

YOUNG ROOTS FARM AND CAMP AMY MOLSON PRESENT FARM AND WILDERNESS CAMP:

SEEDING INTO THE FUTURE

FUN ACTIVITIES, WILD WORKSHOPS, AND PERSONAL GROWTH IN A SAFE ENVIRONMENT



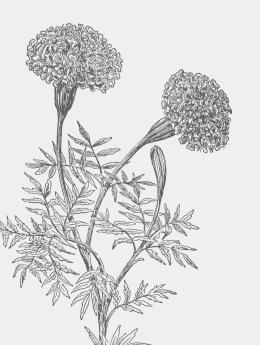
AUGUST 22ND - 26TH 2022

OPEN TO YOUTH 11-15 YEARS OLD LEADERSHIP OPPORTUNITIES FOR YOUTH 16-17 YEARS OLD

***ALL ACCEPTED APPLICANTS WILL HAVE PROGRAM COSTS FULLY COVERED

INTRODUCTION

This is the 8th year of Farm and Wilderness Camp, a 5-day, free-of-cost, immersive experience for campers between the ages of 11-17 that show a deepened interest in the farm program. We hosted 17 campers, 10 staff, and 3 guest workshop leaders, in an environment where campers have more responsibilities but also gain more skills and independence. The main focus is for participants to grow into active, informed, and empowered agents over their own future and the Earth's future. The week centers on the creation of a nature-centered personal project, while also building healthy and trustworthy relationships, learning more about our farming practices, going on a camping trip, helping cook the meals, and participating in cleaning duties. The farm team delivered workshops on seed-keeping, food preservation, and shelter building. Liang, YRF's founder and director, gave a workshop on permaculture, Val Gabriel, a Mohawk farmer and farm friend, gave a workshop on clay and the importance of water, and Tatiana Castellanos, a Colombian indigenous artist and mindfulness meditation teacher gave a workshop on mindful art and resources, as well as mediated video journal conversations with the campers.





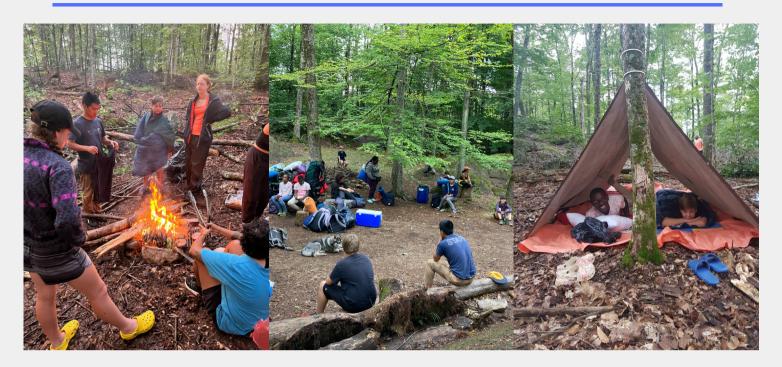
The last day of camp ends less than two days before Farm and Wilderness Camp begins. Despite this brief time away from camp, campers were once again very shy at the bus stop when they arrived. However, as soon as the activities started, the feeling of being reunited with family quickly returned. When campers arrived, we introduced the FWC staff and the campers introduced themselves. Community Agreements were created together for the week and written on a large banner. Personal project and fundraising ideas were introduced and brainstormed together. As a must, we enjoyed a fun moment on the lake, before jumping into the introductory workshops led by the farm team. One of our goals for this year was to teach youth about more steps of the food cycle, so we introduced two new workshops: Seed Keeping and Food Preservation. The third workshop, one of our FWC classics, was Wild Shelter Building, which is done in preparation for the camping trip. After a long day, the rain didn't let us have a campfire, but we enjoyed some bonding games in the rec hall.



Our first full day began with some campers doing morning farm chores, while others were busy whisking and cooking pancakes for breakfast. Afterwards, we kicked off the day with one of our FWC traditions, and one of the most important moments of FWC: a respectful chicken slaughter led by Liang. His wise words reminded us of where our food comes from and invited us to reconnect with the land and its beings and to be present and grateful. We then plucked and butchered the chicken together, giving the youth the opportunity to get closer to their food, animal anatomy, and the process behind safely preparing meat. It is important to mention that this is not mandatory, and campers who did not wish to be there were able to unpack their thoughts and feelings in a separate safe space. Liang then led a workshop on permaculture and sustainability, picking campers' brains to be resourceful, inspired, and thoughtful.



