

Camp Sunrise 2005 News and Visitor's Day Information

August 12, 2005

Summer 2005

Visitor's Day Details

- Friday, August 26, 2005 at Camp Sunrise
- 11 am - 2:30 pm
- Fun activities for all ages!
Bring friends and family!
- Meet the 2005 staff, youth, and volunteers!

Questions?
Call 612/338-1233

Join us for Visitor's Day!

If you haven't been up to Camp Sunrise for Visitor's Day, *what* are you waiting for? Why don't you come this year?

Camp Sunrise is hosting its annual Visitor's Day on **Friday, August 26, 2005**. Come join 2005 staff, volunteers, and campers for a day of fun for everyone! The fun begins at 11am and ends at 2:30pm.

Every year there are delicious eggrolls served— but you have to come early because they go fast! If you miss out on the eggrolls, don't worry because we'll also have a delicious lunch. There are many activities you can choose from: visit a mock

campsite by the St. Croix River, take a short canoe ride, hike on the trails around Camp Sunrise, play outdoor games, and meet many other

people who also make Camp Sunrise such a special place!

Visitor's day will end with a great program— you will hear from our 2005 adult and junior staff members, meet some of the future youth leaders of Camp Sunrise, and we will recognize key individuals and groups.

Camp Sunrise is a "second home" to many people— if you've been gone a long time we'd love to see you back!

If you will be visiting Camp Sunrise for the first time, *welcome!* You definitely do not want to miss Visitor's Day 2005!



Visitor's Day 2004

There is also transportation available for anyone who needs it so don't let that be your excuse for not joining us for Visitor's Day this year!

Please call the YouthCARE office at **612/338-1233** if you have any questions.

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Directions to Camp Sunrise on back of newsletter!

Pictures from Visitor's Day 2004

If you need more reasons to come to Visitor's Day 2005, check out these pictures from last year!



See a "Camp Sunrise History" Display

Shamso Gave Henna Tattoos



Keep on turning the pages for more pictures... you might even see some of yourself!

Camp Sunrise 2005

More Pictures from 2004!



Two of our partners from the National Park Service



MJH, Sou, and Armin at the Model Campsite



Visitor's Day regulars-- Wendy and Barb help us get ready



Erika and Liz Helped with Canoe Rides on the St. Croix



Greyman goes straight for the Eggrolls

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More Highlights from Visitor's Day 2004

On Visitor's Day 2004, Camp Sunrise celebrated its 30th



Year Anniversary! In celebration, visitors were asked to sign an oversized canoe "paddle".

We had over 100 people in attendance and had a great

time!

Camp Sunrise thanked many partners in 2004. Among this group was the Blaine Lions Club who donated \$8,500 to purchase a new Camp Sunrise vehicle! Dubbed the "Silver Bullet" it has been a great addition to the YouthCARE fleet.

As Craig Luedemann points out, "Finally! A vehicle that is younger than the campers!"

Again this year the Blaine Lions Club donated funds (\$10,000

for a new 15-passenger van. Come to Visitor's Day 2005 to see the new van!



Junior staff pose with Blaine Lions Club members in front of the van

Need any more reasons to come to Visitor's Day 2005? Call the YouthCARE office!

A "Not-So Typical" Week at Camp Sunrise

One cannot say that a "typical" week exists at Camp Sunrise. This is because there are so many things going on *all the time* and things rarely happen the same way twice.

Therefore, let us introduce you to what a week *might* look like for campers...

Saturday: About 32 unsuspecting campers ride into Camp Sunrise on a big yellow school bus where overexcited staff are eagerly waiting. After lunch, campers are separated into 4 crews: A, B, C and D. Each crew is led by two adult staff, a jr. staff member, and/or a volunteer. This is a day full of name games, Camp Sunrise orientation, planning for the week, swim and tip testing, and the realization that Camp Sunrise is *ultra* rustic complete with outhouses and outdoor showers!

Sunday-Thursday: There are several components of a Camp Sunrise camper's week:

Canoe Trip Each crew gets dropped off up-river to start their 3 day canoe trips down the St. Croix back to Camp Sunrise. As a group, each crew decides whether they will go 56, 48, 40, 35, or 32 miles.

Teambuilding Prior to a service project, specially trained staff lead each crew in teambuilding initiatives and games. The facilitator teaches the group about the importance of teamwork and communication. These skills are often put to use during the service project.

Service Project Did you know that campers built the shower facilities? Not everything at Camp Sunrise was built by campers, but many structures were. Camp Sunrise belongs to *everyone* and all campers, staff, and volunteers have the chance to give something back in order to sustain it for future generations! Projects may include trail maintenance or art projects to beautify camp. Crews might also visit a local

state park to help our partners in preserving the environment.

Eco-Adventure Day This is one environmental education component of the week; crews can choose to visit a local state park to learn and have fun! Some of the local state parks campers visit are: Interstate Park, St. Croix State Park, and Wild River State Park.

Thursday Night: The week ends with a delicious dinner on Thursday! After dinner, crews meet to plan skits. Skits are a fun way for crews to share their week's experiences with the whole group. After skits there is a "paddle ceremony" around a bonfire. During the ceremony, a special paddle (that has been around for over 30 years!) is passed around. Each person, when holding the paddle, is able to share highlights of week and thank others.

Friday: Camp Sunrise staff say goodbye to campers. ☺

Who eats first on Thursday Nights?

