



SUMMER CAMP

PARENT NEWSLETTER

April 2023



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A NOTE FROM THE CAMP TEAM:

This month's focus is on "Let's Get Sorted"! We know that summer may feel far away, but it's important to start making small and intentional steps to preparing your camper for camp. As the snow is beginning to melt at camp, we are starting to feel even more excited for our summer fun to begin!

In this issue, you will find information on packing and preparing your belongings, what a day in the life of your camper looks like, how to fill out your camper forms, and even information on pre-arrival! We hope this issue helps ease any remaining worries, and instead build strong feelings of excitement during the next few months!

Taylor Hodson

Assistant Camp Director, Camp Chief Hector YMCA



Camp Chief Hector YMCA is situated on the Ancestral Lands of the Stoney Nakoda People including the Goodstoney, Chiniki, and Bearspaw. YMCA Calgary is also situated on the Ancestral Lands of the Blackfoot Confederacy: Siksika, the North and South Piikani Nations, and the Kainai Tribe, including members of Treaty 7 First Nations, the Tsuut'ina Nation, and the Metis Nation of Alberta, Region III, and all those who make their home in this area.



THANK YOU

FOR REGISTERING FOR OUR 2023 SUMMER PROGRAMS

2023 NEWSLETTER INFORMATION

Each month, we will publish a newsletter similar to this with information to get you and your camper prepared to join us in our summer programs. It will be sent to you and published mid-month on our website. Below is a list of topics included in the upcoming newsletters.

EVERY ISSUE

- Contact Information for CCHY
- Kid's Corner- for the campers!
- Meet the Staff Feature
- Alumni Information

MARCH

"Preparing Emotionally for Camp for both Campers and Parents"

APRIL

"Let's get sorted! Packing Information, Camper Medical Forms, and Transportation Information"

MAY

"Communication: with your camper and with us during summer"

JUNE

"Last Steps: Camper Checklist and Final Reminders"

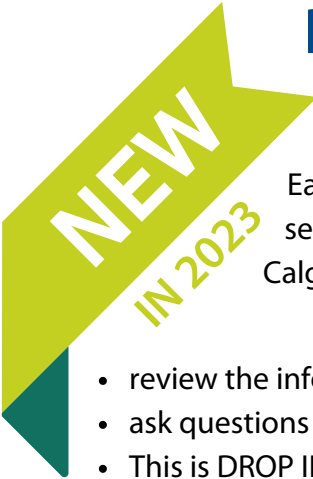


FRIEND REQUESTS

Camp is a place for everyone to make new friends and to spend time with friends you have met before!

If your camper would like to be in the same group as a friend, you will submit a "Friend Request" when providing your camper's information. More information on 'when' and 'how' to provide this information and make Friend Requests will be available in the SPRING.

Please note: we cannot accept friend requests via email and requests may only be made for campers enrolled in the same program and session (i.e. a Mistaya camper cannot request a Kananaskin camper.)



PARENT AND GUARDIAN INFORMATION NIGHTS

Each month, we will be providing drop-in information sessions held at Shane Homes at Rocky Ridge YMCA in Calgary, AB for registered participants. These sessions will include the following:

- review the information provided in our newsletters in greater detail
- ask questions regarding your camper's registration
- This is DROP IN, no registration is required.
- Bring your questions or your nervous camper to talk to camp staff and get some answers and get comfortable!

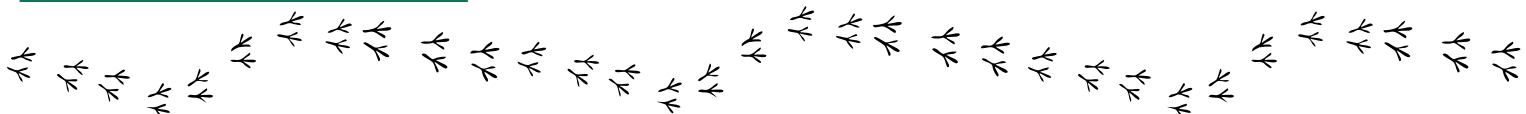
APRIL 26th

4:30 - 6:00 pm

Multi Purpose Room 1

MAY 31st →

Times and Rooms to be announced in May's Newsletter



CAMP FOR EVERYONE!

We support campers and families that are in financial need to send their kids to camp. If you are interested in donating to this cause, please click the link here to become a donor:

Let's Raise

NEED FINANCIAL ASSISTANCE?

We have subsidies available to help with camp fees for those campers who may not otherwise be able to attend. If you would like further information or to start your eligibility assessment, please send an email to

cchy@calgary.ymca.ca

Don't forget extra socks!

All of the packing lists for your camper can be found at ymcocalgary.org

Below is a menu of all the different camps we are offering and what each specific camp needs.

these lists are primarily different based on either age or program duration.



