

Canyon Voices

“Opening a world of opportunities for children and adults with disabilities and special needs”
campk.org / 801-582-0700

Winter/Spring 2012

In This Issue:

- Summer Camp 2011 Breaks All Records
- Give to our special campers this Holiday Season
- 2012 Send A Kid to Camp Gala
- Veterans heal with a little help from horses



We want to hear from you!

“Like” and “Share”
Camp K on
Facebook:
[facebook.com/
pages/Kostopulos-
Dream-
FoundationCamp-
Kostopulos/1132781
17904](https://www.facebook.com/pages/Kostopulos-Dream-FoundationCamp-Kostopulos/113278117904)

Summer Camp 2011 brought laughter, thrills, fun and friendships to more than 538 campers with special needs, making it another record-breaking season! Snow coats were packed into the luggage of the first arriving campers as we began our Summer Camp 2011 with a white blanket of snow on the ground in June! That didn’t stop the counselors from greeting the campers with a bright, warm smile. Luckily the sun decided to come out and we said goodbye to winter for the remaining 12 weeks of Summer Camp. Every year we are able to witness amazing feats and abilities displayed by our campers. This year was no different. Each week we would serve up to 60 campers. Each camper came with different interests and different abilities. Every week campers displayed courage as they climbed up to 40 feet in the air on our high ropes course and rock wall. They harnessed their inner cowboy and cowgirl as they rode horses in our new equestrian center. During cooler days and hot days alike, the heated pool is a favorite place to be as it provides campers with freedom of movement. This summer we had some hungry fish and campers were able to catch and release several trout in our pond. Each week concluded with talents of all sorts at our talent show and groups expressing their inner goofiness during their skits. Meanwhile our Trip Camp Leaders staggered in at the end of the week looking like they needed a good massage and a 20 hour nap. Despite their lack of sleep, they remained energetic with stories of wild animals, beautiful places and mostly of the acts of kindness and confidence they saw campers display throughout the weeks. They traveled to the Grand Canyon, Zion National Park, Moab, Goblin Valley, Vernal, Jackson Hole, Yellowstone, Grand Tetons, and discovered some of Salt Lake City’s best recreation

spots. Summer Camp was wrapped up before we knew it even started. The counselors gave their heart and soul to making every week the best week of the summer for the campers that came to Camp K and in return everyone learned a lot about themselves and their abilities, and developed some great friendships and memories to last a lifetime.

-by Taryn Roberts, Program Coordinator

Recreation and Leisure Education, Fall—Spring

Whether attending a week of camp in July, bowling in September, or acting in Camp K’s Drama Club production in April, participants always have a great time with their friends and activity leaders and learn new skills in the process!

Each month of winter and spring brings new, fun and exciting programs, for kids, teens and adults with special needs. As always, the goals of each of our programs are to increase participation, inclusion, self-esteem and independence for people of all ages, all abilities. So be sure to visit www.campk.org often and sign up early each month for your favorite activities and outings! Bring your friends and come make new ones!

A few upcoming winter and spring activities that you won’t want to miss:

- Bowling
- Cooking with Camp K
- Drama Club Production: “Lion King”!
- Snowmobiling with the Kaysville Snowflake Club
- Horseback riding lessons

And more!!!

To receive a monthly list of activities, please email Jared: jallsop@campk.org

Don't Miss a Thing!

To save money on printing and postage and to save paper and trees, this will be the last edition of the printed version of our newsletter. But you can stay informed and stay in touch by signing up today for the new Canyon Voices e-newsletter, with helpful news, happy highlights, links, and resources. To get your Camp K e-newsletter just email: csmith@campk.org

Veterans Benefit from New Program at Camp K



This year Camp K launched a new "Camp K Horses for Heroes" program for United States veterans, active military and their families, where they come to ride or receive equine-assisted psychotherapy from licensed social workers who are also certified in EAGALA (Equine Assisted Growth and

Learning Association). Thanks to grants from the Utah Commission on Volunteers and xmission and help from the recreation therapy department at the George Whalen Veterans Hospital, we were honored to take several vet-



erans for a sunny trail ride and barbecue lunch in September as part of the official 9/11 Day of Remembrance tribute projects.

Do you know a veteran or member of the armed forces or reserves? Please let them know about this amazing program, where these brave men and women and their families can ride horses, reconnect with their loved ones, heal from post-traumatic stress and physical injuries, and just have fun! Call our friendly, experienced staff of riding instructors at 801-582-0700 x 110 for lesson times and fees.

New Equestrian Center at Camp K

The new equestrian center at Camp K makes it possible to ride, learn and play with horses all year long! The state-of-the-art arena is the only one of its kind in the Salt Lake Valley! Thanks to generous lead gifts from the Sorenson Legacy Foundation, Katherine and Ezekiel Dumke Foundation, Edna Wattis Dumke Foundation and many other businesses and individuals, Camp K now offers year-round horseback riding activities, including:



- private and group lessons for people with or without disabilities. (Perfect for an after-school. experiential learning activity!)
- Trail rides and overnight horse camps spring - fall
- Camp K Equestrian Team (ride in horse shows!)
- 8-week Beginning Horsemanship classes held quarterly throughout the year
- 8-week Intermediate Horsemanship classes held quarterly throughout the year
- Birthday parties with the horses



- Equestrian center rentals for equestrian events and horsemanship clinics, group retreats, family reunions, parties, leadership/teambuilding workshops.



