

# THE JOURNEY

A PUBLICATION OF  
FLYING HORSE FARMS

FALL 2021





# Ten years of a PLACE TO BELONG

## Table of Contents

Journey Back to Camp	4
Welcome Home	6
What I Did This Summer	8
Through the Years	10
A Vision for Camp	14
Firestarter Award	16
Camper Catch Up	18
Letter to Camp	20
Top 10 Lists	24
CSCA Activities	26
Allergen-Free Recipe	28
How to Help	28



"All we really wanted was for Kenny to make a friend."

This was one mother's hope ten years ago when her son came to Flying Horse Farms as one of our first campers. She wanted him to have a chance to experience genuine connection.

Simple wishes like these are the reason we opened our gates. Our vision was to create a space where children with serious illnesses and their families could forget about sickness, find some joy and laughter, and as SeriousFun Children's Network founder Paul Newman said, "raise a little hell."

We have been focused and dedicated to make that vision a reality in the ten years that have followed.

We started with Flying Horse Away to learn from our sister camps, and then grew from three residential weeks with just over 100 camp experiences that first year, to providing nearly 1,000 camp experiences annually. Over the years, we integrated rare diseases into our sessions – the highest acuity diagnoses – and expanded the age of programming to include an Adolescents and Young Adult camp. We added activities, including a one-of-a-kind high ropes and challenge course and the HappyTimes woodshop.

In ten years, we've welcomed more than 8,000 children and family members around our campfire, into our cabins, and down the zip line. We've seen them craft everything from duct tape wallets to constructing bird houses, take first-time swims in the pool, catch, kiss, and release fish, and dig into favorite meals while singing in the

dining hall – things our campers can't experience anywhere else.

The opportunity we've had to witness smiles return to kids' and parents' faces as friendships are forged is a privilege and recognized as only possible with the trust our families give to us. It's what inspires us to make the next decade of Flying Horse Farms even more significant.

We're growing into a regional asset, working alongside mission-aligned partners to provide trauma-informed care and holistic healing. By fulfilling our mission and expanding our approach in this collaborative way, we'll deliver even more of what we all want for these incredible kids – the sense of belonging and safety that comes from gathering around the campfire with people who understand you.

Thank you for helping us create this place we call camp, this place that has become such an integral part of the lives of so many children, including Kenny – who's made not just one friend over the past ten years, but become part of an entire community.

Here's to the next decade of healing, joy, respite, and lasting friendships.

With much camp love and onward on the journey together,

Nichole E. Dunn  
President & CEO, Flying Horse Farms



## THE JOURNEY

A PUBLICATION OF  
FLYING HORSE FARMS

**Nichole E. Dunn**  
President & CEO,  
Flying Horse Farms

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a seriousfun camp

Flying Horse Farms is a proud member of 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 1.3 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.

**seriousfun**  
children's network  
founded by paul newman





# Bringing families **BACK TO THE FUN**

We held our first-ever "Journey Back to Camp CAMPaign" in the spring and it was a big success. The 10-week fundraising effort generated resources to help camp reopen its gates to campers and families this year.

## MEET THE 10 AMAZING PARTNERS WHO MADE IT POSSIBLE TO OPEN OUR CABIN DOORS:

### ▼ EXPRESS WASH CONCEPTS

After partnering on Camp-in-a-Box deliveries last summer, Express Wash Concepts returned to join Journey Back to Camp efforts by offering a weekend car wash special across all Ohio car wash locations. When all the suds cleared, they raised more than \$50,000 for camp!

### THE KITCHEN ►

Columbus-based eatery The Kitchen returned to support camp with fan favorite Taco Tuesday. Their themed taco takeout benefited camp with proceeds headed to FHF!

### NORTH HIGH BREWING ▲

Our friends at North High have supported FHF in multiple ways over the past year. During Journey Back to Camp, they offered a build-your-own flight with proceeds coming to FHF.



### ◀ PETITTI GARDEN CENTERS

Petitti Garden Centers kept the partnership with Caruso's Coffee blooming by offering a special that had all proceeds from Flying Horse Farms coffee blend purchases going to camp. This evergreen special is even available through the end of the year.



### ▲ ROCKMILL BREWERY

Over the long Labor Day weekend, \$1 from every tasty wood-fired pizza purchased at Rockmill's Lancaster location was donated to FHF. They've won a pizza our heart with this effort!

### ◀ CITY BARBEQUE

This Journey stop was a camper favorite! New partner City Barbeque hosted two giveback nights in locations in Columbus and Centerville with proceeds from every meal benefiting camp.



### ▲ SERVICE BAR COLUMBUS

Service Bar Chef Avishar Barua created a takeout special based on FHF camper Gia's favorite camp meal. The mac 'n cheese dish, complete with colored noodles and crushed Takis on top, became one of Service Bar's highest-selling special items – and all proceeds came to camp. This called for a "Hot Cheetos & Takis" dance!

### BAKE A DIFFERENCE BAKERY ▼

Columbus-based bakery, Bake a Difference, created a delicious camp-themed six-pack of cupcakes with proceeds going back to camp! With flavors like a campfire cupcake, this partnership was a sweet deal.



### RIME TIME POPSICLES ►

In early June, camp favorite Rime Time donated \$1 from every strawberry popsicle purchased back to camp. The strawberry popsicle is a camper favorite for being allergen-friendly, cool, fresh, and of course, delicious!



### SIMPLE TIMES MIXERS ►

Just in time for summer, new supporter Simple Times offered customers 10% off their online purchases while sending 10% back to camp for 10 weeks straight. We give that 10's across the board!







*Families  
return to  
camp for  
a sense of*

**BELONGING**

**AND SOME**

**TIME TO**

**FEEL FREE.**

**Confetti cannons and music filled the air when the first families arrived at Flying Horse Farms in May 2021.** The first onsite camp programming since Fall 2019, the return of residential experiences took months of planning and preparation to ensure all campers, volunteers, and staff enjoyed a safe camp experience while weaving camp magic and healing into every bit of programming.

