



CAMP
Outlook

P.O. Box 811
Kingston, ON
K7L 4X6

613-544-6444

www.campoutlook.ca

The Camp Outlook Newsletter — Fall 2016

Dawson Link, a long time Outlook camper, went on a regular 9-day, as well as a leadership trip this summer season. He wrote the following article describing his experience on the leadership trip.

It was summer of 2012 and I was a nervous, out of shape, shy, stressed kid who was always in their shell. Then my mom told me about Camp Outlook and I heard about canoeing and portaging and I've never done either of those but I built up the guts to agree to going on a 7-day introduction in Algonquin Park.

I had this weird feeling in my stomach that kind of told me I had to do this trip. So I went on my first canoe trip ever, being this small, out of shape, shy camper and I didn't know what was going to happen. I struggled in every portage even the smallest ones and canoeing for even a few hours at a time killed me. Well I got through that trip and I had so many laughs and made so many friends and got so many memories and I gained a part of me that I'll never lose. So 3 years later and 2 more trips of the most fun I've ever had in my life, I got offered to be a part of a leadership trip and this meant the world to me because in these 3 years I changed from a shy little boy who had no skills in life to a man who had the most confidence and mental strength that he's ever seen and these trips have taught me the most essential skills in life.

So the leadership trip was a 9-day trip with other campers who know what I know and love the camp and park like I do and this trip was the best trip I have ever gone on. The campers were amazing people and everyone did their part and the staff were just so awesome they were always there for you to have the most fun laid back adventure ever. We traveled so far it felt like I explored all of Algonquin and we portaged some of the hardest trails. The leadership trip was also the trip that got me started on portaging with a canoe which I always thought was impossible I remember always trying and not even being able to go 10m but on my leadership trip I asked the staff if I could try a 300m with a canoe and I got it done and it felt so hard and impossible. After that night I woke up feeling like a new man I had accomplished something in life and it felt amazing.

That day we had a 700m portage and I jumped to asking the staff if I could try it. And being the amazing staff that they are they let me. I got it done in 1 break and I had another one under my belt and the feeling is so amazing I would recommend anyone to try it. Then we had a day with a 1400m portage and this was a big test and I did it and I realized I can do anything if I put my mind to it. Then near the end of the trip we had a 3000m portage with a canoe and I built up the guts to ask and I told them how much it would effect me and how I needed to get it done. So they let me and I was so pumped I could hardly sleep that night. When we got to the portage my heart was pounding. I remember the day was so hot and buggy and all I could think about was crushing that portage. I took around 7-8 breaks and each one I had pain but the feeling of success overpowered it. When I got to the end I started cheering and I put the canoe down and the feeling I had was spectacular. I had done the hardest thing that I've ever attempted and every camper and staff was congratulating me and I had butterflies in my stomach.

I also had a 9-day camp in the same summer and I portaged every portage with a canoe and I learned how to centre flip and I progressed so much in one summer from the support of the staff and campers and me exploring my mental strength and capabilities. So if someone asked if they should go on an Outlook trip or Leadership I would say heck ya in a heart beat it's an amazing experience that I will never forget and hopefully I can become staff and give campers the experience that was given to me.

Helping our campers grow as leaders who motivate, support, take responsibility for their actions, and encourage others to enjoy the outdoors is at the core of what we strive to do for our community. Though trips are tough and the days are long, the strength, perseverance and character it takes to finish a tough portage is applicable to so many other areas of life. ☀

**Winter Program Update
Steph Benoit and Taera McGauley,
Winter Directors 2015-2016**

Beloved friends of Outlook,

One of the best parts about living in Canada is getting to experience four distinct, dramatic seasons. Our canoes are all packed away for the year, but our coziest sweaters, snowshoes, and mugs of hot cocoa await us! For us here at Winter Outlook, we're always excited for another chapter of outdoor adventures and want to let you know about some of the changes happening in our program this year!

