

SUMMER 2010 AT CAMP OPEMIKON

COME CAMP WITH US!!!!

Camp Opemikon offers awesome outdoor fun for boys and girls, ages 7 to 16! Our residential programs range from introductory camps for first time overnight campers to specialized camps in backpacking, paddling, and wilderness canoe trips. Swimming, paddleboats, archery, hiking, crafts, pioneering, rock climbing, ropes courses, campfires, Carnival and OPE Idol nights are all here at Camp Opemikon! EVERYONE is welcomed at OPE, both registered Scouting members and non-members looking for a great summer adventure!

OPEMIKON AT A GLANCE

Since 1938, Camp Opemikon has served the camping needs of more than half a million youth and adults. We are a member of the Ontario Camps Association and the Canadian Camping Association. Accreditation requires strict adherence to standards and guidelines in areas concerning health, safety, facilities, equipment, and staff as well as programs, wilderness travel, transportation and administration. We are located on Christie Lake, 100 kms southwest of Ottawa. With over 200 acres of fields and woodlands nestled among three lakes, Camp Opemikon is the perfect setting away from crowded cities. Renovated kitchen and dining hall provide campers with tasty nutritious meals in a pleasant atmosphere. Our Health Centre is operated under the supervision of qualified health care providers.

ADVENTURES FOR 2010 – AN OVERVIEW

The programs at Camp Opemikon are **progressive** in nature. Campers learn skills at the basic level and then move to intermediate and advanced programs. Ages listed with each program are intended to guide the parent in selecting an **age-appropriate** program. This enables the camper to learn and master the skills for their selected program, resulting in a positive camping experience. Programs are offered in four age groupings: junior, intermediate, senior and Counselor training. Camp-wide activities add to the festive nature of the camp environment. Evening electives such as the swamp walk or beach volleyball, Carnival night and OPE Idol, Theme Day for juniors, regatta for intermediates, and a full camp-wide Friday evening banquet and campfire round out the campers' week.

JUNIOR PROGRAMS are for girls and boys ages **7 to 10**. They are called **CUB FIELD** programs. Activities include day hikes to satellite sites within the camp property; swimming trip to the Amazon which is a natural low waterfall area, and sessions in archery, crafts, nature lore, swimming and paddling. Older youth will experience an overnight camping trip to one of our satellite campsites.

INTERMEDIATE PROGRAMS are for youth ages **11 to 15**. They are known as **SCOUT FIELD** programs. The introductory program is Brownsea. Campers experience an overnight canoe trip and learn basic pioneering skills. Upon completion of this program, campers may choose from three focus areas: backpacking or land-based camping known as Campcraft; canoeing or kayaking in the water-based program of Paddling; or the Biking programs which incorporate land-based camping skills and the use of off-road bikes for exploration purposes. Check out the Kayaking program in period 3 and the Survival camp in period 6.

SENIOR ADVENTURES are geared for the experienced camper or canoeist with a desire to engage in simply awesome trips. These programs are for youth **13 to 16** years old. There are four programs being offered in Rocks Camp, White-Water Paddling, OSL (Outdoor Skills and Leadership), and Seneca which is our popular ten day wilderness canoe trip. Note the OSL program is a pre-requisite for CIT applicants.

COUNSELLOR TRAINING offers two options for those wishing to follow the camp counselor career path. Our regular two week CIT program is being offered. This is the final stage for **15 and 16** year olds wishing to be future counsellors. Applicants must complete the OSL program, or equivalent, prior to entering the CIT program. OSL highlights the "outdoor skills" component of being a counsellor. The CIT program focuses on the "soft skills" such as dealing with homesickness or bullying, and appropriate disciplinary methods. Want to accomplish OSL and CIT in the same summer? Well we have a new OLC program designed just for you. The ****Opemikon Leadership Course**** is for 15 and 16 year olds. It covers all the outdoor skills of the OSL, and the soft skills of the CIT programs, over a four week session.

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JUNIOR PROGRAMS - CUB FIELD: for 7 to 10 year olds

Come explore the wonderful world of camping! The four Cub Field programs are geared for youth ages 7 to 10. Campers are housed in rustic cabins that hold 6 on three sets of bunk beds. Shelves known as “cubbies” are provided for storage of gear and clothing. Cabins do not have electricity but provide indoor sleeping quarters. This is a great step before moving to tents. As they progress through the various programs, campers experience exploration within the main camp, then move to day hikes to boundary sites such as Eagle’s Cliff, and finally to an overnight trip to O’Brien’s Lake or Farren’s Lake. Activities include archery, crafts, swimming lessons, canoeing, outdoor games, nature rambles, Theme day fun and evening campfires.

