better, breathe better."

And being there to see it? "Really special," Lakin said.

Lakin has paired with Yale researchers to study the positive psychological effects of craniofacial camp. As they compile results, Lakin is thrilled with the opportunity camp has given him to deepen his patient relationships.

One of his tiny patients, he said, ran to him at camp and asked if he could paint his face.

Lakin kneeled, and the boy started slapping blue paint on both of his doctor's cheeks.

"He was giggling the whole time," Lakin said. "How many times can the patients you operate on get you back like that? Never!"

The moment, Lakin said, was priceless.

"He was having a fun, awesome experience," he said.

THE REINBERGER **FOUNDATION**

The Reinberger Foundationfounded by the former president of NAPA Auto Parts Clarence Reinberger, and his wife, Louise-has given more than \$100 million to nonprofit organizations in Cleveland and Columbus since 1970. Five years ago, when children first arrived at Flying Horse Farms, the Clevelandbased philanthropy donated \$100,000 to camp. Now, with a multi-year, \$225,000 pledge, it is helping make possible craniofacial camp, which serves children with facial anomalies. The donation funded the inaugural weekend of craniofacial camp in 2014 and established weeklong craniofacial camps in 2015 and 2016. Here, Reinberger Foundation President Karen Hooser talks about The Foundation's draw to Flying Horse Farms.

Q: The Foundation has long funded programs in both Cleveland and Columbus. Children's hospitals from both cities-UH Rainbow Babies and Children's Hospital in Cleveland and Nationwide Children's Hospital in Columbus—played major roles in launching craniofacial camp. Did you

like that aspect? A: We're especially pleased that those two organizations were instrumental in the pilot program and both engaged in putting this together. It just crossed a lot of areas that The Foundation is interested in. It was a great collaboration.

watched kids tackling the high ropes course, shooting at the archery post, making crafts, singing and dancing. What were your impressions?

A: I had a hard time telling the campers from the staff. It was just joy all around. I was really impressed that it didn't feel like a medical camp. To me, the feeling was just that it was camp-and that was wonderful.

Q: You enjoyed watching everyone interact at lunch.

A: I really got how it would be so beneficial for a physician of a child to be able to see them in that environment and build that relationship in a different facet. No doubt for the campers to see their doctors in jeans or cutoffs, being goofy and having fun, creates a much richer relationship for them all going forward.

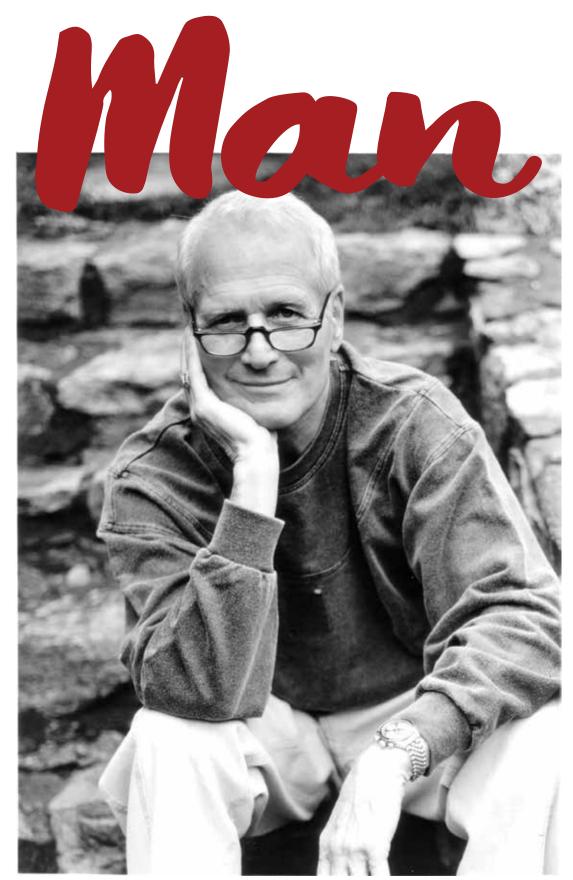
Q: Paul Newman, a Cleveland native, would have turned 90 this year How does it feel to help uphold his legacy?

A: It's touched so many and is extremely heartwarming that he saw this as his mission. How pleased he must be looking down from above us, to see how many people he has touched-not just the kids who go to camp, but all of those around them who benefit from this experience and feel the joy.

MEET THE DONORS

These generous donors made craniofacial camp possible

- Community Foundation of Mount Vernon and Knox County
- Harry C. Moores Foundation
- The Louise H. and David S. Ingalls Foundation, Inc.
- The Reinberger Foundation
- Save a Smile, Save a Child
- Treu-Mart Fund
- University Hospitals Rainbow Babies & Children's Hospital



ON A MISSION

With baby blues and acting chops, Paul Newman became a Hollywood legend. Then, he set out to use the fruits of his fame to change the world. He built one camp for children with serious illnesses that sparked a global movement of love and inspired the creation of Flying Horse Farms

NO, PAUL NEWMAN DID NOT know a thing about left them clamoring for more. building a camp for children with serious illnesses.

But he was, after all, Butch Cassidy—the blue-eyed, slysmiling hell raiser who always found a way.

And he was tired of visiting his friend in the hospital's cancer ward and seeing all of those children tucked into beds, missing out on childhood.

"The idea for the camp was just there, full-blown one morning," Newman told Life magazine in 1988. "I've had friends who died young. Life is whimsical. Longevity is an incredible gift, and some people don't get to enjoy it."

So the actor who made Butch Cassidy and the Sundance Kid a household name announced plans in 1987 to open The Hole in the Wall Gang Camp-a Western-inspired dreamland in Connecticut named after the outlaws in the film, where kids fighting diseases like cancer could trade white walls and hospital gowns for fishing poles and late-night shenanigans.

Naysayers scoffed: What does a movie star know about camps for seriously ill kids?

"I don't know," Newman said, according to his daughter, Clea. "But whatever I don't know, I'm going to find out."

He vowed to align the best of

"We're going to create the most special place for these kids to regain their childhood and make friends and do things that everyone told them they couldn't," he said, "to give them confidence again."

"And," Clea said, "he did."

He did, indeed.

Newman hired the dean of the Yale School of Architecture to design camp. He expedited permits (legendarily, in one case, by playing a night's worth of darts). He corralled 14 contractors to build the pool together-for free. He promised to match any donation through Newman's Own, the food company that launched after he gifted homemade salad dressing to friends and

His concept even compelled a gift from Saudi Arabia: Saudi King Fahd wrote camp a check for \$5 million.

("Paul just crumpled to the floor" upon finding out about the Saudi gift, recalled philanthropist and camp fundraiser Raymond Lamontagne to Life magazine. "Beer or champagne?" Lamontagne asked Newman. "Beer!" Newman said. "And," said Lamontagne, "we spent the next couple of hours dancing around the kitchen.")

Less than one year after Newman announced his intentions to build the first camp of this kind, The Hole in the Wall Gang

Camp opened.

"I'm a cynical S.O.B.," Newman told Life magazine. "But I have a sense of wonder here."

The world took note-and bought into Newman's concept.

Eventually, The Hole in the Wall Gang Camp evolved into the SeriousFun Children's Network, a group of individually financed and operated camps and programs around the

In 2007, Newman, who grew up in Shaker Heights, visited the stunning, serene property in Mt. Gilead, Ohio, where fellow visionaries Jenni and David Belford would build a camp in his home state. He

rode its 200 acres on a golf cart now known as "Newman." He picnicked with excited supporters. He fished on the shore of its peaceful pond.

Flying Horse Farms opened its gates in 2010 and became the first fully accredited SeriousFun camp in the Midwest.

Today, SeriousFun includes 14 bricks-and-mortar camps and myriad programs across the globe. Together, they have served more than 600,000 children with serious illnesses and their family members worldwide.

"What a special thing my dad started," Clea said.

"There have been some amazing champions who have taken his original idea and run with it," she added. "And that's exactly what he wanted."



"The planet needs more people like him—people who aren't afraid to be the one person to go out and do something when nobody else thinks you can do it," said Clea Newman of her father, shown here with campers. "He was not good at taking no for an answer."

7 FLYING HORSE FARMS ● 2015 2015 ● FLYING HORSE FARMS 8

Regenden

Clea Newman Soderlund. 50. is the youngest daughter of Paul Newman and Joanne Woodward and serves as Senior Director of Special Initiatives for Serious Fun. We talked with her about her father, his legacy and how she's carrying it forward

Paul Newman and Joanne Woodward were international celebrities. What were they like as parents?

