YOUTH AND FAMILY WELLNESS CAMP

NEWSLETTER

www.wellnesscamp.ca

SPRING 2026



THIS SEASON AT CAMP...

New spaces opened and new opportunities took shape, creating more ways for children, youth and families to learn, connect and grow together.

A NEW SPACE TO CREATE AND CONNECT

In June, we celebrated National Indigenous Peoples Day and the opening of our Art and Welcome Centre – Crane's Landing. This new space offers more room for arts, cultural programming and hands-on learning, giving children, youth and families opportunities to explore their creativity and connect with one another.

HONOURING A LEGACY AT THE FIELD OF DREAMS

The naming of the Wabishki Makina Kwe Field of Dreams honoured the late Chief Lorraine Cobiness and her lasting contributions to the community. Families and community members gathered for a traditional naming ceremony, followed by the opening Indigenous Rookie League tournament.

A SEASON OF GATHERING AND FRIENDSHIP

In April, girls from Treaty 3 and Treaty 9 joined us for the 4-day BOLD retreat. Through cultural activities, wellness, leadership and recreation, participants built friendships and grew more comfortable with one another. The gatherings continued in May with our Spring Feast, bringing people together through teachings and shared food. School visits and year-end celebrations also gave students opportunities to learn outdoors alongside classmates, Elders and Knowledge Keepers.

FROM SPRING ACTIVITIES TO SUMMER PREPERATIONS

Baseball registration nights helped get the season underway, while Saturday equine programming launched in June, offering more opportunities to experience the farm. Youth also completed Kitchen PREP, developing practical kitchen skills. Behind the scenes, staff prepared cabins, trails and activity spaces while the incoming summer team trained to welcome campers for another season of learning, play and connection.

MOMENTS THAT STAYED WITH US

"NEED MORE CABINS!"
BOLD participants wanted more opportunities for themselves and other girls to experience Camp.

A NEW UNDERSTANDING
At the University of Manitoba gathering, a participant described the cultural teachings as life-changing.

COMMUNITIES COMING TOGETHER
A parent at the ball field shared their happiness at seeing renewed participation in IRL.

CONFIDENCE AT THE FARM
Staff observed participants working through fears and growing more confident around the horses.

READY TO WELCOME CAMPERS
Our largest summer staff team to date came together for training and preparation.





CULTURAL CONNECTIONS

This spring, culture was carried through stories, songs and gathering together. Guided by Jyles Copenace, the Evergreen School choir learned the Migration Story, Creation Story, and wild rice, tobacco and water songs to share at our Spring Feast—honouring the teachings held within each one. We also came together to celebrate National Indigenous Peoples Day, which falls on the longest day of the year. These moments created space for knowledge to be shared, relationships to be strengthened and culture to be carried forward.



MEET OUR TEAM



Katie Root

CAMP DIRECTOR

ASK ME ABOUT...

- **Baseball**
- **Travel**
- **How much I LOVE Camp!**

Katie's role connects every corner of Camp—from programs, events and community partnerships to facilities, operations and staff support. She works alongside the team to make sure children, youth, families and visitors are welcomed into spaces that are safe, meaningful and rooted in Camp's vision.

Behind each gathering, new opportunity and big idea is plenty of coordination, problem-solving and teamwork. Katie's leadership helps bring those moving pieces together while keeping Camp focused on what matters most: creating a place where people can connect with culture, community, the land and one another. Ask anyone on staff here, and they'll tell you: Katie's memory is one of the best! Ask her any question about any corner of Camp, and she'll have an answer for you.

PROGRAM SPOTLIGHT: RIGHT TO PLAY

Through Right To Play, Camp brings culturally grounded, play-based programming to children and youth at Camp and in First Nation communities throughout the region. Mentors use play to create welcoming spaces where young people can learn, connect and have fun.

This spring, participants came together through soccer, volleyball, hockey, traditional games, arts, outdoor recreation and team-building activities. School and community gatherings combined opportunities to get active with cultural learning and time on the land.

Each activity offers more than a chance to play. Participants practise leadership and teamwork, develop new skills and build friendships. Whether joining a favourite activity or trying something new, every child and youth is encouraged to participate, feel supported and grow in confidence.

WHAT'S COOKIN' AT CAMP?

BANNOCK DOGS WITH WILD RICE SAUSAGE

MAKES 6
YOU'LL NEED:

1. 6 wild rice sausages
2. 2 cups all-purpose flour
3. 1 tbsp baking powder
4. ½ tsp salt
5. ¼ cup melted butter or oil
6. ¾ cup water
7. Melted butter for brushing

1. Cook sausages according to package directions. Heat oven to 400°F and line a baking sheet.
2. Mix flour, baking powder and salt. Stir in melted butter and water until a soft dough forms, adding a splash more water if needed.
3. Divide dough into six pieces. Flatten each piece, place a sausage in the centre and wrap the dough around it, pinching the edges closed.
4. Place seam-side down and bake for 15–18 minutes, until the bannock is golden. Brush with melted butter and serve warm with your favourite toppings.

CAMP KITCHEN TIP:
Don't overwork the dough—a light touch keeps the bannock soft and fluffy!