Many thanks to GE Healthcare and its 500+ employees who volunteered on Oct. 10 in the biggest single-day service project in Camp K's history!

Give the Gift of Joy this Holiday Season!

Your donation will enable a child with cerebral palsy to camp, travel, climb and play; a teen with a brain injury to ride a horse, and all of our participants to make new friends and live their best lives. Thank you!

Top 10 Ways to Help Camp K's "Kids"

10. **For your next birthday or other milestone event**, throw a party, but, in lieu of gifts, kindly request your guests make a donation—any amount—to Camp K. Please give at campk.org.
9. **Donate non-perishable foods, cleaning supplies, and tools.**
8. **Donate in-kind products or services** if you own or manage a service business: printing, construction, etc.
7. **Sponsor a horse.** If you love horses and appreciate their powers to heal body, mind and spirit, sponsor one of Camp's amazing therapy horses for a year (\$3,000).
6. **Donate via payroll deduction.** It's easy to do through your employer's payroll deduction program (designate "Kostopulos Dream Foundation").
5. **Rent Camp K's facilities.** Come to Camp for your next reunion, staff team-building retreat, or party (see www.campk.org, click on "rentals").
4. **Create a legacy:** buy a commemorative brick, personally engraved with your family's name, memorium, or special tribute to help fund equine-assisted activities and therapies at Camp K. (\$250, \$500, or \$1,000 sizes)
3. **Sponsor a hole or enter a 4-person team** in our annual Golf Classic, June 12.
2. **Sponsor our annual Send a Kid to Camp Gala dinner and auction**, April 20, 2012, either by being the presenting sponsor with naming privileges (\$5,000), a table sponsor for 8 (\$1,000), or donating an item of value for the silent and live auctions. The event raises funds for scholarships for low-income individuals with disabilities to attend a fun-filled week of summer camp.
1. **Establish an endowment or charitable remainder trust for Camp K**, to benefit people with special needs for many years to come.

Send a Kid to Camp Gala

Join us for the Annual Send a Kid to Camp Gala on April 20, 2012 at the Towers at Rice Eccles Stadium. Last year's Send-A-Kid-To-Camp Gala was the biggest and most successful fund-raiser in Camp K's history! With your help, we can top it in 2012!

The gala is a memorable event filled with excitement and enthusiasm as guests dine and socialize the night away with panoramic views of the city and mountains. Along with the events, there is a silent and live auction to bid on an array of items where proceeds go directly to help youth with physical and cognitive disabilities attend a week of summer camp.

We encourage businesses to donate items of value or sponsor a VIP table for your firm, family and friends. Please come and support the Kostopulos Dream Foundation and give joy to the hundreds of children who attend our summer camp!

To reserve a table or seats or donate an auction item, please contact Cheryl Smith:

801-582-0700, ext. 104 or csmith@campk.org

Save The Dates

January 16, 2012 - Martin Luther King Day of Service. Make it a day to serve!

April 20, 2012 - Send a Kid to Camp gala! RSVP now to our main fundraiser!

June 2, 2012 - Family Fun Day and Open House, a day to experience many of Camp K's amenities and activities!

June 4, 2012 - First week of Summer Camp 2012. Ready, set, swim!

June 12, 2012 - Camp K Golf Classic

Sept. 6 - United Way Day of Caring

September 11, 2012 - National Day of Service



Come Play This Winter!



We are excited for the upcoming Community Based Leisure Education Programs. These programs include our Adult Social Club, Teen Quest, and K-Kids Adventures programs.

Our Adults and Teens programs run Tuesday through Friday nights plus Saturday days. These programs are designed to assist adults and teens with disabilities in developing self-efficacy, leisure skills, independence, and interpersonal relationships while participating in exciting, fun activities. Camp K provides transportation to each activity, from four central pick-up locations around the valley and each participant will be dropped off at their home after the activity.

K-Kids is an after-school program on Fridays for children ages 7-12. We will pick students up from their school if there are at least 5 kids from the same or nearby school. Activities are designed to engage kids with physical, emotional and learning challenges, to help them develop life skills, independence, and interpersonal relationships. In addition to these programs, we will also be running several specialty programs

throughout the upcoming year. These include: horseback riding programs, bowling leagues, Cooking with Camp K, Art Expressions, Drama Club, Drumming from Around the World, Dance Classes, and many more. Have an idea for a program or activity you'd like to see at Camp K? Let us know! So watch for your monthly mailer and sign up quickly as activities fill up fast. Let's make 2012 the best year ever! **Jared Alsop: jallsop@campk.org**

Camp Kostopulos Staff

- Gary Ethington - Executive Director
- Mircea Divricean - Finance Director
- Cheryl Smith - Development Director
- Jared Allsop - Program Director
- Taryn Roberts - Program Coordinator
- Mike Divricean - Operations Manager
- Vanessa Russell - Horse Riding Instructor
- Marci DeYoung - Americorp VISTA
- Marge Pearson - Americorp VISTA



Kostopulos Dream Foundation
4180 Emigration Canyon
Salt Lake City, UT 84108

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SALT LAKE CITY,
UT
PERMIT #1966

Or current resident