



# **2024 WAHANOGUIDE**

## **CAMPER AND PARENT HANDBOOK**

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## OUR PHILOSOPHY (VISION, MISSION AND VALUES)

**WE USE OUR VISION AND MISSION TO GUIDE US.  
WE LIVE OUR VALUES EACH AND EVERY DAY.  
THIS IS WHO WE ARE.**

### VISION

A supportive community that inspires our campers and staff to become competent, confident and compassionate leaders

### MISSION

We achieve our vision through creating:

A safe environment where campers and staff feel included, supported and cared for  
Friendships and memories to last a lifetime through intentional nurturing of healthy relationships and experiences

Fun, unique and innovative ways to motivate and enhance skill development and self confidence; and

An 'unplugged' space where the focus is on self-discovery and personal bests

### VALUES

We embrace and live the following values

#### Community

We look out for each other and put others before ourselves

We take responsibility for caring and supporting each other and our environment

We are dedicated to teaching ourselves about the importance of giving back

#### Growth

We create safe and supportive environments where everyone is given opportunities to learn, become independent, resilient and build confidence

We expand our comfort zones by embracing failure and imperfection and learning from our mistakes. We are not afraid to ask for help

We are committed to leadership development and continuous learning

#### Respect

We accept each person for who they are without judgement

We listen to each other

We act honestly and with integrity

#### Tradition

We honour the past while embracing the future

We create a sense of comfort and belonging through the celebration of memories

We develop and inspire the next generation

## LAND ACKNOWLEDGEMENT

Camp Wahanowin respectfully acknowledges that it is located on the tradition territory of the Anishinaabeg, Ojibwe, Odawa and the Pottawatomi nations. These are collectively known as the Three Fires confederacy.

We also recognize the contributions that the Chippewas of the Rama Mnjikaning First Nation, known as the “people of the deer” has made in shaping and strengthening our community.

Camp Wahanowin’s surrounding area is still the home to many Indigenous people from across Turtle Island and we are grateful to have the opportunity to share this land. We are committed to a relationship with First Nations, Métis and Inuit people based on the principles of mutual trust, respect, reciprocity, and collaboration the spirit of reconciliation.

## IMPORTANT 2024 DATES

<b>Monday, May 13</b>	<b>Camper Forms Due</b> (Medical Form, Camper Expectations, Alternative Diet Information, Tell Us About Your Camper/Camper Goals, Camper Swim Information)
<b>Monday, June 24</b>	<b>Baggage Day</b> - 3:00pm-8:00pm for Toronto area campers enrolled in our Full Season, July, July Plus, CIT and July: Two Weeks sessions
<b>Thursday, June 27</b>	<b>Opening Day</b> for CITs, Full Season, July, July Plus and July: Two Weeks campers
<b>Thursday, July 11</b>	July: Two Weeks session ends
<b>Saturday, July 20</b>	<b>Visitors Day</b>
<b>Wednesday, July 24</b>	July session ends. August, August: Two Weeks, and Wahano-Week sessions begin
<b>Wednesday, July 31</b>	Wahano-Week session ends
<b>Saturday, August 10</b>	Wahano-One Day session
<b>Wednesday, August 7</b>	July Plus and August: Two Weeks sessions end
<b>Wednesday, August 14</b>	<b>Closing Day</b> for Full Season Campers and CITs

## SETTING YOUR CHILD UP FOR SUCCESS

### CABIN REQUESTS/ASSIGNMENTS AND UNIT PLACEMENTS

Campers are grouped in cabins according to their age and grade as outlined below:

Grade Completing in 2024	Age by December 2024	Unit
SK-2	6-8	BB
3	9	Bear
4	10	Eagle
5	11	Senior
6	12	Grad
7	13	PeeGee
8	14	Alumni
9	15	LTP
10	16	CIT

We do our utmost to honour as many requests as possible, within reason. Please remember, we have each individual camper's best interest in mind and are committed to providing every camper a "good fit" and positive cabin experience. All placements are done at the discretion of the Camp Director. Cabin placements are not given out prior to camp so please do not call our office to ask for cabin lists or numbers.

### CAMPER EXPECTATIONS AND DISCIPLINE POLICY

Camp Wahanowin prides itself in maintaining a safe, positive, and welcoming environment for all members of it's community. Every camper (and their parents/guardians) have clear expectations and shared understanding of the appropriate camp behaviours, in keeping with our values of Respect, Growth, Community, and Tradition.

It is important campers and parents familiarize themselves with our camp policies and the potential consequences for violating the same. Each spring, these expectations are agreed and signed off on within the Camper Expectations form in our online Registration Portal.

Please note that the policies listed below are not exhaustive. We have done our best to outline as many as we can. In addition, consequences are at the full discretion of the Camp Director's and if a camper is dismissed from camp because of breach of any one of our camp policies, there is no refund of camp fees.

#### Why Do We Have a Written Discipline Policy?

To ensure there is a common understanding between Camp, our campers and our parents/guardians about what happens when there is a violation of camp policy. Campers who violate policy put the safety and wellbeing of the community at risk. Having a clear discipline policy and procedure allows for transparency.

**Disciplinary actions will be taken when a policy has been violated. There are two types of camp policy:**

- a) Zero-Tolerance Camp Policies
- b) Camp Policies

## **Zero-Tolerance Camp Policies**

Breach of any of the following policies is cause for immediate dismissal from camp:

### **1. Drugs and Alcohol**

Campers are not permitted to possess and/or consume in any manner or be in the presence of someone using or possessing alcohol or drugs. This includes keeping or consuming alcoholic beverages, non-prescribed medication. Marijuana/hash or other illegal drugs or drug paraphernalia of any kind (i.e. e-cigarettes, vapes, pens, bongs, edibles, pipes etc.);

### **2. Smoking**

Smoking by campers is prohibited including smoking cigarettes, cigars, Gpens, Juuls, e-cigarettes, pipes, vapes etc. We are not in a position to distinguish between what is in a mechanical device to smoke.

### **3. Curfew**

Campers are not permitted to leave their cabins at night, but more specifically we have a zero-tolerance policy in place if a camper is found out of their cabin after curfew the night before changeover and the last night of camp. They will not be permitted back to camp next summer if they breach this policy.

### **4. Leaving Camp**

Campers are not permitted to leave camp without the consent of a Director. "Special Occasions" must be arranged prior to the start of camp and are subject to the Director's approval. Campers may not leave camp to attend concerts, shows, sporting events, family reunions, relatives visiting from abroad, or other reasons deemed unacceptable to the camp. Fees will not be adjusted for any time spent away from camp during the summer for an approved function or event.

### **5. Cell Phone**

Campers are not permitted to have a cell phone at camp.

## **Camp Policies**

All campers are required to adhere to Camp Policies as set out in the Camper Expectations Form and this guide. Breach of any of those policies (and the examples listed below) subject campers to the following steps in the discipline procedure.

When disciplining any camper, we will always consider the nature of the behaviour as well as the past record/history of the camper. Inappropriate language, issues of punctuality, absence from activities, lack of respect for a camper or staff and lack of regard for Wahanowin Values are just a few examples.

The following outlines Wahanowin's disciplinary procedure when it comes to a breach of Camp Policies. Campers could enter the procedure below at either step a, b or c, solely at the discretion of the Camp Directors., depending on the severity of the behaviour.

