

Canadian Diabetes Association camps give kids with diabetes a camping experience where they can gain self-confidence, establish friendships, and learn about themselves. Under quality medical, dietary, and program supervision, camp can be the start of kids taking responsibility for their daily diabetes management.

Activities



Each day, campers participate in activities and skill sessions that are tailored to the unique needs and abilities of each age group. Campers have lots of open time after supper for playing with friends, quiet time, or another activity. Well qualified counsellors and carefully selected support staff guide campers through:

- swimming
- sailing
- canoeing and trips
- sailboarding
- kayaking
- overnight trips
- special events
- arts & crafts
- camp crafts
- campfires
- field sports
- archery
- orienteering
- hiking
- fishing
- nature programs
- environmental studies
- ropes course
- rock climbing

Out-tripping

Out-tripping is an important part of the John Island Camp program—all campers participate in their own adventure! For the youngest, an out-lunch, and for the seniors, a two-night outing. Hiking, canoeing, sea kayaking, or travelling in a Voyageur canoe, campers explore the island's and waterways of the North Channel and North Shore. They learn care and appreciation of the environment, and all about wilderness travel and camping.



Rainbow Country



“Many of our camp ‘alumni’ say that camp was the first time they ever administered their own insulin.”

John Island is a unique and special place—278 acres of a four-mile island in the North Channel of Lake Huron inhabited only by our camp. Forests and streams to explore, back bays and marshes to investigate, a ‘lost’ lake waiting to

be discovered and a quarter-mile of sandy beach nestled into Lake Huron. And an old mill town’s ruins and artifacts tell the story of life at the turn of the century.

Facilities

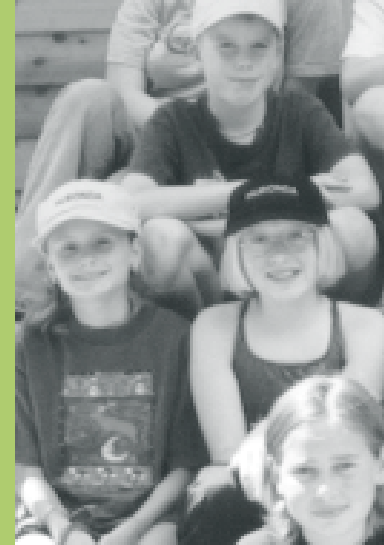
Campers stay in cabins among the pines and close to the beach. The camp is equipped with electricity, propane, refrigeration, toilets, showers, and a radio-telephone, and the cabins are screened with closeable shutters. The fresh well water is tested regularly by provincial authorities. The swimming area is properly buoyed and guarded, free from drop-offs and undertows.

Care

Medical

Two registered nurses are on staff at the camp during the eight-day period. All necessary medical supplies are available on site and each camper is supervised during insulin injections and testing procedures.

Campers are provided with insulin, disposable syringes, and needles.



Dietary

A dietician looks after individual meal planning. Meals and snacks are carefully planned and prepared for each camper by the dietician and camp cook. Emphasis is placed on teaching proper meal planning using the *Good Health Eating Guide* or

carbohydrate counting. At the camp, kids without diabetes are always eager to learn more about their meals.



Financial Assistance

To apply for financial assistance contact your Canadian Diabetes Association district office. Funds are limited so apply early.

Know who to turn to



CANADIAN
DIABETES
ASSOCIATION

ASSOCIATION
CANADIENNE
DU DIABÈTE

Canadian Diabetes Association, Ontario Division
15 Toronto Street, Suite 800 Toronto ON M5C 2E3

1-800-BANTING www.diabetes.ca info@diabetes.ca

Canadian Diabetes Association

The Canadian Diabetes Association is a charitable organization that plays a leading role in supporting over two million Canadians who are directly affected by diabetes, and their loved ones, through research, education, service and advocacy.

Camp Program

Camp Huronda, Camp Banting, Rainbow Country Camp, and Bluewater Camp open annually to 450 campers. The residential camps are part of a nation-wide network of camping services offered by the Canadian Diabetes Association since 1954 to children and youth with diabetes.

