

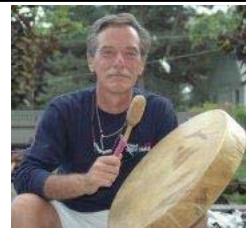


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Program Director: program@campwendake.org
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Spring 2009 www.campwendake.org **190 Queens Ave, London Ontario N6A 6H7**

Message from the Director

2009 – and finally spring. Here it is Easter and I still have snow in my front yard. I don't know about you but for me this winter felt long and cold and way too much snow to shovel. Last weekend I raked the back yard and then shoveled snow the next two days!



The one thing that helps me is to be planning Camp Wendake all year. It has been a fantastic year this year working with the planning team and the governance committee to plan the year.

Some of you have asked me about the Gala and the decision was made not to have it in the spring and to hopefully plan an event for the fall. That does mean that we need to raise more money for camp in other ways. If anyone in the London area is able to help out with the Walk for Life – the Event Committee and Camp Wendake will welcome your help. They have just started the planning for September 21, 2009 and need one or two people from Camp Wendake to help get the work done. You can ask Pam Hill, Tracey (donation@campwendake.org) or myself (director@campwendake.org) for more information. It is a fun committee and great people to work with.

For me not only do we have great campers we have great volunteer staff. So I just want to thank each of you keeping Camp Wendake in your hearts and minds. I am grateful for the many gifts and donations and the energy of so many people to make camp possible.

Thanks to Dayle the staff applications have been available and we have started planning for our training weekend in June. If you want to come to camp as staff please get in touch with Dayle (volunteer@campwendake.org). Please pass on the application to anyone you know who might be interested in volunteering for camp.

Rob thank you for taking on the Registrar position and going the extra step with Lindsay to redesign our camper application. Please let Rob know what you think when the application form is available May 1st.

We don't have a theme yet for this year, so maybe it is POSibilities.

We all are looking forward to Camp Wendake this summer and please feel free to get in touch as we cherish your stories, and hopes and concerns.

Peace, Prosperity, Perspective, Matthew

From Elise

Welcome everyone to Wendake! As I write this, I am deeply aware of the spring season that is upon us (finally). Spring is a time of growth and new visions- and here we are busy planning for our camp this coming summer. I am sitting in the sun in my backyard, listening to the very excited natural world around me. I'm thinking about all of you and the many activities we took part in last year.-thinking about the beach, sunsets at sunset point, the soapstone carving and drumming, campfires, canoeing, the Blythe Festival, massages, our creations, hairstylists, great food, laughter and tears, our Talent Show.



Plans are underway for this year and I'm hoping to be able to bring in even more awesome activities and services!

If you have any ideas you would like to experience for programs-please email me. While I can't promise we can do everything, I can try to include your ideas in my planning. Take Care and Dream Big!

Peace, Elise
Program Coordinator eboniko@rogers.com

Camper Countdown to Registration

It won't be long now folks! Registration forms for Camp Wendake 2009 will be available as of May 1, 2009. You will be able to download them from online at our website, www.campwendake.org or by calling your AIDS service case manager. You can also call the Camp Registrar directly for a copy to be mailed or emailed to you.

Contact Rob Newman at 1-866-920-1601 or 519-434-1601 or by email at registrar@aidslondon.com.

Remember to apply early!

Camp Wendake 2009

Monday August 24 to Saturday August 29



Memories of Camp Wendake
Poems? Stories? Photos of artwork? Send your newsletter submissions to :
pauljohnston63@rogers.com



Greetings from Club Meds

The Nurses at Club Meds are eagerly awaiting Camp 2009. Pam, Peppi, Mike, Aric and Jill are expected to make an appearance again. As always our goal is to facilitate a smooth transition to camping life with as few complications as possible. Please read carefully the instructions that come with your registration package, especially the bits about bringing enough medication for the duration of the camp and extra pain meds if that applies to you, as you will likely be more active. Space is limited so **PLEASE** use dosettes for your medication as they are much easier to store. Our skit was so warmly received that word has it that we may even try it again and we challenge all program and camp administration to join in creating their own skit. As was so aptly pointed out, it is not so much about talent as participating. Looking forward to seeing old friends and meeting new ones.
The Nursing Staff at Club Meds.

Greetings from the Staff Director



Hello again! Spring is here and planning under way for Camp Wendake 2009. What a long, cold winter it has been; isn't it wonderful to look forward to the warmth of the sun on your face and the feel of the sand sifting through your toes on the beach at camp? I can hardly wait!

We've received many positive responses from people who have volunteered in the past and from those who anticipate their first experience of volunteering at Camp Wendake. Thank you for that response and please submit your applications soon. We have several positions that need some attention this year, namely, waterfront and maintenance plus the position of cook is also available this year. So if you know people who may be interested please encourage them to send their applications to volunteer@campwendake.org.

