



**OUTDOOR COLLECTIVE LOCATION MOVED TO  
CAMP KANDALORE DUE TO CLOSURES AND  
FLOODING IN ALGONQUIN PARK**

**UPDATED SCHEDULE COMING SOON**



# **THE OUTDOOR COLLECTIVE**

**MAY 10-12 2019**

Schedule & Workshop Descriptions

Hosted at Camp Kandalore

A partnership between Camp Arowhon and ALIVE Outdoors

[www.theoutdoorcollective.ca](http://www.theoutdoorcollective.ca)

# THE OUTDOOR COLLECTIVE EVENT DETAILS

## FRIDAY FULL DAY WORKSHOPS - OUR COLLECTIVE WORKS - CERTIFICATION COURSES

### FRIDAY FULL DAY WORKSHOPS

Optional Full Day Workshops on Friday May 10, 2019. Pre-registration and payment is required to take part in either of the two Full Day Workshops. If you are arriving on Thursday night please arrive by 8:00pm or be in touch. Thursday night dinner not provided.

#### **OPTION 1 - 8:30 am - 4:00 pm [TBD - Camp Kandalore]**

An In-depth Analysis of Risk Management Practices and Planning - What you need to know moving forward.

Presented by: Dr. Ryan Howard (ALIVE Outdoors) and Jarod Chinnick (Fleming College)

#### **OPTION 2 - 8:30 am - 4:00 pm [Cancelled Due to Park Closure]**

Backcountry Excursions: Building Purpose into Logistics.

(This session includes a full-day excursion into Algonquin Park by canoe and paddle)

Presented by: Max Muszynski (Camp Arowhon) and Ryan Benson (ALIVE Outdoors)

### OUR COLLECTIVE WORKS

Our Collective Works event starts on Friday, May 10, 2019 at 4:00 pm and runs until Sunday, May 12, 2019 at 2:00 pm. Please do not arrive prior to 4:00 pm as the full-day workshops will still be in-session. You will find the detailed event schedule in the following pages.

### CERTIFICATION & RECERTIFICATION COURSES

Starting on Sunday, May 12, 2019 a variety of certification and recertification courses will be offered. You do not need to be registered for the Our Collective Works to participate in the courses. You will receive a discount on your certification/recertification course if you also participated as an attendee with the main Our Collective Works event.

#### COURSES OFFERED AT THE OUTDOOR COLLECTIVE WORKS

WFR - Recertification (May 12 - May 15, 2019)

WAFAC - Full Course (May 12 - May 13, 2019)

WAFAC - Recertification (May 12 - May 13, 2019)

WRT Bridge - (May 14 - May 15, 2019)

**CERTIFICATION COURSES CANCELLED DUE TO  
PARK CLOSURE AND FLOODING**

WRT Levels 1, 2 & 3 - (May 12 - May 15, 2019)



## FRIDAY FULL DAY WORKSHOPS

Optional Full Day Workshops on Friday May 10, 2019. Pre-registration and payment is required to participate in either of the two Full Day Workshops. If you are arriving on Thursday night please arrive by 8:00pm or be in touch. Thursday night dinner not provided.

### **OPTION 1 - AN IN-DEPTH ANALYSIS OF RISK MANAGEMENT PRACTICES AND PLANNING - WHAT YOU NEED TO KNOW MOVING FORWARD**

8:30 am - 4:00 pm [TBD- [Camp Kandalore](#)]

**PRESENTED BY** Dr. Ryan Howard (ALIVE Outdoors), Jarod Chinnick (Fleming College) & Dr. Garrett Hutson (Brock University)

Risk management is quickly becoming the dominant topic within the Outdoor, Adventure and Experiential Education fields. Supporting educators, guides and facilitators to better understand and acknowledge their varied roles within the layered tapestry of current risk management regulations, guidelines, and best practices is an important, and a sadly underdeveloped area in need of attention and expertise. This workshop seeks to layout the modern issues that all Outdoor, Adventure and Experiential Educators, Businesses and Schools face in the provision of outdoor educational activities. Workshop attendees will leave the workshop with a strong foundation in risk management to take back to their organizations and personal or professional practices. This full-day workshop will take participants through the following topics in an interactive and discursive workshop model:

- What we know now about risk management in Canada for Outdoor Education
- Perceived versus real risk – why this simple distinction continues to be paramount in our field
- Key principals of the Canadian Legal system regarding risk management
- Pertinent Case studies you need to know
- How to build risk management plans and risk registers
- Mitigation strategies for the top risks prevalent within our field
- Designing risk communication tools to help offset informed consent issues and staff development
- Where to find your risk information, policies, standard operating procedures, and industry standards
- Forms and paperwork - what you need to consider before sending them out, and how to keep them secure
- Crisis response and planning for incidents
- Incident reporting and using incident data to drive risk management practices
- Tools and tips for working with risk management plans