"From very early on, the Flying Horse Farms team was committed to making Camp Possible in 2021," said Dani Wilkinson, Chief Mission Officer and Camp Director at Flying Horse Farms. "After last year, through the pivots, planning, and Zoom calls, we embraced our Fearless is Free core value and were confident we could make it happen."

Reopening residential camp was based on multiple factors that included medical readiness, financial readiness, and timeframe to prepare camp. The team continually monitored

these milestones and worked with FHF's Medical Advisory Board to provide final approval to move forward with offering Family Camps as part of both Spring and Summer Residential Programming.

"We and our Medical Advisory Board understood that the increased stress and anxiety of 2020 impacted the entire family and the need to provide the safest experience for all – including those with high medical acuity and immuno-compromised diagnoses," said Wilkinson. "This led to our decision to host Family Camps instead of the traditional children-only residential camps. We wanted to offer camp as a safe space for families to find healing, community, and a huge dose of fun after a tumultuous year."

New safety protocols were developed to keep all camp participants safe including onsite COVID-19 screening, universal mask wearing throughout the weekend, increased physical distancing, and enhanced cleaning protocols used during each session. A new negative-pressure isolation room was also installed in the WellNest for added safety.

Increased psychosocial support was also provided by camp's medical volunteers during COVID testing and real-time crisis interventions. Psychosocial staff readily made themselves available to children and caregivers who expressed a need for a little extra patience or care after a year of increased isolation.

Seventy families returned to camp between May and August, including 21 new families. Some families traveled from as far as Pittsburgh to find respite from the intense remoteness of last year.

*"This weekend was awesome!" said Barb Dreves, camper parent. "It was a much-needed vacation from the last four years of fighting leukemia and living with COVID. Flying Horse Farms is a great place that understands not only that kids need to get away, but the medical and mental aspects needed to support them, too."*



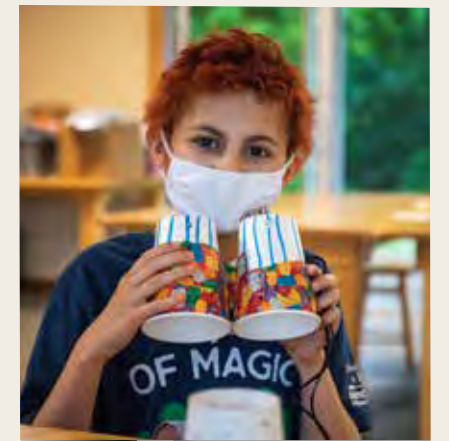


*A camp season  
that stays  
with campers*

# ALL YEAR LONG

With the gates open once again, Flying Horse Farms welcomed 70 families over nine spring and summer Family Camp sessions. The weekends were filled with joy and respite with both new and returning families finding ways to reconnect with each other and having lots of fun while doing it.

**Here's a peek at some of  
the scenes from Family  
Camp 2021!**





*Flying Horse Farms*

# THROUGH THE YEARS

Flying Horse Farms has served children living with serious illness for over a decade now. That's 10 years of belly laughs, wishing big, and starry skies. When the first residential camp was held in 2011, we never imagined we'd have this much fun giving campers the time of their lives.

It all started in 2005, when founders David and Jenni Belford had a vision to create a place where kids could truly belong. See how camp has evolved through the years, take a look at some of our biggest milestones, and smile at the friendly faces who have supported camp along the way.



2009

Groundbreaking at camp.



2007

Paul Newman visits the property that will become Flying Horse Farms. The yellow golf cart he rode through camp is now named "Newman" in his honor.

2006

FHF Campers start attending other camps within the Association of Hole in the Wall Camps through the "Flying Horse Away" program.

2005

FHF is founded as a 501(c)(3) after David and Jenni Belford hosted a day event for children with serious illnesses inspired by the Association of Hole in the Wall Camps. They name the new camp Flying Horse Farms after a golden horse weathervane in the children's book, *The Big Red Barn*.

2010

FHF hosts its first Family Camp session.



2011

FHF hosts its first residential summer camp session.



FHF becomes a full member of SeriousFun Children's Network, then known as Association of Hole in the Wall Camps.

Partnership between Abercrombie & Fitch Co. and FHF begins when A&F Co. holds a staff sample sale fundraiser for camp.

2012

Association of Hole in the Wall Camps becomes SeriousFun Children's Network.

After moving and being reassembled at camp, The Big Red Barn is opened as FHF's administration office.





Artpost program is launched as a teen program option in addition to Outpost. Teen campers concept and paint their own mural each week through this club.

2017



The famous wood-fired, mobile pizza oven is donated and delivered to camp.

2016



Craniofacial Differences Camp is offered for the first time.

2015

AmeriCorps helps make our facilities better by building accessible paths, creating the Disco, and more.



Ropes Course opens for campers to climb on.

A&F Co. paints the WellNest with beautiful murals in every room to make campers feel more at ease.

2014



Partnership with Sam's Fans begins.

FHF hosts Neuro-Oncology Family Camp weekend.



2018

Camp hosts its 100th camp session.



FHF hosts the first Rare Disease camp.

2019



HappyTimes Woodshop opens for woodworking programs.

FHF hosts its first Adolescent/Young Adult weekend.

2020



Camp-at-Home launches to reach campers closer to home.

2021

*Celebrating our 10th camp season!*





# A vision FOR CAMP

**More than 15 years ago, before the gates of Flying Horse Farms were built, before the first campers zipped down the zipline, and before the mealtime bell was even hung, FHF Founders David and Jenni Belford hosted children with serious illnesses at their property in Mt. Gilead for a day of fun.**

Families fished together, took hayrides, went boating, made s'mores, and yes, even visited with horses. This was a special day families looked forward to every year – a treasured chance for them to let go of the pressure of everyday life, and relax for just a bit.

