

CAMP CEDAR RIDGE DISPATCH: DISCOVER THE GOOD



Dr. Kasey Wilson
Executive Director

Together We Thrive: Message from Our Executive Director

Winter Greetings from Camp Cedar Ridge!

We are halfway between busy seasons, yet joyfully anticipating the summer of 2025. It is hard to believe that we are going into our fourth year! Each year, we have continued to grow--making improvements, adding programs and events, and expanding our vision of the future of Camp Cedar Ridge. In this edition of the *Camp Cedar Ridge Dispatch*, we're excited to share highlights of our progress and successes, including the launch of our major fundraising program, the "Cedar Sustainer Program." This program is designed to establish a strong foundation of financial stability to maintain and improve the property without relying on multiple reactionary appeals in response to emergent challenges.

A quick look back shows 2024 as a banner year, during which we hosted new and returning camp and retreat clients as well as weddings and picnics, 17 weeks of Outdoor School, served 119 children in the Vernonia Village After-School and Day Camp Program, and provided summer swimming lessons for 50 children. We were also able to launch new community events through generous sponsorship from our community. We are exceedingly grateful for our growing volunteer base with participants from both our local region and many who join us from around the country.

Thank you to the Camp Cedar Ridge community, including staff members, volunteers, donors, vendors, clients, program participants, members of the Centers for Spiritual Living from around the world, and the families and businesses of the city of Vernonia. Together, we "Discover the Good and Share it" and help youth say, "Yes to Life."

This issue:

Together We Thrive: Message from Our Executive Director
PAGE 1

A Bright New Year, A Fresh Start: Become a Cedar Sustainer
PAGE 2

Unleash Your Creativity at Jami Lula's Songwriting Retreat
PAGE 2

Expanding Community Partnerships Through the Holiday Season
PAGE 3, 4

Online Workshop: Transform Turmoil into Connection
PAGE 5

Volunteer at Camp Cedar Ridge for 2025 Summer Season
PAGE 5

A Bright New Year, A Fresh Start: Become a Cedar Sustainer

As we step into the promise of a new year, it's the perfect time to reflect on the fresh opportunities ahead and the shared vision we hold for Camp Cedar Ridge. With your gracious and generous support, the Cedar Sustainer Program, launched in October 2024, continues to gain momentum. We've already raised nearly \$15,000.

Our goal is bold yet attainable: to raise \$100,000 annually. This firm financial foundation will enable Camp Cedar Ridge to transition from surviving to thriving—empowering us to step confidently into our next phase of growth.

This transformation is about more than finances; it's about creating a community of support, partnership, and purpose. There are countless improvements to be made at Camp Cedar Ridge, and your participation in the Cedar Sustainer Program is key to making them a reality.

We extend heartfelt gratitude to the many organizations, individual donors, clients, and volunteers from across the United States who have already answered with a resounding "Yes!" Your belief in Camp Cedar Ridge inspires us all.

How Do I Become a Cedar Sustainer?

Make an annual donation of:

- \$300 or more for individuals (or \$25 a month)
- \$500 or more for organizations (or \$42 a month)

Become a Cedar Sustainer now! We invite you to join us on this exciting journey as we continue to Discover the Good and Share It.

Choose to help Camp Cedar Ridge flourish and bring even more light into the world.

Your support matters. With your help, 2025 will be a year to remember — a year of bold steps, abundant growth, and shared success!

Go to <https://CampCedarRidgeOR.org/sustainer/>

Unleash your Creativity at Jami Lula's Songwriting Retreat

February 14-17, 2025

Join us at Camp Cedar Ridge for a weekend dedicated to inspiration, connection, and the magic of music. This immersive experience is your chance to explore the art of songwriting. Whether you're capturing heartfelt emotions, telling compelling stories, or crafting melodies that move the soul, this retreat offers the perfect space to create and grow in an environment of connection and support.

No matter your skill level, from beginners to seasoned songwriters, join us for a weekend that will strike a chord in your heart. Can you imagine writing your own love song, perfect for your Valentine?

Reserve now!

<https://CampCedarRidgeOR.org/song> 🎵❤️

Support our continued growth
by becoming a
CEDAR SUSTAINER



Go to:
CampCedarRidgeOR.org/sustainer



CAMP CEDAR RIDGE
VERNONIA, OR
DISCOVER THE GOOD

JAMI LULA
SONGWRITING
RETREAT

February 14 - 17, 2025
Friday 4pm - Monday 11am

\$450
INCLUDES FOOD & LODGING

CampCedarRidgeOR.org/song

Expanding Community Partnerships Through the 2024 Holiday Season

Camp Cedar Ridge expanded its community partnerships by hosting a series of festive events which brought joy and connection to families in the Vernonia community. Collaboration with many valued partners and sponsors provided the opportunity to introduce new holiday celebrations, each designed to foster togetherness and support for those we serve.

We are grateful to our many donors who supported this inaugural community event:

Terri Lahte

R & S Market

Shawn Gibson,
MORE Realty

Sharon Wheeler,
Vernonia Head Start

All the cash donations
contributed during the event



In November, we held **ThanksRidging**, our inaugural free community dinner on Thanksgiving Day. Our community partners made it possible for us to bring warmth, nourishment, and connection to many in our community who might otherwise have spent the holiday alone or in need. We served more than 60 individuals on-site and delivered 11 meals to individuals who are experiencing homelessness. The success of this event demonstrates the incredible power of community when we come together to care for one another. Through collaboration and cooperation, we provided not only meals, but also hope, connection, and a reminder that no one in our community is alone.

