

Rotary-style Welcome

Every year the Covington Rotary Club welcomes campers with warm hospitality and an ice-cold cola. **Page 2**

Sam's Story

For Sam, the only thing better than going to D.C. years ago as a teen camper is being an adult volunteer on the trip today. **Page 3**

Summer Camp 2010

Check out the photos and relive sweet memories from two incredible weeks. **Page 5**

CAMP SUNSHINE POSTCARDS

Capital Idea: D.C. Trip Wows Teen Campers

With its awesome monuments and museums, our nation's capital is an exciting place for any traveler. For Camp Sunshine campers, who go behind the scenes and experience things other tourists don't, the annual Teen Trip to Washington, D.C. is positively unforgettable.

"I knew it was going to be fun; I knew I was going to have a good time," said 16-year-old camper Montana Brown. "But it was more than that; it was a once-in-a-lifetime experience."

Held the first weekend in May, the trip is a terrific opportunity for campers, ages 15 to 18, literally to spread their wings –

leaving Wednesday evening and flying to Washington, D.C. for four days of sightseeing, exploring and discovering things not only about the capital, but also about themselves.

For many, like 16-year-old Broje Simmons, the D.C. trip is their first air

travel. "Broje loved it," said his mother Trina. "He learned a lot, he made a lot of good friends, and, oh, the stories he came home with about all the things they did! It was absolutely great."

VIP Agenda

The group of 20 campers and 10 adult volunteers who made the 2010 journey had a jam-packed agenda, including a Washington Nationals game, an evening at Ford's Theater, and plenty of sightseeing. What makes the annual D.C. trip even more special are unique opportunities, including a lunch and U.S.

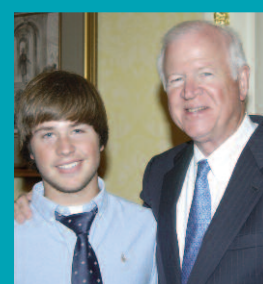
Capitol tour arranged by Sen. Saxby Chambliss and the opportunity to also meet Sen. Johnny Isakson as well as members of Georgia's delegation to the U.S. House of Representatives. Many campers get to meet their own congressman or congresswoman from the district where they live.

Trip highlights also include an exhilarating visit to the FBI Academy in Quantico, VA, and a stop at Arlington National Cemetery where the campers participate in their own wreath-laying ceremony at the Tomb of the Unknowns.

Ironically, Montana's family visited Washington, D.C. one summer, but it coincided with her week at Camp Sunshine: "I was disappointed that I couldn't go with my family, but I wasn't going to miss camp!" When the time came for the Teen Trip to D.C., Montana jumped at the chance to go and enjoyed every minute of it.

She was wowed by the Capitol tour and lunch. "Senator Chambliss was very welcoming to us," she said. "I will always remember what he told our group: *you really do bring the sunshine when you come to D.C.* I really liked that. It made us feel so special."

The day on Capitol Hill also included the chance to meet



"The kids from Camp Sunshine make me feel better about the future of our country. Their spirit and courage are always refreshing. I'm truly humbled to have the opportunity to get to know the kids during their visit."

– Sen. Saxby Chambliss

**DEAR CAMP SUNSHINE FRIENDS,**

As campers settle in to school-year routines and reconnect with friends and teachers, September is a good time to reflect on the relationships that enrich our lives. At Camp Sunshine, we are proud of and thankful for long-established relationships with friends, supporters, donors and volunteers who make possible our year-round programs for children with cancer and their families. Many

connections date back to our founding 28 years ago. For our old friends and our new, we are deeply grateful.

This issue of *Postcards* is all about relationships. Since 1987, our annual Teen Trip to Washington, D.C. has provided precious memories for campers in their mid to late teens. Every year, our friends at the FBI Academy go out of their way to give

campers a thrilling, behind-the-scenes look at the vital work they do. Our enduring relationships with Sen. Saxby Chambliss, and the entire Georgia delegation from both sides of the aisle, as well as

their terrific staffs, have made the D.C. trip extraordinary.

For campers like Montana Brown and Broje Simmons, the D.C. trip is a lifetime opportunity; for Congressional staffers like Kate Vickers in Sen. Chambliss' office, the Camp Sunshine visit is their favorite time of year.

