



younglife.

# Solve The Mystery



WEEKEND FOR WOMEN

May 26-28, 2023



RockRidge Canyon

# Notes

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A series of horizontal dotted lines for writing notes, spanning the width of the page.



# Welcome

TO THE

## *“Solve The Mystery”*

WEEKEND

We hope this weekend will bless your socks off; give you lots to laugh over and remember; help you learn more about yourself, others, relationships and most importantly, build a new or stronger personal relationship with Jesus Christ. We will give you a taste of what our teens experience when they come for Summer Camp, but geared towards women. We want you to know that each one of you are PRECIOUS! BEAUTIFUL! LOVED! TREASURED! SIGNIFICANT!

Our theme this weekend is “Solve the Mystery”. There are many mysteries to solve, including a team investigative challenge with prizes for the first two teams to solve the mystery. We will also help you uncover solutions to a number of mysteries presented in our workshops. Check out these mysteries in detail in the next few pages.

As our speaker, Jaclyn Weidner, shares with us about the mysteries of God, listen and investigate these truths, then discuss it with your assigned cabin group. We trust you will be solving the great mysteries of life together.

*I want them to be encouraged and knit together by strong ties of love. I want them to have complete confidence that they understand God’s mysterious plan, which is Christ himself. In Him lie hidden all the treasures of wisdom and knowledge. ~ Colossians 2:2-3*

With love from our Planning Team,

Carola Meerkerk  
Planning Team Manager

# Schedule

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## Friday

### *Welcome, Relax and Unwind!*

- 1:00 pm Registration and Snacks (Pinnacle Dining Hall)
- 2:00-5:30 Free Time Options (see next page)
- 6:30 Dinner, A Culinary Treasure (Pinnacle Dining Hall)
- 8:00 Club (Fun, Music and Speaker at The Rock)
- 9:15 Cabin Time (Assigned Areas)
- 10:30 Free Time (Late Night Karaoke - Copper Room)
- 11:30 Lights out! Sleep well.

## Saturday

### *Investigators on the Go!*

- 7:00 am Coffee and Snacks (Canyon Coffee) and Pinnacle Hike
- 7:30 Free Time Options (see next page)
- 8:00 Morning Bible Study (Summit Room)
- 9:15 Breakfast (Pinnacle Dining Room)
- 10:15 Workshops Session 1 (See Pages 5-6, 12-13)
- 11:15 Coffee Break (Seminar Rooms & The Rock Lobby)
- 11:30 Workshops Session 2 (See Pages 5-6, 12-13)
- 1:00 pm Lunch (Pinnacle Dining Hall)
- 2:00 Free Time Options (see next page)
- 5:45 Appetizers and Photo Op (Plaza)
- 6:30 Solve the Mystery Banquet (Pinnacle Dining Hall)
- 8:00 Club (The Rock)
- 9:15 Cabin Time (Assigned Areas)
- 10:30 Free Time (Late Night Game - Copper Room)
- 11:30 Lights out! Sleep well

## Sunday

### *Solving Mysteries Continues*

- 7:00 am Coffee and Snacks (Canyon Coffee)
- 8:00 Morning Bible Study (Summit Room) & Beach Hut
- 9:15 Breakfast (Pinnacle Dining Hall)
- 10:15 Club (The Rock)
- 11:30 Optional Sessions (See Page 11)
- 12:15 pm Picnic Lunch (Pinnacle Dining Hall)
- 1:00 Free Time Options (see next pg) to 3 pm - Farewell!

Planning an early departure? A "To Go" Lunch will be ready Sunday at the Pinnacle.

# Free Time

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## Friday Afternoon

- 2:00 pm Beach Hut: Bikes, Kayaks, Canoes, Paddleboards etc
- 2:00 pm Pool Open
- 2:00 The Loft: DIY Pampering Parlour, Mani-Pedi
- 2:00 The Corral: DIY Arts and Crafts
- 2:00 Scoops Snack Bar: Ice Cream and more!
- 2:00 The Ridge Trading Company & Canyon Coffee
- 3:00 Waterfront: Water skiing, Wakeboards, Spinner etc (ends 5 pm)
- 3:00 Zip Line Open (ends 5 pm)
- 4:00 Pinnacle Hike : Meet at Basketball Court. Moderate speed.
- 4:00 Pool: Aquafit Class
- 5:30 Free Time is over

