

THE JOURNEY

A FLYING HORSE FARMS MAGAZINE



ALWAYS
HOME



The Healing Continues

IT MAY SOUND ODD, BUT MY FAVORITE PART OF CAMP'S SUMMER SESSIONS IS SEEING CAMPERS LEAVE. I'm not happy to see them go. That's not it. But I know that as they pile finished crafts, bags of laundry, and handmade camp quilts into the family car or the hospital charter bus for the ride home, they're also taking something else home with them.



or through the self-assurance and sense of responsibility that grows from creating something by hand in the new HappyTimes Woodshop.

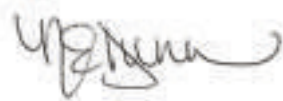
We also shine a light on some of the people and organizations who make this healing possible — from seasonal staff to unseen heroes who literally keep the lights on at

camp. Because whether you are coming or going, you are always home. And we'll always have a light on and a seat at the campfire waiting for you.

CONFIDENCE.
A SENSE OF BELONGING.
AN IMPROVED SELF-IMAGE.
A WILLINGNESS TO TRY NEW THINGS.

And that's what's so exciting. As they leave camp, I have learned the healing each of them experienced at Flying Horse Farms won't stop when they leave through the gate. Camp is simply where it begins.

Thank you for making camp magic possible.



Nichole E. Dunn
President/CEO, Flying Horse Farms

In this issue of The Journey, you'll read about some of the ways camp supports this healing — whether through the important work of the Purple People

THE JOURNEY

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Flying Horse Farms is a proud member of the SeriousFun Children's Network, a global community of camps and programs serving children with serious illnesses and their families, always at no cost. Founded by Paul Newman, SeriousFun has provided more than 1 million camp experiences for children and families. Each member camp is an independent, not-for-profit organization dependent upon private funding.

Flying Horse Farms is a registered 501(c)3 nonprofit organization. All of our operating costs are underwritten by the generosity of others. We're funded by gifts from individuals, corporate partners, grants and foundations.



CONTENTS

A young boy in a red t-shirt and a black baseball cap with a white logo is aiming a bow at a target. The target is a circular board with various colored sections and small cards attached. An adult in a white cap and glasses is standing to the right, watching the boy. The scene is outdoors on a grassy field with trees in the background.

NEWS

- 4 MISSION SUPPORT
- 6 THE POWER OF PURPLE

FEATURES

- 10 CAMPERS FIRST CREW
- 12 BEHIND THE BARN DOOR
- 14 COLOR O...BABY!
- 16 WELCOME TO HAPPYTIMES
- 20 IN THE GARDEN
- 22 CAMP HEROES

MAGIC

- 23 LETTERS TO CAMP
- 26 HOW TO HELP

Mission Support

We're so grateful to the many community partners who continue to support camp by selling goods and services to benefit Flying Horse Farms. Here are a few of these fabulous friends.



● TOASTING CAMP

As part of their support of the A&F Challenge, Middle West Spirits' ServiceBar created the "FHF SeriousFun Spritz," with a portion of every cocktail sold benefitting camp.



● CAMP ROUND UP

Abercrombie & Fitch, Hollister Co., and abercrombie kids again invited shoppers to round up for SeriousFun Children's Network camps all summer. Donations benefited The A&F Challenge, which supports SeriousFun camps, including Flying Horse Farms.

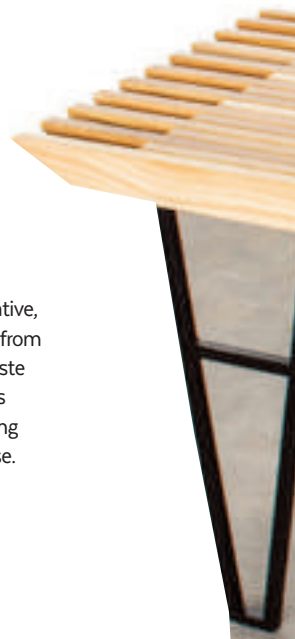
● S'MORE COFFEE, PLEASE

After being moved by the story of a FHF camper, Cleveland-based Caruso Coffee created "Campfire Delight," and is donating the proceeds of every bag sold — online and in stores — to camp.



● SETTING A BENCHMARK

Custom builder, Edgework Creative, crafted their "Campfire Bench" from scrap materials to minimize waste and maximize natural resources while also donating \$50 to Flying Horse Farms with each purchase.





● **A BRIGHT SPOT**

Cliff Original again teamed with Native Cold Pressed to provide citrus peels for a new Tend soap bar — an all-natural, citrus-based bar rich with antioxidants — and donated \$5 from every bar sold from clifforiginal.com and Native stores to camp.

● **A SLICE OF NICE**

Columbus-based Harvest Pizzeria took a “pizza” our heart when they partnered with camp, donating a portion of the proceeds from every frozen pizza sold to Flying Horse Farms.



THE POWER PURPLE

Tucked away amongst the trees, nooks, and knolls at Flying Horse Farms is a remarkable place called The Meadow. It's a quiet spot where kids go to take a break from the excitement of camp. Where they can relax, decompress from the sometimes-boisterous sounds of activity, and step away from the group when they need a little time alone. Surrounded by green trees, with a view of the Big Red Barn, The Meadow is one of the most essential care spaces at camp.

IT ALSO HAPPENS TO BE INSIDE A BUILDING.

OF E

Located inside the WellNest, camp's medical facility, The Meadow is filled with books, games, and small toys, providing a quiet space for campers to find their baseline whether they're overstimulated, anxious, or just need a break. The room is also the home base of Flying Horse Farm's psychosocial team — known as the "Purple People" because of their purple-colored badge lanyards. An integral part of the camp medical team, many campers and families are largely unaware of their day-to-day work. But, they likely feel it while they are here.

"Having a psychosocial element was always part of the original plan for camp," said Dr. Barb Galantowicz, Flying Horse Farms Medical Director. "Most other camps have a resident life specialist who fills that role, but we saw a need for a child life specialist to work with children dealing with serious illnesses. The kids have different needs than others their age, with their past health or medical history and hospitalizations."

