



Section 8: Camping In CGIT

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- ✓ Camp Wohelo
- ✓ Planning a Camp

Introduction

Camping is another activity through which groups may further implement the CGIT purpose. It provides the opportunity to learn and grow in a unique setting, often perceived as being closer to God and CGIT's Christian roots. Planning a camp requires time and attention on the part of the leader(s) and girls. This section will help with the various aspects of planning a camp – regardless of size, time, or locale – from start to finish.





Camp Wohelo

Until 1958, the provincial CGIT campsite was at Fallis, on Lake Wabamun. In 1958, CGIT leased 20 acres from the United Church campsite on Pigeon Lake, southwest of Edmonton, and began building a new CGIT camp. A contest was held to name the new camp with **WOHELO** being chosen (**WO**rship, **HE**alth, and **LO**ve).



Camp Wohelo is owned and operated by the CGIT Board of Edmonton Society which is a not-for-profit volunteer managed organization. Committee members' work together to run and maintain the camp. Their aim is to provide "a unique place for learning skills in self-growth and leadership development". In its history, Wohelo has been through many changes. The first campers in 1959 slept in tents on wooden floors and congregated in the new Fallis Lodge. Through the 60's, log cabins were added to the camp through private and corporate donations. Numerous other facilities, including a leaders' cabin, were added with money raised by chocolate sales, teas, etc. Throughout the 1970's, volunteer labour contributed to the ongoing maintenance and repair of the camp. As camper expectations increased, so did the amount of work involved in running Wohelo. In the mid 1990's a five year plan was developed for renovations and repair in order to ensure structurally sound, comfortable facilities for campers. This work continues as Edmonton Society strives to maintain and promote Wohelo as an outdoor community where groups may camp and experience the wonder of nature while developing their "physical, emotional, mental and spiritual being" (Camp Wohelo 1993).

For more information on Camp Wohelo please visit their website: www.campwohelo.com



Planning a Camp

If a camp is to be part of a group's CGIT year, it should be a part of the yearly plan. A fall camp is a good way to bring a group together. A spring or summer camp is a fun way to wind up a year (and may provide an opportunity to work on next year's plan!) Decide on the time of year and length of the camp (weekend, long weekend, or longer).

Where

Find a facility conducive to the season, length of camp and approximate number of participants expected. Keep in mind transportation needs, sleeping and meeting accommodations, meals and other special activities. A list of camps available for rent can be found at www.albertacamping.com. Members of your group or church may know other facilities suitable for your needs.

How

Activities for the camp may be more easily planned if they revolve around a common theme. Brainstorm with the group for possible themes. The final decision on this may depend on outside resources and/or speakers, etc. Have several possibilities in mind. Libraries, churches, hospitals or other agencies may help when looking for guest speakers and resources. Once the theme, resources and speakers have been selected and confirmed a schedule for the camp's duration is a good way to organize and effectively use time and resources.

When planning activities, keep in mind the aim of camping is to provide an opportunity for fun and learning in an outdoor setting – even if the setting happens to be in the middle of the city.

Financials

Camp facilities, resources, speakers, food and transportation – every aspect of camp will have some cost attached to it. Make a list of all incidentals, not only for monetary reasons but to



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make sure all details have been included. The schedule is a good way to double check on these things.

- How much money will camp cost?
- How much money is needed?
- Do you have funding to draw on from your group or church or other sources?
- Will this involve a fundraising campaign?
- Will each girl commit to her participation by paying a portion?

However the camp is to be funded should be decided on and followed up with a letter to the parent/guardian of the participants. The letter should include information about the camp, any money required, travel information, list of what to bring, health information and a permission slip. Set a clear date for the return of the permission slips, well in advance of any time set for final confirmation of numbers for camp facility or deposits on resources.





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Sample Letter to parents for camp

[Date]

Dear Parents,

This year camp is scheduled for [day, date, year] through [day, date, year]. We will be camping at [destination]. Our theme this year is [theme] and we are very excited!

