


CAMP OUTLOOK

OUTLOOK VIEWS - Winter 2004/2005

To our Alumni

December 17, 2004

Salutations alumni, friends and members! It is always a pleasure to keep in touch with our Outlook family and let everyone know how things are going.

We are pleased to announce that summer Outlook 2004 was a great success. Over the summer, Outlook was able to gain OCA status, which Harold Yuen, the Summer 2004 director will explain (pg 1)!

Also, the winter 2004-2005 directors Emily Rauhala and Tom MacMillan are happy to report that winter Outlook is well under way and it seems like its going to be a great year.

This fall, Outlook has enjoyed a very successful portageathon, which Sophie Barbier will tell all about. Not only that, our old and new awesome winter staff have some great fundraising events planned for the new year like Outlook photo auctions and Quincy (kinda like igloos) building in the heart of Queen's University Campus.

We'd also like to extend our deepest gratitude to all our members for continuing to be part of Outlook. Outlook has always heavily relied on donations from alumni as a major source of funds and we would not be able to go on without your generosity. Any sort of donations are greatly appreciated, and they can even be camping equipment like tents and raingear, warm clothes, or freeze dried food!!

We will continue to work with the Queen's chaplain, Brian Yelland to raise funds and keep in touch with as many of you as possible. We also hope that you all keep in touch with us and let us know of address changes. If you know of any old Outlookers who are out of touch, please forward there addresses and let them know of how to

contact us (contact info is on the back page).

Thanks again for all your help and contributions to keeping Outlook a great service to the community. Until the next issue of Outlook Views in the spring, we wish you all a great new year! And please send us any stories you'd like to share!



A beautiful evening in Algonquin Park

Outlook Views - Winter 2004/5 Edition

Special Points of Interest:

- We have OCA status!
- Portage-a-thon 2004!!

Inside this issue:

<i>Where did the summer go?</i> - a report on summer by Harold Yuen	2
<i>Portage-a-thon 2004!</i> - by Sophie Barbier	3
<i>Best Campers Ever</i> - by Ryan Newman	3
<i>Talk with a Camper</i> - a reflection by Joey Fearson	3
<i>A Great Success from Staff Trip</i> - by Ryan Newman	4
<i>20 year old freeze dried eggs!</i> - by Bonnie Cheung	5
<i>Celery Apple Soup Recipe</i> - by Bon Ryu	6

OCA Accredited!!!

By Harold Yuen

The two year mission has come to an end, and Camp Outlook was just recently fully accredited by the Ontario Camping Association this fall. A ton of thanks goes to Dani Skinner, Dave Hewitt, Matt Struthers, Caroline McInnes, and everybody else that

spent time to make this possible. Being a member of OCA gives Outlook more credibility among the social agencies and guardians that are interested in sending their youth off to summer camp. It will also hopefully lower our insurance costs in the future. OCA provides many workshops

and seminars that will aid us in keeping up to date with new initiatives and policies. Hopefully, this will improve Camp Outlook's recognition in the community while allowing us to thrive in that traditional Outlook way!

Where did the summer go? By Harold Yuen, Summer Director 2004

All the equipment is stored away. All the leftover food is saved for next year (hmm). All the staff are back to studying or doing crazy things across the world. And all the campers are back to school (hopefully). Another successful Outlook Summer has come and gone, the 34th I think? This year, we had a smaller staff of 17, and were able to take out 17 trips and a total of 74 campers. The weather wasn't the best we could have asked for, but it didn't put a damper on our spirits, and everyone had a great time!

Staff training started with a brief overnight trip in Frontenac Park where some of the staff experienced portaging and canoeing for the first time. It was a great introductory experiencing, and also quite cold. The rest of training included annual speakers Brian Yelland, Darren Dougall and Jackie Franklin from the Youth Diversion Program, Rick Cox from Kairos, Darren Courtney on mental illnesses and others, along with Bronze Med and First Aid certification. We found portaging up and down Johnson St. and paddling in Lake Ontario are very precise simulations of adventures in Algonquin Park, and therefore practiced regularly. Brian, our in house guest for the summer, provided the entertainment. A normal day for him included a squirrel jumping on his head, drinking about 8 cans of Vanilla Pepsi, eating about 500 chocolate chips, running through the house 30 times and running through Kingston 10 times, all while shouting non-stop. We also had a former camper as a new staff member this summer, Mike Karkheck, who provided us with insight on what campers go through while on trip.

