

TIME

You will need: a projector, computer, (remote), speakers, songs, a box with 4 stories, 3 clear vases, small rocks and pebbles and sand, a glass bottle, 4 stories of your own written out and put in the box, handouts

Songs to have ready: Time Warp (intro and 1 chorus), Rock around the Clock, Times Like These, Time After Time, 525,600 Minutes, Oliver's Tune, Time (Tom Waits - chorus only)

Staff will need: pens and journals or paper, larger sheets of newsprint (1 for every 3 or 4 people), markers, 4 large sheets of newsprint, 1 small slip of paper per person

Before you begin: Download clock chimes for the corresponding slides (1:00, 10:00, 6:00, 12:00, 4:00) and the Mr. Roger's video: <https://www.youtube.com/watch?v=Upm9LnuCBUM>), have music ready to go, handouts printed (at end of the session notes), a box with your 4 stories in it, newsprint and markers ready

SLIDE #1

Time Warp (play as they enter the room)

SLIDE #2

Part 1 - T - TELL YOUR STORIES - 25 minutes

Open the box to tell Story #1 - (*Tampon House - this is Beth's story - you will want to tell a story of your own - have your staff get*)

to know a bit about you - it's good to start off with something a little funny)

Here are all your instructions completely written out for you to say - feel free to change it up to make it more your own or use my words exactly - whatever feels right to you.

Introduction:

Okay, to get this party rockin', we're going to play an oldie. During the song, I am going to get you to find partners - 12 of them, in fact - I am going to move my arms like a clock (*show them*) and as I move to the next time, I want you to find a new partner. In a moment but not yet, I will pass out the handout. It has a clock on it. When you see me make a new time with my hands, it's time to find a new partner. You will find a new one for each hour around the clock. When you find one another on my signal, you will write the name of that partner in a spot on your handout that corresponds with that time. (*show example*). When you find your new partner, introduce yourself and shake hands before you write your partner's name on your sheet. Then look to me for the next time. Got it?

Give out handouts

Play: Rock Around the Clock

Change the time using your arms for demonstration and allow them time to find 12 partners. Repeat song if necessary.

Activity

Okay, so here's the activity. Listen for the sounds of the clock and when it has finished chiming and you know what time it is, find that person who is your _____ o'clock. So let's try this - the clock strikes 3 and everyone call out the name of your 3 o'clock

(allow them to do so) Good. So you would go to that person. A question will appear on the screen. Please take time to each share your answer to the question and write down a few key words about your partner's answer that will help you to remember their answer. Then listen for the next chiming and your opportunity to meet with your new partner. Any questions? *(you will now play each slide, have them listen for the chiming of the time, and then find that corresponding partner and share their answers to the question on the slide)*

SLIDE #3 (they will find their corresponding partner after clock strikes time)

SLIDE #4

1 - share a favourite camp memory that involves a very distinct camp smell

SLIDE #5 (they will find their corresponding partner after clock strikes time)

SLIDE #6

10 - share a favourite camp memory that involves a very distinct camp sound

SLIDE #7 (they will find their corresponding partner after clock strikes time)

SLIDE #8

6 - share a favourite camp memory that involves a very distinct camp sight.

SLIDE #9 (they will find their corresponding partner after clock strikes time)

SLIDE #10

12 - share a favourite camp memory that involves a very distinct camp feeling

SLIDE #11 (they will find their corresponding partner after clock strikes time)

SLIDE #12

4 - share a favourite camp memory that involves a very distinct camp taste.

Ask:

Do you feel like you learned something about some people in the last few minutes? Do you feel like, if you kept going around the whole clock, you would learn more? Absolutely. The way we get to know each other is by sharing our stories, by truly hearing the stories of others.

Beth's Trainer Notes: This is a great activity to do with staff or LITS or campers for them to mingle - just change up the questions. Go from easy to harder to get to know each other better and, as always, stop while it's still fun. btw...this activity, minus the music and questions, is the brainchild of Bob Ditter so thanks Bob for helping us get to know each other better)

SLIDE #13

I want to encourage you to spend time getting to know your people this summer by sharing your stories - not just about camp but about your hopes, fears, dreams, theories, thoughts, prayers - all those things. Share who you are by telling your story. And at the end of the summer, you will have new stories that belong to the staff of 2016 and that you will continue to share for decades, I promise.