Both my parents used to come to endless amounts of (my) horse shows, no matter what the time or where they had to travel. (For The National Horse Show each year) I had to school my horse at Madison Square Garden at three in the morning. My mom would wake me up and get my orange juice, and Dad would take me down in a cab and into the Garden. And even though he was deathly allergic to horses, he would sit at the Garden surrounded by horses for three full days with me. And he never complained. He was always so supportive. Both my parents—they worked and they traveled and they were gone a lot. But when they were home, they were just like any other parents: We had dinner every night. And they'd help me with my homework. And they were just really good, normal supportive parents-wouldn't let us eat junk food or talk on the phone or watch too much TV.

Your father supported so many different and worthy causes. Were the camps his favorite?

No question those were his great love.

What prompted him to build that first camp?

I mean, everyone always says that he started the camps because he felt lucky in life, and he did. But we had a very close family friend who was a big, strapping sailor and the picture of health. And he got cancer, and got very sick very quickly. He was treated in our local hospital in Norwalk, and so we used to go and visit him a lot as a family. And in those days, there were not pediatric wings-in local hospitals, certainly. So we would walk down the hallway, and little 5-year-olds were there getting treatment in the room next door to somebody in their 70s. Seeing those children being stuck in hospitals for months and months and missing out on their childhood-I think it really affected him. Camp was something he truly enjoyed, and it was a



way to have some independence and do some fun things. So I just feel like Dad put those puzzle pieces together and came out with a picture of camp for

You set out to be an attorney. What changed

I worked for a criminal lawyer. We had some very exciting clients, and our job was getting them off on acquittals. I decided that law wasn't maybe for me.

You moved home. And when someone at Newman's Own took time off for maternity leave, your father suggested you help fill her void.

Dad said, "Will you go and help Pam?" And I said. "Sure." So I went in and started researching and talking to all these extraordinary organizations that were all over the country and learning about all of the wonderful, wonderful things that they were doing. And it just kind of changed my focus. I decided that maybe

getting into the business of giving back was something that would work for me long-term. And I'm sure my dad knew that. He was always very good at showing me the way without telling me what to do.

It took some prompting, but your father eventually convinced you to volunteer for a camp session at Hole in the Wall.

I said, "Geez Dad, I'm the youngest of six. I literally know nothing about children." And he said, "This is a life changer." I always say I was a spoiled brat as I was driving into camp, and 10 days later, when I left camp-I mean, people always say this, but I really did have different priorities. It was really just like a whole different mindset. I was so devoted to the whole concept of camp.

What keeps you passionate about camps?

The community of camp, whether it's my coworkers in this office or the families or just going and visiting all of our extraordinary programs all over the world. I remember the first

time Dad said he was on a plane flying somewhere and somebody next to him said, "My sister has a child who goes to your camp, and it's just changed the whole family dynamic. They're just a different family, and their (child) is just a changed kid. And I just can't thank you enough." Dad said he almost felt embarrassed, he wanted to cry he was so happy, It's true. It just makes you so proud to be part of something that just touches so many people.

This year marks what would have been your father's 90th. What's it been like celebrating his legacy?

It's a mixed bag for me, to be honest. It's such a privilege to have him be recognized for his extraordinary visionary qualities—which he truly did have—and his endless generosity. But as his daughter, it is hard to talk about him all the time, because I miss him. Remembering him and camp and being with him is-I mean, the memories are so clear and crisp in my mind.

CAMPFIRE

CELEBRATING PAUL'S LEGACY

Roughly 350 guests joined us at Cleveland's Severance Hall on Sept. 17 to celebrate Paul's legacy at the annual Campfire gala, raising \$380,000 for Flying Horse Farms















1. Campers and musicians from around Ohio perform on the stage at Severance Hall. 2. Laura Brown, David Hennessey, Rita McNeil Danish, Aneca Lasley 3. Patty and Arthur Newman Clea Newman Soderlund 4. Mimi Dane, Carole Watkins, Bob. Forrester, Jan Schaefer 5, Pat Agatisa and Gerard Boyle, Mimi Dane, Rob and Julie Namy, Chuck Fowler, Clea Newman Soderlund 6, Dana and Richard Michael 7. Chris and Martha Hitchcock 8. Hirsh Shah, Gregory Lakin, Brenna Harrington 9. Jav Trainer, Anna Ankenbauer, Megan Kirby, Katie Murray, Jackie Messinger 10. Veronica and Mike Hawkins





FOREVER PAUL

In what would have marked Paul Newman's 90th year, Flying Horse Farms, Cleveland and the nation celebrated his legacy, culminating during a two-day stretch in September. At the Campfire gala on Sept. 17 at Cleveland's Severance Hall, Flying Horse Farms celebrated Newman's legacy by giving the inaugural Newman Award to camp founders Jenni and David Belford. Cleveland celebrated by lighting Terminal Tower blue for Newman's eves. The following day, the nation celebrated by releasing the Paul Newman Forever Stamp. Paul's daughter Clea and brother Arthur joined Newman's Own CFO Bob Forrester and others for both Campfire and the United States Postal Service ceremony at Playhouse Square, "I think Paul would be both enormously red-faced and proud to know what is happening in Cleveland today," Forrester said at the ceremony. Added his daughter Clea: "He was a visionary. And he used his fame for building more than assets."







PAUL NEWMAN

Through the Years

1930s: Paul Newman grows up in Shaker Heights playing ball with his buddies, relishing Capture the Flag during summer camp and working at his father's shop—the largest sporting goods store in the Midwest

1940s: Newman spends two vears as a Navv radioman. zipping over the Pacific on torpedo planes. Then, at Ohio's prestigious Kenyon College he joins the Phi Kappa Tau fraternity, hones his business savvy by opening a popular laundromat and dedicates himself to a pursuit that was once just a hobby: acting.



1953: Newman scores a role in Picnic on Broadway and meets understudy Joanne Woodwardthe woman who will eventually become his wife

1956: After several TV roles, Newman is cast as boxing legend Rocky Graziano in feature film Somebody Up There Likes Me. Over the next six decades, he will act in or direct more than 60 movies, including Cat on a Hot Tin Roof, Butch Cassidy and the Sundance Kid and The Color of Money, for which he will win an Oscar for Best Actor.

1975: A passionate race car driver, Newman finishes second at the prestigious 24 Hours of Le Mans. He will eventually win four Sports Car Club of America National Championships



1980: Newman and friend A.E. Hotchner fill empty wine bottles with homemade salad dressing to give as gifts, and friends clamor for more. Two vears later. Newman's Own officially launches-with a promise to give away all its profits.

1988: Newman opens The Hole in the Wall Gang Camp. Eventually, it will evolve into the SeriousFun Children's Network. a group of independently managed and financed camps and programs around the world.

1995: On his 70th birthday, Newman burns his three tuxedos in his driveway. "He wanted to make his life about giving back," daughter Clea says. "He had had plenty of lavish things in his life, and he wanted to not have to feel like that was the focus anymore." That year, he also becomes the oldest driver to win a pro-sanctioned race at 24 Hours of Daytona.



2007: A year before he dies, Newman visits the stunning, serene property in Mt. Gilead, Ohio, where Jenni and David Belford will build Flying Horse Farms.

2015: Newman's Own has given more than \$430 million to causes worldwide, from inner cities to the arts. The camps-Newman's "great love," Clea savs-have served more than 600,000 children with serious illnesses and their families worldwide



HGH FIVE

Jenni and David Belford aimed to build a haven to transform the lives of children with serious illnesses and their families. The bonus? They made magic, too. Since opening its gates five years ago, Flying Horse Farms has changed more than 3,300 campers—plus scores of staff, volunteers and advocates as well











MADDIE GAINES, 16 Hometown: Cleveland

Camps attended:

Rheumatology & GI Camp 2012; Alumni Camp 2013, 2014 & 2015; Ranger Camp 2014 & 2015; Family Camp 2014 & 2015

Diagnosis: Juvenile Idiopathic Rheumatoid Arthritis

Favorite camp tradition: Dancing after meals-can't get any better than that!

Favorite camp memory:

When the girls in my cabin and I all started a beat box table doing different rhythms to make a really cool beat

Why I love camp: It gives me a second chance to be myself around other kids who understand me, and I make so many new friendships that last a lifetime.



