



ALUMNI NEWSLETTER

Spring 2016

A VERY MAJOR CONTRIBUTION

LASALLE STUDENTS - 9TH YEAR BUILDING AT JIC

Beginning in 2007 a group of grade 11 and 12 students came to John Island with their teacher to spend three weeks building a new cabin - from the ground up. This was the first year of a five year initiative between the YMCA, Lasalle Secondary School and Cambrian College to provide practical carpentry experience to students working toward a career in the trades.

The original 5 year contract is now in its 9th year and the results have been outstanding. Anyone familiar with the camp has nothing but praise for the eight new camper cabins that the students have been instrumental in building as well as a new composting unit and several other projects around the camp. This spring, the students are taking on the complete renovation of the beach Greenway Cabin (the cabin by the Chapel).

The dedication of the students and school staff has been a key factor in the complete rebuilding of John Island Camp. Funds provided by the alumni and friends of the camp have paid for all of the materials required for these projects and other upgrades at the camp (ie: new shower house, new kitchen, upgrading of the dining hall, etc.)



Lasalle Students from 2012 project

HIGH WATER DOCK NEEDED THIS YEAR

WATER LEVELS AT RECENT YEARS' HIGH THIS SPRING



Low water and high water at the JIC beach

For the past couple of decades the water level of Lake Huron has been steadily falling with no sign that it would ever rise again. During this time the High Water Dock in camp has fallen into disrepair as most of it was not even standing in water. For the past couple of years, the water supply from the well has been supplemented by a water line out into the lake as well water levels were also low. Low water levels had a large effect on the operation of the camp.

This spring, for the second year in a row, the water has risen again and it appears that a rebuilt high water dock will be the main dock servicing camp once again. The new dock will also allow for a return of more boating programming in that area - a program not possible in the mud that had covered the area for years.

Another benefit of the higher water is the effect that it has on the swimming area on the front beach - once again, water more than knee deep within the swimming area.

For campers and staff who have never seen the camp with high water levels, this is a unique scene and one that often leaves people in awe.

ROTARY PARTNERS
(see pg 3)

CAMP OATMEAL
(see pg 5)

FAMILY CAMP
(see pg 3)

WOMEN'S WELLNESS
26th Year - (see pg 4)

WOMEN'S WELLNESS WEEKEND - NOW 26 YRS OLD

Who would have believed that a program started 26 years ago would keep on growing to be the popular activity that it is today. The Women's Wellness Weekend has been a program which has seen women from all walks of life and professions gather together for three days of education, fitness and fun. Looking to the past gives a very good understanding of why this weekend has stood the test of time and continued to grow.

But, what about the future? Marg Ghent, a dedicated and energetic volunteer (and JIC alumna) was asked about the next 25 years and this is her response.

Women's Wellness Weekend - the Next 25 Years

The idea for the Women's Wellness Weekend (formerly Ladies' Spa Weekend) at John Island Camp was first conceived by some of women at Family Camp back in the late '80's. I picture them sitting on the front beach while their partners and children were happily being attended to by the always enthusiastic John Island Camp staff and waxing philosophically about how great it would be to have a special weekend for women on this charming island. Well, those ground breaking women made it happen with Camp Director Rick Wise. And so, for the past 25 years the first weekend in June has been for women.

The objectives of the weekend organizers has always been to: 1) raise money for the camp; 2) get as many women out there as possible because once they had experienced it, they would sell it to others, especially their children; and 3) to share the magic that is John Island Camp with women for their own personal development and enjoyment. WWW has adopted some of the traditions of JIC like campfire, Johnny Appleseed and the hike to Lost Lake. But traditions specific to WWW have also been created. First-timers are known as Virgins and returnees as Veterans. The programs offered are a mixture of JIC activities and those organized by the volunteer committee such as spa services and special workshops. There is always musical entertainment on Saturday night featuring local talent and some crazy dress-up theme. When the amazing talents of the staff, the resource people and the participants come together for this shared experience, the result is truly incredible. Women of all ages embrace the challenges, the fun, the camaraderie and the chance to leave their responsibilities behind for one weekend and go to camp. They are encouraged to put away technology, listen to the sounds of nature and do something they've never done before.