CAMPING TRIP



The second part of the day was also challenging, not so much emotionally, but physically: we hiked up the nearby mountain with full gear for our camping trip. Tatiana led the way into a silent and mindful hike until we got to the top of Jelly Bean, where she closed the silent walk with a mindful meditation, ending with a group joyful noise release. We set up camp and were lucky the rain only started right after we were all set up, and once it stopped we had a nice dinner by the fire and played Sardines before going to bed.





Given that the first two days were very packed, Wednesday arrived with a sense of restful connection. We had a calm and playful start to the morning, having breakfast by the fire, slowly packing up our things, and playing Camouflage and other camping games before descending. Once we got back it was time to shower, and then transition into either fam chores or working on personal projects. That afternoon was Val's workshop on Clay and Water, where every camper and staff was able to create something to take home. The clay turned out to be a very grounding medium to recenter ourselves after a busy arrival and camping trip. The rest of the day was spent working on personal projects, and that night we were finally able to have a rain-free, hilarious time by the fire all together, where we played Charades and "Two Truths, One Lie".





The last full day of the week started once again with farm chores and cooking for breakfast. Tatiana then led a mindfulness and art workshop, where campers amazed us with their art and reflections on being present, being grateful, and the different privileges we all have. Tyrique presented his drawing of a dead tree with a reflection, stating that "even though something looks dead from the outside, if you contemplate it and look at it from a different perspective, you can discover it is full of life." We had a visit from the camp life-guard and got to go swimming in the lake, listen to fun beach music on the dock, and look at the plants and animals along the shoreline. After our nice time in the sun, the rest of the day was spent busily finishing everyone's personal projects. The dining hall looked like a Master Chef competition with everyone with a food project running to finish their meal, and the farm shed looked like a storm had scattered all our tools around. Campers who were done earlier were helping others who hadn't yet finished or helped clean up, and the focus was to have everyone be ready on time for the presentation. We moved to the rec hall, where for two whole hours we got to see everyone present their project and share their food. To close the night and the week, we turned on the party lights and danced in the rec hall until bedtime. Our bellies were full of all the delicious treats campers made, and the ambiance was one of happiness, pride, and empowerment.

PERSONAL PROJECTS



Personal projects are everyone's favorite part of FWC. This is the opportunity for campers to create almost anything that they imagine, as long as it is possible, with the support of a staff member and all available tools. It is beautiful and inspiring to see their process going from imagination, design, research, and creation, all the way to problem solving and completion.



This year our personal projects were:

- Makhai: Table made with recycled wood (It was so sturdy that it held all the food from the personal projects)
- Kylan: A knife with a handle sculpted from a moose rib, and the blade forged from aluminum foil (it was so sharp it even cut tomatoes)
- Noa: A handmade notebook made from paper-based material found around camp which
 were turned into pulp and reshaped into full sheets of colored paper, decorated with dried
 flowers and bounded into a notebook
- Jayden: A hand-carved wooden knife
- Megan: A plaque for the farm made with clay harvested and processed from the stream in the camps valley. The plaque said "Young Roots Farm: Respect, Integrity, Responsibility, Pride".
- Katrina: A sculpture of a miniature hockey rink, hockey stick and puck made with clay harvested and processed from camp
- Tyrique: Jamaican patties, dough and stuffing made from scratch, some of which he saved along with the bowl he made in Val's workshop to give to his mom for her birthday the day after fam camp ended.
- Janasia: Strawberry shortbread cake, which she was learning how to bake for her mom's birthdayday.
- Mykah: Mango Bobba cake, everything from scratch
- Akeelah: Homemade chips, Bajan mango salsa and guacamole
- Yussuf: Homemade pizza, with dough and toppings made from scratch
- Israel: Homemade lasagna, all made from scratch)
- Andrew: Homemade dumplings and sauce, all parts made from scratch
- Oceana: Blueberry scones
- Sebastien: Homemade panzerotti, dough and stuffing made from scratch
- Liam: Homemade pasta, noodles and sauce made from scratch.







