

# Mickey's Camp

for women



AUG 17-19  
2020

Bradford Woods  
Indiana University's  
Outdoor Center







## Join Us For The 14<sup>th</sup> Annual Mickey's Camp For Women!

Mickey's Camp was a long-time dream of mine. In 2001, that dream came true with the inaugural Mickey's Camp. In the past nineteen years, Mickey's Camp has enabled adults to leave behind daily pressures, explore new opportunities, perfect old skills and enjoy the camaraderie of fellow campers in a relaxed, informal atmosphere.

Last year the women's and men's camps combined to raise more than \$135,000 for over 80 charities. This year we are proud to present an extraordinary array of experts for Mickey's Camp for Women, scheduled for August 17-19 at Bradford Woods Outdoor Center.

Your time will be filled with exciting 90-minute sessions throughout Monday, Tuesday and Wednesday. Options include chocolate making, sculpting, canning, flyboard, cheese making, dance and so much more. You may also relax around the pool, have a massage or read a good book. Evening activities promise to be equally enjoyable as you will have the opportunity to engage in dialogue with Martha Hoover, dine on delicious cuisine, play in a poker or euchre tournament, eat s'mores around the campfire or turn the lights out early and rest up for another exciting day at camp. This year, sponsored meals include: Big Woods, Cunningham Restaurant Group, The District Tap, Metro Diner, Mimi Blue Meatballs and Public Greens.

Read on to learn about what's in store for you at Mickey's Camp for Women. Sign up soon; reservations will be held on a first come, first served basis.



## Featured Speaker: Martha Hoover

Martha Hoover owns a successful collection of restaurants in Indianapolis, Indiana — Cafés Patachou, Petite Chou Bistro & Champagne Bar, Napolese Pizzeria, Public Greens and Bar One Fourteen. Founded in 1989, Hoover used premium ingredients, prepared from scratch, and partnered with local vendors and farmers — years before the phrase “farm to table” was first uttered. Today, Patachou Inc. supports more Indiana family farms than all other restaurants in Indianapolis combined.

In 2013, Hoover created The Patachou Foundation to feed healthy meals to food insecure children in Indianapolis. The Foundation made an immediate impact. More than 150,000 healthy, nutritious meals have been served by The Patachou Foundation to children in its community who live with pervasive food insecurity.

In 2020, Hoover was nominated for Restaurateur of the Year by the James Beard Foundation for the sixth time; *Food and Wine* named her “One of The Most Innovative Women in Food and Drink”, *Eater* named her “Empire Builder of the Year”, *Vogue* Magazine profiled her and the company for their sustainability practices, *InStyle* Magazine named her to their list of “50 Badass Women” and she was honored with the My Domaine Womaneer Award. Additionally, Café Patachou was named one of Restaurant Hospitality's Top 25 Coolest Concepts, and Patachou Inc. was named among “19 great restaurants in the US to work for” by *Food and Wine*.

# CAMP SCHEDULE

## MONDAY

**9 – 11:30 a.m.**

Arrival and Registration

**10:30 a.m.**

First Time Camper Orientation

**11:30 a.m.**

**Lunch — hosted by Mimi Blue Meatballs**  
**Introductory Remarks / Camp Orientation — Jill Burnett**

**1:30 — 3 p.m.**

- Acupuncture
- Alpine Tower
- Financial Planning Tips
- Gallery Pastry Shop: Macarons
- Home Maintenance Tips
- iPhoneography
- Kangoo Jumps
- Lashes
- Makeup with Mary
- Manicure
- Massage
- Nature Hike — Wild Edibles
- Pie Making
- Play To Your Strengths
- Poker
- Pottery
- Raft Racing
- SoulCollage

**3:30 — 5 p.m.**

- Acupuncture
- Alpine Tower
- Gallery Pastry Shop: Macarons
- Home Maintenance Tips
- iPhoneography
- Juggling
- Lashes
- Makeup with Mary
- Manicure
- Massage
- Nature Hike — Wild Edibles
- Pie Making
- Play To Your Strengths
- Poker
- Pottery
- Raft Racing
- SoulCollage

**4:30 — 6:30 p.m.**

**Amazing airbrush tattoos by Abrazadabra**

**5 p.m.**

**Hospitality Area — hosted by Gregory & Appel**

**6:15 p.m.**

**Dinner — hosted by Cunningham Restaurant Group**

**9 p.m.**

**Campfire / S'mores Bar with Great Cooks**  
**Poker Tournament**  
**Books in the Bunks**

## TUESDAY

**7:30 a.m.**

**Breakfast — hosted by Metro Diner**

**8:30 — 10 a.m.**

- Botox (mini) Session
- Canoeing
- CrossFit
- Facial
- Financial Planning Tips
- Fishing on the Lake
- Fly Fishing
- Golf
- History of Film — Rom Com
- Keto Baking
- Lashes
- Massage
- Nature Hike — Bird Watch
- Politics
- Rifle / Pistol
- Ripped from the Headlines
- Shotgun
- Sneaker Art Bar
- Tomahawk — Knife Throwing
- Virtual Reality
- Yo-Yo
- Zipline

**10:30 a.m. — Noon**

- Botox (mini) Session
- Canoeing
- CrossFit
- Culinary Knife Skills
- Facial
- Fishing on the Lake
- Fly Fishing
- Golf
- History of Film — Rom Com
- Lashes
- Massage
- Nature Hike — Bird Watch
- Politics
- Rifle / Pistol
- Ripped from the Headlines
- Shotgun
- Sneaker Art Bar
- Stand Up Paddleboard
- Tomahawk — Knife Throwing
- Virtual Reality
- Yo-Yo
- Yoga — Vinyasa
- Zipline

**Noon**

**Lunch — hosted by The District Tap**

**1:30 — 3 p.m.**

- Acupuncture
- Botox (mini) Session
- Candle Making
- Canning and Preserving
- Charcuterie Board Making
- Culinary Knife Skills
- Dermaplaning
- Kangoo Jumps

- Lashes
- Massage
- Mixology
- Police Training Exercise
- Project Artemis
- Rifle / Pistol
- Rum 101 & More
- Shotgun
- Stand Up Paddleboard
- Tomahawk — Knife Throwing

**3:30 — 5 p.m.**

- Acupuncture
- Botox (mini) Session
- Candle Making
- Canning and Preserving
- Charcuterie Board Making
- Dermaplaning
- Juggling
- Keto Baking
- Lashes
- Massage
- Mixology
- Police Training Exercise
- Project Artemis
- Rifle / Pistol
- Rum 101 & More
- Sculpture Making
- Shotgun
- Stand Up Paddleboard
- Tomahawk — Knife Throwing
- Yoga — Restorative

**5 p.m.**

**Hospitality Area — hosted by JW Marriott Indianapolis**

**6:30 p.m.**

**Dinner — hosted by Big Woods**

**7:45 p.m.**

**Charity presentations**

**8:15 p.m.**

**Keynote Address — by Martha Hoover**

**9 p.m.**

**Campfire / Treats from Little Star ABA**  
**Euchre Tournament**

**9:30 — 11:30 p.m.**

**Shuttle to Link Observatory**

## WEDNESDAY

**7:30 a.m.**

**Breakfast — hosted by Bradford Woods**

**8:30 — 10 a.m.**

- Archery
- Bee Keeping
- Boxing
- Cheese Making
- Cornhole
- Disc Golf
- FlyBoard
- Hip Hop Dance Class
- Indianapolis Zoo: Meet the Animals
- Lashes
- Manicure
- Massage
- Pickleball
- Police Training Exercise
- Rifle / Pistol
- Shotgun
- SoChatti Chocolate Experience
- Wakesurfing 101
- Welding
- Women in Business

**10:00 — Noon**

**Hairstyling with Dry Bar**

**10:30 a.m. — Noon**

- Archery
- Bee Keeping (Joint)
- Boxing
- Cheese Making
- Cornhole (Joint)
- Disc Golf
- Drones (Joint)
- Fashion: Power of Our First Hour
- FlyBoard
- Indianapolis Zoo: Meet the Animals (Joint)
- Jazz Dance Class
- Lashes
- Manicure
- Massage
- Pickleball (Joint)
- Police Training Exercise
- Power of Plants & Play (Joint)
- Rifle / Pistol
- Shotgun
- SoChatti Chocolate Experience
- Wakesurfing 101
- Welding
- Women in Business

**Noon**

**Lunch — by Pubic Greens**

**1:30 p.m.**

**Camp Ends**

# FOOD SPONSORS

## **BIG WOODS** **BIG WOODS** CRAFT FOOD, BEER & SPIRITS **Dinner on Tuesday**

Big Woods Restaurant Group began in 2009 as a small restaurant and brew pub located on a side street in downtown Nashville, Indiana. As the popularity of the pub grew, so did Big Woods.

