



Shadow Lake News

Where choices change the lives of people with an intellectual disability



Summer 2018

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*Shadow Lake Centre is
Owned and Operated by
Community Living Toronto*



Meet the Shadow Lake staff for summer 2018! Here they all are during staff training week participating in Community Living Toronto's social media campaign **#TookaBreak18**

Welcome Back!

We hope you're as excited as we are about a new season at Shadow Lake. We have been busy getting the camp ready, but can't wait to see you! Some of you are coming as soon as next week, and some are still counting the weeks until it's your vacation with us.

For many of you, coming back to Shadow Lake is something you have been doing for years. For some of you, it's your first summer. Whether you are a first timer or a long time "Shadow Laker", we look forward to seeing each and every one of our Shadow Lake family! Camp is all about seeing old friends, making new ones, trying new things and having tons of fun.

In this newsletter we would like to introduce some of our senior staff, give you some tips about having the best camp experience ever and more.

Remember – It's better at the Lake!

Meet our Staff!

Meet and Greet

There are many staff who make summer camp possible, We'd like to introduce you to some of our senior staff here so that they will be familiar when you arrive. For returning guests, you will sure see some familiar faces here!



Jamie, Camp Coordinator

My name is Jamie and I'm thrilled to work as the Camp Coordinator at Shadow Lake Centre. I'm a graduate of a Behaviour Science Technology program and am currently working towards a Bachelor Degree in Behaviour Analysis. Shadow Lake holds a very special place in my heart as this year marks my 8th summer working here! Being a student, Shadow Lake has provided me the perfect opportunity to grow and expand my skills during the summer months. Shadow Lake Centre allows for each unique individual to express their creativity, and expand on old and new friendships which I absolutely love being a part of. Seeing camp flourish every summer, creating endless possibilities for our guests really gratifies the hard work all of our staff put in.



Conor, Counselling Coordinator

Hi my name is Conor and this is my first time as the Counselling Coordinator and my 5th summer at Shadow Lake Centre. I'm very excited about this opportunity. A little about myself is that I'm study mechanical engineering and I am very into playing sports. When I'm at camp my favorite activities typically include the beachfront and playing sports in the barn. I look forward to spending this upcoming summer at Shadow Lake!



Kaylee, Counselling Coordinator

Hi there! My name is Kaylee and this will be my second year as Counselling Coordinator at Shadow Lake. Shadow Lake has become my home away from home over the past 3 summers and I can't wait to spend another summer at my favourite place with some of the best people! A few of my favourite things include: puns, campfires, hearing good stories, and laughing really hard. When not at camp I like to keep myself occupied by going on lots of hikes with my dog, reading good books, and binge watching my favourite shows on Netflix.

When at camp I love going on paddleboard rides, driveway walks, and lake swims with good company (which isn't hard to find). As camp is quickly approaching I look forward to catching up with all of our returning guests, and getting to know all of our new guests. See you all soon!



Saskia (Sas), Overnight Awake Coordinator

My name is Saskia, people call me Sas for short! I'm thrilled to be the Overnight Awake Coordinator for the summer of 2018! This is my second year at camp, after last summer I couldn't wait to come back! My favourite thing to do when I'm at camp is have fun on the lake using the paddleboard! You can also catch me on the driveway walk or at all of the awesome programs like the talent show, bonfire, or beach parties! Something you should know about me is that, I'm always ready for a conversation! Although I'm part of the 'Overnight Awake' team you will definitely see me around camp during the day! I'm super excited for another summer at

the best place on earth filled with laughter, smiles & loads of fun!

Getting ready for Camp

Getting the Most out of Your Visit to Shadow Lake

It's time to get your sleeping bag and backpack out and ready for another great camping adventure. But before you come to camp don't forget to take some time to get ready in other ways. Look at pictures of camp: there are lots on our website, Facebook and Twitter. This will remind you of where things are and bring back great memories if you are returning. If you're new to camp, this will help you to see what happens at camp so you are ready when you get here.