More often seen in hospitals, Certified Child Life Specialists are educated and clinically trained in the developmental impact of illness and injury. They help infants, children, and families cope with the stress and uncertainty of acute and chronic illness, trauma, loss, and bereavement. The role provides evidence-based and psychologically appropriate interventions including therapeutic play, preparation for procedures, and education to reduce fear, anxiety, and pain in children.

Flying Horse Farms was one of the first SeriousFun Children's Network camps to incorporate a child life specialist into its work. It is still one of the few that employ a full-time specialist.

Led by Kristen Capadona-Patterson, more commonly known by her camp name, "Cricket," the Purple People began to take shape when Kristen first came to Flying Horse Farms as an intern in 2012. Already studying to be a child life specialist, she immediately saw the need for the role as she volunteered and served on the seasonal staff team.

"Cricket really built the program here at camp," said Dr. Barb. "When we first started, we supported the kids when they felt homesick or needed

behavior support. After she became a full-time employee in 2014, Cricket's work has evolved the program to be much more proactive, allowing us to adapt programming and start supporting campers before they even get to camp."

It's this proactive approach that allows the team to provide individualized programming and adaptations as needed for every child at camp.

"Knowing that about 60% of the children who come to camp come with a secondary diagnosis of a psychosocial nature, we want to understand and anticipate potential needs so that we can ensure everyone has as much fun as they can at camp, because that's why they're here," said Kristen. "Whether it's developmental or mental health diagnoses — like autism, anxiety, an eating disorder, PTSD, or others, we want campers to know we understand them and are here to help them when they need it."

Depending on the child and input from their caregiver, Kristen and team pull from a unique bag of tools to provide assistance when needed.

For a camper with sensory stimulation concerns, the team may offer headphones or an exit plan to go to the Meadow and relax. Or for others who may need help focusing, individualized instructions or extra information about their schedule are provided to help set expectations.

"We can also have a bag of toys or other items to help focus them and steer them away from engaging in disruptive behaviors," shared Kristen. "Play



is the language of children. The team speaks this language very well. Our work with kids teaches and provides support under the disguise of fun activities.”

One of the key programs led by the team is a “Memory Walk.” Held each week of summer sessions, campers of all ages gather to honor those they have lost or a moment they’d simply like to remember. They come together early in the morning with painted rocks in their hands that represent a family member, a friend, a pet goldfish, and others. On the walk, campers and counselors quietly make their way down the path through the trees to the reflection pond, taking a moment to hold on to their memory before releasing it into the water. In one memorable moment, a camper devoted one of her rocks to “Luke Skywalker.”

“While we recognize camp as a magical place, we also know many campers come with some grief or loss,” said Kristen. “We want campers to know it’s OK to feel what they’re feeling. By virtue of having had to live with a serious illness, they’ve lost a lot — sometimes it’s a person or even parts of their childhood.”

It’s this recognition that makes the team’s work so important and intentional and allows them to provide support that enables them to have hard conversations when needed.

“Cricket and team are essential to how we care for children at camp,” said Dr. Barb. “Kids don’t always know how to express their pain. What they may describe as a stomachache could be caused by something other than a physical pain. It could be anxiety. Child life specialists like Cricket help us do our job better by translating a child’s feelings and teasing out the cause — whether it’s psychosocial or physical. This helps us understand how to best treat them.”

“We want to make people’s lives a little bit easier,” said Kristen. “I think our kids go through a lot that’s made living day-to-day tough at times — taking medications, going to the doctor, bullying. We want to leave them feeling lighter than when they walked through the Hole in the Wall. Through our support and tools, we hope they are building resilience that allows them to breathe lighter even after they leave camp.”

MEET CRICKET

Kristen Capadona-Patterson, known to most at camp as “Cricket,” is Flying Horse Farm’s Child Life Specialist. Friend to every camper and chief “Purple Person,” Cricket is always ready with a smile, caring approach, or silly dance to help ensure the psychosocial wellbeing of every camper who comes through the Hole In The Wall. And did you know she and Chef Wes are married? Here’s a few more fun facts about Cricket:

WHERE IS YOUR HOMETOWN? (WHERE ARE YOU WHEN YOU’RE NOT AT CAMP?)
Reminderville, Ohio

WHAT DO YOU LIKE BEST ABOUT FLYING HORSE FARMS?

The community that we are able to build within camp in such a short period of time. A week flies by, and by the end of the chaos you leave with a new family and sense of belonging — every single time.

WHAT’S ONE THING CAMPERS MAY NOT KNOW ABOUT YOU?

I make a chicken pot pie even Chef Wes loves!

HOW HAS CAMP CHANGED YOU?

Camp has shown me that I can be my true self regardless of how others perceive me. I have a “camp confidence” that I didn’t have before I stepped in to FHF in 2011.

WHAT’S YOUR FAVORITE CAMP MEMORY?

It’s the very first memory walk we hosted as an optional early morning program for campers and staff. We didn’t know if anyone would show or if there would be a positive impact — if it was the right move for such a happy place. Fifty people showed up on that dreary morning and they were all in. It was a magical and eye-opening experience for the Purple People. Everyone there needed a moment to recognize something or someone in their lives that was missing in a safe place.



FAVORITE CAMP ACTIVITY?

I enjoy all the activities camp has to offer, but my very favorite is arts and crafts. Watching the campers freely create, express themselves, and get a bit messy brings me such joy.

FAVORITE ACTIVITY AWAY FROM CAMP?

I love crafting and being creative. I don’t get to do it often, but when I do, it brings me great joy.

CAMP SONG TO END ALL CAMP SONGS?

The “Mountain Song.” A classic song with a message our campers can take home. Go back to the roots of where we all began, make a change, and turn the world around.

WHAT HAS CAMP TAUGHT YOU?

Camp has taught me more than I can ever put to words. I grew in to my “professional” self here. I learned how to be a caregiver to those who need it most. I learned that a person is not just their difficult behaviors and emotions but so much more. I learned that even a short week can make all the difference in the lives of those who are open to transformation and growth.

WHAT IS CAMP TO YOU?

Home.

The Purple Pegasus Rides at Camp

DURING CAMP SESSIONS, THE PURPLE PEOPLE ARE ON-CALL ALL-DAY AND NIGHT. This includes 11 p.m. treks to the teepees to calm upset campers and runs to the WellNest throughout the day. Thanks to the Jordan family, Cricket and team can now get to where they're needed, no matter the time, even faster.