### **OPTION 2 - BACKCOUNTRY EXCURSIONS - BUILDING PURPOSE INTO LOGISTICS**

8:30 am - 4:00 pm [[Cancelled Due to Park Closure](#)]

(This session includes a full-day excursion into Algonquin Park by canoe and paddle)

**PRESENTED BY** Max Muszynski (Camp Arowhon) and Ryan Benson (ALIVE Outdoors)

This session aims to spark conversations that will continue throughout the weekend. Taking youth outside, particularly into backcountry settings, is becoming increasingly challenging to plan and execute. They are also more important than ever as our youth become increasingly urbanized and engaged in technology. Acting as transparent guides, Max and Ryan will provide a facilitators lens to all facets of running excursions. They will also help participants dive into the desired outcomes of their respective excursions/programs and use those as the foundations in planning, preparing, executing, and following up from, backcountry excursions. Through a combination of facilitated discussion, sharing of resources and a fun outing in Algonquin, they aim to leave participants invigorated about the possibilities the backcountry provides and empowered to take their next steps in coordinating their own excursions.

For More Details please visit: [www.theoutdoorcollective.ca/fridayfullday](http://www.theoutdoorcollective.ca/fridayfullday)

# OUR COLLECTIVE WORKS PROGRAM SCHEDULE

## FRIDAY MAY 10 2019

8:30 AM - 4:00 PM Full-day Friday Workshops (please register in advance)

General Arrival any time after 4:00 pm

4:00 pm – 6:30 pm - Arrivals and Accommodations Move In

Spend some quality free time on Tepee Lake in Algonquin Provincial Park, Socialize and Meet Other Attendees Before Dinner.

6:30 pm - Welcome Address to the 2nd Annual Outdoor Collective in the Dining Hall

7:00 pm - Community Dinner in the Dining Hall

8:00 pm – 11:00 pm – Community Social Events and Live Music in the Main Lodge, Campfire

## SATURDAY MAY 11 2019

7:00 am - Morning Activities: Polar Plunge, Morning Paddle, Sunrise Yoga

7:30 am - Coffee with a View on the Main Lodge Porch

8:15 am – 9:00 am - Breakfast in the Main Lodge

9:00 am - Opening Remarks

9:15 am -10:15 am (60 minutes)– **CONCURRENT SESSION A**

- Play based movements and mindfulness. By Laura Baer & Heather Dabrowski. [\[Dance Studio/Outside\]](#)
- Get psyched! Navigating the path to positive change in your life. By Carlin Val. [\[Rustic Lounge\]](#)
- Ten truths. By Erick van Til. [\[Main Lodge\]](#)



10:30 am -12:00 (noon) (90 minutes) – **CONCURRENT SESSION B**

- More than just freeze dried. Eat better on the trail than at home. By Erin Pehar. [[Main Lodge & Circle of Benches](#)]
- When the rain comes: Building empathy for boys. By Jonathon Reed. [[Rustic Lounge](#)]
- Exploring local nature with young children. By Nancy Thomson. [[Dance Studio/Outside](#)]

12:30 pm – 1:30 pm – Lunch & Vendors in the Main Lodge

1:45 pm – 4:00 pm (2hr, 15 min) - **FULL AFTERNOON SESSION**

- Navigation 101 – What you need to know about being a competent navigator. By Bill Steer. [[Outpost & Picnic Benches](#)]

1:45 pm – 2:45 pm (60 mins) – **CONCURRENT SESSION C**

- Nature unplugged – The meaning of life is to find your gift. The purpose of life is to give it. By Deb Val. [[Rustic Lounge](#)]
- Our responsibility in a #metoo world. By Marika Chandler. [[Main Lodge](#)]

3:00 pm - 4:00 pm (60 mins) – **CONCURRENT SESSION D**

- Wholistic self care for educators. By Ben Gunn. [[Rustic Lounge](#)]
- Don't be afraid of the blade. By Laurie White. [[Arts & Crafts Porch](#)]
- Trail Cooking: Planning thoughtfully and preparing simply. By Jessi McLean. [[Main Lodge & Circle of Benches](#)]

4:15 pm – 5:15 pm – The umbrella effect: Empowering teachers, parents and students to choose well-being, even on the rainy days! By Dr. Jen Forristal & Dave Inglis. [[Main Lodge](#)]

5:30pm - 6:30pm - Sponsored Cocktail Hour on the Main Lodge Porch & Vendors

6:30 pm – 7:30 pm – Community Dinner in the Main Lodge

7:45 pm – 9:00 pm - **A NEW SPECIAL GUEST CHALLENGE WITH RON TENTHOREY**  
[[Main Lodge](#)]

9:15 pm - Outdoor Campfire and Group Social Under the Algonquin Stars  
[[Circle of Benches](#)]

## SUNDAY MAY 12 2019

### CERTIFICATION AND RE-CERTIFICATION COURSES

#### **Wilderness Medical Courses start Sunday, May 12, 2019 at 9:30am** [\[Meet at Main Lodge\]](#)

- For those joining the WMA courses on Sunday you are welcome to arrive Saturday night before dinner.