TYRIQUE



NOA



KYLEN



ANDREW





week. The smile on their faces when they hear the description and name of their certificate is priceless.

WORKSHOPS

Seedkeeping by Ana Castillo: Saving seeds such as Tomato Plate d'Haiti, Palestinian summer squash, and oats, campers are introduced to the importance of seed saving and the difference between heirloom varieties and hybrid monocultures.





Food Preservation by Janice Kwan: Preparing for the fall and winter, campers are taught different basic ways to transform and preserve their foods using simple and accessible ingredients. To finish, the farm's cucumbers, carrots, hot peppers and onions were pickled by the campers.

Wild Shelter Building by Hailey Daigle: Whether it is with branches, leaves, and logs, or only a tarp and a rope, campers learn different ways to build a shelter with only a few materials while camping out in the forest.



Fire Building: Campers are taught how to start and make a foundation for a fire with birch bark, branches, and logs.

Clay and Water by Val Gabriel: Water carries and is a powerful source. In this workshop, campers explore the connection to water through cultural, historical, and present significance, while making small pots with air dry clay. Campers made beautiful reflections on our privilege by having access to clean water and other commodities.





Permaculture by Liang Cheng: A brief introduction to permaculture and camping, talking about how to creatively use different elements in nature, the farm or in our backpacks, for different purposes

Mindfulness and Art by Tatiana Castellanos: Campers were introduced to the concept of contemplation and invited to reflect on it. They were then guided to experience the concept by creating a piece of art inspired by a deep contemplation of an element of nature.



BUDGET

		Actuals		
	Salary			
	Counselors and leaders	2650		
	Workshop guests	9000		
	Cook	700		
	Salary Sum	435		
	Food	99		
	Transportation	84		
	Rent & Utilities	3500		
	Admin	404		
_	Workshops & Video	23		
Expenses	Sum	598		
	Grants			
	Grants QPIRG Concordia	\$90		
		\$90i \$25i		
	QPIRG Concordia	\$250		
	QPIRG Concordia QPIRG McGill			
	QPIRG Concordia QPIRG McGill AFESH	\$25i \$1,00i		
Grants	QPIRG Concordia QPIRG McGill AFESH Arcteryx	\$25 \$1,00 \$5,00 \$1,00		
Grants	QPIRG Concordia QPIRG McGill AFESH Arcteryx Donations	\$25 \$1,00 \$5,00		
Grants	QPIRG Concordia QPIRG McGill AFESH Arcteryx Donations	\$25 \$1,00 \$5,00 \$1,00		
Grants	QPIRG Concordia QPIRG McGill AFESH Arcteryx Donations Grants Sum	\$25 \$1,00 \$5,00 \$1,00 \$1,00		

SCHEDULE

Time	Mon August 22	Tue August 23	Wed August 24	Thu August 25	Fri August 26
7:00		first bell	Wake up	first bell	first bell
7:30		farm chores	Breakfast + cleanup	farm chores	second bell
8:00		second bell	breaklast + cleanup	second bell	Breakfast + cleanup
8:30		Breakfast + cleanup	Pack up + Games	Breakfast + cleanup	
9:00					Farm Chores
9:30			Walk Down		1700000000
10:00		bird slaughter+ceremony (select few continue butchering)	Showers + Snack	MINDFUL ART WORKSHOP- TATI	Showers
10:30			FARM CHORES	MINDFULARI WORKSHOP- IATI	Pack up and clean up cabins and common spaces (Video Journal)
11:00	Arrival, icebreaker, land				
11:30	acknowledgement, safety + community agreements, schedule, goals (personal		Personal Project	Personal Project	Lunch
12:00	projects, fundraiser, workshops, video journal)	Personal Project			
12:30				Lunch and cleanup	
13:00	Lunch and cleanup	Lunch and cleanup	Lunch and cleanup		Closing Ceremony Certificates - Group Photo
13:30	and cleanup				
14:00	Fundraising + Personal Project	Cabin groups gather with staff		Fundraising / Campaign	
14:30	Intro	leader, tick safety, plan camping trip, pack, farm chores			2:30pm departure transport + Remaining staff clean up
15:00		PERMACULTURE WORKSHOP - CLAY AND WATER VAL	CLAY AND WATER WORKSHOP	Lake	
15:30	Lake/Boating		VAL		
16:00		Forest ceremony. Enter forest +			
16:30		silent stealth walk		Feedback - TATI	
17:00	ROUND ROBIN: SEEDKEEPING, PRESERVATION, SHELTER	MINDFUL SIT SPOT - TATI		Personal Project	Tyndale weekend begins
17:30	BUILDING. BLOCK A: 4:30 - 5:15 /		Fundraising / Campaign		
18:00	BLOCK B: 5:20 - 6:05 / BLOCK	Arrive at campsite, flag trees to toilets, set up shelters, start fire.			
18:30	C: 6:10 - 7		Direction	0	
19:00			Dinner	Dinner	
19:30	Dinner	Dinner	Game Night	Personal Project presentations	
20:00	Eira + Smarar + Stanstellin-	Fire + Camping Games			
20:30	Fire + Smores + Storytelling				
21:00	Video Journal	Video Journal	Video Journal	Video Journal	
21:30	bed prep	bed prep	bed prep	Dance	
22:00	Campers sleep	Campers sleep	Campers sleep	Dance	
22:30	Staff check in.	Staff check in.	Staff check in.	bed prep	
23:00		Sleep	Sleep	Staff prep closing ceremony	
23:30	Sleep				
24:00:00				Sleep	

