



Shadow Lake News

SUMMER 2019

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MyCommunityHub.ca

Spring 2019

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Fun-Filled Summer Ahead!

The Shadow Lake team is excited to get our programming underway for this summer! We've worked with our entire team to create accessible, fun, and exciting themes and activities for each of our sessions. Here is what to expect each week at camp:

June 9th – 15th | Space Week

We're launching off the summer with our Space week! We will be crafting celestial bodies and astronaut gear, dancing under the stars, and exploring the galaxy in some out-of-this-world adventures.

June 16th – 22nd | Music Week

Music Week will be filled with endless dancing and singing. Join us for some karaoke, musical chairs, freeze dance, drum circles and show us your musical talents. You can even work on making your own music!

June 23rd – 29th | A Year in a Week

We will be celebrating a year's worth of festivities in a single week, including a visit from Santa, the classic Haunted Halloween Barn, Chinese New Year, and much more. Let's celebrate your favourite holiday together!

June 30th – July 6th | Canadian Week

We will be celebrating Canada's birthday, so make sure to pack lots of red clothing and get ready for a ton of Canadian themed activities. What would Canada Day be without Gary and Marisa's traditional fireworks show?! Make sure to get your face painted to show your Canadian spirit too.



Counsellors and campers getting ready for the Shadow Lake Haunted Barn

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Fun-Filled Summer Ahead!

July 7th – 13th | Superhero week

Do you have a favourite superhero? Or maybe you want to become your own superhero. Use your super powers along with the other heroes at camp to help us save the world from notorious super villains. We will also have two special superhero guests: Batman and Wonder Woman!



Superheroes and Villains from our Superhero Week

July 14th – 20th | Camp Hollywood

We're rolling out the red carpet for Camp Hollywood week. With all the glitz and glam of your favourite celebrities here at camp, from your favourite movies, TV shows, and of course, your favourite Disney characters too! Get all dressed up or just be yourself and be a part of our camp movie. Make your very own Hollywood star and put it on the Walk of Fame.

July 21st – 27th | 2019 Shadow Lake Games

Be sure to have your Shadow Lake spirit ready for the 2019 Shadow Lake Games. That's right; our very own Olympic week where each cabin will adopt a country and compete in a ton of fun activities all week. Help us carry the torch all around camp to reach the opening ceremony and close the week with an incredible awards ceremony with costumes and banners representing each team's colours.



Lighting the torch for Olympic Week

July 28th – August 3rd | Shadow Lake's Got Talent

We want you to show us your talents in our Shadow Lake's Got Talent week. Whether it's a dance, singing a song, or maybe you want get up on stage and share some jokes, we want to see what you've got! We also have a very special magician coming in and ending the week with an all-time favourite: the crowning of Mr. and Mrs. Shadow Lake!

August 4th – 10th | Wacky Water Week

With the sun at its strongest, what better time to have our Wacky Water week? Pack a bathing suit and get ready to get wet; the splash pad will be up and running, water balloons will be filled, and the beach will be a hub of water-related fun. You'll be staying cool in the summer heat, but make sure to watch out for sea creatures and baby sharks!



Swimming for Wacky Water Week, using a Mobi-Chair to help float in the water

August 11th – 17th | Adventure Week

Come and experience Shadow Lake's beautiful environment with hikes through the forest, scavenger hunts, safari rides, and by meeting some of our special animal guests. We have so much nature to explore and we'd love for you to explore it with us.

We hope that all these fun activities excite you and get you in the mood for summer; they sure have us counting down the days. Along with these unique activities, we will still have regular programming available: the beach will be open, arts and crafts will be open, the splash pad will be running, and anytime you want to grab some sporting equipment or tabletop games, they will be available.

What to Expect: Your First Week at Camp

Whether you come by bus or by car, as soon as you arrive at Shadow Lake you can expect to be greeted by several smiling faces from us and everyone who are eager to meet and start getting to know you. If you get here and you aren't sure where to go, just look for anyone wearing a Shadow Lake Centre staff t-shirt and they will help you.

Your parents/caregivers are welcome to stay for some time after you've checked in. This is a great time to explore the property, get to know our facilities, and go over to see where you will be staying.

Shortly after you arrive, you will be introduced to your counsellor for the week and they will ask you what you'd like to do and let you know what activities we currently have available. On check-in days we have cooperative games and activities going on so you can start making new friends! If you'd rather do an activity on your own or with one of us, that is okay too!

Transitions can be difficult, especially if it is your first time in a new environment, so we aim to make the transition to camp as easy and as comfortable as possible. If you have any questions or are nervous, that is what we are there for. We will listen and try to help you with any concerns you may have.