Please complete the attached registration form and return to CGIT Leaders before [deadline date]. The year, the cost of camp is [\$] per camper. Due to our fundraising efforts, the cost to you has been reduced to [\$]! If, for any reason, you are not able to cover this partial cost please speak to one of the leaders as assistance is available. We would really love to have all the girls attend!

We will meet at the church on [day, date] at [time]. We will be carpooling and drivers will be [leaders, parents]. We will be departing the church no later than [time].

Parents are to be at camp by [time] on [day, date]. We are scheduling a [special event – performance by the girls, parent vs daughter volleyball, etc.] Following this the girls will be travelling home. If you have any questions or concerns please call [name, phone number].

An emergency contact number at camp is [###_###_####].

Sincerely,

[Names of leaders]



A Suggested Camp List

WHAT YOU NEED TO BRING:

- ❖ Your POSITIVE attitude!
- ❖ Clothing for ALL types of weather. We always hope for the sun to be shining and keeping us warm, but... weather is unpredictable. Bring clothes and outerwear for being out in the sun, rain, or snow – just in case!
- ❖ Sturdy outdoor footwear – no flip flops!
- ❖ Your CGIT uniform including tie and black or navy pants/capris/skirt/shorts.
- ❖ Sleeping bag or bedding and pillow. (Cabins are equipped with bunk beds and mattresses.)
- ❖ Towel, washcloth, toiletries.
- ❖ Snacks to share. (Optional).
- ❖ Any necessary medications – please make sure your leader knows about these.
- ❖ Flashlight.
- ❖ Sunscreen and bug spray.

WHAT NOT TO BRING:

- ❖ Valuable items (Cell phones, iPods, etc.)
- ❖ Cigarettes, drugs

There is a phone on site for emergencies.

The number is _____.



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CGIT Camp

Registration Form

Name _____

Address _____

City/Town _____ Postal Code _____

Age _____ Grade _____ Church _____

Parent or Guardian's Name

Alberta Health Care Number

Emergency Contact Name and Phone

2nd Emergency Contact Name and
Phone _____

Health Concerns (medications, all allergies including food, physical conditions, etc.)

Please use the reverse side if necessary

CGIT Group Name _____ Cabin ate Preference _____



CODE OF CONDUCT

I, _____, agree to abide by ALL camp rules and regulations. I understand that if I break these rules, appropriate disciplinary action will be taken. This includes being sent home immediately for breaking major rules such as liquor and drug possession, smoking, or leaving the camp.

Signature of Camper

I, _____, as a parent/guardian, give permission for my daughter to attend the [event name, location, date]. I understand that if my daughter breaks any of the major rules listed above, she will be sent home immediately at my expense.

Signature of Parent/Guardian

RELEASE OF RESPONSIBILITY

I, _____, as parent/guardian of _____ do hereby release the Alberta CGIT Association of any responsibility for injuries or illness that may occur while the above named girl is at this camp. I also give permission for any treatment deemed necessary by a medical person for the above named girl.

Signature of Parent/Guardian

Deadline for registration is ~~~~~~. NO refunds after the deadline date. A confirmation letter will be sent to you following receipt of your registration. It will tell you what to bring and additional information about the camp. Any questions please contact [leader] at [email] or [phone].



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Alberta CGIT Association Funding Application

The Alberta CGIT Association has limited funds available to assist you with the cost of attending CGIT events.

Name: _____ Group Location: _____

Parent(s) Names: _____

Email: _____ Phone: _____

Address: _____

Leader's Name: _____ Phone: _____

CGIT Event you plan on attending: _____

Date of event: _____

Why would you like to attend this CGIT event? _____

How do you think your experience at this CGIT event will benefit yourself and others?

As a condition of us providing the funds to help you go to this CGIT event, we expect that you will also bring some of your experience and contribute back to CGIT.

