



CAMP CASSIDY

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- 2019 -

Welcome to **CAMPCASSIDY**

Thanks to the generosity of our donors we are pleased to offer short stays at our 2 recreational cabins to current and former Military and First Responder Personnel, and their immediate families. The cabins are intended to provide a tranquil retreat. Enjoy the night sky, the beautiful lake, sounds of nature... and relax.

Subject to availability and in accordance with our Camp rules, Personnel and their families may enjoy a maximum two night stay once per our operating season (opening May long weekend to Thanksgiving closure). Each cabin can accommodate a maximum of 4 people. Park your vehicle at the Gate parking lot and walk a short distance to your cabin.

Cabin #1 - Adrian's Place

From the front windows and doors, Adrian's Place offers stunning views of the apple orchard, native trees, the blue water of the lake and rolling hills in the distance.

Cabin #2 - JM's Place

Nestled in a private spot amongst the trees, JM's Place is perfectly oriented for a postcard view of the lake while still maintaining the beauty of the surrounding forest.

Enjoy your stay!



Rules **CAMP CASSIDY**

FOR THE ENJOYMENT AND SAFETY OF ALL OF OUR GUESTS
THE FOLLOWING RULES ARE IN EFFECT:



Smoking/vaping is **NOT** permitted in the cabins.
Alcohol or cannabis use is **NOT** permitted on Camp Cassidy property.



Pack in, pack out: do **NOT** leave garbage on site or inside the cabin. Bear-proof garbage cans are located at the Monahan Commons Kiosk.



Motorized vehicles are not permitted on Camp property. Limited parking for 1 vehicle per cabin is in the parking lot at the Camp Gate. Park at your own risk.



Wheelbarrows are available to help transport your belongings to your cabin. You must return the wheelbarrow to the parking lot after each use.
Do **NOT** leave at the cabin as other guests may require it.



Due to fire regulations and wildfire risk, campfires are not permitted on or near the Camp property.



We ask all guests to respect the Camp Cassidy property, our neighbours and other guests. Parties are **NOT** permitted. The Camp is dedicated to providing a calm, tranquil space. Quiet time is in effect by 10pm each night.



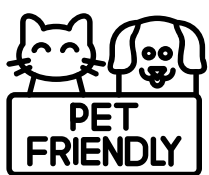
The cabin **MUST** be swept clean, dishes/utensils, etc. must be cleaned and stored prior to departure. Please leave the cabin as clean as you found it.



Damage to the cabin, contents, Camp Cassidy property or theft may result in the forfeiture of the cabin deposit and or prosecution.



Ensure all lights, faucets and appliances (cooktop) and BBQ propane tanks are shut off prior to leaving.



We are pet friendly. Pets must remain on leash while on the trails. Please clean up after your pet and respect that not everyone is comfortable with animals.



Complimentary Wifi network:

Password

CHECK IN
3:00pm - sunset

CHECK OUT
No later than 11:00am

Water at CAMPCASSIDY

Please bring your own drinking water

**Non-potable tap water, both hot and cold, is
provided for cleaning and toilet flushing.**

DO NOT CONSUME.