Here is an example of what a typical day at Shadow Lake looks like:

- **7:30 – 8:00 am – Rise and Shine**
- **8:30 – 9:15 am – Breakfast**
- **9:30 – 9:45 am – Morning Group Exercise**
- **10:00 – 11:30 am – Individual and group programming**
- **12:00 – 1:00 pm – Lunch**
- **1:30 – 3:00 pm – Individual and group programming**
- **3:00 – 3:30 pm – Break and Tuck Shop**
- **3:30 – 5:00 pm – Individual and group programming**
- **5:30 – 6:30 pm – Dinner**
- **7:00 – 9:30 pm – Group Evening Program**



Taking some arts and crafts outside



Fun games at the campfire



Sunny days on the lake

Our individual and group programming will include activities like arts and crafts, the beach, the splash pad, and sports in the barn or in the field. The group evening program is our big activity for the day and includes: campfire, beach party, talent show, the dance, and games night. We will also have activities related to the week's theme for programming.

Getting Ready for Camp

Getting the Most 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. Now that you have an idea of what to expect when you get here, to get an even better idea of what camp is like take a look at some pictures: there are lots on our website, Facebook and Twitter.

Packing can be pretty tough! We recommend labelling all your belongings to avoid lost items. 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"/> 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"/> Brush and Comb | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Blanket or Sleeping Bag | <input type="checkbox"/> Shampoo | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Pillow and Pillow Case | <input type="checkbox"/> On-the-go hand sanitizer | <input type="checkbox"/> Feminine Products |
| <input type="checkbox"/> Sheets for a single size bed | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Sunblock |
| <input type="checkbox"/> Bathroom Kit | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Shaving Gear |

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; we advise \$10 for our tuck shop; enough for a snack and drink everyday of the week

March Break Camp

Smiles All Around!



Tobogganing fun on our biggest hill!



Dress up day!



Outdoor fun with a football !

Camp fun started early this year with our annual March Break Camp. We were so pleased to continue this partnership with Respite Choices. We had nine amazing kids spend the week at the snowy Shadow Lake.

All cozied up in their winter gear they spent lots of time running around in the snow, playing some sports, parachute games, going for hikes in the forest, and of course tobogganing some of the big hills we have. When they got tired from being outside they knocked the snow off their boots and warmed up in the dining hall where we had plenty of indoor activities to engage in.

The kids showed off their artistic talents with drawing, colouring, and making some cool tie-dye bandanas. They certainly didn't shy away from showing their wild sides either, running around playing games of tag, hide and seek and lots of Frisbee on the open floor, as well as playing some indoor sports in our big red barn. And of course, who doesn't love music? Throughout the week we had tons of music playing and lots of dancing, karaoke, and drum circles. These were further showcased in our talent show, where the kids chose their favourite songs and prepared their own special routines to perform for everyone.

The campers also had a lot of fun rummaging through our costume bins, dressing up, and playing some dancing games as princesses, firefighters, and wizards!

Overall it was an amazing week of fun and energetic activities. We've been so grateful that Respite Choices sent us positive feedback from several parents.

We can't wait to continue this annual tradition and have more adventures next year!



Keeping the beat inside

Offseason Update

Property Update



Our new Dining Hall floor

This past off-season, Shadow Lake has continued to make improvements around the property. We've installed new flooring in Crystal Place and in the Dining Hall. The Dining Hall was originally built in 1985 with the help of many community partners. Over the years, the floor has had a fair amount of traffic. We're very excited for the upgrade! We got rid of the trailer that used to house our overnight awake team and are currently in the process of renovating our century farm house. We're also continuing updates behind the scenes with our electricity and septic system. So far, we've had rave reviews about our upgrades from our guests that have used the property in the off season.

If you have any inquires about the property, contact: Marisa Grasse by phone 416-317-0463 or by email mgrasse@cltoronto.ca

Off Season Rentals

From September until the end of May we continue to rent our facilities to community groups. This past fall and winter we had a lot of diverse groups book with us. From Schools, Air Cadet groups, Social Service Agencies, Guides, Scouts, Faith Groups, and Private Families all enjoyed Shadow Lake this past off season. One of our favourite memories is when the 2018 movie "A Simple Favour" filmed at our location.

Shadow Lake has a great partnership with the community of Stouffville. Our local Fire Department continuously uses our lake to train their staff in water rescue techniques and the York Regional Police are great friends of Shadow Lake and drop in on a regular basis.

This year we are part of "Doors Open Ontario". The Whitchurch-Stouffville date is June 1st and we invite you to check out our camp and learn about what we do! (See page 8 for more details!)

If you'd like to rent out our facilities during the off season, or to simply find out more, you can contact: Gary Ouellette by phone 416-317-0472 or by email gouellette@cltoronto.ca



The Whitchurch-Stouffville Fire & Emergency Services doing their water rescue training



The 856 Air Cadets, Pickering helping with ice removal

What's New?

