

# 2010 WILVAKEN 2010

## "WILVAKEN - WHERE EVERYBODY KNOWS YOUR NAME"

How does one portray the essence of a camp through the pictures and words of a brochure or printed materials? Many camps offer similar activities, but each is a little world of its own, with its own special philosophy and atmosphere. What is special about *WILVAKEN*?

We found part of the answer to these questions one day in our craft shop. Someone had made a picture of the camp. It was very simply drawn. There was no attention to scale or perspective – but there it was, all of *Wilvaken* on one large page. We could see the activity areas: the swim beach and docks, the waterfront, the playing field, the stables and riding ring, the tennis court, the archery and riflery ranges, secret beach, and the island across the lake. Most of the buildings were pictured – the lodge, the craft shop, the cabins, the health centre;... on the lake were sailboats and wind-surfers, canoes and kayaks, and the water-ski boat zooming along.

All over the picture were drawn little stick figures, busy together at the activities. The heads were drawn a little oversize, with some features. Some had blond hair, some were dark; some were dark-skinned, some light; some wore glasses, some did not.

But most important, many of the figures were waving, they were saying "Hi", "Bonjour", "Salut", "Hello", – and *all* of them wore smiles. And across the top was written: "*Wilvaken* – where everybody knows your name".

That unknown camper-artist said it perfectly for us – one of the very special things about the *Wilvaken* experience is the warm and friendly family atmosphere. Or as one visiting parent said (it was her child's first summer at *Wilvaken*) "This place is not like any camp we've known – it's more like spending a holiday at a friend's summer cottage!"

*Maya & Dave Willis*

Session Dates for 2010		
Please note your session on the enclosed calendar		
<b>Sessions for ages 9 – 15</b>		
4 weeks	June 24 – July 21	July 23 – August 19
6 weeks	June 24 – August 05	July 08 – August 19
8 weeks	June 24 – August 19	
2 weeks	July 23 – August 05	August 06– August 19
<b>We also offer two-week periods primarily for younger children (ages 9 – 10) during the first month of camp</b>		
2 weeks	June 24 – July 07	July 08 – July 21

### THE DAILY PROGRAM

Youngsters at *Wilvaken* are busy doing what *they* like to do. Our program organization provides a great degree of individual freedom of choice, depending partly on the age group of the camper. We feel that youngsters are here on holiday, and should not be subject to a highly regimented routine as they usually are during their school year. This aspect of freedom is usually appreciated by both the campers and their families. It is our experience that campers quickly learn to exercise their autonomy with responsibility. Most children at *Wilvaken* for their first time learn within a couple of days how to choose their activities and participate in our program. Few children have difficulty in adapting to planning parts of their day as there is always staff nearby willing to help. Parents who feel that their child might require a more definitely structured environment should keep this in mind when choosing a camp for their child.

### \*Rates: before taxes

2 weeks	\$1,710.00
4 weeks	\$3,140.00
6 weeks	\$4,690.00
8 weeks	\$6,090.00

\*SEE FEES AND ACCOUNTS SHEET FOR FURTHER INFORMATION



**Cabin Mates:** If your child wants to be in a cabin with a particular friend, please indicate first and second choice on the registration. We *TRY* to accommodate your choice (no promises!) while also mixing languages and keeping ages grouped in each cabin. We ask for your understanding.

**OPEN HOUSE** We will hold an open house on Saturday, June 5<sup>th</sup> from 1:00 to 5:30 PM. this year. Make it a date. Come meet us, many of our staff, and other camp families. Light refreshments are served - coffee, juice, milk, donuts, ice cream...

**See Directions to *Wilvaken* on back page.**

## ACTIVITIES AT WILVAKEN

Activities at *Wilvaken* are many and varied. All are taught by counsellors who have an interest and a background in that particular sport. For activities such as *sailing, windsurfing, canoeing and swimming* – *Wilvaken* encourages all campers to work towards levels to show an improvement that may be worked upon every returning year. Certain activities such as *archery, riflery (for 12yrs and up only), tennis, sailing and windsurfing* may have some competitions near the end of a session. The *drama* program will usually present one or two plays in the summer often written by the staff and *always bilingual*. *Arts and crafts* is a favourite amongst all campers and is used often to help decorate the lodge, decorate campers for special events and be generally creative by using materials available. The *craft shop* is open all day long! We always have one or more counsellors on duty depending on the activity. Please note that not all regular activities have been mentioned. Extra activities may be added depending on the staff skills e.g. dancing, Spanish, gymnastics.