Since that first restaurant, Big Woods has grown to seven Central Indiana locations, including the newest restaurant in Noblesville, with more to come.

The American pizza and gastro-pub style menu features Big Woods classics like pulled pork BBQ nachos, the Big Mouth Burger, and mahi-mahi tacos with Brown County-made sister brands Quaff ON! beer and Hard Truth spirits anchoring the craft drink menu. Craft food, beer and spirits, along with excellent customer service, make Big Woods a unique Hoosier experience.



## **CUNNINGHAM** **RESTAURANT GROUP** **Dinner on Monday**

Since 1997, Cunningham Restaurant Group (CRG) has been committed to creating unforgettable dining experiences. CRG owns and operates locations in Indiana, Kentucky, and Ohio.

In the communities we serve, we will be the restaurant of choice for delighting our guests. Local is best. And for us, local starts with you and me: neighborhoods and communities where we live, work, and play. From its humble beginnings in Brownsburg, Indiana to a growing tri-state restaurant group, CRG represents a steady beat of expansion and innovation fueled by a commitment to community impact.

From BRU Burger Bar, a gourmet burger and craft beer hangout, to Vida, a fine dining venue with sommeliers in-house, CRG invites guests to engage in restaurant dining like never before. CRG restaurants are part of the fabric of communities.

## **The DISTRICT TAP** **THE DISTRICT TAP** **Lunch on Tuesday**

Let The District Tap help transform your next meeting or celebration into a truly Special Event. They have 60 beers on tap and three private event spaces onsite to accommodate a wide range of needs and a Game Room — perfect for smaller gatherings — that includes darts and shuffleboard tables. The Craft Cellar is ideal for up to 60 guests (seated) and comes with five TVs and full AV capability. For even larger events they have The Rickhouse, an 1,800-square-foot private room with a full bar, and a private patio that can accommodate up to 150 guests.

If you booked your event space elsewhere, The District Tap will bring their signature Damn Good Food to you.



## **GREAT COOKS LLC** **S'mores Bar Monday Night**

Great Cooks LLC was originally opened in Indianapolis in 1997 and has grown to become one of the most respected catering companies in the city. We consist of a staff passionate about fresh and seasonal foods prepared in classic style and artistically displayed. We believe food should have entertainment unto itself. Our creative chefs, owner chef and staff offer customized catering and consulting services. Nancy Landman, chef owner, keeps up on the latest food trends, yet remains faithful to her classic European training.

One of Nancy's important beliefs is to limit the number of events catered on any given day. This allows time to give "attention to detail" for each event. Please call for assistance in your next event, large or small. Great Cooks caters weddings, landmark birthdays, bar & bat mitzvahs, intimate events, business meetings and soirées all with the same degree of importance and finesse.



## **METRO DINER** **Breakfast on Tuesday**

Whether you're craving the classics, or ready to discover a new crave worthy favorite, Metro Diner is the place you want to be. We're serving up big, bold, innovative meals all day, every day, for breakfast, lunch and dinner. All in a relaxed environment where you can be you — just with a bigger, more satisfied smile on your face. Join us at any of our 4 Indianapolis locations (82nd Street (Clearwater Crossings), St. Vincent's, Greenwood, or Plainfield)! Come as you are, eat what you love, linger and laugh as long as you'd like. In return, we promise to always bring something special to the table.



## **MIMI BLUE MEATBALLS** **Lunch on Monday**

Mildred (Mimi) Bluestein Kosene, "Mimi Blue", was born and raised in Indianapolis — back when downtown was the only town — when people got dressed up for the theater and restaurant dining was a luxury.

Mimi Blue Meatballs is a tribute to our mother "Mimi Blue" Kosene. Mimi was a lady, endowed with manners, taste, and an easy social grace. She loved good food — whether dining out or cooking for her hard-working husband and three sons. Every home-cooked meal had to satisfy the whole family, as well as any friends who often stopped by. Cooking was the way she brought us together, kept us healthy, and showed us love.

At Mimi Blue, we make the kind of food Mimi cooked for us at home, but we serve it in the type of old-world urban setting that Mimi enjoyed so much. Like Mimi herself, our meatball dishes are classics. Each recipe is rooted in culinary tradition, but refined for the modern palette.



## **PUBLIC GREENS** **Lunch on Wednesday**

Public Greens is a farm-market inspired restaurant that helps the Patachou Foundation, to feed wholesome meals to food insecure children in our community. The monthly changing menu features locally grown produce, humanely raised proteins and house made desserts, all served in a modern cafeteria style.

As a former sex crimes prosecutor, Patachou Inc. owner Martha Hoover had excellent, if unorthodox, training for the restaurant business. Without even one day spent working in the restaurant industry, she created a successful collection of establishments — Cafés Patachou, Petite Chou Bistro, Napolese Pizzeria, Public Greens and Bar One Fourteen. In 1989, Hoover used premium ingredients, prepared from scratch, and partnered with local vendors and farmers — unheard of at that time, when the phrase "farm to table" had not yet been coined and overused. Today, Patachou Inc. supports more Indiana family farms than all the other restaurants in Indianapolis combined.



## OTHER SPONSORS

- Backpacks — **Indiana Black Expo**
- Beer, Wine & Water — **Heineken**
- Bunk Baskets — **Fusion Alliance**
- Campfire Treats — **Little Star ABA**
- Golf Carts — **KAR Services**
- Hospitality Area Monday Night — **Gregory & Appel**
- Hospitality Area Tuesday Night — **JW Marriott Indianapolis**
- Late Night Snacks — **Indianapolis Business Journal**
- Late Night Snack — **Just Pop In!**
- Morning Coffee — **Mission Coffee, LLC**
- Snacks in Baxter Dining Hall — **National Bank of Indianapolis**
- Restroom Baskets — **Little Star ABA**
- Turn Down Gift — **185 Promotions**
- Turn Down Gift — **Lash & Brow Design Co.**
- Turn Down Gift — **The Children's Museum of Indianapolis**

## ORIENTATION FOR ROOKIE CAMPERS

Is this your first year at Mickey's Camp? Check into Bradford Woods by 10:30 a.m. on Monday. We will have a first-year camper orientation. Campers from our Advisory Board will be on hand to give tips on how to make your camp experience the best it can be, as well as give you a platform to meet the other first-year campers.



# MISCELLANEOUS



## CAMP LOCATION

Bradford Woods — Indiana University's Outdoor Center

## ACCOMMODATIONS

Remember, this is CAMP . . . casual and rustic! Sleeping accommodations are available in air-conditioned cabins throughout the Bradford Woods campgrounds. Towels and sheets will be provided. If you must do a little work while away, a camp office, complete with phone, computer and fax machine, will be available for your use. Wi-Fi is available in select buildings.

## WHAT TO BRING

Shorts, shirts, jeans, swimming suit, athletic shoes, toiletries, sunscreen, and a flashlight are recommended.

## COMMUNITY ORGANIZATIONS THAT WILL BENEFIT

Mickey's Camp is a charitable event. Net proceeds from camp fees will be donated to not-for-profit organizations selected by campers. As a result, a portion of the camp fee is tax deductible (the amount will be determined after camp). Half of your charitable allocation may be designated to a charity of your choice and half may be designated among the camp's chosen charities as you see fit. For the 14<sup>th</sup> annual camp, those charities are: Bradford Woods, Indiana Coalition Against Domestic Violence, Lutheran Child & Family Services Impact Program and Women's Fund of Central Indiana.

