

Diabetes Education and Camping Association Newsletter OCTOBER 2010

"Great Camps, Healthy Futures"

DECA Mission Statement: The Diabetes Education and Camping Association promotes communication, provides education, shares resources and serves as a worldwide voice to advance diabetes education and camping programs that meet the diverse needs of individuals and families.

Diabetes 101 Translated!

Exciting news! Our own Jay Dunigan of Abbott Diabetes Care has announced that *Diabetes 101* will be translated into Chinese and distributed through colleagues in China to assist with educating people about type 1 diabetes. When we announced this in Jamaica, Dr. Miriam Alicea volunteered to translate the manual into Spanish so that it can be distributed to Spanish speaking populations, as well. Thank you Jay and Miriam for broadening our reach to more people!

If you would like to translate *Diabetes 101* into another language, please contact Shelley Yeager at shelleyyeager@diabetescamps.org and she will send you the electronic version.

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Ready, View, Go – Diabetes Training Videos Soon To Be Released

DECA's series of diabetes training videos for camp staff have passed the "rough cut" stage and will soon be on the DECA website for viewing. These videos were filmed at camps this summer and cover a wide range of topics, including low and high blood sugars; insulin administration; pumps and sensors; common problems in the health care center; a day in the life of camp; teachable moments and more. They are aimed at helping new staff learn a little about diabetes camp before they arrive so that you can focus your staff training on specific issues. Shelley Yeager will be developing study guides to go along with each video that will highlight specific issues. The videos will be free for DECA members! Another great member benefit for our camps, thanks to the American Legion Child Welfare Foundation.

DECA Toll Free Number (in North America)
866-980-DECA (3322)

DECA Definitely "Jammin in Reggaeland"

If you were not in Rio Bueno, at the Breezes Resort from October 21 - 24, you missed an incredible time. Who said that we sleep on camp cots, share bathrooms, eat camp food and sit on wooden benches when we attend conferences? Not this time.

Violet Griffith and her team ensured that we enjoyed every Caribbean comfort - well, except it rained a bit. But the Jamaica jerked chicken, dancing in the streets, unbelievable hospitality and all-inclusive aspect of the Breezes resort made this conference a true delight. Thanks, Violet, for your hard work – you and your team deserve a big standing "O."

Oh wait, we were there to learn something, right? Well, as usual, the best part of the conference was networking and sharing stories from camp. We are all experts in our own right and can help each other with new perspectives and information. One of the most attended and lively sessions was a panel discussion on the use of low dose glucagon. A number of camps are successfully using the strategy to control low blood sugars and they shared their stories amidst some research conducted at Camp Conrad Chinnock. Another highlight was a performance by the "Bashey Bus Crew" a troupe that performs sexuality education themes (HIV, abstinence, rape reporting) to school and parent groups in Jamaica. It reminded all of us that sexuality issues are an important topic at our camps and that while cultural differences may exists, youth worldwide are confronted with the same problems.

We also offered a "Diabetes 101" track where nurses and dietitians from the Caribbean islands learned more about diabetes to take back to their schools. At the end of the conference, one nurse exclaimed, "I'm motivated to go back to school and get an advanced certificate in diabetes now so that I can help others understand that YOU CAN live with diabetes! Thank you." And, we had attendees from Trinidad who hope to start a diabetes camp. At the end of the conference they left armed with the "Diabetes Camp Survival Manual" and copius notes. They said, "our heads will explode with so much information but we're going to do this." Is there anything better?

We will all remember our climb up Dunn's River Falls, a 1,000 waterfall where we linked hands and scrambled up steep boulders while a torrent of rushing water soared over our heads and bodies. The pools were fantastic and the video – soon to be on youtube.com – will make all of us laugh! The activity was definitely a bonding moment much like the ones our campers have each summer when they work to achieve something together.

