

■ CAMP

Three day camp program in its 10th year

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The three day program — and one night sleepover — now in its 10th year, offers a variety of activities, including a rope climbing exercise that most say is both exciting, and intimidating.

“As much as the other stuff is informative and fun, the high ropes and personal strength and safety — it’s more interactive,” said Smith.

“All of the other girls (on the ground) cheering them on and seeing all of that teamwork, you can’t really explain it, you have to see it.”

After just one day, campers had already seen attitudes change within themselves, and the group.

“In my group, none of us talked at the beginning and by the end

of the day, everyone was laughing together and talking about anything and being a lot louder than we were,” said camper Madison McConnell. “Everyone was a lot more comfortable.”

The camp also gave the girls a chance to meet some future classmates.

“It was a good opportunity to meet a lot of kids we’ll be going to high school with next year. I decided to go and make more friends and to see new faces for high school,” said Shantel Spicer.

“It’s an amazing opportunity and I’m glad I got the chance to come.”

Now running for a decade, organizers unveiled a new logo for the camp in hopes of increasing its profile and community support. The ultimate goal is to increase numbers though funds

raised for what Smith can attest to as being a life-altering weekend.

“It changed me completely,” she said.

“You walk out of here with so much more confidence and feeling better about yourself and seeing these girls walk away with that is by far one of the best things I’ve ever seen.”

Camper information can be obtained by calling Haldimand Norfolk Reach at 519-587-2441 ext. 505. Potential volunteers or donations can be directed to Haldimand Norfolk Women’s Services at 519-426-8048 ext. 204 or by emailing hngirlspowercamp@gmail.com.

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