Giving back to those families sparked so much joy in the Belfords that they were inspired to set aside nearly 200 acres of their property in Mt. Gilead, Ohio, and transform it into a facility that could recreate these special days all year long.

One of their earliest memories of camp includes the time they hosted actor and philanthropist Paul Newman, SeriousFun Children's Network Founder, on the property to witness their plans.

"It was just a couple tents up in a field at the time," said Jenni Belford. "We were grateful Paul was able to visit us. To be able to share our vision for the camp and have him bless the site was really special."

Ten years and thousands of camp experiences later, David and Jenni continue to dream big for Flying Horse Farms. They're proud of what the organization has accomplished and excited for its next decade and the opportunities to

invite even more children and families to experience the ease and community of camp.

"This place is so much more than the first camp we hosted 10 years ago," said David. "The coordination and intentional planning that create fun for every child who comes to camp makes me proud. To see camp from infancy to where we are today has been very fulfilling for both of us."

So what do they envision for Flying Horse Farms as it moves into its next decade of service? In a word, more.

"The incredible staff at Flying Horse Farms has done the hard part in starting camp, making it safe, and growing it to serve hundreds of children and caregivers each year. And still, we know there is additional need in the community," said Jenni. "This is a wonderful resource that can serve more people. We would love to see camp continue to grow and find new ways to provide healing to those who need it."

Understanding how difficult the stress and isolation of the past year has been on children with serious illnesses, their families, and the greater community, Flying Horse Farms is exploring how it can expand its services. This past spring, camp hired a Behavioral Health Program Manager to provide greater focus on camp's psychosocial programs and build relationships with potential partner organizations.

"The world has changed in the last 18 months," said David. "Bringing an increased focus on the mental health of children, which is undeniably an important piece of their health, is exciting to see at camp."



Jenni Belford, Paul Newman, and David Belford



David and Jenni Belford at FHF Groundbreaking Ceremony

Another goal David and Jenni have for Flying Horse Farms is to achieve a level of sustainability that would allow it to more easily grow and provide year-round programs.

*"My wish for camp is to see it expand its partnerships and, in turn, increase awareness and support of its mission, so Flying Horse Farms can be here for more people long into the future," said David. "Camp has many incredible partners who support the healing and respite it provides children and families. These same partners are now also seeing how camp experiences can benefit their organization and associates."*

"A year-round camp is a dream worth pursuing," adds Jenni. "The work Flying Horse Farms is doing now to expand its social enterprise and other opportunities with healthcare, corporate, and higher education partners is exciting to see. These partnerships make the possibility of hosting year-round experiences more real."

Flying Horse Farms is excited to grow into the next decade, putting the Belfords' plans into action and calling on the expertise of our volunteers and staff to make it happen. No doubt camp will be even more remarkable when we celebrate the 20th anniversary. One thing that's sure to remain the same, however, is the magic that touches every life involved.

"Camp is a special place for our entire family," says Jenni. "Our kids have been lifeguards here. My mom has worked on the K-Crew. We all love camp and the feeling that comes from the happiness it creates."

*"Having this dream of camp, executing it, opening it, developing programming, and having learned every step of the way over the past 10 years, this organization and the team has grown so much," said David. "Knowing where we are today, I'm excited we have such a great strong staff who has weathered a tough time that is ready to take us to what's next for camp. Understanding the work they're doing makes me feel like we are part of something bigger. And we're proud of that."*



# Giving countless kids a chance to reclaim their CHILDHOOD

## Meet the Flying Horse Farms inaugural Firestarter Award honorees, Drs. Pat Agatisa and Jerry Boyle

Before Pat Agatisa, PhD, and Jerry Boyle, MD, decided to move their family from Pittsburgh to Cleveland to begin new roles at The Cleveland Clinic, Jerry had a wish list of requirements for his new employer. On that list was a camp for children with serious heart conditions in Ohio – one that was similar to a camp he and Pat had supported in Pennsylvania.

"I started working at Cleveland Clinic in 2004 and five to six months after I started, Jenni and David Belford's representative came to the Clinic looking for a physician champion for their camp. He intended to go to all the children's hospitals in Ohio," said Jerry. "I've thought about that meeting since then and wondered why he ended up at Cleveland Clinic Children's Hospital and not another hospital. It was a wonderful fortune for me."

"It was all very serendipitous," added Pat. "To finally be able to check that off the wish list with that first camp was very sweet."

Jerry and Pat helped develop Flying Horse Farm's medical program from the very start. Jerry served as camp's first

Medical Director from 2005–2010 while the Mt. Gilead campus was being built. He traveled to several other medical camps throughout the world, bringing back best practices to incorporate into The WellNest, camp's medical center. In particular, the emergency treatment room, the Boyler Room, was designed under his guidance.

"I wanted to make sure we had a state-of-the-art medical facility," said Jerry. "There was some nervousness around hosting a heart camp as they can be considered a higher risk group of patients. I knew I could make it safe and create the space I needed to do it."

Since that first Heart Camp in 2011, Pat and Jerry have come to Flying Horse Farms along with a caravan of patients and medical volunteers every year. They have dedicated hours upon hours to helping establish camp as a trusted medical partner in Ohio and promoting Flying Horse Farms throughout their community. They've also sponsored numerous fundraising events, introducing new supporters to the impact and the magic of camp.

Because of this passion and enduring commitment to keeping the campfire lit for past campers and children yet to come, Pat and Jerry were selected as the first recipients of the Flying Horse Farms Firestarter Award.