Packing can be pretty tough! Remember to label everything. That way if we find something, we can try to return it to you. To make packing easier, we have included a check list for you to use. We want you to have the best time at camp ever so remember to bring what you need. And, don't forget to have all of your medication packaged properly and any additional forms that you need to bring.

Headgear

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Scarves/ Bandannas/Baseball Cap/Sunhat | <input type="checkbox"/> Eyeglasses |
| <input type="checkbox"/> Swimming Goggles | <input type="checkbox"/> Sunglasses |

Clothing

- | | | | |
|---|--|-----------------------------------|---|
| <input type="checkbox"/> T-shirts/tank tops | <input type="checkbox"/> Sweater | <input type="checkbox"/> Jeans | <input type="checkbox"/> Pajamas and Robe |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Sweatshirt/Sweatpants | <input type="checkbox"/> Jacket | <input type="checkbox"/> Fleece Outwear |
| <input type="checkbox"/> Long Pants | <input type="checkbox"/> Swim Suit | <input type="checkbox"/> Raincoat | <input type="checkbox"/> Underwear |

Footwear

- | | | |
|--|---|--|
| <input type="checkbox"/> Boots | <input type="checkbox"/> Sandals/Flip-flops | <input type="checkbox"/> Water Shoes or Crocks |
| <input type="checkbox"/> Running Shoes | <input type="checkbox"/> Socks | |

Gear

- | | |
|---|---|
| <input type="checkbox"/> Flashlight and Batteries | <input type="checkbox"/> Reusable Water Bottle or Canteen |
|---|---|

Toiletries

- | | | |
|---|---|---|
| <input type="checkbox"/> Towels — Bath, Hand, and Beach | <input type="checkbox"/> Shower caddy | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Blanket | <input type="checkbox"/> Brush and Comb | <input type="checkbox"/> Anti-itch Ointment |
| <input type="checkbox"/> Pillow and Pillow Cases | <input type="checkbox"/> Shampoo | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Sheets for a single size bed | <input type="checkbox"/> Soap and Soap Container | <input type="checkbox"/> Feminine Products |
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> On-the-go hand sanitizer | <input type="checkbox"/> Sunblock |
| <input type="checkbox"/> Bathroom Kit | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Shaving Gear |
| | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Lip balm |

What to leave at home...

- Electronic games and personal listening devices and cellphones
- Expensive and valuable items that will be missed if broken or lost
- Too much money; a small amount is all that's needed to buy the occasional treat.

Making Camp Possible

Shadow Lake Centre Camp Subsidy Fund



In early April I sent an email that challenged friends, family and supporters to make a donation to help me create a **Shadow Lake Centre Camp Subsidy fund**.

The fund would help individuals and families struggling with this year's increase in summer camp fees by providing subsidies of up to \$500 for guests in need and for every donation, I would match every dollar.

Six weeks later and camp is about to start and I'm humbled by all of the responses and donations received.

Together we raised an amazing \$22,565!

23 applications for subsidies were received and we've been able to fund everyone this year. Not only that with the additional monies, we will be able to provide subsidy opportunities for more people in the future. **THANK YOU!**

Want to help someone in need with a camp subsidy? There's still an opportunity. Make your donation online today at shadowlakecentre.ca. If you'd prefer to mail a cheque or speak to someone, contact Sylvie Labrosse, our Manager of Fundraising, she'd be happy to speak to you.

Contact Sylvie by email at: sylvie.labrosse@cltoronto.ca or by phone at 647-588-9465

Camp Store

We have been overwhelmed with requests from families and alumni to show off their love of Shadow Lake. We know its "**Better at the Lake**" so have launched our first online Camp Store. Check it out and buy some great camp gear.

Is there something you would like to see stocked in our store? Email us at shadowlake.office@cltoronto.ca and we will see what we can do.



shadowlakecentre.ca/store/

Updates and Off Season Rentals

Building a Better Camp!

