

**Camp Ho Mita Koda
ACA Ohio Grant Proposal
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Contact

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Project Title

CHMK Homesteading Initiative

Amount Requested

\$1,989.00

Organization's Mission

Camp Ho Mita Koda Foundation's mission is to help children living with Type 1 Diabetes grow in mind, body, and spirit through an outdoor camping experience that strengthens their confidence and creates a community of peers.

We want to ensure that Northeast Ohioans of all ages affected by diabetes have the support they need to live well and thrive. We strive to make children self-sufficient so they can manage their diabetes as a result of attending an enjoyable, nurturing, and educational camp experience.

Program Overview

Camp Ho Mita Koda is excited to implement Phase II of a current project entitled the "CHMK Homesteading Initiative", a multi-phase nature based program that engages campers, staff, and the community to think critically about our food sources, take ownership of personal health, combat waste reduction, and work toward environmental stewardship through shared awareness and responsibility for our natural earth.

The CHMK Homesteading Initiative will enhance the overall camp experience through a combination of civic engagement, scientific inquiry and project based, hands-on learning. Additionally, the initiative will educate and encourage stewardship through an interactive, multi-component homesteading program that will be available and utilized year-round to campers, the community, and our local hospital systems.

The program is uniquely special as it provides the opportunity for campers to not only get dirty and make real connections to nature and others, but they get to spend their day being physically active all while learning lifelong skills that are directly transferable to their lives beyond camp. These learned skills will have a positive and measurable impact on their health and personal management, as a Type 1 Diabetic, for the remainder of their life. This project is simply a foundational piece for living active and healthy lifestyles through interactive education and experiences with fresh food from the earth, animals, and insects.

During the 2019 season, Phase I of the project was piloted with the addition of an enclosed garden space, garden shed, three raised garden beds, and a beehive. We were successful in building a strong honey producing hive, supplementing many of our meals with fresh vegetables from the garden, and measuring a positive shift in the eating habits of our campers over the course of a summer season.

For Phase II of the project, we have chosen to focus our efforts on animal husbandry, subsistence gardening, and apiculture education. We hope to share the other side of the story and help youth gain a deeper understanding, maybe even gratitude, of all the resources it takes to nutritiously feed ourselves and our community.

Additionally, we have enlisted the support of several community partners to ensure that the project has the support and ownership of community stakeholders who share the passion and understand the significance that this project will have on campers. Each stakeholder is included in the description below.

Program Breakdown

We are hoping to continue building upon the success of our pilot season through intentional education, structural improvements and additions, and continuing community support. We have identified three areas of focus, including animal husbandry, subsistence gardening, and apiculture education.

Animal Husbandry

At a camp for kids with Type 1 Diabetes, eating healthy is tough while trying to keep blood glucose within a safe range. With funds from the grant, we would like to add a chicken coop, along with 5 egg-producing hens. Campers will have the opportunity to harvest the eggs (carb free!) to use as part of their meals at camp and further promote healthy eating. They will work closely with local farmers, including Blue Lakes Farm (located across the street from camp), to learn about animal husbandry and be responsible for feeding, collecting, cleaning, and medicating the chickens. Having chickens onsite will also allow us to further delve into our Outdoor Education studies with the utilization of live animals for hands-on inquiry and discovery. Phase III would include the addition of milk-producing goats.

Subsistence Gardening

Piloted in 2019, this hands-on nutritional/garden program has been highly successful with campers, as they learned about the importance of fresh foods, how they are grown, how they fit into their daily nutritional challenges, and the proper ways to care for, grow, and harvest food. During the 2019 season, utilizing three raised beds and tools, campers had the opportunity to maintain, upkeep, and harvest a wide range of vegetables including: tomato, pepper, sweet potato, broccoli, eggplant, pumpkin, radish, snap peas, lettuce, kale, watermelon, carrot, zucchini, sunflowers, and cucumbers. In 2020, we will look to plant and maintain a similar crop, along with some specialty items, to supplement the salad bar during meals. Additionally, Kristin Warzocha (President & CEO of the Greater Cleveland Food Bank) has partnered with Camp Ho Mita Koda to provide insight and support with regard to food distribution, use, education, and more! We will also install rain barrels with a drip irrigation system to reduce the consumption of water.

