

Sailing the Desolation Sound



September 1-8, 2011

Expedition Information

What to Expect on this Expedition

Upon arriving at the Nanaimo Airport (see Travel) on Sept. 1st before 11:00am, you will meet Mike and Bonnie and load all of your gear into a car. We will then enjoy the 2 hr drive to Campbell River and a short 15 min ferry ride to Quadra Island, arriving at Camp Homewood around 2:30pm. The first night we will go for a short sail around Gowen Harbour, eat dinner and have a campfire time where we will get to know each other a little. The next morning we will pack up the boats and set off!

In the mornings we will wake up, have a half hour quiet time to reflect on the theme of the day, eat breakfast, pack our boats and set off between 10:30 and 11:30 am. In the evenings we will row all our camping gear to shore, set up camp, have dinner, play games, hang out together around the campfire and have group discussions considering the daily theme as it relates our unique cancer experiences/life. Aside from this routine, towards the end of the expedition, 4-6 hours will be spent on a “solo” where the participants will find a comfortable spot alone and experience the silence and beauty of nature and reflect on the week. The evening of the 7th we will arrive back at Camp Homewood and spend the final night enjoying each other’s company and sleeping in a bed for the first time in 5 nights. The next morning everyone will take the 11am ferry back to Campbell River and drive back down to Nanaimo.

You should expect to be challenged mentally, physically and spiritually as you take part in this awesome experience. The trip will not always be easy and there will be times of frustration and discomfort... but that part of what happens when we leave the comforts of home and our daily routines behind. We will do our best to make it a fun, memorable and life affirming experience but, as with everything, you will only get out as much as you put in. So, come prepared to engage with the stories of your fellow survivors and your own story because there is a lot of wisdom by just listening.

Participant Criteria

- ✓ A young adult cancer survivor between the age of 18-39ish.
- ✓ Willingness to engage with other survivors and their own cancer journey.
- ✓ No lingering medical issues that would be exacerbated on the trip or potentially lead to injury.
- ✓ Have been medically stable for at least 3 months prior to the expedition with no changes in health or critical medications within those 3 months.
- ✓ A supporter cannot come by themselves, only with the survivor that they supported in a significant way throughout their cancer journey.
- ✓ In a place mentally and emotionally where they will gain a large benefit from the expedition (as determined by the facilitators).



The Guides

The sailing portion of the expedition will be facilitated by Camp Homewood (www.camphomewood.org), who has been running sailing camps with kids form over 14 years. All of the skippers are certified by... and Mike and Bonnie are trained in CPR and Wilderness 1st Aid. Mike and Bonnie will be directing the evening discussions and morning quiet times with a few thought provoking questions. Paul Hiebert will be filming the expedition to make a short 8-12 minute film on our stories.

Ben Hendricks- Trip Leader/Skipper	Alan Peters - Skipper
Bonnie Lang - Land Director/Facilitator	Jay Holecheck - Cook
Mike Lang - Skipper/Faciliator	TBD - Support Staff

What You Need

There are a number of forms that need to be filled out in order for you to participate in the expedition. Don't be alarmed! All of the forms are confidential and I can assure you it is all information that is necessary for us to know. Also, if people take the time to fill out all the forms we know they are serious about coming :). Here is a check list and a quick description of the forms:

- Get to Know You Form:** This is for the facilitators to get to know you a little and make sure that you are a good fit for the program.
- Medical Information Form:** The medical form is to make sure you are adequately physically fit and able to handle the rigors of the expedition. Also we need to have thorough medical history to give a doctor in case you get injured.
- Personal Release Form:** Saying that you will allow us to use your image in the film.
- Survive & Thrive Expeditions Waiver Form:** A release of liability for STE in case something unforeseen goes wrong.

Only the Get to Know You Form and the Medial Information Form needs to be returned to Mike *before your spot on the expedition can be confirmed*. They scanned and emailed or snail mailed to: 139 Woodhaven Bay SW, Calgary, AB, T2W 5S2. All other forms can be brought with you on the first day of the expedition.

