



Women's Wellness Weekend Welcome Package 2021

Welcome!

We are excited to have you attend Women's Wellness Weekend this weekend for a time of retreat, rejuvenation, and the chance to breathe deeply.

As you are preparing for Women's Wellness Weekend 2021, we invite you to take a look through this Welcome Package. Included in this package is information about the following:

- Schedule, Meals and Programs
- Massage Therapy Treatments
- Health & Safety
- In Case of Emergency
- Packing List
- Driving Directions
- Contact Information

Should you have any questions, please do not hesitate to email mapes@ilovecamp.org.

Looking forward to welcoming you soon!

A handwritten signature in black ink that reads "Robynne Howard." The signature is written in a cursive, flowing style.

Robynne "Mapes" Howard
Camp Director

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WOMEN'S WELLNESS WEEKEND SCHEDULE, MEALS, AND PROGRAMS

Women's Wellness Weekend Schedule

The schedule for this includes a mix of creative art classes, spiritual reflection, and classic camp activities. Descriptions of the specialty programs are included below the schedule.

Friday

- 7:00 Arrival & Session Sign-Up
- 8:00 Welcome, Snack & Campfire
- 8:45 Evening Social (alcohol permitted in the Lodge and Courtyard)

Saturday

- 7:30 Morning Options: Morning Paddle & Mindfulness Meditation
- 8:15 Morning Has Broken
- 8:30 Breakfast Buffet
- 10:00 Program #1 - Guided Canoe, Watercolour: Card Making, Yoga
Tuck Shop Open (10:30-11:30)
- 11:15 Program #2 - Open Climb, Learn Ukulele & Guitar, Gratitude Journaling
- 12:30 Lunch
- 2:00 Program #3 - Open Waterfront, Kitchen Creations, Lawn Games (Kubb, Bocce, SpikeBall & more!)
- 3:15 Program #4 - Guided Canoe, Fall Nature Walk, Focus Words
Tuck Shop Open (2:00-3:00)
- 4:30 Program #5 - Open Climb, Yoga, Printmaking: Botanical Gelli Plate Prints
- 6:00 Dinner
- 7:30 Campfire
- 8:30 Evening Social (alcohol permitted in the Lodge and Courtyard)

Sunday

- 6:15 Sunrise Paddle
- 8:00 Continental Breakfast
- 9:30 Program #6 - Open Waterfront, Fall Nature Walk, Ceramics: Impressions and Cutwork
Tuck Shop Open (9:00-10:00)
- 11:00 Brunch
- 12:00 Go well and safely (Tuck Shop Open 11:45-12:30)

Remember: this is YOUR weekend. This schedule shows the programs that will be facilitated by staff, and if you want to do something else at any time, you are more than welcome to do so. There will be a variety of board games and lawn games available to be picked up and played as you'd like, you are welcome to go into town, or you can just enjoy some time reading your book by the lake.



Session Descriptions

Open Waterfront/Climb: These open sessions are drop-in style, with no set start or end time, so you can come and go as you please. Waterfront activities include swimming, canoeing, kayaking, and stand-up paddleboarding. Open Climb activities include climbing wall, dangle duo, and high ropes traverses.

Gratitude Journaling: Robynne “Mapes” Howard, Cairn’s Camp Director, has been keeping a gratitude journal for over 8 years - in one form or another. In this workshop, she will share her learning about Positive Psychology’s 10 positive emotions, and offer a time for prompted gratitude reflection.

Art Workshops: Michelle “Konk” Roberts is Cairn’s Executive Director, and is also a great artist and teacher. This weekend she will be leading three workshops exploring three different media: watercolour, printmaking and ceramics. All sessions are open to beginners and experienced artists alike.

Watercolour Cards: You don't have to be an impressionist painter to create beautiful watercolour cards! In this session participants will be guided step by step through the process of creating watercolour landscapes, and learn how to make professional looking cards using just watercolour.