- a) Verbal warning - a verbal warning may be given to a camper by a staff member who is responsible for the cabin (i.e. counsellor and/or Head Counsellor). A constructive two-way conversation will occur where the camper understands that a certain action needs to stop or be altered.
- b) Verbal warning with consequence - when a camper either continues to not improve from a verbal warning or conducts a second action to their initial verbal warning a secondary verbal warning will occur with a parent/guardian phone call and subsequent consequence. The consequence will be natural in nature and to the discretion of the staff in collaboration with a Camp Director and parent/guardian.

- c) Suspension OR Dismissal – A camper may be suspended from camp and asked to leave the camp premises for a period of time based on the Director's discretion. If this is the case, parents/guardians will be informed, and the camper is required to reflect on their actions and may be asked to write a formal apology and reasoning as to what happened and what they have learned. Depending on the severity of the third offence, this violation can also result in immediate dismissal. Similar to suspension, parents/guardians will be informed and will then need to pick up the campers.

Below is a list of Camp Policies, however, this list is not exhaustive.

**1. Entering Cabins of the Opposite Gender**

Campers are not permitted to enter cabins of the opposite gender, at any time.

**2. Property Damage, Defacement and Theft**

Stealing or willful damage, defacement to property and equipment of Camp. Examples of this include but are not limited to safety devices (i.e. fire extinguishers, vehicles, walkie talkie, graffiti etc....), money, cabins, furniture, electronics, etc. Please note: in addition to any discipline action, campers who do not observe this policy will be charged for the removal cost of the graffiti.

**3. Fire Hazards and Weapons**

Campers are not permitted to have in their possession any weapons or fire hazards. (i.e. knives, tasers, hot pots, candles, fireworks etc.)

**4. Harassment and Discrimination**

Conducting acts of harassment as well as failing to report harassment, abuse, discrimination or exploitation of campers is not tolerated; this includes physical and mental forms such as hazing, pranking, acts of bullying, racial slurs, racism, sexism etc.

**5. Technology**

In addition to being sent home for bringing a phone to camp, campers are not permitted to bring a screen of any type to camp. This includes electronic devices to watch videos, download, play games, use the internet or communicate with others such as a phone, iPad, laptop etc. In addition, if camp finds out about campers either cyberbullying or speaking negatively about a camper or staff on social media during the 'off-season', this may be grounds to not permit a camper to return to camp the next summer. Please read our entire technology policy on page 11 in this document.

**6. Peanut/Tree nut possession. No food in camp!**

There are many campers and staff with severe life-threatening food allergies in camp. We ask that no campers keep outside food at camp. Besides food, please also read what not to bring to camp on page 10 in this document.

Parents are responsible for the full cost related to sending a dismissed camper home. Parents will be notified of a dismissal and will pick-up their camper at a specified location within a specified amount of time. No fees are returned for the dismissal of a camper in breach of these expectations.

## **HOW TO TALK TO YOUR CHILD ABOUT HOMESICKNESS AND CAMP?**

Often before the summer we hear from parents of campers who are nervous about being at camp, most of the time, expressing that they may be homesick. This is normal. Please tell your camper that! And talk about it. They should know that this could happen to anyone.

Camp is a magical and exciting place to be, but sometimes not right from the beginning. Many campers go through a few days of homesickness until they get adjusted to their new surroundings.



Sometimes even a long-time camper back for their 5th summer can experience this. It's normal. Telling them that will make them feel less anxious.

There are some Do's and Don'ts when it comes to Homesickness at camp:

- Do not tell your camper they can come home if they don't like camp or are homesick! They will take you up on this opportunity and not even give camp a fair shot!
- Do tell your camper that if they are homesick, they should tell their counsellor, Unit Head or Camp Director – whomever they are most comfortable – as long as they let someone know.
- Do not tell them they can call home. By telling campers they can call home, it reaffirms that YOU are the only one who can help them with their day-to-day struggles.
- Remember it is OK to talk about what may be hard at camp. As we said, camp is an amazing place, but it can be hard too. To grow at camp, we need to acknowledge and get through the hard stuff – with the help of our staff!
- Write lots of letters – but ask them what they are doing and don't focus on what you are doing. And don't tell them how much you miss them! That makes it worse at camp.

If you anticipate this being an issue at camp, please contact a Camp Director before the summer because often a meeting with a Director before the summer can really help – and we are always happy to help!

## **WHAT TO BRING AND WHAT NOT TO BRING TO CAMP**

Our packing list suggests ALL you will need for your camper(s) stay at camp! We suggest that you leave expensive clothing items at home as they are unnecessary at camp, but any that are brought are at a parent and camper's own risk. The camp, though taking all reasonable precautions, cannot be held responsible for loss, damage or theft of any camper's belongings in transit or at camp.

### **DUFFELS, CARRY ON/OVERNIGHT AND TOOL/LOCK BOXES**

Campers are limited to a maximum of 2 duffel bags, which will easily accommodate the required amount of clothing. Suitcases or trunks are not permitted. Excessive and unreasonable quantities of clothing exceeding our recommendations will not be unpacked but will be stored until the camper's departure from camp. Baggage tags will be provided to attach to duffel bags prior to Baggage Day.

Carry On/Overnight Bags and Lock Boxes are carried onto the bus (or placed under) and may contain last minute articles or personal items. The camp reserves the right to open and inspect bags/toolboxes at any time. Not everyone brings a lock box. In addition, they are not to be locked.

### **LABELLING BELONGINGS**

Please ensure that your camper's name (first and last) is on everything they bring to camp: clothing, shoes, towels, sports equipment, sleeping bags, duffel bags, cameras, flashlights, etc. Use either a permanent marker or customized labels, for which there are many companies available online to order from.

# PACKING LIST

## Helpful Hints

- Label everything clearly and permanently
- Pack belongings in maximum **2** soft sided duffel bags (no suitcases). Shelf space is limited. Carry on bag for bus is permitted.
- Do not send expensive clothing or equipment - campers play in all kinds of weather. Although all reasonable precautions are taken, the camp is not responsible for loss, damage or theft of any belongings.
- The following list is only a suggestion of what to bring. We encourage parents to use what they have on hand and limit any new purchases.
- All campers and staff wear white shirts and “nice” bottoms for Friday Night dinner

### Clothing

- ☐ 10 short sleeved T-shirts
- ☐ 4 long sleeved T-shirts
- ☐ 4 sweatshirts
- ☐ 2 white t-shirts
- ☐ 1 Olympiad Shirt (Waha-red, Nowin-white)
- ☐ Shirt, accessories in Unit Colour (BB-Bear-white, Eagle-orange, Senior-red, Grad-green, PG-grey, Alumni-blue, LTP-pink, CIT-black)
- ☐ 6 pairs of shorts
- ☐ 3 pairs long pants (jeans or sweats)
- ☐ 2 white tops for Friday (long and short sleeved)
- ☐ 2 nice bottoms for Friday
- ☐ 1 warm jacket or fleece
- ☐ 1 raincoat
- ☐ 14 pairs underwear
- ☐ 14 pairs socks
- ☐ 4 bathing suits
- ☐ 4 pairs of pajamas
- ☐ 2 sun or baseball hats
- ☐ 3 pairs running or casual shoes
- ☐ 1 pair flip flops, slides or Crocs
- ☐ 1 pair rain boots