GABE **DUPLECHIAN, 10**

Hometown: Dayton

Camps attended:

Family Camp 2014 & 2015; Hematology & Oncology Camp 2014 & 2015

Diagnosis: Acute Lymphoblastic Leukemia

Favorite camp tradition:

Color Olympics

Favorite camp memory: Passing the deep swim test

and everyone cheering! Why I love camp:

Meeting and making friends

To me, camp means:





After years of planning, hard work and the support of many, many people, Flying Horse Farms welcomed campers this weekend for the first time. Shhhhh... Can you hear it? Magic was made

Marin Henry was cross-country skiing in Wisconsin when she said she didn't feel well, then slumped into the snow,

this weekend. Lives were transformed. And fun was had. -cabin

Her mother checked her pulse. It was gone.

journal entry, November 2010

As Marin's younger brother, Finn, watched in horror, Sarah Hansen ripped open her little girl's coat and piled snow atop her tiny chest, home to a defective heart.

Marin opened her eyes, confused, alive.

This is the life of a family with a child who is seriously ill: Mom sleeps light, constantly waking to check her daughter's pulse, and when Marin attends a rare sleepover, it comes with instructions on what to do if her mouth turns blue because her heart has stopped. Overprotection is the name of the game.

Then, Flying Horse Farms opened its gates, and sweet, shy Marin Henry walked in.

Six days later, Marin was sobbing, devastated to leave. Soon, a song popped onto the radio in the car. "I sang that song on stage!" Marin told her mom.

"You what?" Hansen asked.

"I did a solo on stage," Marin smiled.

That fall, the school's drama instructor stopped Hansen, who teaches kindergarten.

"This is a group of young people

says Chief Program Officer Ryan

"And camp teaches them to pick themselves up dust themselves off

and know that they're strong and they're powerful."

who are inherently facing adversity,

rownfield, playing his guitar at left.

"What happened to Marin?" she asked. The quiet, timid girl she long had known was now volunteering to act things out, to speak, to sing. "She's like a different person."

Hansen paused: "It was camp."

The whole family has joined the fun. Hansen has connected with other families at family camp, where the children with illnesses can bring their whole crew, and Finn at siblings camp, where the well siblings get a week to themselves.

"It's just amazing in every way," Hansen said. "When you have this cloud of worry... there's not time for fun or joy or even rest. And you come to camp, and there is joy."

台台台

For all the kids who just want to be kids, but were made so special, you have created such a place. For the minds that thought this place, for the hands that built it, for the staff that make it happen... thank you! -cabin journal entry, undated

Jenni and David Belford don't just dream. They do.

And they wanted to build Flying Horse Farms, a camp on 200 scenic acres in Mt. Gilead for children with serious illnesses and their families to come for respite, joy and

transformation. Weeklong summer camps would only be for kids with illnesses, and medical experts specializing in each week's disease state would be on hand. Weekend spring and fall camps would be for the whole family—a place to rest, to play, to reconnect.

They assembled a team to erect a camp rich with soul people like former judge and Columbus City Council President Cindy Lazarus and Dr. Gerard Boyle, chairman of pediatric cardiology at The Cleveland Clinic Children's Hospital.

After years of planning, fundraising and construction, Flying Horse Farms welcomed its first campers—14 families for one weekend in November 2010. Staff comically struggled with some of the basics, like how doors opened or lights switched on. But the vibe was great. The songs were loud. The laughter was abundant.

"There was a sense of exhilaration and excitement," said then-CEO Lazarus, who dressed in pajamas to cook breakfast while Jenni Belford swept floors. "You didn't want to dence. miss out "

Her mission, however, was clear: While Lazarus agreed to open camp, she did it knowing her goal was, with the help of the founders and the board, to find the next CEO. Her target? Mimi Dane, a longtime, well-respected attorney and partner at the international law firm now called Squire Patton Boggs. Dane is a cancer survivor herself—and one who lost a nephew to the disease.

"You have to have someone who feels in their bone marrow how important this experience is," Lazarus said, "And so she saw it, she felt it, she understood it. And she decided that's how she wanted to take her talents and her life and use

Dane traded her designer shoes and power suits for an array of sneakers and khaki shorts and led Flying Horse Farms to become the first fully-accredited member in the Midwest of Paul Newman's SeriousFun Children's Net-

"I have the best job in the world," said Dane, who now carries an orange, blue and green tutu in her trunk—just in case.

Now, five years after first opening its gates, Flying Horse Farms has served more than 3,300 children with serious illnesses and their families. And it's keeping its promise to transform lives, a Yale study shows: Campers leave with higher self-esteem, greater confidence and more indepen-

"Because of our medical team, because of our volunteers, because of our close attention to detail, we transform the lives of children and their families," Dane said. "It's the tools that we give them through our programming that make them stand taller and be stronger."

Camper Tyler Gargasz, 14, who lives with asthma and Primary Immunodeficiency Disease, said camp has taught him how to understand, deal with and overcome his limitations.



ERYN POWELL, 19

Hometown: Columbus

Camps attended:

Family Camp 2010 & 2011; Hematology & Oncology Camp 2011: Alumni Camp 2011, 2012, 2013 & 2014; Ranger Camp 2012, 2013 & 2014

Diagnosis: Sickle Cell Disease

Favorite camp tradition:

Wish Sticks. The best is getting a wish I can relate to and realizing I have the honor of sending it up.

Favorite camp memory:

Sitting in the mostly empty dining hall while it was raining, as a counselor and a few campers painted the banner that everyone would out their handprints on We painted next to the fireplace and watched the rain fall. It is my most peaceful memory.

To me, camp means: Home



MARIN HENRY, 12

Hometown: Columbus

Camps attended: Heart Camp 2012, 2013, 2014 & 2015; Family Camp 2011, 2012 & 2014; Alumni Camp 2013

Diagnosis:

Congenital Heart Disease

Favorite camp memory: When I arrived at camp, saw Dr. Boyle and "Grandpa" and

felt immediately at home Why I love camp:

Counselors, cabin mates and longtime friends

To me, camp means: Home. I think of camp every day. And every day I smile at the thought of next year's camp. To me, camp means hope. home and family.

"I always thought that my life was going to be in a tiny bubble of things that I could do," he said. "But it's recently expanded after going to this camp."

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I really didn't think it was gonna be this great. I'm glad I got to see my brothers even though they aren't my real brothers. Blood couldn't make us any closer. The talent show went hard this year. My best memory is teaching one of my bros how to get rhythm. I'm a sickle cell bro 4 life!!! -cabin journal entry,

Brandon Mock looked at the doctor.

"Am I going to die?" he asked.

The doctor promised to do all in his power to keep alive the energetic 11-year-old he just had diagnosed with Non-Hodgkin's Lymphoma.

During Mock's chemotherapy treatments, a nurse practitioner told his family, who lives in a small town south of Toledo, that someone was building a camp for children with illnesses in Ohio, and flying kids to other camps for free until it opened.

Mock was mortified upon arrival at Double H Ranch in New York. Why are all these weird people singing? He scoffed. Why are these guys wearing wigs?

Two days later, he was in a dress.

"It was nice getting to be on my own for once, trying new things," he said. "It made it a little easier for me to make friends after that."

Eventually, he was singing songs and high ropes conquering at Flying Horse Farms—first as a camper, then as a ranger. In summer 2015, Mock, 19, became camp's first-ever camper-turned-counselor.

"I was nervous," he said. "I was terrified of all this medical stuff."

Two weeks of training boosted his confidence, and Mock-an endless well of patience who often had a guitar slung around his shoulder and a child grasping his hand—thrived. He found satisfaction in working with camp's child-life specialists to help a camper abandoned by his father develop strategies to manage his anger. He found fulfillment when that child faced a situation at camp that could have provoked aggression and chose to walk away. "Not only did I impact that camper," Mock said, "but he truly impacted me."

Now, the Bowling Green sophomore has his sights set permanently on camp.

"It would be my insane dream," he said, "to be camp director at Flying Horse Farms."

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This is a really great camp. You might be nervous to come, but you will make friends really fast. You just have to be yourself. If you are a weird kind of person, show your cabin friends that you are weird. -cabin journal entry, undated

The 11-year-old boy was sick. And different. And intimidated.



LAUREN RAMER, 13

Hometown: Cleveland

Camps attended:

Hematology & Oncology Camp 2013, 2014 & 2015

Diagnosis: Adrenal Cancer and Li-Fraumeni Syndrome

Favorite camp tradition: Roasting s'mores at campfire

Favorite camp memory: Hiking to outpost camping

Wish Stick wish: Finding a cure for cancer

Why I love camp: I don't feel different at camp-everyone understands and can relate to my situation.