In our Then & Now profile, Sam relates his Camp Sunshine memories—from being a child diagnosed with ALL and participating in camp for the first time, to going on the D.C. trip himself as a teen, to becoming a camp counselor, to accompanying teens this year to Washington, D.C. as an adult volunteer. His favorite part of camp is the same now as it was then: making friends—in other words, building relationships.

Camp Sunshine's relationship with the Rotary Club of Covington dates to our first summer at Camp Twin Lakes in 1993. The hospitality and caring hand of friendship they extend to campers and their families each year is priceless and defines what we mean by a Community Partner. The Keencheefoonee Road Race celebrated its 10th anniversary this year in a hugely winning way. For the first time families and campers were able to organize virtual fundraising teams and reach out on-line to others who want to support Camp Sunshine programs. Talk about relationship-building!

September is also National Childhood Cancer Awareness Month, an ideal time to raise awareness of the disease and encourage support for the children and families affected by it. Year after year, survival rates continue to improve. Building awareness and building relationships are two ways to continue to build hope.

— Sally Hale, Executive Director

To Our Readers

Have you moved or are you about to move? Contact Chanteasea@mycampsunshine.com or 404-325-7979, ext. 10 so we can change your address. Also, if you prefer to receive future newsletters electronically, please contact Chanteasea. Thanks.

COMMUNITY PARTNER**Hospitality Sweet: Covington Rotary Welcomes Campers**

When campers and their families pull up to check in for the first day of Summer Camp, they might feel nervous, excited or hot. But the Rotary Club of Covington makes sure that each and every one also feels welcome.

Since 1993, club members and their families have been on hand to greet campers as soon as they arrive at the entrance to Camp Twin Lakes. There are banners and signs, and plenty of ice cold waters and colas and delicious cookies, all compliments of the Covington Rotary. It's a heartwarming tradition embraced by campers and club members alike, and Camp Sunshine is deeply grateful for their commitment.

The custom started with the Covington club sharing duties with another Rotary Club, Rotarian Johnny Smith recalled. One club would take Junior Week and the other Teen Week. In time, Covington took responsibility for both weeks. "The Covington club absolutely loves to do this," he said. The Camp Sunshine welcome committee is a favorite service project year after year: "We wish we could do even more for these kids."

"Our members enjoy meeting the kids and their parents and

providing the snacks and refreshments," Smith continued. "But it's not just about what we're doing for the kids. It's about what the campers do for us. They are a terrific, inspiring group of kids, and it's a wonderful organization. It's always a special day for us."

In addition to the generous and refreshing welcome provided each year, the Rotary Club of Covington also has been there for Camp Sunshine in other neighborly ways, such as helping to find a local dentist to help with an emergency toothache and providing other community resources at a moment's notice.

The club encourages members to include their own families as part of the welcome committee. Smith's own children have participated through the years: "It has given them the opportunity to understand how fortunate they are to have their own good health and to meet kids who, though not feeling well, don't let that stop them from doing what they want to do, including going to camp!" ★

THEN & NOW

Sam's Story

Sam thought nothing could top the Teen Trip to Washington, D.C. that he took in high school with his Camp Sunshine friends...that is, until this year when he went as an adult volunteer accompanying another group of teen campers to our nation's capitol.

"I remembered doing all the things with my friends that these kids did in May – the FBI Academy, Ford Theater, the VIP treatment, going where tourists don't ordinarily get to go," Sam said. "As a teenager, it was a special trip. But experiencing it as an adult with this group of campers? It was amazing!"

Sam was 8 years old in 1995, when he was diagnosed with acute lymphocytic leukemia (ALL). "We thought it was a bad stomach virus," he recalled. "I had it for a couple of weeks. The antibiotic wasn't doing any good, and I was feeling pretty weak." On New Year's Day, his parents took him to the emergency room: "My white blood cell count was off the charts."

At Children's Healthcare of Atlanta at Egleston, Sam's

treatment included radiation and chemotherapy. After 30 days, the cancer was in remission, and Sam has been cancer-free ever since. He first heard about Camp Sunshine while at Children's. Because of his treatment schedule, Sam couldn't participate at first in summer camp, but in 1997 he attended his first camp.

"I remember crying when I was leaving home because I didn't want to go to camp, and crying when I was leaving camp because I didn't want to go home," he said. "Camp was great. I was completely drawn in. My favorite part then is still my favorite part now – making friends."



Sam with friends on Teen Trip to Washington, D.C.