### Toiletries

- ☐ 6-8 large towels
- ☐ Shower tote or bucket
- ☐ Shampoo and conditioner
- ☐ Body wash or bar of soap (no nut oils)
- ☐ Toiletry bag
- ☐ Toothbrush, tube of toothpaste x2 each
- ☐ Hairbrush or comb
- ☐ Deodorant
- ☐ Nail clippers
- ☐ Sunscreen, waterproof 30+ SPF x2 bottles
- ☐ Insect repellant (non-aerosol)
- ☐ After-Bite anti-itch stick
- ☐ Feminine hygiene product (if applicable)

### Bedding

- ☐ 2 single/cot sheet sets
- ☐ 1 duvet or comforter
- ☐ 1 blanket
- ☐ 1 pillow
- ☐ 2 pillowcases

### Essential Items

- ☐ Flashlight with extra batteries
- ☐ Games (nothing electronic)
- ☐ Reusable water bottles x2
- ☐ Sleeping bag
- ☐ Drybag
- ☐ Stationery, pens, pre-addresses envelopes
- ☐ Tackle box for personal items (no lock)

### Optional Items

- ☐ Alarm clock
- ☐ Baseball glove
- ☐ Bathmat, small rug for bedside
- ☐ Bathrobe (to wear to shower house)
- ☐ Battery operated fan
- ☐ Books, comics
- ☐ Box of Kleenex
- ☐ Digital camera, charger
- ☐ Dry bag (per family for canoe trips)
- ☐ iPod Shuffle
- ☐ Shoe bag to hold small items
- ☐ Slippers
- ☐ Stuffed animal
- ☐ Sunglasses
- ☐ Tennis Racquet
- ☐ Wahanowin T-shirt or sweats
- ☐ White T-shirt for tie-dyeing
- ☐ Halloween Costume for Wahano-Ween (happening before July 26)

### Items NOT to Bring

- ☐ Anything containing nuts, nut oils (scrubs, soap)
- ☐ Bicycles
- ☐ Bottled water, food, gum
- ☐ Candles, lighters, matches, mosquito coils
- ☐ Cell Phones
- ☐ Electric appliances - electric blankets, curling irons, fans, hair straighteners, hot pots, kettles, lamps
- ☐ Electronics with screens - iPad, iTouch, laptops, PSP, video games, exception Kindle/Kobo
- ☐ Furniture - inflatable/folding chairs, shelves
- ☐ Permanent markers
- ☐ Walkie-talkies
- ☐ Weapons, Swiss Army knives, water gun

# OUR TECHNOLOGY POLICY

## **Camp Wahanowin Is Screen-Free**

Camp Wahanowin prides itself on being an "unplugged and screen-free" camp environment where campers and staff are encouraged to appreciate getting back to nature and developing relationships within our camp community. Things have changed a lot since we were kids. Technology has become so ingrained in our lives that it is difficult to imagine how we would get by without our phones, computers, tablets...etc. But camp is different. Camp is a wonderful opportunity to be screen free and focus on real live friendships. Therefore, we limit electronics at camp.

## **What devices are not allowed at camp?**

As innovation continues to move at such a rapid pace, we feel this is a good opportunity to reiterate that campers are not to bring any devices that are capable of communicating with other devices which include, but are not limited to, the following:

Cell phones

Chromebooks, laptops

iPads, tablets

Music players with screens or WiFi capability

Walkie talkies

Watches, Fitbits with WiFi capability

## **What devices can campers bring to camp?**

Campers can, of course, bring regular watches. They can also bring Kindles/Kobos and music playing devices without screens or WiFi capability (iPod shuffle, some MP3 players)

## **We're All in This Together**

The success of our technology policy relies on the camp and families working together. The feedback from our parent community has been overwhelmingly in favour of our mission to make camp a 'technology free' zone for campers.

It is our sincere hope that we never have to deal with any breaches of our technology policy. In order to avoid any unfortunate misunderstandings, we think that it is fair to confirm in advance the consequences for breaking the policy.

## **What is our Policy?**

Any camper who brings a prohibited device to camp will be asked to leave camp for the duration of their scheduled time at camp. We will not refund any camp fees for a breach of this policy. If your child chooses to bring a "no-go" item to camp, they will be dismissed from camp with no refund.

Our campers get enormous benefits from being away from their devices while at camp and this policy is in effect to demonstrate how strongly we believe in camp being a 'technology free' zone for our campers. That said, we feel it is only fair to convey our mandate to Wahanowin families in advance so that you can discuss it with your children. Please feel free to contact us if you have any questions about our technology policy.

## WHAT NOT TO BRING TO CAMP?

In addition to our technology policy, please do not send any of the following items to camp with your child. If these items come to camp, they will be confiscated and not returned.

### **Food**

We have a no food policy for all campers as a resolution to the significant problems it causes. This includes the tremendous amount of garbage and waste, attraction of bugs and animals in the cabin, allergy concerns, cabin cleanliness and hygiene issues and probably most significant, the power struggles and negative feelings between those that have more versus those that have less.

Except for the bus ride to camp, do not send food of any kind (definition - anything that goes into the mouth - candy, pop, gum, soups, snacks/junk food, etc.) Be sure that any bus ride treat is nut/sesame free too!

All baggage brought to camp is inspected and any food found is collected and donated to a local food bank or thrown away. As well, any envelope that arrives at camp that appears to contain food shall be opened and the food will be removed.

### **Electrical Appliances**

These are fire hazards and they include: electric blankets, hot pots, hot plates, kettles, heaters, extension cords, electric fans (battery only) and any small plug-in appliances.

### **Candles, Matches, Mosquito Coils**

They are a fire hazard.

### **Bottled Water**

All tap water is clean and filtered and treated more comprehensively than many municipalities or water bottling plants. Bottled water creates tremendous waste, is not environmentally friendly and poses potential health risks.

Campers should bring 2 refillable water bottles to camp. In addition to being able to fill them in their cabins, 10 non-contact water bottle filling stations have been installed throughout camp.

### **Tobacco/Alcohol/Illegal Drugs/e Cigarettes/Vaping Materials**

We will immediately send campers home for use or possession of tobacco, alcohol, illegal drugs, drug paraphernalia, e Cigarettes or vaping materials.

### **Weapons/Flammables/Explosives**

Knives, candles, matches, lighters, mosquito coils, and fireworks are strictly forbidden at camp. This list is not exhaustive.

## SPENDING MONEY

Please do not send money with your camper(s) unless they are from outside of Canada and we will store their money in our office while they are at camp.

## TRANSPORTATION TO AND FROM CAMP

### OPENING DAY TRANSPORTATION TO CAMP

The bus and baggage fee included in your camp fee covers transportation to and from **Toronto** for campers and CITs. All campers and CITs are responsible for getting themselves to and from our Toronto bus pick up location below. For those campers coming in from out of the province or country OR if your child is travelling by a different means to camp, **please contact our office no later than Monday, May 13<sup>th</sup> to arrange travel to camp.**

**All campers within Ontario will be assigned to a Toronto bus.**

#### BUS DEPARTURE LOCATION

<p style="text-align: center;"><b>Toronto Bus</b></p> <p style="text-align: center;">“SilverCity Richmond Hill” movie theatre parking lot Highway 7 and Yonge Street 8725 Yonge Street Richmond Hill</p>
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#### AMERICAN and INTERNATIONAL CAMPERS

Please ensure that your camper has citizenship documentation (birth certificate or passport) with them, which are to be kept in our camp office. Campers that are escorted over the border can bring a photocopy of this document. Campers flying in from out of Canada must have original documents with them. In addition, if they are travelling alone, they must have a letter of permission stating they are being met in Toronto by a Camp Wahanowin staff member. **Parents should check the airline’s policy on unaccompanied minors travelling alone and ensure that the appropriate document and monies are provided for their return trip home.**

**Please contact our Toronto office no later than Monday, May 13<sup>th</sup>** to confirm travel plans once they are finalized so we can coordinate their pickup.