The next conference will be in Indiana and get ready because Dr. Sam Wentworth is busy planning a great time, while Eli Lilly & Company is working toward hosting a day with tours and seminars led by experts in research and the history of insulin! Until then, stay in touch with your camp colleagues because networking and sharing is what DECA is all about. We're a click away!

by Shelley Yeager



October 29, 2010

Dear DECA Camp Contact,

This past year has been a banner year for DECA. Our camp memberships grew exponentially. In fact, DECA's online database *hosts 169 camps that serve over 22,000 youth worldwide*. And, we worked diligently on your behalf on many initiatives including:

- ♦ A partnership agreement with JDRF that linked the JDRF and DECA websites. JDRF is by far the highest referral site for traffic to the DECA website from the public bringing potential campers to your camps. Further, JDRF produced a postcard for the "Bags of Hope" that each newly diagnosed child receives, that state, "the single best thing you can do for a child with diabetes is send them to diabetes camp," with DECA's website across the bottom.
- ♦ We offered your camps the excellent staff training videos, produced by Dr. Chris Thurber, through the Leadership Essentials' initiative.
- We offered two DTreat retreats for 18-25 year-olds and presented DTreat at the American Association of Diabetes Educators meetings. The DTreats and the AADE session were extremely well-attended, promising collaboration on programs for this transitional age group and bringing recognition of diabetes camps' efforts to influence the lives of young adults.
- We produced 11 diabetes training videos covering an array of topics from blood glucose monitoring and treatment of highs/lows to behavioral challenges and common problems in the health care center. These videos will be available with accompanying study guides in early 2011 to give member camps a jump-start on staff training.
- We represented camps and distributed your information at the Lions USA/Canada Forum, The Friends for Life (childrenwithdiabetes), American Diabetes Association, American Association of Diabetes Educators, and National School Nurse Association conventions.
- We worked with the Helmsley Charitable Trust on a diabetes camping initiative that will hope fully benefit many of you. The Helmsley Foundation is working with DECA to gather information about diabetes camps across the United States as they develop a funding strategy with two goals: to eradicate type 1 diabetes and help children who live with it today.
- We assisted our Industry Partners, the companies that generously provide supplies for camps each season, by providing contact information, session dates, camper numbers and other data and distributed their information to you – serving as a vital link between 169 camps and the critical companies that support their efforts.

We feel strongly that the cost of membership should not be a burden to camps and will keep the membership rates for 2011 the same as this year. Those whose total cost exceeds \$200 will again receive a 50% discount.

DECA membership does not imply or require accreditation. DECA encourages camps to meet the National Camp Association standards (American Camp Association in the US). DECA is an organization of sharing. Through the newsletters, conferences and direct contact among camps, all of the camps that have been active in the Association have benefited greatly. Staff exchanges, material and idea sharing have grown each year. Most important, however, is the person-to-person contact among "camp people" of all levels.

Our industry partners, diabetes colleagues and the general public recognize the DECA logo. Being able to advertise membership in DECA on brochures, letterhead and at camp is a great way to market your camp and to interest parents and corporate partners in your programs. Use the DECA logo on your materials and let people know that you are part of the world's only association of diabetes camps – a group that reaches out to youth with diabetes and families everywhere to inspire, motivate and encourage health and confidence.

We look forward to having your camp join us in support of our efforts to enhance your programs, to bring more visibility to your camp and to expand DECA's services.

Lorne Abramson Executive Director

The Diabetes Education and Camping Association Membership Categories and Fees January 1, 2011 – December 31, 2011

Camp Membership: Diabetes Camp Membership may be granted to camps whose primary programs and services are provided to campers living with diabetes. Primary shall be defined as more than 85% of the total population served has diabetes. Membership runs from the time paid until December 31st. These camps must pay the fee between January 1st and February 28th to be eligible for all benefits. The benefits received may include:

- An unlimited number of free individual memberships for your staff (or volunteers) and parents 18 and over as approved by the Camp Director
- Unrestricted access to all features of the DECA website (by validated password for your camp), including downloadable "best practice resources," DECA logo, PowerPoint presentations, and video staff training programs:
 - A special members' rate will be offered for the *Leadership Essentials* staff training video program by Dr. Chris Thurber
 - Access to DECA's own 11 diabetes management training videos (coming in January 2011)
- Inclusion on the Industry Partners' database that ensures you will receive donated supplies and materials for your campers
- Partner opportunities with local Lions Clubs based on the agreement DECA has reached with Lions International that encourages camps and Lions to work together to expand and enhance diabetes camping programs
- ♦ Access to shared best practices on the website and downloadable camp resources, such as "Diabetes 101" and "The Diabetes Camp Survival Guide," plus manuals shared by other camp members
- ♦ Access to "DCAT" the Diabetes Camp Assistance Team experts who can help you with issues facing your camping program
- Rights to use the DECA logo on promotional materials, indicating that your camp is a member of the world's only professional diabetes camping organization
- ♦ Monthly newsletters, inclusion in all notifications of exciting new opportunities, priority and restricted access to new resources and so much more