For we age not by years but by stories.

Today, we're going to use an ACRONYM that will help us to break things down to workable pieces and help us to remember what's important about this session . So here is the first letter.

SLIDE #14

TIME T - stand for "tell your stories"

Part 2 - I - INVEST IN YOURSELF - 30 minutes

Tell your next story (*Beth's is attached at the end of the notes*)

I have so many amazing memories of my camp experience and the incredible people who made my years in camping extraordinary.

SLIDE #15 One does not simply explain how thankful they are for camp. But we're going to try.

WIBYT (Michael Brandwein's "write it before you talk")
I would like you to take a moment and wibyt things you are thankful for about camp - not specific people (that's for later)

Play: Times Like These while they write

SLIDE #16 Show - Gratitude Mandala

When we are thankful, we feel gratitude. I am going to ask you to create a Mandala of gratitude so we can visualize things we are grateful for and have made our time on earth happy. You can see that it has categories with items listed underneath. I'd like you to look at your list and see if you can come up with 4 categories you can put things under. IAMBNY, I will ask you to get into groups of 4 and (each working on a quarter) take turns, while you are writing, to explain the things you have written down you feel comfortable sharing. Talk while you're writing and make it pretty if you like. You may have overlapping categories and that's okay - decide who will be the one writing that one down and it's totally okay if you don't wind up with 16!

Now before you get into groups, what do camp people do when we do not divide evenly into 4? That's right, make a group of 5! Make sure you shake hands and introduce yourselves before you begin.

(Do activity)

Taking time each day to be grateful is a huge part of creating a welcoming community that celebrates together and every day is reminded of their purpose. Finding gratitude in the every day builds resiliency in staff and campers and creates an atmosphere of trust and connection.

Trainer notes from Beth: When I was directing, when staff gathered every evening after supper for 1 hour together for our Bible study time (FUNNEN GAMES), we began our hour together by filling in Gratitude Journals (long before they were popular). Staff had to write 3 things they were grateful for that day, 3 things they were proud of themselves for that day (and that was often very hard for some people to write) and 1 goal for tomorrow. Then, if we were having an exceptionally hard week and people were feeling stressed, etc., I would ask them to begin at the beginning of their own journals and read all the way through to themselves and you could literally watch the mood and atmosphere change.

Group Share - Ask them to share 1 of the things that someone else wrote that just made them soooooo happy. *(notes: by asking the question this way, we see who is paying attention to their partners, we make the partner feel valued and important because someone was listening and thought what they had to say was worthy of repeating).*

If these are the things that make you happy at camp - make sure this is what's on your list of things to do this summer. Don't have a list yet? Well guess what?

I want you to Make the Most of your Time this Summer - wibyt what's your top ten list of things you would like to do that would make you happy? Please do this on your own.

Activity: concentric circles

Trainer Notes from Beth: I love concentric circles. I love working in circles - my staff meetings were always in a circle - no beginning and no end - a solid community. Concentric circles allow you to contain what's happening, get them to change partners; everyone's talking at once so people feel less nervous about sharing, there is constant movement so they know it won't last too long. They are wonderful!

Have half the group stand in a circle facing out and the other half in a circle around them facing in. They are facing a partner (you may need 1 group of 3). When you ask them them to change partners, make it interesting and say, for example, "now the outside circle please move 3 people to the right".

Discuss with the partner in front of you 1 of things on your list and let that partner help to come up with 1 or 2 things you could do to make that 1 thing happen. *(have them change partners maybe 3 or 4 times and share a different thing they wrote with each partner)*

SLIDE #17

Time has a way of showing us what really matters. So make sure you do what really matters this summer. Take time to do what

makes your soul happy. This will allow you to give the most of yourself to others.

SLIDE #18

Share with them the next letter in your ACRONYM:

I = invest in yourself

Part 3: M - MAKE TIME FOR OTHERS - 25 minutes

SLIDE #19 - 2 of the most valuable things we have are time and relationships with other people.