**For arrival to camp:** Please try and arrange for a flight arrival time between 6:00am-10:30am (the later the better)

**For departure from camp:** Please try and arrange for a departing flight after 2:00pm

Camp Wahanowin staff will be there to assist with baggage and disembarking/checking in.

Families who reside out of province that wish to drive their campers to the Toronto bus location must call our office to reserve space.

#### TORONTO AND ONTARIO CAMPERS

**Toronto Bus** - Campers travelling to camp should arrive 30 minutes prior to departure for boarding and baggage loading (Campers travelling on Opening Day should see section “Baggage Day” for information about early baggage pick up). Campers returning to SilverCity at the end of their session will have their baggage arrive 30 minutes prior to the buses. Campers are assigned to buses by Unit.

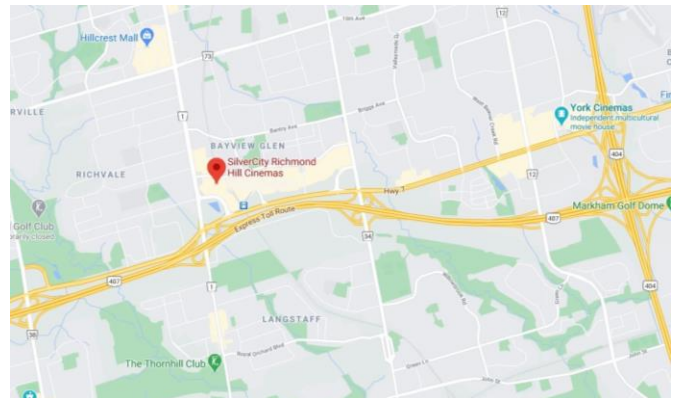
Date	Sessions Applicable	Departs from SilverCity	Arrives at SilverCity
<b>June 27 - Opening Day</b>	CIT, Full Season, July, July Plus and July: Two Weeks sessions begin	1:00pm	
<b>July 11</b>	July: Two Weeks session ends		11:00am
<b>July 24</b>	July session ends		11:00am
<b>July 24</b>	August, Aug: Two Weeks and Wahano-Week sessions begin	2:00pm	
<b>August 10</b>	Wahano-One Day	8:00am	8:30pm
<b>August 7</b>	July Plus and Aug: Two Weeks sessions end		11:00am
<b>August 14 - Closing Day</b>	Full Season, CITs and August sessions end		11:00am

## RETURN TRANSPORTATION AT END OF SESSION

\*See Arrival Times above

### Toronto Bus Location

SilverCity Richmond Hill Parking Lot  
Highway 7 and Yonge Street  
8725 Yonge Street  
Richmond Hill, Ontario



All campers will return to Toronto on charter buses upon completion of their session, **with the exception of our Wahano-Week Campers who will be picked up by a parent/guardian on July 31st.** Bus assignments will be based on Units. Baggage will arrive 30 minutes prior to the buses.

If you'd like to pick your child(ren) up from camp at the end of the session, please contact the camp office.

## **BAGGAGE AND MEDICATION DROP OFF**

**FOR TORONTO-AREA OPENING DAY CAMPERS ONLY**

### **MONDAY, JUNE 24<sup>th</sup>**

Campers in Toronto and surrounding areas attending sessions that begin June 27<sup>th</sup> (Full Season, CIT, July, July Plus and July: Two Weeks) are requested to drop off their **baggage & medications** prior to Opening Day (enabling us to unpack ahead of time so beds are made and shelves are stocked!). Take your 2 duffel bags and all medications to our drop off location between the hours of **3:00pm and 8:00pm**

Baggage Drop-Off Location:

Richmond Hill	Silvercity Richmond Hill Movie Theatre Parking Lot Located at Highway 7 and Yonge Street Main parking lot
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All bags placed on the baggage truck must be labelled with a Wahanowin bag tag (to be provided at the baggage drop off location).

Campers that do not live in the GTA that are bringing their bags with them directly to camp on Opening Day, should call the office to confirm this.

### **IMPORANT INFORMATION FOR CAMPERS WHO TAKE MEDICATIONS WHILE AT CAMP**

Our Nursing Team will be present at baggage drop-off. We ask that you bring ALL MEDICATIONS (including puffers, over-the-counter meds, vitamins, antihistamines etc.) for your camper(s) summer at camp to baggage day. We recommend medications be packaged in blister packs. Being proactive and having this ready for camp on baggage day will ensure our Health Centre is fully prepared to administer your camper(s) medications at the correct time when they arrive at camp.



# **KEEPING IN TOUCH WITH CAMP AND YOUR CHILD**

## **COMMUNICATION WITH CAMP DURING THE SUMMER**

Sending your child to camp is a leap of faith. We understand the anxiety you feel when you don't hear from camp about how your child is doing. Parents often call us to request an update on their child(ren). While at camp, we are not usually in the office and often out with kids throughout the day. However, we ask that you leave a message and let us know what you are calling about. A Director, Unit Head or Health Centre Staff will give you a call back within a half day with the information you are looking for.

If there is an issue at camp (behavioural, social or medical) you can expect a call from us to discuss what is going on. We tend to call more often than not because we believe you are the expert on your child, and we like to collaborate, and problem solve social or behavioural issues with you. Of course, if you suspect an issue at camp with your child, please do not hesitate to be in touch with us.

### **First Time Camper Touch Base Call**

Parents of first-time campers will receive a phone call from their camper's Unit Head a few days after campers have arrived and had a chance to adjust to the routines of camp.

If they cannot reach you, they will leave a detailed message indicating how your child is adjusting, the activities they are enjoying, and what, if any, difficulties they have overcome. A return phone call is not necessary, unless it is indicated in the message.

### **Your Camper's Needs**

All of our campers are unique and diverse in their own way. It is important for our Camp Directors to be made aware of all aspects of a camper's behaviour (ADD/ADHD, anxiety, depression etc.) and past experience (camp, school etc.) before sending them to camp. Many parents fear that divulging this information ahead of time may "label" their child. In fact, not sharing has the exact opposite effect. We want to assure you that our goal is to set your child up for success and the more confidential information you give us ahead of time, the better camp experience we can create for your child.

### **Photos on our Website**

Our website [www.wahanowin.com](http://www.wahanowin.com) will be accessible all summer and parents are encouraged to check it out! We commit to updating our photos twice a week so you can keep up to date on the fun we are having at Wahanowin! Access to the photo gallery will be provided in June.

As we are sure you can imagine, it is not possible for our photographer to capture every camper, every day, for each posting that we make. In addition, these are candid photos. They are a snippet of your child's experience at Wahanowin. While it is tempting to assume that if you don't see your child, there may be something wrong or that no smile means they are not having fun, but 99% of the time this is not the case. We would like to continue to offer our parents the opportunity to see "what's up" at camp through photos, however, we are unable to field calls in regard to the photos on our website.

### **Emergency Contact Policy**

In the event of an incident or medical emergency at camp concerning your child we will try to contact you in the following order:

- One or both parents at home or their cell
- Any work, cottage or weekend number for parents
- Person listed as emergency contact home/cell/work



We will make every effort to contact you or your alternate contact person but if we are unable to reach you, the Camp Director will act on your behalf in the case of a medical emergency. If we are contacting you and it is NOT an emergency (i.e. administrative question, behavioural concerns, medical update) we will always leave a message. Please don't be alarmed if you see our phone number on your call display or hear our voices on your answering machine.