"The vision, support, expertise, and time Dr. Boyle and Pat have devoted to camp has been instrumental not only in the camp's inception, but its success," said Meredith McCulloch, Art Therapist at Cleveland Clinic Children's Hospital, who has volunteered at FHF Heart Camp since the very beginning. "They are acutely aware of the medical and psychosocial challenges that accompany illness and hospitalization and use their understanding to better support campers and their families."

One of the most memorable camp experiences for Pat and Jerry involves a camper named Ken who came to camp during that first Heart Camp. He had a phobia about getting his head wet.

"During his first night at camp, the weather turned, and Ken was upset because he was going to have to leave the dining hall and get to his cabin in the rain," recalled Pat. "So, we got him an iPad to track the storm, and when part of it passed, Jerry rushed him to his cabin in a golf cart."

"The next summer, Ken returned and called me to the pool shower," said Jerry. "He stepped under and got his head wet. It was a big breakthrough."

"The following year, he wanted me to come to the pool with him where he put on a life vest, floated to the deep end, slipped off his vest, and dunked his head under water," he continued. "That's when he earned the nickname 'Deep End Ken.'"

It's these relationships that make the biggest difference for Pat.

"I'm usually a shy person," she said. "But when I go to camp, I feel like my role is assuring the parents that they made the right choice, and their kids are safe. I make sure to tell them Jerry is my husband and that my kids are here, and my nieces and nephews are here and have no fears."

Camp has, in fact, become a family affair for Pat and Jerry as both their children, several nieces and nephews, and even Jerry's brother and sister-in-law have volunteered at camp in various roles. They attribute this experience, at least partially, to their youngest son pursuing a nursing career.

"I think having our families see us at camp gave them a deeper appreciation for what Pat and I have turned our lives to," said Jerry. "And for me to share that extra time with them and see them appreciate these kids and interact with them is life changing."

What does receiving the inaugural Firestarter Award mean to them?

"We get so much joy out of camp. An award like this was never a thought for us," shared Pat. "Our reward is to simply have a camp and see the kids' faces and see them keep coming back."

"I love my work, but this is really what has fulfilled my life," said Jerry. "It means the world. There are no words to express the gratitude we have for being recognized."

## This award is for the TRAILBLAZERS

*A tribute by Joe Ross, M.D., Chief, Division of Cardiology at Dayton Children's Hospital, Longtime Heart Camp Volunteer and Flying Horse Farms Medical Advisory Board Member*

### Ten years have gone by (really 11), and the two of them have never changed.

Jerry has been the steady voice of medical sense through all the ups and downs at camp. He stayed the course to make sure all involved, including the board, were informed of how the money raised was being used. He was and is very proud of what FHF stands for and all that has been accomplished in a short time – a beacon for other SeriousFun camps to recognize and emulate.

He continues to be a tireless cheerleader for the camp to his patients, and everyone in Cleveland that will take the time to listen to him. They always come in flocks because of him, possibly even more so than for the camp itself. And he jumps right in the fray with them, which campers recognize and love. His visits don't feel like "doctor visits," because the campers are in charge when he is there. He makes sure they enjoy it as much as he does, which is exactly what Paul Newman would have wanted.

Pat is less boisterous but has just as much heart. She has been involved in all sorts of volunteer activities at camp, really showing her flexibility. You can tell how much the young campers mean to her as well, and she makes friends with them easily. She also keeps Jerry in line, which sometimes we have to ask her to do. She's quite kind and has worked incredibly hard to make this camp special. I'm not sure I have ever seen him there without her, which should tell you something. They do this all together, so I have no doubt that she drives him as much as he drives himself.

The first award should go to the trailblazers. They both brought this passion to Ohio from Pennsylvania where they were so involved, and now we flourish here because of it. They have been instrumental in building FHF and watching it grow. They've been tireless in promoting everything good about medical camps for children. They have shown us a will to make things happen, and all have followed the lead to build FHF into such a wonderful institution. No two deserve this recognition more, and it comes into my mind every time I drive through the gate. Pat and Jerry have made this HOME to all of us and to all our campers.





# A decade of SWEET MEMORIES

and many  
beautiful today's!

After 10 years of camp (more if you count Flying Horse Away!), there's certainly been a fair share of campers who have had a transformational experience. After spending time at camp, they've gone back home to turn the world around (clap clap). Let's catch up with a few to see how they've brought camp into their everyday lives!



## Andray Simmons

### WHEN DID YOU ATTEND CAMP?

My first year at camp was in 2013! And I've been coming back as a camper or volunteer every year since.

### FAVORITE MEMORY AS A CAMPER?

Dancing around in the Dining Hall to Ice Cream and Cake (and cake!).

### WHAT ARE YOU UP TO NOW?

I am attending school at Wright State University double majoring in Business & Human Resources Management. I also work at Chick-fil-A as an HR Manager.

### WHAT'S ON YOUR WISH STICK FOR CAMP?

I wish camp could open its doors to as many campers and families and keep changing lives for the better as it is right now!



## Aubri Pritchett

### WHEN DID YOU ATTEND CAMP?

I first attended Family Camp in the fall of 2011. After that I was hooked! And I came back as a camper, ranger, and volunteer.

### WHAT IS YOUR FAVORITE MEMORY FROM FHF AS A CAMPER?

Just being able to feel like a kid. I got to forget about the doctor's appointments and procedures and just got to dance and be silly. I loved being surrounded by other kids who were like me, and those friendships are something I still cherish today.

### WHAT ARE YOU UP TO NOW?

I live in New York City. I'm in my second year of medical school at NYU where I'm studying to be a pediatrician. (Maybe I can go from camper to ranger to counselor to camp doctor!)

### HOW DO YOU INCORPORATE CAMP INTO YOUR EVERYDAY LIFE?

By remembering Challenge by Choice. I choose to do new things that challenge me and put me out of my comfort zone because that's when true personal growth happens. I also dance to Hot Cheetos and Takis every once in a while to de-stress.