Carrie-Ann, Christopher, Iris, and Solomon Jordan first came to family camp at Flying Horse Farms in the fall of 2015. They had heard of camp from a relative who thought it could be a good fit for them given Iris' juvenile arthritis diagnosis. Their first experience was an eye-opener.

"Our first family camp was an opportunity for all of us to get to know camp," said Carrie-Ann. "When it was time to go, both kids were bawling in the car. They didn't want to leave. We knew it was a special place."

The family returned for five more family camps before Iris and Solomon came for summer — Iris attending Rheumatology/GI camp and Solomon going to Sibling Camp.

The idea to donate a golf cart to camp came from an unplanned conversation with Cricket the last time the Jordans came to Family camp in 2018.

"We had gotten to know Cricket at our first family camp," said Christopher. "Our kids really liked hanging out with her. So part of the beauty of this relationship is that it was completely natural for us to sit down and have a conversation with her last year."

The family had been considering ways they could give back to camp and felt they'd be positioned to contribute in the coming year. Christopher and Carrie-Ann knew that whatever it was, they wanted it to make an impact in camp operations.

"When we talked to Cricket, we asked her what kinds of tangible things would be most impactful at camp," said Carrie-Ann. "She immediately brought up the issue of

the psychosocial team's need to get to areas of camp quickly and not having the arrangements. We considered teleportation and magic carpets, but Cricket suggested a dedicated golf cart would make the most impact."

This initial conversation led to more conversations with camp leadership, a search for golf carts, some purple paint, and the "Purple Pegasus" golf cart became a reality.

"We know what it's like to need to be available for our own family when there is a psychosocial need," said Carrie-Ann. "To imagine all these kids or families who may need immediate intervention — time can't move fast enough in those situations. This helped fill a specific need and we were happy to do it. The fact that it was with Cricket was icing on the cake."

For Iris, the donation of a golf cart meant even more. "I'm excited to give this to Cricket and her team. I know more and more people need rides at camp — especially during rheumatology camp, my camp. It's nice to have more options to get people where they need to be."

The "Purple Pegasus" made its triumphant first ride up the main path to greet a surprised and emotional Cricket, at the end of Iris' second Rheum/GI camp.

"I didn't know what to say, I was just so moved by the Jordan family's kindness," shared Kristen. "It was such a special moment. It really takes a special person to want to improve a space like camp."

It was just as special a moment for the Jordans.

"Giving people here that we know and love the ability to make camp easier and better for the whole is very special," said Solomon.

"We know Flying Horse Farms is for our children, but really it's been for our family. It's been a game changer to have Flying Horse Farms in our lives," shared Carrie-Ann. "I know it's cliché to talk about how it's so magical, but it is."



Campers First Crew

THE PEOPLE ON THIS AMAZING TEAM ARE THE MASTERMINDS BEHIND EVERYTHING YOU SAW AT CAMP. Whether it was putting on programming, cooking meals, lifeguarding, or just making sure camp was running smoothly, these folks did it all. Through late nights and early mornings, they were all crew and no passengers—and they did it with a big smile (or even a pie to the face if lucky!). Here, read more about the seasonal and full-time staff that made “Into the Woods” possible.



ALEXA DONNER
Program Manager
FUN FACT: Can make a perfect baby goat noise.



STEPHANIE “BELLS” BELLMAN
Activities Coordinator
FUN FACT: I once swam with dolphins on accident.



KRISTEN “CRICKET” CAPADONA-PATTERSON
Child Life Specialist
FAVE CAMP MEAL: Breakfast pizza



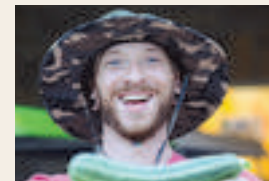
ABBY BLOOMFIELD
Nursing Program Coordinator
FUN FACT: I got my black belt when I was 12!



CHRISTY MCKINLEY
Nursing Director
FUN FACT: I can juggle!



ROBERT LYBERG
Volunteer Coordinator
FAVE CAMP SONG: Fanny Pack



WESLEY “WES” PATTERSON
Food Services Director
FAVE CAMP MEAL: Mexican Stampot



GRAHAM SPANGLER
Sous Chef



DANI WILKINSON
Camp Director
FUN FACT: I can do a headstand.



ANNA FARRELL
Cabin Counselor
FAVE CAMP SONG: Hot Cheetos and Takis



ANNE WEIDNER
Waterfront Specialist
FUN FACT: I was dunked 25 times during the summer 2019 season!



ANNIE CUMMINS
Aquatics Manager



ASHLEY “DJ ASH CASH” FRANKS
Archery Specialist
FUN FACT: I love dill pickles!



BRANDON MOCK
Village Leader



BRYAN DEEKEN
Cabin Counselor



CAMERON KLABUNDE
Cabin Counselor
FUN FACT: I do not eat chocolate.



COLLEEN “CLEAN” CAIN
Cabin Counselor
FUN FACT: I can play 5 instruments and have performed at the Rock ‘n Roll Hall of Fame!



DANIELLE WEIDNER
WellNest Admin



DOUGIE TAYLOR
Ranger Leader
FUN FACT: Between January 2018 and January 2019, I visited every continent except Antarctica.



HOLLIS COUCH
Arts & Crafts Specialist
FAVE CAMP DANCE: Chameleon



BELLA IMLAY
Village Leader
FAVE CAMP MEAL: Monkey Bread



JACINDA HUCK
Cabin Life Specialist
FUN FACT: Camp is the reason I decided to become a Child Life Specialist!



KATHERINE "KIT KAT" KURKJIAN
Cabin Counselor
FAVE CAMP DANCE: The Git Up



LINDSAY BRENNAN
Cabin Counselor



LUCAS BLANKENSHIP
High Ropes Specialist
FUN FACT: I have been 2,000 feet up in the sky. I didn't hike, bike, drive nor fly to get there.



MADDIE KINZEL
Child Life Specialist
FUN FACT: I've only been pied once in the five years I've been at camp.