### LANGUAGE DEVELOPMENT

*Wilvaken* offers campers a unique opportunity for practice in both of Canada's official languages, English and French. Most of our staff are fluently bilingual, as are many campers; all of the staff are more than willing to make the effort to speak in either language. We are not *primarily* a "language school" — we simply function in both languages.

We do have on staff a language instructor, who works specifically with those who have a particular interest in improving their English or French. All our staff participate in encouraging campers to learn to communicate in both languages. With our approach, the use of both languages is simply the norm at camp. The learning process is natural, without pressure — and fun.

Of course, those who are most open to learning, and willing to make a certain effort, are those who profit most by this opportunity. Many youngsters have become quite fluent in a second language when their only opportunity for practice has been their summers at camp. Usually these are people who stay for a month, and come for more than one summer.

Appreciation from a father:

*"As a parent of three children I recommend Wilvaken as a unique bilingual facility ...all three have greatly improved their conversational French in a relaxed atmosphere."*

### EQUITATION AT WILVAKEN



We have an excellent riding program at *Wilvaken*. Instruction is in English hunter seat equitation, under the direction of a qualified coach. Lessons are organized for small groups, accommodating riders at all levels. The normal schedule provides three lessons per week. This schedule is always posted at the lodge. Some enthusiasts may wish to arrange for additional lessons — we sometimes have campers who bring their own horse and ride almost daily! Supplementary lessons may be obtained depending on the number of campers registered for this program.

*We do our best to have campers ride three times per week, but canoe/hiking trips or other excursions sometimes make this impossible. Campers must decide at times if they would rather go on a trip and miss one or more scheduled lessons. When there is time, make-up lessons are organized.*

There is no age limit for participation. Space is limited to about 45 riders. Those who wish to enroll should do so promptly by checking the "riding" item on the registration form. Please note there is a supplementary charge for this optional activity.

Participants *must* be properly equipped with hard hats, foot gear, and pants. Safety helmets and some boots are available at *Wilvaken* for campers to use. Those who ride regularly may prefer to bring their own equipment. Helmets must be a proper fit, with chin straps that are bolted on. Rubber or leather riding boots with a heel of about 1 cm. are the ideal. Shoes or rubber "rain boots" with a heel may be used. For safety reasons, flat soled shoes and running shoes are definitely *not acceptable*.

There is a riding show once a month for those children interested in participating on the last visiting day in the morning.

### TYPICAL DAILY SCHEDULE

7:30	Greet the day
8:00	Breakfast, followed by cabin clean up
9:00	Morning instruction periods:
10:00	- Riding, sailing, water-skiing, tennis, language, etc.
11:00	- Red Cross & Royal Life swim classes
12:15	Dinner, followed by supervised quiet period
14:00	Afternoon activities — riding, sailing, riflery, archery, etc. Swim instruction for some, free choice for others.
15:15	Afternoon snack, followed by supervised free swim.
16:00	Swim instruction, supervised free choice — waterfront activities, field games, craft shop, or just relaxing with friends.
17:30	Supper
18:30	Various evening program activities - beach party, camp fire, talent show, games...
	<i>This program is varied by special events such as the popular Saturday night dance, hiking and canoe trips, overnight sleep-outs, regatta afternoon, etc.</i>
20:15	Evening snack for juniors, then bedtime.
21:00	Evening snack for intermediates & seniors, and a quiet time. <i>Bed time 20:30 to 21:30 depending on age group</i>

**SWIMMING LESSONS** All campers have a swimming evaluation during the first day(s) of camp to be sure they feel comfortable in deep water in order to participate in sailing, water-skiing, windsurfing etc. Swim lessons are **mandatory** for those who have signed up for the swim lessons until the Red Cross Swim level 10 has been passed. Our swim lessons follow the Red Cross and the Royal Life Saving programs. Safety is always emphasized, and we are very proud of our waterfront safety record — accident free for all our seasons of operation. Lessons are given daily.

**SAILING & BOARD SAILING** Those are both popular sports. As a remedy against stubbed toes, we suggest a pair of sneakers or other light soft soled shoes that will dry easily. These will protect feet. Sandals are not appropriate.