### WHAT'S ON YOUR WISH STICK FOR CAMP?

That everyone will get to experience the magic of camp.



## Sarah Toppin

### WHEN DID YOU ATTEND CAMP?

2010-2016

### WHAT IS YOUR FAVORITE MEMORY FROM FHF AS A CAMPER?

My first year, after having fun all day, we sat down in the cabin and just talked. We talked about our illnesses, our fears, our medication, and we bonded. This was the first time I had ever met someone going through something similar. That moment and the friends I made at camp will always be my favorite memory.

### WHAT ARE YOU UP TO NOW?

I am going into my senior year at Heidelberg University majoring in Health Science and Psychology and applying to grad school for occupational therapy.

### HOW DO YOU INCORPORATE CAMP INTO YOUR EVERYDAY LIFE?

Two of camp's core values I use in my everyday life are Celebrate Every Milestone and Fearless is Free. Every day I try to celebrate something. Whether it be big or small, there is always something to celebrate. Celebrating not only my milestones but also people around me makes life just a little more exciting. I also use Fearless is Free in everyday when I have to do something outside of my comfort zone. Remembering that it's ok to be pushed out of our comfort zone and jump right into something new costs us nothing and oftentimes opens new and exciting doors.

### WHAT'S ON YOUR WISH STICK FOR CAMP?

I wish for everyone to be able to experience camp magic!



## Marin Henry

### WHEN DID YOU ATTEND CAMP?

I started going to camp when I was 7 in 2010, and continued on to become a Ranger from age 16-17.

### WHAT IS YOUR FAVORITE MEMORY FROM FHF AS A CAMPER?

Meals in the Dining Hall, chanting Birds in the Wilderness, dancing to camp songs, and eating with no hands.

### WHAT ARE YOU UP TO NOW?

I am preparing to move to college in a month to pursue a career in nursing.

### HOW DO YOU INCORPORATE CAMP INTO YOUR EVERYDAY LIFE?

Being around so many others just like me allowed me a normality I had never experienced. My years at camp were a time that I was finally able to see the limitations I had placed on myself due to my illness. Camp taught me to live without these limitations and despite difficult times I face I will never forget that.

### WHAT'S ON YOUR WISH STICK FOR CAMP?

Here, you become

**LIMITLESS!**





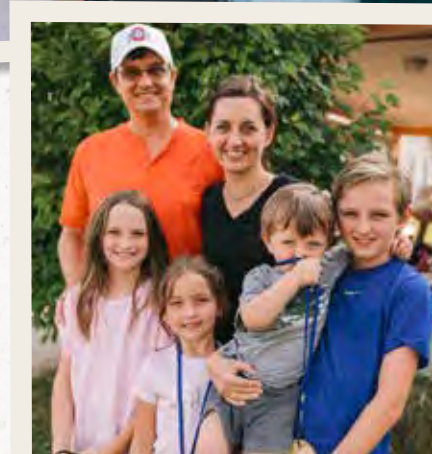
# LETTERS TO CAMP

After a year like no other, we knew that the need for camp was stronger than ever. We prepped and double checked everything to make sure Family Camp weekends were as safe as possible. And then... camp magic kicked in. In these Letters to Camp, families share what Flying Horse Farms meant to them this year.

*We thought the whole experience was pretty spectacular.*

As a first-time family, we weren't really sure what to expect, but the reality definitely exceeded all of our expectations. Allie felt so comfortable there, and so did her brother who suffers from general anxiety and usually doesn't transition too easily. This was the first time since she was born that someone other than myself or my husband prepared food for Allie. She loved all the safe snacks the K crew left her! It may not seem like much, but it was such a relief for me to finally be able to let someone else do some of the food prep for her after 7 years. Allie enjoyed her stay so much she literally bawled when she got home. She is not a child that cries normally, so she felt very strongly about leaving. Both kids asked multiple times when we could go back. Joe and I definitely felt relieved with the respite this time away at camp did for our family. We are so grateful for this opportunity to have participated, and look forward to doing so in the future!

— Camper Parent



*We are always tighter and closer as a family after camp.*

You really do offer an extraordinary service here that heals/softens a part of our hearts that have been hardened in dealing with health issues. I can't tell you how central you have been to our family's health and wellness over the years. I must say, too, that we loved being next to two first-time families. Though we couldn't interact as much as we would have liked due to COVID precautions, we were more than happy to help them feel welcome and explain how this year, their first, was different. We love you all so much.

— The Camper Family in Cabin 10



## WE REALLY ENJOYED EACH OTHER'S COMPANY AND CAME AWAY FROM CAMP FEELING VERY SOLID AS A FAMILY!

My husband doesn't like to travel and I worried that he would not enjoy himself. I think he loved every minute of camp and loved having us all together and bonding with us. Spencer was the focus of everyone's attention and, of course, HE loved that! I think Spencer matured a bit while we were there...he talked to Rachel for a while about his concerns about coming back to camp alone and I think that some of the attention/interaction he had at camp really helped him come into his own and grow his confidence about his ability to come back to camp alone. He's even talking about wanting to be a Ranger!