Chiniquay, Mistaya 6 Day and
Kananaskin 6 Day

13 Day: Mistaya,
Kananaskin,
Pioneer (Hike &
Canoe), and LIT

Leadership


Wranglers in
Training

TOP
TIPS



- ✓ Have your camper choose the items they pack, and involve them in the process as much as you can. This way, the camper knows what items they have brought and are more likely to use them and not lose them!
- ✓ Label everything as much as possible. We have hundreds of campers and thousands of acres. While we do our best to get your camper to keep track of their items, things can get left behind. Items that are labelled are able to be reunited with your camper before they leave!
- ✓ Buy your gear early and wear it in! If you're getting new boots or shoes, get your child to wear them to school, to the park, anywhere! At camp we walk A LOT, which can cause blisters if the footwear is new. Having the shoes broken in before arriving ensures your camper is comfortable and ready to join in the fun!
- ✓ Pack your items in a way that can be easily carried far distances. Our parking area can be far from the cabin, tipi or yurt and your items need to be able to be carried as they are not accessible by car. A good tip is to pack in their hiking backpacks or in a large Rubbermaid bin!

A TYPICAL DAY AT CAMP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:30AM Blocks run 10-11 and 11-12					
	Team Building Games and Outdoor Games	Rock Wall Climbing	Horsemanship Program (Visit the Barn)	Hike Back and Unpack Items from Overnight Trip	Parents arrive for pick-up/ride buses back to Calgary 10 – 12
	Challenge Course (Low Ropes Activities)	Flying Squirrel or Giant Swing	Drama Based Games	Arts & Crafts	Thank you for coming to Camp Chief Hector YMCA!
LUNCH 12:30PM Blocks run 2-3:30 and 3:30-5					
Unstructured Down Time 1:15 pm – 1:45 pm					
Arrive at camp! Meet your counsellors and your co-campers 2:00 pm	Waterfront Canoeing	Archery	Pack Items and Food for Overnight and Plan Route	All Camp Day Activities Done with Entire Section Together	
Get to know you games, site tour; welcoming activities	Forest Play (ex. Scavenger Hunt, Shelter and Fire Building)	Animal Game	Hike Onsite to Explore Trails and Set Up Overnight	(Ex. Splashzone, Obstacle Course, Team Based Activities, Tug of War, Surprise Snack!)	
SUPPER 5:30PM					
7:00 Community Meeting 7:45 All Camp Campfire	Freebies!	Section Activity (ex. Capture the Flag)	Overnight Expedition Onsite	Closing Ceremony Campfire 7 – 8:30	
APPRECIATIONS AND SNACK 8:00 – 8:30pm					
SLEEP 9PM					

Example Schedule of Activities – 6 Day Program

PLEASE NOTE: THIS WILL NOT BE THE EXACT SCHEDULE YOUR CAMPER FOLLOWS

Building healthy communities

SOME TERMS TO KNOW...

Section Activity

A time for campers to gather with all groups in their age group. Activity will be facilitated during this time which could be a sing a long campfire or a large game such as capture the Flag. It's a time to gather and connect with other campers their age to expand their community.

Freebies

A time when your camper is able to sign up to attend a program area they enjoyed the most so they can experience it again! They will join other campers with the same interest and get to focus on what they loved to do the most.

Unstructured Time

Unstructured time can consist of the following type of activities:

- Board games and card games
- Small arts and crafts such as bracelet making
- Reading independently
- Letter and Story Writing
- Independent Quiet Time
- Small group games such as riddles and “never can tell” puzzle games
- Nap—if needed!

WHY DO WE HAVE UNSTRUCTURED TIME AT CAMP?

Unstructured time is imperative for learning, development, and rest. While campers are here, they are around people 24/7 and spending a lot of the day active and engaged. This is an amazing opportunity, but we also know that campers need time to decompress and rest to keep up! We provide a short, supervised unstructured time each day to give campers time to rest, take care of their mental health, and participate in “down time”.

Counsellors are responsible for supervising these activities. During this time, the activities are self directed by the campers. Often, this time will be held in their sleeping accommodation allowing campers to nap if they would like or do an activity of interest.

TIPS & TRICKS

To prepare your campers for camp, encouraging them to talk about when they feel they need some alone time or down time is helpful for us to support your camper. Sending them with a book, a journal, or a deck of cards can also be helpful as a way for them to have something for that unstructured time.



**NEW to
2023!**

CAMPER FORMS

We are using a new online form system called CampBrain that will be easier for you to fill out and for us to collect!

Camper forms include:

Camper Medical Form, Friend Requests, Dietary Restrictions, and Camper Behaviour Forms

These MUST be completed before arriving at camp.



Check your emails during May for these camper forms!

CHECK IN INFORMATION

2:00 pm at main site

For check in please:

- Bring Photo ID
- Prepare Camper Medications in Original Packaging to be checked in at Wellness Centre
- Pack camper's items in easily transportable bags or bins. You will have to be able to carry these items from your car to their cabin, tipi or yurt which can be over 500 m away from your car.
- Do not bring your family pets as there is a lot of people and traffic on arrival day.
- Have your camper forms filled out online prior to arriving.

Getting your Camper to Camp!



OVERNIGHT CAMPS

BUS FROM CALGARY

Bussing fee is included in your registration and is available from Shane Homes at Rocky Ridge YMCA.

