YOUTH AND FAMILY WELLNESS CAMP

NEWSLETTER

www.wellnesscamp.ca

SUMMER 2026



THIS SEASON AT CAMP...

Summer brought busy days at Camp, with children, youth and families gathering for outdoor adventures, cultural learning, sports and time together.

SUMMER DAYS FILLED WITH DISCOVERY

Across 28 summer camp days, campers explored opportunities to learn, play and connect. Programming included more than 15 different cultural and land-based activities, while equine sessions introduced participants to riding, animal care and obstacle courses. Throughout the quarter, 31 youth took part in leaders-in-training opportunities, helping build their skills and confidence.

BUILDING SKILLS AND TEAM SPIRIT

Youth came together for a busy season of sports and recreation. Courtside Care welcomed 140 youth for basketball, followed by a Right To Play soccer event with 125 participants. Another 135 youth joined the Jays Care Skills Competition, while 100 participated in the Indigenous Rookie League year-end tournament, celebrating a summer of learning, teamwork and growth.

GATHERING AS A COMMUNITY

Beach days, shared meals and cultural gatherings brought families and community members together throughout the season. Camp hosted events, including community visits, workshops and ceremonies, while our second annual golf tournament welcomed 88 golfers. In September, partnerships with Grand Council Treaty #3 supported gatherings for the National Day for Truth and Reconciliation and the Orange Shirt Day Powwow.

GROWING OPPORTUNITIES AT CAMP

Our equine team delivered sessions, expanded summer activities and welcomed visitors for a successful open house. In the kitchen, three youth completed Kitchen P.R.E.P., gaining practical experience through training and food preparation. Behind the scenes, the facilities team maintained our grounds and baseball fields, added new docks and a swim platform, and continued work on the indoor riding arena.

MOMENTS THAT STAYED WITH US

"FIRST TIME PLAYING BASEBALL, HAD A BLAST!"

A Grassy Narrows junior player shared their excitement after trying something new through Indigenous Rookie League.

A FIRST AT THE FARM

With support from staff and horses, a participant with significant visual impairment experienced horseback riding for the first—and second—time.

COMMUNITY DAYS

A beach, BBQ and bouncy castle day with Wauzhushk Onigum Nation brought families together for laughter and connection.

SPACES PEOPLE LOVE

"These are the nicest baseball fields in Kenora by far"—feedback that reflects the care our facilities team puts into Camp.





CULTURAL CONNECTIONS

This summer, Camp welcomed community members for cultural learning, ceremony and healing. Four days of Sweat Lodge orientations and ceremonies served 125 community members, alongside a weeklong Traditional Healing Clinic with Grassy Narrows. In September, we partnered with Grand Council Treaty #3 for the National Day for Truth and Reconciliation and the Orange Shirt Day Powwow. The gathering at the Cecilia Jeffery Memorial Site welcomed 500 people, while 600 attended the powwow. These gatherings created space to honour children and families, share teachings and connect with one another.

MEET OUR TEAM



Jenn Coulis

EVENTS MANAGER

ASK ME ABOUT...

- **Community gatherings**
- **Planning your next Camp event**
- **Our summer beach days!**

Jenn helps bring people together at Camp, coordinating the details behind community visits, celebrations, meetings and cultural gatherings. Working alongside the kitchen, facilities and programming teams, she helps prepare welcoming spaces where guests can share a meal, try an activity and spend time together.

This summer, her department reported many events and caterings, from community beach days to our second annual golf tournament. For Jenn, a highlight was welcoming Wauzhushk Onigum Nation for a beach, BBQ and bouncy castle day—and hearing how much that time together meant to community members. Those moments reflect what she values in her work: building relationships and helping families feel supported and connected at Camp.

PROGRAM SPOTLIGHT: KITCHEN P.R.E.P.

Behind the meals shared at the Wiisinidaa Grab and Go are opportunities for youth to learn, contribute and gain practical experience.

Through Kitchen P.R.E.P., participants develop food preparation and workplace skills while helping bring meals and gatherings to life.

This quarter, the program delivered 29 training sessions, with three youth completing Kitchen P.R.E.P. Eight youth were involved in meal preparation, catering or events, gaining hands-on experience working alongside our kitchen team. Participants also completed Food Safe and WHMIS training, building their understanding of safe practices in the workplace

The Wiisinidaa Grab and Go began as an accompanying piece of the Kitchen P.R.E.P program, bringing Indigenous inspired recipes to Kenora's downtown lunch scene.

WHAT'S COOKIN' AT CAMP?

CREAMY WILD RICE SOUP

YOU'LL NEED:

- ½ cup uncooked wild rice
- 2 tbsp butter
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 garlic cloves, minced
- 3 tbsp flour
- 4 cups vegetable broth
- ½ tsp dried thyme
- 1 cup cream
- Salt and pepper, to taste

1. Cook wild rice until tender. Drain & set aside.
2. Melt butter in a large pot over medium heat. Add onion, carrots and celery; cook for 8–10 minutes, stirring occasionally. Add garlic and cook for 1 minute.
3. Stir in flour, then gradually add broth. Add thyme and simmer for 15–20 minutes, until vegetables are tender.
4. Stir in cooked rice and cream. Heat gently for 5 minutes without boiling. Season to taste and serve

CAMP KITCHEN TIP:
Cook extra wild rice and freeze it in portions for an easy addition to your next soup!

