

# HEART *of the* JOURNEY

— Bringing you closer to the lives you help change —



## FOOD AT CAMP

Creating Community & Purpose

### YOUR SUPPORT PROVIDES

Delicious & Nutritious Meals



FALL 2018

# GREAT FOOD, HUNGRY CAMPERS & *transformed lives*

HOW FOOD AT CAMP MAKES MEMORIES, BUILDS SPIRIT, AND CREATES COMMUNITY



Chief serving the boys at Chuckwagon.

## FOOD BUILDS TRUST

Food is a huge part of camp. Ask any camper, present or past, about their favorite memory of camp, and food will often be one of the first things mentioned. Eating in Chuckwagon, cooking down trail, and their favorite foods are memories that stay with them for the rest of their lives.

“Before you can start a boy’s therapy, you must first meet his basic needs – food, clothing, and shelter,” Daniel Hochstetler, executive director, explains. “Food requires a boy to trust his chief to take care of his needs. In turn, it gives the chief a natural way to show the boys that he cares about them and that he can be trusted to meet their needs.

**“ IF WE ARE GOING TO MEET A BASIC NEED, LET’S DO IT IN A WAY THAT MAKES AN IMPACT. ”**

“Truett Cathy, founder of Chick-fil-A, said, ‘Food is essential to life, therefore make it good.’ Our philosophy is that if we are going to meet a basic need, let’s do it in a way that makes an impact. We want a boy to feel taken care of in a way he never felt before.

Camp is difficult. We are asking something really hard out of

- Before you can start a boy’s therapy, you must first meet his basic needs.
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a boy and they are being courageous. They are going to look back at camp and remember the hard things – the big problems, the difficult attitudes, and so on. Food is one way to balance that out. It’s a good memory that sticks with them.”

## FOOD TEACHES HOW TO SERVE

Coming to eat at Chuckwagon five days a week connects each group with camp as a whole. It’s a shared experience that builds camp spirit and camaraderie. Sharing time after the meal builds community.

In Chuckwagon, two boys are the table setters for the day. “They are the waiters for the group,” Daniel comments. “The way they set the table and take care of their group sets the tone for what Chuckwagon feels like. You’re teaching them how to serve others. They get everything ready so that their group can just come in and sit down. They bring the food to chief, the chief serves everybody else, and then they clean up.”

When cooking down trail at the camp site (cookout), the boys work together with their chief to plan their menus. These menus need to meet certain nutritional guidelines while fitting within a budget. The boys are learning how to plan ahead to create a menu, prepare the menu and then enjoy the food together. It builds practical life skills.



Table setters are the waiters for the day.

“WE ARE VALIDATING THEM BY PLACING VALUE ON WHAT WE GIVE TO THEM.”

### FOOD BUILDS CONFIDENCE

A boy who lacks confidence is able to start building confidence by meeting his basic needs and the needs of his group. “I think that it’s one of the most valuable things about cookout,” Daniel remarks. “When we’re eating in Chuckwagon, we’re meeting his basic needs. But, when you’re one of the people helping create it, it takes it to another level. You’re not just taking care of your own needs. You may be a broken person, but you’re meeting the needs of other broken people as well.”

### FOOD MAKES GOOD MEMORIES DURING THE HOLIDAYS

For many boys, holidays are often paired with hard memories. We want to make really good holiday memories, and food is a big part of that.

Holiday food preparation builds camp spirit - it makes boys want to be at camp. Events like apple butter day, turkey in the hole and cookie bake are more about kids being excited about being a part of camp. Residential group homes are often considered to be a negative experience. So this just takes all of that away. It says, “We value you enough to make what we’re doing special.”

A key part of camp philosophy is that we don’t do anything to or for a boy - we do everything with a boy. So, when we’re doing holidays we do it with them. It gives them ownership. It teaches them how to think bigger than just themselves. For example, baking cookies - first of all it’s a lot of fun and

you make good memories, and then those cookies get handed out when we go Christmas caroling. We’re telling them, “Hey guys, let’s go sing to some elderly folks in the area and make their day.”



Sharing time in Chuckwagon creates Community.



Helping to prepare food builds a boy's confidence.

### GOOD FOOD DEMONSTRATES “YOU HAVE VALUE”

“As a former prison volunteer, I remember how awful prison food was,” comments Steve Martin, Director of Development. “It smelled bad and was almost inedible. Food was part of the system’s way of dehumanizing and devaluing a person.”

