



CAMPER MANUAL

Our Mission: To provide families with a unique setting for educational and recreational experiences, promoting connections among family members and other families in attendance.

- Provide a fun, community-based family vacation that significantly improves the quality of people's lives:
 - Strengthen bonds with family
 - Strengthen bonds with people in the community
 - Connect people with nature
- Prepare parents for sending their child to residential summer camp
- Prepare children for the experience of attending residential summer camp

2012 Camping Season

Dear Friends,

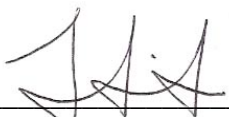
On behalf of the NYQUEST Family Camp Directors and staff, we extend a warm and friendly welcome. We will do our best to make your visit one that you will enjoy and remember for years to come.

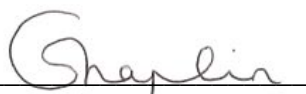
This booklet was designed to be a reference source to enhance your understanding and enjoyment of NYQUEST Family Camp. We encourage you to become familiar with its contents since it can be helpful in acquainting you with camp activities, facilities and procedures.

Please leave this booklet in your cabin for use in the future. If you would like a copy to take home, please ask at the camp office.

We promise to do everything we can to ensure you enjoy your stay. If there is anything we can do to enhance your stay, please let us know!

Sincerely,


Jonathan Nyquist


Camilla Chaplin

...and the rest of the NYQUEST Family Camp Team

Map of Camp White Pine:



BACKGROUND TO NYQUEST FAMILY CAMP

Why Family Camp?

The idea of Family Camp has been floating around Jonathan Nyquist's brain for a number of years, as the NYQUEST business has grown into a highly successful, one-of-a-kind organization. Opening up the world of summer camps to young people from countries as diverse as Brazil, Australia and South Africa is a very satisfying business venture, but there is nothing quite like being at camp, out in the open and free from the stresses and strains of the city life. Family Camps have been in operation in the USA for many years, often associated with University Alumni groups and YMCA's. Through watching the camps in action from afar, researching the various program models and visiting and meeting with many of the directors, Jonathan was able to get a clear understanding of the value and continued success of Family Camps. By being immersed in the overall camp world in the midst of the recession, Jonathan observed that although many residential summer camps were struggling to a variable degree with camper recruitment, family camps were usually full and often had long waiting lists. This further demonstrated the strong need for such an opportunity for families to experience and appreciate.



The actual appeal of Family Camp is simple and straightforward: spend time reconnecting with your family in a wholesome, supervised and beautiful environment, away from the distractions of modern day life. NYQUEST Family Camp at White Pine is able to provide just that, in a setting that is unrivalled. Think of it as an enhanced family vacation where you can share your camping memories with your family as well as create new memories that will last a lifetime, just like the magic of camp itself.

In 2010, the team at NYQUEST ran it's first ever Family Camp program at Camp White Pine in Haliburton, Ontario. The program lasted 3 days and two nights. This inaugural event was a resounding success and all the families expressed a strong interest to return the following year.

History of NYQUEST International Staffing Services:

NYQUEST Family Camps were born out of the original business: NYQUEST Training and Placement (www.go-nyquest.com). This business is an international staffing organization that recruits and hires exceptionally skilled individuals from all over the world to work at camps across Canada. The business was started by Jonathan Nyquist in 2005 and he earned an Entrepreneurial Award in Toronto for the success with his start-up. International staff at Canadian summer camps is a relatively new concept, and NYQUEST is at the forefront of this ambitious and exciting movement in the camping world.

NYQUEST is currently the only international camp staffing organization based in Canada. Despite having to operate during a lengthy economic recession, the business has grown every year since it was launched in 2005.

In 2009, the team at NYQUEST decided to add a Family Camp program to its business offerings. The idea was to utilize the talent of mature, highly-competent international staff to help lead a successful Family Camp program. This concept proved to work well. In the first year of running the program, it was obvious that our high quality staff was the most important ingredient to running a successful family camp program.