**Do not drink or use water from the streams or from
Cassidy Lake.**

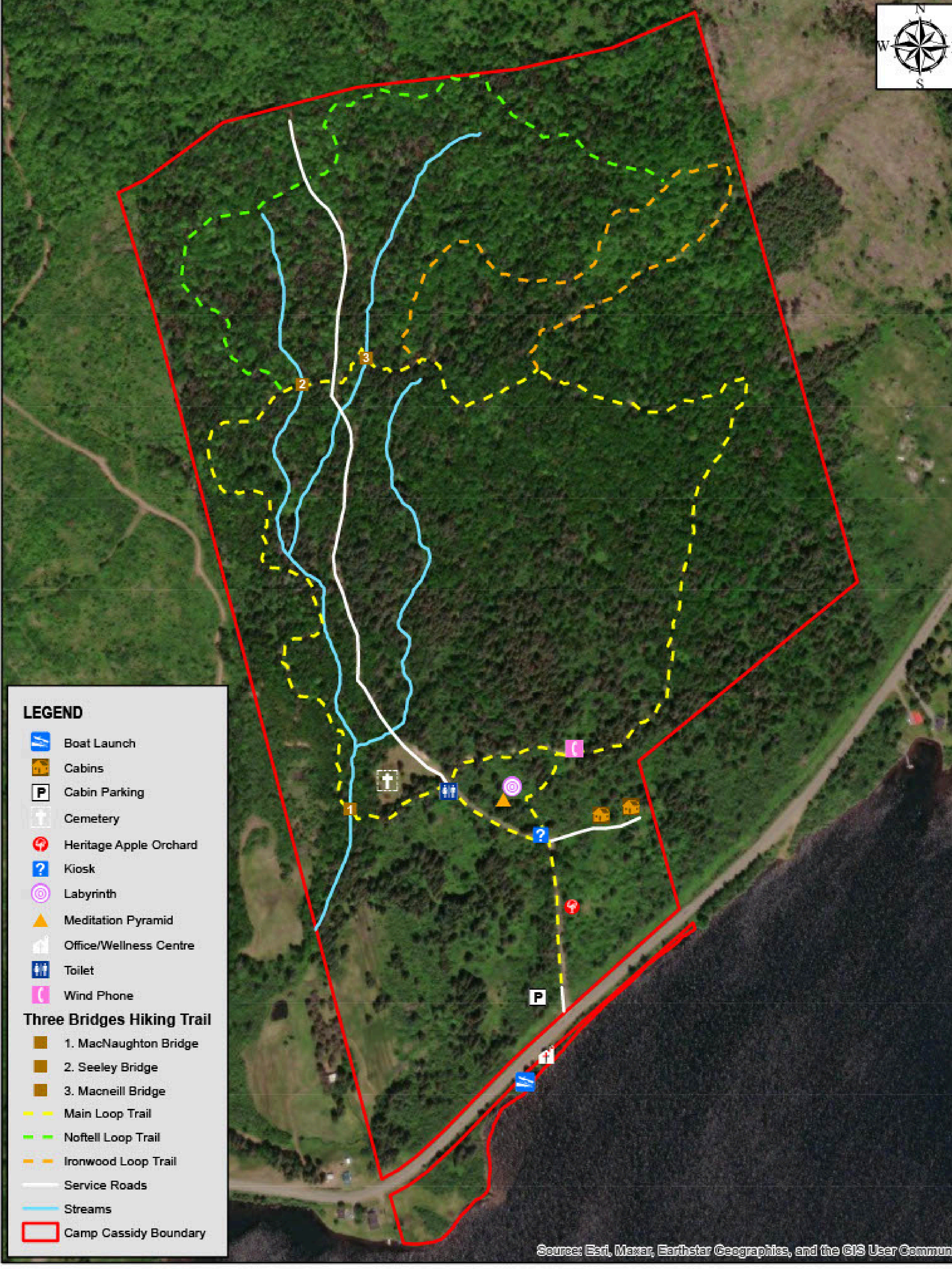
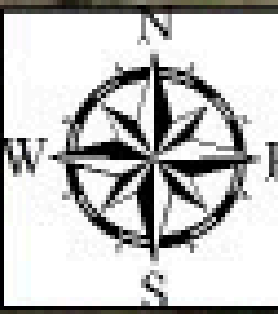


Things to do












CAMPCASSIDY

- Hike, walk or run our professionally designed 4.38km “Three Bridges” looped trail network (rated as moderate difficulty), proudly built with the help of CAF Reservists (map on following page)
- Meander thru our Heritage Apple Orchard
- Experience our 18.3m diameter 7 circuit Labyrinth
- Spend quiet time in the Meditation Pyramid
- Call a loved one on the Wind Phone
- Enjoy nature photography, wildlife viewing and bird watching
- Enjoy our waterfront at Cassidy Lake for:
 - Swimming
 - Fishing
 - Kayaking, paddle boarding or canoeing (bring your own equipment)
- Picnic near our Gathering Place Building (bring a blanket and please pack out your refuse!)
- Cabins are provided with games and playing cards for those inclement days. Books are encouraged!














LEGEND

-  Boat Launch
-  Cabins
-  Cabin Parking
-  Cemetery
-  Heritage Apple Orchard
-  Kiosk
-  Labyrinth
-  Meditation Pyramid
-  Office/Wellness Centre
-  Toilet
-  Wind Phone

Three Bridges Hiking Trail

-  1. MacNaughton Bridge
-  2. Seeley Bridge
-  3. Macneill Bridge
-  Main Loop Trail
-  Noftell Loop Trail
-  Ironwood Loop Trail
-  Service Roads
-  Streams
-  Camp Cassidy Boundary

Safety tips !

