



Ponacka Information 2018

<u>July Campers</u>		<u>August Campers</u>	
Prior to April 30 th	Submit all forms	Prior to May 30 th	Submit all forms
Friday, June 29 th	Departure for camp	Tuesday, July 31 st	Departure for camp
Thursday, July 12 th	1st 2-week camp ends	Monday, August 13 th	1st 2-week camp ends
Friday, July 13 th	2nd 2-week camp begins	Tuesday, August 14 th	2nd 2-week camp begins
Wednesday, July 25 th	Closing Ceremonies	Sunday, August 26 th	Closing Ceremonies
Thursday, July 26 th	Departure from camp	Monday, August 27 th	Departure from camp

After May 20th all mail should be sent to:

Camp Ponacka, 376 Ponacka Rd. Highland Grove ON K0L 2A0.

Please do not send mail to the Selwyn address after May 20th. Please give your son, stamped, self-addressed envelopes so he can write to you. Please do **not send e-mails** to your son unless you are travelling and unable to mail letters.

Contact us anytime at info@ponacka.com

From May 20th-September 10th *Don & Anne's Summer Office/Residence* (613) 332-4125

From September 10th-May 20th *Don & Anne's Winter Residence/ Office* (705) 748-9470

We do not call a camper to the telephone nor permit him to call home without exceptional reasons.

VISITING INFORMATION

A visit by family members is an important part of camp! Most parents visit on one of the following days, **July 14th or 15th** or **August 11th or 12th**. You are welcome to visit on another day but call first to confirm your son is in camp. **We strongly discourage visits for boys staying only two weeks.**

TRAVEL INFORMATION

BUS TRAVEL TO CAMP:

Friday June 29 and Tuesday July 31
1:30 pm departure from **Toronto French School,**
306 Lawrence Ave E, North York

BUS TRAVEL FROM CAMP:

Thursday July 26th and Monday August 27th
10 am departure from Ponacka to **Toronto French School**
306 Lawrence Ave E, North York
Arrival in Toronto between 1:30-2:00pm

Campers travelling by car:

Please arrive at camp between 2–4:30 pm
On departure day, please pick up your son at camp before 1:00 pm

THE CAMP PROGRAM

The program offered at Ponacka consists of both a “Course” and “Daily Choice” program.

COURSE PROGRAM

Five activity periods are offered on five days each week. Sunday is a special camp-wide game day and Thursday is a cookout day.

Canoeing: Every camper takes a five day course until he has earned his ORCKA Level 3. Your son may enrol in additional lessons on the course enrolment sheet or sign up through the daily choice program.

Sailing: Sailing lessons are two hours long. A one week course (10 hours) is recommended for a boy with no previous experience or a camper taking his CANSail 1. CANSail 2 requires up to two weeks of sailing lessons, depending on previous experience. The keen sailor planning to earn CANSail 3 or 4 must enrol for 3 weeks. Sailing cookouts and 5th period racing provide more opportunities to sail.

Riding: We recommend 5 lessons for a camper who wishes to learn the basics. A camper who enjoys riding should be enrolled for 10 lessons. Only an experienced, keen rider should enrol for 15 lessons.

Swimming: The boys take 5 swimming lessons/week. There are optional “free swims” before lunch/dinner and usually prior to bed. Red Cross (RC) and Life Saving Society of Canada (LSSC) swim levels are offered. Please complete the swim section on the course enrollment sheet, using the chart below as a reference. Enclosing a copy of your son’s swim record is helpful.

Ponacka Swim Program

SWIM AWARD		PREREQUISITE
Red Cross Swim Kids Levels 3-8		N/A
LSSC ROOKIE PATROL		N/A
Red Cross Swim Kids 9		N/A
LSSC RANGER PATROL		N/A
Red Cross Swim Kids Level 10 (highest award)		N/A
LSSC STAR PATROL		Rookie+ Ranger Patrol
LSSC BRONZE STAR		Swim Kids 10
LSSC BRONZE MEDALLION & Emergency First Aid		Age 13 or Bronze Star
LSSC BRONZE CROSS		Bronze Med & EFA
RED CROSS WATER SAFETY INSTRUCTOR COURSE (July only) age 15+		LIFESAVING SOCIETY INSTRUCTOR COURSE (August only) age 16+
STANDARD FIRST AID COURSE (Both months)		Age 14+ with Bronze Cross