**WATER SKIING/WAKE BOARD** activity is available for those campers who have checked the box on the registration form. The instruction periods are in the morning giving beginners a chance to learn. The two periods in the afternoon are for those who already know how to ski. These periods are divided into the 6 younger cabins and then the 6 older cabins. It may be that your child will not ski on a daily basis due to other activities at the same time. A water ski show is organized once a month usually on visiting day in the afternoon.

**HIKING/CANOE TRIPS** Are for those older campers (13-15) who are interested in tripping. We encourage you to bring your backpack to camp as you can be sure that it will fit you properly. Packs are available at camp for those who do not have any. Canoe or hiking trips outside of the camp property are a part of the camp program in which your child may want to participate unless you advise the camp of medical or other restriction. They are from 2 to 4 days in length. The campers must have taken the introductory "voyageur" activity that prepares for wilderness camping (leave no trace), fire making, packing, orienteering, nature etc. and as a minimum have their level two in canoeing. There will be a charge on some longer excursions to cover travel and park fees. Campers will be asked on arrival day if they are interested in going on a trip. Two staff and a CIT are assigned to each trip.

**LEADER IN TRAINING PROGRAM** At the choice of the camper, we offer an LIT program to all children aged 15 whom we feel demonstrate a certain level of maturity and potential for leadership. Campers involved as LITs are given some additional responsibilities during their stay, and participate in training sessions and discussions to develop their potential as leaders.

## GENERAL INFORMATION

**CONFIRMATION OF REGISTRATION** Upon receipt of your registration, we reply with a confirmation of the period desired, request for riding, charter bus, etc. Please review all the details to be sure that we understood them as you requested. Contact us if there seem to be any discrepancies. *All forms such as a suggested clothing list, medical form, riding and language and Bronze Medallion swim course are available on our web site but will be mailed to you as well. Please download these at your convenience.*

**MEDICAL FORMS** One form per camper must be sent to the camp **AFTER April 1<sup>st</sup>** PLEASE NOTE:

1. The medical form **MUST** be completed and mailed before the child's arrival at camp. This gives our nurse the chance to review the information, to get back in touch with you if anything is not clear, and to discuss any special items with us and the child's counsellor if necessary.
2. The PARENT'S AUTHORISATION ON THE MEDICAL FORM MUST BE SIGNED AND DATED. Be assured that in the event of any emergency, we will make every effort to communicate with you as soon as possible, but just in case we must have your authorization.
3. If you are sending any medication with your child, please make sure that it is well labelled with the name of the child and instructions for use, and that there is sufficient quantity for the stay at camp. Your child should understand that ALL MEDICATION is held in the infirmary, and dispensed as needed.
4. Children from the province of Québec and Ontario **MUST** bring their Medicare cards with them. The cards are held by our nurse and returned to campers at their time of departure. *Children from outside the province must have medical insurance.*

**VISITING DAYS** Our normal visiting days are alternate **Sundays: July 04<sup>th</sup> and 18<sup>th</sup>, August 1<sup>st</sup> and 15<sup>th</sup>**.

**Visits begin at 10:00 am.**, since Sunday morning is a sleep-in for the camp. You may bring a picnic lunch and enjoy the Wilvaken site and beach, or you may take your child out for the afternoon. Please inform the staff member at the lodge before taking a camper off the site, and when returning. If you wish to take out a non-family member (relative, or child of friends) we ask that you bring written permission from the parents. We regret that space limitations do not permit us to invite parents to join us in the lodge for meals. Please return your child to camp by 5:00 PM so they can join in the evening program.

**THE TELEPHONE** With over 100 people on one phone line at camp, it can be very busy. We strongly suggest campers and parents use the mail. Children love receiving letters! If it is necessary to call, the best time to reach someone is during meals, when *people are usually accessible*. Times are approximately 12:15 to 12:45, or 17:30 to 18:15. *The phone may be busy at that time so don't expect to get through. Please ask to speak to a counsellor or director FIRST to find out how your child is doing especially if there is a chance that s/he may be homesick.* If you call outside of those times, then a message will be taken but please do not expect the camper to return your call unless it is urgent. Campers who must place outgoing calls to their family (for a valid reason) must have permission from one of the directors. They are asked to call collect or use their calling card. *Collect calls cannot be made to a cellular phone.* Should you want to call the directors, we would be pleased to talk with you at any time.

**CELLULAR PHONES** are not part of the camp life and must be left at home. If they are brought to camp they will be collected and returned at the end of the session.

