

CAMP STIX NEWS

Winter 2010

Happy Holidays!

www.CampSTIX.org

Looking Back: A Re“Camp” of Camp STIX 2010, One Heroic Year!

The news is out – it's no longer a secret! This year's Camp STIX was awesome!

Our WONDERFUL group was the largest in STIX history, with 102 campers with diabetes this summer – a 9% increase over prior years!

We had many new volunteers joining our staff this year, including 5 Med Team Leaders, an unusual number of new counselors and JC's and a larger kitchen crew. Even the Camp, Program, and Education Directors were new to their positions this year, and each stepped up marvelously!

Some of the delightful activities and guests featured this



summer included a new waterfront swimming program with water trampoline and floating toys; an archery activity, taught by Will Bloom and family; a team-building challenge course; a campers' dancing activity taught by Jibber Jabber; a campers' circus for our talent show, led by Nonsense; a terrific performance by Munchkin's Beatles Tribute band; and inspirational and informative presentations by WSP Trooper Matt Fehler, Team Type One cyclist Bobby Heyer, and Ironman Andy Holder.

Parents were pleased with the new streamlined check-in and

merchandising processes, thanks to a new software program for organizing the registration and duty assignments of campers and staff. We plan to use this program for online registration in coming years.

With the help of campers and staff, our craft leader, Carrot Cake, accomplished the creative painting of multiple chairs for sale at the next STIX auction, in addition to the other engaging craft and art activities.

Our Education Director, Levemir, led our “I Can Do More” program, involving lanyards, beads awarded for accomplishments, and many entertaining and high-quality educational activities.

Our Med Staff included a professor of Pediatric nursing from
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Mark Your Calendars!

The Board is actively looking forward to next year's camp, and in doing so, we are also preparing for next years “Bear the Burden” Dinner and Auction. Please set your calendars for **April 16th** at our new venue, **the Lincoln Center!**

Community Spotlight: Bronco

Congratulations, Bronco, on being chosen as Edgepark Medical Supplies Service Spotlight Award Winner for December!

Each month, Edgepark Medical Supplies, cosponsored by Coloplast, recognizes an outstanding member of the Health Care community for their above and beyond dedication to their patients.

Bronco's award includes a \$500 donation to Camp STIX! Thanks, Bronco, for all you do. You are truly a Camp STIX Hero!

“Whole Grain Hero” Wins Best Promotion Concept Award

Each year, Food Management Magazine holds a contest to recognize the best ideas in onsite food service in a variety of categories. This year, our own Dish Director, Munchkin's, idea that he

presented at camp, Whole Grain Heroes, promoting healthier eating through whole grains, was chosen as FM's Best Promotion! Munchkin accepted the award in Chicago on
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WSU, coordinating 6 nursing students in an expanded learning activity and course for credit at school. These students with the rest of the team provided first class care for 129 campers and staff with diabetes – way to go Med Team!

Besides providing an innovative and tasty variety of meals and snacks, our DISH staff served custom meals to 10 campers with very special dietary needs, which added

considerably to their duties.

Fantastic job directing DISH, Munchkin!

Big highlights at

Camp STIX are the relationships which are renewed and expanded, with the support and guidance of our fantastic Program staff. This terrific group of young people was led with enthusiasm by Aqua and Jackpot,

and coordinated and inspired with awesome love by Capsule – we appreciate her very much!

Congratulations to our two campers of the week – **Jeremiah Johnson** and **Cara Nickolaus** – for their great attitudes and their spirit of helpfulness. Kudos to Lunatic, who was given the “Spirit of Jungle” award, to honor her many contributions over the years. We also extend our heartfelt thanks to the volunteers of the week in DISH

(Amaretto), MASH (Bronco) and Program (Ballistic) – they each contributed huge efforts and loving spirit at camp!

We’re busy planning for next year, inspired by this year’s successes.

Thanks to everyone who supports this cause – we couldn’t do it without you!

~Target, Camp & Medical Director



Special Delivery Wintertime Camp Mail

Greetings from England,

Thanks for booking the Beatles to come play for the superb campers and staff at Camp STIX!

Me mates and I had a fab time, you have quite the camp. In all our performances around the world yours truly had never seen a Conga line formed to our music, but you campers clearly know how to kick a party in to gear. The only thing that compares to the excitement we had at camp was performing on the Ed Sullivan show, and John says he now loves Camp STIX Eight Days a Week. Please drop me a line if you come to merry old England, and remember, over here we call French fries “chips.”

Peace and Love,

Ringo

P.S. me favorite color is blue and me real first name is Richard.

Recipe Corner: Holiday Cookies

from: Desserts for Diabetics by Mabel Cavaiani, R.D.

Chocolate Peppermint Cookies

Ingredients:

1 c. Margarine	3 c. All purpose flour
1 1/3 c. Sugar	1/2 c. Cocoa
1 tsp. Peppermint flavor	2 tsp. Baking powder
1/2 c. Egg whites, room temperature	1/4 tsp. Salt

Preparation:

Cream margarine and sugar at medium speed until light and fluffy. Add flavoring and egg whites, mixing at medium speed for 1 minute. Stir together flour, cocoa, baking powder and salt. Add to creamy mixture. Mix on medium until well blended. Cover and refrigerate 3 hours to overnight. Return dough to room temperature. Roll out on lightly floured board to 1/4” thick and cut with cookie cutters. Place on cookie sheet sprayed with pan spray. Bake at 350 degrees for 10-12 minutes until almost firm. Cool cookies to room temperature. 36 Servings. Cal: 115, Fat: 5g, CHO: 16g, Sodium: 98mg, Protein: 2g, Chol: 0

Our Own Whole Grain Hero

(Hero, continued from page 1) behalf of Spokane Public Schools. The promotion was chosen out of other entries based on its creativity, impact, and effectiveness in reaching targeted results.

The program gets kids learning about the benefits of whole grains and gets them excited about participating in their own nutritional programs, at school and at home, much like it did at camp. Congratulations, Munchkin! Thanks for helping us all become Whole Grain Heroes!