# CAMP ACTIVITIES

## ACUPUNCTURE

Here is your chance to try acupuncture. Akimi Bash specializes in sports related injuries from minor sprains, strains, or chronic pains of the back, knees, ankles, neck, shoulders, and wrists. Also, find some relief from TMJ, headaches, allergies, insomnia, nausea, and general stress and anxiety. See if an ancient 3,000-year old treatment can help you with your modern problem. Bash received her Master of Science degree in Oriental Medicine in 2002. She is one of a few practitioners in Indiana who holds three national certifications by the National Certification Commission for Acupuncture and Oriental Medicine. She has treated athletes in many different sports.

## ALPINE TOWER

Standing 50-feet tall, this vertical climbing structure is set on poles that crisscross toward the sky! Participants, both beginner and advanced, will be challenged by the pole climbs, dangling logs, seesaw log, high woozy, hanging ladders and much more. It is a creative way to be challenged both physically and mentally while being continuously on-belay!

## ARCHERY

Pick up a bow, launch an arrow, and the spirit of an archer goddess may possess you. Attend the archery session to learn about this ancient art used for hunting, warring, and for peaceful relaxation. We'll talk about proper stance and form, eye dominance, aim, how to grip the bow, draw the string and how to use a consistent anchor point. We'll also discuss how to select archery equipment to fit you and your needs.



## BEE KEEPING

Ever wondered what it takes to get started in keeping a colony of bees? Come and learn how a bee colony works. Join Ryan Berry as he details his history with beekeeping and hear why he got started with this unique hobby and leave with an understanding of how important bees are to our daily lives. Come ready to experience live bees in action while you harvest some honey to take home.

## BOOKS IN THE BUNKS

Join camper Ellen Shevitz for the 3<sup>rd</sup> annual Mickey's Camp Book Club. A fun evening in the bunks discussing a book, drinking wine and getting to know one another. This year's book will be *Educated* by Tara Westover.

*Educated* is an unforgettable memoir about a young girl who, kept out of school, leaves her survivalist family and goes on to earn a Ph.D. from Cambridge University. It has been named one of the best books of the year (2018) by *The Washington Post*, *O, The Oprah Magazine* and *Time Magazine*.

Books in the Bunks, will be Monday evening in Walnut Cabin with a book discussion and some treats. Attire will be sleepwear or something as comfy.

## BOTOX (MINI) SESSION

Join Amy L. Fry, Advanced Certified Aesthetic R.N., for a 20 unit Mini Botox session. Collaborating with Dr. Robert Lebow, M.D., she has formed Luxe Injectables Downtown Indianapolis. Fry understands each client is unique and individualizes every treatment plan. She believes beauty is about self confidence and takes pride in helping her clients look and feel Luxe!

## BOXING

Ready to learn some boxing skills or try some group workouts all while hearing how this type of exercise helps people with Parkinson's?

Join Rock Steady Boxing in this interactive session. The mission of Rock Steady Boxing (RSB) is to empower people with Parkinson's disease (PD) to FIGHT BACK with a non-contact boxing-inspired fitness regimen and emotional support. Currently, RSB has almost 1000 programs across the globe.

## CANDLE MAKING

Create custom fragranced candles unique to you. Campers will be making and pouring two candles in luxury vessels and will become official Chandlers.

Cari Hahn, the founder of Karma Candles in Carmel has blended her background in art therapy with her own need to emerge from darkness to light in her life and in the lives of others. For her, darkness came on April 15, 2016, in the form of a breast cancer diagnosis. Karma Candles are all natural, made from 100% soy wax, environmentally safe and pure from start to finish. She proudly offers cause candles and candle boxes to give back to charitable organizations.

## CANNING AND PRESERVING

Have you ever wanted to learn how to can and preserve your own food? During this hands-on session, you will learn about the tradition of canning and preserving, how to get started, deciding what to can and preserve, the various methods of canning and preserving (such as freezing, canning, drying and pickling), water bath and pressure canning, as well as how to make jams and jellies. You will get to take home your own canned product.

Danielle Dennis has her Masters in Public Health from Indiana University and is the Health and Human Sciences Educator for Purdue Extension Johnson County. Her role is to provide education to her community on the topics of nutrition, physical activity, mental/emotional health and financial literacy. She is a trained and certified instructor of the National Master Home Food Preservation Course.

## CANOEING

Explore a 110-acre lake in a canoe. Instructors will teach proper canoeing techniques, several paddling strokes and canoe safety. Once participants learn the basics, they will be able to practice them on Bradford Woods' calm and relaxing lake.

## CHARCUTERIE BOARD MAKING

Join Indianapolis-based personal chef Molly Wilson of Sprig & Plate for a fun and interactive charcuterie workshop! Learn fun tips and tricks to create your own beautiful charcuterie boards at home. The workshop will feature a short demo from Wilson, and then you'll have a chance to be "hands on" in small groups to create your own boards. We will finish by enjoying a glass of wine and snacking on our creations! We will raffle a custom-made charcuterie board for one lucky participant to take home.

## CHEESE MAKING

### LEARN HOW TO MAKE CHEESE FROM TRADERS POINT CREAMERY

Cheese Maker Jonathan Love will guide campers through the process of making cheese. Each camper will be making her own cheese to eat or take home at the end of the class. Traders Point Creamery is an organic, 100% grass-fed dairy farm and artisan creamery in Zionsville, Indiana. As the first USDA-certified organic dairy farm in the state, they believe in "nourishing the land that nourishes us all" by farming in harmony with the land and crafting the most nutritious dairy products possible. Since 2003, they have grown to include a farmstead restaurant, dairy bar, farm tours, and exclusive event spaces.

## CORNHOLE

Want to learn how to play this lawn game or improve upon your game? The courts will be open to get advice and instruction that will help you master the game. How do you score? What are variations of the game? This and more will be covered by our experts.

## CROSSFIT

Blake Ruff is the owner of two CrossFit gyms on the Northside of Indianapolis. Blake started with small group training sessions and noticed the results and energy of group training. Taking what he learned from personal training and combining it with CrossFit he opened two CrossFit gyms in 2013 — CrossFit Dash and CrossFit Castlewood. Ruff holds multiple certifications that allow him to coach weightlifting, skill movements and conditioning. Since opening he has expanded his gyms and brought fitness to all different age groups and fitness levels. Both

gyms offer a range of classes from CrossFit kids to a cardio based system called CrossFit Bootcamp to traditional CrossFit classes. Ruff uses CrossFit to help people in everyday life, utilizing functional movements to allow them to be safer and stronger.

## CULINARY KNIFE SKILLS

Improve your cooking by honing your knife skills with a chef instructor from the Ivy Tech Community College Culinary Center. This session will instruct you how to select appropriate knives for your culinary tasks. You will also learn important knife care and safety tips as you discover how to do the classic knife cuts that form the foundation of great cooking. By the end of this session you will feel more comfortable with your knives and be more proficient with them as well.

## DISC GOLF

Indiana Professional Disc Golf Legend Steve Boylan joins us this year to offer an introductory clinic on the up and coming sport of Disc Golf. Much like traditional "ball" golf, Disc Golfers use a variety of flying discs with the object of completing each hole in the fewest strokes (throws). Disc Golf is easy to learn and can be enjoyed by people of all ages. With a growing number of public parks providing free access to courses, Disc Golf is developing a well-deserved reputation as a fantastic lifetime fitness activity.

Boylan brings over 100 career professional tournament wins and possesses an unequaled passion as an ambassador for the sport. Boylan will present an introduction to the basic rules and techniques of the sport along with a hands-on chance to try your hand at putting and driving. This interactive clinic provides a great opportunity to experience a fun sport that is enjoyed worldwide by a dedicated community of players and fans.