Tell another story - (*Beth's Iona Shirt Story is found in your notes at the end*)

SLIDE #20

Show Mr. Rogers video

<https://www.youtube.com/watch?v=Upm9LnuCBUM>

Now say:

It's important to take time to remember the people who helped you on your journey. Mr. Rogers, who had a great show called Mr. Rogers Neighbourhood on tv for decades, moved an entire theatre of celebrities to tears when he got up to receive his Life Achievement Award at the Emmys in 1997. Instead of going on about his accomplishments and listing off a bunch of rote thank-yous, he asked everyone to take 10 seconds with him "to think of the people who have helped you become who you are, those who cared about you and wanted what was best for you in life." My favourite part is where he says, "I'll watch the time".

Activity:

WIBYT a list of people you would like to thank at CAMP (they may be here in the room or will join you this summer or, they may no longer be at camp, and that's okay - you won't be sharing this list. I just want you to take the time to think about them and write their names down.

Play: Time After Time while they write

Ask: How do you feel having thought about these people?

I want you to be the kind of people that, in future years, wind up on somebody else's list of camp people they are so thankful for. In order to do that, we need to have our priorities in the right order.

(Ask for 2 volunteers - have 3 large newsprint pages available for them to write down the staff's answers as they share. Write the answers to each question on a separate sheet and hang them afterwards in the room as reminders of your session)

Circle Up - ask your staff to circle up together on the floor and say:

List #1 - **As servants of this most important industry, what are your priorities this summer? What are all the positive things you want to happen this summer?** *(I have listed some examples here:)*

- *listen to one another's stories*
- *notice when someone is looking lost or frustrated*
- *being there as a shoulder to cry on*
- *making music together*
- *showing a camper what their potential is*

List #2 - Ask: Why doesn't this happen every day all day every summer? What sorts of responsibilities do we have that might get in the way of just being with and enjoying other people? (I have listed some examples for you here:)

- *write reports, evals*
- *talk to parents*
- *get sleep*
- *deal with health inspector*
- *prep sessions*
- *deal with issues that arise with campers*

List #3 - Ask: What things might happen at camp that make a negative impact on community that we could avoid, but we don't always? (I have listed some examples for you here:)

- *gossip*
- *fatigue*
- *illness*
- *fight with other staff (romantic and otherwise)*

Trainer Notes: I love visuals with staff. You can tell them things but if you show them things they are far more likely to remember. And you can leave things up in the lodge or staff lounge or wherever you congregate as visual reminders or bring them into a staff meeting to say...okay, remember when we talked about this? How did we get off track?

Here's your Visual: Put 3 clear vases in front of you and bring out the items 1 at a time as you discuss them. Do so in this order.

I have brought with me some large stones (they are really not that big because they have to fit into a vase but they are bigger than your pebbles) They represent: all those important things we want to have time for this summer. They may be smooth but

sometimes they can be hard too. They can have a real impact.
(*sheet 1*)

I have brought with me some smaller pebbles. They represent: the responsibilities we have at camp that still need to get done but are not as important in the grand scheme of things. We still need to find room for them but they are not as important as our large rocks. (*sheet 2*)

I have brought with me some sand. It represents: those tiny gritty little annoying things that happen at camp. They are not solid enough to build anything real on, they're shifty, and they can scratch and cause damage. You know, they are things you want to wash off your feet before you get into bed because you can't fall asleep with them. (*sheet 3*)

Fill 3 vases (1 at a time!)

#1 - explain: this is what happens if you fill your summer with things from list #3. (*Fill 3/4 of vase with sand - list some of these items the staff mentioned on list 3 as you are filling*). Then you still must do things from list 2 as part of your job (*list some of what the staff gave you*). You have very little space left for anything from list #1 (*share a few things they said as you put in a few rocks*).

#2 - explain: now, if you get caught up in things from list #2, and spend all your time on them because you think they are the most important parts of your job (*list a few others from their list #2 as you are filling the vase 1/2 full*), you won't have a very inspiring summer and all those things from list #3 will start to creep in (*fill most of remainder of vase with sand*). You will have very little space left for anything from list #1 (*share a few things they said as you put in a few rocks*).