REFLECTIONS

The power of FWC can't be doubted. Campers keep coming back year after year, even if they stopped coming to the summer camp, and even when some campers become CAM staff, they still come as FWC campers. According to their feedback, campers feel supported, they enjoy being able to help in cooking all the meals, doing the farm and cleaning chores, and they appreciate the clear boundaries and freedoms that the week offers.

Both in feedback and during the workshops, we have noticed that one of the things campers enjoy the most is having workshop guests. This brings an outside perspective to the youth, and an opportunity to get to know people and professions that they might otherwise not have access to. Our aim for future years is to lighten the schedule on other aspects and maybe introduce more guest speakers or workshops.

Even though the last three years FWC has been free, we have come to realize that having campers pay a registration fee would help mitigate the cost of the week and would put less pressure on grants. We will do a trial sliding scale FWC next year, making sure that we are still able to have space for a few campers that can't afford it since one of our main focuses is accessibility.

FWC is the most intense week for the farm team, without a doubt. It comes after a busy spring, followed by a packed summer of three two-week sessions of camp, with only one day of rest after the last session. Even though the FWC team is very strong, and most of the planning is made in the off-season, one of our main reflections for this year is finding a more balanced and integrated way of including farm camp preparation into our busy summer schedule so that our staff feels more supported and well prepared, in order to fully support our campers throughout the FWC week.

This is the second year FWC is opened for 11-year-old campers, and we have realized that these campers are more engaged in all the activities. Having older campers around to look up to, the younger campers are highly motivated to keep up and grow a lot through the experience. In contrast, some older campers tend to get distracted socializing, which is why this year we introduced older campers (16-17) to leadership positions, in which they have extra responsibilities and a slightly different schedule. Megan, 16, who has been coming to FWC since its first year when she was 9, was this year's cooking assistant and timekeeper. By the end of the week, Mykah, 11, first year at FWC, was already planning on ways to advertise farm camp for next year, because she feels it is an amazing week with so many things to learn, and something everyone would love and should have the chance to try. Another first-time camper said that "they would do it many times. If they had a time machine and could go back in time, they would do it again, and will for sure come back next year".

Special Thanks to

Our Staff and volunteers: Erika Espinosa, Shay Beeman, Janice Kwan, Hailey Daigle, Liang Cheng, Atiyaa Lewis, Erin MacNab, Sarah Elmagrabi, Rebecca Black, Tatiana Castellanos and Amari Sie, Valerie Gabriel, Nick Rony, Chris Vargas and Daphne Edmunds.

Our Campers: Makhai, Tyrique, Janasia, Akeelah, Yusuf, Katrina, Noa, Mykah, Megan, Oceana, Sebastien, Liam, Israel, Meryam, Andrew, Jayden and Kylen,

C.A.M. - Shauna Joyce and Dane Savoury for guiding us and supporting us through the administrative side of things

Our Funders: Arcteryx; QPIRG Concordia; QPIRG McGill and AFESH.

Family, friends, supporters