Apiculture Education

Piloted in 2019, Camp Ho Mita Koda was successful in obtaining a honeybee hive which was relocated into the garden. This was a highlight for the campers, as we partnered with the Geauga Beekeepers Association for hands-on workshops and obtained educational resources from the Honeybee Conservancy. Campers had the opportunity to learn all about the bees, the process of beekeeping, hive structure, maintenance, and the ultimate reward of harvesting all-natural honey. In 2020, we are hoping to add one additional hive, as well as safety equipment that would allow the campers to handle the bees and play a larger role in checking the hives, feeding the hives, assist in medicating the hives, and overall maintaining the health of the hives. Moreover, we will offer two hands-on community events, led by Pat Willis and volunteers from the Geauga Beekeeping Association, to harvest the honey!

Moreover, we are working directly with University Hospitals Rainbow Babies & Children (Paul McGuigan, CDE/RN & Dr. Uli & Dr. Wood, Endocrinologists) to provide all-natural camp honey to the endocrinology unit for doctors to use in the treatment of patients with extremely low and life-threatening blood glucose! There is no comparison when it comes to natural local honey and commercially produced honey found in a store. The nutritional benefits and ability to be used in the treatment of Type 1 Diabetes in a hospital setting makes this project even more unique, directly benefitting our local community, campers, and hospital system.

Impact

The CHMK Homestead Initiative will impact over 300 campers each camp season, ages 5-17 years old. The program will also impact another 300+ participants who participate in CHMK programs during our fall season. The utilization of honey in the hospitals will be a new pilot program in 2020 and the impact is still to be determined.

In addition to the Camp Ho Mita Koda community, we are planning to offer day programs and training opportunities for the general public, thereby increasing the impact of the project and helping to achieve our goal of getting individuals to think critically about food sources, take ownership of personal health, combat waste reduction, and work towards environmental stewardship, through shared awareness and responsibility for our natural earth.

Budget

The total project cost to implement Phase II of the initiative in 2020 is approximately \$3,000. Just as we did last year, CHMK has included a small budget of \$500 for items needed for the upcoming camp season, but is unable to allocate more funding toward the project due to budget constraints. Last year, we were blessed to have received a matching donation of \$500 for the project from an alumni to help support Phase I in 2019. The combined \$1,000 was used to cover specialized medication, food, bee swarm order, hive frames, gardening tools, staff training, educational resources, and the replacement/repair of the current raised beds and fencing.

The total requested funds from the Grant Program is approximately \$1,989.

Unfortunately, if we are not awarded the requested amount, Phase II will be affected. Quite simply, we will not be able to move forward with the Homesteading Initiative in the full capacity that we have planned and may need to eliminate a program area or cut back. Sadly, this would mean that we will not be able to provide our campers with the same type of experience that we did last year, nor would we be able to support University Hospitals with honey donations and the community as a whole.

Funding through the ACA, Ohio Grant will allow us the opportunity to push forward with the purchase of several key pieces of equipment that are essential to the program's success. Once the equipment has been purchased, the remaining cost of Phase II will be minimal, with the ultimate goal of the program becoming self-sustainable so that each season involves nothing more than maintenance expenses. Additional expense and resources needed to maintain the program will be absorbed by the cost-savings from utilizing home grown food, honey sales to the public, conserved resources, and camper tuition.

Phase II- Homestead Initiative Budget

Item	Cost	Quantity	Total
Animal Husbandry			
Chicken Coop	\$200	1	\$200
Chicken	\$5	5	\$25
Chicken Feed	\$35	3	\$105
Water Can	\$40	1	\$40
Food Can	\$20	1	\$20
TOTAL			\$390
Subsistence Gardening			
Plants	\$300	1	\$300
Soil	\$20	5	\$100
Rain Barrel & Equipment	\$100	1	\$100
TOTAL			\$500
Apiculture Education			
3 Frame Honey Extractor	\$200	1	\$200
Full Bee Suit- Youth/Adult	\$40	10	\$400
Bee Hive- Langstroth	\$175	1	\$175
Full Length Gloves	\$12	10	\$120
Frame Tool	\$6	2	\$12
Honey Jars	\$30	2	\$60
Frame Grip	\$8	2	\$16
Honey Bucket- 5 Gallon	\$40	2	\$80
Smoker	\$18	2	\$36
TOTAL			\$1099

Timeline

We would like to hit the ground running and begin prepping the site in April 2020. This will allow us to be ready for the opening of camp in May 2020, with everything in place and ready to go for the campers and community.

It is our goal to further expand the scope of the project and implement Phase III in the summer 2021 season. Currently, we are working with community partners to help make our vision a reality for 2020 in order to meet our goals and set ourselves up for continued future success.

Future improvements for Phase III will include the addition of our composting program, milk producing livestock, additional beehives, and alternative/renewable energy sources to power the program.