Thursday night dinner is not an ordinary meal at Camp Sunrise! Because it is the last night of their week, campers and staff enjoy a delicious meal of BBQ chicken, sticky rice (*mov nplaum* for those who understand Hmong), mash potatoes, watermelon, and homemade bread. With food this tasty it's no wonder why eating first is a must.

So how does one ensure that they will be first in line on Thursday night?

At Camp Sunrise, the score is always "2 to 2" (we like to emphasize cooperation), but when it comes to eating first

on Thursday... there is *some* healthy competition between crews.

For 15 years, Camp Sunrise has partnered with the National Park Service, MN DNR, and Chisago County Water Plan in a special effort to preserve the pristine St. Croix River.

Through the Adopt-a-River program, Camp Sunrise has brought back 17,000 lbs. of trash collected along the 56-mile stretch of the St. Croix river that crews visit on their canoe trips.

Before dinner on Thursday night, the amounts of garbage collected by each crew are

announced and the crew with the most garbage (by weight) gets to eat first!

Throughout the years, campers have found interesting items along the river; in 2004 one crew collected an old Pioneer Press Newspaper box!

So far this summer campers and staff have collected 1396 lbs. of garbage!

Interesting items found this year include: many old tires, parts of old docks, and a radio flyer wagon. One crew single-handedly brought back 228 lbs. of garbage! Did they spend more time canoeing or picking up garbage?



BBQ Chicken!

Summer 2005

Volunteers Step up to Help!

Camp Sunrise could not operate without the help of many dedicated groups and individuals who volunteer their time and support!

Thanks to the following groups who helped to get Camp Sunrise ready in 2005 during *pre-summer set up*. These folks helped assemble tents, stacked

firewood, built a new garden gate, and in many other ways: Yoplait of General Mills, Inc., GE Commercial Finance, Xcel Energy Riverside Training, and those who came up on Camp Sunrise's Annual Volunteer Workday!

Thanks to following groups for helping during the 2005 *sum-*

mer program: Xcel Energy, AmeriCorps, General Mills, and alumni staff and volunteers!

These individuals help in many ways: drive youth to and from the bus stop, drive out canoe trips, are volunteer counselors for a week, are business partners to the junior staff, and are support staff at Camp Sunrise.

Camp Sunrise Equipment Appeal 2005

In May 2005, YouthCARE sent out Camp Sunrise Equipment Appeals to friends and supporters in order to raise money for the 2005 Summer program.

A total of **\$5,649** was donated by the following individuals:

Alice Doll, Alvin & Hildred Dungan, Barbara Belew, Ben Ferche, Bill Jones, Bob & Carole Nienaber, Bondo Nyembwe, Carolyn & Tim Buzza, Cindy Zwicky, Dale & Terolle Turnham, Dave & Barb Wandrei, Dave Katzke, David

& Angelique Hill, Delroy Calhoun, Diedre Belk, Donald McCarthy, James Smith, Jnana & Aadi Hand & Bill Johnson, Kathy Mouacheupao, Laura Grow, Lisa Turnham, Margaret Johnson, Marina Lyon, Nick Haddad, Paula & Michael Johnson, Randy Nordquist, Richard & Kathy Brosseau, Rick & Tanya McFerrin, Robin Franklin Kretchmer, Ryan Burggraff, Scott Brosseau, Susan Sobelson & Judy Ingram, Suzanne Sofie, Todd Rockwood, Wally &

Alice Borchert, Walt & Jacqui Blue, Wayne & Yolanda Wold, Xcel Energy A.S. King Plant, Xcel Energy Engineers Association, and Yia Lor.

Thank you for your support! Your generous donations were used to purchase camping equipment such as sleeping bags, trail tents, and lanterns.

If you would still like to donate to Camp Sunrise, please call 612/338-1233 or visit us at www.YouthCAREmn.org.

Over the last 15 years, Camp Sunrise campers and staff have collected 17,000 lbs. of garbage along the St. Croix River!

Play a City Course for City Kids!

Attention Golfers! Join us for YouthCARE's 13th Annual Golf Benefit on Sept. 13, 2005. All proceeds will benefit Camp Sunrise. Please check our website for more information www.YouthCAREmn.org or call us at 612/338-1233.

Ask for Linda!



400 First Ave. No., Suite 240
Minneapolis, MN 55401

JOIN US FOR VISITOR'S DAY
FRIDAY, AUGUST 26, 2005

Alumni Campers Come Back as Adult Camp Staff!



Aaron Izaksonas



Jeff Xiong



Stevy Scarbrough



Ye Yang

Ultimately, Camp Sunrise hopes that campers will rise up to be the future leaders of the program.

In addition to hiring 10 returning campers as Junior Counselors and Counselors in Training this summer, Camp Sunrise

was delighted to have 4 former campers on the adult staff team!

Camp Sunrise welcomed back alumni campers Stevy Scarbrough, Jeff Xiong, Aaron Izaksonas, and Ye Yang this summer.

Directions to Camp Sunrise

From the Twin Cities, take Hwy 35 approximately 60 miles North to the Rush City exit. Take a right and go through town past the railroad tracks to the first stop sign (Hwy 361). Take a right turn and go South approximately 1/2 mile to County Rd 5. Take a left, go approximately 3.5 miles to where the pavement ends. Take a right on County Rd 56. Go approximately 1/5 mile to the first left turn, which is 495th Street. This gravel road will take you through the gate into Camp Sunrise.

Need a ride? Call 612/338-1233 today for more information!

Phone: 612/338-1233
Fax: 612/338-6904
www.YouthCAREmn.org