#### **Whitewater Rescue Courses start Sunday, May 12, 2019 at 9:00am** [\[Meet at Main Lodge\]](#)

- For those joining the Boreal River Rescue courses on Sunday you are welcome to arrive Saturday night before the course. For those staying after between the Collective weekend events and the start of the Boreal River Rescue courses you are welcome to stay and eat.

7:00 am - Morning Activities: Polar Plunge, Morning Paddle, Sunrise Yoga

7:30 am - Coffee with a View on the Main Lodge Porch

8:15 am – 9:00 am - Breakfast in the Main Lodge

9:15 am - 11:30 am (2hr, 15 mins) – **FULL MORNING CONCURRENT SESSION E**

- Traditional skills: Game of spoons - A song of steel and fire. By Kevin Fraser. [\[Curve Firepit\]](#)
- Training your dancing monkey: Facilitation skills through dramatic performance. By Brian Dittmer. In Voyageur Boat (spaces limited). [\[Circle of Benches & Voyageur Canoe\]](#)

9:15 am -10:15 am (60 minutes) – **CONCURRENT SESSION F**

- Guiding in turbulent times: Looking at the Temagami forest fires and their impact on wilderness guiding. By Mercedes Rogers and Leo Deruiter. [\[Main Lodge\]](#)
- Forestry in the great lakes St.Lawrence: Making connections with educators and students. By Svetlana Zeran & Virginia Decarle [\[Arts and Crafts\]](#)

10:30 am -11:30 am (60 minutes) – **CONCURRENT SESSION G**

- Middle school focused – Strengths, values excavation, accountability and more. By Jen Vincent. [\[Main Lodge\]](#)
- Emergency in field boat repair – Ad hoc solutions for prickly situations. By Andre Amiro. [\[Flag Pole\]](#)

11:45 am - 12:15 pm – Key Points and New Learnings [\[Main Lodge Porch\]](#)

12:30 pm – 1:30 pm - Lunch in the Main Lodge

1:30 pm – 2:00 pm: Departure for those only attending the “Our Collective Works” portion of the Outdoor Collective.

If you have any questions or concerns please do not hesitate to contact us

[info@theoutdoorcollective.ca](mailto:info@theoutdoorcollective.ca)

# WORKSHOPS DESCRIPTIONS



## PLAY BASED MOVEMENTS AND MINDFULNESS

(60 minute Presentation) [Dance Studio/Outside]

**PRESENTER** Laura Baer & Heather Dabrowski  
Cruise Director and Program Coordinator for Adventure Canada

**DESCRIPTION** Play is a vital and often neglected as a natural part of being human. "It energizes us and enlivens us. It eases our burdens. It renews our natural sense of optimism and opens us up to new possibilities" (Stuart Brown). In this workshop, we will explore the principles of play, re-discover our primal movement patterns, share tips and tricks on how to establish healthy movement patterns in your every day and explore what it means to be fluid and multi-planar in your movement. Practical mindfulness techniques will also be introduced that you can transfer to working with both adults and youth.

Learn how play is an inherent part of our natural being and how it can be incorporated into our everyday lives to access a state of flow. In this state, we discover how to engage and interact with others from a place of vulnerability and humility. When we practice fully expressing ourselves through play, we learn to be uninhibited and can experience individually and/or share in an experience of pure joy and wonder. Come prepared to push your comfort zone, create new neuromuscular patterns you never knew you had and unleash your inner animal!

**BIO** Laura has been playing and moving for the entirety of her life as a farmer, outdoorswoman, athlete, RMT, yoga, and movement practitioner. She loves to share her knowledge of the body with others in fun and playful ways. She is avidly exploring the natural world through various activities, such as hiking, biking, paddling and climbing. Laura is the Cruise Director and Program Coordinator for Adventure Canada, an expedition travel company that aims to engage, entertain, and educate by connecting people to each other and the land through innovative travel experiences.