Heading to Camp
(First Day of Session)

Check In Begins at 11:30 am
Busses Leave at 12:30 pm

Returning from Camp
(Last Day of Session)

Bus Arrives in Calgary at 10:30 am

DRIVING YOUR CHILD IN PERSONAL VEHICLE

Heading to Camp
(First Day of Session)

Check In Begins at 2:00 pm, must arrive before 4:00 pm

Returning from Camp
(Last Day of Session)

Pick up begins at 10:00 am, must pick up before 11:30 am



PLEASE NOTE:

All Pioneer CANOE and Leadership Campers will be required to take the bus to camp-- as they need to take a swim test prior to arriving at camp. Information is available on next page.

DAY CAMPS

We do not offer Day Camp bussing from Calgary.

BUS FROM BOW VALLEY AREA TO CAMP

Lawrence Grassi School	8:10 am
Elizabeth Rummel School	8:30 am
Exshaw Legion	8:55 am

FROM CAMP

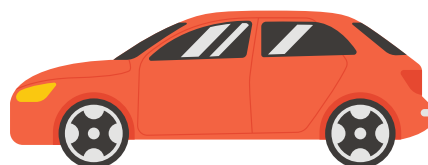
Lawrence Grassi School	4:55 pm
Elizabeth Rummel School	4:40 pm
Exshaw Legion	4:15 pm



DRIVE IN PERSONAL VEHICLE

Drop Off 8:30 am - 9:00 am

Pick Up 4:00 pm - 4:30 pm



MEET THE STAFF

Each newsletter, we will introduce you to a few members of our staff team here at Camp Chief Hector YMCA. We look forward to meeting you this summer in person!



Nolan

Counsellor & Wrangler



Julia

Sac Dene Counsellor



Abi

Kananaskin Counsellor

CHECK OUT SOME PHOTOS FROM OUR STAFF OPEN HOUSE:



**OPEN HOUSE FOR ALL
SUMMER PROGRAMS**

MAY 28th

3:00 - 5:00 pm at both Bowfort and Hector Lodge

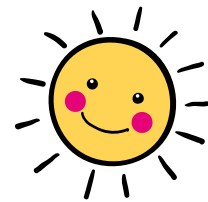
OPEN HOUSE IS DROP IN-- NO REGISTRATION IS REQUIRED

PLEASE

Wear comfortable shoes as there will be full site tours
Bring family members, siblings, but **do not bring pets**
Bring your questions, your camera and your excitement!



KID'S CORNER

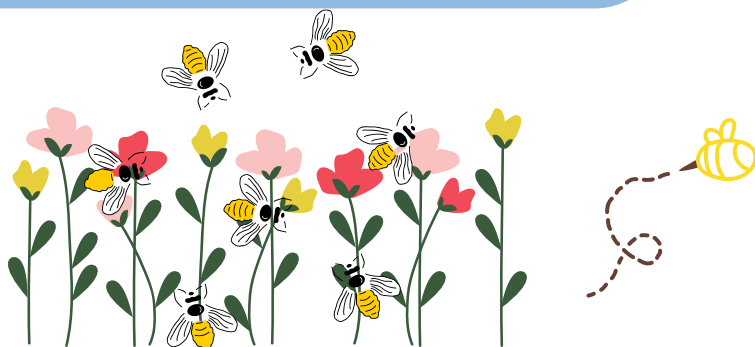


SHARE THIS PAGE WITH YOUR CAMPER TO GET THEM EXCITED FOR CAMP



I am easy to lift, but hard to throw...what am I?

Answer is found on the last page of the newsletter.



Why are A's like flowers?
because bees come after them!



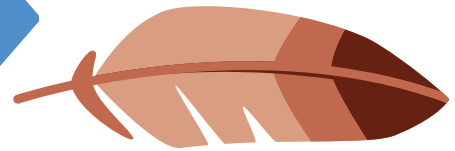
NATURE FACT

Camp is located in Kananaskis in the Bow Valley. The name "Bow" refers to the reeds that grew along its banks and which were used by the local First Nations people to make bows; the Blackfoot language name for the river is Makhabn, meaning "river where bow weeds grow". Across the valley from Camp, Mount Yamnuska is visible on the horizon. The name Yamnuska derives from the Stoney First Nations name of Îyâ Mnathka, meaning "flat-faced mountain." Yamnuska's sheer cliff faces are approximately 500 million years old.

RIDDLE ANSWER:

A Feather!

In case you missed the riddle, go back to page 7.



Reconnect with Camp

Did you spend your summers hiking through the mountains at camp?

Reconnect with us through our Camp Chief Hector YMCA Alumni Program.

Fill out the survey by clicking the button below and sign up for our newsletter!

Alumni Survey



WE ARE EXCITED TO SEE YOU THIS SUMMER!

LOOKING FOR MORE INFORMATION?



EMAIL US:

cchy@calgary.ymca.ca



CHECK OUR WEBSITE:

[Camp Chief Hector Website](#)