MADISON "MADI" VELLY
Seasonal Nurse
FAVE CAMP MEAL: Quesadilla dinner



MADISYN HILLYARD
Program Specialist



MARYANN GILL
Ranger Leader
FUN FACT: I play a pink ukulele named Florence Flasher.



MEGAN "MAC" BARNES
Nature Specialist



MEGAN EARLEY
Program Team Leader
FUN FACT: I helped make 18 consecutive artpost murals.



MEGAN "MEG" MARKHAM
Spotlight Specialist
FAVE CAMP DANCE: Rather Be



MICHELLE "SIMBA" WILKINSON
Seasonal Nurse



MYKAL "MICKEY" JONES
Cabin Counselor
FUN FACT: I love giraffes!



NICOLE ALBERS
Program Specialist
FAVE CAMP MEAL: Breakfast Pizza



OLIVIA "YA-YA" COMBS
Program Specialist
FUN FACT: I can do "the worm."



BECKY MARTIN
Staff Leader



SAM OBRINGER
Cabin Counselor
FUN FACT: I am teaching myself to play the banjo!



SARAH "DEGE" DEGIROLAMO
Activity Team Leader
FAVE CAMP SONG: Flamingo



SCOTT "SCOOTER" MCGOOTER THE SUPER COMPUTER" WEBER
Village Leader
FAVE CAMP DANCE: Better When I'm Dancing



STEVEN "STEVIE" LEHNER
High Ropes Manager



ZACK PATTON
Cabin Life Specialist



TODD GRIFFIN
Cabin Counselor



DR. BARB GALANTOWICZ
Medical Director
FUN FACT: I did four cartwheels in a row this summer.



MICHAEL WILKINSON
Facilities Manager
FUN FACT: I've touched the weather vane on top of the Big Red Barn!



DAVID HENNESSEY
Chief Facilities Officer
FUN FACT: I first moved into camp on Christmas Eve, 2010.



RONDA STEVENS
Facilities Coordinator
FUN FACT: I teach sewing lessons in Mt. Gilead.

If you are interested in being on Seasonal Staff for the 2020 summer season, keep your eyes peeled for news about applications later this year. If you have questions or would like more information, send an email to our Camp Director, Dani, at dani@flyinghorsefarms.org.



BEHIND THE



BARN DOOR



CSCA GIVES BACK – COLUMBUS, OH

WHO THEY ARE: CSCA Gives Back, an arm of the Columbus Society of Communicating Arts, furthers the impact of selected nonprofits, organizations and social enterprises by offering in-kind professional creative services and volunteers.

WHAT THEY DO: This group of writers, designers, photographers, and more, develops and produces artwork and materials to help bring summer and fall camp themes to life. This work includes designing logos, banners, photo booth screens and more—like this year’s fairy garden as part of the “Into the Woods” theme.

AFFILIATED WITH CAMP SINCE: CSCA Gives Back has partnered with camp since 2017, when they turned camp’s Hole in the Wall into a rabbit hole for camp’s “Wonderland” theme.

FAVORITE MEMORY: *“After hearing that the Three Headed Monster skit was typically performed with a white sheet, our team spent months collecting scrap fabric to sew together an eccentric costume for the new monster. They also loved developing a personal passport for fall family camp to encourage families to visit every activity!”*
— Nicole Evans, 2019 CSCA Gives Back Co-VP

SNUGGLED IN HOPE QUILTS – MT. GILEAD AND MARION, OH

WHO THEY ARE: Snuggled in Hope Quilts is a non-profit organization that provides the amazing quilts each camper takes home from camp. Started as a Girl Scout Gold Award project, the group of Mt. Gilead (and now Marion) community quilters became an official 501(c)(3) organization in 2018 after existing as a community project for six years.

WHAT THEY DO: This dedicated group of mothers, grandmothers, daughters, and friends meets once a month to sew and tie quilts for each camper at Flying Horse Farms. They also come to camp to make every bed with the handmade quilts and pillowcases the day before campers arrive. This year, Snuggled donated 509 quilts and 544 pillowcases. If a camper is unable to attend last minute, they even make mini quilts to send home in a care package.

AFFILIATED WITH CAMP SINCE: Snuggled in Hope delivered their first quilts to FHF in 2013.

FAVORITE MEMORY: *“Recently, a former camper attended and helped at one of our sewing/tie days. How exciting that she chose to spend her day giving back to us! Giving does feel good.”*
— Penny Reeve, Snuggled In Hope Quilts

Behind the barn door are several friends, partners, and heroes who are rarely seen at camp. Yet without their help, camp would simply not be what it is today. Take a peek behind the door to see how they make camp “camp.” From building fairy houses to providing a hand with facilities needs, these behind-the-scenes superstars have been helping us create camp magic since 2008.



OVER THE HILL GANG (OTHG) – MT GILEAD, OH

WHO THEY ARE: This group of retired superheroes volunteers at camp each second and fourth Tuesday of every month. What started with one volunteer (Grandpa, otherwise known as Bill Kreeger) in 2009 grew into a group of 15 handy do-gooders ranging from 62-86 years old. Together, the group has volunteered their services as far as Louisiana, as part of the Hurricane Katrina rebuilding effort.

WHAT THEY DO: A better question is “What don’t they do?” This group is all in on everything related to camp maintenance, construction and repairs. From replacing lightbulbs to assembling furniture to helping build the new entrance sign, the OTHG has helped with every inch of camp.

AFFILIATED WITH CAMP SINCE: Grandpa and crew have supported camp since 2009 and its groundbreaking ceremony. The OTHG has been helping out with camp tasks since the fall of 2010.

FAVORITE MEMORY: *“The look I see when an archer hits the target for the first time, or when they hit the bullseye for the first time! Or when a camper says I really am the camp Grandpa. All of these are goosebump moments!” — Grandpa*



SKYCAMP TECHNOLOGIES – COLUMBUS, OH

WHO THEY ARE: Founded by Dan Illausky and Craig Campbell, SkyCamp started as an after-school gig to make extra spending money. Now, SkyCamp is a fast-growing IT company that provides support and services for small business and non-profits throughout central Ohio.

WHAT THEY DO: SkyCamp has done everything from setting up computers, to updating the camp website, to designing and building camp’s IT infrastructure. This even includes running phone cabling outside during a snow storm!