1. GOLD PACK: (for 7-8 year olds)

Gold Pack is geared towards first time residential campers. The program is offered for a half week only, of four nights. Counsellors pay detail to the routines of camp life. Through demonstrations and hands-on learning, campers learn various techniques and tricks that add to one’s comfort level at a residential camp. Nature rambles, Cub crafts, campfires, games, land and water sports are just some of the exciting and challenging activities. Maximum of 18 campers. Fee is \$285.00.

Period 5(A): Saturday, July 31 - Wednesday, August 4

2. RED PACK: (for 8-9 year olds)

Campers in our Red Pack program will enjoy more challenging games, and day hikes to satellite sites on O’Brien’s or Farren’s Lakes. Activities also include exploration and the cooking of simple meals at Eagles’ Cliff. Hit the bulls-eye during archery! Maximum of 30 campers per period. Fee for this one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 1: July 3 - July 10

Period 3: July 17 - July 24

Period 2: July 10 – July 17

Period 4: July 24 - July 31

3. BLACK PACK: (for 9-10 year olds)

Black Pack is for youth who have experienced residential camping either on weekends or for an entire week. Campers enjoy the fun of Theme Days and the test of Camp Opemikon’s low ropes course. Survive the elective swamp walk! Trips to the “Amazon” and an overnight backpacking trip are a few highlights that fill the campers’ week. Maximum of 30 campers per period. Fee for this one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 1: July 3 - July 10

Period 3: July 17 - July 24

Period 2: July 10 – July 17

Period 4: July 24 - July 31

4. TOTAL PACK: (for all youth 8-10 years old)

This program includes campers that range in age from 8 to 10 years, all participating in the same activities together. This one week program includes thrilling experiences in both individual and group activities. Swimming, boating, archery, nature study, crafts, night wide games, hiking and an overnight trip are all included in this year’s slate of activities. Maximum of 48 campers. Fee for one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 5: July 31 – August 7

Period 6: August 7- August 14

Great fun and great memories!!

INTERMEDIATE PROGRAMS - SCOUT CAMPS for 11 to 15 year olds

Scout Field activities are geared for girls and boys ages 11 to 15. There are eight programs being offered this summer. Campers who complete the **Brownsea** program or have equivalent basic camping skills then proceed to other specialized areas. **Campcraft** concentrates on land-based camping and backpacking skills. The focus of **Paddling** programs is water-based skills and canoe tripping camps. The **Kayaking** program is also water-based skills but with the kayak as the craft of choice. The **Biking** programs combine camping, tripping and biking skills for those who enjoy a back-road biking experience. Returning for 2010 is our **Survival Camp**. Level I programs are designed for campers wanting to enhance their basic skills. Level II programs are intended for those campers who seek a more challenging camp with intermediate to advanced skill building opportunities. Completion of the Level I program and additional experience are pre-requisites for registration in the Level II camps.

1. BROWNSEA: (for 11-12 year olds)

Campers are provided with the building blocks to enjoy camping through hands-on activities. They learn basic skills for camping, hiking and canoeing. Ropes courses, a regatta and special full-camp evening activities fill out the week. The highlight is an overnight canoe trip to neighbouring lakes. Maximum of 25 campers per period. Fee for this one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 1: July 3 - July 10

Period 2: July 10 - July 17

Period 3: July 17 - July 24

Period 4: July 24 - July 31

Period 5: July 31 - August 7

Period 6: August 7- August 14

2. CAMPCRAFT: (for 12-13 year olds)

The campers' week will include opportunities to develop light-weight camping skills, hiking with trail side cooking and pioneering! The program is built around the land-based badges in the Scouts Canada Troop program and includes activities such as: lashing and rope crafts (commando bridges and catapults), camp gadgets and safe exploration on hiking trails. Highlight of the week is a three-day overnight trip to a nearby Provincial Park. Proper hiking backpack and boots are required for this program. Maximum of 18 campers per period. Fee for this one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 1: July 3 – July 10