Botanical Printmaking: Designed for non-artsy and artsy folk alike, Botanical Printmaking requires no previous experience or skill. Using gelli plates, acrylic paint, and items pulled from nature, this session will introduce participants to a fun and creative printmaking technique perfect for card making, art journaling, and so much more.

Polymer Clay Creations: Discover how to create custom jewelry, trinket dishes, and coasters using polymer clay. Participants will be guided through each step of making their own one-of-a-kind creation, learning a variety of techniques including colour mixing, slab work, and basic caning.

Focus Words: Jenn “Bickles” Nettleton is a Glen Mhor Alumna and works in the Religious Studies department of McMaster University. This weekend, she will be offering a workshop about identifying values and goals through a Focus Word or Word Cluster. Join for a time of thoughtful exploration and reflection.

Arrival Day

You are welcome to arrive at camp any time after 7pm on Friday September 24th. Immediately upon arrival, we ask that you follow the Registration signs to the table in the Breezeway to sign in, and to complete the required COVID-19 screening. With the new government proof-of-vaccination requirements that come into effect Wednesday September 22nd, you will be required to show proof-of-vaccination along with a piece of photo ID at registration, or a medical exemption note from a physician. After signing in, you will be able to move into your accommodation and sign up for activities. There will be a snack at 8pm, and Opening Campfire starting 8:15pm.



Departure Day

On Sunday morning, there will be a continental breakfast served at 8:00am, followed by our final morning program. Brunch will be served at 11:00am, and then you are invited to pack up and head out any time following that - or when and as you need to throughout the morning. The Tuck Shop will be open again on Closing Day to purchase Cairn memorabilia before you leave.

Meals

Meals will be served in the Lodge, and will begin at 8:30am, 12:30pm and 6:00pm on Saturday, and 8:00am and 11:00am on Sunday. Meals will be served cafeteria-style by Cairn staff. We will open the meal with grace, and then tables will be invited up to be served. Coffee and tea will be available at a separate service station. If you require any alternative dietary options, they will be available at the buffet line. Once you have finished your meal, you may take all dishes to the Dish Counter inside the kitchen. Please note that participants can come into the front area of the kitchen, but are not permitted behind the kitchen counter.

We recognize that different people have different comfortability with being unmasked with people from outside of their household during meal times. With this in mind, at registration on Friday evening, we will be asking everyone their dining preferences: a table for just the people within your household, or open seating. All tables will have signs placed in the napkin holders, reflecting those dining preferences, in time for breakfast on Saturday morning.

Masks must be worn when you leave your table, including entering and exiting the Lodge and in the buffet line. To minimize movement within the Lodge at mealtimes, we ask you to please not "table hop", but rather that you stay at your designated table throughout the duration of the meal.

Alcoholic Beverages

For all participants of legal drinking age, you are permitted to bring your own alcoholic beverages for the weekend, to be consumed in the Lodge, Lower Playing Field and Courtyard only. Please do not consume alcohol during programmed activities. You are welcome to keep your beverages in the fridge at the front of the kitchen - please be mindful that this is a shared space.

Tuck Shop

Cairn's Tuck Shop will be open periodically throughout your stay. Cairn t-shirts and other clothing, waterbottles, stickers and more will be available for purchase at these times, as will food and drink tuck items including candy, chocolate, chips, and pop. Please note that we will only be accepting payment by debit, credit card, or cash, and will not be keeping a tab, but rather will ask for payment with each visit to the Tuck Shop.



MASSAGE THERAPY TREATMENTS

Abbey Nevin is a Registered Massage Therapist (RMT), and will be offering massage treatments throughout the weekend. Abbey completed her education at the Canadian College of Massage and Hydrotherapy in May 2020, and is in good standing with the CMTO. She now works as one of the RMTs at the [Coach House](#) in the Kitchener-Waterloo area. Abbey - or “Tinga” as we call her at camp - is also a Cairn alumna, and worked as a counsellor on our staff team in 2015! We are delighted to have her providing massage therapy treatments at Women’s Wellness Weekend.