Fee Structure: The fee structure is based upon the total number of *camper days* at the camp. A *camper day* is defined as the number of campers with diabetes at the camp multi plied by the number of days that they are present at camp (any part of a day is counted as a day). (i.e., if you serve 50 campers with diabetes and they are present from Sun day to Friday you would have 50 X 6 = 300 camper days) are offered, the camper days from each session are added together to get total camper days.

You are asked to provide the actual number of camper days that you would like to receive support from the IPAC/pharmaceutical partners and base your fee upon that number.

<u>Fee</u>	Camper Days
\$50	1 - 249
\$100	250 - 999
\$175	1,000 - 1,999
\$250	2,000 - 2,999
\$325	3,000 - 3,999
\$400	4,000 - 4,999
\$475	5,000 - 5,999
Additional \$75 per each additional	1,000

Camps whose total cost exceeds \$200 will get a 50% discount for 2011.

- Affiliate Camp Memberships: An Affiliate Camp has an interest in serving those with diabetes, but does not primarily serve a diabetes population. Membership runs from the time paid until December 31st. Fees will be the same as they are for Diabetes Camp Member-ships. The benefits received may include:
 - Free individual memberships for anyone affiliated with the camp
 - Any available staff training material on the website, which may include training videos, handouts, etc.
 - There are future plans to develop diabetes specific training videos for the website.
 - Downloadable resources from the website in the Members Restricted area
- Individual Membership: Individuals may still elect to sign up for Membership annually, which runs from January 1st through December 31st each year. This category remains for those not affiliated with a specific camp or for individuals whose camp does not become a member. The specific Membership will run from the time paid until December 31st. Cost: \$25. The benefits received may include:
 - Eligibility to attend the annual diabetes camps conference (all attendees must be members)
 - Any available staff training material on the website, which may include training videos, handouts, etc.
 - There are future plans to develop diabetes specific training videos for the website
 - Downloadable resources from the website in the Members Restricted area
- Lifetime Membership: Lifetime Membership continues to be \$400 for the lifetime of an individual stated at the time of joining. Lifetime Membership is for individuals only and may not be purchased in the name of a camp, organization, or any other group. Life time Memberships are for the individual only; Lifetime Members are entitled to all Membership Benefits.
- Non-Member Diabetes Camps: Non-Member diabetes camps (i.e. they must be eligible for Diabetes Camp Membership) will be listed on the website for free; their listing will include their name and location only and will not include links to their website or other contact information. Non-Member Diabetes camps will not be eligible for any benefits from the DECA and will not be included on the Industry Partners' Database.
- DECA Friends: Individuals may sign up for a free membership called DECA Friends. They will have access to the free areas of the website only and will be sent emails reminding them that the new newsletter was posted.

Caring For Camps – Lilly Diabetes' Commitment to Summer Camps

Submitted by Lilly Diabetes for inclusion in this publication

Summer camp is a time to play outdoors, make new friends and find independence. For children with diabetes, it is that and more.

Many children with type 1 diabetes don't know anyone like themselves. For these children, camps offer a safe place where they can feel "just like everyone else," - a place where diabetes does not define them but rather connects them with others in an environment of education and emotional support.

Summer camps do not happen by themselves. National associations like the Diabetes Education and Camping Association and the American Diabetes Association provide support to camps throughout the US. Individual camps rely on professional and volunteer support and donations to meet camper needs. For the last 10 years Lilly Diabetes has been the largest supporter of camps through the Lilly Diabetes Camp Care Package, contributing diabetes medicines, educational kits for campers and caregivers, speaker appearances and volunteers. Read on to learn what programs are available for a camp near you.

Product Donations

- Insulin and hypoglycemia emergency kits are available to camps across the US. Products must be requested by a healthcare provider associated with the camp.
- Since 2001, Lilly has donated approximately \$15.2 million in insulin products, with nearly \$2 million donated in 2010. More than 2,100 hypoglycemia emergency kits were also distributed.