Training will take place this year on Friday and Saturday, June 5th and 6th at Huron Church Camp; we believe this year's format will be highly interesting as well as educational. So mark the dates on your calendar and get those applications in!

Blessings to all,
Dayle

B is for...

The WELLNESS strategy I employ for my clients and for myself is very simple.

It is as simple as A B C.

The A stands for Awareness.

The C stands for Core.

The B is the thread that connects Awareness and Core.

What do you think the B stands for?

Any suggestions?

In my WELLNESS strategy, B is for BALANCE.

The concept of BALANCE applies in many areas of our lives—work/play balance, body/mind/spirit balance and muscular balance. The latter is the focus of this article.

Short, tight muscles opposed by long, lazy muscles will pull bones and joints out of proper alignment.

Muscular balance is especially important in the shoulders and in the pelvis. Often strong anterior shoulder muscles (the “pecs”, short for pectorals) exist in combination with weak posterior shoulder muscles, among them the rhomboids situated between your scapulae (your shoulder blades). This imbalance will result in a forward, rounded (protracted) shoulder posture. This misalignment will be exaggerated if there is also a forward head posture, a frequent situation when computer-use ergonomics are not carefully considered.

In the pelvic area, an imbalance is often created when the abdominal and gluteal muscles are weak and the hip flexors and back muscles are tight. You all probably know that gluteus maximus is your big butt muscle. Hip flexors lift the knee toward the chest. They are shortened whenever you are seated. This imbalance will create an anterior pelvic tilt.

I would like to help you understand this important concept. Stand.

Bend your knees slightly. Put your hands on your hips, fingers facing forward and thumbs along the crest of your hip bones.

Now surrender any inhibitions or embarrassment that you may have and gently rock your pelvis forward and backward. Sometimes it helps to place a hand on your back and feel your back flattening as your pelvis tips backward.

This movement incorporates the A B C's: Awareness, Balance, Core.

A: Are you aware of the anatomy; are you aware of the movement?

B: Is there balance in your pelvic posture—in a forward/backward alignment and in a side-to-side alignment?

C: Do you have the core strength to provide pelvic stability and mobility?

It is important to be aware that doing a posterior pelvic tilt strengthens lower abdominal muscles. I suggest you do this exercise 10 times a day, holding the muscle contractions for 10 seconds each time—in bed, in the car, at your desk.

I would like to offer 3 simple strategies to assist upper body balance:

1. Bring your car seat closer to the steering wheel so you are not reaching as far forward with your arms. This will prevent protraction of the shoulder blades, the scapulae. By that, I mean separation of the shoulder blades, and forward rounding of the shoulders. In this position I encourage you to gently squeeze your shoulder blades together.
2. Elevate your rear view mirror an inch or two. This will encourage you to sit taller, resisting the downward pull of gravity and reducing its negative impact on your posture. You can take this “sit tall” energy from your car to your computer.
3. Draw your navel (belly button) in. Good posture starts here, with engagement of a muscle called transversus abdominus. I called it the “ggg”—the god-given girdle.

Certainly, achieving muscular balance using appropriate strengthening, stretching and massage is one necessary ingredient in the recipe for holistic balance. Many other factors must be considered including nutritional balance. Does your caloric intake balance your caloric expenditure? Are carbohydrates, proteins and fats consumed in a balanced ratio, perhaps 60, 20, 20? What about your omega 3, 6, 9 fatty acids? Many modern diets have an excess of omega-6 fatty acids.

What about the balance between laughter and tears, talking and listening, pride and humility? A discussion of balance in our lives can broach many topics.

Because you are your body's best Doctor, awareness is essential for wellness. Awareness leads to empowerment. Repeated in different words, knowledge is power.

Whether you are a boxer, a baker or a ballerina, core strength is critical to your performance.

And what is the thread that connects Awareness and Core?

B is for BALANCE.

Spencer

molarmitch@rogers.com

Feedback welcome.



AIDS WALK FOR LIFE LONDON
VICTORIA PARK
SEPTEMBER 20, 2009



Interested in finding out how you can help raise money for Camp Wendake?

You can walk or sponsor someone who is walking on September 20, 2009.

For more information talk to Matthew or visit the Walk for Life Website at www.walkforlife.london.com/

Camp Wendake presents an opportunity to be who you are!

I'd like to make a donation of (please circle one) **\$25 \$35 \$50 \$100 Other:** _____

Name _____

Address _____

Postal Code _____ Phone _____

- I have enclosed my cheque payable to Camp Wendake
- I prefer to charge a one-time donation to my credit card
- I want to make a monthly donation of _____ on my credit card
 (I can cancel my monthly payments at any time.) VISA MASTERCARD

Card Number _____ Expiry _____

I am interested in volunteering at Camp Wendake. Please contact me by: Phone Email

Email Address

All donations of \$10 or more will receive a charitable tax receipt. Charitable Registration #11896 7728 RR0001

Signature: _____

Mail to: Camp Wendake, 190 Queens Ave, London, ON N6A 6H7