## WHEN THE RAIN COMES - BUILDING EMPATHY FOR BOYS

(90 minute Workshop) [Rustic Lounge]

**PRESENTER** Jonathon Reed  
Program Coordinator with Next Gen Men/Head Counsellor at Camp Arowhon

**DESCRIPTION** Our society is at a cultural turning point in terms of how we view and respond to gender-based violence. Engaging directly with boys is a critical part of how we will affect change on a large scale, and outdoor education offers a transformative space for boys to explore their identities and relationships. Skilled and empathetic educators in this moment and in this space will make all the difference in the world. This workshop is designed to empower educators to transform the way they relate to boys. We will use arts-based transformative pedagogies to explore boys' experiences with masculinity and emotional expression. Participants will deepen their knowledge of contemporary academia on boyhood masculinity, the history of masculinity within outdoor education and explore skills for building empathetic relationships with and between preadolescent and adolescent boys.

**BIO** Jonathon has been engaging with boys and studying masculinity for years. He facilitates gender-transformative programming as the Program Coordinator for Next Gen Men, champions positive masculinities work as Head Counsellor at Camp Arowhon and creates a podcast on the inner lives of boys called Breaking the Boy Code. Jonathon holds a degree in Outdoor Education and has a passion for bringing together adventure sports and boys work.

## OUR RESPONSABILITY IN A #METOO WORLD

(60 Minute Interactive Workshop) [[Main Lodge](#)]

**PRESENTER** Marika Chandler  
Outward Bound Canada, Ontario Director

**DESCRIPTION** The #metoo movement has burst into the world with a slogan and number of high profile people facing accusations of assault, and in some cases, being insufficient as an ally. While the issue of assault and harassment are not new, the movement has been started to increase awareness and empathy. What does this mean to us, working on a small team, in a remote location, with strangers as your students? This session will focus on what is in our control as educators and expedition leaders, from tone setting and building a positive trip culture, to fostering openness within a staff team.



**BIO** Marika is the Ontario Director for Outward Bound Canada. After completing the Queens OEE program, she spent time paddling rivers with a variety of populations, worked in the inner city of Edmonton wrangling together groups of homeless adults and youth to find ways to further enrich their lives, and has supervised camps here in Ontario.

## DON'T BE AFRAID OF THE BLADE

(60 Minute Workshop) [[Arts and Crafts Porch](#)]

**PRESENTER** Laurie White  
Outdoor Educator and Craftsman

**DESCRIPTION** The simplicity of using a knife to accomplish a range of tasks has generally become a lost skill. As a western society we rarely encourage or nurture these simple skills. You can see the disconnection within the most basic of tasks. As educators, we need to be cognizant to this reality when asking or permitting participants to engage in knife related tasks. First, start by questioning your own comfort levels as a facilitator. This workshop provides a structure to increase comfort levels around knife use on programs or expeditions. We will talk about risk management and a sample progression for participants to follow when using knives for functional and practical purposes in the outdoors. This workshop is an opportunity to gain a deeper understanding of the construction or various styles of knives and their use, as well as proper handling techniques. Get ready for a hands-on workshop and practice your knife skills while creating something functional to use in the woods.

**BIO** Early in his career Laurie developed a strong foundation around knife skills when working with a survival school in the English Cotswolds. In working with numerous Outdoor Education organizations across Europe and Canada, Laurie has gained insight into the various ways in which knives are and are not being used in the field.

## TEN TRUTHS

(60 Minute Workshop) [[Main Lodge](#)]

**PRESENTER** Erick van Til  
Director of Global Programs, The Jump Foundation

**DESCRIPTION** Experiential education is becoming an increasingly complex and prohibitive space to operate in. Litigation, regulation and a downturn in participation numbers all point to a shift in attitude toward the role and value of experiential learning. Having said that, there has never been a time in history that outdoor education has been more crucial. Ten Truths is a thought-provoking disquisition that will take participants on a journey toward the dark heart of our work by examining ten uncomfortable realities of modern experiential education. When challenged and reconsidered, each of these truths can be converted from an unfortunate reality into a powerful implement, each with the standalone potential to transform our practice as educators. Outdoor practitioners need to be at our best and part of that process includes the acceptance of the realities of our industry, complimentary and otherwise, and using those truths to supercharge our work.

**BIO** Erick van Til is originally from Ontario who at different points has worked as a guide, instructor, operations manager, camp nurse and fry cook. He is currently the Director of Global Programs for the JUMP! Foundation, a social enterprise that facilitates experiential learning programs for students at both ends of the socioeconomic spectrum.