Guests may sign-up for massage treatments on Friday evening, at the same time as activity sign-ups will be taking place. There will be some additional paperwork required (release of liability etc.) which Abbey will coordinate. She will be offering 30-minute treatments during the following times:

Saturday

9:30-10:00

10:15-10:45

11:00-11:30

11:45-12:15

2:00-2:30

2:45-3:15

3:30-4:00

4:15-4:45

Sunday

9:30-10:00

10:15-10:45

11:00-11:30

For this weekend, Abbey is offering a pay-what-you-can system, recognizing that full rates are not always accessible for everyone, especially those without benefits. Should you request a receipt for benefits, she will be charging her regular rate of \$65 for a half-hour treatment. Payment can be made by debit, credit, AMEX, cash or eTransfer.



HEALTH & SAFETY

Nothing is more important than the health and safety of our participants and staff: feeling safe and comfortable in your surroundings is essential for a meaningful camp experience. In order to protect the health and safety of all guests and staff we have implemented enhanced cleaning and sanitization procedures as well as COVID-19 specific safety measures. These measures are based on the direction we have received from the Simcoe Muskoka District Health Unit as well as Ontario Public Health and government guidance for the hospitality and food service sectors. Cairn COVID-19 safety measures will continue to evolve as we receive updated guidance from the Ontario government, Ontario Public Health, and the Simcoe Muskoka District Health Unit.

Participant Vaccination Policy

Starting September 22, 2021, following Ontario government's COVID-19 requirements, all participants attending onsite programs, must be fully vaccinated (two doses plus 14 days) and provide proof of vaccination status along with photo ID upon arrival onsite. Those who cannot receive the vaccine due to valid medical reasons will be required to provide a doctor's note. To download your proof of vaccination visit <https://covid19.ontariohealth.ca/> with your Ontario health card ready.

For more information on the Ontario government's proof of vaccination requirements see:

<https://news.ontario.ca/en/release/1000779/ontario-to-require-proof-of-vaccination-in-select-settings>
<https://news.ontario.ca/en/backgrounder/1000780/new-requirement-for-proof-of-vaccination-in-certain-settings-frequently-asked-questions>

Pre-Arrival Screening

Before leaving for camp we recommend all individuals/groups complete the [COVID-19 Symptom Self-Assessment](#). Upon arrival at camp a Cairn, prior to moving into your accommodation, please register in the Breezeway where a staff member will assist you in completing a Guest COVID-19 Screening Form for each member of your household. We request that you come complete your screening first, so you can be screened before interacting with other people. If any member of your group does not pass the screening you will be required to leave site immediately. A parent/guardian may complete the screening form on behalf of minors/dependants.

Daily Screening

At breakfast each morning each individual will be required to complete the Guest COVID-19 Screening Form. A staff member will provide you with the form and collect all completed screenings. We ask that all individuals are diligent in monitoring themselves and any minors/dependants in their care and forthcoming about any developing COVID-19 symptoms. Should someone in your group fail their daily screening and/or develop COVID-19 symptoms during your stay, a non-symptomatic individual should immediately inform a director. The symptomatic individual(s) will be required to leave site and follow public health directives. In this case the group/individual(s) will be provided with a prorated refund.



Masks

Masks are required at all indoor locations with the following exceptions:

- In your group's accommodation
- While showering
- While eating/drinking

Masks are required to be worn outdoors in the following circumstances:

- While attending programs (with the exception of swimming, boating or during fitness activities).
- Whenever a consistent distance of 2 meters cannot be maintained between members of your group/household and members of the Cairn staff or other groups/households.
- When singing or participating in a campfire with individuals outside of your group/household.