Our camp is over 50 years old. With a camp that has been around that long it is a never ending list of things that need to be upgraded, fixed, rebuilt or restored. Here is a list of some of the things we have been working on since last summer.



Thank you to all of the staff from VMware Cares that had volunteered their time to give us a hand!

- Cabins 9, 10 and 11 were **completely rebuilt from the inside out**. These new and improved cabins will benefit not only our summer guests but will make them more marketable to our **off season rental** groups.
- The wood paneling was removed and **drywall installed** in cabins 2, 3, and 4.
- The larger cabins will all have **wood paneling removed** and drywall installed.
- In October we will start the **rebuild our septic bed**.

Off Season Rentals



From **September until mid May** the camp is used by numerous groups such as schools, Scouts, Guides, yoga groups, faith groups, etc.

This past season we saw mostly repeat customers but we did have some new groups enjoying our facilities.

Shadow Lake continues to have an excellent working relationship with both the Stouffville Fire Department and York Regional Police. The fire Department uses our lake for ice rescue training and York Regional Police keep our facilities safe by regular visits.

To find out more about our off season rentals, or to book contact Gary Ouellette by phone 416-317-0472 or by email gouellette@cltoronto.ca

Shadow Lake Centre Alumni

Where are they now?



Dan is the 6th from the left in the top row of the 1986 Shadow Lake Staff photo

Dan Bell

Meet Shadow Lake Alumni Dan Bell. Dan worked at Shadow Lake from 1986 to 1993. He started out as part of the Maintenance Team and worked his way to providing support at the Shadow Lake Group Home.

Dan's supervisor in his early years at camp was Phil Ruhl who was the Properties Supervisor at the time as well as a Volunteer Fire Fighter for the Town of Stouffville. This was a factor in Dan's decision to work for the Fire Department servicing the Town of Whitchurch/Stouffville now for over 22 years. His current position is the Training Officer.

Shadow Lake is used each and every winter by the Fire Department to train their staff on Ice Water Rescues and they have provided their trucks during events such as the 50th Anniversary Reunion in 2015. Dan and his team have also been very valuable to Shadow Lake over the years with their support to the many upgrades to the fire safety at the camp.

Dan's connection to Shadow Lake is very strong. He met his wife Kaurina (nee Coulter) at the camp, and remains in contact with a number of friends from back in the day.



Dan receiving his 20 year service award from the Town of Whitchurch/Stouffville Fire Department in 2016.

Stay Connected with Shadow Lake Centre

Want to stay connected with Shadow Lake Centre?

Click on the button and become an **Official Shadow Lake Centre Alumni!**

STAY CONNECTED

As a Shadow Lake Centre Alumni, you'll be kept up to date on upcoming Shadow Lake Centre and Community Living Toronto events and ways to stay involved.

You'll receive the Shadow Lake Centre newsletter 3 times a year, be eligible for off season rental discounts and by Shadow Lake Centre merchandise at our new online store!

Don't miss out, click on the button and become a Shadow Lake Centre Alumni today!



Shadow Lake Centre Camp staff circa 1990



Shadow Lake Centre Camp staff circa 1980



Shadow Lake Centre Camp staff circa 1987



Shadow Lake Centre circa mid-1970



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Contacts



Facilities Rentals & Marketing
Gary Ouellette
416-317-0472
gouellette@cltoronto.ca



Supervisor
Goran Krstanovski
416-371-3475
goran.krstanovski@cltoronto.ca



Superintendent
Marisa Grasse
416-317-0463
mgrasse@cltoronto.ca



Manager
Muhammed Irshad
647-203-2953
mirshad@cltoronto.ca



Director
Angela Bradley
416-509-1596
abradley@cltoronto.ca

15041 9th Line
Stouffville, Ontario
L4A 3E4
shadowlake.office@cltoronto.ca
Phone: 905-640-6432
Fax: 905-640-1339



MyCommunityHub is an online registration space for activities, classes, programs, workshops, respite and camps offered by Developmental Service Agencies across Ontario. Register with MyCommunityHub.ca today!

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