AFFILIATED WITH CAMP SINCE: SkyCamp has partnered with Flying Horse Farms since 2008. They’ve grown with camp, helping to set up four offices, keep our phones and computers working, and always keeping camp technology up to date.

FAVORITE MEMORY: *“Around the time volunteer signups were launching for the inaugural camp season, my father signed up for every camp session to work the kitchen. I don’t think I’ll ever be able to live up to his legacy of dishwashing professionalism. You could tell my father had the time of his life washing dishes.” — Craig Campbell Jr. (The annual Craig Campbell, Sr. Award, one of our Volunteer Appreciation Awards, is named after Craig’s father!)*

COLOUR O, BABY!



Color Olympics is one of the most popular activities at camp. Campers get messy, play water games, and feel the joy of absolute freedom that comes with being a kid. Just see for yourself!





WELCOME TO HAPPYTIMES

HappyTimes Woodshop is no exception. And in its inaugural year, it has certainly lived up to its name.

Like everything at camp, HappyTimes was created to breathe joy and opportunity into the days of the campers. The woodshop itself is a celebration of all the things that Flying Horse Farms encompasses; transformation, innovation, and hope. And, it's been that way since its inception.

HappyTimes Woodshop was born from passion and generosity. It began with one family's idea and quickly became much more. The Derrow family brought the concept forward, and from there it promptly garnered community support from volunteers, donors, and organizations around Ohio.

Phil and Barb Derrow and their family have been part of the Flying Horse family since the beginning. Their support through the years has constantly generated and inspired more for camp and campers. It's from this place of believing that more is

always possible, that Phil's idea to bring a woodshop to camp came to be. An avid woodworker himself, Phil was determined to bring woodworking to campers.

"I've always loved woodworking," said Phil Derrow. "I took a shop class in high school and really enjoyed it. That's how I got started. A woodshop seemed like something that would fit perfectly at camp while giving campers the confidence of knowing they can make something with their hands."

The Derrow's idea became a reality with their gift to build the workshop and a capital drive to assure long-term sustainable programming.

"The decision to build HappyTimes was based on a combination of factors," shared Phil. "My family and I had just established a family foundation so that we could become more impactful with our philanthropy. Couple this with my passion for woodworking and camp being open to the whole idea of a woodshop. Our foundation's first big gift was toward the creation of the woodshop."

It would also become the first building at camp that could be winterized. So beyond offering more opportunities to educate and engage campers, the woodshop would become the most efficient building at camp with an upgraded gas line that would benefit the camp as a whole. An idea to spark creativity in campers quickly stemmed into more. And, George Geissbuhler wanted to be part of the transformative effort.

George, like the Derrows, has been a camp staple since before camp opened. George first learned about Flying Horse Farms in the newspaper. Camp came into George's life during a time of transition, with his kids off to college and spending time with his new woodworking hobby, he connected with camp to give back. What began as an idea session of what he could offer camp from a woodworking perspective lead to a decade of in-kind projects used throughout camp and by campers. From luggage tags to logo centerpieces with Flying Horse Farms branding at annual events to the cookie every camper wears around their neck, George has left his mark.

"Everything I have done has just given me a great feeling," George beams when he recalls all the projects he has contributed to around camp. "Camp is transformative. You see these kids that have been told so many times they can't do stuff, and now they can. Anything they put their mind to. It's like winning a gold medal in the Olympics, winning at something they thought they could never do and all of a sudden they're doing it."



With his shared love of all things wood and camp, it was no surprise that George was immediately on board with the vision the Derrows had started. Beyond supporting the vision of HappyTimes on a fundamental needs level, he backed the match by putting forward enough appreciated stock with a friend to reach the \$150K fundraising goal. Now, with a successful capital drive accomplished, it was time to get to work.

"The woodshop is a great thing to do when it's raining and you can't play

outside or go hiking. And, getting kids making stuff with their hands leads to a big smile on their face because they are proud of what they can do." George's synopsis of HappyTimes came to life for the first time during sessions this summer.

HappyTimes broke ground in September of 2017, then less than two years later, the woodshop's official ribbon cutting happened this past May. After that, it was officially open to the kids. And, like everything at camp, safety came first. So, the first projects

were focused on teaching basics, learning skills, and fundamentals. Different age groups were exposed to woodworking experiences that matched their capabilities. Fire village (ages 10-11) created birdhouses, donated by Craftsmen for Kids, that they could then take from HappyTimes and enhance further in arts and crafts. Rangers (ages 16-17) got exposed to the teachings of HappyTimes in 2017 when they helped build benches for the woodshop. Then, in 2018 they made chopsticks that they used at nearly every meal in the dining hall, excited to show off their creations. This year they tackled cutting boards, furthering their skills. In all, HappyTimes has seen nearly 200 smiling campers gain more and become motivated by woodworking.

“Flying Horse Farms has really done this the right way,” said Phil. “When I first proposed the idea to camp, what I appreciated most was that they wanted to make sure everything was done the right way — from programming to safety to adaptations for children with serious illnesses. I respected their professional approach to ensuring not only respect of their donors but long-term sustainability of the programming.”

Maintaining a safe environment for campers to experience new opportunities was the top priority for Flying Horse launching HappyTimes. After that expectation was set, it was an immediate yes for camp. Anything that empowers campers is always an easy yes.

It was also a fast yes for many of our amazing in-kind donors that brought HappyTimes to life with their abundant generosity.

From Phil and Barb Derrow to George, to every volunteer and donor who joined the HappyTimes journey along the way, the woodshop has truly been a labor of love. Every piece of wood that physically built the shop was carved from a place of giving. And, it's a core spirit of generosity that will continue to be felt for years to come.

With one camp season under its (tool) belt, HappyTimes is ready for more. In the summers to come, the woodshop is eager to open its doors to more campers and offer more innovative projects.

And, as George emphasizes, the sky is the limit: “I think the direction they're going is great. It's all about going in the direction of what the kids like doing and hearing from them. They have gone about it very methodically with safety in mind which is critical. That shop is just gorgeous. It'll be a great addition to what they do at the camp and will give the kids a huge charge.”

HappyTimes, like camp, proves that one idea can change everything.

Without one idea, HappyTimes wouldn't be standing tall at camp today.