CHOICE PROGRAM

When they are not at their course activities, campers choose from the following activities:

Aerial Rope Course (age 11+)	Crafts	Mountain Biking (age 12+)
Archery	Fitness	Nature
Basketball	Kayaking	Pottery
Bushcraft	Land Sports (hockey,	Sail Racing
Canoeing	volleyball, soccer)	Water Skiing
Climbing Wall (age 10+)	Lapidary	Windsurfing

- **Kayaking** is available to boys in the oldest ten groups.
- **Windsurfing** is available to boys in the oldest eight groups.
- **Rock Climbing Cookouts** (age 11+)
- All four week campers may participate in the **Drama Production** at the end of each month.

TRAVEL BY CAR

ARRIVAL DAY: Plan to arrive at camp between **2-4 pm**. It is helpful for us if parents respect this arrival time. Our cook does not plan to serve meals to campers until supper!

DEPARTURE DAY: Please pick up your son **before 1 pm**. In order to avoid meeting our buses on the narrow roads, plan to arrive before 9:45 am or after 10:45 am. If you plan to depart with your son following the "closing ceremonies", expect to leave after 9:30 pm.

TRAVEL BY BUS

At the **beginning and end of each month**, chartered buses escorted by Ponacka staff, travel between Toronto and camp with a pick-up in Pickering. There is no bus service in the middle of the month. **We recommend that first time campers travel to camp by bus, if convenient.**

The buses load and unload at **Toronto French School, 306 Lawrence Ave E, North York**. Once the baggage is unloaded, please park your car away from the buses. We will provide a snack for the boys, please remind your son to fill his water bottle for the trip.

Please arrive no later than 1pm, as the buses WILL plan to leave at 1:30 pm!

If you have any difficulty finding your son or the camp buses, call us immediately! (613) 332-4125.

ARRIVAL DAY		DEPARTURE DAY	
LEAVE TORONTO	1:30 pm	LEAVE PONACKA	10 am
LEAVE PICKERING GO STN.	2:10 pm	ARRIVE PICKERING GO STN	12:45 pm
ARRIVE PONACKA	4:30 pm	ARRIVE TORONTO	1:30-2 pm

The buses arriving back to Toronto may be early, so please plan accordingly...

ARRANGEMENTS FOR MEETING FLIGHTS

Ponacka staff will meet campers arriving at Pearson International Airport. If the flight arrives later than **11am**, we will arrange to bring him directly to camp, rather than the camp bus. Please note the extra charge on the fee remittance form. On departure day, flights must depart later than 5 pm. If flying on a different day than the scheduled arrival or departure day, additional charges will apply.

Directions to Camp Ponacka (613) 332-4125

From Toronto

Take Hwy 401 east towards Kingston until the Peterborough-Lindsay exit at Hwy 115. Turn north towards Peterborough. In order to bypass downtown Peterborough, follow signs for Hwy 7 East to Ottawa, to traffic lights at the intersection of Highway 28 North and Hwy 7 East. Turn left on Hwy 28 north and continue until the road merges (right) with Hwy 28 north of Lakefield. Continue on 28 North past the town of Apsley (45 min). Turn left at Dyno Rd (also called Hwy 48) and continue until road ends. Turn right onto Hwy 118. After 2km, you will see a yellow flashing light. Turn left on Hwy 48, travel 10km to village of Highland Grove. Turn right at the South Baptiste Lake Rd. After 3.2km, turn left on to Clark Rd. After 1.8km on a gravel road turn right onto Storey Rd. Travel 3.5km to the Ponacka gate at end of road

From Ottawa On Hwy 417 West from Ottawa, exit at Hwy 7 (exit #145) towards Carleton Place. Merge onto Hwy #7 and travel through Perth, Kaladar to Madoc. Turn right (north) on Hwy 62 to Bancroft. Follow 62/Mill St. through the town of Bancroft. Approximately 2 km after the Tim Horton's, turn left at the "Y" road. At the end of the "Y" road turn left onto the South Baptiste Lake Rd. Travel through the village of Baptiste then a few km later, turn right onto Clark Rd. After 1.8km on a gravel road, turn right onto Storey Rd. travel 3.5km to the Ponacka gate at the end of the road.

