



Retreat & Refresh Stroke Camp  
425 W. Giles Lane  
Peoria, IL 61614  
RETURN SERVICE REQUESTED  
**AUGUST/SEPTEMBER 2013**

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## PEORIA, IL AREA EVENTS

Stroke Camp will be holding its first ever Beer, Bags, & BBQ fundraiser on Saturday, August 10 at Ravina on the Lakes in Peoria, IL. We invite everyone in the area to come out and join us for what promises to be a fun evening! Here are just a few of the things that will be happening that evening:

- **Bags Tournament** - Please register your team online at [www.beerbagsbbq.com](http://www.beerbagsbbq.com). Fees are \$40/team to compete. Rules are read at 3:45 pm with the tournament running from 4-8 pm. It is a double elimination tournament.
- **BBQ Dinner** - A delicious pulled pork barbeque sandwich dinner, fresh locally grown sweet corn, cantaloupe, watermelon, coleslaw, chips, cookies, lemonade, and ice tea. Dinner tickets are \$25 for adults, \$12.50 for children ages 5-12, and children 4 and under are free. Preorder your tickets at [www.beerbagsbbq.com](http://www.beerbagsbbq.com) and receive an entry in our on-site drawing.
- **Free Fishing** - Keep what you catch! We will have bait and a limited supply of poles available. The pond is stocked with blue gill, catfish, bass, and others.
- **Classic Car Cruise In** - Classic cars will be on display from 4-8 pm for you to view. Feel free to bring your own classic car and join the fun!
- **Music** - The country-rock band Southern Cross will play from 7-9:30 pm.
- **Beer** - Beer will be available for purchase at multiple cash bars throughout the grounds during the event.

**Bring your friends and family-hope to see you on the 10th!**

## SLOGAN CONTEST: The Winner Is...

We are very excited to announce that the winner of our slogan contest is **Heather Hendrick**. Heather had her stroke in 2006 and lives in Creve Coeur, IL. Her slogan is:

Life After Stroke!  
The Possibilities Are Endless

It was difficult to choose the winner out of the **93** slogans that have been submitted over the past four months. Thank you to everyone who entered a slogan! We were thrilled with the response we got, and hope you enjoyed participating!

For loads of information about stroke camp and to find resource links go to:  
[www.strokecamp.org](http://www.strokecamp.org)

To connect with campers and staff, visit our **Facebook Page**: Type "Retreat" in your Facebook search box, then, click on our logo.



# INTARSIA

...In February 2001, my wife Judy and I decided to make the first-ever [for us] intarsia of the class crest with the names of my 29 classmates who were killed in Vietnam inscribed above the crest. It took both of us about 16 months to make, from scratch, with mostly hand-sanding and a small belt sander. This is the first piece where purple heart wood (the backing for the inscription) was used to honor my classmates. We tried to incorporate as many different woods as possible to signify the diverse backgrounds of the members of the Class of '67.

We have continued!

All of our intarsias are made of natural woods with no stains applied. Since that first one, we have tried to incorporate some blood wood or redheart to remember the blood that has been shed by our men and women in uniform to keep our Great Nation free, some white or black ash to signify the Common Book of Prayer's graveside rights reference to 'ashes to ashes' and dust to dust, and purple heart wood to honor those who have been wounded or killed in battle. The Eagle & Flag intarsia pattern is one that Judy adapted from a calendar picture we've had for 10 years. The Praying Hands is a pattern that we found in one of my woodworking/intarsia books...

Warm Regards,

Rob & Judy Herb, stroke caregiver and survivor

Cheyenne, WY

To view the entire history of Rob & Judy's work, be sure to visit the Stroke Camp blog at <http://rrscb.blogspot.com/> The article will be posted August 4.



First Place: American Eagle Intarsia



Second Place:  
Praying Hands



Third Place: Wood Burned Eagle Plaque

Stroke Camp is raffling off chances to win the beautiful intarsias and wood burning made by Rob. To purchase your raffle tickets, simply go to [www.strokecampshop.org](http://www.strokecampshop.org), or mail a check to 425 W. Giles Lane in Peoria, IL 61614 (please include a memo that the check is for raffle tickets). We will mail you your ticket stubs.

Raffle ticket chances are 1 ticket for \$5, 3 tickets for \$10, and 7 tickets for \$20.

The winner will be drawn on November 9, 2013.

Raffle license R-60-13

# COMING TO A CAMP NEAR YOU...



A limited supply of our Stroke Camp merchandise will be available at remaining camps this season! We will have a limited supply of colors and sizes available for you to bring home from camp.

To order additional colors and sizes, visit [www.strokecampshop.org](http://www.strokecampshop.org). Make sure to enter the code "**Free Shipping**" in the final checkout screen for your online order!

# DIRECTOR'S CORNER

I attended a class recently and at those gatherings, have learned to recognize "energy" more than ever before. It was fascinating to become more in tune with energy and how it works in our lives. One thing that I learned was to recognize negative energy and its weight, often dragging us or our mood and those around us down. I also became more in tune with positive energy and how it can uplift and have a calming effect on us. The results have been life-changing for me as I navigate this life with a desire to improve its quality for others and have a positive impact along the way. I now do my best to remove myself from situations that are filled with negative energy and move towards the more positive experiences. So, what does that mean with regard to Stroke Camp? As I reflected on the information from the class, I discovered that the entire process of Stroke Camp is a huge positive energy producer. It comes to us from staff, volunteers, campers, and even the staff at the facilities often feels the positive energy. Before leaving for a camp weekend, I am just like a child getting ready for a big Spring fieldtrip or family reunion, full of excitement and anticipation at all that's going to be happening. Whether heading to camp, or just starting out on an ordinary day, positive thoughts can give us a big a boost.

Give it a try!

Marylee Nunley, Executive Director