



# The Front Porch

...welcome home

Volume 7, Issue 3, Fall Edition



## Reflections from "Rambo"

If you have been around camp a few years, you may have noticed that I am not the man I was two years ago. I decided in September 2009 to get healthy and get in shape. I began riding my bicycle, picked up running, and recently added swimming. I have even competed in several races and triathalons. I am happy to be 50lbs lighter and most of the time training is a blast. I have learned a lot about fitness and training to be an athlete.

Two important things I have learned are pace and endurance. If you start with too high a pace you will be unable to sustain it and you will "bonk", or die out too early. If you haven't trained correctly you will not have the endurance to make it to

the end. You must manage the right pace, that you trained for, in order to endure to the finish.

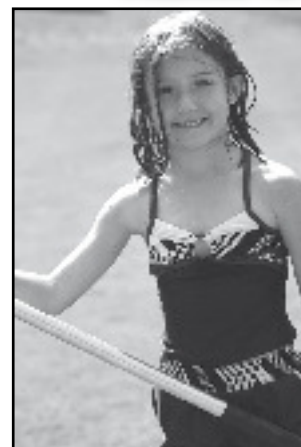
Since leaving camp to return to "real life", you may have experienced some burnout or bonking in your walk with Jesus. Hopefully you felt loved and encouraged while at camp, but you may now be losing energy and finding it difficult to be like Christ. Perhaps you are having a tough time resisting temptation. Maybe the environment at school or with your peers is making it difficult. Remember, life with Christ is like training to race. You need to pace yourself and balance your schedule, so you have time to train. Training can include reading your Bible and spending time with God, in

order to have the endurance you need to succeed. Life can bog you down if you aren't training to endure what it throws at you. In Hebrews 12:1 Paul says to "put aside all that weighs us down and run with endurance." We have to pace ourselves and train so we can do that.

I want to encourage you to hang in there while things are tough. Spend time training with Jesus so you can set your pace and run this life with endurance! I would love to hear how your school year is going and encourage you. Send me an email or a Facebook message and let me know how your training is going.

**-James "Rambo" Himstedt  
Owner / Director**

***"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us"***  
**-Hebrews 12:1**



## From a Mother's Heart

It's that time of year again when camp is a ghost town compared to what it was a short while ago. In the summer I hear the sound of rifles firing, laughter and splashing from the lake, and squeals from the blob. There is something magical about camp. I often hear both campers and retreat groups alike say that it is a refuge for them, a kind of sanctuary from the real world.

Lately I've been thinking about the word "sanctuary". The dictionary defines it as a sacred or holy place. We often call the buildings where we worship at our churches "sanctuaries." I Corinthians 6 reminds us that we who have received Jesus as our Savior have the Holy Spirit dwelling

in us; we are sanctuaries. Verse 19 reminds us that we should honor God with our bodies.

Our oldest daughter is 8, which isn't quite to the teen years yet, but I find myself thinking ahead to those years where she will make choices that will set the course of her life. I want her to always remember that her body is the dwelling place of God's spirit; that He has bought her with a price. It is vitally important for all young people to keep this in the forefront of their minds. It's our job as parents to keep telling them; helping them make good decisions regarding their bodies and guiding them to good choices when faced with temptations that may be harmful.

Think of a beautiful church building, complete with stained glass and ornate furnishings. Imagine someone coming in and vandalizing it, or even setting it on fire. Imagine raucous, immoral parties going on within its walls. Picture this church's leaders using it to show explicit movies or to have cursing classes. It is much worse for this to happen within us, where God's spirit dwells. I Corinthians 6 is a powerful passage to help you remind your child (and yourself!) of who they belong to - body, mind and soul.