Memories from Women's Wellness Weekend from 2013



Staff preparing for a special "Theme Meal"

I believe this `made-in-Northern-Ontario` all-inclusive is a unique opportunity and I have witnessed the profoundly positive effects it has had on some participants; the light bulb moments, the tears of joy and relief, the belly laughter and the broad smiles. There is something liberating about leaving behind what is familiar and convenient. Even if only for a weekend.

The WWW objectives remain the same as always: raise money, get the word out and share the magic. Hopefully the weekend will have another 25 years so that more Virgins, Veterans, daughters, grand-daughters, nieces, aunts, sisters, mothers and friends can experience it.

Registration is now open.

- by Marg Ghent (WWW Volunteer)

COMMUNITY PARTNERS - SUDBURY ROTARY CLUB

Our partners in camping at John Island enrich the camp experience for staff and campers. We have enjoyed working with various groups across Ontario for years, and amongst those we have developed partnerships along the North Shore in many areas— Rona Hardware, LaSalle Secondary School, Amatol and Sudbury Manitoulin Childrens’ Foundation to mention a few. We will highlight one of our partners in each of the next few newsletters as they are helping make John Island a better camp.

Sudbury Rotary Club - a partnership started in 1954

When John Island Camp opened in 1954, there was one camper cabin that was built and ready to use thanks to the Sudbury Rotary Club. The cabin, referred to over the years by different names, was always known to be a Rotary cabin - built with both the financial and volunteer labour efforts of the Sudbury club. It was referred to as the 'Senior Cabin' in the early years, used by boys in the month of July and girls in August. While other cabins were referred to by number, this cabin was known by its name. In recent years, the cabin has been referred to as Eagle-Talon Cabin but is used, as in the past, by senior campers.



The Rotary Club of Sudbury renovating Eagle-Talon

When originally built, the cabin consisted of a large common room with a fireplace and one camper sleeping section with 4 sets of double bunks for campers and a separate sleeping area for the counselors. Over time, again thanks to the Rotary Club, a second camper sleeping section was added to the end of the cabin, making it suitable in total for 16 campers and up to 4 counseling staff.

More recently, in 2014, the cabin was in need of a major rebuild. After 60 years of use by campers, it had become well worn and required more than just a minor facelift. Along came the Rotary Club of Sudbury once again and another transformation of a major camp facility was made possible. Not only did the club provide major funding to make the rebuilding of the cabin possible. But the club members came to the camp and volunteered hours of skilled labour to turn the cabin into an amazing structure that will last for decades to come. This coming spring will see the club members return for their third spring to volunteer their time and skill with the camp.

The Rotary Club of Sudbury has been a true partner with John Island Camp in providing a valuable experience to hundreds of campers over the years.



Sudbury Rotary Club, family & friends



Rotarians and Rotaracts painting Shickluna

FROM BREAKING BREAD TOGETHER TO THE ANNUAL VOLLEYBALL GAME

FAMILY CAMP ROCKS—EVEN AFTER 62 YEARS



Family Camp kids—always lots to do!

Not everyone has been fortunate enough to spend a week at John Island Camp during Family Camp week, but those who have will talk about the experience as a great family affair. It is one week at the end of the summer that brings multi-generational families together to enjoy the camp facilities, soak up the last of the summer sun and spend time together as a family.

The first family camp at John Island took place the year the camp opened in 1954. It has grown, like a family, through the years with all the changes and pressures that a normal family would experience as it grows together. There are short periods when there was no Family Camp operating and other periods when two sessions were required to accommodate the numbers. During these times, the camp used a lottery draw to choose which families went to each of the two sessions. Later, the system reverted to a first come - first served basis.

After a short spell of no family camp back in the 1970's, a group from London Life resuscitated the Family Camp with a number of families associated with London Life. A number of these families continued to form the nucleus of Family Camp for several years until their children became too old to join them.

A number of John Island staff have also come from the family camp experience - and this phenomenon continues. This coming summer there are at least 3 of our staff whose first John Island experience was at Family Camp.



The always popular Family Camp Campfire

2016 WORK WEEKEND - MAY 13th TO 15th

The volunteer work and social event of the year is all set to go and John Island Camp is the place. The weekend was bumped ahead this year to ensure that the ice would allow us to get to camp (and it is gone now) and to avoid the annual irritant for some people that the work weekend fell on the same weekend as Mothers' Day.