Sam attended Junior Week as a pre-teen and then Teen Week as a teenager. He recalls loving camp and participating in virtually every activity. A highlight was being named Mr. and Miss Sunshine with his friend Stephanie Phillips, who passed away in 2005.

From the beginning, Sam knew he wanted to become a volunteer counselor, and as soon as he was eligible, he did. Since 1997 he has never missed Summer Camp until this year, when college studies kept him from attending. He is already planning for next year, making sure his schedule allows time again for camp.

A counselor for Boys' Cabin #16, Sam enjoys "seeing campers accomplish things they never thought they could. It gives me goose bumps." In his camping days, he tried everything but the ropes course: "I'm scared of heights." As a counselor, a favorite memory is of a youngster named Brandon who didn't think he could do the ropes course, but did it beautifully. "This is what's so great about camp," he said. "I've seen amputees do the rope course. I've seen kids shoot a bow and arrow who never shot a bow and arrow before. I've seen kids who never swam before who by the end of camp are swimming up and down the pool."

Born and raised in Calhoun, Sam plans to finish his college studies in industrial systems technology at Georgia Northwest Technical College. A golf enthusiast, Sam works for a pro shop as well as a vendor delivery route. In November he and his fiancée Kasey, a special education teacher, are getting married.

Sam offers this advice to parents of first-time campers: "Camp will be the best time of their kid's life. The parents will see a different kid when their kid comes home – a kid who has grown as a person with a whole new outlook. If they're like me, as soon as they get back home, they'll want to start packing for next year!" ✨



**Capital Idea: D.C. Trip Wows Teen Campers**, continued from page 1

many congressional leaders from both sides of the aisle, including a group who had cancer at some point in their life. Among those the campers met were Sen. Chris Dodd, Sen. Tom Coburn, Sen. Frank Lautenberg and Sen. John McCain.

The FBI Academy is a perennial favorite among campers. "I loved learning about the canines; they showed us how the dogs can help track down a criminal," Montana recalled. Campers also observed a staged hostage rescue and tried their skills at the firing range. "For us, it was a fun and exciting couple of hours," she said. "But when you think there are people who actually are doing this for a living — it's amazing."

Campers also witnessed the precision of the Marine Barracks' Evening Parade with its riveting Silent Drill Platoon and enjoyed a dress-up dinner at a favorite D.C. restaurant. As dazzled as the campers are by the nation's capital, it is the teens themselves who inspire others. "After everything our children have gone through and all they have endured, they deserve a special time like this," said Trina Simmons. "Let them experience all that they can."

**Advancing The Healing**

A football player at Shiloh High School in Snellville, Broje was diagnosed in August of 2009 with osteosarcoma. "He was playing football and went knee to knee with another player," his mother recalled. Despite treatment, his knee wasn't healing. Medical tests revealed cancer. Broje underwent chemotherapy and a limb salvage procedure at Children's Healthcare of Atlanta at Scottish Rite. He has been cancer-free for eight months.



The D.C. trip was Broje's first Camp Sunshine experience, but hardly his last. He participated in Teen Week this summer and was so enthusiastic that he won the "Spirit of the Camp" award. Montana, a senior at Thomas County Central High School in Thomasville, is a longtime camper. Diagnosed at age 2 with rhabdomyosarcoma, she won a hard-fought battle against the disease as a toddler and first participated in Camp Sunshine when she was 7 years old.

At the end of her freshman year, Montana was diagnosed again with the same type of cancer and began chemotherapy. She has been off-treatment and cancer-free since February of 2009. "Camp Sunshine has always been like home to me," she said. "It's a place where you can just be yourself and be with people who don't look at you funny just because you have cancer." Montana dreams of being a nurse anesthetist someday — ideally at Children's Healthcare of Atlanta, where she was treated for both cancers. A return trip to D.C. as an adult volunteer would be another dream come true.

For parents, Trina Simmons offers this advice: "When your child has cancer, it can be hard to let go. But these kids are in good hands, and they deserve this incredible trip. It is a way to advance the healing." ✨

**Taste of the South
Benefits Camp Sunshine**

Congressional staffers from both sides of the aisle selected Camp Sunshine as the benefactor of this year's popular Taste of the South fundraising event held each year in Washington, D.C.