## NAVIGATION 101 - WHAT YOU NEED TO KNOW ABOUT BEING A COMPETENT NAVIGATOR

(2 hr/15 mins Workshop) [[Outpost & Picnic Benches](#)]

**PRESENTERS** Bill Steer  
Head of School, General Manager, The Canadian Ecology Centre

**DESCRIPTION** The rise of digital navigation GPS has made us “dumb.” As a society, we are losing our spatial awareness. Competent navigation involves utilizing all the tools: paper map, (digital map), compass and GPS, along with map reading/landmark recognition. The two questions for all of us: “Where am I?” (location determination with coordinates and you must know both spatial languages). And, “where am I going?” (Time, distance, speed and direction.) Paramount to the trip safety/communication plan is the identified route and location(s) with anecdote. Deepen your confidence with this hands-on experiential workshop involving the map, the compass and the GPS unit (all outside).

**BIO** Bill Steer is the founder of the Canadian Ecology Centre, a leading outdoor, environmental education centre located within Samuel de Champlain Provincial Park. He is also the proponent/developer of the long-standing national navigation certification program - GPS Certification. He is Back Roads Bill on the CBC and with Post Media newspapers. He teaches outdoor ed. at the Schulich School of Education - Nipissing University, including the OCT AQ in outdoor ed. He is also is a school board trustee.

## EXPLORING LOCAL NATURE WITH YOUNG CHILDREN

(90 Minute Workshop) [[Dance Studio/Outside](#)]

**PRESENTER** Nancy Thomson  
Owner/Director, THINK Outside

**DESCRIPTION** This workshop focuses on easy tools that will help make being outside part of your everyday programming. How you can explore natural space using tools and discovery stations in your local forests or greenspaces? How do you facilitate learning objectives for large groups of Kindergarten children? How can you use the local green space that is close to a school or daycare? Free exploration coupled with guided sensory experiences, allows participants to discover the natural world at a slower pace and encourages creativity. Do you want it to be easier for teachers and child care workers to take children outside? This workshop will deepen your confidence and support network.

**BIO** Nancy Thomson is the Director/Owner of THINK OUTSIDE, an Outdoor Education company out of the Peterborough area that uses local green space as a tool for exploration as students make connections to each other, their community and the natural world. Nancy is an engaging outdoor educator that has been teaching in the outdoor classroom for the last 25 years in the camp, outdoor centre and academic environments. Her vast programming experience coupled with her sense of fun and exploration allows children to connect with their natural world and each other in a playful and meaningful way.

## MORE THAN JUST FREEZE DRIED EAT BETTER ON THE TRAIL THAN AT HOME

(90 Minute Interactive Outdoor Workshop) [[Main Lodge & Circle of Benches](#)]

**PRESENTER** Erin Pehar  
Owner, MHO Adventures

**DESCRIPTION** Cooking and more specifically baking is an essential skill for a wilderness guide. There are a number of methods to choose from when it comes to cooking/baking in the backcountry. We will explore (and try out) Dutch Ovens, Reflector ovens, direct fire, and more! This session will end with taste testing our masterpieces! Baking is much easier than most believe it to be - You will walk away with a better understanding of the Skills required, necessary equipment and lots of tricks and tools to make gourmet meals fun and simple on trail!

**BIO** Originally from Toronto, Erin left the city life behind long ago in favour of rivers and trails. Erin brings more than 20 years of experience working in the outdoor adventure industry. Starting as a camper at age 7, working as a camp counsellor, leadership trainer, tripper and eventually director at YMCA Camp PineCrest. She worked as a Field Instructor year round, Course Director and Program Coordinator for Outward Bound Canada, as an Outdoor Ed Facilitator in Australia, a Dog Sled Guide in the Yukon and now operates MHO Adventures.



the outdoor  
collective

Only through our connectedness to others can  
we really know and enhance the self.

And only through working on the self can we  
begin to enhance our connectedness to others.



## GET PSYCHED NAVIGATING THE PATH TO POSITIVE CHANGE IN YOUR LIFE

(60 Minute Workshop) [[Rustic Lounge](#)]

**PRESENTER** Carlin Val

Co-owner and Founder at owner of At Last Adventures and Forest Schools.

**DESCRIPTION** So many of us have great business ideas but that darn voice in your head comes up with all the reasons why you shouldn't do it. We need to start listening to the voice that's telling us why we should! In this workshop, you will explore your limiting beliefs, self-sabotaging behaviors, and techniques to help move your idea forward. This workshop will highlight that starting your own business does not need to be as daunting as you think and can bring immeasurable rewards. A discussion will revolve around the steps successful entrepreneurs have made to get them where they are and where to find the courage to act towards your next great adventure. People tell Carlin that they wish they had the guts to start a business. These same people eventually feel pressure to leave the outdoor education and adventure industry for better-paying jobs, or jobs that don't require as much time away from their family. Unfortunately, most of these people land jobs that don't make them happy. You are made for more! I know it, after this workshop, you will know it too.