> To me, camp means: Friendship



ORONDE DAVIS, 14 Hometown: Cleveland

Camps attended:

Hematology & Oncology Camp 2013, 2014 and 2015

Diagnosis:

Sickle Cell Disease

Favorite camp tradition: Singing Birds in the Wilderness before each meal

Favorite camp memory: Outpost camping

Wish Stick wish:

That everyone who visits Flying Horse Farms has a great time, and that they add more camp days

Why I love camp: Because it's a week of fun, and it makes me forget about my illness. I can just let everything go for one week and forget about all the things I go through and make new friends.

To me, camp me: Bonding

But with the encouragement of Flying Horse Farms Chief Program Officer Ryan Brownfield, he stepped into a harness, worked his way up the net and conquered the high ropes course.

"The kids all call me a coward at school," he said. "They can't call me a coward now."

Brownfield still tears up when he shares the story. He has given four years of unrelenting passion to camp. He coordinates complex meetings about complicated diagnosis, then straps on his guitar and goes hoarse leading songs at campfire, then lies awake at night thinking up fresh ways to draw kids out of their comfort zones. He wants to give them the joy of the moment while empowering them with confidence they'll carry beyond camp's fences. And there is no skepticism too harsh or thunderstorm too harrowing to stop him. His responsibility, he knows, is great.

"This is a group of young people who are inherently facing adversity," he said. "And (camp) teaches them to pick themselves up, dust themselves off and know that they're strong and they're powerful and they can overcome just about anything."

Each camper's psychological and emotional needs are examined before camp so the camp team can help arm them with tools to overcome challenges from depression and anger management to losing friends.

This summer, campers entered one session having lost a beloved camper from years past. So Flying Horse Farms Child Life Specialist Kristen "Cricket" Capadona led campers on a voluntary memory walk. A handful of campers decorated two stones. One was theirs to keep. The other, they carried to camp's serene amphitheater. There, they shared memories. They observed a moment of silence. And then they tossed their rocks into the lake, so the people they were honoring can live at camp forever.

The result, said Resident Life Case Manager Karen Bruno, is as simple as it is complex: "We're healing the

And then there are moments that cannot be planned, like the night in Cabin One when a boy was told he needed oxygen but refused the doctor's orders.

"I had oxygen once," one cabin mate said.

"Oxygen is cool," another chimed in.

The boys rallied, together convincing their friend to accept the treatment he needed—without shame.

"They become their own support group, which I think is awesome," said longtime camp volunteer Dr. Joseph Ross, the medical director of pediatric cardiology at Dayton Children's Hospital. "It's good as a coping mechanism to see there are a lot of other people out there with scars, that can't walk as far, that can't do as much. It helps, I hope, to keep them from getting

Dr. Gerard Boyle, who campaigned for camp long before it opened, said kids never leave the same.

"They often lose their inhibitions and their self-consciousness about their scars or their disease and realize that the disease, the defect, does not define them," he said. "And they learn this not from the doc





KID'S BEST FRIEND The canine program has long been a camper favorite. Here, meet the man behind the dogs



Joel Slaven picked up his phone to the voice of a longtime friend. "Come on a drive with me," David Belford said. Belford whisked Slaven to the scenic spot in Mt. Gilead where he and his wife, Jenni, were building Flying Horse Farms. Slaven, who owns Joel Slaven's Professional Animals trains animals for

performances at places like SeaWorld, Busch Gardens, the Columbus Zoo and Radio City Music Hall. Belford asked if Slaven could occasionally bring animals to camp. "I just had a vision of doing a lot more than that," Slaven said. Since camp opened, Slaven's team has run the popular canine program, for which campers set up an obstacle course, and guide the dogs—all rescued—through it. After sending his team and dogs to camp a few times a week at his expense, Slaven has promised a greater gift in 2016: His team members, along with the dogs, are moving into Flying Horse Farms for the summer. "I specialize in rescued animals—adoptions. So those are special dogs," said Slaven, 63. "And when you bring them with special kids, you get special results."

Q: Why is this a win-win?

A: I believe the dogs have a sixth sense. They know that those kids are going to be kind to them and be their buddies. And I think that the kids can relate very well to the dogs, because the dogs automatically accept them and are going to be their friends. So you have humans and you have canines that all they want to do is be buddies, be friends.

Q: How do you choose the rescue animals you will train?

A: We go to shelters all over the United States. And they're evaluated for their temperament. For their food drive—that means basically how good of an we use a lot of treats during training. For ball drive, which means "How's their appetite for toys or balls or Frisbees?", because that's also a great reward if they love that. We also use a lot of tactile, which is touching and scratching and petting and rubbing. Some dogs and cats don't care for that, so we have to look at that when we evaluate—especially for the camp. We want dogs that want to be squeezed and petted and laid on.

appetite do you have, because

Q: How long does it take to train the dogs for camp?

A: It depends on the individual dog, but average for this program would be six to 10 months.

Q: We know the canine program returns a sense of control to our campers, who often have lost that due to their illness. How do you train the dogs to help achieve that?

A: The dogs are trained to follow the kids' commands. But we pick dogs that we know are having fun doing it, so that it is not just about the kids. And if you watch the dogs with these kids, their tails never stop.

Q: What has kept you committed to camp for five years?

A: It's tough to put into words, but if you want to know why, you just watch the kids and the dogs together, and that picture says it all.

tors or the nurses or the parents—they learn this from the other kids."

Camper Elizabeth Sheeren, 15, who lives with autoimmune encephalopathy, compares being sick to living in a dark room with a tiny bit of light. Camp, she said, helps magnify that light. "You don't see the sickness. You don't see the darkness. You don't see the evil," she said. "All you see is happiness and light and joy."

Flying Horse Farms, she added, has made her a stronger person.

"It's helped me realize, I think, who I truly am," she said. "And my illness doesn't really matter. And it definitely, definitely should not define me whatsoever."

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FLY GIRLS: First you moonwalk, then you pop it, then you Thriller, then you sizzle. -cabin journal entry, undated

Suddenly, Sarah Kersey couldn't walk.

lower spine and inside her nerves.

Her jogging had slowed; her back hurt. Now this?

The first doctor said she slipped a disc. He was wrong. A cancerous tumor had wrapped itself around her

Doctors could fully remove the tumor, they said, but it would steal Kersey's ability to walk or bear children.

"I was feeling like my life was being stripped from me," Kersey said.

She asked her surgeon to remove as much as he could while keeping her sacrum—and mobility—intact. As she recovered from surgery, spending months relearning how to walk, Kersey discovered Flying Horse Farms, which was under construction. Despite her aversion to what she refers to as "the woodsy part," she volunteered as a counselor for the Flying Horse Farms Away program, which sent children and volunteers to other SeriousFun camps while Flying Horse Farms was prepping to open.

"I was just crossing my fingers," she said. "(Then) I was there for an hour, and I was hooked."

Now 28, Kersey teaches third grade in Dublin, Ohio during the school year and spends summers at Flying Horse Farms, where she has served as both full-time seasonal staffer and volunteer. Her bubbly personality and contagious energy—which earned her the camp name "Gidget"—mask the reality that she walks a bit slow.

"My friends and family, my job and camp—that's my whole heart," she said. "I find camp, and I have purpose. I find camp, and I know I'm making a difference. I find camp, I'm a better teacher. I find camp, I'm a better friend. Camp really brings you to be better in every step of your walk."

Kersey's cancer, she knows, may be temporarily dormant, but it is not gone. Still, says the woman who has Flying Horse Farms' 10 core values displayed around her classroom, she is grateful for the diagnosis that landed her at camp.

"I see all the things that cancer has brought me," she said, "and I know it happened for a reason."

People ask Kersey why her passion for camp is so fiery. She's passionate because she feels connected to the



CALEB THURMAN, 15

Hometown: Akron

Camps attended: Family Camp 2012 & 2013; Rheumatology & GI Camp 2012, 2013, 2014 & 2015; Alumni Camp 2014 & 2015

Diagnosis: Crohn's Disease, Juvenile Rheumatoid Arthritis, Asthma

Why I love camp: I just get to be a kid

To me, camp means:

Freedom to be myself, to experience fun and not worry, to be among friends who won't judge me or my illnesses



NATALIA POZUELO, 17

Hometown: Cleveland

Camps attended:

Hematology & Oncology Camp 2011, 2012 & 2013; Alumni Camp 2015; & Ranger Camp 2015

Diagnosis: Hurler-Scheie Syndrome

Favorite camp memory:

Cabin chat at alumni camp with my cabin mates. We explained what illnesses we have, how it affects our lives and how we stay positive.