So brush off your work boots, work clothes, sleeping bag, and whatever else you need to bring. Work will include a bit of brush clearing, painting, setting up platform tents, light carpentry, moving boats, etc. and a few other setting up jobs.

So mark the date on your calendar and be prepared to be at the camp dock at Walkhouse by 6:00 pm on Friday, May 13th. We provide the meals and a bed with a camp mattress. Send an e-mail to Alex Haalboom, Camp Director if you are coming so we can plan food and boats.

alex.haalboom@sudbury.ymca.ca



Everybody pitches in on Work Weekend
(Even Rocky can not drive without a helmet)

WHO WOULD HAVE GUESSED?

OATMEAL—A JOHN ISLAND FAVOURITE

It started a decade ago as a challenge. We would never be able to make porridge a breakfast favourite—kids just don't like the taste of it. With the challenge issued, the campaign began—a campaign to make oatmeal porridge a staple each morning that campers would actually line up to get in their bowls.

Ten years later, up to 70 pounds (over 30 kilograms) of oatmeal is consumed by eager campers and staff each morning. Every camper has their favourite flavour—strawberry/banana, pineapple/coconut, apple-cinnamon, mango/orange, and many other combinations.

But how do we make oatmeal taste different? There is a bit of an art to the process but the most important ingredient is, are you ready for this, camp! Things taste different at camp and campers are often known to devour healthy items at camp that they would never touch at home.

There are other important things to consider when cooking oatmeal like we do at camp, however. Here is the John Island method.

To get the right consistency, oatmeal is added to the water 20 to 30 minutes before serving time. Water temperature should be at 165F when the oatmeal is added and the mixture should be still a bit runny when the oatmeal is fully added. The mixture should then be put over a very low heat and stirred constantly so it will not burn on the bottom of the pot. This is when you would add a good measure of vanilla (don't be stingy here as this gives it the real camp flavour), chopped bananas and other fruit, and a bit of honey. Maple syrup can be used instead of honey, but neither are really necessary. When the mixture reaches about 200F, remove from heat and let sit for about 10 minutes. You can add a bit of water if it thickens too much. Voila! Great tasting oatmeal and you can add a bit of brown sugar, some milk or yogurt, granola, cinnamon if you wish, etc.



The Oatmeal Facts

If you were to read a label on a bowl of oatmeal before the sugar and milk, it would look something like this.

		% Daily Value
Total Fat	1.4 g	2%
Saturated Fat	0.2 g	
Polyunsaturated fat	0.4 g	
Monounsaturated fat	0.4 g	
Trans fat	0 g	
Cholesterol	0 mg	
Sodium	49 mg	
Potassium	61 mg	
Total Carbohydrate	12 g	4%
Dietary Fiber	1.7 g	6%
Sugar	0.5 g	
Protein	2.4 g	4%
Vitamin A	8%	Vitamin C 0%
Calcium	8%	Iron 33%
Vitamin B6	15%	Magnesium 6%



Camp Pinecrest Bell with the John Island Camp history.

FOR WHOM THE BELL TOLLS

Old railway engine bells are a popular commodity at summer camps. They ring loud and true and bring a distinctive atmosphere to the camp. The bronze ex-CPR locomotive bell that adorns the roof of the John Island Dining Hall has beckoned camper to the dining hall for meals and to their daily activities since 1954. When a second bell was bestowed upon the camp in the 1970's, it sat at the end of the High Water dock for years as the signal that boats were to return to the boating area.

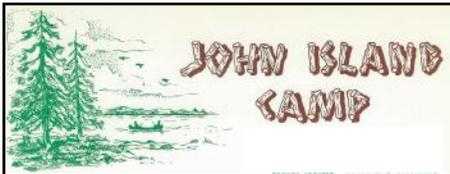
With the demise of the High Water Dock area as a good area for boating due to low waster, the bell sat outside the maintenance shop until a request was made from YMCA Camp Pinecrest of the Toronto YMCA was received for the bell as they did not have such an item.

Camp Pinecrest has cleaned up the bell and located it in a prominent position in their camp, nicely recognizing that the bell came from YMCA John Island Camp.

THE LOGO YOU KNOW REVEALS YOUR CAMP ERA

Chances are you recognize one or two of the logos below, but not all of them. As John Island Camp grew and its popularity increased over the years, different attempts to create a recognizable and effective logo were made. Unlike some popular commercial logos we know such as Coca Cola that have endured over the decades, camp logos often suffer from changing images we all have of what camp is.

