



MUSCULAR DYSTROPHY
NEW SOUTH WALES

Camp Kula N' Gadu 2012

Generously funded by Ageing, Disability and Homecare

Just when we thought that Camp couldn't possibly get any better, along comes another bunch of courageous campers, committed carers and keen activity facilitators!!

The scene was set with a symbolic smoking ceremony to celebrate our new Camp name – Kula N' Gadu – which basically means being proud of who you are and where you have come from. We all walked through the smoke and felt an immediate sense of peace. It was a sign of wonderful things to come! Wendy, Jo & Jordana headed an excellent Indigenous Art & Craft session which included stories of the Dreamtime. Then we headed off to Eggstreme Adventure which saw crazy team building activities ending with a ceremonious throwing of the eggs at Brett from Great Race – a huge highlight for the campers!!



Sophie shows Wendy her Indigenous Art



Ashton shows off our Kula N' Gadu artwork



Eggstreme Team

Sense of Achievement



Working together



Ross and Luke



Brett the Eggterminator





A big thanks to staff from Deutsche Bank who joined us on the Tuesday and helped to create an amazing atmosphere throughout the Tennis Clinic and Survivor Olympics. Our mini campers were lucky enough to have a few activities designed just for them throughout Camp and these included Maralyn's Scavenger Hunt, Jenny's Cooking Class and Ross' Balloon Volleyball, all of which were a huge hit! The oldies teamed up for an hilarious Drama Class with The Great Race and also participated in the Shane Warne Workshops conducted by Justin Reid.

Late afternoon sessions gave campers an option of participating in unique craft sessions or Singational classes. The latter highlighted the talented singers we have within MDNSW especially Sarah and Daniel, with Michael and Bodene improving every year; such a wonderful activity for campers' self esteem and confidence.



Tom did well at tennis

Radio Car Racing



Radio Controlled Cars



The wonderful volunteers from Deutsche Bank



Clare, Phil, Dan & Bek line it up

As expected, the Radio Controlled Car Racing sessions ranked highly amongst the campers, with the younger campers surprising us all and showing an enormous amount of skill and patience. Congrats to Jye and Joe who took out the coveted Racing Car trophies but a special mention must also be made to Kamal and Ashton who showed us great skill and that it's not all about being the fastest!

According to the Camp Evaluations, the highlight of Camp was the Laser Tag activity facilitated by Rob from Aim 4 Fun. Conducted on the Oval and including large inflatable bunkers, Tom and Michael earned the title of Laser Tag Champions of 2012 with their amazing agility and ability to line up their opponents. The carers all deserved a medal in this activity with some having to push campers in manual chairs on grass, and others having to run alongside those in electric chairs as the guns became a little heavy. Check out pics on their facebook link found at www.aim4fun.com.au



Bo & Joss Racing Cars

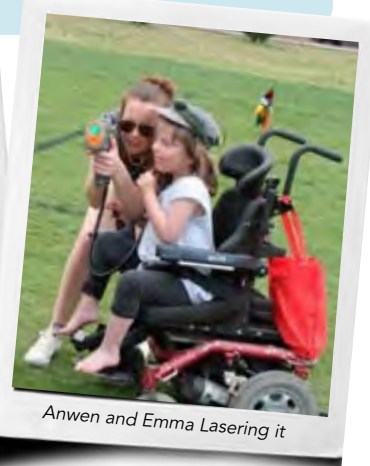
Laser Tag



Matt's Laser Team of carers



Commando Kags



Anwen and Emma Lasering it





Sports Day



Mummy Tom!

Sports Day was a huge success once again with Peter King from Boccia NSW leaving very excited about the potential Boccia Champions he identified within. Max and Rex were stand outs... and who could forget the last ball our Paralympic hopeful, Daniel, threw to beat about 6 other players by millimetres. It was the Ball of a champion! Northcott also provided us with a couple of talented Powerchair Football players to show us this relatively new paralympic sport which saw Chris and Cassie excel after they were fitted with the specially designed football guards.



Cassie loved the Power Soccer

MDNSW staff Katie, Chaitali and Gracia conducted a Karma Workshop for the girls which was a huge success, and Young Guns Fishing ran another successful casting session for the campers which included some live yabby fishing – a hit with everyone!

As usual, some of the more mobile campers went fishing on the Brisbane Waters where Steve took out the Biggest Fish Award, and the rest went on a tour of Manly, stopping off at North Head for lunch.



Kamal had his best camp yet!



Bec & Fanny



Michael and the Vege!



Max & Tyran

Party night!!

By far, the most highly ranked activity on Camp this year was the Party Night which saw Chris take on ACDC, Lena move us with Somewhere Over the Rainbow, Fanny and Dan give an emotional duet, Michael singing Superman, and many other group and individual performances. The Australiana theme saw the Irwins, Vegemite, Dame Edna, Sporting Heroes, indigenous animals and many patriotic fans turn up for the celebrations. What a night it was!! Camp ended with a bout of Laughter Yoga; a fitting end to a most enjoyable Camp.



Samson the convict



Steve and Loretta double the Dames



Leadership Skills

Special mention to Patrick Nolan who showed superb sportsmanship throughout the Camp, and to Cassie Robson who led by example and inspired others with her participation and leadership skills. Our annual Carers' Awards went to Demi and John, and a big thanks to Ross for his role as Camp Team Leader. Lisa Burns from the Hunter was our wonderful Camp Mum and Jenny (now nicknamed Madge) was a huge support to me personally and ensured all was organised and ran smoothly. Jilly once again supported all campers and administered meds flawlessly and a big thank you to Sarah, Nigel and Helena from the Neuromuscular Clinic for the valuable hands-on roles you played throughout Camp as our Camp Doctors and OT. Finally to the Camp Carers from UWS and Brookvale TAFE... what an amazing team you were and what a brilliant job you did to bring everyone together and create such a warm and vibrant atmosphere. Thanks a heap!!

*We were proud, we were strong,
we discovered alot about ourselves
and we shone! Well done team!!*



Blaise receives his Baseball trophy from Peter Debnam



Patrick, Samson and Joe take off!



Leon and Lena



Camp Mama Lisa & Arjuna



Ross and Sally receive an Award for attending all 4 camps so far



The young ones loved their tea party

The Perfect Team of Volunteers

Check out all your radio control car needs at www.venom-group.com.au
Major supporters of Muscular Dystrophy NSW.

