

# Camp Alexo RYPEN

## May 10<sup>th</sup> - 13<sup>th</sup>, 2018

### Rotarian Information Package

Your Host:  
Youth HQ

And Supported by:  
Rotary Club District 5360  
Prairie Bus Lines LTD

**Rotary**  
District 5360



#### FOR MORE INFORMATION

Contact Craig Torry  
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E-mail: [craigt@youthhq.ca](mailto:craigt@youthhq.ca)

## SPONSORING ROTARY CLUB PACKAGE – Page 1

### PROGRAM OBJECTIVES

RYPEN provides youth 13-17 years of age with the opportunity to enhance and develop individual self confidence, personal growth, life skills, and come away with an increased feeling of self-worth. The impact varies depending on the participant and can range from some new skills learned for some to a life changing experience for others. This conference is focused on youth who have had limited opportunities to attend leadership development programs. The leadership development philosophy of the RYPEN program is based upon the “holistic” – meaning whole person approach (developed by Lyle Benson), with self esteem enhancement through the small group process as the foundation. Youth will be involved in a variety of active sessions addressing areas such as cooperation, group decision making, interpersonal skill development, problem solving attitudes, conflict resolution, active listening, and communication. This is all accomplished through a “learn by doing” approach, and a “fun with a purpose” attitude.

### STUDENT SELECTIONS

Student must be nominated by their respective Rotary Club. (please provide nominating club in online form).

The students that have gotten the most out of this experience in the past have been students that have been willing to participate, step out of their comfort zone, and be open to expanding their leadership style. Youth with varying levels of leadership skills have attended and gotten a lot out of the program. **Priority should be given to students that have never attended this type of camp, have limited resources, and/or would get the most out of an opportunity like this.**

### CAMP ALEXO

Camp Alexo is approximately 75 km west of Rocky Mountain House, located in the heart of David Thompson Country. Alexo offers a wide variety of educational, recreational, interpretive and outdoor wilderness opportunities. Facilities are rustic, yet comfortable with bunk style accommodation. Camp Alexo is owned and operated by Youth HQ, and was the recipient of the National Award of Excellence in recognition of the unique partnership and cooperative efforts of the Rotary Club of Red Deer Downtown and Youth HQ. Youth HQ, formerly known as the Red Deer Youth and Volunteer Centre, operates Camp Alexo, Boys and Girls Clubs of Red Deer & District, Big Brothers Big Sisters of Red Deer & District and the 49<sup>th</sup> Street Youth Shelter.



## SPONSORING ROTARY CLUB PACKAGE – Page 2

### **REGISTRATION:**

- Space is limited to 55 participants. Rotary clubs are asked to reserve spots as soon as possible to ensure there is enough room available. **When selecting participants please ensure they have not previously attended a RYPEN conference.**
- **Cost is \$425.00** per person provided by the sponsoring Rotary Club. Included in this fee is transportation from Red Deer to Camp Alexo and back to Red Deer, meals, accommodation, program, and specialty equipment.
- Registration **deadline** for forms to be submitted to the Youth HQ is **April 18, 2018. ALL REGISTRATION IS ONLINE at:**
  - <http://youthhq.ca/events/item/2018/rotary-youth-program-enrichment/>
- **Late registration fee is \$450.00** per person after the deadline.
- **Cheques can be made payable to “Rotary District 5360” Memo RYPEN**
  - **Please forward payments to Charlene Bearden:**  
Rotary District 5360  
201-4 Parkdale Crescent NW  
Calgary, AB T2N 3T8
- **Transportation to Red Deer is the responsibility of the participant and the sponsoring Rotary Club. Please ensure arrangements for pick up at a bus depot or any other locations are pre-arranged with Youth HQ.**
- Please note that all aspects of RYPEN finances are handled by Rotary District 5360. Youth HQ is responsible for programming, transportation from Red Deer to Camp Alexo, volunteers, and can assist the district in communication and other items as needed.
- **The RYPEN bus will depart Youth HQ on Thursday, May 10th at 2:00 pm head out to Camp Alexo and return to Red Deer on Sunday, May 13<sup>th</sup> at 1:00 p.m. Please make your transportation arrangements with the above connection times in mind.**

Please ensure that forms are filled out completely.

\*Incomplete packages will not be accepted.



## SPONSORING ROTARY CLUB PACKAGE – Page 3

### **Program Letter of Support**

May 31 2016

Dear Mr. Leslie,

I am typing a thank you from Harley and Brittney from Jack James High School. They both attended this year's Rypen Camp and would like to let you know what they took away from the experience.

Harley said "she didn't really know what to expect from the camp, and she was kind of nervous and was pleased that Brittney was in her group."

Brittney said "she expected to meet a lot of cool people and make new friends."

Harley "When we first got there, we met some really cool people and we just clicked immediately. Even though they were counsellors, they were really great. The greatest thing that came out of the experience was the people that I met and the fact that we stay connected now through Facebook, and really are friends. The camp was cold the first night, and there was a person who snored in the group, but other than that the whole experience was good. The food was good, but I don't like meat, and so options were limited. It was an opportunity to get away and not deal with stress and meet some really cool people, and people who were like me and who live outside of Calgary. Nice to make connections. I am terrified of heights, and I did the repelling, and it helped me with my fears and it allowed me to trust."

Brittney "I really enjoyed the repelling and just bonding with the people we met there. I liked that it was a no technology zone, and that everyone had to just communicate with each other. I liked that you did not hear planes and cars going by, just nature. The first night was cold, but the second night was nice and snuggly. The layout was great, our cabin was close to the main hall, so we did not have to walk up the hill like the boys. The food was not of my taste, but it was edible, I did like the roast!!! I feel like now, I can go out of my way and talk to someone and start a conversation. I have gained self-confidence."

Both young women would love to return to camp as counsellors next year. Both ladies would like to say thank you, it was a great experience.

I know that these two wonderful young women will be agents of change in Jack James High School in the coming year. They would like to be a part of our Principals Advisory Council for next year.

I would like to thank the Rotarians for once again providing our students with this fabulous opportunity.

Michele Konschuh  
Calgary Board of Education