Period 3: July 17 – July 24

Period 4: July 24 – July 31

Period 5: July 31 – August 7

3. SURVIVAL CAMP: (for 13 – 15 years olds)

Ideal step-up from the Campcraft program. . Campers will experience a more challenging wilderness program by tenting at Farren's Lake away from the main camp area. Completion of pioneering, watercraft and team building challenges will provide rewards to teams and individuals. An overnight survival camp will cap the end of week activities. Maximum of 18 campers. Being offered for one period only. Fee for this one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 6: August 7 – August 14

4. PADDLING I: for 12-13 year olds

This Level I program teaches operational knowledge of canoes. .This program introduces campers to water safety rules, flat-water control skills and practical day tripping techniques. Basic on-the-water and camping skills are required for this program. The week's highlight is multi night out-trip. Waterproof backpacks are highly recommended for this program. Maximum of 18 campers per period. Fee for this one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 1: July 3 – July 10

Period 4: July 24 - 31

5. PADDLING II: for 13-15 year olds

This water-based program has been designed to develop advanced canoeing skills. Paddling I, the Scout Paddling badge or equivalent is a recommended pre-requisite. Activities are based on the Water Tripping badge. The feature of the week is a high adventure four-day overnight canoe trip. Waterproof backpacks are highly recommended for this program. Maximum of 18 campers per period. Fee for one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 2: July 10 - July 17

Period 6: August 7 – August 14

6. **KAYAKING I for 12-13 year olds**

This Level I program teaches operational knowledge of kayaks. Like the paddling program, this also introduces campers to water safety rules, flat-water control skills and practical day tripping techniques with the kayak as the watercraft. Basic on-the-water and camping skills are required for this program. The week's highlight is a multi night out-trip. Waterproof backpacks are required for this program. Maximum of 8 campers. Fee for this one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 3: July 17 – July 24

7. BIKING I: for 12-13 year olds

This one week program stresses bicycle safety and maintenance. Special bike routes using County and fire roads will progressively challenge the participant each day. Learn to ride with control through the hills surrounding camp! Enjoy an overnight camping trip using bikes as your means of transportation! Maximum 12 campers per period. Fee for this one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 1: July 4 – July 10

Period 3: July 17 - July 24

8. BIKING II for 13-15 year old)

This trip is for those youth who want a more significant challenge. Advanced instruction is provided in on-and-off road navigation, en-route maintenance, lightweight camping skills and cooking. The highlight is a three day overnight trip. Being offered only once this year, so register early to secure a spot! Maximum of 12 campers. Fee for this one week program is \$460.00 if paid by 30th April, or \$485.00 if paid on or after 1st May.

Period 4: July 24 - July 31

Biking Campers Note:

ALL participants in ALL the biking programs must provide a suitable bike for off-road use and a helmet, both in good condition.

Amazing adventures and pure summer fun!!!!

SENIOR ADVENTURES for 13 to 16 year olds

These four programs are for the experienced camper or canoeist. Land based trips focus on rock climbing near Kingston or backpacking in the wilderness of one of our beautiful Provincial Parks. Avid canoeists can choose from programs teaching white-water paddling skills, or travel remote lakes and rivers on extended wilderness canoe trips. Camper ages are strictly adhered to in these programs and may only be altered upon review by the Senior Adventures Co-ordinator and by approval of the Camp Director.

1. ROCKS CAMP: for 13 – 15 year olds

Are you up for the challenge? Campers spend the first part of the week at Camp Opemikon's own McManus Rock fine tuning skills before heading off-site for a multi-night camp near Kingston. Prior experience in rock climbing is preferred but not mandatory. Maximum 12 campers per period. Fee for this one week program is \$485.00 if paid by 30th April, or \$510.00 if paid on or after 1st May.

Period 2: July 10 - July 17

Period 5: July 31 – August 7

2. WHITE WATER: for 13 to 15 year olds

For the canoeist looking to develop new skills try the whitewater paddling program. Using a simple progression-based teaching philosophy, campers start in Class I rapids, then as personal comfort and skill improves, move into more challenging Class II-III rapids. This program will take place on the Madawaska River at Palmer's Rapids. A great way to spend a hot summer week! Maximum 10 campers. Fee for this one week program is \$485.00 if paid by 30th April, or \$510.00 if paid on or after 1st May.