Why I love camp: I love camp because it is the only place on Earth where

I can feel like I'm a normal, regular kid, because camp allows campers to do activities that other "normal" kids do. Also, I love camp because it is the one place on Earth I feel that I can be independent. Unlike the real world, at camp, no one is excluded.

campers and their families. She's passionate because she would have relished a bigger support system upon her own diagnosis. She's passionate because the love and support at camp is authentic and warm.

"But I also think it's because anything is possible," she said. "When I am here, I am the best version of me."

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I will miss all of you guys. I am really crying right now! I don't want to leave!! -cabin journal entry, undated

Camp is singing around the Ranger campfire, roasting tinfoil-covered hot dogs while Graham plays his guitar and everyone takes turns dancing.

It's sitting on the floor during camper night, watching little Conner literally fall over beside you laughing, because seriously, The Flying Horse Five boy band is hilarious (and, apparently, so handsome that the little gal to your left squeezes water on her face).

It is drum beating and s'mores eating and is the boy in the purple who was crying on Day One seriously up there getting his groove on like he means it?

It's Hollywood belting *Respect* because they won't be quiet 'til she sings a song, *Sing a song*, *Hollywood*, *sing a song*. It's Wombat singing for his bling. It's Cabin 8 Harlem Shakin' late-night.

It's foot stomping and dog training and fish catching. It's swimming for your breakfast and performing for your lunch and siesta—ooooh, siesta! It's tutu-wearing and bullseye singing and secret-spilling. It's post-dinner dance parties and late-night dance parties and shouldn't every time of day include a dance party?

It's finding your awesome, celebrating your awesome and learning how to share your awesome with the world.

It's bracelet making and cinnamon roll eating and nacho night and Tuba. It's paddle boating and butterfly catching and fish kissing and T-shirt crafting. It's high ropes conquering and Outposting and *Yes, I can*.

It's wish sticks that say "I wish that today was every day." It's bunk mates for camp and besties for life. It's howling at the moon.

It's summer crushes. It's heaven. It's everything.

And Sarah Hansen, who gets her only decent sleep of the year while her daughter is tucked snugly in her bunk under the care of some of the nation's best docs, is a believer. "You say transformation, and it sounds like an overstatement," she said. "But Marin is not the person she was before camp."

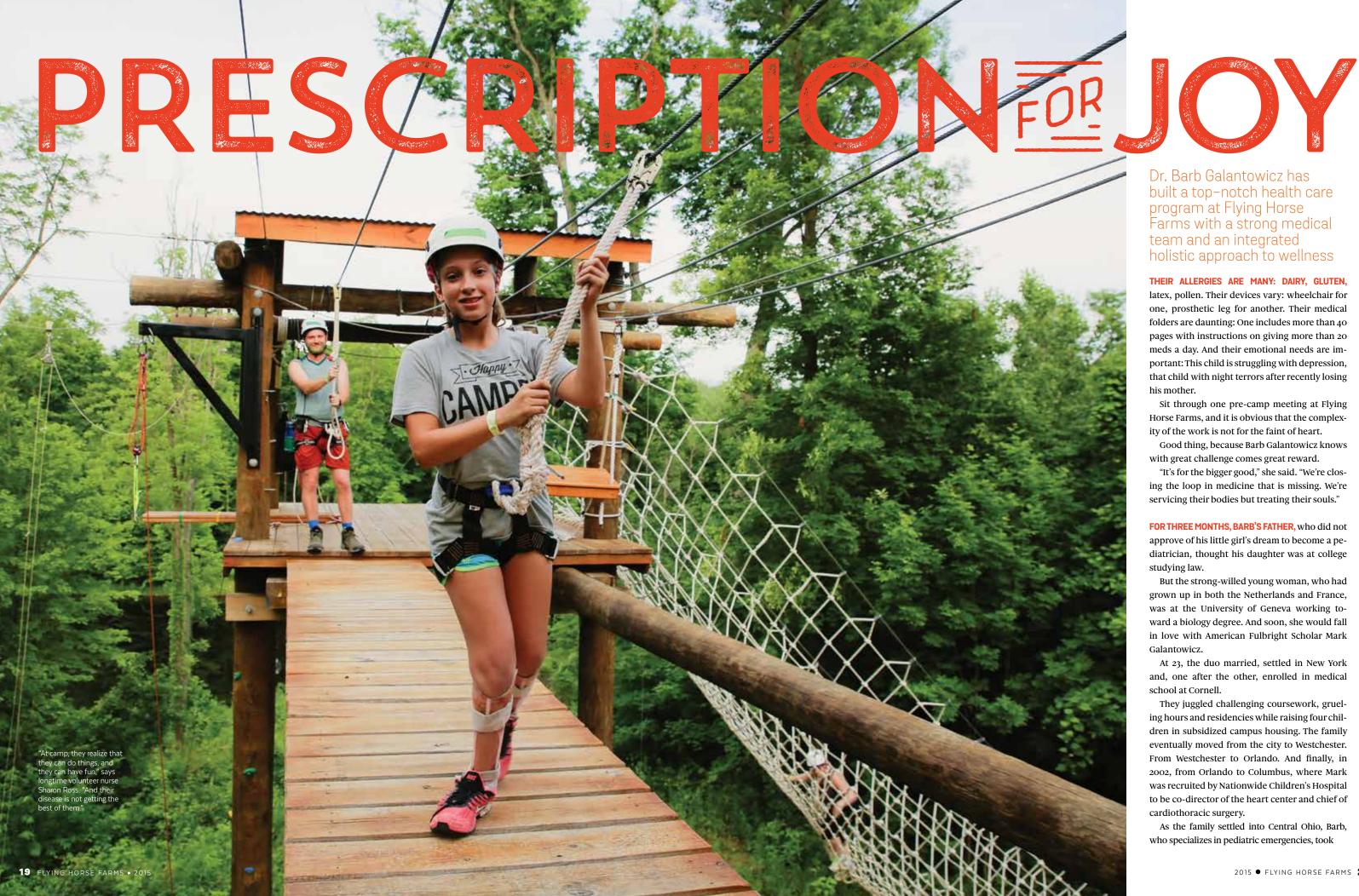
Now, Marin is 12. As she stood in line at the grocery check-out buying a disposable camera for her week at Flying Horse Farms, a woman behind her asked if it was a horse camp.

It's not, Marin explained.

And as Hansen recounts her once-shy daughter's description to a complete stranger, tears well in her eyes.

"You go through this hole in the wall, and all of the things you believe can happen, happen," Marin said. "It's magical."

Welcome home.



Dr. Barb Galantowicz has built a top-notch health care program at Flying Horse Farms with a strong medical team and an integrated holistic approach to wellness

THEIR ALLERGIES ARE MANY: DAIRY, GLUTEN,

latex, pollen. Their devices vary: wheelchair for one, prosthetic leg for another. Their medical folders are daunting: One includes more than 40 pages with instructions on giving more than 20 meds a day. And their emotional needs are important: This child is struggling with depression, that child with night terrors after recently losing his mother.

Sit through one pre-camp meeting at Flying Horse Farms, and it is obvious that the complexity of the work is not for the faint of heart.

Good thing, because Barb Galantowicz knows with great challenge comes great reward.

"It's for the bigger good," she said. "We're closing the loop in medicine that is missing. We're servicing their bodies but treating their souls."

FOR THREE MONTHS, BARB'S FATHER, who did not approve of his little girl's dream to become a pediatrician, thought his daughter was at college studying law.

But the strong-willed young woman, who had grown up in both the Netherlands and France, was at the University of Geneva working toward a biology degree. And soon, she would fall in love with American Fulbright Scholar Mark Galantowicz.

At 23, the duo married, settled in New York and, one after the other, enrolled in medical school at Cornell.

They juggled challenging coursework, grueling hours and residencies while raising four children in subsidized campus housing. The family eventually moved from the city to Westchester. From Westchester to Orlando. And finally, in 2002, from Orlando to Columbus, where Mark was recruited by Nationwide Children's Hospital to be co-director of the heart center and chief of cardiothoracic surgery.

As the family settled into Central Ohio, Barb, who specializes in pediatric emergencies, took

time off of medicine to focus on her children. One day, she stopped into Nutter Hardware and ended up agreeing to a job. There, she mixed paints, helped people choose light bulbs and served as cashier.