In contrast, camp is about humanizing a boy. “We are indicating to them: you are not your problem; you are a person. Your problems don’t identify you.” Daniel concludes. “We are validating them by placing value on what we give to them. It shows that we value them as a person and it’s not about what they have done in the past or the problems they may currently be causing. Good food shows the boys that we really care about them.”

Making happy Christmas memories.



# THERE'S MORE TO COOKING *than just food*

THIS COOK'S LOVE FOR KIDS AND  
COOKING INTERSECTS IN THE KITCHEN.



Stephanie preparing a special treat.

## IT WAS MEANT TO BE!

For Stephanie Helmuth, cooking at camp was her destiny. Her parents met at Fair Play; her dad was a chief and her mother was a cook. Later, when her dad was on the Associate Board, they would visit once a year for Associates Day. “Through all of that, I knew cooking at camp was something that I’ve always wanted to do,” Stephanie remembers.

Stephanie arrived at Fair Play in 2013 and served for 20 months. She returned in 2015 to accept the responsibility of head cook.

“I’ve always loved kids and enjoyed cooking,” Stephanie said. “So camp was a perfect fit for me. I knew the basic stuff about cooking before I came here, but I’ve learned so much more – things like cooking for large groups of people and baking bread and pies.”

## A DAY IN THE LIFE OF A COOK

“Our day typically starts at 6:00 am,” Stephanie explains. “We serve breakfast at 8:30. After breakfast cleanup we start working on lunch and supper. After lunch we have a little bit of a break until about 3:30 when we start preparing supper. After supper, we are done for the day.

We serve meals five days a week. The other two days, boys cook their own meals down trail at their campsite.”

## FOOD: THE WAY TO A BOY'S HEART

“Food is one thing that the boys can depend on,” Stephanie explains. “They know that if they are having a rough morning, they can come to Chuckwagon and we will serve them a good meal.

I enjoy seeing the boys’ reactions when we make their favorite food or something that looks really nice. They get all expressive about it. I love watching boys change. Some boys when they first come will hardly say a word. After they’ve been here for a while, they start acknowledging you and making conversation with you. I especially have a heart for boys that have had a difficult home life. I just want to help them in some way.

The Christmas session is a busy but fun time. We decorate Chuckwagon, making it feel like Christmas around camp. Cookie day is a fun day when we can interact with the boys. Last year we made 1600 cookies and 900 pieces of candy. We’ll pass out those cookies when we go caroling. Watching boys open gifts is a fun night. At the end of the session, everyone dresses up and we do a big Christmas banquet. It’s fun seeing all the boys dressed up in their suits and ties.

Camp has taught me how to be flexible. Working with the other cooks can be a highlight but also it can be difficult. I’ve learned how to work through things that have come up.”

## COOKS MEET A SPECIAL NEED

“The cooks at camp are very important,” Chief Daniel comments. “They’re doing more than just dietary things. They have a special opportunity to meet needs. As a lady at camp, it’s a special chance to give a boy positive interaction with a woman. It’s an opportunity to teach them how to respect and talk to a lady.

Being head cook is a big responsibility. For example, for the meals that the campers cook down trail, she approves the menus and creates the shopping list. It’s the same with trip



Meal time gives the cooks an opportunity to interact with the boys.

food. All of it comes to her. She makes sure it's balanced and nutritious. She will also teach groups how to do menu planning and how to follow a recipe. It a very influential position.

Stephanie is a special lady. One of the things that we will really miss when she is gone is how she looks for

ways to add that one little thing that makes it special. For example, on July 4th, she might make a dessert shaped like a flag. It's adding that little bit of flair to take meals from just being meals to being something that the boys think is fun."

### THE BEST JOB EVER!

"Cooking is the best job at camp," Stephanie remarks. "You get so see the good side of the boys.

If you are considering coming to camp to be a cook, do it! It's a great opportunity. Not only will you learn and serve, you are part of this great community that is camp."

"It's been a great experience," she concludes. "It will be a part of me for the rest of my life."