#3 - explain: but if you spend your summer filling it with items from your first list you will be on solid ground. (*Fill 3/4 of vase with larger rocks- list some of these items the staff mentioned on list 1 as you are filling*). You will still have to do things from list 2 as part of your job (*list some of what the staff gave you as you put some pebbles in*). And because you are so inspired and you have spent the summer inspiring others, very little of those annoying things from list # 3 (*name some*) will creep into your time here (*fill in a bit of sand*).

I give you permission this summer to say to your staff when they come to you with an issue: big rock, little rock, or sand?

Now share:

I have a few thoughts on this part of our acronym I want to leave you with.

SLIDE #21

You didn't have another day added in your life because you needed it. It was added because someone out there needs you.

SLIDE #22

You were born with the ability to change someone's life - don't ever waste it.

SLIDE #23

You will have to make decisions every minute of every day of the summer about how you are going to spend your time. Are you going to get bogged down in the all the stuff on the negative list? Will it become quicksand for you? Or are you going to rise to the top this summer, build on a solid foundation of what is important

and choose the choice that allows you to make time for others and make a difference?

SLIDE #24 - Share the 3rd letter for the ACRONYM

TIM - make time for others

Part 4 - E - ENVISION THE END - 30-35 minutes

Play: 525,600 minutes (play as long as you like to get the message across - if they are singing along, let them do it!)

Share with your staff:

So we all know there are 525,600 in a year. What is the math for summer camp?

SLIDE #25

There are 1440 minutes in a day -

SLIDE #26

if you are at camp for

1 month - 43,200

2 months - 86,400

3 months - 129,600

4 months - 172,800

OR YOU CAN LOOK AT IT THIS WAY:

SLIDE #27

****Imagine there is a bank account - \$86,400 - (Read this slide aloud to your staff)*

You are given a set number of these minutes or seconds. You know when the beginning of your summer's journey will be and you know the end date for the 2016 camp season. You have an hourglass **SLIDE #28**

that flips the moment you arrive and it is constantly losing sand. You will want to make the very most of this time and give all your love to it.

On this next handout, there are fifty wise tips on how to make the most of your time on earth. - read it really quickly - skimming over it really and put a check mark beside any that speak to you. Decide on 1 that is important to you and I am going to have you share with partner what it is and why you chose it. *(this time, use concentric lines - the same concept as circles but 2 lines facing one another and changing partners 2 or 3 times - when they change partners, the end people from the changing line will go to the other end)*

SLIDE #29 (while they are sharing)

SLIDE #30

I want to show you these rules for being amazing I came across. I think they are a great example of the kinds of rules you can create to make the most of your time at camp this summer.

IAMBNY - get into different groups of 4. Introduce yourself and shake hands. Then decide on 10 statements *(give examples from the slide)*. You may want to split it up so each pair does a few - and then come up with 6 verbs *(give examples)* that are important to you - your rules for making the most of time. Each group will make one sheet to look like this concept and will end with the sentence 'change the world'. Please write it out.

When they are finished, have each group share and read them aloud. Maybe have them printed off for the summer.

Perhaps 1 or 2 staff members would like the project of going through them (at another time during training) and coming up with 1 set of rules for your staff for that year by looking at all of them and finding the similarities. There are always staff members who love language and get excited about writing things. Then have them present it to the staff later in the week or on the last night of training and have everyone sign it to show that they are committed to following your rules for being amazing.

Tell your 4th story (Beth's "My Dad" story is in notes)

SLIDE #31, 32, 33 (show these at points during your story)

Explain: If you want to get the very best from your sessions with campers, your training time, your summer, you will need to envision the end. What do you want it to look like, sound like, feel like, on the last day of summer? And when you think about that, it can help you decide what you want to do with your TIME.

SLIDE #34

I am going to tell you a story about 'Oliver's Tune' by Peter Katz. Oliver was an amazing violinist who was dying from a brain tumour and about to play his last concert. He was interviewed by CBC radio and, when asked how he was feeling about dying, said that he was doing just fine because, at the moment when he was told he had x amount of days left, he was doing exactly what he wanted to be doing.

