

# The Heron

- Celebrating Community -



The John Spragge Kitchen

“This is sooo cool! I wouldn’t have been able to do this here last year-there is so much more room” exclaims Darrin, 12, as he scrapes his dish at the end of his first meal in the newly renovated kitchen. He has just arrived at Scugog, and like all of the other staff and campers this summer, is excited about the new renovations.

It is official, phase one renovation of the farmhouse is complete, and ready for the 2012 camping sessions. The brand new *John Spragge Kitchen* is now larger and better-equipped with a walk-in cooler and freezer, new stove, convection oven, and other dazzling kitchen equipment. The dish-washing room has been enlarged, the LIT dining area expanded, and a new dining area has been added. Additionally,

a new basement is now home to a multipurpose room with much-needed storage space and an accessible washroom with additional toilets and showers.

We are incredibly grateful to all the donors who made this dream a reality, many of whom are recognized on the plaque shown below.



## Morning Coffee

If you asked me to describe camp in one word, I would choose community. It’s the feeling that there are people, an abundance of people, who are ‘in it’ together. People, who are on your team. At Scugog there is always a sense of possibility, an immense and indefinable potential for everyone. This strong community and endless possibility is what I love most.

I have always thought that breaking bread together is one of the best vehicles for creating this wonderful feeling, which is why I am especially excited for our newly renovated kitchen and dining hall. As I drink my morning coffee, I imagine the laughter echoing through the house. The sounds of friendship, fun and of course, community.

As always, I am impressed, humbled, and truly in love with the work done at Scugog. I have always believed in the power and potential of young people and am happily committed to their success. I was both thrilled and nervous as the first group of teenagers bounded off of the bus last week filled with excitement. Here is to another great summer!

-Dana Leahey  
 Camp Director

## By The Light of The Fire: Alexis and Jasmyn

Jasmyn and Alexis (pictured here) have literally grown up at camp. They first attended at the ages of 1 and 2 with their mom during our Moms and Kids camp. Initially sponsored by the Children’s Aid Society, the two girls needed a week to have fun and just be kids. The fresh air, new experiences and unlimited attention from their counsellor, Elizabeth, was just that! It was during their first year that they formed a special connection with Elizabeth, who at the time was studying at McGill University. Elizabeth stayed in touch with the girls throughout the year, and when they needed financial support to attend the following summer, she was the first to step up, despite being a student herself. She knew how important Scugog was for these two girls, and was committed to ensuring they had a great week at camp.

Elizabeth counseled the sisters for the next three summers, and to this day, although no longer being a camp staff herself, still sponsors them to attend-11 years after they first met. Their bond continues outside of the summer months, Elizabeth ensures they have presents on their birthday, gifts under the tree at Christmas, and makes time to visit at least once each year.



Jasmyn loves archery, swimming, kayaking and crafts. But it’s the friends and the staff she says that make Scugog so important. One day she hopes to be a counsellor, and make a difference in the life of a child, just like Elizabeth has done for her.

Alexis is particularly good at articulating why camp is such an essential part of her life: “It’s a place to feel important, and be included” she says, “I love it here.” Of course, the girls aren’t the only ones benefitting from their time at camp. It is young people filled with enthusiasm, passion and kindness, just like Elizabeth, Jasmyn and Alexis, that truly make Scugog a special place.

## Become A Scugog Donor, and Change a Life Today!

Each year, Scugog becomes a summer home for over 30 children from shelters across the GTA. At Scugog, these campers play uninhibited, make friends, try new activities, and laugh. They have the opportunity to simply be themselves. At Lake Scugog Camp, they can be kids. For years this has been made possible by key donors, but this summer, that partnership is no longer available to support these children who desperately need a time at camp. We urgently need your help to ensure they are able to attend. Here is how:

- \$90: Send a child to camp for one day
- \$450: Send a child to camp for five days
- \$900: Send a child to camp for a full ten day session



To make a donation online, please visit our website at: [www.lakescugogcamp.org](http://www.lakescugogcamp.org)



## Year Round Leadership Program Continues to Flourish

This winter commemorated the 5th year of our Year Round Leadership Program which began in September of 2007. What began as a very small program, entirely run by volunteers has developed into something bigger than we could ever have imagined. This year was especially significant because we hired a part time community outreach worker, Chloe Wyman, who is committed to ensuring the long-term success of our participants. In this role, she organized volunteer opportunities, helped our leaders achieve academic success, and provided counseling as they overcame personal barriers.

Monthly meetings have also continued to flourish. In the 2011-2012 year, the participants had a picnic on the Toronto Islands, ran/walked in the Scotiabank Run and went winter camping in Bancroft! In addition, participants had the opportunity to volunteer for the Rotary Club of Toronto, Habitat for Humanity, the Metropolitan United Church, ICA Canada, and the Toronto United Church Council. Most importantly however, our teens have maintained a sense of community, citizenship and leadership.




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## The Benefits of Fresh Air

Who needs fresh air? We ALL do: each and every one of the some 70 trillion cells in your body need fresh oxygen for you to be all that you can be. Fresh air is important because it helps your body get rid of toxins polluting the air. Not only does a fresh supply of oxygen help to heal and cleanse your body, fresh air helps to clear your mind as well. Studies show that fresh air is a useful therapy for Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD), both of which affect many of our campers. These studies indicate that spending time in nature actually increases attention span and improves concentration. For many, the opportunity to be at camp is so much more than just having fun. It's friendship, love, community and better physical *and* mental health.




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## A Message to our Donors

This summer simply would not be possible without the generosity of the Lake Scugog Camp donors. So, to everyone who has given this year, thank you. Thank you for believing in laughter, community and young people. Thank you, for believing in camp.



As a Board member for Lake Scugog Camp the past 13 years, I have witnessed the nervous meetings at the bus send off, the joyful and sometimes tearful returns after 10 days at camp and the stories of new campers who needed a ride home. No one is unchanged after the experience.

I have seen first hand the maturing of youngsters who started out as campers with little confidence and then developed into leaders who inspired the next group of boys and girls.

Fundraising is a necessary aspect of Board membership and I have been lucky to inspire friends, neighbours and my church community to contribute to the camp's bottom line. The campers, both children and mothers, cannot pay the full costs of the program and so the bursary fund needs constant support. I urge all who enjoy their own summer "get aways" to remember those who also need a time away from the city. You can be sure that you are indeed, making a difference.

*-Sally Jo Martin*  
Board of Directors

### Important Dates

July 2-July 11

Session 1: Teen Camp

July 14-July 20

Session 2: Moms and Kids Camp

July 23-August 1

Session 3: Kids Camp

August 4-August 10

Session 4: Moms and Kids Camp

August 13-August 22

Session 5: Kids Camp

### Contact us in the Summer!

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### It Only Takes a Spark - Lake Scugog Camp Gala

Be the Spark that makes the difference in a child's life by joining us at the Lake Scugog Camp Gala this September 20th at the St. Lawrence Hall.

The night promises to be a 'Glam Camp' spectacular, with menu items prepared by world-renowned chef Tomaso Lepore.

For dinner tickets, or to find out more information, please visit our website, [www.lakescugogcamp.org](http://www.lakescugogcamp.org)