Hands and Hearts Employee Volunteer Program

- This program matches Lilly employees to volunteer opportunities in cities where they live and work. Summer camp is one place where there's often a need. Employees find the experience rewarding and fun. In 2010, 30 camps requested Lilly volunteers - employees throughout the U.S. answered the call and participated.

Educational Kits

- Packed in an L.L.Bean® bookpack with an emergency tag especially for children with diabetes, the kit includes a kid-friendly guide to diabetes management, a food spinner to estimate carbohydrates, a log book to track blood sugar, and an inspiring letter from Olympian Kris Freeman.
- The caregiver kit includes a carbohydrate counting guide written by nutritionist members of the American Dietetic Association, a letter from Kris Freeman and information about healthy eating. In 2010, more than 22,000 educational kits were shipped to camps throughout the US.

Camps in Color Art Program

- Designed with the American Diabetes Association, this art therapy-based program offers a selection of 17 guided, age-appropriate activities that give children the opportunity to share their personal stories with diabetes and learn from others.
- In 2010, Camps in Color featured individual and group activities utilizing 12x12 canvas squares. More than 17,000 were requested and shipped.

Motivational Speaker Opportunities

- Three-time Olympian and U.S. cross-country ski champ Kris Freeman shares an important bond with young campers. Diagnosed with type 1 diabetes prior to his first Olympics, Kris, now 29, has learned to manage his diabetes while staying competitive. Since 2004, Kris has visited more than 4,000 youngsters, including 1,500 campers in 2010.

To learn more about the Lilly Camp Care Package including how to request products or programs visit, www.lillydiabetes.com/pages/lilly-camp-care-package.

Lilly Camp Care Newsletter, Fall 2010

JOB OPPORTUNITIES. . .

Internship Opportunity!

DECA is hiring! We are looking for a motivated, independent diabetes camping professional to help us with an exciting grant-funded project – The Diabetes Camp Toolkit, *recently funded by Pepsico*. This project will develop an online educational resource for camps that will pull the best practice activities of camps that meld sound diabetes education principles with exciting camp activities, games and skits.

The intern will contact camps and educators; coordinate activity submissions for review by DECA's Education Committee; assist in the design and technology development phase; and work to complete the project by the 2012 camping season. If you are interested in this part-time opportunity, please send a resume to Shelley Yeager, Director of Outreach and Development at shelleyyeager@diabetescamps.org.

DIABETES SOCIETY, 1165 Lincoln Avenue, Suite 300, San Jose, CA 95125

www.diabetessociety.org

JOB DESCRIPTION, TITLE: Camp Director

REPORTS TO: Executive Director **POSITION STATUS:** Exempt

POSITION SUMMARY: The Camp Director coordinates and manages the Diabetes Society's camping programs. The Camp Director supervises all camp activities, staff, and is responsible for the safety and welfare of all campers and staff while at camp. Will attend all camps.

RESPONSIBILITIES:

- Coordinates and implements entire camp program, including supervising all staff, activities, campers, and volunteers.
- Develops the annual operating budget for the camp department and monitors that budget.
- Markets the camp program to health professionals, school personnel, families, volunteers, affiliated organizations, and the media.
- Coordinate opportunities to promote the camp program at diabetes-related events, arrange staff
 or volunteer coverage or attend as a Diabetes Society representative to promote the camp program.
- Negotiate rates and secure camp dates at campsites.
- Manage and coordinate updating of website and brochure, among other promotional materials, to publicize camp schedule and rates.
- Organize and oversee the collection of necessary camp supplies, both donated and purchased.
- Recruits volunteer nurses, physicians, counselors, and guest speakers for each camp (100-450 volunteers per year, depending on camps).
- Recruits, manages, trains, develops, and evaluates camp employees.
- Ensures that all needed preparations are in place prior to the start of each camp, including supplies, written schedules and other documents, training, and staffing assignments.