## DRONES

These are very similar to commercial drones and the technologies overlap. In this session we will explain: current laws governing the operation of drones/remote controlled aircraft, the different types of drones available, the components required to build a drone, different applications that drones are being utilized for, a shopping list of what's available to purchase/assemble. The technology keeps advancing and so have the drones at Mickey's Camp. This session will offer beginners an intro to basic drones. We have also upgraded to GPS assisted drones to get you in the air sooner. If you want to try out creating waypoints and programming a drone we can do that too. If you're interested in FPV racing or just want to see what drone racing looks like, this session will not disappoint.

## ENTREPRENEURIAL THINKING

**(JOINT SESSION ONLY — SEE BACK BOTTOM OF FORM TO SIGN UP)**

Jeffrey H. Smulyan serves as founder, chief executive officer and chairman of the board of Emmis Communications Corporation, an Indianapolis-based publicly traded diversified media company. To that end, Emmis recently announced the acquisition of Lencore Acoustics, the

# CAMP ACTIVITIES

world leader in high-quality sound masking solutions for offices and other commercial applications. Emmis currently owns four FM and two AM radio stations in New York and Indianapolis; owns a controlling interest in Digonex, which provides dynamic pricing solutions across multiple industries; and its hometown *Indianapolis Monthly* magazine. Emmis was named one of *Fortune* magazine's 100 Best Companies to Work For due to its vibrant, collaborative culture.

Smulyan has been recognized as a Giant of Broadcasting by the Library of American Broadcasting, received the National Association of Broadcasters National Radio Award, and was inducted in the Broadcasting & Cable Hall of Fame and the Indiana Business Hall of Fame.

## FACIALS / DERMAPLANING

David Miller, former Co-Owner/Esthetic Director of "David and Mary" Salon/Spa returns with his talented team of Estheticians from the BEAUTY LOUNGE Salon/Spa in Carmel, Indiana, providing facials to soothe your skin and your senses. Leave your facial session with smooth, healthy looking skin. You will feel the difference and friends will notice the added "glow!" And for a more Advanced Exfoliating Facial, consider scheduling a Dermaplaning Facial. Experience brighter, less blotchy skin . . . all with no discomfort or down-time!

## FASHION: THE POWER OF OUR FIRST HOUR – FINDING CONFIDENCE IN YOUR CLOSET

As women we know the importance of confidence in our career. The need for confidence is important in our writing, our presentations, all business decisions. Our daily confidence starts in our closet before we even leave our house!

Do you have a closet full of clothes and nothing to wear?

Nicole Busch of Nicole Blair Wear will discuss **The Power of the First Hour**. Your personal brand is more than a business card or a website, you **WEAR** your personal brand every day. And yet, style and branding doesn't have to be expensive! In this highly interactive session, Busch will bring examples of wearing today's trends without losing your own unique style. Personal brand should be just that "personal!"

## FINANCIAL PLANNING TIPS

Life is busy, so it can be hard to know if you're doing the right things in your financial life. Perhaps you are juggling saving for college and saving for retirement. Or maybe you want to make sure your family will be financially sound should you die unexpectedly. Maybe you were affected by the economic downturn. If you want to learn more about financial planning and the keys to building a sound financial future, this workshop is for you. Attendees will walk away with financial tools and action items to start – or continue – down the road to financial success.

Juli Erhart-Graves is not only a camper, but also a seasoned professional in the world of finances. She earned the CFP® designation in 2005 and became her firm's owner in 2008. Erhart-Graves has appeared on CNBC, was featured in *Morningstar Advisor* magazine, and served as

the Technical Editor for the third edition of *Stock Investing for Dummies* and second edition of *High-Powered Investing All-in-One for Dummies*.

## FISHING ON THE LAKE

Want a relaxing morning on the pontoon? Join Bradford Woods staff on a fishing expedition on the lake. They will show you all the best fishing holes the camp has to offer.



## FLY FISHING

Through hands-on fly fishing instruction provided by local expert Jon Widboom, participants will be schooled in the magic of fly fishing. Widboom has been fly fishing around the world for more than 30 years, including Africa, Asia, Europe and South America.

## FLYBOARD

Indy Flight Academy will take you from the water to the sky. Learning to operate a flyboard is easy and fun. Paul Stoepfelwerth, owner of Indy Flight Academy and Watersports at Geist Reservoir, will help buckle you into the flyboard and guide you through a fun lesson. Don't know what a flyboard is? It is a device attached via a hose to the jet pump of a jet ski. The jet ski throttle is controlled by a trained professional, pushing water into the hose to propel you into the air. Stoepfelwerth has taught 1000's of students, ages 6-80.

## GALLERY PASTRY SHOP: MACARONS

Join Chef Ben from Gallery Pastry Shop in one of his popular macaron classes. Chef Ben graduated Summa Cum Laude from Le Cordon Bleu International Culinary Academy with a degree in Pastry Arts and has been a pastry chef for nearly 19 years. He and his business partner, Alison Keefer, opened Gallery Pastry Shop located in SoBro in 2015 where he regularly holds a macaron class. Chef Ben will walk campers through the macaron production process and important details to ensure a successful macaron recipe.

## GOLF

We will work on the fundamentals of your long game and provide a possible new perspective on your putting. Bring your 7 iron and your putter, or use one of ours. Simple adjustments to your address position and target



perception can make a huge impact in your overall game. Erika Wicoff, Lead Instructor for The Golf School of Indiana, will be helping you along the way. She has been teaching for over 12 years after a successful playing career that includes winning three Big Ten Individual Championships, two US Women's Amateur Medals and competing in five US Women's Opens while playing on the LPGA tour for six years. An IU Athletic Hall of Fame and Indiana PGA Hall of Fame Inductee, her experience competing and teaching will help you play better golf.

## GRILLING

**(JOINT SESSION ONLY — SEE BACK, BOTTOM OF FORM TO SIGN UP)**

Join Ernie Verbarq, 2012 Indiana State Fair Barbecue Grand Champion and owner of Grilliant Foods, as he shares his secrets to preparing award winning barbecue. In addition to sharing competition tricks and tips, he will teach how to grill and smoke your own award-winning BBQ at home including whole beef brisket, BBQ chicken, ribs and burgers. Samplings of these grilled specialties will be part of the session.

## HIP HOP DANCE CLASS

This 90 minute hip-hop class is not to be missed! Megan Quiring will take you through a fun, follow-the-leader warm-up as you groove to some of your favorite songs from the 90's and today. After a therapeutic dose of endorphins from cardio warm-up, class will move into learning a short hip-hop combination. Quiring will break the movements down into easily understandable pieces as you build a routine together. Class is all levels, and no dance experience is required. Quiring's goal for dancers is to keep moving and HAVE FUN!

Quiring graduated from Indiana University where she earned her BA in Arts Administration and Dance Performance. After moving to Indianapolis she performed and choreographed with Motus Dance as a Core Artist and administrator from 2007-2012. She was a member of the White Rabbit Cabaret's in-house performance group Hasenpfeffer and has participated in Flourish: a modern dance series, which brings together a variety of performing and visual artists in the Indianapolis arts community. Quiring is a credentialed judge for the Indiana High School Dance Team Association (IHSDTA), and has been teaching at Indy Dance Academy since 2015.

## HISTORY OF FILM — ROM COMS

One of the most widely enjoyed and easily digested film genres, romantic comedies have been a staple in the film world since the creation of the medium. But what is it about a good romantic comedy that makes it so easy to enjoy while possibly being predictable or overly sentimental? And what films most obviously exemplify the genre? And what are the romantic comedies of the next decade going to stick to or stray from the established conventions? Take a closer look at one of the world's most popular and most enjoyable film genres.

Tim Irwin previously worked for Heartland Film, the largest film festival in the Midwest. As Artistic Director of Heartland Film, Irwin was ultimately responsible for the programmatic

and artistic direction of the organization. Irwin is currently the executive producer of "Artrageous with Nate," a travel show focused on creativity and innovation, and is currently seeking international distribution for the series.

## HOME MAINTENANCE TIPS

Preventative household maintenance will help you save thousands of dollars in costly repairs. This work can be hired out or DIY. Now is your opportunity to learn about all the things you should know and do, to take care of your home.