Donations

Camps are funded through Canadian Diabetes Association fundraising activities. Camps could not operate without the generous support of service clubs, and corporate and private donors. Camp fees represent only a portion of the cost—the estimated cost per Rainbow camper is \$1,156.

Application Request

IMPORTANT: Completing this **Application Request** does not ensure the camper a spot.

See **Registration** (at bottom of next panel) for mailing address of completed request form. An application form and additional information will be sent to you at that time. Deadline for application request form is June 1, 2001.

Camper's name: _____

_____ Male Female

Parent or guardian: _____

Address: _____

City: _____ Postal Code: _____

Telephone Residence: _____

Telephone Business: _____

Has camper attended Rainbow Camp before? Yes No

Camper's birth date: _____ Age: _____

parent or guardian's signature

I am requesting applications from other Canadian Diabetes Association camps.

I am not able to attend camp this year, but I would like to receive information about Canadian Diabetes Association camp programs in 2002.

Fees & Dates

Fees

The fee per camper is \$430 (includes a camp t-shirt) for the eight-day camp (referred to in the YMCA programs as an 8 Day Youth Camp).

Financial Assistance:

If you require financial assistance, contact:

Public Education and Service Coordinator
Northeast District Office
Canadian Diabetes Association
105 Elm St., Unit D
Sudbury ON P3C1T3
Telephone (705) 670-1993 or 1-800-833-0377
Fax (705) 670-1995

Date

The camp runs from August 4 to the 12, 2001.



Registration

Complete the **Application Request Form** in this brochure and mail to:

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Transportation

By Bus

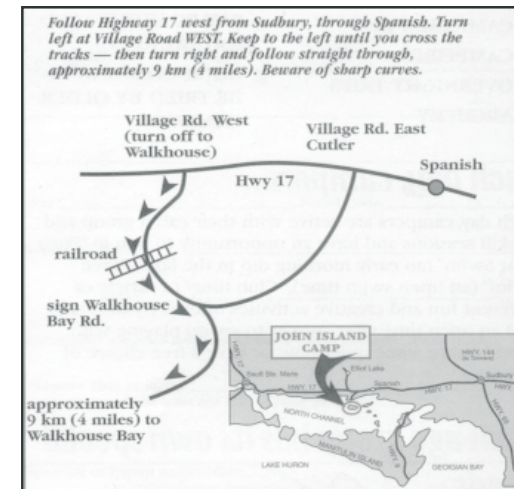
Bus service will be available to pick up campers in Sudbury, if needed.

By Car

If you are driving, refer to the map.

Camp Address:

YMCA John Island Camp
General Delivery
Spanish ON P0P 2A0 YMCA tel: (705) 674-8315



Please note, the docking facilities and road leading to Walkhouse Bay have been made available to us by the Serpent River First Nation. Please respect the 40 km speed limit.

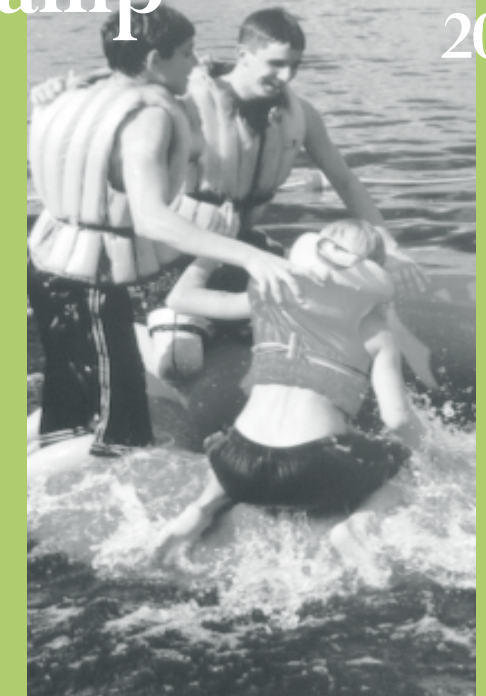
Photographs courtesy of Camp Huronda Staff, Huntsville, ON.



in affiliation with Sudbury Family YMCA

Charitable Number: 11883 0744 RR0001

Rainbow Country Camp 2001



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