And, from one idea we look forward to sparking more within campers. More creative ideas, more boundary-breaking ideas. We anticipate bringing more ideas to life and more joy to campers' faces in all the summer sessions to come.





**THANK YOU TO THE FOLLOWING
COMPANIES FOR THE
CONTRIBUTION OF THEIR
GENEROUS IN-KIND DONATIONS
TOWARD HAPPYTIMES
WORKSHOP:**

Anderson Concrete

Archall Architectural

Buckeye Ready Mix

Craftsmen for Kids

Federal Rent-A-Fence

Gehle Aeration

Jezerinac Geers

McMullen Engineering

Ohio Contractor's Association

Ohio Heating

Superior Outdoor Management

IN THE GARDEN



CAMPERS FIND THEIR GREEN THUMBS
IN MORE THAN ARTS & CRAFTS





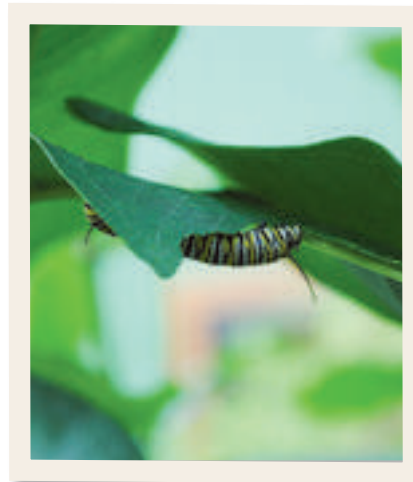
FHF GARDEN PICO DE GALLO RECIPE

10 servings

- 4 large plum tomatoes (to yield 2c. — roughly 1 pound)
- 1/4c. chopped white onion (we used our cipollini onions)
- 1/4c. chopped green pepper
- 3T. chopped fresh cilantro
- 2t. minced jalapeno (remove seeds for less heat, or entirely)
- 1 1/2 t. fresh lime juice
- 3/4t kosher salt, or to taste
- 1 small garlic clove, minced

Add all ingredients into a bowl and serve with tortilla chips

**Blend half of the final product in a food processor and add back to the rest for a less chunky salsa!



The smell of fresh soil, the sensation of feeling prickly vegetable skins, the satisfying “snap” that comes when picking a tomato off the vine. This summer, campers experienced all these things in the new camp garden. Thanks to some very generous donors, campers dug into and explored the summer garden, learning gardening techniques and picking fresh vegetables for use in delicious meals in camp’s dining hall.

“We planted green beans, cucumbers, celery, beets, carrots, radishes, zucchini, broccoli, cauliflower, brussels sprouts, green peppers, onions, and six types of tomatoes,” shared Wes Patterson, Flying Horse Farms Food Services Director. “The kids loved picking fresh vegetables.

Especially pulling the fresh carrots out of the ground. It’s not something most kids get to do at home.”

The vegetables were planted in early June after a donation of soil from The Scotts Miracle-Gro Company and a gift of plants by Petitti Garden Centers in Cleveland. Starting in July, campers visited the garden as part of Nature Club to observe the sensory garden, check-in on the growing produce, learn green practices, and discover the different insects and animals that made their home in the garden.

“It became an incredible game of ‘I Spy,’” said Chef Wes. “Chef Graham and I enjoyed watching the excitement of kiddos as they experienced the possibilities of nature

and then seeing the things they harvested show up in their dinner. It encouraged them to try new things.”

Next year Chef Wes and Graham hope to see increased programming around the garden that includes campers using fresh-picked vegetables in their own dining hall recipes.

“We consider food medicine and an important part of the care we provide at camp,” said Chef Wes. “I can’t wait to see kids be a bigger part of that process from harvesting to cooking to enjoying it with their friends.”

MEET SOME OF OUR

CAMP HEROES

The Big Red Barn is beautiful, but sometimes, it can get a little chilly and with a bit of a drive, to boot. So what does a Flying Horse Farms employee do when the cold season hits or they have meetings closer to Columbus? Thanks to two new camp heroes, Kollektiv and Atrium, we have additional remote offices to work from. Both companies provide in-kind space to work out of so staff can continue to serve campers even when they're away from the Barn.

These spaces allow teams to have cross-department meetings, permanent and "hot" desks to work from, and additional offices to call home. Don't worry, though—everyone works at the Barn on Thursdays to make sure different teams can see each other and get things done!

HERE'S MORE INFORMATION ON EACH OF THESE CAMP HEROES:

KOLLEKTIV – GERMAN VILLAGE; COLUMBUS, OH

Kollektiv is a coworking space catering to small businesses and entrepreneurs in German Village and the surrounding neighborhoods. Their unique space, in a former Max & Erma's restaurant, has created an upbeat and lively culture that is not easily found in traditional workplace environments.

When Camp Program and Medical teams aren't working onsite at camp, they can often be found here having meetings or planning for the next camp session. Flying Horse Farms was the first tenant at Kollektiv. You can find more information about the space at kollektivco.com.

ATRIUM – BLACKLICK, OH

Atrium is a vertically-integrated company offering branded retail solutions designed to fit their customer's needs. They strive to deliver brand and fashion-right merchandise to customers through collaboration and unmatched customer service.

Located in Blacklick, just outside of Columbus, and fondly referred to "Jackson Hole" because of its location on Jackson Hole Drive, the Development and Communications teams work regularly from this space. When they aren't at the Barn, find them here! Flying Horse Farms shares a portion of the first-floor office with Atrium.



GABY LOPEZ

30+ SPECIAL DIETS OPTIONS IN ONE WEEK. Campers who can only eat four different foods. Nine types of s'mores. Gaby Lopez is a pro, and she loves being able to provide campers with dietary restrictions something they'll enjoy. From sushi to her famous allergen-free banana bread, Gaby can dish out something for everyone's palate.

With a Bachelor's in Nutrition and Exercise Physiology from the University of Missouri and a Master's in Allied Medicine with an emphasis in Medical Dietetics from The Ohio State University, she's got the credentials. We sat down with Gaby to learn more about camp's Special Diets Guru who has spent the past three summers at camp.

HOW DID YOU GET INTRODUCED TO CAMP? I originally looked into camp when I was searching for something I could be involved with long-term while in Ohio. I didn't realize I was able to go to camp to fulfill school requirements as a med-diet intern, as well. It was a win-win and I never left!