Taste of the South (TOTS) was founded in 1982 with the dual purpose of bringing some southern hospitality to the nation's capital and establishing a fundraiser for worthy nonprofit organizations. The event committee is comprised of an executive board and three members from each of the southern states. Even in Washington's heated political scene, TOTS maintains a decidedly nonpartisan attitude and approach to its fun-raising and fundraising.

Camp Sunshine is grateful to all of Georgia's congressional leaders and staffers who, for 23 years, have made possible the Teen Trip to Washington, D.C. These longstanding relationships have helped not only to create unforgettable memories for campers, but also to pave the way for the TOTS benefit. "I can think of no other organization more deserving of the proceeds," Sen. Saxby Chambliss said. ✨



Summer Camp 2010

at Camp Twin Lakes





CAMP SUNSHINE POSTCARDS

ONGOING PROGRAMS

FAMILY NIGHT

3rd Sunday of each month

5:30 – 6:20 Dinner

6:30 – 7:20 Groups meetings

Call to RSVP

Meet and share dinner with other families affected by pediatric cancer. Following dinner, groups will meet to share, encourage, support and learn from others in similar situations. Parents will meet, teens will gather and school age children will get together. Childcare is available for those 5 and under.

TEEN GROUP

TEEN GROUP NORTH meets the 2nd Wednesday of each month in Johns Creek from 6:00 – 7:30 PM

TEEN GROUP meets the 4th Thursday of each month at Camp Sunshine House from 6:00 – 7:30 PM

Call to RSVP

For 13 – 18 year olds who are currently on treatment or were diagnosed as a teen. Meet, hang out and get support from other teens who have or have had cancer. Dinner is served at all groups.

For any House program, we ask that you RSVP to 404-325-7979

SEPTEMBER 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Sunshine 2 U at Aflac Cancer Center/Egleston	2 Remembering the Sunshine Family Night	3	4
5	6 Labor Day Holiday (Office Closed)	7 Sunshine 2 U at Aflac Cancer Center/Scottish Rite	8 Pre-School Music Class Teen Group North	9	10	11 Preschool Apple Orchard Program
12	13 Spa SydeLL Night	14	15 Planning for College	16	17	18 Wild Adventures: South GA Families
19 Family Night	20	21	22 Pre-School Music Class	23 Teen Group	24	25
26	27	28	29	30		

SPA SYDELL NIGHT AT CAMP SUNSHINE

2nd Monday each month

6:00 – 8:00 PM

Come have dinner and be pampered by the talented professionals from Spa SydeLL.

PRESCHOOL MUSIC CLASS

2nd and 4th Wednesday each month

12:15 PM – 1:45 PM

Join us for lunch, music class and a fun activity! For campers birth – 6 years of age and their preschool age siblings.

INDIVIDUAL COUNSELING

Camp Sunshine offers support and counseling for children, teens and young adults, ages 5-23 regarding illness-related issues and concerns. Call Terri Sexton, LMSW, at (404) 325-7979 for details.

OCTOBER 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Family Camp at Camp Twin Lakes	2
3	4	5	6	7 Remembering the Sunshine Family Night	8 Family Camp at Camp Twin Lakes	9
10	11 Spa SydeLL Night	12	13 Pre-School Music Class Teen Group North	14	15 Remember the Sunshine Weekend at Camp Twin Lakes	16 NE GA Regional Program
17 Family Night	18	19	20	21	22	23
24 Fall Festival	25	26	27 Pre-School Music Class	28 Teen Group	29	30
31						



For any House program, we ask that you RSVP to 404-325-7979

NOVEMBER 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2 Seasonal Sunshine Family Night	3 Sunshine 2 U at Aflac Cancer Center/Egleston	4 Remembering the Sunshine Family Night	5	6
7 Family Photos	8 Spa Sydell Night	9 Sunshine 2 U at Aflac Cancer Center/Scottish Rite	10 Pre-School Music Class Teen Group North	11	12 Teen Retreat at Camp Twin Lakes	13
14	15	16	17	18	19	20
21 Family Night	22	23	24	25 Thanksgiving (Office Closed)	26	27
28	29	30				

DECEMBER 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Sunshine 2 U at Aflac Cancer Center/Egleston	2 Remembering the Sunshine Family Night	3	4
5	6 Spa Sydell Night	7 Sunshine 2 U at Aflac Cancer Center/Scottish Rite	8 Pre-School Music Class Teen Group North	9	10	11 Holiday Party at Camp Sunshine House
12	13	14	15	16	17	18
19 Family Night	20	21	22	23 Office Closed	24	25
26	27	28	29	30	31 Office Closed	