Space Availability

We're excited to announce that the upcoming summer camp has already reached over 60% capacity! If you haven't already, make sure you visit mycommunityhub.ca to apply for the upcoming summer sessions. Spots are almost entirely full at the 5:1 and 1:1 ratios and 4:1 is starting to fill up fast. You can check the availability of spots when you visit MyCommunityHub and search for Shadow Lake. Keep in mind that we also offer day visits and you can sign-up to come with your own worker. For day visits, please contact our office.

Have questions about registration?

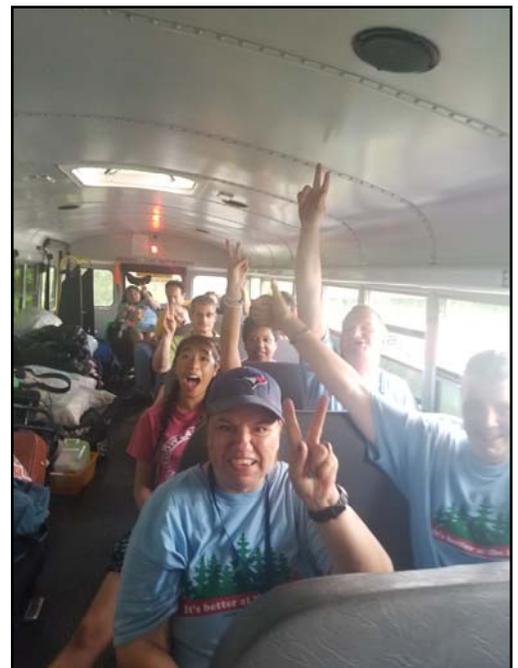
Contact Tim: 905-640-6432 | shadowlake.office@cltoronto.ca



Schedule Changes

We've changed our scheduling:

- Did you know that we are back to 7 days? That's right; each camp session now runs from Sunday to Saturday.
Check-in: Sunday 10am-2pm **Check-out:** Saturday from 10am-2pm
- If you have booked back-to-back sessions, you can stay over for the Saturday night between. There is no extra fee. If you do intend on staying, we will gladly do your laundry so we can make sure you have all clean clothes for the next week.
- If you are taking the bus to camp, please be sure to arrive at Lawson before 9:30am for check-in on Sunday morning. For check-out on Saturdays, we ask that you arrive no later than 2pm for pick-up. If you are running late, please call our office.
- We will also be extending our evening programs. Don't worry though, if you're an early bird you are still welcome to head to bed early, but for those who want to stay up a bit later our programming will be running later into the night this summer.



Peace and love on the bus ride to camp!



Summer camp 2019 applications are still open, send yours in now!

Apply ONLINE using: MyCommunityHub.ca

Doors Open Ontario

You're Invited!

Shadow Lake is honoured to be a part of the Doors Open program in Whitchurch-Stouffville on :

Saturday June 1st from 10:00am – 4:00pm

Join us! Doors Open Ontario is a part of the Ontario Heritage Trust and is focused on showcasing outstanding architectural, historical, and/or cultural sites in communities across the province. While Shadow Lake has been owned by Community Living Toronto since 1965, the property has been in use for over 100 years and is packed with lots of history from farming, to the Eaton family, to Shadow Lake Centre. Since the camp's purchase in 1965 we've come so far! Come by and say hello and discover more about Shadow Lake Centre!

This is a good opportunity to come and have a tour of the property if you have signed up for summer camp or are thinking about renting in the off-season.



Such beauty at Shadow Lake



Two ladies enjoying the green of our old golf course



Horse riding. Recognize the barn in the background?



T. Eaton Company employees posing at the front gate entrance

Did You Know...
Shadow Lake was purchased by the T. Eaton Company in 1923 and was used as a girls' recreational facility until 1956?



The barn we use for sports and arts and crafts



Thank-you

Students raise \$12,250!

Every year during the holiday season, Sir Oliver Mowat Collegiate Institute, a high school in Scarborough, holds a fundraising campaign for a different organization. In 2018, Shadow Lake Centre, had the honour of being chosen as their cause.

A few members of the Shadow Lake team attended the school's Christmas Market on December 14th, where students sold homemade baked goods, raffle tickets, books, and crafts. With all proceeds going to Shadow Lake Centre to help provide summer camp subsidies for those in need, the camp staff were excited to chat with the students and explain why it is such an important place for the people we support and their families.

On the final day of Sir Oliver Mowat's holiday fundraising campaign, the school held an assembly. After the students performed holiday songs and dances, they presented our team with a cheque for **\$12,250!** We are so grateful for this incredibly generous donation. The hard work, initiative, and dedication demonstrated by Sir Oliver Mowat's students during their holiday campaign is remarkable.

Thank you to all the students and faculty that organized this fundraiser. Your support will help 25 people with a subsidy of up to \$500!