Diabetes Society, Camp Director Position (continued)

- Reviews all social summary information on each camper, noting important information such as
 health, emotional needs, recent changes in home environment, and special needs and coordinate
 any issues with medical personnel.
- Works with Camp Registrar and camper parents to obtain pertinent and required information before the start of camp.
- Organizes and conducts trainings for all volunteer counselor/program staff prior to each camp.
- Provides on-site supervision during camps.
- Reviews and evaluates camp operations and communicates results, statistics, and recommendations to the Executive Director.
- Serve as a resource to refer and connect parents and campers to any necessary support services within the community.
- Engages in travel and overnight stays occasionally.
- Performs periodic lifting periodically of up to 40 lbs.
- Performs other duties as necessary or as assigned by the Executive Director, or to assist other staff in supporting Diabetes Society programs.
- Develops and coordinates fundraising events for camp.
- Works with grant writers and foundations for camps.
- Writes annual camp report, goals and objectives, etc.

Send resumes to: CKassouf@diabetessociety.org.

CIRCLE OF LIFE CAMP, New York

JOB DESCRIPTION, TITLE: RN, CDE (2 positions)

The Camp is looking to hire 2 RN, CDEs from August 21-24th for camp session 2 for kids ages 8-12. Nurses need to have a valid NYS license. Compensation is \$300/day; food and lodging, as well as mileage, are included.

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The Circle of Life Camp, founded in 1996, provides the fundamental, age-appropriate diabetes education and social support essential for adolescents to properly manage their diabetes. The campers experience a unique opportunity to interact in a relaxed and supportive atmosphere, which fosters understanding, acceptance of their condition, and proper emotional development. They are able to share their knowledge, experience, and concerns, as well as participate in educational sessions and recreational camping activities. In December 2009, the Circle of Life Camp signed a partnership agreement with Lion's Camp Badger, moving the Camp to a permanent location in Spencer, NY, to further expand the camp programming. Lion's Camp Badger sits on 220+ beautifully wooded acres with a lake for canoeing and boating, a swimming pool, large field, playground, and over 100 acres of hiking.

For more information, please visit: www.circleoflifecamp.org; call Dr. Alicia at 518-506-4245; or email: circlecamp@aol.com.

DECA Classified Section

Post your open camp jobs on the DECA website (www.diabetescamps.org) in the new classified section and reach passionate, knowledgeable staff for your camp organization. You must be logged on as a member. Go to the *membership tab*, click on *classified* and post your listing with contact info.

Meet Some Interesting People with Diabetes. . .



Gen Leduc, Triathlete

It was at the beginning of high school that I first heard of the sport of triathlon. A Canadian, Simon Whitfield, had won gold for the Olympic's first triathlon in history. A few years later, I heard of it again through a lifeguard colleague and I gave myself the challenge to complete one.

Leading an active lifestyle from a young age, endurance sports were not new to me. However, the management of an insulin pump was! A type I diabetic for twelve years, I had only been "connected" to an insulin pump for a few months when I started triathlon training.

Several challenges were ahead of me. Although the pump is an excellent alternative to insulin injections, its management is more complex, especially at the beginning. Basal doses (released in very small quantities through 24H) and bolus doses (given with meals and for high blood sugar levels) have to be well balanced for all diabetics and even more so for athletes. The reason for this is that exercise lowers blood glucose levels, even up to several hours after exercise. And we have to be careful not to eat too many carbohydrates to compensate for lows because that also causes problems!

Fortunately, I was coached by a great nutritionist for several months, who helped me balance exercise and my carbohydrate intake. One of the very practical tricks she taught me was to hydrate continuously with a drink (half water and half juice) to avoid hypoglycemia. She also taught me to always keep a surplus of carbohydrates with me "just in case", even when swimming in open water (Gu gel in my swim cap)! Thanks to my nutritionist's help and after much trial and error, I improved at knowing how much to eat and what insulin doses to take for my workouts. Despite this, however, I still make mistakes in my calculations. But I try not to worry too much about it and instead, to rejoice in each small victory!

Last June, at the "pinnacle" of my 12 months training, I had the privilege of joining a group of diabetic women for a training camp in Colorado (Women Inspiring Life with Diabetes). Sessions of swiming, cycling and running were part of the program, but so were lectures on diabetes management, nutrition and sports psychology. Never before had I been surrounded by people with the same health challenges as me. The best thing about it was our common determination not to let our disease take over. This really encouraged me and it even changed my view of diabetes. I am no longer ashamed of wearing an insulin pump, of correcting my hypoglycemias in public and of taking my blood sugar level, (up to 10 times a day!) even in my classroom. Rather, I am proud of who I have become and of the challenges I overcame, despite my limitations.