SLIDE #35

Ask: How do you want to be remembered at the end of the summer? To be able to get there, you have to figure out how you will spend your time this summer. I would like you to make some

goals. I am going to make it easier for you. I will give you an example.

SLIDE #36

****This year, I will be stronger, braver, kinder, and unstoppable. This year I will be fierce.*

SLIDE #37

I will pass out these slips of paper: Put your name on the back and then when you are done fold it in half - no one will see it but you.

this year I will be _____, _____, _____, and _____. *This year, I will be _____.*

Play *Oliver's Tune*:

I'll play Oliver's Tune so you can enjoy it while you write your goals.

Circle up. Have you ever heard the expression "time in a bottle"? I will pass this bottle around and ask you to place your folded paper into it. I will hand it back to you mid summer for you to check on your goals and again at the end of summer. No one will read them but you unless you want them to. (*you may want to use a wide mouth bottle to be sure you can get the papers out again!*)

Play: Time, Time, Time while they write

**SLIDE #38 - TIME - show them the 4th letter of the ACRONYM
E = Envision the ending**

WRAP UP

I have enjoyed our TIME together. Here's what I want you to take away.

SLIDE #39

Time is sacred. It is the one thing we cannot get more of just by asking for it so treasure it, don't waste, and do great things with it.

SLIDE #40

Think of how many minutes you have this summer. But remember it's not about having time. It's about making time.