## STAFF NEWS

### ARRIVALS

Steve Stoltzfus (*Frontiersmen Chief*), Penn Yan, NY  
Jocelyn Yoder (*Receptionist*), Sugarcreek, OH  
Gary & Sandra Barnhard (*Program Development*), Kitchener, Ontario

### DEPARTURES

Justin Troyer (*Frontiersmen Chief*), Dundee, OH  
Trina Beachy (*Receptionist*), Westminster, SC

### OPPORTUNITIES TO SERVE

Chief - *March, June 2019*  
Cook - *February 2019*  
Thrift Store Guys & Girls - *Immediately*

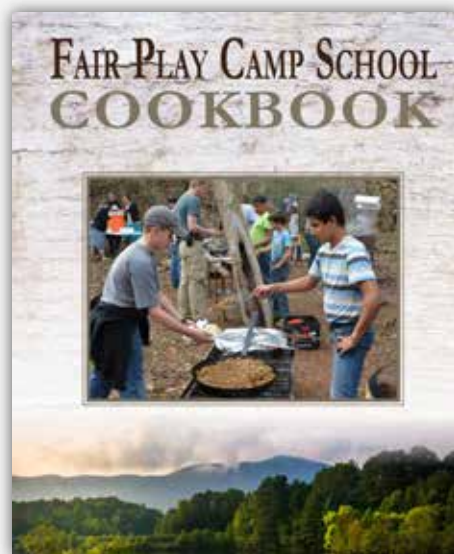
*"The 16 months I served at the Boys Camp Thrift Store were some of the best of my life. The impact you have serving the community and supporting the boys at camp makes a huge difference. Check it out - you won't regret going, I can promise you that!" - Madison Yoder*



Both Madison and his sister Edith served in the Thrift Stores

# HOT OFF THE PRESS!

## Announcing the New Fair Play Camp School Cookbook



Just in time for Christmas!

- Over 500 Recipes
- Recipes from Current & Former Staff
- Many Chuckwagon Favorites of the Boys
- Includes Recipes for Appetizers, Breakfast Items, Baked Goods, Salads & Dressings, Soups & Sandwiches, Entrees, Dutch Oven Favorites, Desserts, and more!

**Only \$15.00**  
Includes Shipping

You can order on the enclosed green card or order online at [www.fairplaycamp.org](http://www.fairplaycamp.org) and click on the cookbook photo.



# HELP FEED-A-CAMPER!

Active Boys Need Lots of Nutritious Food!



## WHY WE NO LONGER PARTNER WITH USDA

For several years, Fair Play received funding from USDA through their school breakfast and lunch programs. These programs provide cash assistance to states to operate non-profit breakfast and lunch programs in schools and residential childcare institutions.

While these programs provided much needed funding, a difficulty complying with the regulations arose. "Their standards are based off of traditional schools," Daniel Hochstetler, executive director, explains. "It's designed for kids sitting in a classroom. Our campers are so much more active. Boys are walking trails, working hard, and playing physical games, so they're naturally getting in shape.

Consequently, they are burning a lot of calories. If we stayed with USDA standards, our campers would have been hungry all the time. Imagine using four dozen eggs to feed all of Chuckwagon for breakfast. That's not going to feed 40 hungry boys who are active and enjoying life. Subsequently, last year we reluctantly ended our partnership with USDA."

## YOU CAN HELP MAKE UP FOR THE DIFFERENCE THAT WAS LOST FROM USDA.

\$20.00 per month will replace USDA funding for a boy's breakfast and lunch for a week. \$40.00 per month will cover two weeks. And for \$87.00 per month, you can replace USDA for a boy's breakfast and lunch for a month.

To partner with us to help boys get the nutritious and tasty food they need, complete the enclosed card or go to [www.fairplaycamp.org](http://www.fairplaycamp.org) and click on the Feed-a-Camper logo.



Wayne, his son Marcus and grandson Jude.

## BEEF FOR BOYS

Several years ago Wayne Troyer, a beef grower from Holmes County Ohio, recognized the need for quality meat at camp. His son Marcus was a former chief and currently serves as supervisor at camp. After donating some of his own beef he got the idea to offer other businesses in his area the opportunity to sponsor a beef for camp.

He called his project "Beef for Boys," printed up flyers, and started asking business owners to help out. Many have responded and campers have been enjoying high quality beef with their meals. If you would like to help Wayne with his project, call us and we will get you in contact with him.

Maybe Wayne's idea sparked an idea in your mind of how you can help feed boys at camp. If so, we would love to discuss it with you. Contact Steve at 864-647-4311 or at [stevemartin@fairplaycamp.com](mailto:stevemartin@fairplaycamp.com).



## EQUIPPING BOYS - STRENGTHENING FAMILIES

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