In 2012, after medical professionals had established a solid medical program at camp, Flying Horse Farms CEO Mimi Dane was searching for a fulltime medical director. The hardware store wasn't exactly where she expected to find her. But Barb's impressive experience as both doctor and mother, combined with her body-mind-spirit approach to medicine, was just what camp needed.

"Barb is perfect for camp, because she knows that children with serious illnesses can still play in the mud," Dane said. "And that they should play in the mud."

NOW 55. BARB COULD EASILY SPEND HER SUMMERS

enjoying early retirement with her granddaughter. Instead, she lives at camp, where she rides her basket-laden bike and dangles from the high ropes course, trying to determine necessary adaptations—always with a smile on her face and often with a fake tattoo on her cheek.

"It really feels like where I belong," she said.

In her three years at camp, Barb has strengthened already-existing relationships with medical volunteers. She has enlisted new advocates by engaging the Ohio Children's Hospital Association (whose president, Nick Lashutka, is now a member of camp's board of directors). She has recruited a range of experts by giving Grand Rounds at several of Ohio's children's hospitals. And she has convinced some of Central Ohio's biggest health care systems—including Ohio State, OhioHealth and Nationwide Children's—to have nursing students, dietary students, residents and fellows volunteer at camp as part of their educational requirements.

The result is that camp has become a Switzerland of sorts—a haven where medical dignitaries and students from around Ohio and Pittsburgh share ideas and unite for the greater good.

"It's pure. It's not like running a business; nobody's trying to make money off this. We're just trying to help the kids," said Dr. Greg Lakin, chief of the division of pediatric plastic surgery and director of the craniofacial center at UH Rainbow Babies & Children's Hospital. "It's a great endeavor to be part of, because you really are helping the end user. You see it. It makes you feel good."

Sharon Ross, a hematology and oncology nurse at Dayton Children's Hospital who volunteers at camp two full weeks each summer, is proud to be part of work that is changing children's lives.

"(At camp) they realize that they can do things, and they can have fun," she said. "And their disease





MEET THE EXPERTS

GERARD BOYLE, MD

CHAIRMAN OF PEDIATRIC CARDIOLOGY
THE CLEVELAND CLINIC CHILDREN'S HOSPITAL

What do you learn about your patients at camp?

In the hospital, we see patients, and we have a very, very limited scope. At camp, we actually see children, and it's a very different perspective. You see the whole person, the whole child. You see them interacting with children and not responding to questions. I find I spend a lot of time just watching the kids and wondering how well they've adapted to life. For me, I learn a much more holistic approach to my patients. It makes what I do a little bit more rewarding.

Why do you recommend camp?

I think for my patients, the parents are very protective, and they see them as fragile and different. When they come to see me in the hospital, the parents are asking for permission to limit their children, essentially. Many children have never spent the night away from their parents. Parents don't even let them go to their grandparents' house, because they're afraid of something happening. If I can get them to come to camp, the parents learn to trust that their child is safe outside of their purview. And very often for the first time, the parents have a break from the worries of being parents of a sick child. For many of these parents, it's the first time they've gone on vacation since their child was born. It allows them to take a deep breath.

What do the campers get out of camp?

They're never the same children. For the first time, they see they're not alone. They're with other children who have the same struggles, and I think it's liberating. They see that some children with the same problems but a different attitude react totally differently and have much more normal lives. They go back home with a confidence that is very hard to get—a new confidence in their abilities.

What do you get out of camp?

I think the resilience of the human spirit is never more evident than watching these kids overcome their fears and their difficulties. We all have some limitations in our lives, some fears. And I think these kids teach us that those limitations we have or those fears we have are nothing compared to what they put up with on a daily basis. And if they can overcome this, we really have no excuses not to live life to the fullest. So every time I come back, I learn to be a little bit more alive.



MEET THE EXPERTS

CECI MANUSZAK, RN, MSN, CPON

PEDIATRIC ONCOLOGY NURSE
UH RAINBOW BABIES AND CHILDREN'S HOSPITAL

What do you learn about your patients at camp?

I see some of their limitations being lifted away when I am with campers at Flying Horse Farms. This might be a new camper cautiously watching others stand up and sing a song during mealtime in the dining hall, who then on the third day gets up to sing and dance. Or it might be a 14-year-old camper from a very urban part of town who has never had a chance to try a scavenger hunt in the woods or canoeing, let alone the high ropes course. What a thrill for me to share photographs with this same boy's Grandma of him up on the high ropes course! I have also had an experience of a teenage girl telling me that camp was the first place that she did not feel like she needed to wear her wig that summer.

Why do you recommend camp?

For a hundred different reasons. For some, it's the opportunity to get away from their parents' well-meaning hypervigilance and fear. For others, it is a chance to meet kids who share some of their same medical challenges. For others, it is a way to get away from a chaotic urban household and enjoy the beauty of nature. For others, it is a chance to let the healthy siblings have more of their parents' attention for a week in the summer. For many, it is the opportunity to strengthen their self-reliance that often is taken away by well-meaning friends and family.

What do the campers get out of camp?

Hopefully some of what they need to go on living a more adventurous, silly life. There has been a lot written about serious illness usurping children of their childhood, and filling it with adult concerns. I think Flying Horse Farms does an awesome job of replenishing kid-like fun and challenge for a week. For many of the campers I work with at Rainbow, those opportunities experienced at Flying Horse Farms continue to pay dividends for the remainder of the year.

What do you get out of camp?

I think being at camp with some of the patients I work with gives more meaning and purpose to the relationships I try to build with families. There is a level of trust that I hope carries over when I am trying to teach them about their medications, or ways to manage side effects, that may make my teaching more effective.



MEET THE EXPERTS

JOSEPH ROSS, MD

MEDICAL DIRECTOR OF PEDIATRIC CARDIOLOGY
DAYTON CHILDREN'S HOSPITAL

What do you learn about your patients at camp?

It's one thing to sit in a room and talk to the patients and get a sense for how they're doing, but it's another to see them actually out there. It's interesting to hear a parent's perspective on what they think their kids do versus what we see at camp. I really thought some of my patients were more physically limited, and yet they were doing a whole lot of stuff at camp. It has actually helped me discuss things with parents afterward. And sometimes it's encouraging for parents to hear that their kids are doing better than I would have expected.

Why do you recommend camp?

I want to make sure that they realize how important it is that they get out and do things—that they don't just take it upon themselves to lay around and do nothing and feel sorry for themselves. Also it's good they know, and their parents know, that they are not alone.

How do you see campers gain independence and confidence?

I don't think there's any doubt that at the high ropes and the zipline, you can see them get up there and do something their parents might not let them do. They are able to overcome, which is absolutely tremendous.

What do you get out of camp?

My wife, Sharon, and I have done a lot of things over the years: We've spent time in Africa, and it is an interesting and worthwhile experience. But as we look back on what we've accomplished even places far away, I don't think it's as much as what we've been able to accomplish here. It's really given us kind of a spiritual lift. It gives me a break from the hospital, too, and it kind of puts things in a little different perspective. And honestly, I really love the people. I think they're great.

You've volunteered at camp for all five years. Any particular stories that define camp for you?

This one child from this past summer is amazing, because he's dying, and I'm not sure he's ever going to come back again. But I think the medical staff and certainly the counseling staff just really did outstanding work to get him to enjoy himself. Just to see him smile and laugh and have a good time and be in the pool, to fish, just to do all the stuff he enjoyed and was able to do—it was really, really outstanding.

ADEPT AT ADAPTING

The camp team makes scores of adaptations for each summer session. Here are a few:

Heart Camp

- Extra golf carts to help ferry campers around camp
- Extra oxygen machines for breathing treatments
- Extra rest time scheduled
- Water coolers all hold Gatorade to replenish electrolytes
- No salt on dining tables

Hematology/Oncology Camp

- Cabin and pool temperatures raised, plus blankets taken to campfire, to prevent sickle cell pain crisis
- Extra sheets ready since medications can cause bed wetting
- Water activities restricted to avoid port infections
- No contact sports because campers are at risk for bleeding
- Schedule programming around factor infusions

Asthma/Kidney/Craniofacial Camp

- Inhalers and EpiPens toted everywhere
- Air monitored; if bad, activities move inside
- Campfires start early to allow smoke to fan before campers arrive
- Take hearing aids out and insert ear putty before water activities
- Have tools available to accommodate hearing challenges

Rheumatoid Arthritis/Gastrointestinal Camp

- Extra golf carts and wheelchairs to help ferry campers and extra rest time scheduled
- Entire camp menu is gluten free
- Start each day with animal yoga to slowly kick-start bodies
- Staff ready for tube feeding and intensive, one-hour bowel preps
- Outpost campers receive double sleeping pads for teepee slumbering

is not getting the best of them."