WHAT WAS YOUR FAVORITE PART ABOUT BEING SPECIAL DIETS GURU? As someone who really enjoys cooking and baking, transforming meals to accommodate all our friends at camp is a really fun challenge for me. I love being able to offer new foods to campers that they've never been able to try!

WHAT IS YOUR FAVORITE CAMP MEAL? Peach cobbler with ice cream—totally an acceptable meal!

DO YOU HAVE ANY FAVORITE MEMORIES FROM THIS PAST SUMMER? Making a world-famous lemon loaf, judging Chopped: Med Diet Edition, s'more scavenging, and making calls on produce telephones are all tied for the top.

DO YOU HAVE A FAVORITE CAMP DANCE? Hot Cheetos and Takis. I've forced many friends to listen to it outside of camp.

HOW HAS CAMP CHANGED YOU? Camp has this great way of pulling the world's most optimistic people to it, from campers to staff to volunteers. Being around all these awesome people has definitely made me more positive and hopefully more fun.

LETTERS TO CAMP



FLYING HORSE FARMS WAS AN EXPERIENCE OF A LIFETIME. It really changed my perspective on life. I was fortunate enough to work with the Rangers this summer during HemOnc A. Those kids are the most wonderful kids I have ever met. They continuously left me laughing and truly made the long days so much better!

One specific memory I remember from camp was the night that we shared affirmations we had all written about each other. The love that the kids and staff shared with each other after only knowing each other for such a short period of time was extraordinary. Not only did we all feel validated in the end, but we all knew that it came from a place of genuine love and caring.

It felt so good to hear what the kids had to say about each other and then see their reactions when they were reaffirmed. An affirmation can do a lot for someone. I know mine truly affected me. When they say Flying Horse Farms will always be home, that is truly what it feels like.

Thank you to FHF for giving me one of the greatest experiences and may it continue to do that for others!

— SOFA BAH, CAMP VOLUNTEER

THANK YOU FHF — FOR EVERYTHING YOU HAVE DONE FOR ME.

The first year I came to camp I was a little scared. I had no idea what to expect and I didn't know anyone else. However, I quickly learned that camp is my happy place. It is the one week of my year that I can be my true unique self without being judged for it. It is one week of fitting in.

Camp made me realize I am not alone and other people struggle with the same things I do. At camp I am able to open up about things no one else knows about me, I just feel like everyone understands how I feel. When I have a bad day outside of camp I read my camp notes and dance some camp songs. That always seems to cheer me up and give me hope! I have made friends at camp that will last a lifetime!

I love you all very much. And I cannot thank you enough for everything you have done for me. I am definitely planning to come back as a counselor. As long as possible. Thanks for making me who I am today!

<3 EMILY SCHLABACH, RANGER





TWO SUMMERS AGO WE WERE INTRODUCED TO FLYING HORSE FARMS — A CAMP FOR CHILDREN WITH SERIOUS ILLNESSES AND THEIR FAMILIES. ONE OF THEIR SLOGANS IS, “FOR A WEEK AT A TIME, BEING SICK TAKES A BACKSEAT TO BEING A KID.”

They call it a transformative experience. I saw that to be true the first time we picked Brady up from the GI camp the summer of 2018. Brady can be a boy of very few words at times, even with my concerted effort of asking him open-ended questions. The descriptions of his day or recess or school or really anything are generally kept to no more than 10 words. After we picked Brady up from his first week at Flying Horse Farms, he talked non-stop about his experience for a solid hour straight on our way home. Transformative was an understatement.

FOR THE FIRST TIME, BRADY WAS SURROUNDED BY OTHER KIDS GOING THROUGH WHAT HE GOES THROUGH ON THE DAILY. From stopping to do bolus feeds or taking multiple medications, to the isolation he can sometimes feel living life with this rare disease. Perhaps, more importantly, Brady got to meet kids who looked a lot like him. Other kids with feeding tubes. Other kids that have a hard time eating. Other kids who have food allergies. Other kids who only have a few safe foods. Other kids who get him. And didn't make him feel any different because he just so happened to have this rare disease and something called a g-tube.

Here's the thing. Ever since Brady got his diagnosis 8 years ago, the world became a little smaller. No longer were we the family that could just go to a restaurant, order a meal, and enjoy some time together as a family happily eating a well-cooked meal that we didn't have to prepare. We avoided restaurants.

And over the years, the activity list has dwindled. After Brady's feeding tube insertion several years ago, we started saying no to more activities. Brady has walked away from a few activities because of his fear of getting hurt.

Our world is smaller sometimes. And it can be isolating. It's hard to explain. And frankly, many people just don't get it.

Camp is a place that I never thought Brady could participate in after his diagnosis, and especially after his feeding tube insertion. And then I heard about Flying Horse Farms and suddenly it seemed that this impossible thing could become a thing.

I remember the first year we dropped Brady off at camp feeling equal parts excited and equal parts overwhelmed by the fact that I was handing over my special-needs child to a bunch of strangers that would look after him, feed him, bolus him, medicate him, etc. for several days in a row. I remember being fearful that Brady might get homesick. I remember being hopeful that he would make new friends. I remember praying that he would gain more confidence. I remember hoping that he could just be a kid and have fun. I remember thinking, I hope his cabin-mates get him.

And what a sense of relief when all of those hopes and dreams came true. I didn't need to be worried about Brady being homesick. In fact, I vividly remember him telling me after he got home from camp, “Mom, I had so much fun at camp, I didn't have time to miss you.” Wow! In fact, I didn't need to be worried about anything because Brady went to camp and made tons of new friends. He went to camp and came back with more confidence, more sure of himself, and even proud of having a g-tube. He went to camp and had the absolute time of his life. The highlight of his summer. Where he got a chance to just be a kid going fishing, learning archery, tackling the high ropes course, zip lining for the first time, and woodworking. And he just happened to be doing this with all of his newfound friends also suffering from GI diseases/conditions. A place where all the counselors, all the staff, all the volunteers, all his newfound friends got him.

Transformative experience, indeed.