History of Camp White Pine:

Camp White Pine (www.campwhitepine.com) is located in the Haliburton Region of Ontario, and is nestled on its own private lake surrounded by 1600 acres of pure beauty. Founded in 1957, Camp White Pine has been functioning as one of North America's best residential camps under the direction of Joe and then Adam Kronick and his wife Dana. The camp attracts children from Canada, the US and beyond, and there are currently many second and even third generation campers in attendance. Campers return year after year, often making the transition to CIT and counsellor, and many consider it their "summer home".



Our Staff:

We pride ourselves on the group of staff we put together each year for Family Camp. Our staffing team draws upon some of the most highly experienced individuals from Camp White Pine itself as well as around the world! NYQUEST has selected a number of its top international staff members to join us at Family Camp; these

individuals have spent their summer working at camps across Canada and are eager to experience the magic of Family Camp with your children!

GENERAL INFORMATION

ALCOHOL & DRUG POLICY:

NYQUEST Family Camp's policy with regard to alcohol and drugs is consistent with provincial law. In Ontario, the legal age for purchase, distribution, and consumption of all alcoholic beverages is 19. Those who violate the law will be held legally responsible for their actions and will be required to forego the balance of their week at camp. In addition, future attendance at NYQUEST Family Camp may be denied. Those of age who choose to consume alcoholic beverages while at camp must only do so with proper and lawful regard for the rights and safety of others. **It is the responsibility of those who have alcoholic beverages at camp to make certain they are not available to minors at any time.** This includes the responsibility of making certain that all alcoholic beverages are stored securely inside their cabin unit (not in common rooms, on front porches, or in other areas where they may be within reach of irresponsible hands). If you wish to consume alcohol in a semi-public area (i.e. outside of your cabin), please use a disposable cup. These are available in the Dining Hall.

Use, possession, or distribution of illegal drugs is strictly prohibited. Those who violate the law will be held legally responsible for their actions and will be required to forego the balance of their week at camp. In addition, future attendance at NYQUEST Family Camp may be denied.

Due to the hazards associated with broken glass, we request that all beverages brought to NYQUEST Family Camp be in recyclable, aluminum cans.

Please utilize the can recycling bins located throughout camp.

SMOKING:

Because of the serious dangers associated with fire, we ask all campers to be especially careful with matches, cigarettes and other flammable materials. **SMOKING IS PROHIBITED except in designated areas.**

BABY-SITTING:

For your convenience, staff will be available to babysit during Adult evening program times. You are free to make your own arrangements with any staff member that you would like to babysit; we recommend a minimum payment of \$5/hour for the babysitter's services, and we ask that all family members are back in their cabins by 1 am.



BEVERAGES:

Coffee and tea are available 7:00 a.m. - 9:30 p.m. in the Dining Hall.

Water is available in the dining hall and close to most program areas: look for water fountains. We encourage you and your family to stay well hydrated, particularly on hot days. There is no need to bring bottled water with you to camp. The camp water undergoes an intense water filtration process that is monitored by the Province of Ontario.

CARS:

To insure the safety of all campers, use of vehicles at NYQUEST Family Camp is severely restricted. After unloading belongings at the cabins, campers should park their cars in one of our parking lots. Unless authorized by the Administrative Staff, cars should not be driven in cabin or program areas again until the end of the week.

EMAIL:

NYQUEST Family Camp has no computers available for camper email access, however there is a cell phone tower located across the lake so you will be able to access your emails via your smartphone (eg. Blackberry, iPhone).

GOLF CARTS:

There may be times when you see NYQUEST staff on golf carts. Golf carts are not for camper use, unless it is an emergency situation.

ICE MACHINES:

Ice machines are located in the back of the Dining Hall, on the loading dock.

**LOST AND FOUND:**

Lost and found tables are located in the Dining Hall. If you have lost an item, check here before proceeding to the office to fill out a lost item form. If you find an item, place it in the dining hall so it can be claimed by its owner. Valuable items such as wallets, cameras, watches, jewelry, etc. should be turned in or claimed at the Office. All unclaimed lost and found items will be donated after September 30.