**BIO** After earning degrees in Outdoor Recreation and Outdoor Environmental Experiential Education, Carlin went on to work for Corporate Team Building companies as well as the Bluewater Outdoor Education Centre. He is now the Co-Owner and Founder of At Last Adventures and At Last Forest Schools.

## THE UMBRELLA EFFECT: EMPOWERING TEACHERS PARENTS AND STUDENTS TO CHOOSE WELL-BEING, EVEN ON THE RAINY DAYS

(60 Minutes Workshop) [[Main Lodge](#)]

**PRESENTER** Dr. Jen Forristal & Dave Inglis

Naturopathic Doctor and Founder of the Umbrella Project.

**DESCRIPTION** Wellbeing is a skill. In fact, we now recognize it as a collection of skills that can be taught to children and adults alike. It isn't just autonomy, grit or mindfulness, each skill forms a piece of an umbrella of wellbeing that protects us from the rain of life and is highly predictive of future success.

Educators play a key role in helping their students build these skills. This session will share proven classroom strategies that you can use to proactively improve the well-being of teachers, your students and their families.

After this session, educators will be able to assess their own state of wellbeing, help their colleagues, parents and students reframe their perception of challenges, and identify opportunities for others to strengthen their wellbeing skills. Educators will be able to better orchestrate community-wide wellbeing initiatives and create recurring opportunities for all stakeholders to come together to celebrate and positively reinforce the values and behaviours that enhance community learning and productivity both indoors and out.

**BIO** Dr. Jen Forristal, BSc ND, is a Naturopathic Doctor specializing in pediatric mental health. She has worked extensively with schools, researchers and organizations, developing mental wellness strategies for families facing social, emotional and mental health challenges and those looking for optimal health and performance. She is the founder of The Umbrella Project, an innovative wellbeing curriculum, shifting the paradigm of mental health and empowering students to choose emotional wellbeing.



## **NATURE UNPLUGGED - THE MEANING OF LIFE IS TO FIND YOUR GIFT. THE PURPOSE OF LIFE IS TO GIVE IT.**

(60 Minute Workshop) [\[Rustic Lounge\]](#)

**PRESENTER** Deb Val

Co-Founder and Owner of At Last Adventures and At Last Forest Schools / ENLIVE Lifestyle Wellness Coaching

**DESCRIPTION** During this workshop you will be facilitated through a number of activities that will help deepen your understanding of your gifts and practice through experiential play. We will begin this workshop by grounding ourselves to the earth with an emphasis on removing preconceived barriers through alleviating pain and stress. We will explore Emergent Based Learning, Self-Directed Learning and Play Based Learning experientially through carving a stick, building a fire with a strike stick, creating a new a game with others, climbing a tree and building a shelter.

You will leave this workshop embodying wisdom, balance, contentment and motivation to continue to deepen your practice that is authentic to you with confidence. You will have explored your gift and now it's time to share it.

**BIO** Deb Val is a graduate of Outdoor Recreation with a Bachelor of Outdoor Environmental Experiential Education from Lakehead University. She is a Lifestyle Wellness Coach, Entrepreneur, Adventurer, Teacher and Mom. She is known primarily for her ability to connect with others and empower them to reach their goals. Deb and her husband co-founded their first Forest School in 2016. She is now a co-founder and owner of At Last Adventures and At Last Forest Schools and ELIVE Lifestyle Wellness Coaching.

## **WHOLISTIC SELF CARE FOR EDUCATORS**

(60 Minute Workshop) [\[Rustic Lounge\]](#)

**FACILITATOR** Ben Gunn

Freelance Outdoor Educator and Entrepreneur

**DESCRIPTION** Outdoor Education can require educators to be "on" 24/7. Given the often seasonal nature of the work, many educators are furiously busy for many months on end. This can and does, lead to physical, mental, emotional and spiritual exhaustion - otherwise known as burnout. In turn, this can affect an educator's performance in the field and harm critical relationships with key stakeholders: students, colleagues, employers and family/friends.

This workshop, which will involve group participation and feedback will explore the concept of self-care and how it relates to outdoor educators. Drawing on our first-hand experiences, we will outline the challenges that we as educators face and discuss signs and symptoms of educator burnout and the potential ramifications on ourselves and our relationships. In smaller groups, we will take time to discuss and share tools and techniques that we can employ at all program stages (pre, infield, post) to ensure that our physical and mental/emotional wellbeing is not compromised. It is critical that we look after ourselves so that we can be present and engaged in our work.

**BIO** Ben is an outdoor educator, outdoor enthusiast, and self-care devotee. He is an advocate for self-care and the importance of maintaining physical, emotional, mental and spiritual wellbeing. Drawing on a breadth of personal experience developed on a "trial and error" basis, Ben aims to share his insights as well as learn from those of others.