From Kingston On 401 West to Belleville, turn north at Hwy 62 through Madoc to Bancroft. . Follow 62/Mill St. through the town of Bancroft. Approximately 2 km after the Tim Horton's turn left at the "Y" road. At the end of the "Y" road turn left onto the South Baptiste Lake Rd. Travel through the village of Baptiste then a few km later, turn right onto Clark Rd. After 1.8km on a gravel road, turn right onto Storey Rd. travel 3.5km to Ponacka gate.

VISITORS DAY (July 14-15th or August 11-12th) & CLOSING CEREMONIES

Plan to arrive at noon for a 3-4 hour visit. We have **Breakfast** 8:30-9:30, **Lunch** 1-2 pm and **Supper** 6:30-7:30. We hope that you will meet your son's counsellors and cabin mates. Most parents bring a picnic lunch to enjoy with their son at one of our picnic tables around camp. Some parents take their son into Bancroft for lunch. We encourage you to bring bathing suits and swim at our beach. During such a swim, your family's safety is your responsibility. For Sunday visits, plan to arrive by 10:30 am, in time to join us for our chapel service. We encourage all boys to participate in our special Sunday afternoon program, which starts at 3 pm. Dogs on leashes are welcome!

AS YOU DEPART Please leave your son at an activity, at his cabin (if during rest period), or with his counsellor. *Do not leave him in the parking lot, alone.* Try to speak with Don, Anne or Laura during your visit and if you have any concerns, let them know. We strongly request that you leave **NO** food or drink behind.

CLOSING CEREMONIES At the end of each month there is a Banquet, Awards Ceremony and Candlelight service in our chapel. Parents attending the banquet should plan to arrive no later than 5:30pm, for seating at 5:45 pm. Parents not signed up for the banquet, are welcome to join us for the Awards Ceremony and Candlelight service which start at 7 pm. If you are planning to take your son home that evening, please pack your car before dinner or during the break immediately following the Banquet. We encourage you to stay until the completion of the evening program (9:30-10 pm). *We can take only 10-12 guests at each Banquet and so request that you attend the Banquet (maximum of 3 guests) only once during your association with Ponacka.* You may however attend the rest of the closing ceremonies as often as you wish.

PARKING After bringing/picking up luggage at your son's tent/cabin, please return your car to the parking lot.

MEDICAL INFORMATION

- * If your son has an illness or accident prior to his arrival, please contact us
- * Please delay his arrival if he is not well. Colds or flu spread rapidly through camp
- * Medication brought in a pill dispenser box makes administration easier.
- * If your boy is sensitive to mosquito bites, a tube of Benadryl cream will come in handy
- * ***Remember to enclose a photocopy of both sides of your son's health card with the most recent version code***

PARCELS and LETTERS

Food/candy **are not to be sent** or brought to camp. Please advise your relatives not to send food. We confiscate candy and Spitz which is upsetting for the boys. Racoons and chipmunks make unwelcome nocturnal visits to tents with food!

We are inundated with parcels resulting in more delivery trucks on our road and greater expectations on the part of the boys that they “need” packages from home. If your son needs an item of clothing or equipment, we are happy to expedite your package to him. Otherwise, we discourage sending parcels on a regular basis. A letter from home/extended family is a real treat in itself!

A short letter or postcard **two or three times a week** is encouraged – it is the “getting mail” that is important, not so much the letter length. Letters from home or extended family are greatly appreciated by the boys, even the older ones! Please do not write anything distressing in a letter. News of illness of family or close friends is upsetting and your son can do nothing about the situation except worry. Please call us if you have distressing news so that we can discuss the best way to inform your son. **We ask that you not send e-mails to your son, unless you are away travelling or are parents of an international camper.**

ARRIVAL DAY BUNK LOTTERY

Wishing to be fair to the boys who sleep in tents, we have a bunk lottery. Regardless of arrival time, a boy selects a random “top” or “bottom” bunk chit from his counsellor. Boys who take the bus are not penalized for arriving later in the afternoon, they still have a choice of top or bottom bunk.