We would ask that you commit to at least one of the following:

(Please number in order of preference)

- Become a co-leader/ junior leader for your group
- Become a member of the Alberta CGIT Association for a minimum one year term
- Become a member of the Camp Wohelo Board for a minimum one year term
- Give presentations about your experience (at, for example, The Alberta CGIT Association Annual Meeting, presbytery meetings, UCW Conference)
- Volunteer at Camp Wohelo or any Association planned CGIT Camp/Jamboree
- Other (please give details): _____



Sample Weekend Camp Schedule

Friday Evening

6:00 Arrival, registration, settle into cabin groups, name tags
7:30 Get acquainted games
8:00 Introduction to Theme Program
8:30 Commitments/Responsibilities
9:00 Campfire songs
9:30 Vespers
Mug Up

Saturday

08:00 Wake Up Call
08:15 Morning stretches, Flag Raising,
Salutation to the Dawn
08:30 Morning Watch
08:45 Breakfast and Skippers
09:30 Theme Program
10:30 Snack
10:45 Interest Group
11:45 Free Time
12:15 Lunch
1:00 Skippers
1:45 Group Activity/Wide Game
2:45 Snack
3:00 Theme Program
4:00 Interest Group
5:00 Free Time
6:00 Supper
7:00 Skippers
8:00 Evening Activity/Game
9:00 Campfire sing song
9:30 Vespers
Mug Up

Sunday

08:30 Wake Up Call
08:45 Morning
stretches, Flag
Raising, Salutation to
the Dawn
09:00 Morning Watch
09:15 Breakfast
09:45 Skippers
10:15 Cabin Clean Up
and pack
11:00 Worship and
group picture
12:00 Lunch and
Goodbyes



Camp Vocabulary

Morning Stretch	A time to get the girls moving and ready for the day. Any fast paced, active song will do – Father Abraham, Button Factory, Head and Shoulders, Knees and Toes. Or you can start off slower with some yoga and light stretching.
Salutation to the Dawn	The CGIT flag is raised each morning after wake up call. A circle is formed around the flag while one (or all) recites the Salutation to the Dawn poem.
Morning Watch	A quiet time of morning solitude, planning, reading and preparing for the day. This is often a one page handout given to each girl at the morning stretch time, that she can take with her to a quiet spot to have a short time of thoughtful reflection.
Grace	Giving thanks before each meal. Choose favourites, learn new graces, have a different one each meal. Use more than one.

Skippers

Daily duties performed by participants keep the camp clean and running efficiently. Groups are set up for chores in the schedule. Skippers may involve some or all of the following chores:

- Washing and drying dishes
- Cleaning dining room and kitchen (washing tables, sweeping floors)
- Cleaning washrooms
- Cleaning and tidying meeting room, craft room, cabins
- Cleaning campfire site and laying fire for evening
- Sweeping/mopping floors
- Keeping surrounding areas clean

As camps become more civilized, many chores are part of the overall expectations of the facility. Once skippers have been clarified, splitting



participants into Skipper Groups and providing a schedule of rotating chores is an easy and effective way of making sure everyone does their fair share. BE CLEAR ON WHAT IS EXPECTED.

Interest Group	Girls break off into smaller groups based on their interest. All types of groups can be offered dependant on the leaders and their special talents. Popular ones include drama, crafts, dance, nature walks.
Toes Up	This one might be for leaders only – free time after lunch to stretch out and rest with your toes up!
Wide Game/Evening Activity	This is an active, fun time where you can take advantage of the outdoors and everybody plays. Game ideas can be found in the Recreation section of this manual.
Campfire	Gathering time around the campfire. Skits, songs, sharing.
Vespers	Worship time at the end of the day. Planned by leaders/girls. Groups take turns presenting scripture, prayer, songs – using camp themes or events during camp.
Taps	Sung before bed, often after vespers before mug up.
Mug Up	A bedtime snack after Vespers. Hot chocolate, juice, cookies, fruit, sometimes what’s left after the days meals.
Lights Out	Just what it says, ladies! In your beds, with lights out. One can talk in the dark, right?
Evaluation	An important part of any group activity. An evaluation lets everyone know how well the event was received and helps with future planning.