## **COMMUNICATION WITH YOUR CHILD DURING THE SUMMER**

### **Mail**

Communication between parents and their children is an important part of camp. Who doesn't love getting mail? Campers are encouraged to write to parents three times per week. In fact, to receive tuck they must hand in a letter home as "payment" for their treats.

As part your camp fees, Wahanowin stamps all outgoing mail, so there is no need to send postage with your child. It is recommended that you send pre-addressed envelopes with your child. Although helpful for all ages, campers under 10 particularly benefit from this. We try and check outgoing mail, but often cannot tell who it is going to and who it is from if the address is incomplete. Provide envelopes for yourselves, grandparents, aunts and uncles, friends and anyone else you want your child to write to throughout the summer.

Mail is dropped off and picked up in Orillia every business day. Mail between Toronto and camp can take 5 to 7 days to reach its destination. Those letters travelling out of province or country may take even longer. Parents are encouraged to write to their children before their arrival at camp to ensure they receive a letter within the first day or two. Our camp mailing address is:

Camp Wahanowin  
Your Child's First and Last Name  
P.O. Box 850  
Orillia, ON L3V 6K8

Once you know your child's cabin number, please include it with your child's name on mail. However, this is not required, it just significantly reduces sorting at camp. Cabin numbers are not given out prior to the start of camp.

Occasionally letters from camp may seem sad, which may concern you. Parents are encouraged to keep in mind that most campers have a settling in period to camp or may have brief moments of unhappiness. This, while upsetting, can be a natural part of camp for some children. Many campers, even those that attend each summer, may experience homesickness. Our staff are aware of this and work at ensuring each child's adjustment to and memories of camp are positive. Most temporarily unhappy campers bounce back within an hour of mailing the letter and we encourage parents to recognize this. If there is something contained in your child's letter that you wish to follow up, please leave a message with the camp and someone will contact you.

### **Bunk Notes and Bunk Replies**

This email communication is provided through Bunk1 directly ([www.bunk1.com](http://www.bunk1.com)) and has been very successful since it first began. Parents should think of this service as a fast, effective method of writing letters to their campers, in addition to mail sent by regular post. Emails will be downloaded once a day and delivered to your child(ren) the next day at Rest Hour.

We are happy to be facilitating this service, however we need parents that take advantage of this means of communication to understand, that this is not meant to be an instant form of communication, rather a quicker method of getting mail to you. Therefore, we will only send out

bunk replies three times per week, meaning, when you get the bunk reply from your camper(s), it isn't necessarily written that day. We still strongly believe there is nothing better than old-fashioned mail, but understand that Canada Post has become increasingly slow with their delivery so we feel it is important you can take advantage of this service. We just don't want to diminish the camp experience through instant communication. That was never what camp was all about...

More information about the Bunk1 camper e-mail service including invitation code, packages available for purchase can be found [here](#). *Please note: The Bunk1 cabin lookup feature will only be updated on the first day of the session, not sooner.*

### **Birthdays at Camp**

We love to celebrate birthdays at camp! If your camper is lucky enough to get to celebrate their birthday at camp, they will be treated to a special day by being able to choose the activities their cabin does for that day. It begins at Flagpole where the camper will be recognized, and then the camp will sing the "Happy Birthday" Song Wahanowin version at lunch while a special giant birthday cookie gets delivered to the table for dessert. In addition to these, we know it is important that you connect to celebrate with your child on their birthday too.

Campers who have a birthday (not their siblings) can call parents on their birthday. All camper birthday calls to parents are made after lunch between 2:00-2:30pm. We ask that these calls are limited to 5 minutes in length. Unfortunately, we cannot allow campers to call parents for their parent's birthdays.

### **Packages**

Wahanowin will not receive or accept courier envelopes, large packages or boxes at camp. Although the intentions of parents are good, the arrival of packages creates undue competitiveness; expectation and disappointment within a cabin group (particularly for those campers that do not receive any), puts pressure on parents and adds undue expense. In addition, packages usually contain unnecessary or contraband items. It is our experience that campers love receiving any type of mail! Therefore, we have set limits on the types of packages we will receive at camp.

- Envelopes only (maximum size of 9" x 15")
- Envelopes must be flat (no more than ½" thick) - send only letters, magazines, comic books
- Do not send food, candy, gum, etc. (See our Food Policy on page 11 in this document for more details)
- Do not send toys, games or loot bags
- Campers that need necessities (shampoo, soap, hairbrush, etc.) can replenish these items from our office, the cost of which is covered by your camper fee.
- If there is a need to send up additional absolute necessities (socks, underwear, glasses, etc.), parents must write "essentials" on the package, which will be opened prior to passing along to the camper. Any non-essential items included will be removed and disposed of.

Parents wishing to courier letters or approved packages should use the following guidelines:

<b>FedEx, Purolator or UPS</b>	<b>Canada Post EXPRESS POST-ONLY</b>
Camp Wahanowin Your Child's First and Last Name 6726 Rama Road Longford Mills, ON L0K 1L0 705-325-2285	Camp Wahanowin Your Child's First and Last Name PO Box 850 Orillia, ON L3V 6K8 705-325-2285

Do **NOT** use any Canada Post courier services to our Rama Road address. They will be delivered to neither our mailbox nor site, but a different post office we do not use for business.

### **Camp Office Telephone (705-325-2285)**

It is a strict camp policy that campers and CITs may not call home or receive telephone calls at camp. In addition to being disruptive to the daily routine, our experience has shown that telephone conversations, however well intentioned, tend to bring sadness and tears. We will always notify you if we feel there are issues that you should be aware of, but the majority of the campers adjust very well and there are few situations in which a phone call is warranted.

## **VISITOR'S DAY - SATURDAY, JULY 20th (10:30-3:00)**

We are excited to be hosting another **Visitor's Day for Summer 2024!** This day is a wonderful opportunity to see your child's cabin and meet their Unit Head and counsellors. We have activities open to participate at and invite you to enjoy a delicious buffet lunch (including our famous Snickle Snackle Chelsea buns!), which you can share with your child.

To continue the success of Visitors Day and make it fair for all campers and parents we need everyone to abide by the same guidelines.

- Gates for parking will be opened at 9:45am
- Visiting begins at 10:30am
- Activities will be open throughout visiting hours - don't forget your bathing suit!
- Parents may take their children out of camp (for lunch, shopping, to the cottage) but only during scheduled visiting hours. We really encourage all our campers to stay AT camp for the day.
- Parents may not take their children out overnight or for extended hours.
- Parents may bring a picnic lunch to share with their children, but may not leave any food behind (refer to Food Policy on page 11)

Alternate visiting days are not available, so please inform relatives that wish to see your children during the summer of the date too! Campers whose parents are divorced and unable to attend the same day can make alternate, out of camp arrangements. Please contact our office to make arrangements.

Please see the map and directions to camp on the last page of this guide.

## **ACCOMMODATION NEAR CAMP**

Parents driving from Toronto can easily make the round trip to camp in one day. For visitors travelling from out of province that wish to stay locally, this is a partial list of nearby hotels. Reservations should be made well in advance, since availability is very limited during the summer.