MAINTENANCE:

Please report any maintenance problems to a NYQUEST staff member.

RECYCLING AND TRASH:

It is the responsibility of all who enjoy NYQUEST Family Camp's facility to help maintain its beauty. We ask that you help us be better environmental stewards by ensuring that your trash is placed in proper receptacles in your cabin and throughout camp, and by picking up any litter you may see.

SMARTPHONE POLICY:

You are welcome to bring your smart phone (eg. Blackberry, iPhone) to camp and use it in your cabin. We request that if you need to bring it with you around camp, please do not use it out in the open so as not to disrupt or take anything away from the quality of the program. We strongly encourage you to keep smart phone use to a minimum, to allow you to switch off and reconnect without any distractions. You may use your phone for camera purposes if you wish.

ACCOMMODATIONS:

The accommodations at White Pine are one of the biggest changes that have occurred over the years; and definitely for the better! The new cedar-sided cabins are both comfortable and clean (read: graffiti free!), whilst still retaining that rustic feel that lets you know you're at camp. Each cabin has a covered porch, a large changing room, and is capable of sleeping up to 16 people. The beds are new and fashioned with sturdy new bed boards. Please do not write on the cabin walls.



VALUABLES:

Guests may check valuables at the office where they will be locked in a safe. Items may be claimed any time during regular office hours.

MEALS:

Ah, camp food. So, it may not be Michelin starred but the food at Family Camp is something to get excited about. We have selected the highlights of the White Pine menu, so it won't be all-you-can-eat grilled cheese and tomato soup every lunch time! Not only is each meal accompanied by fruit, salad, vegetables and freshly baked bread, but there is always a vegetarian option available and there will be a variety of hot and cold choices. While food is not necessarily marked kosher, there is always a "kosher-style" option and in addition, the center table of the dining hall will have fresh fruit available between meal times.



FOOD/FRIDGES:

You are welcome to bring your own food items. If anything needs to be refrigerated, please speak to a camp staff. There is a private fridge in the kitchen which can be used.

NUT ALLERGIES:

NYQUEST Family Camp is a nut free facility. Please do not bring any items containing nuts with you.

BIRTHDAYS, ANNIVERSARIES, ETC.:

If you or a member of your family will celebrate a birthday, anniversary or other special occasion at camp, the kitchen staff will prepare a special cake for the occasion if given 24 hours advance notice.

EMERGENCY PROCEDURES

EMERGENCY CONTACT NUMBERS:

Jonathan Nyquist: (416)550-7183
Camilla Chaplin: (647)462-3877

In the event of an emergency, please feel free to phone Jonathan and/or Camilla on their cell phones

listed above. Feel free to call these numbers in case of an emergency any time day or night.

FIRE:

Pressurized water fire extinguishers are located in each cabin. They may be used to extinguish small non-electrical fires only. In the event of a larger fire:

- (1) **MAKE CERTAIN ALL PERSONS ARE SAFE**
- (2) **Immediately notify a staff member and emergency assistance will be summoned.**

Discharging fire extinguishers in non-emergency situations is illegal and can be very dangerous. Please check the extinguisher on your cabin and notify the office if the pressure indicator is not in the “charged” area.

IN CASE OF ANY EMERGENCY, A CONTINUOUS ALARM WILL SOUND AND ALL CAMPERS MUST MOVE QUICKLY TO PIONEER FIELD (BASEBALL).

SPECIAL MEDICATIONS:

In general, adult campers are responsible for administration of medication to themselves and their children. NYQUEST Family Camp maintains small quantities of medication and medical supplies for use by campers until they can purchase their own. We can direct you to one of several pharmacies in Haliburton where prescriptions can be filled. Medications needing refrigeration may be stored in the kitchen refrigerator.

HALIBURTON HOSPITAL DIRECTIONS:

Head out of camp via the camp road, and turn right onto ON-118W. Stay on this road for about 7kms. The Haliburton Hospital is located at the intersection of ON-118W/Maple St and Highland St. It is about 10-15 minutes away from camp.