CAMPCASSIDY



- Each cabin is equipped with locks on the doors and windows. Room darkening drapes are provided for privacy. Solar lighting is provided on the walkways. The property is discreetly monitored by security for your comfort.

- Basic first aid kits are located in the bathroom vanity, fire extinguishers are in the kitchen area and smoke detectors are in each cabin.

- Fires are not permitted on camp property due to wildfire risk and fire regulations. Please exercise caution when using the propane BBQ.



- Motorized vehicles are NOT allowed on the property with the exception of maintenance/security and emergency vehicles. Guest vehicles must remain outside of the main gate. Please lock your vehicles and stow any valuables. Park at your own risk.

- We gratefully share the property with wildlife. Deer, moose, porcupines and bears have been natural visitors. Exercise caution when using the trails. A reminder of what to do if you encounter a bear is provided in this binder.



- Stay aware as you explore the trails. Roots, rocks and other natural obstacles can cause tripping. Parents should be mindful of their children's whereabouts.

- Take only photographs and always stay on the designated trails. Delicate eco-systems are easily disturbed and can cause unnecessary long term effects if damaged.

CAMPCASSIDY

54 Lakefield Road
Cassidy Lake, NB

IN CASE OF EMERGENCY CALL:



ADDITIONAL RESOURCES:

Tele Care	811
Suicide Crisis Helpline	988
Kids Help Phone	1.800.668.6868 or Text CONNECT 686868

Sussex Health Centre	(506) 432-3100
NB RCMP (Sussex, NB)	(506) 433-7700
Norton Fire Department	(506) 839-3011
Sussex Fire Department	(506) 432-4542
NB-EMO	1-800-561-4034
Environmental Emergencies	1-800-565-1633

Veterans, former RCMP members, their family members, and caregivers	1-800-268-7708
Military Operational Stress Injury Social Support (OSISS)	1-800-883-6094 (toll free)
RCMP Support for Operational Stress Injury (SOSI)	1-888-506-RCMP (7267)
Hope for Wellness Helpline (First Nations, Inuit, and Métis Peoples)	1-855-242-3310
Emergency Social Services	1-833-733-7835 1-800-442-9799

BLACK BEAR SAFETY TIPS



THE BLACK BEAR

(Ursus americanus)

It is the only bear species native to New Brunswick. Although they usually live in forests, they may wander into urban areas.

Bears are intelligent animals with good memories, and if they find a food source, either human or artificial, they will return in hopes of another meal

AVOIDING ENCOUNTERS OR PROBLEMS WITH BLACK BEARS

- Reduce garbage odours, rinse food cans and wrappers before disposal
- Do not leave pet food outside
- Compost only vegetable scraps; never compost meat or fish
- Wash garbage cans regularly (if able) (use lime or baking soda to reduce odours)
- Keep BBQ grills and picnic tables clean
- Don't leave garbage out on the porch, store it in a garbage can

IF YOU SEE A BEAR

- **Stay Calm:** Remain as calm as possible; don't panic.
- **Do Not Approach:** Do not try to get closer to the bear for a better view or photograph.
- **Observe the Bear:** Most bears will flee when they notice you. Keep your distance (at least 100 meters if possible).
- **Make Noise:** If the bear doesn't see you, make gentle noises (e.g., speak loudly) to let it know you're there.

Bear attacks are extremely rare, Bears are large and wild animals that command our respect. A male black bear, for example, can weigh as much as 300 kilograms

If you encounter consistent problems with bears or feel threatened, you can contact local wildlife authorities for help.

Department of Natural Resources
506-453-3826

Information is from Be Aware of Black Bears from Government of New Brunswick Natural Resources

IF A BLACK BEAR APPROACHES YOU

- **Do Not Play Dead:** Unlike grizzly bears, playing dead is not effective with black bears.
- **Speak Calmly:** Use a loud, calm voice to identify yourself as a human.
- **Back Away Slowly:** Move backwards slowly without turning your back on the bear; maintain eye contact without direct staring.
- **Raise Your Arms:** If alone, raise your arms to appear larger, and slowly wave them to intimidate the bear.
- **Stay Together:** If in a group, remain together and avoid spreading out.
- **Throw Objects:** If the bear continues to approach, throw rocks or sticks at it (aiming for its feet) to encourage it to leave.
- **Avoid Climbing Trees:** Black bears can easily climb trees, which may provoke them.
- **Seek Shelter:** If possible, find a nearby shelter, vehicle, or camp to retreat to.
- **Stand Your Ground:** If the bear charges you, stand your ground. Most charges are bluffs, and the bear will usually veer off.
- **Fight if Necessary:** In the very rare case of physical contact, fight back aggressively. Use any available object to hit the bear in sensitive areas (nose or eyes).