Eric Schneller is owner of Crew Property Improvement Specialists, specializing in residential repairs and remodels in the Indy area for over 15 years. His company is a seven-time Angie's List Super Service Award Winner and a FC Tucker Top Twelve Award winner. Schneller is excited to come to camp and help answer all the household questions you might have.

## INDIANAPOLIS ZOO: MEET THE ANIMALS

You think your work is a zoo? Bill Street, Senior Vice President of the Indianapolis Zoo will be on hand to introduce you to some of his zoo friends, tell behind the scenes stories, share the future of your zoo and give you a never been heard insight into what it takes to care for all the animals at our zoo. Best of all, come nose to nose and get your picture taken with a sloth and other animal ambassadors.

Street most recently served as Corporate Curator for SeaWorld Parks and Entertainment and Executive Director of the SeaWorld & Busch Gardens Conservation Fund, which has given more than \$18 million in grants to conservation and education organizations. Street is a board member of the North American Association for Environmental Education and is currently launching the Global Center for Species Survival, a partnership between the Zoo and the International Union for the Conservation of Nature Species Survival Commission.

## IPHONEOGRAPHY

There's a saying that the best camera is the one you have with you. For many of us today, that camera is the iPhone. Award-winning photographer Rad Drew will show you how to make great photos using your iPhone. He will introduce you to techniques for making portraits, shooting beautiful panoramas and capturing action shots. After you have the shot, then what?

Drew will demonstrate, using a few simple apps, how you can make your images sing! Although a photographer for many years, in 2010 he acquired his first iPhone. Since then, his creative iPhone images have received numerous awards and have made their way into juried international competitions showing in galleries around the world. Drew teaches mobile photography to individuals, corporations, and professional organizations and leads destination tours, which are great ways to learn while photographing beautiful areas of the world.

# CAMP ACTIVITIES

## JAZZ DANCE CLASS

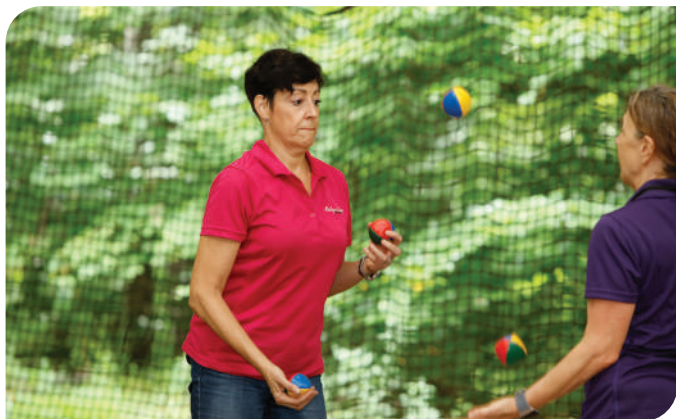
If you loved the movie *Flashdance*, enjoy jazzercise, or just want to move your body, this class is for you! Indy Dance Academy Instructor, Megan Quiring, will create a supportive class based in traditional jazz movement, focused on music, movement, and style. Quiring will break the 90 min class into three parts: taking you through a fun and thorough center floor warmup, building on warmup to begin to travel and move across the floor, and finishing with a fun short jazz dance combination!

Quiring graduated from Indiana University where she earned her BA in Arts Administration and Dance Performance. After moving to Indianapolis she performed and choreographed with Motus Dance as a Core Artist and administrator from 2007-2012. She was a member of the White Rabbit Cabaret's in-house performance group Hasenpfeffer and has participated in Flourish: a modern dance series, which brings together a variety of performing and visual artists in the Indianapolis arts community. Quiring is a credentialed judge for the Indiana High School Dance Team Association (IHSDTA), and has been teaching at Indy Dance Academy since 2015.

## JUGGLING

Most adults think they could never learn to juggle, but with the right teacher you absolutely can! Mark Hayward has been juggling professionally for 30 years, and has the right technique to teach you to juggle. We'll start with one-ball tricks and move up from there. You will leave with great techniques and a set of juggling balls to continue to improve your skills.

Mark Hayward has been a variety arts performer since 1990. He is a World Yo-yo Champion, a member of a World Champion Juggling Team, and a Spin Top Champion. Hayward has made appearances on *The Late Show with David Letterman* (twice), *The Late Late Show with James Corden*, *America's Got Talent*, and the *NBC Nightly News* (without committing a crime).



## KANGOO JUMPS

Want to try the hottest new exercise? Kangoo Jumps offer Rebound Shoes that are designed to take up to 80% of the impact off the joints. It offers some of the most dynamic and fun exercise programs in the market. Do

you like to have fun? Do you like to burn calories? Do you like to increase your endurance? If your answers are yes, then we'd love to see you! Instructor Becky Munger will be leading this session. Kangoo Jumps is a safe, energetic, fun and motivating aerobic program taught to music, for all ages and fitness levels. It offers more benefits than any other popular group fitness program because Kangoo Jumps rebound shoes act as a shock absorber to reduce impact, when compared with traditional aerobic activities performed in conventional shoes. You won't want to miss out on the fun!

## KETO BAKING

Learn to make Keto treats with Pastry Chef Jill Burnett, owner of Jillicious Eats. Participants will learn the difference between artificial sweeteners and healthier alternatives, as well as which ones are best for baking. Healthy treats can taste amazing! Please note that this class will use ingredients including nuts, dairy, and tree nuts. Participants will go home with easy recipes they can make at home and enjoy with their friends and family.

## LASHES

**WHEN YOU GET TO THIS SESSION YOU CAN PICK BETWEEN TWO OPTIONS:**

### OPTION 1: LASH OUT!

Lash & Brow Design Co is back for our 10<sup>th</sup> year. We will show you why so many women have chosen to make Lash Extensions part of their lifestyle. When you book your session with Lash & Brow Design Co, you will enjoy an hour and a half luxurious Eyelash Application with one of our Certified Lash Artists. We will customize a look to accentuate your natural beauty.

Please come with a fresh, clean face (no makeup!), for best results we recommend not using waterproof mascara 24 hours before and after your application, avoid getting water directly on the eyelashes, and no makeup for 24 hours after your session.

### OPTION 2: THE NEW NATURAL

With so many of us wanting more natural options in our beauty regimen, Lash & Brow Design Co now offers Keratin Lash Infusion! This hour and a half session will pamper your lashes with a vitamin infusion to encourage length and thickness. While the Keratin vitamins are working, the process also curls and tints the lashes giving them a mascara look immediately!

Please come with a makeup free, clean face. No waterproof mascara 24 hours prior to your session. Avoid water directly on the lashes 24 hours after the session.

## MAKEUP WITH MARY

Enjoy time with Mary Miller, former Co-Owner of "David and Mary" Salon/Spa and celebrity makeup artist/hair colorist and update your makeup. Learn the most convenient techniques to keep your makeup looking fresh and modern. Just arrive with a clean face. Prepare to have a great session, and let Mary work her magic!



## MANICURE

Let NEAT Mobile Nail Salon pamper you at camp with a manicure. NEAT is a mobile nail salon serving central Indiana. NEAT is all about high-quality manicure and pedicure services, good vibes and making Indy more beautiful one mani/pedi at a time.

## MASSAGE

Whether you like sports, deep tissue or just a relaxation massage, our certified massage therapy staff will be on hand to soothe the sore muscles you may get during all of the fun activities available at Mickey's Camp. Never had a massage? This is the perfect opportunity to try one! All members of our professional staff are equipped to handle the first-time client or the massage veteran. Treat yourself!

## MIXOLOGY

The Hard Truth Mixology at Mickey's Camp class will allow campers to gain hands-on, in-depth experience making cocktails while masterfully using bartender techniques and tools. Over the course of the session, campers will learn about and engage with bartending utensils, the history of mixed drinks and creating cocktails.

## MURAL PAINTING

Local artist Kevin Nance-West created a Paint by Number experience for us at camp this year. Campers will be working all week at their leisure to add to our painting that is designed on the Baxter Dining Hall outside wall. This is not an activity you will need to sign up for.

