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Camp Sunrise Newsletter

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Camp Sunrise Adventures!

Camp Sunrise has seen its fair share of unpredictable weather, from scorching hot temperatures to teeth chattering rains. During these past weeks, youth from Minneapolis and St. Paul battled the unpredictable Minnesota weather with ease and excitement. Although the Camp Sunrise summer was shorter this year, it was still as memorable as ever.

At the start of each week, youth from a variety of backgrounds around the Twin Cities gather together at the YouthCARE office to wait for the bus that will take them all to camp. Once they enter the rainbow-colored gates of Camp Sunrise, they do not know what's in store for them.

As the bus rolls to a stop and the driver shuts the engine off, it suddenly gets invaded by an enthusiastic group of counselors, high-fiving all the occupants and being greeted with gigantic hellos. Once they recover from the unexpected invasion, the campers settle on the log benches around the fire pit, where introductions circulate around the group. Camper exchange nervous stares, only to later transform into looks of disbelief and shock by the discovery of Camp Sunrise's lovely outhouses, as well as to the realization that their cell phones do not have any service. After the campers hear the overview of their week, they all migrate to the lodge for lunch and then separate into one of four families for the week, A Crew, B Crew, C Crew, and D Crew. After settling down in the large army style tents, the crews plan out their week up at Camp Sunrise, from the number of miles they will be canoeing, to what they will be eating, and where they will be going for their Eco-Adventure day.



-Brittany Carr, Assistant Director, and
Tesia Elder, Head Counselor.



The bathtub stairs were completely submerged
in the beginning of the summer!



"One of the cleanest outhouses in Minnesota"
- Isiah Jones, Camp Director

Typical Week at Camp



Crews have the option of canoeing a leisurely distance of 32 miles down the St. Croix or a strenuous 56-mile stretch. If either option is a bit too easy or intimidating, there are distances in between that campers can choose: 35 miles or 40 miles! While on the river, youth learn how to canoe, build fires, and pitch tents. They are also encouraged to practice minimum impact camping and participate in Adopt-a-River, in which they pick up litter along the way.



When the crews arrive back at camp, they shower, socialize with others crews, and relax for the next day's adventure. Crews will either be on their Eco-Adventure Day excursion or earning valuable community service hours during their Service Day project. For their Eco-Adventure



Day, crews have the option of spending the day at the Fur Trading Post, St. Croix State Park, Interstate Wisconsin and Minnesota, or the No Harm Farm. Depending on the location, youth get the chance to swim, hike, unwind, and learn more about the animals and environment around them. The crews that are not on their Eco Day spend their day at camp completing a service project. Almost every thing at camp has been built or assembled by

For some, Camp Sunrise is a family affair!



campers! A Crew and C Crew ladies from week 2 helped set up the Tipi while B Crew and D Crew helped fix broken boards and screens around camp. It's a great feeling for youth to be a part of such an important aspect of Camp Sunrise.

Week 2 A-Crew Ladies

Despite all the bugs and the hot weather, campers leave camp with plenty of memories and a wealth of knowledge to share with their friends and family.

Let's hear from the youth!



Jamillah Ahmad is a Youth Mentor in the McDonough Community through YouthCARE's Young Women's Mentoring Program. Going up to camp for week 6 was quite a change in scenery for Jamillah but she had a lot of fun. Her favorite part of the week was going on the canoe trip. Jamillah felt that her crew grew closer after conquering the rapids and spending 2 nights in the woods together. She felt that "Camp Sunrise gave her a helpful push to step out of her comfort zone" and as a result, she "met a lot of really great people."



Linda Xiong first attended Camp Sunrise in 2010 and came back every summer since then. She initially heard about Camp Sunrise through her job at STEP-UP and from her cousin who was also very involved in YouthCARE. This summer, Linda came back for Week 6 and thoroughly enjoyed every moment of it. It's always nerve wrecking on the first day at camp but she was "greeted by very energetic and fun people". Camp Sunrise is a way for Linda to escape city life and immerse herself in the beauty of the St. Croix River. She spent a lot of time "relaxing and tanning and met a ton of people".

"Everybody at Camp Sunrise is so welcoming!"

-Linda Xiong



Thank You Camp Sunrise Volunteers!

The YouthCARE/ Camp Sunrise family wants to give a big THANK YOU to all the volunteers that helped out this summer!



Volunteer Counselors:

Brent Giacehetti, Faith Kwon, Gary Bystedt, Luke Bickford, Katie Nelson, Katie Schober, Sarah Gerdes, Kelsey Erickson, Adam Tancabel, Jeff Jackson, Pa Ying Moua, Doug Peterson, Tony Engberg, Julie Thompson, Kristi Jarvis, Laura Kolar

Support Staff:

Pahoua Xiong, Kou Xiong, Xavier Hageman, Leah Kriebel, Kazusa Yamashita, Cindy Vue, Kirsten DeHaven, Michel Santos, Nardos Tesfalidet, Sarah Ullmer, Bob & Carole Nienaber, Natalie & Mike Maczka, Teresa Doll & Bill Carroll



Urban and Camp Drivers:

Lejeana Iverson, Konnie Gurung, Barbara Belew, Don Woebkenberg, Jim Gilroy, Carlene Williams, Naomi Shapiro, Pahoua Xiong, Joe Francis, Andre Walker, Mike Thomes, Ross Hyde, Bob Nienaber, Rick Johnson, Chue Xiong, Sandy Ci Moua, Dave Tuttle.

Xcel Energy Business Partners:

Jamie Mailer, Renee Ray, Marsha Connor, Jen Samborski, Simon Riordan, David Brown, Sarah Jensen, Mary Martinez

Upcoming Events



Camp Sunrise Visitor's Day!

What: Visitor's Day

Date: Saturday, August 18, 2012

Location: Camp Sunrise

Time: 11:00am - 2:30pm

Call YouthCARE/ Camp Sunrise at

*612/338-1233 to **sign up** and for details on **transportation** to and from Camp Sunrise.*

Bring your family & friends!

Come see camp staff & friends. Activities include: our famous egg rolls, lunch, camp tours, music, games, a brief program with staff & volunteer recognition and MORE!!!