We hired a total of 26 enthusiastic and amazingly dedicated staff, and added a new position of social coordinator. In mid-September, we held training weekend in Kingston and ventured out to the Carlson's in late October as a retreat weekend! As always, we are incredibly grateful to have spent such a relaxing and fun weekend at their beautiful farmhouse.

We've had some exciting developments since our last season, including moving into our new office at 49 Division Street; after finally getting it organized it's started to feel like home! Other exciting developments include incorporating QUBS (in addition to Frontenac Park) as a camping ground during our fall season. Not only has it been fun to hike around QUBS in the fall, this has also allowed us to send out two trips every weekend. So far, we've had incredible turnout in staff and campers alike! This fall we took 36 campers on 9 trips, with 8 campers coming more than once. With a lot of repeat campers and positive feedback, we're really happy with this expansion.

Perhaps our most exciting development this year is a slight change of programming happening in the winter season. After the second week of November, we will shift our focus from regular winter camping trips to day-trips. Overnight camping trips will be offered now once a month in the winter

Keep in touch!

Questions? Comments? Change of address? Email us!

bod@campoutlook.ca

season (starting January), with more available upon request. Our focus will shift to outdoor day-trips, including a variety of activities from hiking Rock Dunder to skating in Market Square, and spending an afternoon tobogganing. All outdoor activities will be followed up inside activities such as cooking, board games, etc. We plan on adding in an educational component into these day activities-- for example, teaching the campers simple cooking skills and recipes that they can take home with them. Regular day-retreats are a new frontier for us, and we're excited to explore! As always, the success of Camp Outlook is a reflection upon our amazing community- our volunteers, Board of Directors, and donors. We thank you all from the bottom of our heart for being involved both in the woods and behind the scenes, and we hope you join us for many more seasons to come! ☀

**Summer Program Wrap-Up
Janet Cao, Lucy Mackrell, and Stewart MacLean, Summer Directors 2016**

Hi everyone!

We come to you with news of a pretty exhausting season following what we could call Outlook's biggest summer ever! We hired 21 full time staff to provide 144 camping spots to our youth, and we succeeded in matching our record of filling 139 of those places. Of these campers, 60 were female; our highest ever number of female participants.

Not only did we have an excellent season for participation, but we implemented and expanded a wide variety of programs. We improved our training by introducing new speakers, who talked about issues such as self care and soothing post-traumatic behaviours, and we provided all of our staff with certifications in Mental Health First Aid for Adults Who Interact with Youth. Furthermore, we recruited a local Kingston speaker of Indigenous background to expand the cultural sensitivity of our training. This summer we continued our partnership with SAC Kingston, and ran our traditional 14-day and leadership trips, but we also implemented not one, but three brand new tripping programs for our campers.

Our first move was to improve the accessibility of our introductory trips by reducing their length and moving to Frontenac Provincial Park, which is a safer environ-

ment for first-time campers because of the cell signal and excellent accessibility from outside supports. The 5-day trips in a less remote environment ended up attracting 4 trips worth of young or anxious campers who may not have otherwise been able to take the plunge into Outlook living. We used our more accessible model to also launch 2 trips with newcomers to Canada who were looking to meet new people and explore the country they had moved to. Finally, we welcomed three past-campers back as interns to learn how to lead and prepare trips alongside our full-time staff members. Although all new things take time to work out their finer details, we received great feedback on our programming and hopefully will get the chance to hone our trips even more next year.

So there you have it! We're extremely proud of what we accomplished this summer, and we hope to keep building on our success in the future. ☀

Thank you!!

We would like to extend a **BIG THANK YOU** for your support! Outlook is made possible by the donations, time, energy, dedication, thoughts, and well wishes that are generously contributed by the camp's friends and alumni.



100% of donations support Camp Outlook campers and volunteers, and are tax deductible. Contributions can also be sent by mail, gift cheque made payable to:

**Camp Outlook
P.O. Box 811
Kingston, ON K7L 4X6**