**E-MAIL** This service is available for all campers and parents through **Bunk1.com**, an organization that handles both reply and messages for campers. There is a modest fee to be paid directly to this company. Please view the information on our website.

**PARCELS OR MAIL TO CAMPERS** Occasionally parents want to send a rush parcel or letter to a camper. *Wilvaken* is in the country - most courier services have *limited* delivery to us. We recommend CANPAR, FEDEX, UPS or PUROLATOR which have daily delivery in our area or send by "Xpresspost". **Send letters!! The children love them!**

**CANDY AND JUNK FOOD** We serve three good meals a day at camp, as well as afternoon and evening snacks. Campers are also able to purchase limited candy once a week. It has been our experience that campers who receive "care packages" may devour a

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*"The camping experience was so up-beat for [our grandson]—very special—that we wanted to thank you for creating such a healthy and productive climate for "our" children—the children of the world!! He has been extremely grateful to us for sending him to your special place and we all look forward to next year."*

- grandmother from Vermont, USA

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week's supply of sweets in a short time, and become almost hyperactive on the resulting sugar high. The cabins do not have facilities for food storage, so insects and mice may be attracted by "candy caches". For these reasons, personal supplies of food, candy or drinks are collected by staff and kept in the lodge. **No drinks** (soft drinks or juice) to be brought to camp. Please be sure to label the containers the candy is in. Campers may obtain reasonable rations from their supply after lunch by asking their counsellor. All candy or other goodies brought to camp will be shared with cabin mates. Please let your child know this ahead of time. *The best thing would be not to send any goodies to camp!* Recycling containers are available in front of the lodge.

**DISPOSABLE WATER BOTTLES** have become an ubiquitous part of our disposable society! We ask that you send a re-fillable bottle with your child or they may purchase a Wilvaken (nalgene style) bottle at camp. There is also a water fountain at the lodge that is available at all times.

**VALUABLES** We suggest that valuable items such as expensive jewellery or MP3/Ipods, Game boys etc. not be brought to camp. Nor do campers need to bring money. Those who do (as contingency funds for those coming from afar, etc.) should leave it at the office for safekeeping during their stay, and reclaim it just before departure. Campers from other countries should also leave their passports and tickets at the office for safekeeping. **We are not responsible for lost or damaged personal articles, nor for any money which is not left in safekeeping.**

Some campers bring personal Ipods/MP3 for use on dance nights. These should be labelled with the owners name on the item, not just on the case, and reclaimed after the dance.

**LUGGAGE:** Each camper has a large personal drawer into which s/he can unpack on arrival. There is also hanging space available in the cabins (hangers are not provided). Luggage is stored away until departure day. All suitcases and bags should be labelled with the campers name. We suggest the use of "soft" luggage such as a hockey or dunnage bag, which is more easily stored.

**BIRTHDAYS** Campers (or staff) whose birthday falls during their stay at camp do not miss the celebration entirely! A special cake is prepared for them, and the entire camp joins in wishing them well. Families may telephone.

## Letter received from a former camper and counselor –

"I have to tell you that these last six summers at Wilvaken were a great learning (and teaching) experience for me. I often try to imagine who I would be if I had never been at camp. It seems that most of the principles that guide me and the values I stand for come either from my family, or from Wilvaken, my second family. Camp helped me in forging my personality, my identity.

I learned to be myself, and to grow from the relationships I had with campers and co-workers. I discovered a definite appeal for all aspects of nature, especially the wind and water, the sunlight and fresh air...Camp has shown me how to look differently at people around me and the environment.

**RAIN WEAR** Our outdoor activities do not necessarily come to a complete stop if the weather is less than perfect. We strongly suggest that parents send proper rain wear for their children. For younger campers, a rubberized or vinyl knee-length coat is good. A jacket/pants outfit is preferable for older campers, as this provides better protection and freedom of movement for activities such as sailing, or for hikers or canoe-trippers who may be caught out in the rain. Rubber boots are also recommended.

**LAUNDRY** Laundry service is available once weekly. A charge is made to those using the service. Clothing going to laundry must be clearly marked; sewn on labels are superior to inked or iron-on labeling. Clothing list and label order form is sent upon registration.

**TIPS OR GRATUITIES** We have a No-Tipping policy at camp and ask that you do not offer gifts or gratuities to the staff. If you wish to show your gratitude, a simple "thank you" letter is greatly appreciated.