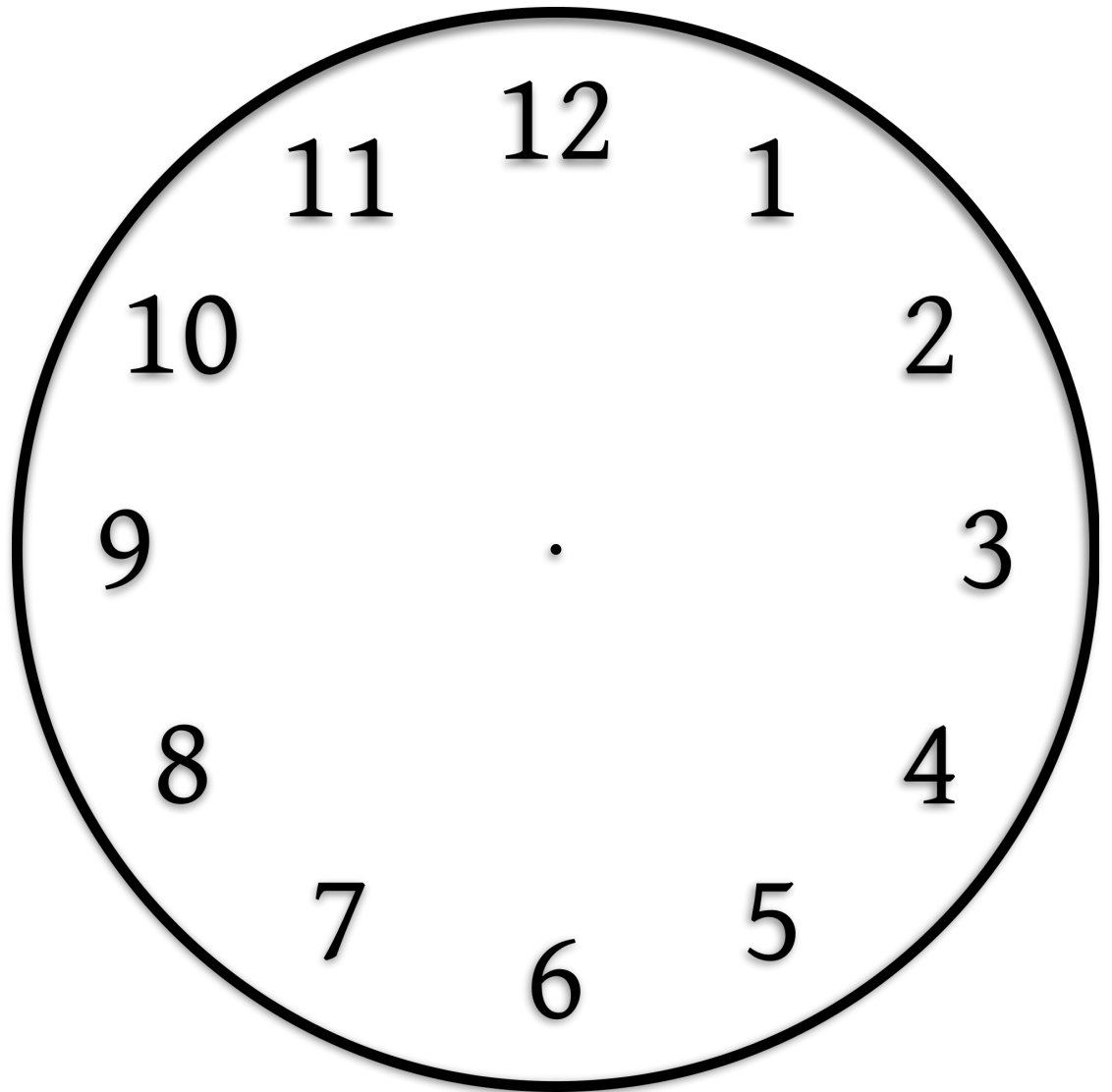
SLIDE #41

Because it will pass all too quickly and before you know it, it will be over. **SLIDE #42**

Time is sacred. Hold on to it and make the most of it.

SLIDE #43 Live the story you want to tell, my friends. Take the time to tell your stories, invest in yourself, make time for others, and envision the end so you have the most amazing journey.

It's
About
TIME



What did you learn about Partner #1?

What did you learn about Partner #2?

What did you learn about Partner #3?

What did you learn about Partner #4?

What did you learn about Partner #5?

Here are fifty wise tips on how to make the most of your time on earth.

1. It starts with being present and in the moment. Really appreciating the 'small' things in life – the smell of the morning, the feel of flannelette sheets, the warmth of a hug, the gift of a smile. And gratitude.
2. Follow your passion and you can create a life you can be proud of. The formula is really simple: find what makes you useful and happy.
3. Speak for those who have no voice. Make a difference in someone else's life.
4. Help others, love fully, judge less, and take care of your body and your mind
5. Help your family and make sure they are okay.
6. Heal, if you need to be healed, forgive if you need to forgive, learn to love if that is your lesson.
7. Strive for a healthier, more purposeful life to get to the bones of existence.
8. Listen, breathe, and seek for the answers to who you are and what you are meant to do, as they are unique to all of us.
9. Face and accept pain and hurt, and to act in spite of fear.
10. Discover who we truly are – and live that life.
11. Use your own sense of self to look at others without judgement, see them with clear eyes and exercise compassion.
12. Remember to be present in each moment, see what beautiful thing is here now, no matter how small.
13. Take the time to really look carefully and contemplate.

14. Stay in the present and know we are where we are supposed to be.
15. Get to know the true nature of mind, seeing thoughts and emotions for what they really are – just clouds passing by in the sky.
16. Be in the present moment and extending love, kindness, and compassion to myself and others.
17. Take all your activities, beliefs, work, thoughts, feelings and contributions and make a gloriously messy patchwork of what's true for you and your place in our earth community. Stitch the patchwork together with peaceful reflection and laughter. Decorate with love and courage. Realize that sometimes a patch will wear out or tear and you'll have to decide whether you can mend it or must replace it.
18. Whatever your passions and dreams are – live them now!
19. Never stop learning. . . learn to love unconditionally and love to learn empirically.
20. Live every moment like it's your last.
21. Take risk and chances because later in life you'll look back and know that you lived your life like you wanted to, and that it was all worth it.
22. Take care of your body. Health and fitness has an effect on every aspect of your life.
23. Have a plan and actively work it to how you can make the most of your time.
24. One way to make the most of life is to be open to and selective about ideas. The more we extend our language, the more ideas we'll meet and entertain and go ahead with as if beautiful to experience.
25. Realistically assess your talents and abilities and look for opportunities to apply them in ways that will grow human culture into the future.