Single Trip Emergency Medical travel insurance is mandatory for all participants and can be purchased at your local CMA (Canadian Motor Association) branch or online for approximately \$30 (members) or \$42 (non-members). Make sure that you clearly describe the activity you will be doing and your current health situation to the agent. Also make sure that the coverage includes up to \$5 million in emergency medical bills and medical transport/evacuation.

Please refer to the gear list provided in this package to see what equipment you will need to bring.



Pricing and Payment

The expedition costs \$450 and includes all the food for the week and travel expenses to and from the Nanaimo Airport to Camp Homewood. Once your Get to Know You and Medical Form have been submitted and approved, a \$200 deposit is required to reserve your spot on the trip. Mike will send you a PayPal invoice and you can pay the deposit by credit card online or by mailing a check to the same address as before. Reservations are done on a first come, first serve basis. The other \$240 must be paid the day of arrival by cash or cheque. Cheques can be made payable to Survive & Thrive Expeditions, Ltd.

Restrictions and Prohibitions

Smoking is permitted but is discouraged for obvious reasons. Drugs and alcohol are prohibited at all times and electronic devices such as iPods and cell phones are discouraged while on the trip simply because it is your opportunity to get away from all of that stuff for a few days!

Physical Fitness

We understand that everyone has some physical challenges and limitations as a result of their treatments and we will make every effort to adapt the activities to those limitations. However, the trip will run smoother and will be more fun for everyone if we take steps to be in decent physical condition. Sailing/Swimming/Hiking are a fairly tiring activities and the more time spent preparing for this the more enjoyable the trip will be. Things as simple as 20 push-ups spread throughout the day and getting your heart rate up walking/running 30 minutes 4 times a week will make a big difference while on the trip and in your life generally.

Bonnie Lang is a certified personal trainer and has set up an online personal training program. She would love to put together personalized fitness programs for all you and to keep you accountable. Either way you will probably lose a few pounds and have chiseled arms by the end of the expedition, so why not get started now! If you are interested, please visit www.bonnielangfitness.com or email her at bonnie.lang.fitness@gmail.com for more details.

Travel Information

All flights/travel itineraries must be emailed to Mike **before August 15th**, but the sooner you get me your itinerary the better. You need to arrive @ the Tsawwassen Ferry Terminal (near the Vancouver Airport) anytime before 7:15am on September 1st and you will be returned to the Tsawwassen Ferry Terminal by 5:30pm on September 8th. *Do not book return flights for earlier than 9:00pm on September 8th!* If you would like to stay in a hotel the night before or after the expedition we can send you recommendations.



Program/Evening Discussions

While on the trip there will be a different theme for us to reflect on each day. We will have a short quiet time in the morning for this purpose as well as group discussions in the evening. The themes we discuss will depend on where the group is at in their cancer/life journey. We want all our conversations to be relevant with the ultimate goal of coming away from each discussion with a practical life lesson or skill that we can take home and apply directly to our lives. While active participation in all the discussions is not mandatory, we want to make sure that the maximum benefit is gained from the trip and therefore would like everyone to attend the evening discussions

Final Details

I will be communicating primarily by email so please put my email (mike@survivethrive.org) as a contact so you will not miss any emails as Junk Mail. Feel free to email if you have any questions at all.

Finally, thank you so much for wanting to be apart of this expedition! Bonnie and I are convinced that the Desolation Sound/Discovery Islands area of BC is River is the most beautiful area in all of Canada and that is one of the reasons why we are so passionate about sharing it other YA survivors. We really believe that this experience has the potential to impact people's lives in a profoundly positive way and we hope that all of you have this same expectation. Get excited! We will see you all in a few months!!!

Sincerely,

Mike Lang
Survive & Thrive Expeditions



Bonus Section: Past Expedition Member Comments

“There are no words to describe the people, the bonds and relationships and family that was created with the guides and participants, the challenges, the scenery. I could go on...”

“It’s one thing to talk about the issues but it’s another to live them. And being outside, facing new challenges and over coming them ... it’s a powerful reminder of how beautiful life is and how resilient we are as human beings.

And yeah we talked and we cried and we did all that ... but we really lived too -
so good.”