## TRAIL COOKING: PLANNING THOUGHTFULLY & PREPARING SIMPLY

(60 Minute Workshop) [[Main Lodge and Circle of Benches](#)]

**PRESENTER** Jessi McLean  
Professional Chef

**DESCRIPTION** In this workshop we will discuss the inner workings of a well-planned meal while on the trail. We will focus on ease of travel, nutritional needs and delicious comfort. We will demo how to plan for, pack, and prepare meals while traveling through the wilderness. There will be opportunity to taste the meal(s) created followed by a discussion revolving around responsible foraging and invasive species in Ontario. We will end by celebrating the role of the hearth and the dinner table to connect people together. Sample meal plan, recipes, shopping lists and resource pamphlets will be provided.

**BIO** Jessi started cooking professionally over a decade ago. She completed the George Brown Culinary Arts program back in 2013 and 5 years later decided to shift gears to dig deeper into her relationship with food and began organic vegetable farming. She now resides in Hamilton, ON, with her partner and their 6 year old son. They enjoy preparing and eating all kinds of food together and exploring the trails and waterfalls the city has to offer.



## TRADITIONAL SKILLS: GAME OF SPOONS A SONG OF STEEL AND FIRE

(2hr/15 mins Workshop) [[Curve Firepit](#)]

**PRESENTER** Kevin Fraser  
Outdoor Educator

**DESCRIPTION** In this workshop we will cover safe knife work and carving skills, design and make a spoon and discuss the relevance of fire and wood carving in the modern world. Learning how to safely use a knife beyond cutting rope and food preparation allows us to form deep connections to both nature and our past. Create a functional piece of art and transfer your new skills with confidence and care.

**BIO** Kevin is an outdoor professional with an unfading passion for learning and sharing traditional skills in our modern world. He delivers programs with various Ontario based companies. He is passionate about fire, shelter building, carving and sharing other key skills for those passionate about spending extended time in the wilderness.

## EMERGENCY IN FIELD BOAT REPAIR - AD HOC SOLUTIONS FOR PRICKLY SITUATIONS

(60 Minute Workshop) [[Flag Pole in Front of Main Lodge](#)]

**PRESENTER** Andre Amiro, Canoe Tripping Director and Outdoor Center Director, Camp Arowhon

**DESCRIPTION** In this workshop, we will explore methods for repairing ABS and Royalex Canoes in the field, without specialized tools or equipment. Participants will gain hands on experience in emergency boat repair in a controlled, supportive, non-emergency situation, using standard items commonly carried by everyday canoe trips. You will learn to fix a dent, plug a hole, stop and patch a crack, and find hope in a (simulated) seemingly hopeless situation - all with only a little rope, a tent peg, a stove and some duct tape.

**BIO** Andre is the Canoe Tripping Director and Outdoor Center Director at Camp Arowhon. He has been an outdoor educator for over 15 years. Originally from Halifax, Nova Scotia, he began his career as a Camp Director with Scouts Canada and has since worked for summer camps and outdoor centres across the country. A widely experienced and highly trained outdoor professional, Andre cares deeply about bringing youth into the outdoors through safe, engaging and educational programs that inspire participants to initiate their own outdoor adventures.

A group of approximately 15-20 people are seated around a long, light-colored wooden table in a large, rustic wooden building with a high, vaulted ceiling. The room is filled with wooden beams and supports. The people are dressed in casual, outdoor-style clothing, including jackets, sweaters, and hats. They appear to be engaged in a meeting or discussion, with some looking at papers or devices on the table. The atmosphere is warm and collaborative. A semi-transparent blue rounded rectangle is overlaid on the upper portion of the image, containing white text.

We are here not  
only to transform  
the world but also to be  
transformed.

## TRAINING YOUR DANCING MONKEY FACILITATION SKILLS THROUGH DRAMATIC PERFORMANCE

(2hr/15 mins Workshop) (This workshop is in the Voyageur Canoe) [\[Circle of Benches & Voyageur Canoe\]](#)

**PRESENTER** Brian Dittmer

Explorer, Camp Director and Father

**DESCRIPTION** In a culture cluttered with mass marketing messages, social media, and an ever-evolving notion of instant gratification, how do you captivate the attention of a group with the intent to fascinate? How do you turn a 75-minute activity session, or an eleven-day summer camp journey, into an unforgettable exploration of playful self-discovery? Join the adventure as we delve into the art of facilitation through storytelling, dramatic role play, and performance. Topics covered will include vocal health and the use of various vocal techniques, crafting a story rooted in skill development, verbal and non-verbal communication, and creating a balance between the facilitator and performer personae. Come and explore your inner dancing monkey; that playful edge within each of us yearning to be released.