— Camper Parent



## CAMP IS A PLACE WHERE THE WHOLE FAMILY CAN HAVE FUN AND PUT THEIR DAILY BURDENS ASIDE.

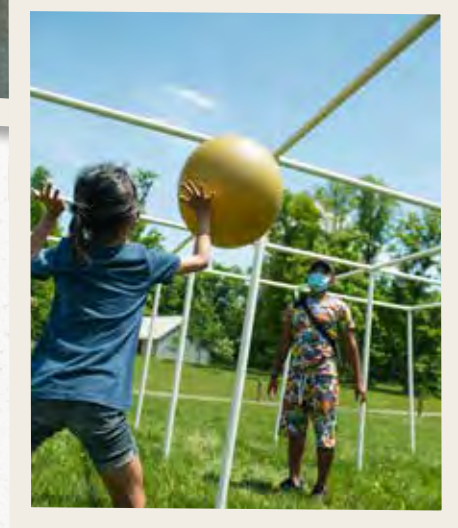
The kids (and maybe even us parents) stepped out of their comfort zones. The kids found that they enjoyed new experiences even more than those things they had done in the past and expected to love most! We loved having the opportunity to connect as a family in an environment where the daily shuffle and stress didn't exist. We enjoyed meeting our neighbors and fellow campers, albeit a little more distanced than usual. The way the staff connected with both the kids and parents was amazing – we felt so much care and support for the whole family throughout the weekend. We also appreciated the staff's quick assistance when we dealt with an unexpected issue that arose the last morning at camp. It was truly the first time I felt at ease trusting someone else to take the lead with our camper's medical challenges. Although this year was a different experience than usual, we actually found it to be a very good way for our family to experience camp for the first time. Flying Horse Farms truly was a magical place for us, and we look forward to enjoying and supporting your mission for years to come! Thank you for everything!

— Camper Parent

## TRULY MAGICAL!

Melody has always loved music. When we walked into Spotlight with Todd, she sparkled with delight. We did everything during that hour: podcast, interview, jam session, dance and karaoke. It brought tears to my eyes because Melody had stopped singing this year. When I asked her what made her stop, she said the kids at school often tell her to stop humming, singing or dancing. She now is being the glorious Melody I have always known with her beautiful love of music. I just can't thank everyone enough for the magic that happened with every experience we shared.

— Camper Parent



Camp is home. We're in the middle of moving, so we're living in a temporary apartment while we fix up our new house. Hayden is about to start a new school and move again for the second time in three months. He's seemed really anxious lately, but the minute his feet hit the ground at camp he was like a different kid. The anxiety melted away and it gave us a chance to talk more in depth about the stress from home in an environment where he felt super safe. It was also great for me to know that if the conversation got hard I could call 511 and one of the Psychosocial Team Members would have been there to help.

— Camper Parent





# 100 OF THE BEST THINGS AT CAMP

The votes are in on the 10th Anniversary FHF Top Ten in 10 different camp categories. Even though the real score is *fun to fun*, check to see if any of your favorites were big winners!



## Top 10 Costumes from the Costume Closet

1. Chicken Head
2. Tutus
3. Spacesuit/Astronaut
4. Sloth Head
5. Pumpkin
6. Alligator Costume
7. Fairy
8. BGSU Hockey Jersey
9. T-Rex
10. Sharks Baseball Jersey



## Top 10 Camp Dances

1. Hot Cheetos and Takis
2. 500 Miles
3. Fanny Pack
4. Chameleon
5. Hey Baby (AKA "Will You Be My Squirrel")
6. Ice Cream and Cake
7. Eenie Meenie
8. Better When I'm Dancing
9. Shake It Off
10. Reach



## Top 10 Campfire Skits

1. Fountain Skit
2. Movie Theater
3. White and Fluffy
4. German Throwing Team
5. Raisin Bran Skit
6. Making Eggs
7. Anything by the K-Crew
8. Invisible Bench
9. Bandana Skit
10. JC Penney



## Top 10 Activity Areas

1. Archery
2. High Ropes
3. Angie's Arts and Crafts
4. Swimming/The Pool
5. Fishing
6. Zipline
7. Outpost
8. Boating
9. Nature
10. Spotlight



## Top 10 Mugs from the Dining Hall

1. Weidner sisters Christmas mug
2. Whichever mug has my coffee in it!
3. Frankenstein mugs
4. Castle mug
5. "Best Day Ever" mug
6. FHF Mug
7. Lazarus mug
8. The Classic mug
9. Everyone mug
10. Small white mug with the blue stripe around the lip



## Top 10 Camp Themes

1. Hogwarts Americana
2. Wonderland
3. Wild
4. Around the World
5. Into the Woods
6. Family Vacation
7. Across the Universe
8. Camp for the Holidays
9. Camp for President
10. Underdog



## Top 10 Camp Meals

1. Brunch favorites – Monkey Bread and French Toast Bake
2. Tacos
3. Pasta
4. Breakfast Pizza
5. Ice Cream and Cake
6. Pizza
7. Breakfast
8. Chickpea "Tuna" Melts
9. Burgers
10. Lentil Sloppy Joes



## Top 10 Color Olympics Stations

1. Ice Cream Sundae
2. Kevin the Dunk Tank
3. Keep It Up
4. Car Wash
5. Defender
6. Village Color Competition
7. Parachute
8. Relay Race
9. Artist station
10. Popsicles



## Top 10 Camp Songs

1. Mountain Song
2. Purple Stew
3. Oreo Cookie
4. Goodnight Cabins Song
5. The Camp Song
6. The Buffalo Song
7. Sticky Moose
8. Little Red Wagon
9. Herman the Worm
10. Hey Bodiddily Bop