— JULIE ADAMS, CAMPER PARENT





Dear FHF Staff & Volunteers,

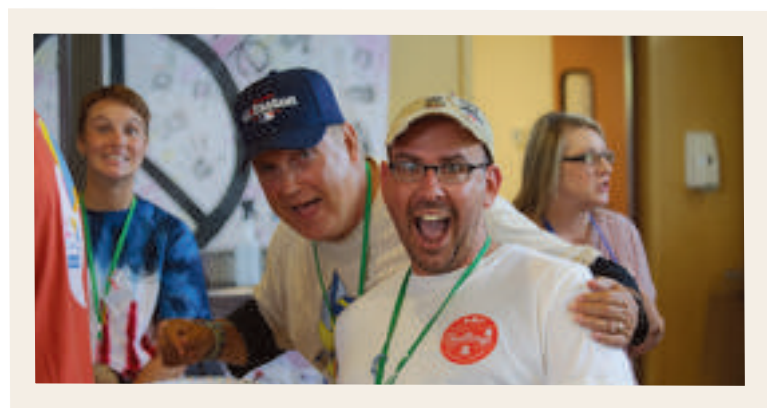
THANK YOU FOR GIVING YOUR TIME, ENERGY, AND TALENTS TO THE MANY CAMPERS. EACH YEAR OUR FAMILY BENEFITS FROM THE DEDICATION EACH PERSON GIVES TO FHF.

Because of you, our boys, Ethan and Spencer, have made truly extraordinary friendships and memories. Their time at camp instilled a confidence, joy, and the ability to try and bring happiness to others.

The fabric for these coasters are of course FHF colors, but they are more than just coasters. The fabric was used for a quilt made and shipped to the boys' friends. So because of you, the gift goes on.

THE BAYLOR FAMILY

(Who sent a gift of handmade coasters to camp!)



During the week when we're joined at camp by our campers with heart issues, we gathered at the Campitheater for an evening of fun, song, dance, and wish-making around our campfires. The forecast for the day (and probably the week) was a little less sunny than we'd have liked, but there was still plenty of sunshine at the time. Not long into our program for the evening, clouds slowly crept in, and rain began to fall — slowly at first, but then not so much. It wasn't enough to drive us away from our plans, so we stayed to see what would happen.

After a bit, we tried to refocus — but then someone began to chant.

"Rain, rain, go away — come again another day!!" grew from a quiet sprinkle to a raucous flood of determination, all of us trying our hardest to urge the showers to stop. When our chants and shouts reached their strongest and loudest — Camp Magic took hold and the rain stopped. Incredibly stunned, but incredibly proud, we cheered like never before. This had never happened before in the history of Flying Horse Farms: **WE STOPPED THE RAIN FROM FALLING.**

— ZAK GRIMM, LONG-TIME FHF VOLUNTEER

CAMP IS SOMEWHERE I GREW UP. And when I say I grew up there, I mean I raised the very first flag at camp. I have made bonds with people in a week that I wouldn't have been able to make in three years. I have no idea where I'd be without camp. Camp has taught me that I'm a lion with courage, loyalty, and a powerful voice. Camp is a place where I feel like I'm listened to, not just heard. Camp is a place where I am unapologetically me. Camp is the place where I take the jump and don't fear the fall because even if I fall, I know I'll have people to pick me right back up. Thank you for lighting a fire in me that cannot be dimmed. We will undoubtedly meet again because camp is home, and everybody always comes back home.

— ZOE TANNER, RANGER

HOW TO HELP

READY TO CHANGE A LIFE FOR THE BETTER? HERE'S HOW:

CASH GIFTS Unrestricted cash gifts allow for a wide range of projects and programs to be funded. Give today at FlyingHorseFarms.org. For details, email us at giving@flyinghorsefarms.org.

RECURRING GIVING A recurring gift allows a donor to select regularly scheduled gifts on a monthly basis. Donations of any amount are accepted and appreciated. Give today at FlyingHorseFarms.org. For details, email us at giving@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 us at giving@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 us at giving@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 us at giving@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 us at giving@flyinghorsefarms.org.

THIRD PARTY EVENTS Gather friends and colleagues to raise funds for and awareness about Flying Horse Farms. For details, email us at events@flyinghorsefarms.org.

DONATE NOW

YOUR GENEROUS GIFT WILL PROVIDE...

- \$25,000** . . . Meals for 1 week
- \$10,000** . . . Weekend Family Camp for 1 family
- \$2,500** . . . Summer camp for 1 child
- \$500** . . . Pharmacy supplies for 1 week
- \$100** . . . Four ukuleles

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 wonderful weekend for the entire family.

CABIN COUNSELORS — Ages 19 & up. Volunteer during a weeklong, kids-only summer camp. Counselors participate in activities, eat with their campers, and provide support and supervision. They 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 and discovery, Angie's Arts & Crafts, archery, and spotlight

DINING HALL VOLUNTEERS — Ages 18 & up or 16 & up with a guardian. 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 our 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 US AT VOLUNTEER@FLYINGHORSEFARMS.ORG. WE WILL SEND YOU A LINK TO AN APPLICATION WHEN THEY GO LIVE IN NOVEMBER.

MEDICAL VOLUNTEERS

Provide medical care and support during weekend family camp or weeklong summer camp. We need: physicians, nurses, respiratory therapists, and pharmacists (for camper arrival). Medical volunteers serve under the scope of their professional practice. Interested? Email us at volunteer@flyinghorsefarms.org.

CAMP CREATORS

With a full-time 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 for the next set of campers. Interested? Email us at volunteer@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 us at events@flyinghorsefarms.org.



CAMPERS FIRST

Our campers' safety is our top priority. That means our volunteers must be the best of the best — and that the somewhat-lengthy in-session application process includes a background check and medical records. We promise the payoff is worth it!

A photograph of two people ziplining over a dense forest canopy. The sky is blue with light, wispy clouds. The zipliners are silhouetted against the sky. The person on the left is lower and further along their line, while the person on the right is higher and closer to the start of their line. The forest below is lush and green.

“THANK YOU FOR
LIGHTING A FIRE
IN ME THAT CAN
NEVER BE DIMMED.”

— Zoe Tanner, Ranger



a seriousfun camp

FLYING HORSE FARMS
5260 STATE ROUTE 95
MT. GILEAD, OH 43338