Camp's state-of-the-art medical facility, the Well-Nest, might be the world's happiest hospital. It boasts colorfully painted walls, giant stuffed animals and a candy machine that anyone can earn quarters for by performing on the spot. But Barb's goal is to keep it empty. Her team of nurses—one for each cabin—is deployed to deliver meds out in camp and stay engaged to anticipate and address challenges.

As Barb sits outside near summer's end, watching kids fish from the boat house dock, she might be a bit tired. But she still is awed by the medical volunteers who give their time to make this possible, by the camp team that brings the fun, by the work itself.

"It's that magic of transformation," she said. "And it's not just the kids—it's magic for everybody."







MEET THE EXPERTS

JUSTIN SCHREIBER, DO, MPH

RESIDENT IN PEDIATRICS, PSYCHIATRY AND CHILD & ADOLESCENT PSYCHIATRY CHILDREN'S HOSPITAL OF PITTSBURGH

What do you learn about your patients at camp?

We break down the barrier that exists between patient and physician. Kids don't really have the opportunity to be themselves at the hospital. I think this allows us the opportunity to see them outside of that—what they're really like. And the levels of what they're able to do—I think we just get a much fuller perspective. I think on the medical side, we sometimes think of a kid with x disease as fragile in this way, can't do this, can't do that. I think camp really helps me to step back and say, "They can do a lot more," and to not limit what we think kids can do.

You were a camp counselor at another SeriousFun camp. Did that convince you to become a doctor?

Camp solidified for me that I wanted to work with kids, and also solidified my path of combining medicine and mental health. So yes, it definitely opened my eyes into what I wanted to do, just thinking of a more holistic approach to address chronic illness.

Why do you recommend camp?

A lot of these kids might have some association with other kids who have the illness, but oftentimes they don't have a lot of connections. And I think that leaves a lot of questions for them they might not want to ask their parents or might not ask the doctor. I think camp gives them the chance to share some stories with other kids. I also think these kids in Pittsburgh might not have had the opportunity to have some of these rural experiences. And so I think this is one of those few chances to do that in a way that's safe with their illness.

How do you see camp transform people?

To see a lot of them feel like they can be their kid self, and not have to be the kid with sickle cell or the kid who has cancer, but instead to be the kid who caught the most fish. They can reinvent themselves.

What do you get out of camp?

Every time I go, I feel like I just bring so much back in terms of my perspective of what kinds of situations kids are going through, about understanding that association between wellness and mental health and wellbeing in kids and how I can better approach that.



MEET THE EXPERTS

MARY BRATOVICH TOTH. MD

DIRECTOR, PEDIATRIC RHEUMATOLOGY
AKRON CHILDREN'S HOSPITAL

What do you learn about your patients at camp?

On the medical side, I get to see little challenges that they may have that we don't talk about in the office—how daily living with arthritis affects them. In the office, they talk in generalities. And then you see them having a hard time eating food at camp, or getting open a water bottle, and you notice how they're having minor issues with tasks that we take for granted. I also see how remarkable they are in their resiliency. They find a different way of doing something: They find a way, they just do it differently. And emotionally, it's probably the same thing—they have that same kind of resiliency in coping, and in encouraging other kids who are going through similar things.

Why do you recommend camp?

I recommend camp because they get to see there are others like them. My patients look like other kids, so other people don't understand when they don't want to do things. Now with our new medicines, the majority of them are not limping, they are not on crutches, they are not in wheelchairs. But they still have pain. But people don't understand, because they look fine.

How do you see camp transform people?

I think they learn better coping mechanisms, that they can do stuff by themselves, that they can do these things with other people. A lot of kids who come to camp, they don't have an opportunity to go to other camps, and they don't have time away from their parents. It's a time for them to run around and play in a way they might not normally be able to. Just to try new things and do new things that they might not have thought they were able to do, because people say, "You have arthritis, you probably shouldn't be doing that."

What do you get out of camp?

Well, it takes me back to my own camp experiences from when I was a kid—all the fun camp songs and the activities like the archery and the canoeing. It's fun to see my patients outside of the office and play around with them in ways you wouldn't be able to do in the office.



MEET THE EXPERTS

TIMOTHY CRIPE, MD, PHD

DIVISION CHIEF, HEMATOLOGY/ONCOLOGY & BM
NATIONWIDE CHILDREN'S HOSPITAL

What do you learn about your patients at camp?

Camp really provides that opportunity to have some more bonding. See what makes the kids tick. See what is bothering them in the rest of their lives beside acute medical care. And so I think it helps us take better care of them when we can understand them as a whole person.

Why do you recommend camp?

Well, it's important for lots of different reasons. One is for them to not feel either ostracized or different in a negative way. It helps them take on some of their own responsibilities while away from their support group—parents, siblings. It helps them develop some of their own independence and taking charge and management of their own care. So I think it's a good growth experience for them, particularly as they get into their teenage years and they're expected to take more responsibility for their own care at home. Also, just for them to have fun—can't lose sight of that.

What do the campers get out of camp?

I think they get a nice respite. They get new experiences. They get to challenge themselves with new opportunities to take on some skill that they haven't been exposed to before. It gives them some sense of self-confidence when they are successful in catching a fish or hitting a bullseye or mastering the ropes course. But most of all, it's about relationships they build there, I think—with peers and counselors and medical providers.

How do you see camp transform people?

We talk a lot about how it transforms the kids, or helps them grow up. But it transforms the healthcare providers, too. We like to have our fellows who are training to be hematologists and oncologists visit camp after their intensive first year. It's almost like a reward at the end of the tunnel for them. We like them to go out there for a week as a way for them to step back and see the big picture, step back and see what they're working so hard toward—giving kids normal lives. Camp can't provide a cure, but it can provide levels of quality of life. It always is a good opportunity to take a step back and see the big picture, see how much good we do, and get re-inspired and rejuvenated.



A new Ohio law now makes it possible for physicians who have medical licenses in other states to volunteer at Flying Horse Farms without having to get an Ohio medical license, as long as they do not volunteer for more than 30 days.



Vanilla Granola

Makes about 10 cups INGREDIENTS

- 8 cups gluten-free rolled oats
- 1 cup sunflower seeds 1 cup pumpkin seeds 1/2 tablespoon salt
- 1/3 cup maple syrup 3/4 cup honey
- 1 cup coconut oil, melted 1 tablespoon cinnamon 1/2 tablespoon
- vanilla extract 1/2 tablespoon orange extract
- 1 to 2 cups dried raisins, blueberries, cherries or cranberries (optional)

INSTRUCTIONS

- Preheat oven to 325 degrees.
- Combine oats and seeds in a large bowl.
- Whisk salt, maple syrup, honey, coconut oil, cinnamon, vanilla and orange extract until smooth.
- Add oats and seeds to the mixture and stir until all ingredients are well blended.
- Spread the mixture on a baking sheet in a thin layer.
- Bake until crispy and toasted, about 20 minutes. Remove from oven, let
- granola cool, and mix with dried fruit (optional).