26. Stretch yourself now and then. You may have more resources than you know.
27. When in doubt, go with that other great human strength—the most compassionate choice.
28. Care for the sick, injured, and infirm.
29. Love, love, love, and when you're afraid you have nothing left, love some more!
30. Put your unique talents, skills and insights to use by helping others.
31. Give friendly advice or share some knowledge to help someone along their path. It can make a world of difference.
32. Be as present as possible as often as we can.
33. Quit judging yourself so harshly.
34. Know that you are a vital part of humanity and therefore essential to this world we live in.
35. Be gentler, kinder and more respectful of our planet. We owe it to the planet and animals, our forests and our oceans to restore the health they once held.
36. Be a collector of things and people that make you happy.
37. Find richness in knowing and observing all different kinds of people.
38. Do what you love to do, love the people you love, and grow in spirit.
39. Enjoy life.
40. Just do it. Don't end up with a life unloved.

41. Always try to do more for others than what you do for yourself. Something as simple as opening a door for someone else, letting someone go ahead of you in a queue, saying good morning to someone who is on their own can create good karma.
42. Do volunteer work.
43. Love your family. They are the people who really matter.
44. Don't worry about what others have to say about how you live your life.
45. Lower your expectations, it makes life less complicated, allowing you to enjoy it to the fullest.
46. Work towards love always – to give and receive love. If, on your deathbed, you can say you've made others feel loved... that's a fulfilled life.
47. Don't forget to have fun. Do what you can – then go to the movies.
48. When you feel confused, look up at the sky and feel the spaciousness of all things.
49. Set goals and plan – but be flexible and resilient if your plans don't work out.
50. Remember that starting over is a great a opportunity.

Beth's Story #1

Back in the day, like 1996 mail was handed out at lunch times at my camp and we used to have to sing for our mail and sing an especially good song if we got a package. One day, sitting in the hospital waiting room with a camper, I came across one of those cards you can pull out of a magazine. If you filled in your name, company and address, Tampax, would send you free tampons. Being a not-for-profit, I thought this was a great idea to add supplies to the health centre for female staff or campers who were not prepared. I then promptly forgot about. One day, months later, a HUGE package arrived address to me in the mail and I had to sing quite a song and do a little dance in order to be given this package. After lunch, all the resource staff crowded around as I opened this enormous gift box. It was full of thousands upon thousands of tampons. It took us years to get rid of them all and I would send them home every summer with all my female university students, etc. One year for my birthday, which usually ran around the time of Resource Staff training, the resource staff of that year made me a wonderful present. All together, they had stayed up late one night and crafted a 3D log cabin house complete with my 2 sons and our dog, Abby all made out of tampons. They had even painted it all brown. They thought they were the most clever of staff. Years later, when I retired in 2009, that same group of staff at our retirement party in September, gave us yet another sculpture made entirely of tampons.

Beth's Story #2: In the month of August 2003, we had a group of lits (great former teen campers) but who caused the Resource staff to pray every night at resource prayer circle, please Lord, let the LITS get it. The LIT directors had tried everything, we had tried every trick in our arsenals but they just didn't seem to understand their role or that they were about to become (if they smartened up) the future staff of our camp. And then, on Thursday, August 14th, 2003, much of the Eastern seaboard of North America lost power. At the time, it was the 2nd largest blackout in history. It affected an estimated 10 million people in Ontario and 45 million people in eight U.S. states. Being at camp, it actually took us about 8 hours to realize that 55 million other people lost power. We thought it was just us. And, as it was camp, things pretty much continued on as they were, except for the water. Without electricity, we had no water pumping to the washrooms and, more importantly, to the kitchen. So, 3 or 4 times a day, people had to get water from the lake, carry it uphill to the lodge, boil it, do dishes for an overfull teen week of campers, a full staff, and all the lits. With this crisis, these overly excitable, hormonal, and self-centred group of lits, came to life. They were amazing. They were machines and helped out wherever they could. They finally got it. When it came time to speak at their graduation a week later, I told this story to the lits and their parents (even the part about us praying every night) and said that God does answer prayers. He took out the power for 55 million people to help our August LITs of 2003 understand what it meant to be servant leaders. Many of these LITS went on to be some of the best staff we ever had.