## Saturday Morning

- 7:00 am Pinnacle Hike : Meet at Basketball Court. Faster paced speed.
- 7:30 Waterfront (by sign up) for Water Sports
- 7:30 Beach Hut: Bikes, Kayaks, Canoes, Paddleboards, etc.
- 8:00 Tower of Terror (by sign up) ends @ 8:45 am

## Saturday Afternoon

- 2:00 pm Beach Hut: Bikes, Kayaks, Canoes, Paddleboards, etc.
- 2:00 Waterfront: Waterskiing, Wakeboards, Spinner, etc.
- 2:00 The Loft: DIY Pampering Parlour, Mani-Pedi
- 2:00 The Corral: DIY Arts and Crafts
- 2:00 Scoops Snack Bar; The Ridge Trading Co; Canyon Coffee
- 2:00 Zip Line (by sign up - ends at 3:30)
- 2:00 Pool for swimming
- 2:00 Party Barge Tour: Sign up for 2, 3 or 4:00 pm
- 2:30 + 3:30 Pinnacle Hike : Meet at Basketball Court. Moderate speed
- 3:45 High Ropes (by sign up)
- 4:00 Aquafit Class (Pool)
- 5:00 Free Time Activities Finished

## Sunday

- 8:00 Zip Line until 8:45 am
- 8:00 Beach Hut: Bikes, Kayaks, Canoes, Paddleboards etc
- 1:00 Ridge, Pool, Zip Line, Waterfront, Beach Hut until 3 pm

# Announcements

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## **In case of Emergency**

If you hear a continuous horn, immediately gather at the Basketball Court and await instructions from staff.

**Medical Attention:** See RRC staff or go to Club Med.

**Horns:** Call to Meals, first for work staff, then for campers.

**Alcohol or Cannabis:** No alcohol or drugs allowed at Camp.

**Smoking:** Designated smoking areas only. The Gazebo's for smoking are on Main Street and Wolfe Creek Lodge parking lot.

**Parking:** Designated parking by the soccer field and down the hill from Wolfe Creek Lodge.

**Pool Towels:** Outdoor towels are available at the Pool. Please leave room towels in the room.

**Waterfront:** The lake is not open for swimming but boats are available for watersports.

**Meals:** If you have noted dietary needs upon registration, please go through the regular buffet line and then see our Food Services Staff for dietary substitutions.

**Coffee/Tea:** Available 7:00 am each morning at the Pinnacle Dining Hall. You can buy a specialty coffee or chai in Canyon Coffee. Complementary early-riser snacks in the Loft area.

**Rockridge Property:** This is a rural property with small and large wildlife. Please keep Lodge doors closed. Stay within camp boundaries after dark (not across bridge or past the lower field).

**Devices:** We encourage you to be device free this weekend. We have great wifi but poor cell service. However, if needed, turn on wifi calling on your phone.

**Lost & Found:** Main Street box or the Camp Office

 **WIFI PASSWORD**  
rockridge

**Digital Booklet**  
Use phone camera  
to scan QR code



# Workshops *Session 1*

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10:15 am – 11:15 am

## **The Mysteries of Newborns and Beyond**

**Jodi Mosogau** (Rose Room)

Jodi is excited to give young moms or soon-to-be moms, some postpartum tips and simple tools for thriving, not just surviving, through a baby's first 12 months. The session will be half Q&A style to have a chance for as many women to ask questions and share together, as it's vital to have a village when raising children. \*\*There will be a draw for ONE complimentary consultation valued at \$180 for a new mom with a newborn baby.

## **Exploring the Insecurity Mystery ... in our relationships with others and ourselves**

**Geri Fitch** (Copper Room)

Insecurity has many faces and at times we excuse or accept its inevitable but unhealthy presence in our lives, especially as women. We can tend to default to it in ways that minimize the problems it presents in how we relate to others and ourselves. Contrary to what you may have been led to believe ... insecurity is not a virtue. It has both nature and nurture components. In this workshop, we will demystify what insecurity is and the insecurity traps we (and others we connect to) fall into. The goal of this workshop is to gain insight into, and identify practical and spiritual strategies, to make insecurity and its related anxiety smaller in our lives and in the lives of those with whom we are in community.

