
CAMP WHITE PINE



2007
EDITION

Dear Campers,

White Pine is a leadership camp run by students, for students, with the support and guidance of Etobicoke Collegiate staff and administration. The camp is a unique experience based on developing leadership skills and self-discovery, as well as creating unity among the student body. Everyone is given the opportunity to 'step out of their comfort zones' by meeting new people, trying new things, and overcoming challenges. You will participate in a variety of activities including Arts and Crafts, Co-operative Games, Ropes, and Waterfront. We, the White Pine Executive, strongly feel that this is a once-in-a-lifetime opportunity and we are very excited to see you there!

Sincerely,

White Pine Exec



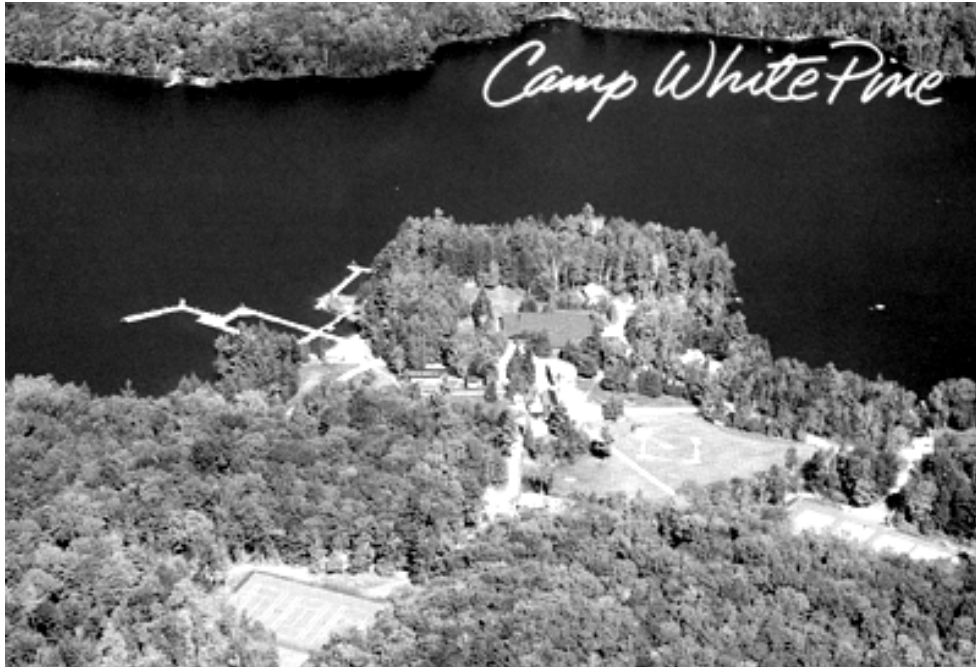
History of Camp White Pine

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In September 1985 and 1986, Etobicoke Collegiate Institute ran its first Leadership Program at Swallowdale Camp near Huntsville. This was an excellent educational experience for students and staff.

In September 1987, the program moved to Camp Winnebago, again near Huntsville. This leadership experience ran there from September 1987 to 1991.

In September 1992/93, our leadership program moved to a new camp, called White Pine, near Haliburton. Etobicoke Collegiate Institute students, in 1992, had the opportunity to participate in the most advanced leadership program of its kind at White Pine and continue to participate in the program as the years pass.



(Courtesy of campwhitepine.com)

Address:

Camp White Pine
Haliburton, Ont.
K0M 1S0
(705) 457-2131

White Pine Mission Statement For Students

1. To foster interpersonal and intrapersonal skills such as communication, creativity and confidence
2. To develop future leaders
3. To reinforce our roles as contributing and viable members of our diverse community
4. To learn to make decisions and choices that benefit all
5. To build valuable positive relationships and lifelong memories
5. To promote appreciation and respect for the environment

7. To promote, embrace and encourage diversity

Participants

Any students presently enrolled in grade 9 for the first time at Etobicoke Collegiate Institute are eligible to go to White Pine as campers. They will be accompanied by a selected group of senior students and teachers.

Cost

Although the Toronto District School Board contributes considerable funds to reduce the program fees, the cost of the program is \$260.00 per person, which includes accommodations, meals, and transportation to and from Camp White Pine. Financial Aid is available for anyone in need. For further information, please contact Ms. M. Oxley at (416)394-7840.

Rules and Expectations

1. Drugs and alcohol are absolutely forbidden. Prescription drugs are to be taken with the knowledge and supervision of staff. Anyone found with drugs or alcohol, or with anyone associated with the use of these substances, will be sent home. Registration fees will NOT be refunded.
2. Smoking is NOT permitted at any time.
3. Absolutely no nut products.
4. Curfew is 11:00 PM. Students are to be in their sleeping bags, and all talking is to cease by 11:30 PM.
5. No hatchets, axes, knives, guns, ammunition, bows and arrows, or other potentially dangerous objects may be brought to camp.

6. Boys will be accommodated in one section and the girls in another section. Boys are not allowed in girls' cabins and vice-versa.
7. Radios, TVs and stereos will not be allowed in the camp. Walkmans & Discmans will not be allowed during the sessions.
8. Territory off the property is strictly out-of-bounds.
9. Visitors, other than parents, are not allowed.
10. It is everyone's job to keep the camp clean and tidy. Pick-up any garbage and do not abuse the septic system.