Physical Distancing

All guests are asked to practice physical distancing when interacting with individuals outside of their group/household, including staff. This means keeping a minimum distance of 2 meters between members of different groups/households.

Washrooms & Showers

All washroom facilities on site are gender neutral. Flush toilets and shower facilities are located at the main Lodge. Each washroom will have capacity limitations which will be posted at the entranceway. Masks must be worn in washrooms except when brushing teeth and showering. Showers will have scheduled group/household sign-ups. We ask that groups staying in the Lookout or Hilltop Hideaway restrict themselves to use of their private washroom and shower facilities.

Please do note that Cairn is on a septic system, so we ask guests to be mindful of what is flushed down the toilet. Please dispose of paper towels, personal hygiene products, wet wipes, or other sanitary items in the garbages provided - only toilet paper down the toilet please!



IN CASE OF EMERGENCY

In the case of an emergency you will be notified by either the blowing of an air horn, the continuous ringing of the bell, or by a staff member. If an emergency is signaled please follow the directions given below, and abide by any instruction provided to you by Cairn staff members. If you or a member of your group experiences an emergency (injury, missing person, etc.) during your time at camp please inform a Cairn staff member and they will assist you immediately.

Fire (1 long air horn blast): Please bring your whole group to the beach as quickly as possible and await further instruction.

Severe Weather (Continuous ringing of the bell): Please bring your whole group to the Lower Playing Field as quickly as possible and await further instruction.

Missing Person (3 long air horn blasts): Programs will pause as staff engage in search of the camp property. We ask that you limit your group's movements to the Lower Playing Field/Lodge or to the area of your accommodation throughout the search.

There will not be a nurse onsite during Women's Wellness Weekend, however if you or a member of your household needs medical attention there are hospitals located in Bracebridge (25 minute drive) and Huntsville (30 minute drive).



PACKING LIST

Recommended Items

- Clothing
- Masks
- Bathing suit and towel
- Rain gear (coat, boots, etc.)
- Sun protection (sunscreen, hat, etc.)
- Bug protection (insect repellent, bug jacket, etc.)
- Reusable water bottle
- Flashlight
- Bedding (sleeping bag and/or sheets and blankets - cabin bunks use twin sheets, Hilltop Hideaway uses double or twin sheets, and the Lookout and Yurt use queen sheets)
- Towels
- Footwear - remember that some activities such as climbing wall and high ropes require closed toed shoes
- Toiletries (hair care supplies, toothbrush, toothpaste, medication, etc.)

Optional Items

- Books, puzzles, cards, games
- Camera
- Folding chairs/beach chairs
- Bug jacket
- Water shoes



DRIVING DIRECTIONS

From the GTA:

Take Hwy 400 North past Barrie. At the north end of Barrie, transfer to Hwy 11 North. Continue on Hwy 11 North past Bracebridge and Exit on Hwy 117 East. Take Hwy 117 East through Baysville, 5km east of Baysville, turn right into the driveway at 3200 Hwy 117.

From Eastern Ontario (Ottawa):

Take Hwy 17 East to Renfrew where you will transfer to Hwy 60 West. Continue on Hwy 60 to the town of Dwight, where you will turn left on Hwy 35 South. Take Hwy 35 South to Dorset, where you will turn right on Hwy 117 (west). Continue for 20km, then turn left into the driveway at 3200 Hwy 117.

From Peterborough:

Take Hwy 115 West of Peterborough to Lindsay, then turn onto Hwy 35 North. Continue on Hwy 35 for 160 km, then turn right on Hwy 117 at Dorset. Continue for 20km, then turn left into the driveway at 3200 Hwy 117.

CONTACT INFORMATION

Please do not hesitate to contact the Cairn office with any questions, concerns or requests that you have.

Email: admin@ilovecamp.org

Phone: 705-767-3300

Address: 3200 Muskoka Road 117, Baysville ON, P0B 1A0

Looking forward to our weekend together! See you soon!