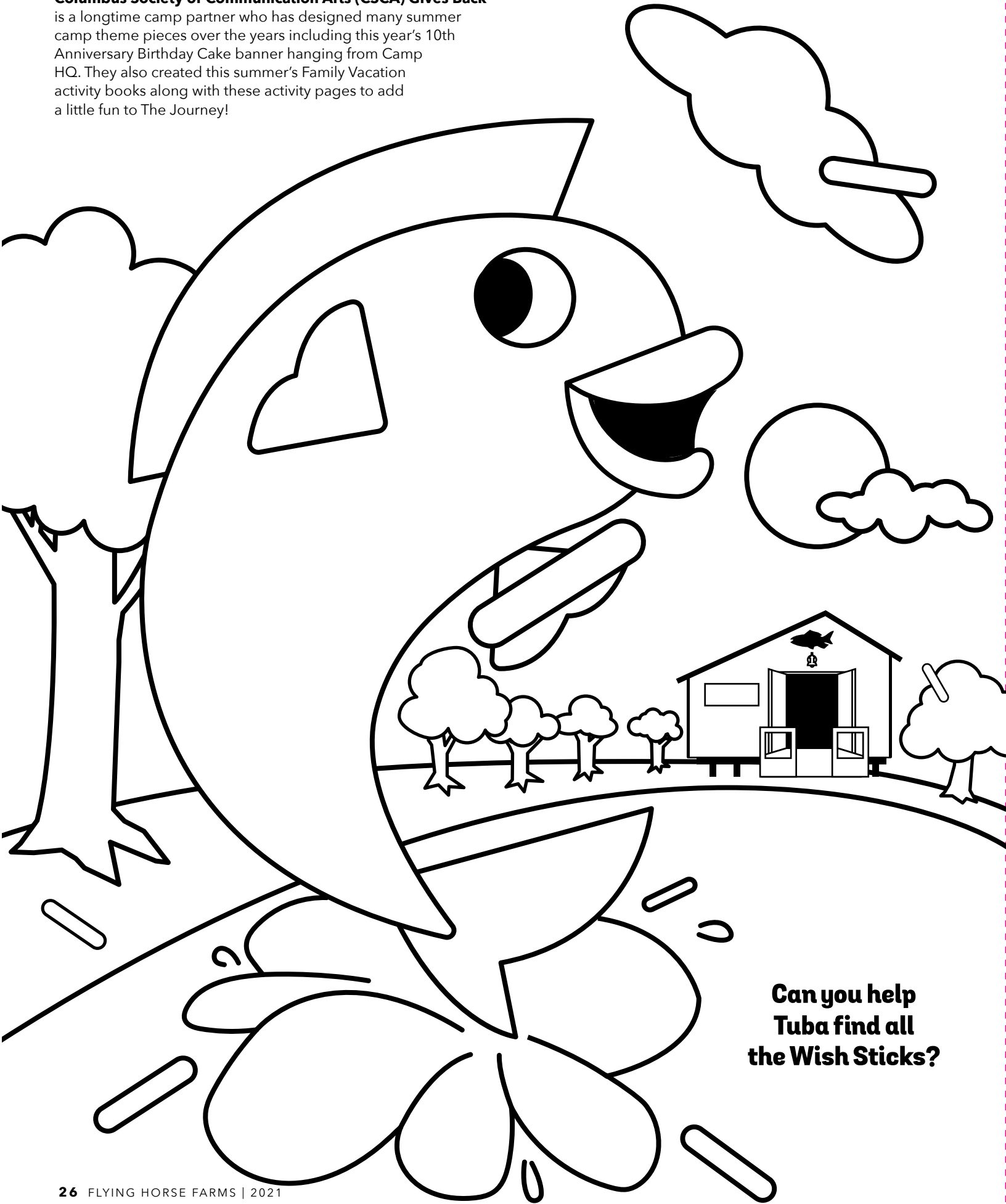


## Top 10 Crafts to Make at Angie's Arts and Crafts

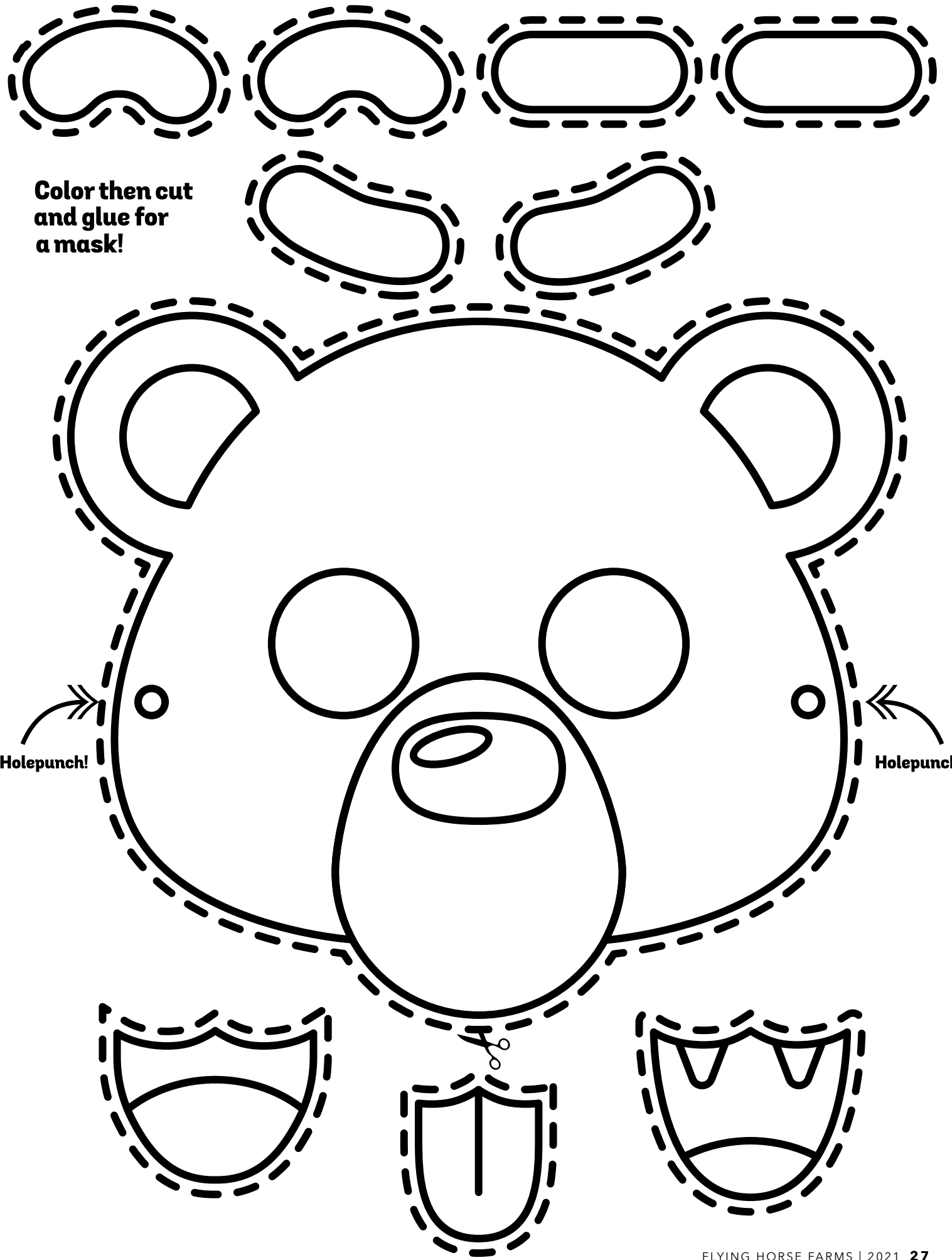
1. Picture Frame
2. Duct Tape Wallet
3. Canvas Painting
4. Binoculars
5. Bracelets
6. Bird House
7. Painting Nametags
8. Pour Painting
9. Tutu
10. Tie-Dye/DIY T-Shirts