Kevin West is a contemporary abstract artist that resides in the Indianapolis area. Anyone who knows West, knows how outgoing, loving and free-spirited he is. His use of eccentric designs, eclectic shapes and warm colors are a direct reflection of a person who does his best to live life to the fullest. Although somewhat unorthodox, his technique enables him to paint from the soul, which has captured the hearts of thousands.

## NATURE HIKE — BIRD WATCH

What makes a bird a bird? Enjoy an introduction to bird adaptations and bird identification as you investigate a variety of bird habitats at Bradford Woods. Common local birds will be identified by using field observation techniques and proper use of binoculars and field guides.

## NATURE HIKE — WILD EDIBLES

Can you eat wild plants? The primary objective is to increase awareness of wild edible plants available in South Central Indiana. At the conclusion of this session, participants will be able to identify those plants found and discussed, know which part of the plant is edible, and learn how to use them to prepare food.

## PICKLEBALL

Jeremy Rosenstein and Sandy Schwarz will be teaching Pickleball this year. The fastest growing sport in America provides fun, great exercise and awakens your competitive spirit. Pickleball will make you move by hitting the small whiffle ball all over the court with a paddle like a

mini-tennis racquet. Rosenstein, who is also a sports videographer, has been coaching a variety of sports including tennis and pickleball since 2009. This will be his 7<sup>th</sup> year with Mickey's Camp. This will be Schwarz's 5<sup>th</sup> year of teaching. She is an avid player and has conducted several tournaments.

## PLAY TO YOUR STRENGTHS

If you'd like to gain some self-awareness, learn about the strengths of others, and build complementary strengths-based partnerships then this is the session for you. Prior to arrival at camp, you will be given a code to take an on-line assessment (the CliftonStrengths assessment) and learn your "Top 5" strengths. (The chances that anyone will have your exact same results are 1 in 33 million!). Once at camp, Sarah Robinson, a best-selling author, business owner, and Gallup-certified Strengths Coach, will lead this fun and enlightening class. In 2013, Robinson became among the first of seven consultants world-wide to be certified by Gallup as an Individual and Team Coach. Join Robinson for an interactive session that will give you a new appreciation for your unique gifts and how to use them more intentionally every day.

## POKER

Sharpen your poker skills with two of poker's greatest instructors/players. Linda Johnson was the third woman in history to win a gold bracelet at the World Series of Poker and has won more than 100 poker tournaments including the California State Ladies Poker Championship. Nicknamed the "First Lady of Poker," Johnson's accomplishments in poker are extraordinary. In 2018, she became the inaugural inductee into the World Poker Tour Hall of Fame. She has co-written three poker books and writes a column for a national poker magazine. She was inducted into the Women in Poker Hall of Fame in 2008 and the Poker Hall of Fame in 2011. Jan Fisher started her poker career in 1977 when she became a poker dealer. Fisher dealt in many cardrooms in Las Vegas then moved on to semi-professional playing and poker management. She wrote the Poker 101 column for *Card Player* magazine for more than 10 years and was inducted into the Women in Poker Hall of Fame in 2009. Johnson and Fisher are partners in Card Player Cruises.



# CAMP ACTIVITIES

## POLITICS

How will President Trump's handling of the coronavirus crisis affect his reelection chances? Did Democrats settle on the best candidate to defeat him? And will the pandemic change the way voters think about politics and how many people show up at the polls? We'll debate all of it in a lively — yet always civil — discussion about the presidential, gubernatorial and congressional races. And we'll discuss whether Indiana has a chance to play a role in who wins the White House. Join longtime political reporter and editor Lesley Weidenbener, the managing editor at *Indianapolis Business Journal*, who will moderate this non-partisan group conversation about the issues. Lesley covered the Indiana Statehouse for more than 20 years, a span that included five governors, for three different news organizations. Now she oversees IBJ's political and government coverage, always with a focus on keeping the politicians on their toes and the public information in the hands of taxpayers.

## POLICE TRAINING EXERCISE

The training officers are bringing all new scenarios this year. This state-of-the-art simulation system has the tools to enhance an officer's judgment, speed of engagement and accuracy. This allows the officer to make decisions about the use of force and what degree of force to use, at real-time speed, and then answer for his or her actions. Individuals attending this training will receive an overview of the capabilities of the simulation system and be given the opportunity to participate in fun, stress-free, firearm skill building exercises.

## POTTERY

Get back to nature, relax and release your creativity, express your practicality or just let your stress melt away in the clay. In this unstructured class, Beth Young will teach you several different methods of constructing pottery pieces. We will have examples of simple projects to get your creative ideas started, and then it's up to you! You can mold your lump of clay into a pinch pot, coil bowl, mug, leaf print, butter dish or any other type of table art, garden art or wall art. Discover your inner talent!

## POWER OF PLANTS & PLAY

Meet Patricia Sanders, nutritionist and certified herbalist, for a unique and fun experience where you will taste, smell, infuse and apply locally grown healing herbs to your whole being. Join Sanders to learn how basic herbs, the oldest system of healing on the planet, can enhance your health and all the life systems around us. Please bring loose clothes for some movement and a towel. You will be inspired!

Sanders is a nutritionist and certified herbalist whose expertise is in harnessing the power of food as medicine. Sanders personal mission is to share her knowledge about eating sustainably, locally and organically in order to exponentially improve health and wellbeing. As a trained herbalist and accomplished home chef, Sanders is passionate about incorporating healing herbs into the food she eats as well as the personal products she uses. Sanders is the founder of Vida Botanica, an artisan

company specializing in 100% natural plant derived health and beauty products.

## PROJECT ARTEMIS: BACK TO THE MOON — TO STAY

It's been 48 years since our last mission to step foot on another heavenly body, but finally we are once again preparing to push humans beyond the gravitational grasp of mother Earth. The flags and footprints we left on the Moon in the 1960s and 1970s were symbols of what we can achieve when we just plain decide to do it, and our mission back to the Moon will certainly be the boldest, most ambitious undertaking for human spaceflight in nearly half a century. It's called Project Artemis and, as before, it will inspire an entire generation of scientists and engineers. At the heart of the Artemis program is the goal to send the first woman to the moon.

Join Link Observatory experts as they tell the amazing story of our next great mission of human space exploration: Project Artemis — Humanity's Return to the Moon.

## RAFT RACING

Ready to put your engineering skills to the test? Raft racing participants will use materials provided, and work together as a team in order to build a raft capable of traversing our 110-acre lake. Check out the lovely scenery, and enjoy some friendly competition!

## RIFLE / PISTOL

The Shelby County Sports Shooting Club will help you explore the long and short of shooting sports. Beginning with the long guns, you'll learn the parts and operation of rifles, the different calibers and their uses, and have some fun knocking down steel targets. You'll also explore and shoot some handguns (pistols), including revolvers and semi-automatics.



## RIPPED FROM THE HEADLINES: HOT TOPICS IN AMERICAN AND INTERNATIONAL POLITICS

Help set the discussion agenda and join the conversation with Dr. Pierre Atlas, Professor of Political Science at Marian University and monthly opinion columnist for



*Indianapolis Business Journal*. Campers will suggest two or three current political topics to explore and discuss with Dr. Atlas, whose research and teaching expertise includes Middle East politics, international relations, US domestic and foreign policy, gun laws and gun culture. Although the topics you choose may be controversial and campers might not agree with each other, the conversation will stay civil and respectful!

Pierre Atlas is a Professor of Political Science at Marian University and was the Founding Director of Marian's Richard G. Lugar Franciscan Center for Global Studies (2003-2020). He obtained his Ph.D. in Political Science from Rutgers University and holds master's and bachelor's degrees in Political Science from the University of Arizona and the University of Toronto, respectively. Dr. Atlas is a comparative political scientist who devoted much of his career to studying and writing about the Middle East, and now focuses on the politics and frontier legacies of the US and Canada.