## **When Down is Up and Up is Down: The Mystery of the Making of a Healthy Soul**

**Kelly Thakkar** (Club Room)

Jesus promises us a full and abundant life. Yet our life experience is often far from that. In truth, God desires that our felt pain lead us to a place of encounter with Him. Could it be that our wounds, limitations, failures and difficulties are precisely the place of transformation into the image of Jesus? In this seminar we will do three things:

- Take an honest look at how we handle adversity.
- We will look at God's perspective and purpose for the things we wish would just go away.
- We will ask: How can we partner with God when the pain comes? Are there spiritual practices that will lead to the development of a healthy soul and the abundant life Jesus promises?

# Workshops *Session 2*

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11:30 am – 12:30 am

## **The Mystery of Your Nervous System - Understanding Stress, Anxiety and Depression**

**Julie Bohni** (Club Room)

Often our reactions and responses, feelings and behaviours can be a mystery. This workshop will help you explore and solve the mystery behind stress, anxiety and depression by understanding how your autonomic nervous system functions... my what? Your nervous system. How we are wired affects what we think about, our perspective, how we assign meaning/feeling, and our interactions. Accessing our nervous system can help us become aware of, and process, uncomfortable states (such as anxiety, depression, stress and overwhelm), and find ways to discern, adapt and relate to others. This session will help you “map” your nervous system states. From there we will identify strategies and ways to access your parasympathetic state (calm and secure) when you are experiencing a sympathetic state (stressed, fight or flight, anxious, depressed), to build resilience and strength, both personally and inter-relationally.

## **What Makes Lego so Appealing and Fun for All Generations? Come Solve the Mystery and L.O.L. (Laugh Out Loud)**

**Linda Mott** (Louis Room)

Ready to create with Lego? To let your imagination soar? To get to know other ladies in a fun and unusual way? To take what you learn and apply it to other parts of your life? If so, then come tap into your creativity and design, build, take apart and recreate. Share your ideas and thoughts with others as you work together to complete some zany projects.

## **The Mystery of Personalities – How the Birkman Assessment Uncovers your Wonderful Self**

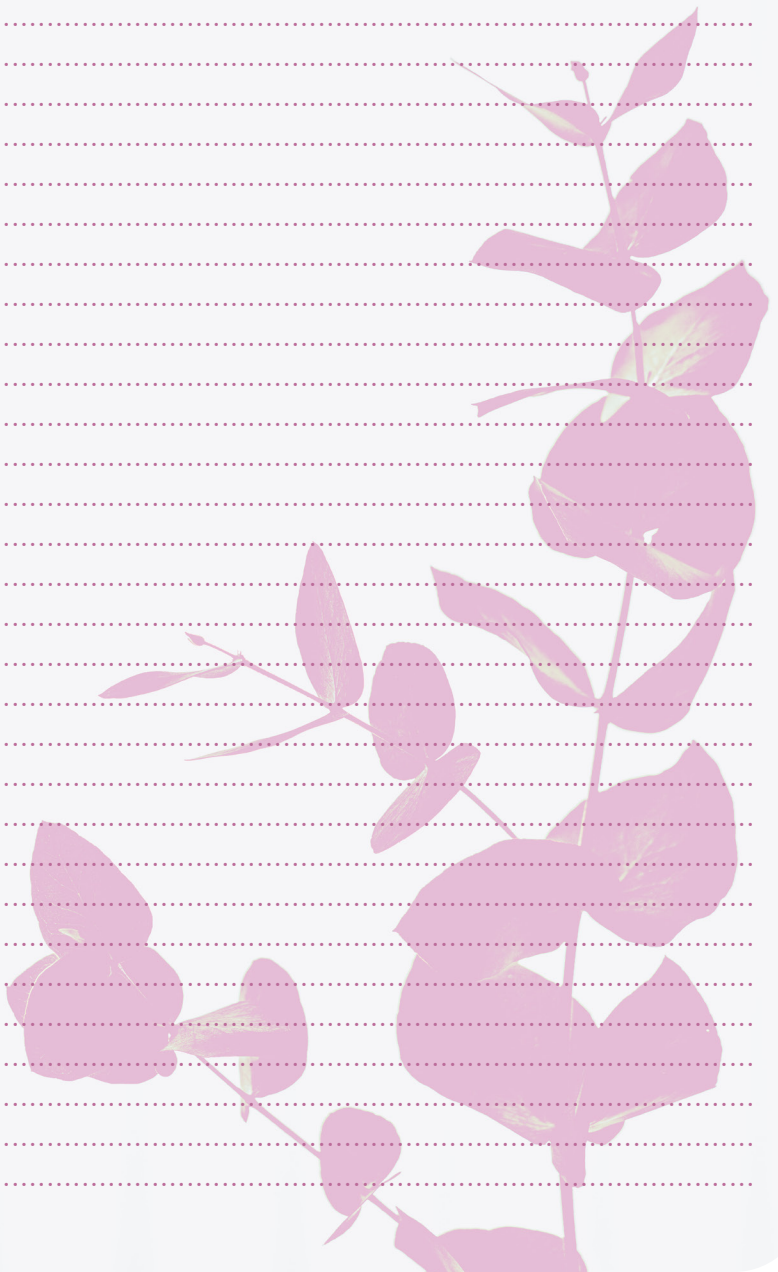
**Hyne-Ju Huizenga** (Copper Room)

