

# Bob Hartley's



# Camp Mountain Heart 2013







# What is Camp Mountain Heart?

Bob Hartley's Camp Mountain Heart is a week long summer camp for children ages 8-17 with congenital heart disease, cardiomyopathy or arrhythmias. It provides an environment in which campers experience new activities, make new friends and create lasting memories. This camp is held annually during the third week in July at Cedar Lakes Conference Center in Ripley, WV.

This camp is offered free to all campers. It is run entirely by a volunteer staff whose mission is to provide the best summer camp experience for each camper. The camp started with only 12 campers and has grown to a camp of as many as 75! At Camp Mountain Heart, our "family" never stops growing.



# Daily Schedule

Campers at Camp Mountain Heart enjoy a fun filled day each and every day. Campers gather together to meet for breakfast, announcements and daily chores. Campers then disperse to classes of their choice. Morning classes are followed by an activity for younger campers and a class led by Dr. Larry Rhodes, for the older campers. This discussion-based class is designed to educate young adults on the transition into adulthood with congenital heart disease. The morning session is followed by lunch where the whole camp comes back together to share a delicious meal. Lunch is followed by another class and then a period of “free time” where campers may choose to swim, spend outdoor time in the common area in front of the cabins, work on projects in the craft house or relax in their rooms. Dinner is next, followed by an evening activity which varies each night. The day comes to a close with campfire, snack and finally, lights out!



## Evening Activities

*Evening Activities have included:*

- Camp Fire
- Pool Party
- Fear Factor
- Scavenger Hunt
- Karaoke
- Inflatable Games
- Game Show Night
- Friday Night Celebration





# CLASSES

*Camp Mountain Heart offers a variety of classes to campers each year. Classes have included:*

**Fishing:** An outdoor option in which students learn techniques for catching fish. Campers actively fish in the pond located on Cedar Lake property. This class is a favorite of both new and experienced campers.



**Archery:** A class aimed at teaching campers the basics of safely shooting a bow. This class is appropriate for all campers, from novice to professional.



**Crafts:** This is an indoor class where campers work on a variety of different creative activities. Crafts are designed for varying skill and age levels. Previous crafts have included ceramics, paper mache, pre-assembled kits and beading.





**Drama:** A class in which campers get to explore all aspects of putting on a play, including improv. The class performs for the entire camp at the end of the week. Lights, costumes, action!



**Science:** Campers learn about science by building volcanos, creating exploding paint, bouncing eggs, and more! The class shows off their experiments to the entire camp at the end of the week.



**Rocket Building:** Campers assemble, decorate and launch their very own rockets! This year, a NASA scientist visited and launched a larger rocket!

**Exploring:** Campers hike through the woods, identify flora and fauna, and find hidden treasure!





# Every camper's favorite activity?

# MAKING NEW

# FRIENDS





# LARGE GROUP ACTIVITIES



## Games



## Fear Factor





# FIELD TRIP



This year, we visited the Capitol Building, the Kanawha State Forest, and attended a West Virginia Power baseball game!









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*The Mountain Heart Foundation Officers and Board of Directors also thank all  
of the dedicated volunteers! Your hard work and enthusiasm makes  
Camp Mountain Heart possible!*

**For more information on Congenital Heart Disease, visit:**

**[www.wvchd.com](http://www.wvchd.com)  
[www.achaheart.org](http://www.achaheart.org)**

**Mountain Heart Foundation is a non-profit organization  
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Mountain Heart Foundation is so proud to be able to offer Camp Mountain Heart free of charge each and every year and we can only do this through the generosity of our many financial donors. From all the campers and staff at Camp Mountain Heart, we simply cannot thank you enough for what you do to help keep our camp heart strong! For information on how to become a donor, call Larry Rhodes 304-864-6755 or email [campmtheart@gmail.com](mailto:campmtheart@gmail.com)

## 2013 Donors

# THANK YOU!

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# Bob Hartley's Camp Mountain Heart



## Until Next Year!

To receive a registration packet, give a donation or to become a volunteer,

**Call:** 304-864-6755

**Write:** P.O. Box 4629

Star City, WV 26504

or

**Email:** [campmtheart@gmail.com](mailto:campmtheart@gmail.com)