Then came the 8-day staff trip, where one group started at Opeongo and traveled to Squirrel Rapids in the Barron Canyon, and the other group did the same route backwards. We were so tired when meeting each other half way that we hardly wanted to talk to each other. Everyone pretty much made it through alive, although some were missing litres of blood due to the most vicious creatures in the park, mosquitoes. I think constant reassurance that their numbers would decrease throughout the summer convinced many not to quit.

Once the campers arrived for the first trips out, the house emptied and I was left all alone. Chasing the squirrels out of the house was left up to me, and the only thing that saved my sanity was seeing the trips return, the smiling



The summer Outlook 2004 staff in the beloved Outlook bus.

faces of the campers, the half smiling/half exhausted faces of the staff, and the fully exhausted faces of the drivers. The bus became my new found soul mate, and I still have to drive it around once in awhile to keep me happy.

Nothing truly exciting or out of the ordinary happened this summer, making this a fairly

bland article, but that's because it's the little things that makes Outlook one of the happiest environments on earth. Each and every staff and camper has many stories of many moments floating around in their head that make them smile once in a while, and I think that's what looking back on Outlook is all about.



The reunion of the Forwards and Backwards staff trips at Opeongo. Bon and Joey on the left are proudly displaying the Forwards team's symbol, the "Forward March!!"

Portage-a-thon 2004!!

By Sophie Barbier (Winter 2004-5 Exec)

On Thursday November 25th 2004, Camp Outlook held one of its famous portage-a-thons. Over twenty Outlook staff and friends came out on this dreary afternoon to spark things up around Kingston. Locating ourselves at the corner of University and Union, the busiest intersection on campus, and equipped with a megaphone and many spirited bodies, we were sure to attract lots of attention. It started off with five canoes and lots of finger paint! Participants got creative, painting slogans and pictures on the sides of the canoes, and a few careless souls also got paint all over themselves (me included!).

So, then it came time to start portaging, and everybody was pumped and ready to go. We separated off into teams of about five and took Kingston by storm! Each person took turns portaging the canoes while the others attracted attention from on-lookers, telling

them about Camp Outlook and soliciting change. A few teams ventured down to Princess Street, visiting our friends at Trailhead, and one team even went into the JDUC to the amazement of bewildered students! Considering the huge threat of rain, the weather was agreeable, although there were plenty of cold fingers, and the unusually strong wind certainly kept the portagers on their toes! Each team carried with them large white buckets, and by the end... they were full of change! A few hours of portaging in the cold certainly earned participants a hot chocolate and a shoulder massage!

The goals of the portage-a-thon were to raise awareness about Camp Out-

look, make some money and have a fun time. With this in mind, the event was definitely a huge success. The sight of canoes walking around campus undoubtedly sparked many people's interest about our organization. And the fundraising committee was extremely pleased with the results, seeing that the event

raised over \$1400!!! This greatly exceeded expectation, and was in large part due to a few individuals who raised way more than their share of pledges. (Thanks guys!) Above all, the portage-a-thon was a blast for everyone that participated. The event is certainly an Outlook staple, and it is my hope that the tradition will carry on in years to come, lest we forget how heavy a Grumman canoe really is!



Yeeaaayy Grummans! Ah the memories...

Best Campers Ever

By Ryan Newman (Summer 2004 staff)

Liz and I were having some down time, just chilling in the tent. It was getting late and we didn't want to pack up the food yet, or at all for that matter. Who actually likes that job, it sucks. So we call out our tent door to our campers around the fire... "Hey you guys

want to do us a huge favour?" "Sure", they respond. "Pack all the food into the tump?" "No problem" they respond. It was fantastic. The little things that the campers do, taking on a job that Liz and I usually took care of. Made me feel great, and I am sure Liz felt the same way about it.