**Columbus Society of Communication Arts (CSCA) Gives Back**  
is a longtime camp partner who has designed many summer camp theme pieces over the years including this year's 10th Anniversary Birthday Cake banner hanging from Camp HQ. They also created this summer's Family Vacation activity books along with these activity pages to add a little fun to The Journey!



**Can you help  
Tuba find all  
the Wish Sticks?**







*Celebrate camp's birthday in style with an allergen-friendly*

## BIRTHDAY CAKE

We got this recipe from Randi Tisdall, mom, recipe creator, and author of BohemianVeganKitchen.com. You can buy frosting, glaze the cake, or make your own frosting – the world is your oyster!

The original recipe, which can be found on BohemianVeganKitchen.com, also recommends switching over to cupcakes and reducing bake time by 15 minutes if you opt to make this with gluten-free flour.

### INGREDIENTS

- 3 cups unbleached, all-purpose flour or 1-1 gluten free flour
- 1 ½ cups cane sugar
- ¾ cups unsweetened cocoa powder
- 2 teaspoons baking soda
- 1 teaspoon pink salt
- 2/3 cup of oil – you can use sunflower, canola, or vegetable
- 2 tablespoons apple cider vinegar
- 1 tablespoon vanilla extract
- 2 cups filtered water

### INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Grease two, 8-inch round cake pans or one large 9x13 cake pan.
2. In a large mixing bowl, combine dry ingredients (flour, sugar, cocoa powder, baking soda, and pink salt). Slowly stir in oil, vinegar, and vanilla extract. Beat for 30 seconds.
3. Next, slowly stir in the water while mixing. The batter should have a medium thickness. Mix for 60 seconds to get plenty of air through the batter.
4. Divide the batter between cake pans and put into the oven for 30 minutes. Check at 25 minutes with a toothpick just to be sure!
5. Let cool completely before frosting – about 3 hours.

# ARE YOU READY TO HELP KIDS LIVE WITHOUT LIMITS?

**FHF brings kids with serious illnesses and their families joy, healing, and respite. But what's just as powerful is the way campers carry the confidence and resilience they build here with them all year long.**

We count on your generosity to help us make this transformative experience available to as many campers as possible.

Your monetary gifts and the donation of your time and talent enables us to create programs that expand lives as they heal –including our signature weeklong summer camp – at no cost to campers.

### CASH GIFTS

Unrestricted cash gifts allow for a wide range of projects and programs to be funded. Give today at [FlyingHorseFarms.org](https://FlyingHorseFarms.org).

### RECURRING GIVING

A recurring gift allows you to make regularly scheduled gifts. Donations of any amount are accepted and appreciated. Give today at [FlyingHorseFarms.org](https://FlyingHorseFarms.org).

### DONOR ADVISED FUNDS

Gifts made from donor advised funds are a convenient way to give to camp. These are typically coordinated through their sponsoring organization, often a community foundation or financial services firm.

### PLANNED GIVING

Planned gifts often are organized with help from your professional advisors. They are typically made from your estate and come to fruition upon your passing.

### MATCHING GIFTS

An easy way to double your gift? Ask your employer if they have a charitable gift-matching program.

### PROGRAM VOLUNTEERS

**Camp at Home Volunteers** Ages 19 & up. Take part in our virtual camp experiences, cabin chats, online programs, and virtual family weekends. These volunteers are positive, energetic, and confident on computers and virtual meeting platforms.

**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.

### 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.

### GIFTS IN KIND

Gifts in kind are products and services that help meet the needs of campers and the camp property.

### THIRD PARTY EVENTS

Gather friends and colleagues to raise funds for and awareness about Flying Horse Farms.

### YOUR GENEROUS GIFT WILL PROVIDE:

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

Additionally, gifts to the FHF Endowment Fund ensure the long term sustainability of camp.

**FOR DETAILS, EMAIL US AT AT**  
**[giving@flyinghorsefarms.org](mailto:giving@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 application process includes a background check and medical records. We promise the payoff is worth it!

**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.

**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.

**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 IN VOLUNTEERING?

Email us at [volunteer@flyinghorsefarms.org](mailto:volunteer@flyinghorsefarms.org)





**“ I WISH I COULD**  
*bottle up the magic*  
**THAT IS FLYING HORSE FARMS**  
*and carry it with me*  
**ALL THE TIME.”**

*— Camper Parent*





a seriousfun camp

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Mt. Gilead, Ohio 43338