Below are several John Island Camp logos starting with the original back in 1954. One ingredient that keeps coming back is that of a tree. Whenever the camp varied from the tree theme, the logo was short lived.



This original design was probably created by the printing firm that was hired to put together the first John Island Camp brochure. To create the original brochure, there were no photos of campers enjoying the camp facilities, so photos were staged in town, some with the help of Sudbury Boat and Canoe which was on Ramsey Lake at the time.



Although this mug was made for the 50th anniversary of the camp, the logo on the cup was one that was used for over a decade. It was designed by Camp staff and quickly gained acceptance after the original design had been in use for over 4 decades. One of the favoured aspects of this design was the oak tree as part of the design. Some may argue that it does not resemble a true oak tree, it was the tree the people designing the logo intended. Oak trees are found throughout the camp area.



This design intended to show the active nature of the camp with a somewhat modern design. It was designed by a professional graphic artist in Toronto, but never really gained acceptance at camp. Tradition and historical relevance ended up being more important than realized.



Another design created by camp staff. This one was perfected at the time that Camp Falcona joined the YMCA family as the basic design lent itself to a Falcona logo as well. The oak tree made a triumphant reappearance and this is the basic logo used by the camp since the turn of the century. It has found itself easy to reproduce on many of the items sold in the camp tuck shop, on letterhead and posters. It seems to be well recognized and should be around for a while.



With our recent 60th anniversary, a special anniversary logo was designed. It included, of course, the oak tree as the one aspect of a design most people would recognize as being John Island. This design was created by camp staff and alumni, with the initial concept and graphics all created by staff.

YOU HAVE BEEN AROUND AWHILE IF YOU RECALL THESE.....



Staged photo in town for 1954 brochure



Girls' camp in August in mid 1950's



High Water Dock in late 1950's



1963 honour campers



Girl campers on last day of camp—1950's



1994 Greenway Campers

WELCOME NICOLE

We wish to welcome Nicole Beattie to the new position of Vice-President for Health, Fitness and Aquatics for both the Sudbury and North Bay YMCA's. Within Nicole's portfolio is the responsibility for the camping programs of both YMCA's. She is a native of London, ON where she spent a lot of her time at the YMCA. She attended Nipissing University and then worked with the North Bay YMCA. More recently Nicole was general manager of the London YMCA. She returns to Northern Ontario with enthusiasm and a wealth of YMCA experience.



Nicole Beattie

PETE AND AMANDA KERIGAN

Pete Kerigan (Camp Director 2010-12) and Amanda Kerigan (nee McCooey) will be moving to the Hamilton area this month with their 5 month old son, Connor. Pete has accepted the position of General Manager of the Downtown Hamilton YMCA beginning in early June. Pete and Amanda will be remembered for bringing many positive changes to John Island. We wish them all well in Southern Ontario and hope to see them visit John Island often.



Amanda, Connor and Pete Kerigan

SCOTT THOMAS

Scott Thomas (JIC 2010-15) has been appointed to the senior staff at YMCA Camp Big Cove of the Halifax YMCA. YMCA Camp Big Cove is the oldest overnight childrens' camp in Canada and the first YMCA resident camp. Scott started his YMCA camping career with YMCA Camp Falcona and then John Island Camp. His appointment to the staff of Big Cove Camp expands Scott's YMCA camping experience from Sudbury to YMCA Camp Elphinstone of the Vancouver YMCA and then back to Sudbury on his way to the east coast and Big Cove Camp. We wish Scott well as he expands his camping administration experience.



Scott Thomas

The John Island Camp Alumni Newsletter is available 3 ways:

1. On the internet
2. By e-mail
3. Printed and mailed

WE NEED TO KNOW YOUR PREFERENCE(S)

Send us an e-mail to: gary.gray@sudbury.ymca.ca

WE WANT TO HEAR FROM YOU!

We all know that camp friendships last a lifetime.

However, time can separate us and send us to unknown addresses and even distant countries.

Send us an e-mail about yourself—where you live and what you are doing and whatever else you would like to share with those who you may have lost touch with. We have an active mailing list of over 750 alumni and hundreds more check us out on the John Island website.

You can contact us at: gary.gray@sudbury.ymca.ca



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