Vernonia Village Holiday Day Camp: Youth and Family Enrichment Program

Camp Cedar Ridge also hosted the second annual **Vernonia Village Holiday Day Camp**, a heartwarming experience tailored for Grade K-6 students in the Vernonia Public School District. This well-received program provided a safe, engaging space for children to explore creativity, make new friends, and embrace the magic of the season through themed activities, games, and crafts. The Holiday Day Camp was free to all Vernonia Public School District students through federal grant funding from 21st Century Community Learning Centers.

By strengthening partnerships and creating meaningful opportunities for connection, Camp Cedar Ridge is building a foundation of community care that will last well beyond the holidays. Together, we're not just celebrating — we're creating brighter futures for all.



Rockin' @ the Ridge Family Fun Fest

Rockin' @ the Ridge Family Fun Fest, a vibrant community event, brought families together for a day of fun and the creation of lifelong memories.

A few of the activities we featured:

- Rock painting
- Music from The Rusty Buckets
- Craft-a-gift and decorating cedar spray
- Holiday cookie decorating
- "SleigHay" ride
- Hot chocolate bar
- Our signature brownie bar
- A visit from Santa



We are grateful to our many donors who supported this inaugural community event:

Shawn Gibson of MORE Realty

An anonymous donor

Vernonia's Voice

Buckshot Betty's

West Oregon Electric Cooperative

Bobcat Cutting LLC

The Rusty Nail Vernonia

This inaugural holiday event provided our sponsors a unique opportunity to showcase their businesses and invest in our community. Their contributions helped Camp Cedar Ridge make this family-friendly holiday event accessible to everyone free of charge, ensuring that more families could enjoy the festivities, regardless of their financial situation.



Emissaries of Peace: Portland Center for Spiritual Living volunteers performed a Peace Pole Dance

Left to Right: Rev. Bridget McCann, Sr. Minister and Spiritual Director; Reta Jarvie, Mona Adams, Sole' Davis, Aurora McKeever, Rev. Marilyn Sprague, Kathy Ballard, Erica Daniels with W'ynn, seeing eye dog & companion.

Transform Turmoil into Connection: Discover the Power of Caring Connection

As you welcome the new year, imagine resolving conflicts and deepening relationships with clarity, empathy, and ease. The Connection Practice, hosted by Camp Cedar Ridge, offers a step-by-step path to turn inner and outer turmoil into lasting peace and understanding.

You will learn an elegant, scientifically-based practice that quickly gets to the root of challenges—bringing relief, resolution, and renewed connection. Learn to unlock deeper self-awareness and collaboration.

About the Presenters

Jeanne Kataoka has been using the Connection Practice since 2019 and became a certified trainer in 2021. What she appreciates most about the Connection Practice is that it provides practical tools that can be used in everyday life, anywhere, anytime and with anyone. The self-awareness about feelings and needs, and the empathy that this awareness elicits are extraordinary tools that are easy to learn and use.

Susie Ammons became a certified Connection Practice Trainer in 2020. She has discovered the Connection Practice is one of life's treasures. Unresolved or partially resolved situations finally find wholesome, peaceful resolutions.

Join us and transform turmoil into caring connection. Register today: <https://CampCedarRidgeOR.org/connect/>

Volunteer at Camp Cedar Ridge for 2025 Summer Season

Camp Cedar Ridge is seeking volunteers to join us on-site between June 22 – August 24, 2025. We ask for a week-long commitment, from Sunday to Sunday. All volunteers must be at least 18 years old.

Housing & Meals

Volunteers stay in shared cabin space close to the dining room. The bathroom and shower is a short walk away. Meals are provided and vegetarian, vegan, and gluten-free options are available.

Travel, More Information, and How to Apply

Information regarding travel arrangements, e.g., arrival/departure from PDX, and other frequently asked questions, is available on our website.

<https://CampCedarRidgeOR.org/volunteer/>



Connection Practice

empathy + insight = connection

with Dr. Jeanne Kataoka, LSP &
Susie Ammons

Benefits for you and those you serve:

- Stop stress immediately
- Access your best thinking
- Find release from negative emotions
- Maintain emotional balance
- Resolve conflicts creatively

February 12, 19, 26 & March 5, 2025
Wednesdays 6:30pm – 8:30pm Pacific

Cost: \$100

a portion of the proceeds benefit
Camp Cedar Ridge

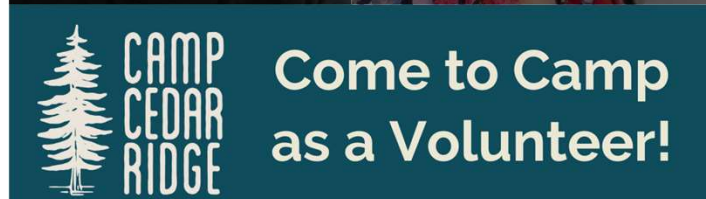
CampCedarRidgeOR.org/connect



Susie Ammons



Jeanne Kataoka



More info on our website:
CampCedarRidgeOR.org/volunteer