<b>Hotel/Resort</b>	<b>Distance from Camp</b>	<b>Website and Telephone Number</b>
Casino Rama Resort 5899 Rama Rd, Orillia, ON L3V 6H6	4km	casinorama.com 1-800-832-7529
Days Inn (Wyndham) 5850 Rama Road, Orillia, ON. L3V 6H6	4km	wyndhamhotels.com 705-326-8288
Couchiching Inn (Best Western) 440 Couchiching Point Road, Orillia, ON. L3V 6P8	10km	bestwestern.com 705-325-6505
Champlain Hotel (Choice Hotels) 2 Front Street North, Orillia, ON. L3V 4R5	14km	choicehotels.com 705-259-5001

## **TIPPING POLICY**

Our staff are our strength. We know they are wonderful and they bend over backwards in making sure your child has the most amazing camp experience regardless of if it is their 1st, 2nd or 10th year at camp! Our staff agree with the Camp Directors that “tipping” is inappropriate and unnecessary. If you feel you would like to recognize the amazing job they have done during the summer, so please feel free to write them a note and get a small token of thanks and gratitude. However, this is absolutely not necessary.

## **LAUNDRY SERVICE**

Camp laundry is completed by an outside contracted service once a week. This service includes washing, drying, folding and returning all articles to camp the next day. Please do not send any clothing that requires delicate laundering as they may not stand up to camp laundering. Send old clothes and keep your purchases of new items to a minimum. Be sure that all items are pre-washed prior to camp to avoid shrinkage or dye leakage in our laundry. Camp provides the laundry bag for all our campers.

## **LOST AND FOUND**

Due to the group living experience, fast paced nature of camp and constantly changing clothes for different activities, clothing and personal belongings will be misplaced. Every activity area has a “lost and found bin” and clothing is regularly collected by our cleaning staff and distributed back to the appropriate cabins. Every effort is made to ensure campers go home with everything they came with, but this is often an unrealistic goal.

While reasonable care is taken by the camp to keep track of camper clothing, the nature of group living and the rugged active lifestyle at camp makes it certain that clothing WILL BE lost or damaged. Please expect this loss and send items that are disposable if possible. For the reasons stated above, the camp cannot be held responsible for the loss, disappearance or damage of campers clothing or belongings no matter how caused.

## **HEALTH AND MEDICAL**

### **HEALTH CENTRE TEAM**

The Wahanowin Health Centre is staffed around the clock by [Health Care Team](#) with our resident physician available at all times. Doctors Erica Merman, Mara Cole, Jordan Carr, Herbert Brill, and Karen Swirsky form our medical team and take turns being on site during the summer. Many of our doctors are former campers and/or staff and current parents of campers and/or staff.

### **MEDICAL FORM, ALLERGIES AND UNDERLYING HEALTH CONDITIONS**

The camper Medical Form must be fully completed and received by our office every year, in compliance with OCA regulations, prior to your child’s starting camp. Health information can be completed and updated on-line through the camp website under applications/forms.

**CAMPER MEDICAL FORMS ARE DUE NO LATER THAN MONDAY MAY 13<sup>TH</sup>. ANY CAMPER WITHOUT A COMPLETED MEDICAL FORM WILL NOT BE PERMITTED TO ATTEND.**

If your child(ren) has a life-threatening allergy or an underlying medical condition, in particular one that makes them especially vulnerable to COVID-19, a personal phone call with Elijah is required before camp.

## **MEDICATION**

All medication (prescriptions, allergy serums, etc.) should be brought to the bus and given to our camp health care staff that will be there with an ice cooler. Special medications must be supplied in adequate quantities. All medication must be provided in its original bottle or package - our medical staff cannot dispense it otherwise. Any additional medications needed throughout the summer will be purchased by the camp and charged back to your account.

Any medication brought to camp must be kept in the health centre. Campers may only keep medicine in cabins under instructions from your doctor and with the permission and acknowledgement from the Health Centre and Camp Director. The only exception to this rule applies to campers that have medications that require immediate, possibly lifesaving dispensing, including asthma inhalers and epi-pens. These campers must bring a “fanny pack” or other means to enable them to carry their meds at all times on their person.

If your child is on medication that requires strict observance, any breach of which would have serious health consequences, you must discuss the details with Elijah Geller, one of our Directors.

## **CAMPER ILLNESS AND NOTIFYING PARENTS**

Campers with any routine complaints go to the Health Centre to be checked after breakfast everyday during “Sick Call”. Campers with mild fever, upset stomach or persistent colds will be admitted to the Health Centre to rest and recuperate. Where the camper “bounces back” in a day or less and returns to activity, we do not normally advise parents of the “illness.” However, parents will be notified (via telephone) by the attending physician and/or director regarding the health of a camper in the following circumstances:

- If the camper is transported off camp property for special diagnostic tests/services (i.e. x-rays, dental appointments) or therapeutic management of injuries/illness requiring emergency treatment (i.e. Orillia Soldiers Memorial Hospital and dental emergencies).
- If invasive procedures are performed on a camper (e.g. suturing) or if medications are being prescribed (e.g. antibiotics).
- If the camper is admitted to the Health Centre for longer than 24 hours or a protracted illness is evident.
- If a camper is found to have lice. The camp will provide proper shampoo and combing and examine other campers in the cabin, who will be examined as a precautionary measure. If a camper comes to camp with lice, parents will be charged for lice removal.

In any of the situations listed above, if the parent cannot be contacted initially, attempts will continue to be made to notify parents/emergency contacts of the clinical situation (refer to our Emergency Policy for further details). A Health Centre staff will phone regarding updated information when necessary, after the physician has spoken to the parents/emergency contact regarding any of the above listed circumstances.

## DENTAL AND ORTHODONTIC ISSUES AT CAMP

A visit to the dentist or orthodontist prior to camp should be scheduled in June to avoid any dental problems during the summer. Please make sure braces and retainers are in good shape and you pack elastics and wax. Most issues that arise can wait until the camper returns home to resolve, but in the event of a dental emergency, one of our staff would take your camper into Orillia for treatment (after speaking with parents and ensuring safe protocols are in place). Minor maintenance, such as cutting wires to make campers more comfortable, will be done in camp.

## SUN SAFETY

We are always concerned about the harmful effects of the sun. Sun safety and awareness is an educational process that must start at home. We train our staff and instruct them to be vigilant in protecting their campers and themselves through the observance of the following routines:

- Apply waterproof sunscreen first thing each morning and reapply as required
- Wear a hat
- Wear protective clothing particularly light and loose-fitting items
- Wear proper sunglasses when appropriate (based on activity)
- Avoid sunbathing
- Parents can help by discussing the issue at home and sending along the proper sunscreen (waterproof, minimum 15SPF), clothing and accessories (hat and sunglasses)

## HEAD LICE

Lice is an ongoing concern at camp and elsewhere. In recent years one or two campers have come to camp with lice, which parents were unaware of, or had treated unsuccessfully. This results in sporadic outbreaks of lice throughout the summer. Our medical and program staff will do their best to identify a lice problem and see that it is treated properly. As a precaution, we suggest a thorough lice check prior to coming to camp. If your child is found to have lice and has been treated, please notify the camp. A charge of \$275-\$400 for treatment will be incurred if the child arrives at camp with lice.

As mentioned previously, parents will be contacted in the case their child is found to have lice.