**PICTURES AND FAMILY** names may be used in our publicity. If you **do not wish** to have either your child's picture in our brochure or web site or your name in our family list, please let us know in writing.

**SMOKING** Campers are not permitted to smoke at Wilvaken. Few staff smoke, and they are required to adhere to strict safety rules. Parents will be notified after campers have been warned the first time.

**DRUGS AND ALCOHOL** The use of illegal drugs and alcohol at Wilvaken is not tolerated. Anyone known or strongly suspected to be involved with either of these substances will be asked to leave immediately. **NO refund or reduction will be given.**

**FROM AFAR!** For our foreign visitors, please read the enclosed suggestions on travel, payment, and communications with your child during his or her stay with us.

**From the father of a boy who arrived at Wilvaken from Japan, with very little English, and no French:**  
"Since he came home, Shunta can not stop talking about his experiences at Wilvaken and the wonderful people there. I was a little concerned about his communication, but the language barrier was surmounted by the friendliness of the people. Shunta hopes to return to camp next summer."

## CHARTERED BUS

Wilvaken organizes transport from the Montréal area on session opening days, returning on closing days at extra charge. The bus stops are **Côte St. Luc shopping centre (corner Côte St. Luc and Coronation)** (beside the supermarket), in Montréal, **Place PortoBello (Taschereau Blvd. – (under the big sign)** on the south shore. A charge for this service is made to the deposit on personal expenses or pre-paid on your May billing. Please indicate on your registration form if you wish to use this service, and whether from Montréal or the south shore. There is a counsellor assigned to the bus for all trips.

Please advise us a week before your arrival or departure date if you wish to use the transport service from or to Montreal, but did not so indicate on your registration form. Depending on the number of campers requesting the service, we may use either a chartered bus, or the camp van (with trailer for luggage).

*Please note that we do not provide transport on July 7th or July 8th .*

Transport TO Wilvaken Departure Time		Transport FROM Wilvaken Arrival Time	
June 24	09H00 - Côte St. Luc	July 21	12H00 - Place Portobello
July 23	09H45 -Place Portobello	August 05	12H45 - Côte St. Luc
August 06			
<b>*Departure from Wilvaken is at 10H30</b>			

## DRIVING TO WILVAKEN

**DRIVING TO WILVAKEN** From Montréal, take the Eastern Townships Autoroute (route 10) to exit 118 (**Orford - Magog**).

Follow 141 South into Magog. This road becomes Merry St. in Magog. Continue straight on Merry St. through two sets of traffic lights, down the hill, across the tracks and over the bridge towards McDonald's.

At McDonald's, turn **left** (still on 141 South) towards **Ayer's Cliff**. Continue on 141 for six (6) km. to the flashing yellow light at the T-junction with the **Fitch Bay** road.

Turn **right** onto the Fitch Bay road. Follow this road for just over three km. (3.3 km. approximately).

Turn **right** onto the road to *Wilvaken*. **Please drive slowly on the Wilvaken road at ALL times!**

From *Trois-Rivières* or *Québec City*, take Autoroute 55 from Drummondville. This joins Autoroute 10 near Magog. Follow Autoroute 10, direction **Montréal** to exit 118. From this exit, follow the route as described above.

From *New England*, take I-91 north through Vermont. This becomes Autoroute 55 at the Québec border. Continue on 55 to exit 21 (**Ayer's Cliff - Coaticook**). At the exit turn **left** on 141 north towards **Magog**. Follow 141 for about 3.5 miles (6 km.) to the flashing yellow light at the T-junction with the **Fitch Bay** road.

Turn **left** onto the Fitch Bay road. Follow this road for just over 2 miles (3.3 km. approximately).

Turn right onto the road to *Wilvaken*. **Please drive slowly on the Wilvaken road at ALL times!**



before June 15<sup>th</sup>: P.O. Box 741 Hudson Heights, QC J0P 1J0 Canada — Tel: 450. 458.5051

after June 15<sup>th</sup>: 241 ch. Willis Magog, QC J1X 3W2 Canada — Tel: 819. 843.5353

e-mail: wilvaken@wilvaken.com — web site: www.wilvaken.com

ACCREDITED MEMBER - QUEBEC and ONTARIO CAMPING ASSOCIATIONS

Ces renseignements sont disponible en français