We are wonderfully made with unique personalities by our sovereign Creator. This workshop will help you understand the Birkman personality assessment through interactive activities. First, you will learn about the Birkman personality map and the four unique symbols denoting your usual behaviour, interests, needs, and stress reactions. Then you will be given a sheet with a blank Birkman map to place the symbols where you believe they should go. Finally, I will coach you on why you may have placed your symbols where you did, as well as provide information on how to do the actual Birkman assessment. \*\*There will be a draw for ONE complimentary Birkman consultation valued at \$400 for all workshop participants.



# Notes

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# Camp Tour

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## Accommodations

Wolfe Creek Lodge, Nicola, Tulameen and Similkameen Dorms

## Pinnacle Building

### TOP LEVEL

Loft Corral, Canyon Coffee, Summit Room.

### MAIN LEVEL

Dining Area (closed outside of meals except for coffee/tea inside entrance).

Outside area around this level is called "Breezeway".

### LOWER LEVEL

Games Room, Scoops Snack Bar, Copper Room, Ridge Trading Company, Fitness Room and Club Med (First Aid).

### MAIN STREET

Outside walkway facing the beach

### THE PLAZA

The area outside of the pool

## The Rock

### JIMMY'S CLUB ROOM

For our Club fun, songs and talks.

### LOWER LEVEL

The Rose room and Louis Room for Workshops

## Waterfront

### BEACH HUT

For bikes, paddleboards, kayaks and canoes.

### BOAT DOCK

For tubing and boarding.



# Explore

## ROCKRIDGE CANYON



There's space for everyone



# Meet Our Team

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## Planning Team

Carola Meerkerk, Jodi Mosogau, Liz Becker, Linda Mott, Ruth Chan, Harjit Bains, Deanna Woo, Sharon Stevenson, Sarah Marriott, Daleen Bybee.

Camp Staff: Olivia Smith, Carolyn Mortensen, Curtis Cottrell, Allan Mailloux and Andy Wouda.



OUR SPEAKER  
Jaclyn Weidner

A professional school teacher and busy mom, Jaclyn teaches overwhelmed women how to move from surviving to thriving through practical tips and a whole lotta soul care! She is the host of the Ready to Thrive Podcast and author of Tangled: A Soul Care Revival Guide. Jaclyn helps women solve the mystery of the root of what is entangling them, and encourages them to find freedom. She lives just outside of Vancouver, Canada BC with her husband Brendan and their three talkative little girls.



Joh Va'a



Marika Morley

## OUR PROGRAM TEAM

Joh and Marika are both on staff with Young Life and work on the Saanich Peninsula on Vancouver Island. This fun duo has worked together to give joy and laughter to many teens, most recently at our YL New Years Camp here at Rockridge Canyon.



Sarah Marriott

SATURDAY & SUNDAY  
MORNING BIBLE STUDY

Sarah has been involved in Young Life for twelve years and is currently serving as the Regional Director for the Interior Region. Sarah has a deep love of Jesus and is a lifelong learner. Full of curiosity about history and the scriptures, educational pursuits includes a course in biblical Hebrew. She and her husband, Alex have four children, the youngest of whom is graduating from high school this year! The 8 am Bible studies with Sarah will be interactive and enriching! Colossians 2:2-3 I want them to be encouraged and knit together by strong ties of love. I want them to have complete confidence that they understand God's mysterious plan, which is Christ himself. In him lie hidden all the treasures of wisdom and knowledge.