SPECIAL EVENTS

SEPTEMBER 10-11: Yard Sale to benefit Camp Sunshine at Camp Sunshine House

SEPTEMBER 11: Pirates of Lanier Castaways Poker Run

Join the Pirates of Lanier for a thrilling Poker Run on Lake Lanier, benefitting Camp Sunshine! A Captain's Party Friday night will kick off the event and the run will begin at 9 AM on Saturday. Each boat will have a designated route to follow to get their cards. Cash prizes range from \$100 to \$2,000 for the winning crew. **Check out the Pirates of Lanier website for more information and to register your boat.**

SEPTEMBER 25-26: HD Marine and Wendy's Fishing Tournament

HD Marine and Wendy's Fishing Tournament to benefit Camp Sunshine. Laurel Park@Lake Lanier. For information to register for the tournament. **Visit www.hd-marine.com or call 770-614-4080.**

OCTOBER 23: Group Workout with BTB Fitness

Join BTB Fitness for a group workout at Piedmont Park to benefit Camp Sunshine! Meet at 8:30 AM (to sign waivers) in the Park Tavern parking lot. We'll begin the fun (warm up and workout) at 9 AM and have you done by 10 AM. The workout is scaleable to all levels! \$10 donation required. Registration will be available two weeks prior to the workout.

WHAT'S NEXT? Planning for College

Program for Juniors and Seniors in High School

September 15: 6:00 PM – 7:30 PM

Camp Sunshine House

Featured Speaker: Dave Graves, Senior Assistant Director of Admissions, University of Georgia

Topics to Include:

- Navigating Admission Process
- Getting into the College of Your Choice
- Scholarships for Survivors

RSVP required.

Call Terri at (404) 325-7979 or email Terri@mycampsunshine.com

REGIONAL PROGRAMMING

We now provide programs in all areas of the state in addition to programs in the Metro Atlanta area. Check out our website www.mycampsunshine.com, the newsletter and your mail for programs coming to your area.



1850 Clairmont Road
Decatur, GA 30033
404-325-7979
Toll-Free 866-786-2267
www.mycampsunshine.com

Camp Sunshine Postcards
is published three times annually
for friends and supporters of
Camp Sunshine.

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
ATLANTA, GA
PERMIT # 1156



C A M P S U N S H I N E P O S T C A R D S

10th Keencheefoonee Road Race Sprints to Winning Lengths

2010 marked the 10th anniversary of the Keencheefoonee Road Race, and by any measure, it has been quite a run. Ninety runners raised more than \$178,000 for camp programs, bringing total funds raised in the Keencheefoonee's first decade to almost \$1.2 million and making it the largest annual fundraising event for Camp Sunshine.

To mark the milestone, this year's race was run in honor of Camp Sunshine founder Dorothy Jordan. Traditionally, the road race has been a way for volunteer staff and counselors to raise funds for Camp Sunshine. This year for the first time, race organizers opened up the event to camper families to participate by creating their own "virtual teams" to raise funds.

The race is named for the road that leads to Camp Twin Lakes, where summer camp is held. "It's fantastic," said Gary

Palgon, race organizer and long-time volunteer. "One year Tricia Benson had a simple idea to 'Run the Peachtree Road Race' at camp on July 4th and now it has become the biggest fundraiser, helping to send hundreds of kids to camp each summer and to year-round programs."

The past 10 years have brought strong growth. "We've continued to find innovative ways to get the word out about the impact Camp Sunshine has on children and the work that all the volunteers and staff do," Palgon said, "As the word spreads, this translates into additional donations." In 2009, race organizers promoted the idea of social networking through Facebook, Twitter and LinkedIn to build awareness about the race. "In 2010, we decided to broaden our reach by extending participation to camper families," he continued. "It was a great success. Families organized teams to raise funds on behalf of their kids, and word about our race grew and so did the donations that followed!"

Camp Sunshine extends a heartfelt thank-you to all of our corporate sponsors, donors, participants and race organizers for going the distance for our campers. ★

Corporate Sponsor Salute

Bronze Sponsor

MedAssets

Race Sponsors

Capo's Restaurant
Family of Dave Clark
Fleming Carpet
Icebox
InterAct Public Safety
Knowlagent
Salt Springs Village
Mobile Home Park