## RUM 101 AND MORE

Ever been to an Indy Eleven game, looked at one of the vendor backbars and seen so many bottles you knew nothing about? What the heck is rum anyway? Come learn a little about the rum category, increase your understanding of this historic, world-shaping beverage, and gain an appreciation for the distilling craft. You will learn how truly American rum is and how it helped shape our culture today, and a bit on how it should be consumed at an Indy Eleven game. Come see just how "passionate" rum can be, much like an Indy Eleven game day.

Since its launch on January 16, 2013, Indy Eleven's mission — "To win championships with and for the community" — has stayed true to its aim of fielding a team that represents the State of Indiana proudly on and off the field. The 2020 season marks Indy Eleven's seventh year of play. Come join them for the fun, interactive session that will mix drinks and the game of soccer.

## SCULPTURE MAKING

Learn the basics of sculpture methods and techniques in clay to create a small sculpture. Come try to take the camp challenge to make a sculpted mouse. You might even have a chance to turn the clay into a bronze piece for your home.

Casey Eskridge is a graduate of Herron School of Art (undergraduate), and the Pennsylvania Academy of the Fine Arts (masters). Early in his career he worked with The Franklin Mint and McFarlane Toys creating collectible miniatures and action figures. He has gone on to create monumental public sculptures such as the Birth of Apollo sculpture for the Schermerhorn Symphony Center in Nashville, Tennessee.

## SHOTGUN

The Shelby County Sports Shooting Club will teach you how to shoot a shotgun. You will learn that a shotgun throws a "charge" of pellets at a moving target, rather than a single bullet at a still target. Using a 20-gauge shotgun, you will learn the parts of the firearm and the ammo, as well as how to point and shoot, pattern, and how to hit that

elusive flying clay target. Depending on how good your shot is, you may progress to official trap shooting for a little friendly competition.

## SNEAKER ART BAR

Kicasso Sneaker Art Bar is a one of a kind painting experience where campers can create a unique wearable masterpiece while socializing with other campers. The canvas for this session will be sneakers. Yeah that's right, canvas sneakers. You don't have to be an artist to enjoy this session. They provide the shoes and all supplies needed. All you'll need to bring is your creative side.



## SOCHATTI CHOCOLATE EXPERIENCE

Did you know the flavor of chocolate is determined by the type and origin of cacao beans, resulting in thousands of unique flavor profiles? Or that the traditional chocolate making process repeatedly exposes chocolate to high temperatures and air, causing a loss of flavor? Want to learn more AND try some delicious chocolate? Join SoChatti on this unique chocolate experience.

SoChatti was founded from the belief that the chocolate maker's experience should be everyone's experience. So, what exactly is the chocolate maker's experience? Well, consider how chocolate is traditionally made. Beans are roasted, shells are removed, nibs are ground, and the resulting liquor is tempered. Before tempering, the chocolate is in its purest state — untempered liquid. Chocolate maker's get direct access to this pure form of chocolate. And now with SoChatti, our campers can too.

## SOULCOLLAGE® — DISCOVER YOUR WISDOM. CHANGE YOUR WORLD.™

Spend a little time with your creative side! In this session each camper will be guided on how to make a 5x8 collaged card from a vast assortment of images. After creating your card, Shari Voigt will lead you through a gentle process and the images on your card will speak your inner wisdom through you. The fun begins with creating a card, but the experience expands when you engage in the gentle process of self-discovery that is at the heart of SoulCollage®. If you can cut with scissors and glue you can create beautiful cards. It's fun. It's heartwarming. This session will feed your soul.

# CAMP ACTIVITIES

## STAND UP PADDLEBOARD

SUPINDY will provide the surf experience that is the fastest growing watersport in the world. SUP, short for Stand Up Paddleboard, is a way to enjoy the water, nature and fitness all while having a surf experience. SUPINDY provides rentals, sales and repairs throughout the state of Indiana.

## TOMAHAWK — KNIFE THROWING

Vikings, Celts, Algonquians, Rocky Mountain men — they all used this tool for war and peace — and fun! Tomahawks were often carried instead of swords because they were more useful and versatile. But when it was time for a little friendly competition, a target was tacked to a nearby tree and the throwing axes would fly. Join us for some modern competition throwing tomahawks and even a few knives. You'll be surprised how addictive this simple activity becomes.

## VIRTUAL REALITY

Virtual Reality takes gaming and entertainment to a whole new level. At BlueWall VR, they utilize high-end technology to immerse you in the virtual worlds of your choosing. All you have to do is slip on the headset and you will be transported to worlds you have to see to believe! From walking the plank, to shooting zombies in the west, we're confident we have something for everyone. BlueWall is excited to return to Mickey's Camp and share this new technology with campers.

## WAKESURFING 101

Ever wanted to try to wakesurf or want to brush up on your skills? N3 Boatworks will be on hand to help you wakesurf whether you are seasoned surfer or never tried it before.

N3 Boatworks is a locally owned boat dealership located on the northeast side of Indy specializing in Ski-Wake-Surf style family inboard boats. N3 features a fully stocked pro shop, on-site storage and a dedicated, experienced service tech team. N3 will be at the beach to provide you with an on-water experience like no other behind a custom N3 Nautique. See you on the water!

## WELDING

Many have glued paper or wood together. In this session campers will weld metal together to create a functional product. An explanation of metalworking tools, techniques and safety will be followed by cutting metal with plasma, machining, preparing, and welding a special camp project that campers can take home. Camper Peter Beering has pulled together a team of professionals to help guide campers through this exciting session.

## WOMEN IN BUSINESS: ELAINE BEDEL

Elaine Bedel was appointed by Governor Holcomb in 2019 to serve as the first Secretary and Chief Executive Officer of the newly established Indiana Destination Development Corporation (IDDC), a quasi-government agency focused on sharing Indiana's story as a great place to live, visit, learn and earn.

Prior to her IDDC appointment, Bedel served as President of the Indiana Economic Development Corporation (IEDC), the state's lead economic development agency from 2017-2019. Under Bedel's leadership, the state had consecutive record-breaking years for new job commitments.

Prior to serving the state, Bedel served as President and Chief Executive Officer of Bedel Financial Consulting Inc., a role held since she founded the firm in 1989.

Bedel was inducted into the Indiana Academy of Arts and Sciences in 2016 and was recognized as the 2015 Women Business Owner of the year by the National Association of Women Business Owners (NAWBO). In 2013, Bedel was inducted into the Business Hall of Fame by the Junior Achievement of Central Indiana and received the Financial Planning Association's "Heart of Financial Planning" Award.

## YO-YO

Perhaps the most iconic toy in the world, nearly everyone has played with a yo-yo, but have you ever been trained by a World Yo-yo Champion? The street cred you get from confidently busting out a few awesome yo-yo tricks can be powerful. Teaching will be tailored to each individual's skill level, and all participants will get a yo-yo to take home to blow some minds.

Mark Hayward has been a variety arts performer since 1990. He is a World Yo-yo Champion, a member of a World Champion Juggling Team, and a Spin Top Champion. Hayward has made appearances on *The Late Show with David Letterman* (twice), *The Late Late Show with James Corden*, *America's Got Talent*, and the *NBC Nightly News* (without committing a crime).

## YOGA

**Restorative Yoga** — This class is appropriate for all students seeking the benefits of a very relaxing, gentle, and nourishing practice. The combination of gentle hatha and deep restorative work improves range of motion and joint mobility while reducing pain and the effects of stress. Yoga Nidra, known as yoga sleeping, will also be practiced during this class.

**Vinyasa Yoga** — Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class creates a balanced body, flexibility and strength. All levels welcome.

## ZIPLINE

If you've never been on a zipline, you can start with a short 170-foot long zipline that runs down a ridge to get comfortable with the experience. The maximum height on this zipline is about 16 feet. Then, when you're ready, you can try the nearly 400-foot zipline that runs across the valley, reaching a maximum height of around 65 feet! It's a great way to experience Bradford Woods from new heights!



# 2020 MICKEY'S CAMP FOR WOMEN REGISTRATION

AUGUST 17-19

## PERSONAL INFORMATION

Name (For nametag)

Address

City

State ZIP

Phone

Fax

E-mail

Company/Organization (for nametag)

This information will be listed on the camp roster unless otherwise requested.