Attendance: Students are expected to be on time and to attend all sessions during the White Pine Program, as well as all pre-trip sessions. Students are also expected to take an active part in all aspects of each session. Sessions will proceed rain or shine, so students should ensure that they have adequate wet weather clothing.

Behaviour: Students are expected to be polite, considerate and co-operative with each other, the student assistants and the staff

Arrival and Departure

Arrival at White Pine: Transportation to the camp will be provided. The buses will depart from the E.C.I. parking lot at 1:00pm on Sunday, September 9th.

Return to School: Students will return on buses and arrive at E.C.I. between 4:00pm on Friday, September 14th.

The Camp White Pine Site

First Aid: There is a first aid station in the Headquarters building. A nurse will be available during the camp. The closest hospital is in Haliburton, which is a 15-minute drive from the camp.

Tuck Shop: There will be no tuck shop at the camp. Students are advised NOT to bring money to camp.

Sample Daily Timetable

*Please note that this is only a sample day and changes may occur.

Time	Activity
7:15 am	“Rise and Shine” and Cabin Clean-up
8:00 am	Breakfast
9:00-11:30 am	Morning Activities
12:00 pm	Lunch
1:00-3:30 pm	Afternoon Activities
3:30-5:30 pm	Organized Recreational Activities
5:30 pm	Dinner
7:30-10:00 pm	Evening Program, snack at 10:00pm
11:00 pm	In Cabin
11:30 pm	Lights Out

Swimming Tests

With regard to water safety, staff and students must be able to show the ability to swim, in order to participate in the lakefront activities at the camp. This can be demonstrated during a supervised session with a teacher on the day of arrival at Camp White Pine.

The following must be demonstrated at the swimming test:

- a) Swim 50 metres without a PFD (Personal Floating Device) and
- b) Tread water for 5 minutes without a PFD.

If the student fails to demonstrate the following, he or she will not be able to participate in any waterfront activities.



Equipment and Clothing Checklist

*****PLEASE LABEL ALL ARTICLES WITH YOUR NAME*****

Toiletry Items

- comb and brush
- toothbrush and toothpaste
- soap in a plastic container
- facecloth
- hand towel
- bath towel
- deodorant
- facial tissues
- sunscreen
- + bag to carry all toiletry items

General Clothing

- pyjamas
- slippers and 'spare' shoes
- running shoes
- undergarments (one per day)
- socks (pair per day)

Bedding

- sleeping bag or 2 sheets and blankets
- pillow

Rain Gear

- rain hat
- raincoat (waterproof)
- rubber boots

Optional

- dressing gown (+ shower cap)
- camera
- lip balm
- shorts (weather permitting)
- insect repellent

- sweaters or sweatshirts (2+)
- pair of heavy walking/hiking shoes or boots
- jeans or heavy pants (3 or more pairs)
- shirts (at least one per day)
- warm jacket
- hat for sun protection
- sunglasses
- garbage bag for dirty laundry
- quiet games (cards)
- musical instruments

DO NOT BRING: food, gum, candy, beverages, matches, cigarettes, radio, tape players, knives, firearms, hatchets, non-prescription drugs, alcohol, video/electronic games and money

Camp White Pine Programs:

Arts and Crafts

Not a lot of description is needed for this program, because the name gives it all away except for how awesome it actually is. Everyone has the opportunity to make necklaces, bracelets etc out of string, rope and beads; as well as make bandannas for their colour groups and even have henna tattoos. Also, this year new stations and activities have been added to make the program even BETTER!!

Art of Nature

There have always been tons of people at camp who never really experience the outdoors, and this is their chance. Even if you know the outdoors like the back of your hand, you don't know the massive White Pine forests. This program mixes orienteering, group games and lots of running and hiding in the woods together for a very unique session.



Athletics

No one actually has to be athletic to enjoy this program, just be ready for a little adventure. This program involves group sports like basketball and beach

volleyball (which everyone plays up at White Pine at some point). Plus, you get the chance to show what you and your team are made of by tackling one of the mountain biking trails!



Co-Op

After your time at Co-Op, you'll never think group games are cheesy again. This program really emphasizes bonding your team. You will build together as a unit by stepping out of your comfort zone. Other games are just to get your team laughing. But, be prepared, because some of the games are just plain crazy (you'll see when you get up there).

Poerama

You might not realize how amazing some people on your team really are until you see them at Poerama. This program is a place where you can truly test yourself. Through skits and games like Hitchhiker and Freeze, you get the chance to take risks and express yourself, leaving you feeling pretty good after.

Ropes

Ever wonder what it would be like to get hooked up into a harness, climb a really, really tall pole and take a leap of faith? Whether you have or not, the ropes course is both challenging and fun. You can take a huge personal risk, show your individuality and cheer on your team while defying gravity at the same time.



X-Crew Night Activities

At White Pine, you can learn things about yourself, make many new friends and have fun; but you also get to be entertained. Courtesy of the X-Crew there will be music, theme nights, dancing and people going crazy in front of you. Step out of your comfort zone again, and don't be afraid to go "all out!"



Waterfront

As cold as you think it gets up at White Pine (and it does sometimes), there are plenty of days when all you'll want to do is go swimming. Waterfront



combines good old-fashioned swimming with canoeing and land games to get some friendly competition going on between you and the members of your group.

Ramathon

The title being derived from our loveable school animal, this program will take place for one afternoon and focus on Rams spirit in a friendly competition between all the colour groups, leading up to the legendary Gym Riot!