**BIO** Brian is a geographic explorer, Camp Director, and father of two beautiful girls, who aspires to provide opportunities that motivate, educate, and invigorate the human experience. He holds a degree in Education (B. Ed.), along with a specialist degree in Theatre and Development (B.F.A.), through which he studied how physical environments affect human behaviour and communication. His movement and vocal training was obtained as a member of The Young Americans, an internationally-renowned performance company that facilitates workshops, training, and education in the performing arts.

## GUIDING IN TURBULENT TIMES: LOOKING AT THE TEMAGAMI FOREST FIRES AND THEIR IMPACT ON WILDERNESS GUIDING

(60 Minute Workshop) [\[Main Lodge\]](#)

**FACILITATOR** (1)Mercedé Rogers & (2)Leo Deruiter

(1)Camp Wapomeo Director; (2) Camp Ahmek Staff Member

**DESCRIPTION** The Temagami forest fires of 2018 proved a learning opportunity for many camps with regards to risk management and communication strategies. It also opened up a new focus for us about the style of guiding needed to navigate the changing industry landscape and reinforced the importance of flexibility and adaptability in the field.

Join us to debrief the summer; how the fires impacted your program, what would you do differently? Did you have the resources you needed? What role did the media play in your communication? Did you feel supported by other camps? Through exploring these questions and more, we would like to share our experiences and would love to learn from others in our professional community.

**BIO** Mercedé is currently the Director of Camp Wapomeo, The Taylor Statten Camps and is deeply connected to the Temagami region. She is also the former Trip Coordinator with The York School and an outdoor educator with a passion for risk management :-)

Leo is a long-time camper and staff member of Camp Ahmek of the Taylor Statten Camps. As someone who has spent 50 consecutive days tripping in the area he feels as at home in Temagami as anywhere.



## FORESTRY IN THE GREAT LAKES ST.LAWRENCE: MAKING CONNECTIONS WITH EDUCATORS AND STUDENTS

(60 Minute Workshop) [\[Main Lodge\]](#)

**FACILITATOR** Svetlana Zeran & Virginia Decarle

**DESCRIPTION** Forestry is an integral but often misunderstood piece of Ontario's communities and industry. Nearly 90% of Ontario's forests - places available for recreation and outdoor education - are publicly owned (Crown land). Of these areas, 44% are responsibly managed working forests. This workshop will look at how our forests are managed with a strong mandate towards sustainability and how we aim to educate students from a similar perspective. The goal is to break down stereotypes and instill pride and ownership in the forests we love and wood products we use, highlighting the often-unseen connections between forestry, education and tourism/outdoor recreation. Discussing forest management in Algonquin park is the perfect setting as it is a working forest that balances multiple environmental, recreational and industrial objectives simultaneously. This workshop will combine a formal presentation, group discussion and an active outdoor exercise for participants. The outdoor component will offer a facilitators lens as attendees' participant in a sample lesson aimed at students.

**BIOS** Svetlana Zeran is a registered professional forester who develops forest management plans for the Bancroft Minden Forest, a large tract of Crown land South of Algonquin Park and Virginia DeCarle is a Forestry technician, certified tree marker and forestry educator who works in the woods daily, she is also the President of the Bancroft Area Forest Industries Association (BAFIA) - a not-for-profit group whose mission is to advocate, promote and educate others about the local forestry industry. Svetlana is a councillor on BAFIA and together they work on initiatives to spread the positive message of Forestry.

## MIDDLE SCHOOL FOCUSED STRENGTHS, VALUES EXCAVATION, ACCOUNTABILITY AND MORE

(60 Minute Workshop) [\[Rustic Lounge\]](#)

**PRESENTER** Jennifer Vincent  
Teacher, Montcrest School

**DESCRIPTION** In a fast pace environment, soft skills can often be overlooked and undervalued, limiting the holistic development of our students. As an educator, you should feel supported to create intentional and holistic lessons that foster moments for students to slow down and deepen their connection to the curriculum, each other and the world.

This workshop will guide you through a handful of mindfulness activities that will maximize the potential of your lessons. These activities revolve around values excavation, accountability, strengths awareness and recruitment. We will experience these activities through the lens of a middle schooler (which is like sneaking broccoli in at dinner time). The ability to navigate relationships in the context of school and the larger community starts with students understanding the culture of their class. All are welcome.

**BIO** Jennifer Vincent teaches middle school guidance and instrumental music at Montcrest School in Toronto. She has been teaching for 26 years, both in public and independent systems in Atlantic Canada and Ontario. Having witnessed the challenges facing middle school students, Jen is an enthusiastic supporter of a strengths-based curriculum supported by mindfulness and reflective practice.





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