"It was fantastic. The little things that the campers do"

Talk with a Camper

By Joey Fearson (Summer 2004 staff)

It was day three of an eight day trip. The air was starting to get a little cool, which told me it would be a clear night. Andrew, one of my campers, was thoroughly interested in space and the ideas surrounding it, ideas such as: the existence of god, our significance in the universe, the possibility of life beyond earth, and so on. He didn't know it yet, but he was a natural philosopher.

A fellow counselor and I decided to drift out from shore in a canoe once the sky was very dark, and the water



very still. The sky was clear with the moon nowhere in sight; our view was filled with constellations, creeping satellites, and shooting stars the sky indistinguishable from the water.

We set nestled in-between fodder for the young campers mind, and it was not long until we were whisked away into thoughts larger than this young boys age. His questions and speculations were much more advanced than I was used to experiencing from a youth his age he seemed to be able to sort through the countless amounts of infor-

mation, T.V. ads, and social pressures that I knew he endured on a daily basis. He was able to look past these hollow ideas and find importance in larger questions, despite the fact that no one had ever encouraged him to do so.

The three of us talked for well over an hour about what it means to exist, and how we ought to face it. A question Andrew believed he had been facing alone, with no one to share his philosophies with. He had never been able to connect on a philosophical level with others before and was amazed when we told him that we too had felt the same way for much of our youth. I was shocked, and troubled, however, when he had trouble understanding us when

Please see *no longer*, pg 4

no longer felt alone from pg3

we told him how advanced his thinking was; he had never had his intelligence praised before. After our talk, Andrew said something that has marked my summer: he told us that he would never be the same after that conversation.

I can only guess what he meant by it, but I knew that Andrew no longer felt alone; he knew that there were others out there that understood.

A Triumph Story

By Ryan Newman (Summer 2004)

Outlook has a rule, no campers under 90 lb although it should be 100, I think.

Bonnie, she barely tops a hundred. She had a goal, she wanted to lift and carry a canoe on her own, no help from anyone. On staff trip I would often be around Bonnie to give her the TP when she needed it. For some reason, maybe it was luck, but that's not the right word. She always decided to carry the canoe



Bonnie on the left, having some fun with the campers.

on the uphill portages. The Hydro cut was one of them, uphill for the first 4 km. She had trouble lifting and dropping the canoe until her 2nd trip. I was lucky enough to see and feel her joy when she told me her methods. I even got to see the rolling into a ball technique (its hard to describe but at the end of it Bonnie was underneath the canoe on the ground if that makes sense) used when letting the canoe down on our 15day trip. Thanks Bonnie, the memories make me smile.

A Great Staff Success from Staff Trip

By Ryan Newman (Summer 2004 staff)

Staff trip was a backbreaking affair and was meant to be so. Anyone who has ever been on an Outlook staff trip knows it especially after the predictions during training made by the return staff. I was a bit nervous considering Jon had told me he had had a break-down the year before on his staff trip. How could a guy like Jon break down on a Canoe trip? It was inconceivable to me. But, this story is not about Jon, and it's not about breaking down, it is about triumph and success. I was lucky enough to witness some amazing moments on Jenny's staff trip. The first was on the hydro cut, (what a joyous portage, who's idea was that?) Jenny was not enjoying the portage, nor was she enjoying the Outlook experience. Her comments went along the lines of "I hate this xxxxxxx (sexually explicit swear word) xxxx (another word for excrement)" and "I am going to quit when we get back". I got the impression she would have quit right then and there if possible but she didn't see that as an option, maybe in respect of the rest of the group, I don't know. She kept plugging away everyday at the portages, and every once in awhile I would try to cheer her up. I saw her talk to Craig and

Harold also, and there were probably others. It was obviously very hard for Jenny but she did it. She made every portage on her own, and I was there on the last day with Craig to see the final outburst of emotion when she completed the last portage. It was the 1.5 from Proulx to Opeongo (Every Outlooker knows this portage), She went from arriving last on almost every portage to arriving third. What a portage, it has a huge hill after the first kilometer, ste up and steep down. Jenny plowed through the portage at a fast clip, never stopped. She got to the end where Craig and I cheered her the last couple steps, dropped her bag screamed and swore (I am sure anyone reading

"I hate this xxxxxxx (sexually explicit swear word) xxxx (another word for excrement)" and "I am going to quit when we get back"

this can imagine a multitude of words used). Craig and I stood, looking, stunned and happy. Jenny didn't quit. Way to go Jenny, you're awesome.



