



# Women's Wellness Weekend Welcome Package 2023

*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, 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
- Packing List
- Driving Directions
- Contact Information

Should you have any questions, please do not hesitate to email [mapes@ilovecamp.org](mailto: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.

*\*do note that some session times may change based on weather or other scheduling factors*

### **Friday**

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

### **Saturday**

- 8:15 Morning Has Broken
- 8:30 Breakfast Buffet
- 10:00 Program #1 - Open Climb, Weaving, Yoga, Christian Conversation about Climate Change
- 11:15 Program #2 - Guided Canoe, Weaving, Archery, Guided Nature Walk
- 12:30 Lunch
- 2:00 Program #3 - Open Waterfront, Wood Burning, Learn Guitar & Ukulele, Board Games
- 3:15 Program #4 - Open Waterfront, Beaded Jewelry, Archery, Repotting and Kintsukuroi
- 4:30 Program #5 - Open Climb, Beaded Jewelry, Learn Guitar & Ukulele, Yoga
- 6:00 Dinner
- 7:00 Tuck Shop Open (7:00-7:30)
- 7:30 Embers Campfire
- 8:30 Evening Social (alcohol permitted in the Lodge and Courtyard)

### **Sunday**

- 6:15 Sunrise Paddle
- 7:45 Morning Has Broken
- 8:00 Continental Breakfast (optional)
- 9:00 Program #6 - Guided Canoe, Open Art Studio, Fall Nature Walk, Introductory Mindfulness Meditation
- 10:30 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.

**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: weaving, wood burning, and jewelry making. All sessions are open to beginners and experienced artists alike.

**Weaving:** Perfect for both the beginner and more experienced artist, participants will learn how to weave on a loom to create coasters or a wall hanging. After learning the basics, participants can take their loom to continue creating throughout the weekend.

**Woodburning:** Learn to burn! Woodburning, also known as Pyrography, is a simple and fun art form perfect for individuals of all skill levels. Participants will learn basic pyrography techniques and then get to put them to use to make their own coaster or ornament.

**Beaded jewelry:** Discover how to create beaded pendants and earrings for you or your loved ones to wear. Working with wire, pliers and beads, participants will learn a variety of designs and techniques, and then use them to customize their creations.

**Open Art Studio:** On Sunday morning, the Arts & Crafts room will be open to continue exploring the various art techniques, and finish up any projects started throughout the weekend.

**Faith Exploration:** Karen Pozios is a Presbyterian Minister at Dixie Presbyterian Church in Mississauga, and has been involved in Cairn for a number of years as a camper parent, chaplain, volunteer, and board member. This weekend, she will be leading two different workshops to offer times of spiritual reflection and exploration.

**Christian Conversation about Climate Change:** Insights from Katharine Hayhoe’s book *Saving Us*, a Christian climate scientist’s case for hope and healing in a divided world. Focusing on connections not arguments.

**Repotting and Kintsukuroi:** Are you outgrowing your current faith practices? Considering alternatives and healing, growth and change.

**Embers:** For a number of years now, our Embers ceremony has marked the end of a session of camp. It is a time to share, reflect on, and celebrate our weekend together.

### ***Arrival Day***

You are welcome to arrive at camp any time after 7pm on Friday. Upon arrival, we ask that you first check in at the table in the breezeway for registration, where you will be shown to your accommodation. 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 available at 8:00am, followed by a 9am session, and then Brunch will be served at 10:30am. We will have a Closing Circle following Brunch, 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 10:30am 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.

### ***Nut-Aware Policy***

Cairn is committed to running a nut-aware program this summer. With the prevalence of nut allergies, we will not be serving any nut products from the Cairn kitchen, and request that guests leave snacks and food products that contain nuts at home. While we are making this a priority, we cannot guarantee a nut-free site.

### ***Evening Social***

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.

### ***Washrooms & Showers***

Flush toilets and shower facilities are located at the main Lodge. 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!

### ***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**

Nancy Allan is a Registered Massage Therapist (RMT), and will be returning to Cairn this to offer massage treatments throughout the weekend. Nancy has been practicing massage therapy since graduating from Sutherland Chan School of Massage Therapy in 1996. She has a wide variety of experience and techniques that she uses to help her clients feel the best that they can. Nancy's 3 children have been coming to Cairn for years both as campers and staff members and she is excited to be involved in this retreat weekend! And, of course, 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 Nancy 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

1:30-2:00

2:15-2:45

3:00-3:30

3:45-4:15

4:30-5:00

5:15-5:45

### Sunday

9:00-9:30

9:45-10:15

10:30-11:00

The rate for a 30-minute treatment is \$65 for those who will be requesting a receipt for benefits, or \$50 for those without benefits. Payment can be made by debit, cash or eTransfer.



## **HEALTH & SAFETY**

### ***Health Care***

Cairn's site has First Aid Kits in every major building and program area, including at the waterfront. Should you require first aid treatment, please ask one of our staff and they will direct you to the closest first aid kit. Please do note that there will not be any trained medical professionals on site, 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). You are responsible for your own health and wellbeing, including provision and administration of any medications, and accessing any further medical care as needed

### ***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.



## **PACKING LIST**

### Recommended Items

- Clothing
- 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, high ropes and archery 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.

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## **CONTACT INFORMATION**

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

Email: [admin@ilovecamp.org](mailto:admin@ilovecamp.org)

Phone: 705-767-3300

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

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*Looking forward to our weekend together! See you soon!*