OUR BAND

Sophia Brasset is leading us (guitar), Kelly Steeper (guitar) Charlotte Edwardson (keys), Emily Robertson (drums).

Sophia, Joh and Marika and the band will lead us in some fun songs and some worshipful songs. Their energy and faith will be an inspiration to us all!

## Sunday Late Morning Optional Sessions 11:30 am - In The Rock

### How to Get Involved with Young Life

with Sarah Marriott (Rose Room)

**Christianity 101 Q&A:** with Carol O'Leary (Louie Room)

**Prayer** with Prayer Team (Jimmy's Club Room)

# Workshop Leaders

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Julie Bohni

Julie is a registered clinical counselor in Langley, where she creates safe space for people to share their hardest stories. She is deeply invested in helping clients shift from states of stress and overwhelm to self regulation and calm. She specializes in adolescence and is passionate in her work with youth. Her role as Area Director for Young Life gives her the opportunity to engage with youth and young adults through long term relationships and sharing the hope of Christ. When not at work, Julie can be found with her family of five enjoying adventure in the outdoors hiking, cycling and snowboarding. She is in favour of all fine food and known by her friends to be compassionate, adventurous, funny, and loyal.

Geri is a Registered Psychologist and Marriage and Family therapist in private practice in Calgary, Alberta. She grew up in Toronto and has been involved with Young Life since her teenage years which has included being a campaigner, volunteer leader, and serving on work crew and summer staff at Saranac. She recently completed her term as Chair of the Young Life National Board. She is married to Drew (who she met in Young Life) and has two adult daughters, a son-in-law and two beautiful little grandsons.



Geri Fitch  
(BPHE, Med, MA)



Dr. Hyne-Ju  
Huizenga

Dr. Hyne-Ju Huizenga is an Assistant Professor of Leadership at Trinity Western University, and a Certified Birkman Consultant. She is also a mother of twelve and grandmother of three. She lives in Vancouver with her husband and youngest son Marc but travels regularly to see her much loved grandchildren in Kelowna



Jodi Mosogau

Jodi grew up in New Zealand and Australia before moving to Canada and returned to NZ to do her nursing degree as a young adult. Jodi has been a registered nurse for 18 years in pediatrics and the neonatal ICU. She's also been a lactation consultant working privately in the community for the last 8 years. She has been on staff with Young Life for the last two years helping run the middle school program for youth in Abbotsford/ Mission. Most of all, Jodi is very passionate about women and children of all ages and loves spending quality time with them in her different roles professionally and socially. She is married to Somé and they have three kids (8-13). She also loves the outdoors, gardening, baking, crafting and sports.

Linda has been facilitating workshops for over 30 years. "The Power of Lego", team building, creativity, interpersonal communications, employee engagement and mentoring are just a few of the topics. She currently is on Young Life Committee in Delta. Her real life job is as a Project Manager for BC Hydro. She is married to Darrell (volunteering this weekend) and has two amazing adult kids who are also here this weekend.



Linda Mott



Kelly Thakkar

Kelly is a career missionary with Young Life, serving first as the Middle School Director in Seattle, WA before marrying Dave and moving to Canada in 1992. She launched the middle school ministry to Canada in 1995 in Calgary. In 2003, the Lord called the Thakkar to Ontario where Kelly served both as the Oakville Area Director and as the Regional Associate for YL Ontario. Kelly moved west two years ago when Dave became President of YL of Canada. Currently she serves as the Regional Associate in the Coastal Region. She is training to be a Spiritual Director with SOUL FORMATION, a training school committed to the wholeness of Christian leaders. Kelly and Dave live in South Surrey and love nothing more than spending time with their three grown sons, their daughter-in-law and two precious grandbabies!

# Cabin Time

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## Friday Evening

What are you hoping to get out of this weekend?

Share about a time that you solved a mystery in your life.

Is there an area of your life where you feel discouraged? If Jesus asked you “Do you want to get well in that area?” what would your response be?

## Saturday Evening

What was your highlight of the day?

Have you ever walked through a season that felt like life was throwing you hit after hit?

Where do you need peace in your life?



Young Life  
**Weekend for  
Women**