## INSURANCE NON-ONTARIO RESIDENTS

Camp Wahanowin provides automatic Health and Accident Insurance Coverage for all non-Ontario campers through our insurance provider. The purpose of this policy is to provide basic coverage and/or to supplement any government or private plan of such campers that may not cover certain emergency hospital, medical or surgical services while in Ontario. Please note insurance will not cover any pre-existing conditions or precautionary/ unnecessary tests or procedures. The maximum insurable amount is \$10,000.00. **It is strongly recommended that out of country campers obtain their own private insurance as camp's policy only covers 80% of out-of-pocket expenses and it is not guaranteed the claim will be accepted. In the event the claim is not accepted (along with the 20% co-payment required) families are responsible for paying these incurred expenses.**



## A TYPICAL DAY AT CAMP

The day begins at flagpole followed by exciting activities and delicious food before finishing with evening program sleepy campers return to their cabins for bedtime.

### THE DAILY ROUTINE

7:45am	Wake Up
8:25am	Flagpole and First Bell for Breakfast
8:30am	Breakfast
9:10am	Cabin Clean Up
9:50am	Round Up
10:20am to 11:20am	Period 1
11:30	Snack Attack
11:50am to 12:50pm	Period 2
1:00pm	First Bell for Lunch
1:10pm	Lunch
1:50pm to 2:50pm	Rest Hour
2:50pm to 3:50pm	Period 3
4:00pm to 5:00pm	Period 4
5:10pm to 6:00pm	General Swim
6:00pm	First Bell for Dinner
6:10pm	Dinner
7:00pm to 7:45pm	Free Play
7:45pm	Evening Programs Begin
8:45pm to 9:30pm	Camper Snack
9:00pm to 9:45pm	Bedtime
10:00pm	OD Checks on
12:15am	Dining Hall and Staff Lounge Close
12:30am	Curfew

### INSTRUCTIONAL AND RECREATIONAL SWIM

All of our campers participate with their Unit in swimming every other day at camp. Campers are divided into smaller classes, based on skill level/badge level. The swim period is a combination of instructional lessons and free swim. Please note that swimming in a lake at camp is much different than swimming in a pool indoors in the city. The size of the lake, the temperature, and the camper's comfort level all contribute to a change in "swimming performance" at camp. Therefore, it is not uncommon for campers to be placed in a lower-level class than they are used to. Often, campers just love being with their friends down at the swim docks! We use Lifesaving Society's award system at camp.

# WAHANOWIN SONGS

An integral part of the camp experience is sharing the songs that have become part of our tradition. Whether around the campfire, in the Dining Hall or throughout the program day, music and song convey the reasons why camp means so much to us - the activities we do, the friendships we form and the sense of family and community that stays with us always.

## Wahanowin Song

Hard to know where to begin  
So much goes on at Wahanowin  
Riding and Waterskiing, Music and Arts  
Eight groups of campers, all taking part

Learning new ways to have fun  
Playing with friends in the summer sun  
Camping is great when your spirit is bright  
Right at Wahanowin, right? Right!

Sing songs after dinner and the campfires too  
No one is lacking for something to do

Hundreds of ways to have fun  
Playing with friends in the summer sun  
Camping is great when your spirit is bright  
Right at Wahanowin, right? Right!

Da da da da da  
Da da da da da  
Da da da da da  
Zest!

## THIS PLACE I KNOW

Countdown, finally done, waited all year for July  
I can feel my heart when that cheering starts 'cause we finally arrived  
Down to main camp or up to the grove doesn't matter where I am  
'Cause I finally made it back to Wahanowin

### Chorus

This place I know, where summer lasts a lifetime  
Where I can grow, into who I want to be  
And the memories I make, I'll be able to take them wherever I go,  
From this place that I know

Spotlight, Saturday night, my first time up on stage  
My friends are here, I can hear them cheer, I know everything's ok  
Down at the docks after five long tries I get up on waterskies  
Up at camp there's always gonna be a place for me

### Chorus

This place I know, where summer lasts a lifetime  
Where I can grow, into who I want to be  
And the memories I make, I'll be able to take them wherever I go,  
From this place that I know

On the beach with my friends, staring out at the sunsets, in those the moments we all share  
More than friendship, it's my waha family, I can't wait until I'm there

### Chorus

This place I know, where summer lasts a lifetime  
Where I can grow, into who I want to be  
And the memories I make, I'll be able to take them wherever I go,  
From this place that I know

## The "W" Song

W...that's the way we begin  
A...that's the second letter in  
H...that is the third  
A...like the beginning of the word  
N...that's the letter my friend  
O...now we're nearing the end  
W...A...H...A...N...O...W...I...N  
That is the way we spell Wahanowin!

## Wahanowin Jazz

We're strutting down Rama and we came to a spot  
Lots of stuff going down, the scene was real hot  
People sailin', waterskiin', workin' on plays  
Others lyin' on the docks catching some rays  
We're all so hip, and got pizzazz  
We're jiving to Wahanowin jazz

Wahana Wahana Wahana Wahana Wahanowin  
Wahana Wahana Wahana Wahana Wahanowin  
Wahana Wahana Wahana Wahana Wahanowin  
Wahana Wahana Wahana Wahana Wahanowin  
We're all so hip and got pizzazz  
We're jiving to Wahanowin jazz

There's BB's, Bears and Eagles too  
Seniors, Grads they groove  
PeeGee's, Alumni and LTP  
They're always on the move

Wahana, Wahana Wahana Wahana Wahanowin  
Wahana Wahana Wahana Wahana Wahanowin  
Wahana Wahana Wahana Wahana Wahanowin  
Wahana Wahana Wahana Wahana Wahanowin  
We're all so hip and pizzazz  
We're swinging to Wahanowin jazz

Let's end this shakin' tune in an exciting way  
We'll leave our troubles elsewhere for another day  
Today we're high in spirits and we're ready to jam  
They'll be singing this song all over the land  
We're all so hip, and got pizzazz  
We're waiting to Wahanowin jazz

Wahana Wahana Wahana Wahana Wahanowin  
Wahana Wahana Wahana Wahana Wahanowin  
Wahana Wahana Wahana Wahana Wahanowin  
Wahana Wahana Wahana Wahana Wahanowin  
We're all so hip and got pizzazz  
We're waiting to Wahanowin jazz  
Oh yeah!



## **FOOD AT CAMP**

### **OUR MENU AND SPECIAL DIETS**

We are proud of our long-standing reputation of being the camp where the food is great! Wahanowin plans its menus with a focus on healthy eating, while keeping in mind camper appetites and tastes. While we are happy to accommodate campers with special dietary needs, these options are only available to those campers whose diets are governed by medical restrictions (allergies, celiac, lactose intolerance, diabetes) or lifestyle choices (vegetarian, vegan). The camp cannot accommodate individual taste and food preferences - we serve over six hundred people at every meal!

### **FOOD ALLERGIES**

Over the years, we have accommodated campers with a variety of special diets, medical conditions and life-threatening allergies that required tailoring our menu. We will continue to offer this service so that no one has to miss camp due to a special dietary need.

Wahanowin does not serve foods that contain or “may contain” peanuts, tree nuts, shellfish or pork at camp, including meals prepared in our kitchen, while on trips or excursions, special snacks and treats provided in our tuck shop. In addition, we do not serve foods that contain sesame seeds although some products “may contain”. We are very diligent in checking ingredients for all food coming into camp and will continue to be so that any camper with any allergy will be safe and feel confident about the food eaten at camp.

Although we do not serve any pork products, our meat is not kosher. We can provide kosher meat for campers that prefer this option, however there will be an additional fee for this service. Additionally, a fee is required for our gluten-free menu.