**-Corie Himstedt  
Owner, Director & Mother**

## Prices and Dates for 2012!

June 3-8	\$795
June 10-22	\$1370
June 24-29	\$795
July 1-13	\$1370
July 15-27	\$1370





## Staff Spotlight: Whitney "Pistol" Carani



I can't believe it but it's already been an entire year since I stumbled upon Strong Rock Camp. I am 100% positive that God placed me there in His perfect timing. I found Strong

Rock last September when I was riding horses with a friend and instantly fell in love with it. I went through the application process and was ecstatic when I found out I was going to be a girls' counselor. I have always wanted to work at a summer camp, and I was about to be able to cross it off my bucket list!

I felt like I grew and learned so much this summer by working at camp. I think the most important things I learned were flexibility, patience and learning to just "go with the flow". Being an Early Childhood/Special Education major, I have a lot of experience working with younger children. I was absolutely certain that I would be a counselor in the younger girls' cabin. I was completely shocked when I was placed with the oldest girls in Water's Edge. These girls were awesome! I loved getting to know each of them, and we had a blast each session.

I've realized that I'm the type of person that doesn't really like change or going out of my comfort zone. Well, Strong Rock helped a lot with this struggle. When I came to camp, the only skill classes I had a little experience

with were Team Sports and Fishing. I had never climbed a rock wall before, didn't know a thing about archery, and had never been in a canoe. Well, I quickly became familiar with each of these and loved teaching them so much. I actually asked my parents for a compound bow for Christmas.

I've learned that it's really difficult trying to explain how much camp means to me. Strong Rock has such a special place in my heart and I am so grateful for such an awesome opportunity. I feel so blessed to have gotten to know so many people that have encouraged me and encouraged my relationship with God. Strong Rock Camp is a wonderfully beautiful place, but it is the people there that make it what it is.



## Tribal Results 2011

### Pride of the Tribe

- Session 1: Waya
- Session 2: Awahili
- Session 3: Waya
- Session 4: Awahili

### Honor of the Warrior

- Session 1: Waya
- Session 2: Awahili
- Session 3: Awahili
- Session 4: Waya

## Did You Know...

Last year we tested offering payment plans to our families. We didn't push it hard as the program was new to us and we wanted to keep it under the radar while we tested the system. Among the 25 families who participated, the feedback was extremely positive. The ease of set up and the balanced payments worked out great for those who participated. Here are some details for you:

- **Autobill Monthly:** This is our most popular plan as it calculates your balance and divides it into equal payments, once per month, until April 30. If you begin the plan in October, this will give you 7 equal payments. We will process your credit card on the last business day of each month for the monthly installment. We send email reminders mid-month so that you can notify us if you need to skip that payment for any reason.
- **Autobill 3Pay:** This plan divides your balance into 3 equal payments and kicks in at the beginning of 2012. Payment dates are Jan 15, March 15, and April 30. A reminder is also sent a prior to cards being charged in the event that payment needs to be skipped.

If you would like to join the 50+ campers who have already enrolled in a plan for this season, simply call the office and let us know which plan you would prefer. We will take down the appropriate information and set it up immediately.



## 2011 Family Camp

This Labor Day weekend marked the second annual Strong Rock Family camp! Many families participated and we loved having the opportunity to get to know many of them on a deeper level!

Friday involved moving in, having a family photo taken, and signing up for skill classes. We also opened up the waterfront and had a Beach Party complete with a cookout. After dinner, we gathered on field two for our first tribal competition - Multimate. We wrapped up the evening at the campfire area with a great Lifeline from

Rambo and made s'mores around the fire. Those who had a little energy left headed to the lodge to play games and get to know other families.

Saturday was a busy day as each family signed up for 4 skill classes, worked on a cool family project, blobbed and had our second annual Family Tribal Council. Everyone enjoyed watching dad's 'Face the Cookie' and playing other classic tribal council games. It was definitely an action-packed day with tons of camp fun. After another awesome Lifeline, we headed to the lodge for cookies, milk and movie.

Finally, we closed out Sunday with a couple more skill classes, completion of our Family projects and some great food. We wrapped up around lunchtime as we said goodbye to many new friends as well as several of our returning camp families.