Diabetics have a number of concerns in addition to those of "normal" triathletes. Did I have enough carbohydrates before the swim? Did I eat too many when biking? Will my blood sugar remain adequate for the run? It's also a challenge to distinguish between normal fatigue and symptoms of a low glycemic level. I always have to anticipate my body's reactions. Regarding the insulin pump, mine is not waterproof so I have to "unplug" before the swim and make sure someone brings it to transition for me. When I get out of the water, I reconnect, check my blood sugar (and once again at T2) and there I go!

To date, I have completed two sprint triathlons, one in Colorado and another one in Montreal. Diabetes management becomes more complex with greater distances so I'm training one step at a time for one of my goals; to complete the Olympic distance by the end of my bashelor's. My focus this year is swimming, as I want to improve my speed and better control my blood sugar while disconnected from the pump for training (max 1:30). In January, I plan on joining a triathlon club, as I will be more ready then to juggle with work-outs and my health.

If diabetes slows me down in achieving my goals, I have to say, "Yes." But is this suffering in vain? Not at all. It strenghtens my faith in Jesus, inspires people around me and it limits my disease's long-term complications. It's a 3 for 1 situation! And when I really think of it, I realize that without my health problem, it is likely I would never have done triathlons in the first place. My ultimate interest in this sport really is to fight diabetes!

Gen Leduc is a 22 year-old student from Quebec, Canada. She is an avid athlete who has recently become interested in triathlons and especially managing diabetes during intense exercise. She attended DECA's DTreat at Northeastern University in Boston where she met and talked extensively with triathlete Andy Holder, "Iron Andy."

GARRETT TILLEY - TIMBERLEA, NS

More than 9 million Canadians are living with diabetes or prediabetes - meet one of the people behind the numbers

It has been seven years since Garrett Tilley was diagnosed with type 1 diabetes. At that time, the Nova Scotia resident had no idea his diagnosis would play a part in helping choose his post-secondary education program.

Garrett had the opportunity to attend Nova Scotia's camping program for children living with type 1 diabetes.

"Camp is a place where everyone understands how you feel," explains Garrett. "I've had a lot of laughs and made some lifelong friends thanks to my involvement with summer camp." Along with being a camper, Garrett also took the next step in his participation at camp by becoming a leader-in-training. Having been a camper himself, he wanted to give back to other children living with diabetes. Additionally, the internationally recognized Leadership Training Program offers confidence-building exercises and interactive education sessions that help participants like Garrett outside of the camp environment.

Now a student at Mount Saint Vincent University in the Child & Youth Program, Garrett looks forward to focusing his adult career on working with children and youth in the community. "If I could work in camps all year round, I would."

The **Diabetes Camp Almanac** offers monthly reminders of the things that need to be done all year long to be ready for Summer Camp. We think that together we can **create** a list of generalized tasks that everyone will find helpful, even if not fitting for their own situation. We need your help in compiling the reminders. Please send your suggestions to kathylatimer@diabetescamp.org for inclusion in future DECA newsletters.

Below are some suggested reminders.

DIABETES CAMP ALMANAC

Things to do in...

OCTOBER

- Write annual appeal letter
- Camper mailing (Registrar)
- Finalize budget recommendations
- DECA Conference (October 21 24, Jamaica)
- Prepare ads for nursing spectrum, camp nurse news, etc.
- Place ads for next year's Nurses/Dietitian (Bookkeeper)

NOVEMBER

- Review/update registration forms for packets/web
- Mail annual appeal letter
- Mail applications for next summer to past staff

DECEMBER

Prepare bulk mailing to School Nurses to go out in January

Clinical Research Trial for Newly Diagnosed type 1's

There's exciting research going on today for newly diagnosed type I diabetic kids between 10 to 20 years old. The DiaPrevent research study is investigating the use of GAD (a protein in the beta cells which is also one of the main immunological markers for the disease) to preserve insulin production. To find out more, go to www.diaprevent.com and for information about other type I clinical trials, see www.clinicaltrials.gov and www.trials.idrf.org.

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Apply For April 22nd-24th, 2011!

http://www.pumpwearinc.com/index.php?page_id=447