While we can control what we bring into our kitchen and tuck shop, we are unable to control what parents send to camp with their children. This is one of the reasons we are committed to strictly enforcing our “No Food Policy” and why we ask parents to support this policy.

Campers with life threatening allergies or dietary restrictions where modifications are required to prevent adverse physical reactions, should call Elijah to discuss menus.

### **JEWISH OBSERVANCES**

#### **Kosher Style Foodservice**

We encourage you to speak with your child(ren) prior to the summer and outline what kosher style means at camp. Meat and dairy are not served at the same meal and we never mix them (although dairy may be found on the salad bar). That option is up to your child(ren)’s personal choice and family practice. No pork or seafood products are served at camp. A short traditional blessing (the Hamotzi) is said in Hebrew and English prior to every meal.

#### **Friday Shabbat**

Each Friday evening at camp we celebrate Shabbat which includes a Shabbat dinner followed by a values-based service. Campers and staff are asked to “dress up” for dinner, usually wearing clean white shirts and nicer pants or shorts.

There are no bells announcing dinner on Shabbat, instead music is played throughout camp and everyone walks together down the Camp road into the Dining Hall. The meal and service is “hosted” by a different Unit each week. This Unit greets campers and staff as they enter the Dining Hall and Hebrew music is played.

Dinner is a typical Shabbat meal; candle lighting, Kiddush (blessing for wine) and Hamotzi (blessing for bread - Challah).

### Friday Service

Each week a different Unit leads the service which is comprised of commentary and songs related to a central theme. Subjects in the past have included Friendship, Family, Kindness, Tikkun Olum (repairing the world), Peace, Making a Difference. Our services' underlying foundation is related to Judaism, but the overall tone is non-religious. This tradition is cherished by all campers and staff, Jewish and not Jewish. Wahanowin welcomes campers and staff of all-faiths and all parts of the world.

## EXTENSION OF CAMP SESSION

Many campers trying camp for the first time sign up for our shorter sessions, which are only available to specific age groups. Anyone who is registered for these sessions has the option to extend their session and stay longer at camp unless a parent has told us ahead of time that they can't. Most of the time campers who want to stay longer approach us to let us know. However, if we haven't heard from a camper by around the 11-day mark of camp, we will ask them how they feel about staying for the remainder of the session. We will NEVER push a camper to stay because we would never want a camper to "overstay their welcome" and not want to return in the future. That is a lose-lose. If your child wants to stay, we will call you to let you know.

## HOW TO FIND US

### CONTACTING OUR OFFICE

#### TORONTO OFFICE

Closed June 13 to September 6

##### Address

227 Eglinton Avenue West  
Toronto, ON M4R 1A9

##### Phone

416-482-2600 or 1-800-701-3132  
(Toll free number is not connected to the camp office during the summer)

##### Website

[www.wahanowin.com](http://www.wahanowin.com)

#### CAMP OFFICE

June 14 to Sept 1

##### Mailing Address

If sending mail to your child, be sure to include their FULL name (first and last)  
PO Box 850  
Orillia, ON L3V 6K8

##### Phone

705-325-2285

##### Courier Address\*

6726 Rama Road  
Longford Mills, ON  
L0K 1L0

*\*Please DO NOT send Canada Post Priority or Express Mail to this address, as it is not delivered to our door.*

### E-MAIL ADDRESSES

General - [info@wahanowin.com](mailto:info@wahanowin.com)

#### Camp Directors/Owners

Elijah Geller - [elijah@wahanowin.com](mailto:elijah@wahanowin.com)  
Tia Wintre - [tia@wahanowin.com](mailto:tia@wahanowin.com)

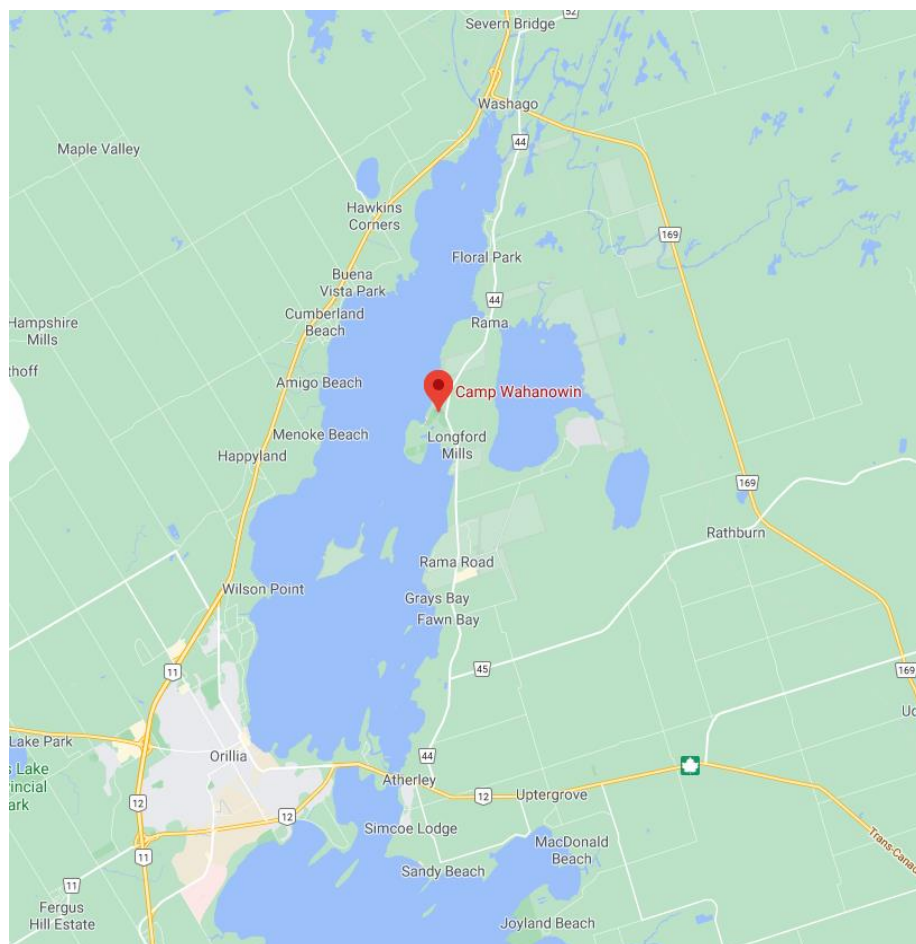
#### Administrator

Ruth Manly – [ruth@wahanowin.com](mailto:ruth@wahanowin.com)

#### Manager – Outdoor Education Centre

Bobby Georgiadis – [bobby@wahanowin.com](mailto:bobby@wahanowin.com)

## DIRECTIONS TO CAMP



### DISTANCES AND DRIVING TIMES TO CAMP

Toronto	150km	90 minutes
Montreal	600km	6 hours
Buffalo	450km	4½ hours

### DIRECTIONS TO 6726 RAMA ROAD LONGFORD MILLS, ON L0K 1L0

#### FROM SOUTH OF CAMP

Hwy 401 to Hwy 400 north towards Barrie  
Continue onto Hwy 11 north towards Orillia  
Exit onto Hwy 12 south  
Continue along 12 to Rama Road.  
Turn left (north) on Rama Road  
Camp Wahanowin is on the left (west side of Rama Road).

#### FROM NORTH OF CAMP

Take Hwy 11 South  
Exit on to Road 169 South at Washago  
Continue through the town of Washago  
Turn right (south) on Rama Road and travel for 8km  
Camp Wahanowin is on the right (west side of Rama Road)