Government of Canada

Gouvernement du Canada

ENJOY THE OUTDOORS, WITHOUT A TICK

LYME DISEASE IS IN CANADA. PREVENTION IS IMPORTANT.



PREVENTION TIPS!

The best way to prevent Lyme disease is to avoid being bitten by a tick. Follow these tips when heading outside in areas where ticks can be found:

PREVENT

- Wear light coloured long-sleeved shirts and pants.
- Tuck your shirt into your pants, and pull your socks over your pant legs.
- Wear closed-toe shoes.
- Use bug spray with DEET or Icaridin (always follow label directions).
- Walk on cleared paths or walkways.
- You can also wear permethrin-treated clothing, now available in Canada (always follow label directions).

CHECK

- Shower or bathe as soon as possible after being outdoors.
- Do a daily full body tick check on yourself, your children, your pets and your gear.
- Put your clothes in a dryer on high heat for at least 10 minutes.

WHAT SHOULD YOU DO IF YOU'RE BITTEN?

TAKE ACTION

- Use clean fine-point tweezers to immediately remove attached ticks:
 - ▶ Grasp the tick's head as close to your skin as possible.
 - ▶ Slowly pull it straight out. Try not to twist or squeeze the tick.
 - ▶ If parts of the tick's mouth break off and remain in your skin, remove them with the tweezers.
 - ▶ If you can't remove the mouthparts, leave them alone, and let your skin heal.
- Wash the bite area with soap and water or alcohol-based sanitizer.
- Keep the tick in a closed container and bring it with you if you go see your health care provider.
- Contact your health care provider if you're not feeling well or if you are concerned after being bitten by a tick.

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Camp Cassidy, a charitable organization founded in 2019, is an outdoor recreational facility and wellness centre reserved exclusively for Canadian current or former military and first responder personnel and their immediate families in the Atlantic Provinces, at no cost to them.

Situated on a picturesque 60.7 ha waterfront property at Cassidy Lake, New Brunswick, the Camp currently offers a range of amenities and activities in a park like setting. Notable features include outdoor experiences on the professionally designed 4.38 km Three Bridges Hiking Trail Network winding through a captivating forest adorned with scenic streams, calming scenes and vistas, an 18.3 m diameter 7 circuit Labyrinth found in a beautiful enclave surrounded by trees for a soothing meditative experience, a heritage apple orchard in a quiet but invigorating location, and an historic 141 year-old country church repurposed as a secular Gathering Place Building available for small group meetings or wellness events.

The Camp's protected environment, in particular its Three Bridges Trail Network, offers the calming experience of walking in a forest, often referred to as "nature therapy," or "green therapy" that has been shown to have a profoundly positive impact on mental health, promoting relaxation, and reducing stress. The lush green surroundings, fresh air, and soothing sounds of nature help reduce stress and anxiety levels. The exposure to natural compounds released by trees can boost the immune system and improve mood. And the act of walking promotes physical activity, which releases endorphins and other mood-boosting chemicals in the brain. This combination of sensory engagement, natural aromatherapy and gentle exercise contributes to a sense of rejuvenation, and improved overall well-being.

The human-water connection, known as the "Blue Mind", promotes calm, peacefulness, unity and a general sense of happiness. The Camp's 600m waterfront and its direct access to Cassidy Lake provides Blue Mind benefits when swimming, fishing, kayaking, paddle boarding and canoeing on the Lake.

Current or former Canadian military and first responder personnel, as well as their immediate families, who are visiting or resident in the Atlantic Provinces can access the Camp's trail and other facilities between the Victoria Day and Thanksgiving weekends, during daylight hours, at no cost. Small groups (2-25 people) who wish to access The Camp's Gathering Place Building for meetings or wellness sessions can contact the Camp at admin@campcassidy.ca.

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The small flag in the center of our logo is an amalgamation of the 4 provincial flags of Atlantic Canada stylized into a single Canadian maple leaf.

From left to right: New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador.

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campcassidy.ca