Ryan Newman (above)



Jenny (right) and Rosanna (left) cozying up at the back of the canoes on their last

Mmmmmm...20 year old freeze dried eggs

By Bonnie Cheung (Summer 2004 staff)

As gross as that sounds, it was the best breakfast burritos I've ever tasted and ever will taste. Who knew that food that's 20 years old can taste so good. But then again, any protein besides cheese tastes extra delicious on day 10 of a 15 day trip. Breakfast burritos will never taste the same to me anymore. I can pay 8 bucks for a scrumptious burrito at the Sleepless Goat and still it won't be as good the ones on trip. What's more important though, is that the campers, well most of them, not only ate their breakfast, but loved it just as much as we did.

So what's the story behind these 20 year old eggs you ask? Well, a very generous grandmother of a former Camp Outlook staff donated us countless cans of freeze-dried food that she had bought 20 years ago incase of emergency situations. I'm assuming that there was potential of a war and natural disasters were more novel back then that it calls for a room full of freeze-dried food. She's a smart woman I'd say, and a generous one at that. Not only did these cans of food save Camp Outlook a great deal of money, but it also

added some variety to our tripping menu as well. We figured that cheese and bread would get a bit old for our campers, so we wanted to kick the menu up a notch. We added freeze-dried strawberries, pears, apples etc to their oatmeal, included freeze-dried eggs to their breakfast (adding salsa to the burrito takes away that spongy texture), we had spaghetti and meatballs for dinner one night and wow did that pot of yummy goodness ever empty fast. I can still remember that night. I think it was day 11 of a 15 day boys trip and the staff and I had decided to save the spaghetti dinner for when we really needed a salty-protein kick. That day was a tough one I remember, by the time we were cooking dinner, the sun was down and it was really late. Due to the convenience of freeze-dried foods, all we had to do was boil water and let the spaghetti and meatballs soak up and voila. You can imagine the joy on these growing adolescent boys' face when they scarfed down their bowls and licked it clean. Words cannot describe the taste of tomatoes after such a long time out in the wilderness, and it goes without saying that the taste of meat for these boys was nothing but pure joy. There was not much pot scrubbing to do when it came to doing the dishes as they



Bonnie (middle) and her campers, perhaps after a scrumptious meal of freeze dried eggs.

have literally licked everything off.

So thank you Mrs "Dave Hewitt's Grandmother". The freeze-dried food helped Camp Outlook a great deal and it will continue to help us out for at least 2 more summers as there are still cans left. Sometimes I want to take a can of those eggs for myself ... from what I remember, they taste better than real ones. No really!

The Ramming Incident!!!

By Ryan Newman (Summer 2004 staff)

It was staff trip, evening, day four. Two Outlook staff groups traveling in opposite directions were to meet on this fateful day on Greenleaf Lake. Group one, "fearlessly led" by Jon and Jen, had risen early that morning due to crack of dawn lovers in their group. Started early possibly with a wonderful breakfast provided by "early-riser" Ryley and plowed through their un-maintained portages, with "deer-foot" Joey trailblazing. "Too many questions" Bon (although he hadn't lived up to this name at this point in the trip) was not far behind possibly trying to get away from the joyous chanting of the "sickly" Tarah and "early riser" Ryley rendition of "Je suis un pizza". This group completed an easy 4km day of portaging and had arrived and set up camp by 3pm, or so they said. Group two led by the lord and almighty Harold arrived between 4



Bon in Lindsay's Tights lookin sooooo sexy!