All in all, this was a great weekend. We can't wait to do it again and hope to have another great turnout. If you weren't lucky enough to join us this year, go ahead and mark the date on your calendar for next year. Our plans are to make this a Labor Day Weekend tradition.



**Lots of you have already registered for camp next summer and sessions are filling up. If you haven't registered yet, don't miss out! Register today!**

## Ramblings from The Rock

The Strong Rock Family is growing. **Morgan "Pepper" Holley** and **Andrew "Stretch" Holley** are expecting. Baby Boy Holley will be arriving in 2012!

Congratulations to **CJ "Swat" Jenkins** and his new bride Megan. They began their life together in August.

**Chase and Baylor Rainbow** have been busy running for their school cross country team. Chase placed 3rd and 5th in his first two meets and grabbed the 1st place trophy in his third meet! Way to go guys!

**Sarah Jane Collins** is enjoying her school year and was recently elected Treasurer of the National Junior Honor Society.

**Caitlin Weed** is keeping busy this fall by playing both soccer and volleyball. Her younger sister, **Kirsten** is keeping busy on the soccer field as well. Older sister **Kelsey** is working hard and enjoying the craziness that is senior year!

**Josh Newton** has been playing football since starting the school year. He plays several positions, including quarterback, for his school team. Good luck Josh!

**Ty "Buzz" Capistrant** and his wife, **Molly "Bee" Capistrant** are currently preparing to participate in Adventure In Missions World Race! Follow their journey at <http://tyandmollycapistrant.theworldrace.org/>.

You never know where you might run into Strong Rock Family. **Daniel "Bacon" Redding** was recently at The Swamp for the Florida vs. Tennessee football game and spotted **Caitlin Weed** about 5 rows in front of him.

**Thomas "T-Bone" Dunagan** recently returned from a mission trip to Haiti where he had the opportunity to lead recreation, crafts and devotions for children in the area as well as swing a hammer a bit on some construction projects.

**Grace "Radar" Balint** recently spent a few weeks in Brazil helping teach sewing classes to local women, and sharing the love of Jesus with them.



**Are you on Facebook?**

Check out our Fan Page and stay connected during the school year! We love to hear from you so come on over and write on our wall.

## The 4-1-1

- You can be in the Spotlight or Ramblings! Email us updates on your life or let us know how Strong Rock has impacted you. You may see your name in the next issue!
- Strong Rock can host your next church, organization, or business event!
- Refer a friend and receive a discount equal to 10% of your friend's tuition.
- Host a home show and receive 10% off of your tuition.

Don't miss out on another  
great summer! Register today!

STRONG ROCK CAMP AND RETREAT  
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For more information on our camp,  
facilities, or ministry, please contact us at:

## STRONG ROCK CAMP AND RETREAT

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### Cooking Connection

Here's one of this past summer's favorite recipes. With your parent's permission, try it out.

#### Chicken Parmesan

##### What You Will Need

- 8 oz uncooked spaghetti
- 4 skinless/boneless chicken breast halves
- 1/2 cup italian seasoned breadcrumbs
- 1/4 cup grated parmesan cheese
- 1/3 cup all purpose flour
- 1 egg, lightly beaten
- 1 Tbs olive oil
- 3 cups pasta sauce
- 1 cup shredded mozzarella cheese

##### How To Do It

1. Cook pasta.
2. Place chicken between 2 pieces of plastic wrap and flatten until 1/4" thick.
3. Combine breadcrumbs and parmesan in shallow dish.
4. Dredge chicken in flour, then egg, then breadcrumb mixture.
5. Heat oil in skillet over medium-high heat: cook chicken on each side for 4 minutes.
6. Place pasta evenly over the bottom of dish. Spoon 1/2 of pasta sauce over each serving. Place chicken on top, then 1/2 cup sauce over the chicken.
7. Top with mozzarella cheese and broil for 4 minutes or until cheese is melted.