Banana Bread

Makes 4 loaves INGREDIENTS

- 3/4 cup butter, cut into
- small chunks 3 cups white sugar
- 6 ripe bananas, mashed 3 eggs
- 1, 16-ounce container sour cream
- 3 teaspoons vanilla extract
- 3 teaspoons ground

- 4 1/2 cups flour 1/2 teaspoon salt
- 1 tablespoon baking soda 11/2 cups floured
- blueberries (optional) Extra cinnamon and sugar for dusting the bread pan

INSTRUCTIONS

- Preheat oven to
- 300 degrees. Grease four, 3"x7" mini bread loaf pans, then dust each pan with
- cinnamon and sugar. In a food processor, cream butter and sugar together. Pour butter and sugar mixture into a large

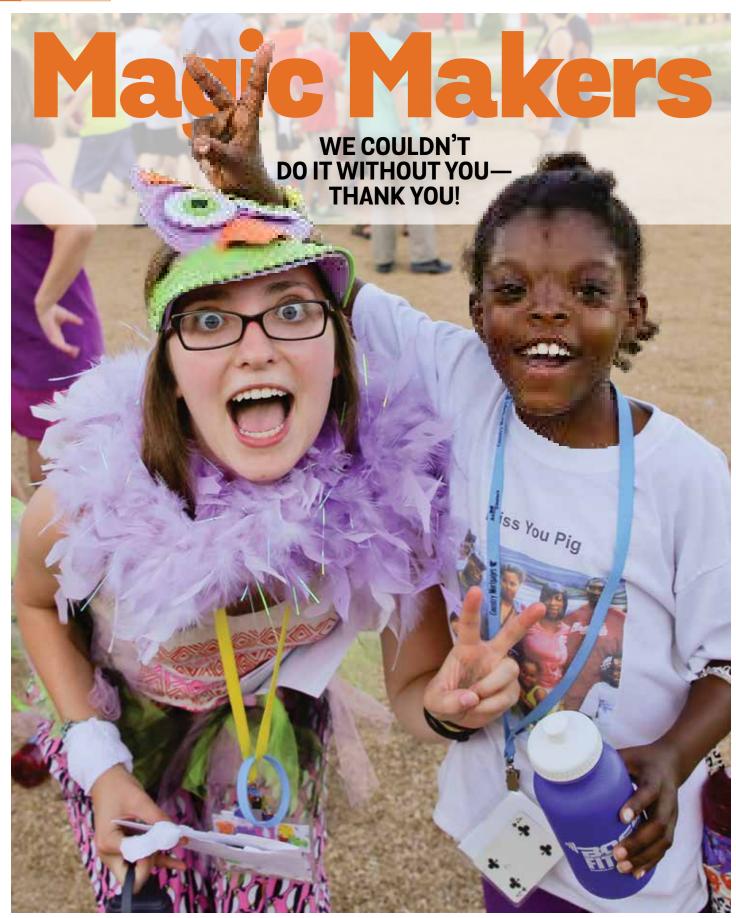
mixing bowl. Add mashed

well blended.

bananas, eggs, sour cream, vanilla extract and cinnamon. In a separate bowl mix flour, salt and baking soda. Combine wet and dry ingredients together until Gently fold in

blueberries (optional).

Pour into prepared loaf pans and bake for 60 minutes, rotating the pans halfway through the baking time. Remove from oven and let cool for 20 minutes before serving.



Thanks to the generosity of our donors we're able to provide transformative experiences to hundreds of campers and family members—FREE OF CHARGE! We are grateful for our partnerships with individuals, companies and foundations that make our work possible each and every year.

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and tie the guilt bottoms onto the tops. Then, they

home to finish the edges. This year, Snuggled in Hope donated more than 500

"We were so lucky to have healthy kids; we just can't imagine what it's like for these parents," said Penny Reeve, 58, a retired teacher who helps lead the group. "And we want the kids to have a good time and

People, organizations, stores and quilting groups around the state have donated items from fabric and sewing supplies to cash and finished guilts to make the mission possible.

at camp."

SnuggledInHopeQuilts.com

IN A CHARMING CHURCH tucked into downtown Mt Gilead, on the first Monday carry armloads of quilts of every month, the quilters

gather. There are young

mothers and retirees, chil-

dren and great-grandpar-

ents-some chatting and

laughing, others quiet and

focused, all on a mission.

Hope: a group of dozens

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hand-crafted quilts for the

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week, then take home as a

Led by an eight-member

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Armed with their already-

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They are Snuggled in

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Thanks to the many donors who gave tribute gifts in memory of, in honor of, or in celebration of those who provide inspiration. Donor name or tribute could appear under multiple categories.

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ART INSPIRATION



AMINAH ROBINSON

walks," the soulful woman do-making observational penetrations. When Robinson visited

staff for hours. "She was really very, very impressed," said longtime friend Marlana Hammond Keynes, owner of Hammond

The Flying Horse Farms

staff's energy and dedica-

tion captured Robinson's

attention, Keynes said. So

did the homemade quilts

on each cabin bunk bed.

helped inspire a piece of

Together, those elements

original art. (Robinson was

among a handful of local

the late husband of Flying Horse Farms CEO Mimi Dane. The couple long had collected Robinson's work. Shortly after gifting camp with her art. Robinson

artists who visited camp be-

fore the "Inspired" exhibition

at Hammond Harkins in fall

2014, which featured work

inspired by Flying Horse

Farms and its mission)

After her visit, Robinson

created "Quilt Rally at Fly-

ing Horse Farms," a colorful

mixed-media scroll that is

10 feet long and two feet

sense of community and

In early 2015, Robinson

donated the art to camp

in memory of Emil Sattler,

comradery.

high and showcases camp's

(when she visited camp). but seeing the facility energized her," Keynes said. "She was really impressed with Mimi and what she had done?

2015 ● FLYING HORSE FARMS 34

is among Central Ohio's most famous artists. But

she never claimed the title "I am a person who takes once said. "That's all I

Flying Horse Farms in 2013, she observed, indeedtouring camp's scenic acreage, eating lunch with campers and talking with

Harkins Galleries, who visited camp with Robinson.

> passed away in May 2015. She was 75. "She was not terribly well

- Mimi Dane and Emil Sattler Lindsey and Steven Stout
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Flying Horse Farms

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HOW TO HELP

Want to make magic? Join the mission! Here's how.



DONATE

A recurring gift allows a donor to select regularly scheduled gifts on a monthly basis. Donations of any amount are accepted and appreciated. For details, email Jenny Bergman at jenny@flyinghorsefarms.org.

Matching Gifts

An easy way to double your gift? Ask your employer if they have a charitable gift-matching program. For details, email Jenny Bergman at jenny@flyinghorsefarms.org.

Gifts of Stock

Gifts of stock are an efficient way to donate to Flying Horse Farms. Upon transfer, the stock is sold and the proceeds are made available to Flying Horse Farms. For details, email Lucy Godman at lucy@flyinghorsefarms.org.

Planned Giving

Planned gifts often are planned with help from your professional advisors. They are typically made from your estate and come to fruition upon your passing. For details, email Stephanie Mohr at stephanie@flyinghorsefarms.org.

Gifts In Kind

Gifts in kind are products and services that help meet the needs of campers, staff and our facility. For details, email Don Wiggins at don@flyinghorsefarms.org.

Third Party Events

Gather friends and colleagues to raise funds and awareness for Flying Horse Farms' cause. For details, email Marla Leonhard at events@flyinghorsefarms.org.

VOLUNTEER

Program Volunteers

Family Sidekicks - Ages 19 & up. Partner with a family for a weekend family camp. Sidekicks help campers feel welcome and supported while exploring group and individual activities. These volunteers are hosts who focus on creating a magical weekend for the entire family.

Cabin Counselors - Ages 19 & up. Volunteer for a weeklong, kids-only summer camp. Counselors participate in activities, eat with their cabins during meals and provide support and supervision. These volunteers are energetic, positive, patient and ready to make magic happen.

Activity Counselors - Ages 19 & up. Volunteer as the leader of a specific activity for an entire weekend family camp or weeklong summer camp. Areas include: waterfront, nature & discovery, Angie's Arts & Crafts. archery and spotlight.

Kitchen Volunteers - Ages 18 & up or 16 & up with a parent. Join us for a weekend or week to help prepare and serve meals to keep camper bellies full and happy. These volunteers are a vital part of the camp experience.

Lifeguards - Ages 16 & up; must be certified. Ensure that campers are safe while swimming, boating and fishing. Certified lifeguards are needed throughout the year when waterfront activities are open. Scheduling is flexible.

Interested? Email Dani Grosh at dani@flyinghorsefarms.org. She will send you a link to an application when applications go live on Jan. 4.

Medical Volunteers

Provide medical care and support during weekend family camp or weeklong summer camp. We need these medical volunteers: physicians (fellows and attending), nurse practitioners and nurses. Medical volunteers serve under the scope of their professional practice. You will be interviewed by our staff and asked to provide proof of license and other documentation. Interested? Email Marissa Gailey at marissa@flyinghorsefarms.org.

Camp Creators

With a fulltime facilities team of two, camp relies on corporations, organizations and individuals to help make camp pristine by making beds, cleaning cabins, helping with yard work and otherwise prepping camp for the next set of campers. Interested? Email Jenny Bergman at jenny@flyinghorsefarms.org.

Event Volunteers

Help spread the word about camp by volunteering to staff an event. These volunteers help coordinate event-day details and assure everything runs smoothly. Interested? Email Marla Leonhard at events@fluinahorsefarms.ora.

Please note: Our campers' safety is our top

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