and 5:30, its all a blur in my memory, as are the countless steps taken on the endless portages that day compounded by the guilt of breaking Craig's paddle. Our group certainly was not dancing across the portages like the other group, but we were having a great time. So we paddled up to their campsite, the best one of the lake (ours ended up being covered in a scary poison ivy look alike plant). Bon was making his curvy way into the middle of the

lake on a water run. We paddled our canoe towards him, to say hello. He started to paddle away maybe in fear, we couldn't tell why and we pursued. He didn't have a chance. He couldn't out paddle the three of us. We decided a little bump might do him good. Bon didn't take the bump well. He had been leaning the boat the wrong way and over it went, along with all the water bottles. The rest of his group was lined along the shore staring, mouths agape at the cruelty we had committed, they condemned us as, we I don't remember, but I felt bad, as I am sure Bonnie and Harold did also (my co-conspirators). Really it wasn't our fault. We didn't hit him that hard. I am sorry Bon, but it was worth it to see you wearing Lindsay's tights later.

OUTLOOK VIEWS - WINTER EDITION

Mailing Address:
P.O. Box 811
Kingston, ON, Canada
K7L 4X6

Phone: 613-544-6444
Fax: 613-544-3186
E-mail: outlook@post.queensu.ca

We're also on the web at
<http://clubs.myams.org/outlook/info.htm>

Cheques can be made payable to :
Outlook Camping INC.

Stay tuned for our spring issue of Outlook Views to hear how the winter went and about the new summer season!

Thank you to all our alumni for making Outlook possible. At a budget of around \$40,000 a year, keeping Outlook going is a huge task. We're going strong but we still need all the support we can get, whether through financial means or words of encouragement. We are always so grateful for your continued support! Have a happy and safe Holiday!

Seasons Greetings from Camp Outlook!



Celery comes in bunches, not sticks?

By Bon Ryu (Summer 2004 staff and Alumni Affairs Exec)

This past summer was a very new experience for me and I thoroughly enjoyed it. I never imagined that the job would be so gratifying. As in the Outlook manner, the staff were divided into committees and I was on the food committee.

During the summer when I had my round off and others were all away on trip, I decided that food supplies were running low and that I should order some before people got back. So I quickly made a list and called up Tony Deodato's and asked for some food.

Among other things, I asked for 10 celery bunches, 50 pounds of potatoes, a two foot tall tub of margarine, and two cases of apple sauce (we used apple sauce a lot as an egg substitute for some Vegan baking).

Little did I know that bunches of celery were different from sticks, we already had 25 pounds of potatoes and a half a tub of margarine, and that two cases of apple sauce was a whole lotta apple sauce.

So once the food came, I finally

realized the utter foolishness of my actions. Hindsight is twenty twenty but what was I thinking??!!

Luckily we were able to return the potatoes and margarine, and people generally liked eating applesauce from the can. As for the celery that I couldn't fit in the fridge, I made celery soup with it and some apples, using a recipe I got off the internet. Ofcourse, the recipe was veganized so everyone could enjoy it. Fortunately, the soup was a huge success and I didn't look so bad. Moral of the story is, don't let me order food by myself.

Here's the recipe for y'all to try out.

Title: **Apple And Celery Soup**

Yield: 1 Servings

Ingredients

- 1 sm head of fresh celery
- 2 lg cooking apples
- 1 oz butter/oil/vegan margarine
- 60 fl stock
- 2 md onions, peeled and diced
- salt and pepper

- milk/soy milk
- chopped parsley and browned
- flaked; almonds to garnish (I didn't use this ingredient)
- 1 ts soft brown sugar

Instructions

In a large saucepan sweat off the diced onion in the butter/oil. Wash, trim and dice the celery, add to the onion and continue on a low heat. Remove and bruises from the apples and grate them into your pan, discarding the core. Cook for a further 10 minutes before adding the stock, seasoning and sugar ~ beware too much salt if you are using a stock cube. Bring to the boil, then simmer, lid on, for 30 minutes - don't over cook or the celery flavour becomes jaded and the colours dull.

Allow to cool a little before liquidising thoroughly. Pass through a large mesh sieve to ensure there are no stringy threads of celery remaining. Check seasoning and consistency, adding a little milk if needed. Serve in warmed bowls, sprinkled with parsley and the browned almond flakes.