Donors help make camp even better!

Whether it's arts and craft supplies for the Art Room, or donations to help us purchase items like paddle boards, fishing rods, life jackets, or support to help people with the cost of camp either through the Shadow Lake camp subsidy program or by sponsoring a person, your help is needed to make camp great for hundreds of people who attend Shadow Lake Centre each summer.

Our current needs include the following:

- Arts and crafts supplies, bubbles, and chalk
- Shadow Lake Camp Subsidy program to help individuals and families with a subsidy of up to \$500
- New Pedal Boats – our current paddle boats are quite old and we could use a few new ones
- Beach equipment, sand toys and lily pad mats
- Rainy day games – do you have board games that you're not using? We'd love to take them off your hands!



Shadow Lake team at the Christmas Market



Sir Oliver Mowat Collegiate presenting a cheque to our Shadow Lake Centre team

Donate to Shadow Lake Centre!

Visit: shadowlakecentre.ca

For further information, contact Sylvie Labrosse.

By email: sylvie.labrosse@cltoronto.ca or by phone: 647-588-9465

Shadow Lake Alumni: **Sylvio Janelle**

Here is a recent letter from Sylvio Janelle to Gary Ouellette. Sylvio was a Shadow Lake staff in 1990, and like many people who worked at the camp it had a positive lasting impact on his life. Thanks Sylvio for allowing us to share this with everyone.



Sylvio with 3 other Shadow Lake staff in the summer of 1990

Hello Gary,

You might remember me as one of the Quebecers from the summer of 1990. My summer at SLC has changed my life! I keep fond memories! As you may or may not remember, I went to SLC to practice my English before I went to study in the US to become a chiropractor. I graduated from Palmer College of Chiropractic in 1994 and am practicing in St-Georges, Québec. I'm married, have three daughters (21, 19, 17). I am also a full-time pastor.

I remember when my parents dropped me off at SLC: I was so shy that my mom had to talk with you and the other counsellors! After they left, in the next 10 weeks, I was to become pretty much bilingual.

During my first week at camp, I was working one-on-one with Roy, an older gentleman. You came to see me and told me "Sylvio, do you realize what you're doing with Roy?" I thought: "Oh, oh! I'm in trouble now!" But I wasn't as you went on and said: "What you're doing is AMAZING! Roy has NEVER been so active in all the years he's been coming here!" I was just doing my job... Keeping him busy... When I left, a week or so before the end of the summer, you told me that I could come back and work for you whenever I wanted. I still keep that in mind, but I'm pretty busy with my two jobs! :-)

At some point during the summer, you had asked me to get a Quebec flag. I did and you put it up on the flag pole!

That summer was key in my development to become a responsible adult. I not only learned English, but I developed my social skills as I went from being an introvert to still being an introvert but a functional extrovert...

I hope all is well for you and your loved ones! It's impressive to me that you are still at Shadow Lake Centre!

-Sylvio Janelle



Sylvio in March 2019 during his recent trip to India

Visit our website shadowlakecentre.ca and become an **Official Shadow Lake Centre Alumni!**

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 purchase Shadow Lake Centre merchandise at our online store!

Camp Leaders for Summer 2019

Leading by example

There are many people who make summer camp possible at Shadow Lake. In our previous newsletter, we introduced our senior staff team and they told our readers a little about themselves.

For those who don't know, our core leadership team is made up of mostly students who have years of experience at Shadow Lake. They use that experience to help guide our counsellors and to ensure that our campers have the best possible vacation.

If you're returning, you are probably familiar with the individuals pictured below, but if you are new this summer make sure to take a look at them so you will be aware of who they are when you arrive. They are eager to meet everyone and get this summer started!



Kaylee
Camp Coordinator
kaylee@shadowlakecentre.ca
Kaylee will be providing support to our supervisory team as well as general camp oversight for the counselling coordinators



Ryan
Counselling Coordinator
ryan@shadowlakecentre.ca
Ryan is responsible for the oversight of our counsellors.



Jasmine
Counselling Coordinator
jasmine@shadowlakecentre.ca
Jasmine is responsible for the oversight of our counsellors.



Saskia (Sas)
Overnight Awake Coordinator
Saskia is the supervisor for our overnight awake team.



Conor
Counselling Coordinator
conor@shadowlakecentre.ca
Conor is responsible for the oversight of our counsellors.

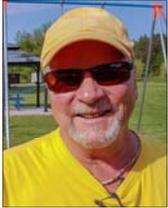


Stephen
Healthcare Coordinator
Stephen will be supervising our healthcare team.



Claire
Healthcare Coordinator
claire@shadowlakecentre.ca
Claire will be supervising our healthcare team.

Contacts



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



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Superintendent
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Manager
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Office Secretary
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Director
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