Address: 7199 Gelert Road, Haliburton, ON K0M 1S0; (705)457-1392



PROGRAM

SUMMARY:

The NYQUEST Family Camp promises to be the perfect mix of relaxation and activity, incorporating ‘kid time’, ‘parent time’ and ‘family time’ into the daily routine. Your children will be fully supervised for much of the day, grouped by age and kept highly entertained by our talented and enthusiastic counsellors from all over the world. They will have the opportunity to enjoy the best of what camp has to offer, while becoming more comfortable and confident in the idea of resident camp. It is our aim to provide an exceptional program that is filled yet flexible, and that will keep all members of the family engaged from the moment you wake up to the second your head hits the pillow.

It is important to note that NYQUEST Family Camp is NOT a White Pine Alumni Camp. We are fortunate to be utilizing such a wonderful site but the schedule and many of the programs will be different than the typical White Pine programs.

COMMUNITY FOCUS:

Community is a huge focus for NYQUEST Family Camp at White Pine, and something we will strive to create through the common, shared experience of camp. We strongly encourage your opinions, contributions and involvement in all aspects of the program. Through common connections found and cohesive values expressed at Family Camp, you will leave White Pine feeling part of a fresh, exciting and familiar community that will continue to thrive in years to come.

SUPERVISION OF CHILDREN:

NYQUEST Family Camp offers the best of any family vacation, while also designating time in which your children will be fully supervised by our excellent counsellors. With the majority of our staff being over the age of 21 and very experienced in the camping environment, they are definitely not your average camp counsellors! As well as the benefit of having some of White Pine's Head Staff joining us for Family Camp, we have handpicked the best of our international camp staff from to be a part of this exciting new program. Collectively they represent the quality which we are striving for. Not only are our staff highly skilled in their specialty area; they are also mature, motivated and more than capable of providing your children with the time of their lives! Each day, children will partake in age-appropriate camp activities like at any regular summer camp, while you are free to enjoy as much or as little adult programming as you like. Mealtimes, most evening programming and a few specified sessions will be 'family time'. Family Camp really does allow you to explore your own avenues of enjoyment, both individually, with your spouse and with your children; something that most regular vacations just cannot offer.

ACTIVITIES FOR KIDS:

Camp White Pine offers a wide range of activities to suit every interest and by attending Family Camp, your children will have the opportunity to fully immerse themselves in all there is to enjoy. Whether it's polishing up your tennis, waterskiing or basketball skills, trying out pottery in Arts and Crafts or venturing into the unknown on our Ropes Course, children of all ages will be kept busy with all there is to offer at White Pine! As well as being fully supervised at all times, trained instructors will be on hand to ensure the safety of the children and maintain a secure environment. View the activities available at the following link: www.campwhitepine.com/activities.html

ACTIVITIES FOR ADULTS:

NYQUEST Family Camp at White Pine is definitely not just about the children, and we offer a vastly comprehensive and highly engaging program for the big kids too. There are many options to choose from, and you as an individual can gauge how much you want to involve yourself in all there is to offer. Whether your favourite activity is water or land-based, sports or arts and crafts, you will have the opportunity to enjoy it at your own pace. You can also feel free to take part in and just hang out and watch the children's programs.

EVENING PROGRAM:

The Evening Programs at NYQUEST Family Camp at White Pine will be the perfect end to every awesome day! Programs include Variety/Talent Shows, Magic Shows, Casino Sessions and Coffee House Events.

A TYPICAL DAY:

8 am	Wake Up and Wash Up
8:30 am	Breakfast with Family
9:30 am	Morning Activities

12 noon	Lunch with Family
1 pm	Rest Hour
1:30 pm	First Afternoon Activity
3:30 pm	Snack
3:45 pm	Second Afternoon Activity
5:30 pm	Supper with Family
6:30 pm	Free Play/Relax
7:30 pm	Evening Program

Bedtime dependent on age of kids. Adult activities will continue in accommodations area.