Period 1: July 3 – July 10

3. SENECA: for 14 to 16 year olds

Are you up for the challenge of a ten day canoe trip? Want to travel like a Voyager? Come test paddling and portaging skills as you explore the lakes and woods of Ontario's own Algonquin Park. **EXPERIENCED** paddlers only, as this trip will include 16km to 20km of paddling and portaging each day. Not for the faint of heart! Candidates must be in good physical shape and enjoy being outdoors regardless of the weather. Minimum of 3 campers required for program to run. Maximum of 7 campers. Fee for this **two week adventure** is \$800.00 if paid by 30th April, or \$825.00 if paid on or after 1st May.

Period 3-4: July 17 – July 31

4. OUTDOOR SKILLS and LEADERSHIP (OSL): for 14 - 16 year olds

OSL is a challenging **two-week** leadership development program that concentrates on refining outdoor skills. One week focuses on land based skills such as backpacking and light weight camping with a three day hiking trip at a Provincial Park. Second week shifts to water based skills and includes a four day canoe trip. The two weeks are tied together with an overnight survival camp-out. This is a pre-requisite for those intending to register for the CIT program in future years. Maximum 12 campers per period. Fee for this **two week program** is \$600.00 if paid by 30th April, or \$625.00 if paid on or after 1st May.

Period 1-2: July 3 - July 17

Period 5-6: July 31 – August 14

Period 3-4: July 17– July 31

Are you up for the challenge this summer?

COUNSELLOR TRAINING for **15 and 16** year olds

Two programs are available for youth wishing to become camp counsellors. Our traditional two week program, CIT, is available. Returning for 2010 is a four week total package where aspiring counselors complete the OSL and CIT programs in the same summer. This one is a special request of previous campers whose energy and dedication showed this is a fun and very rewarding combination. Completion of the "placement" week qualifies for 30 hours of community service for Ontario high school requirements. Both programs also satisfy completion of the "Residential Project" component within the Duke of Edinburgh Award.

1. COUNSELLOR-IN-TRAINING (CIT): for 15 and 16 year olds

This two week program provides training to youth interested in obtaining Camp Counsellor positions in future years or in enhancing their leadership skills. Activities concentrate on development of teambuilding skills, proper methods of discipline, conflict resolution and personal goal setting. This exciting program includes one week of intensive leadership and counsellor training; followed by a second week of placement in an appropriate program or service area. Feedback and a full evaluation will be provided to each participant. Pre-requisite for this program is the completion of the OSL program or equivalent. Maximum 10 CITs per period. Fee for this **two** week program is \$500.00 if paid by 30th April, or \$525.00 if paid on or after 1st May.

Period 1-2: July 3 – July 17

Period 2-3: July 10 – July 24

2. OPEMIKON LEADERSHIP COURSE (OLC): for 15 and 16 year olds

This four week program is designed to provide future counselors with two weeks of hard skill development, one week of counselor sessions and one week in placement with a program or support area. Program elements will follow the OSL and CIT programs. Fee for this **four week** program is \$1,000.00.

Period 2 to 5: July 10 – August 7

HOW TO REGISTER:

1. Registrations are to be completed through the Administration office located in Ottawa, **not** at the camp.
2. Review the programs with your camper and choose ones appropriate to his/her age, skills and family schedule.
3. Complete the Camp Opemikon – 2010 Registration form.
4. Complete the Consent-Contact-Medical Information form.
5. Review Camper Code of Conduct with your camper, complete and sign.
6. **Non Scouting members** are certainly welcomed to experience residential camping at Camp Opemikon. An additional \$50.00 is to be added to the camping fee to cover insurance fees. Also complete the Scouts Canada "Application for Membership for Program Participants".
7. Submit your paperwork and fee to the Scouts Canada office on Baseline Road.
8. Note the reduced fee if payment is made by 30 April.
9. Funds are available to assist registered **Scouting youth** whose families cannot afford to pay the full camp fee. Please contact your **child's Section leader** for more details or phone Marilyn at (613) 225-2770 ext 506.

HOW TO CONTACT US FOR REGISTRATION AND GENERAL QUERIES:

Scouts Canada - Eastern Ontario Administrative Centre

Address: Suite 200
1345 Baseline Road,
Ottawa, ON
K2C 0A7

Telephone: (613) 225-2770 ext 510
Toll Free: 1-888-726-8876
Fax: (613) 225-2802
E-mail: easternontario@scouts.ca