SPENDING MONEY

Pocket money needed for a trip away from camp is given to the camper from his tuck account. We ask boys not to bring money to camp. It is easily lost, upsetting for everyone.

SMOKING AND DRUGS

Campers are **NOT** allowed to possess or smoke tobacco products nor have non-medical drugs or alcohol at camp or on camping trips. If you think it appropriate, please warn your son that he will be expelled from camp for any violation of this ruling. **NO FEE REFUND WILL BE MADE.** We review the rules on the first night of camp with the older boys and offer an opportunity to get rid of any forbidden substances.

TECHNOLOGY FREE

No phones, iPods, videocameras, electronic games, computers, laser pointers, or e-readers are allowed at camp. Camp is a social place to enjoy the sounds of the natural world and create music with guitars, piano and instruments that staff and campers bring. Connecting with others is what camp is all about. These items will be confiscated and will **not be returned**. Phones belonging to international campers, used for travel to and from camp, will be safely stored until departure day.

WATER BALLOONS

Do **NOT** send water balloons to camp!! Although fun, they are difficult to clean up, creating work for our maintenance staff.

CAMP WIDE PHOTO

On **June 30th** and **August 1st**, a photographer from Montreal takes a full camp photo. If your son is at camp on those dates, please indicate on the fee remittance form if you would like to order one. The price is \$23. ***Boys attending the second half of the month will not be in the picture!***

PETS

If your son wishes to bring a small pet (gerbil, rabbit, guinea pig, rat) for loan to the Nature Hut, please contact us. At the end of August, we look for homes for any camp pets in our nature hut. If your boy wishes to bring one home, he needs your consent.

BOOKS, GAMES, COSTUMES

Our camp library and drama hut welcome donations!

LABELLING BELONGINGS

Many articles of value are left at camp –most unlabelled! Labelled items are returned, however we are still left with piles of unlabelled clothes, shoes, pillows, towels. Chances of items going missing are greatly reduced if well labelled. Please mail to us anything that erroneously goes home in the wrong trunk and we will forward the item. Expensive, brand name clothing is best left at home! Please label **shoes, paddles and lifejackets**. Get 15% off when your order through Mabel's Labels. Use the code PONACKA15 or the link below:

ponacka.mabelslabels.com

EQUIPMENT

- **Rain gear, waterproof stuff sack and compact sleeping bag** are essential for four week campers
- **Aqua socks** are excellent for water based activities.
- A labelled **Swiss army type of knife** is permitted. Your son must demonstrate responsible use.
- Some boys bring **mouth guards** to use when playing road hockey
- **Helmets** will be provided to boys who mountain bike, climb and ride horses.
- Ponacka **baseball caps** may be purchased at the tuck shop.

DIABOLOS

A diabolo is a popular toy enjoyed by many during free time at camp. Please remind your son to bring **his diabolo** back to camp! We sell them in the tuck shop for approx \$14.

WASTE DISPOSAL

At Ponacka, we use outhouses (kybos). This system does not require gallons of water nor the clearing of acres of forest for a larger septic system. The outhouses are cleaned daily, yet an odour is almost unavoidable. We think your son will understand if you discuss this with him. We compost as well as recycle glass, tin, cardboard, paper and plastic.

PHILANTHROPY at PONACKA

Beginning in the early years of Ponacka, the boys and staff have been asked each summer if they wish to donate a small amount from their tuck account to be given to a charity. Over the years, we have supported the Bancroft Hospital, Pueblito, Kinark Kids in Camp, Friends of Honduran Children and Ponacka Ghana, Our Children Africa. You may notice this small charge on your son's tuck account. If you have any questions or concerns, please let us know.

Each summer, Ponacka Alumni supports boys, selected from the Big Brothers & Sisters organization in Peterborough, to come to Ponacka. The alumni decided to call their charity, the Sons of Sphairee! (Sphairee is a popular mini tennis game at camp). More information about SOS can be found at www.ponacka.com.

All forms & information sheets in this mailing can be found at www.ponacka.com