How many years have you attended camp (counting this year)?:

- 1  2  3  4  5  6  7  8  9  10  11  12  
 13  14

T-shirt size:  S  M  L  XL  XXL

Dietary Restrictions: \_\_\_\_\_

## PAYMENT INFORMATION

**Camp Fee** is per person, all-inclusive and partially tax deductible. Net proceeds from camp fees will be donated to not-for-profit organizations selected by campers.

The prices are as follows:

\_\_\_ **\$1,650** — Check enclosed made payable to *Mickey's Camp for Women*

\_\_\_ **\$1,750** — Please charge my:

\_\_\_ **Visa** \_\_\_ **MasterCard** \_\_\_ **American Express**

**Accommodations:** I chose to stay off-camp at the local hotel. A room costs \$115/night.

**Please charge me for:**

- Monday night**  **Tuesday night**

Credit Card No.

Expiration Date V Code (security code)

Signature

## ACTIVITY SELECTION

Select activities in order of preference (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choice) for **each time period**.

### 1:30 — 3 p.m.

Acupuncture	① ② ③
Alpine Tower	① ② ③
Financial Planning Tips	① ② ③
Gallery Pastry Shop: Macarons	① ② ③
Home Maintenance Tips	① ② ③
iPhoneography	① ② ③
Kangoo Jumps	① ② ③
Lashes	① ② ③
Makeup with Mary	① ② ③
Manicure	① ② ③
Massage	① ② ③
Nature Hike — Wild Edibles	① ② ③
Pie Making	① ② ③
Play To Your Strengths	① ② ③
Poker	① ② ③
Pottery	① ② ③
Raft Racing	① ② ③
SoulCollage	① ② ③

### 3:30 — 5 p.m.

Acupuncture	① ② ③
Alpine Tower	① ② ③
Gallery Pastry Shop: Macarons	① ② ③
Home Maintenance Tips	① ② ③
iPhoneography	① ② ③
Juggling	① ② ③
Lashes	① ② ③
Makeup with Mary	① ② ③
Manicure	① ② ③
Massage	① ② ③
Nature Hike — Wild Edibles	① ② ③
Pie Making	① ② ③
Play To Your Strengths	① ② ③
Poker	① ② ③
Pottery	① ② ③
Raft Racing	① ② ③
SoulCollage	① ② ③

**9 p.m. Poker Tournament**  Yes  No

**9 p.m. Books in the Bunks**  Yes  No

Monday, Aug. 17

Tuesday, Aug. 18

**8:30 — 10 a.m.**

Botox (mini) Session	① ② ③
Canoeing	① ② ③
CrossFit	① ② ③
Facial	① ② ③
Financial Planning Tips	① ② ③
Fishing on the Lake	① ② ③
Fly Fishing	① ② ③
Golf	① ② ③
History of Film — Rom Com	① ② ③
Keto Baking	① ② ③
Lashes	① ② ③
Massage	① ② ③
Nature Hike — Bird Watch	① ② ③
Politics	① ② ③
Rifle / Pistol	① ② ③
Ripped from the Headlines	① ② ③
Shotgun	① ② ③
Sneaker Art Bar	① ② ③
Tomahawk — Knife Throwing	① ② ③
Virtual Reality	① ② ③
Yo-Yo	① ② ③
Zipline	① ② ③

**10:30 a.m. — Noon**

Botox (mini) Session	① ② ③
Canoeing	① ② ③
CrossFit	① ② ③
Culinary Knife Skills	① ② ③
Facial	① ② ③
Fishing on the Lake	① ② ③
Fly Fishing	① ② ③
Golf	① ② ③
History of Film — Rom Com	① ② ③
Lashes	① ② ③
Massage	① ② ③
Nature Hike — Bird Watch	① ② ③
Politics	① ② ③
Rifle / Pistol	① ② ③
Ripped from the Headlines	① ② ③
Shotgun	① ② ③
Sneaker Art Bar	① ② ③
Stand Up Paddleboard	① ② ③
Tomahawk — Knife Throwing	① ② ③
Virtual Reality	① ② ③
Yo-Yo	① ② ③
Yogo — Vinyasa	① ② ③
Zipline	① ② ③

**1:30 — 3 p.m.**

Acupuncture	① ② ③
Botox (mini) Session	① ② ③
Candle Making	① ② ③
Canning and Preserving	① ② ③
Charcuterie Board Making	① ② ③
Culinary Knife Skills	① ② ③
Dermaplaning	① ② ③
Kangoo Jumps	① ② ③
Lashes	① ② ③
Massage	① ② ③
Mixology	① ② ③
Police Training Exercise	① ② ③
Project Artemis	① ② ③
Rifle / Pistol	① ② ③
Rum 101 & More	① ② ③
Shotgun	① ② ③
Stand Up Paddleboard	① ② ③
Tomahawk — Knife Throwing	① ② ③

**3:30 — 5 p.m.**

Acupuncture	① ② ③
Botox (mini) Session	① ② ③
Candle Making	① ② ③
Canning and Preserving	① ② ③
Charcuterie Board Making	① ② ③
Dermaplaning	① ② ③
Juggling	① ② ③
Keto Baking	① ② ③
Lashes	① ② ③
Massage	① ② ③
Mixology	① ② ③
Police Training Exercise	① ② ③
Project Artemis	① ② ③
Rifle / Pistol	① ② ③
Rum 101 & More	① ② ③
Sculpture Making	① ② ③
Shotgun	① ② ③
Stand Up Paddleboard	① ② ③
Tomahawk — Knife Throwing	① ② ③
Yoga — Restorative	① ② ③

**9 p.m. Euchre Tournament**

Yes  No

Wednesday, Aug. 19

**8:30 — 10 a.m.**

Archery	① ② ③
Bee Keeping	① ② ③
Boxing	① ② ③
Cheese Making	① ② ③
Cornhole	① ② ③
Disc Golf	① ② ③
FlyBoard	① ② ③
Hip Hop Dance Class	① ② ③
Indianapolis Zoo: Meet the Animals	① ② ③
Lashes	① ② ③
Manicure	① ② ③
Massage	① ② ③
Pickleball	① ② ③
Police Training Exercise	① ② ③
Rifle / Pistol	① ② ③
Shotgun	① ② ③
SoChatti Chocolate Experience	① ② ③
Wakesurfing 101	① ② ③
Welding	① ② ③
Women in Business	① ② ③

**10:30 a.m. — Noon**

Archery	① ② ③
Bee Keeping*	① ② ③
Boxing	① ② ③
Cheese Making	① ② ③
Cornhole*	① ② ③
Disc Golf	① ② ③
Drones*	① ② ③
Fashion: Power of Our First Hour	① ② ③
FlyBoard	① ② ③
Indianapolis Zoo: Meet the Animals*	① ② ③
Jazz Dance Class	① ② ③
Lashes	① ② ③
Manicure	① ② ③
Massage	① ② ③
Pickleball*	① ② ③
Police Training Exercise	① ② ③
Power of Plants & Play*	① ② ③
Rifle / Pistol	① ② ③
Shotgun	① ② ③
SoChatti Chocolate Experience	① ② ③
Wakesurfing 101	① ② ③
Welding	① ② ③
Women in Business: Elaine Bedel	① ② ③

\*Joint Session with Men

Interested in staying later? Depending on availability you may stay for one session after lunch and join the men in their 1:30 p.m. session. Please let us know if you are interested in staying until 3 p.m. for the following:

- \_\_\_ Drones \_\_\_ Entrepreneurial Thinking \_\_\_ Grilling  
 \_\_\_ Horseshoes \_\_\_ Pickleball \_\_\_ Power of Plants & Play

**PLEASE RETURN COMPLETED FORM ASAP TO:**  
**Kari Strolberg, 1336 E. Washington Street, Indianapolis, IN 46202-3850**  
**Questions? Please call Kari Strolberg, Event Coordinator at (317) 423-3590, (317) 590-8610 or email ekstro@yahoo.com**