Beth's Story #3:

In 2005, Glen Mhor Camp, the one Travis and I directed, and the only 1 of 5 camps in our Synod to be doing exceptionally well, was told that we had to combine with the other 4 camps in the Synod so that all the camps could have the best staff, safety, supervision, vision, and camping experience. The idea was that the 2 full time staff in the Synod (Travis and me) would take over the running of all 5 so that they could all be brought up to the level of Glen Mhor.

Now, just imagine for a moment how that kind of directive from a group of church people made every camp feel - including ours. There were a lot of bitter, angry, confused people and our job was to make the transition as smooth as possible.

In 2006, we moved Camp Iona to our Baysville site and joined 2 staffs together under 1 name. Nobody was too happy about it but we worked really hard to make Iona Staff feel welcome and a part of the family. I was never so proud of any staff as those returning GM people in 2006 for how much they tried to bridge the gap and make the Iona people feel a part of Cairn, our new entity. Our goal was to create a new family called Cairn and we did everything to not call things GM or Iona.

I never worked so hard and, neither did that GM resource staff, and we thought things were going pretty well during training. On the last Friday, the Iona folks were going to run a session explaining all the things that made the Iona program unique and wonderful so that the GM staff could understand and appreciate it. We had all gathered in the lodge and the Iona staff came in all together once we were seated and each one of them wore their Iona staff shirt. My heart fell. I looked at Travis and my associate director and head counsellor and shook my head and thought - did we not get through to them at all? They ran their session, it

went well, the whole time with me thinking, I will wait until the session is over and then I will take them aside and talk to them about this little display of anarchy. They came to the end of the session and, as we were a Christian camp, asked if we could bow our heads and pray. So I bowed my head and closed my eyes and couldn't stop thinking about them coming in wearing their Iona shirts. So, part way through the prayer I opened my eyes - these people who had come from Camp Iona and who loved camp so much they, unlike so many others, were willing to come to Baysville and move their site and all that was sacred to them and trust us to help make Iona sacred there too and I looked up at these people who, while every head was bowed, were taking off their Iona shirts to reveal their Cairn staff shirts underneath. So when they said, Amen, the room went silent as the GM staff looked up and saw them wearing their Cairn shirts. It was a great moment in camping I will never forget.

Beth's Story #4

On October 28th, 2014, my Dad had a seizure. It was the first indication that anything was wrong. He had been healthy up until that moment when the floor came out from under us. That day at emergency in London, we were told my Dad was full of brain cancer and life was never the same.

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The doctors said we needed to do some hardcore radiation and we needed it fast so in the weeks that followed he had more radiation than most cancer patients ever see and it through his body for a loop and 4 days after entering emerg, he never got out of bed again. After 3 weeks, the doctors informed us the radiation did nothing and that he would never again go home. They moved him to palliative care as the last stop on his journey. As a family, we decided to move him to Woodstock to a beautiful hospice facility where he would live out the rest of his days. I spent every day with my Mom and Dad for 10 straight weeks. That's more time than I had spent with them in over 30 years since I lived at home.

Now my Dad was a very proud man who believed in hard work, in making a great living, in advancing in your field because of all your hard work and providing for your family. He had high expectations of me and my brother and he was not a man who talked about his feelings.

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However, in those 10 weeks, when we knew that there wasn't much time, and we wanted to make the most of every moment, we didn't talk once about jobs or job security, about the cars he owned or the things he bought us. We never discussed the

amounts of his mortgage on his houses he'd owned over the years, or how many tvs, vcrs, or cell phones he owned. We never brought up things at all.

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In that sacred time we had left, we laughed and cried over memories of times spent together. Family vacations, holidays, Thanksgiving dinners, carolling, sitings of Santa. We watched How the Grinch stole Christmas (the cartoon version - because that was our show when I was a little girl), we looked at photo albums and remembered the times we spent together - as a family - laughing, singing, dancing, sharing, fighting, making up, growing.

And as difficult as those 10 weeks were, I wouldn't trade them for anything because not only did we get to say goodbye, we got to say all those things we had always wanted to say before we ran out of time.