The Salutation of the Dawn

Listen to the salutation of the dawn;
Look to this day,
For it is life, the very life of life.
In its brief course lie all the verities and realities of our existence:
The bliss of growth, the glory of action,
The splendour of beauty.
For yesterday is but a dream
And tomorrow is only a vision,
But today, well lived,
Makes every yesterday a dream of happiness
And every tomorrow a vision of hope.
Look well therefore to this day.
Such is the salutation of the dawn.





Campfire



Objective

To help everyone relax, unwind and enjoy each others company in a friendly, comfortable atmosphere. Campfires should provide fun and learning. They should be camper centered, and geared to the age, ability and interest of the group.

Progression

Getting ready for the campfire

- Have the fire ready prior to campfire. Keep an eye on the weather in case you have to move indoors.
- Have seating arrangements set for skits and/or a game
- If musical accompaniment is required, talk to the person ahead of time and give them an outline of the song format
- Make all necessary arrangements for props and songs
- ENTHUSIASM is the most important key to a successful campfire, without it the campfire is usually lost before it starts. Your responsibility is to spark enthusiasm in the campers and to maintain it throughout your campfire. Try your best to smile, make the campers smile and participate in what is going on.



- COOPERATION is an important aspect in bringing friends closer together and generating new friendships during campfire.
- It is vital that all staff mix evenly amongst campers and encourage all campers to participate.

A Campfire Plan

1. Start your campfire with the ceremonial lighting of the fire. In this opening the fire will be laid but not lit. When the group is assembled around the fire area, the leader kneels beside the fire and strikes a match. As the fire is lit, a poem could be shared.

Kneel always when you light a fire
Kneel reverently and thankful be
For God's unfailing charity.
And on the ascending flame, inspire
A little prayer, that will up bear
The incense of your thankfulness
For this sweet grace of warmth and light.
Kneel always when you light a fire
Kneel reverently and thankful be.

Alternately, have the fire lit as the group is gathering. As campers and staff are entering the campfire area, you can open the campfire by singing, and all can join in the song as they gather. Once all have arrived this song can be transitioned into a round.

Fire's burning, fire's burning
Draw nearer, draw nearer
In the glowing, in the glowing
Come sing and be merry.

2. Novelty songs. Choose songs that are fun and different. They should be familiar to the group, making everyone feel comfortable.
3. Action songs – Allow people to move around, generates a feeling of participation. These songs allow everyone to go a bit wild. Make sure to really exaggerate the actions for humour and excitement.
4. Skits/Stories/games – are group participatory, entertaining, fun. This is a variation from singing and allows for a progression to slower songs.



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5. Rounds/Partner Songs – slow things down, allowing for relaxation and reflection. Peaceful, quiet transition into vespers.

Helpful Hints

- Start off with a familiar (novelty) song everybody knows.
- Make a list of songs from each category. Plan extra songs just in case you have more time than planned or something falls through.
- Involve your group in planning. They are your best resource and may know different songs. They also know favourite songs – use their judgement and collaborate.
- Campfire is not one person's responsibility. All leaders and staff are there to assist and help in any way they can. Campers can also participate by announcing songs from a song book or helping to lead a particular song.
- If you plan to include skits or a special activity, announce it as early as possible so the cabin/group has time to prepare.
- Announce the last song before Vespers. This gives the group in charge of Vespers time to prepare themselves.

For the Song Leader

- Be Friendly – SMILE
- Be enthusiastic – have fun and laugh at your own mistakes
- Be poised and relaxed – helps everyone relax
- Be the leader – you are in charge
- Be prepared – song leader is rarely successful without practice
- Be original – try new things, adds variety



GENERAL EVALUATION – Questions

ACTIVITY	WOW	GREAT	OKAY	POOR
Theme Program				
Interest Groups				
Worship				
Morning Watch				
Get Acquainted				
Campfire/Vespers				
Recreation/Activities				
Daily Free Time				
Camp Facilities				
Food				

1. The part I will never forget...
2. I didn't want to...
3. I learned...



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4. I'm thankful...
 5. Do you feel you had enough input into this camp's program and atmosphere? If not, how could you have been given more opportunity to do so?
 6. What's your favourite word/phrase from camp?
 7. Other comments... Bricks or bouquets?