

KIPPY GAZETTE

A LETTER FROM THE DIRECTORS



Greetings, Kippewa families!
 We are sure everyone is rejoicing as we have finally made it through what was, in many areas, the snowiest and coldest winter on record! We are hopeful this is a sign of a warm, dry summer up in Maine. The snow

is still melting away in many areas of camp and signs of spring are slowly starting to appear. This just makes us all the more excited for the summer season, and the beginning of camp!

As you are busy enjoying the milder weather and longer days, we just want to remind you about the steps needed to prepare for the summer. Hopefully you have become familiar with your myKippewa account by now. If not, please take the time to login and check it out. There is an entire list of forms and documents for you to check out! Forms are due May 1st. We greatly appreciate your assistance with turning everything in on time. It is essential we have the forms on time in order to prepare for your daughters' arrival. Don't forget to look at the baggage shipment options and packing lists so you don't feel overwhelmed by this side of things at the last minute.

More details and sign-up forms for our optional trips will be coming out soon (girls entering 6th grade and above) and we will post the activity selection form for the first week of camp in late May / early June, so watch your inboxes for those notices.

We hope you are getting outside and enjoying some time in the sun while appreciating the new growth on the trees and flowers popping out of the ground. It's a busy time of year, and an exciting one as the countdown to camp gets closer by the day!

We look forward to seeing many of you at our Spring Fling in May, and everyone else at camp this summer!

WARMLY,

Ginger & Steve



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Welcome AJ!

In February, **Mary Paige Kowalski**, our equestrian director, and her husband welcomed their second child. Elizabeth is now a proud big sister to little brother AJ! They are enjoying these cold winter months in Maine cuddled up in their home in front of the fire, preparing for the busy summer ahead!



EVA'S VIEW



As we are surrounded by the winter season turning into the spring season (especially hopeful for our Boston Families!) it's very easy to daydream of the summer at Kippewa- sunny days, glistening lake in front of us at Flagpole, and warm nights as we play into dusk.

Even though my love affair with Maine started during these perfect summer days, it was my love affair with camp that brought me back to Maine during the winter. Even in the winter I daydream about Maine and the views of crisp white snow surrounding you. I daydream about Maine in the winter because of such a positive growth experience I had there, just like what many of us gain during our summers at camp.

Before entering the full-time camp world, I sought after experiences that would allow me to work in environments just like camp, while still allowing me to go to camp during the summer.

So what makes up such an experience: **Youth Development, Recreation, Opportunities to Play and Experience our Natural World, Residential and Intentional Community, Experiential Learning.** So there I was driving to Maine in the midst of winter. I was off to work in Residential Life at Coastal Studies for Girls, a semester school for 10th grade girls focused on Marine Science and Leadership at a yellow farmhouse in Freeport, Maine. It's a brand new idea for a school and I was arriving for its 3rd semester, it just started its 11th semester in the beginning of 2015. Similar to camp, I lived and worked at the school, over the course of the next 16 weeks, those 15 students became my focus and we were on this awesome journey together. We learned new skills, while co-leading Field Trips with faculty, studying marine life first hand on the coast of Maine, learning Maine's history with trips to the Maine State Museum, supporting student's leadership roles during our outdoor trips of hiking, canoeing, and even snow shoeing throughout western Maine. That farmhouse was much like a camp cabin, and a camp in itself. We lived together, ate together, played outside from crazy games in the snow to eating most meals outside when the sun arrived in June.

I got to see a state I loved so much in a different light. The streets of Portland and Freeport felt less crowded, I got a library card, and worked alongside people who had lived in Maine for many years, and who taught me most importantly to embrace the winter season and not be afraid of it. Most importantly, I learned skills and gained competencies from driving the school's vans on field trips, to assisting the chef in the kitchen, supporting students one on one during study hall, and facilitating our ritual of closing circle every night before bed. I carry all these skills and experiences to camp with me, every summer.

Feel free to reach out if you would like to hear more about Coastal Studies for Girls or other experiential learning opportunities during the non-Kippewa season, or just to chat about Maine in the non-summer seasons! You can also check out Coastal Studies for Girls at www.coastalstudiesforgirls.org.

Calling All Wordsmiths & Camp-Lovers!!

Have you ever sat around telling stories to your friends about the wonderful memories you have made at camp? Have you ever written down some of your fun camp stories or made up a fictional story of your own? Have you written a powerful essay for school that includes your camp experience? Whether you are a current camper, previous camper, child, teenager, or adult; we want to read your stories!! Not only do we want to read them, but we want to give others the chance to read them as well. Each story sent to us will be read by Margaret, the Kippewa blog editor, and it will have the chance to be published in one of our weekly blog posts. Each person can submit up to five stories at once, and they can be as long or as short as you would like.

Let the art of writing and the love of camp move you!

Send your stories to margaret@kippewa.com.



RETURNING STAFF 2015

Check out who's joining
us again so far!

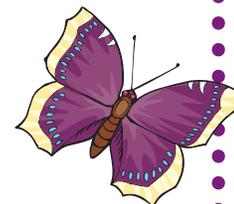
Ella Brakefield
Jocelyn Dowling
Mary Paige Kowalski
Kristen Collins
Zak Aguirre
Jesus Aguirre
Alan Clare
Mike Davis
Claudia Davis
Matt Mandel
Jackie Mandel
Debbie Vilardi
Ashley Davis
Ash Watts
Gemma Short
Lauren Craner
Ellie Richards
Olivia Louderman
Alice Atkin Calter
Julia Plummer
Lara Seltzer
Lissa Bragg
Almaz Ennis-Morris
Jess Reed
Jodie Kee
Tori Bauer
Rachael Kirk
Dulce Tellez
Moya Sutherland
Kaylee Spencer
Sierra LeBlanc
Orla McAleer
Cara Schweers
Rachel Stetenfeld
Ed Cunningham
Jermeka Smith
Sofia Cruz
Dulce Rodriguez
Eva Gruenberg

...and us of course,
GINGER & STEVE!

SPRING FLING 2015

HEY KIPPEWA! - HEY WHAT?! HEY KIPPEWA! - HEY WHAT?!

The Spring Fling is coming soon! We can't wait to see both new and returning girls in just over a month at FunFuzion in New Rochelle, NY. If you are getting ready to attend Kippewa for the first time, and don't know anyone yet, don't worry, there are a bunch of other girls just like you. If you are a returning camper we hope you will join us to reunite with old friends and help show our new campers what our Kippy family is all about!



When you arrive at the Spring Fling, you'll get a name tag that's a special color to help you find other girls who will be attending camp the same session as you. You'll have a chance to sit with other girls, do an art project, play a few camp games, enjoy a pizza lunch, and look at pictures of Kippewa. Our experienced Kippy girls are happy to answer any questions about the summer! Don't forget, they were once brand new to Kippewa too, and they love talking about camp!

Not only will you have the chance to meet new friends and reunite with old friends, but some of our incredible staff will be there as well! This is the perfect time to meet some of our counselors, get to know Head Counselor Ella, talk to Mike about the tennis program, ask landsports director Ashley about our athletics, hear all about our health center from head nurse Debbie, meet our amazing program director Matt, discuss all things horse-related with equestrian director Mary Paige, and learn even more about our Kippewa family!

So mark your calendars for **May 3rd** (12-2) and tell your parents! We can't wait to see you at the Spring Fling! (Parents and Siblings are invited too!)

** If you don't live in the area, don't worry, you won't be alone. You will still have plenty of time to meet new friends while traveling up to camp and upon your arrival!*

New Videos and New Website!

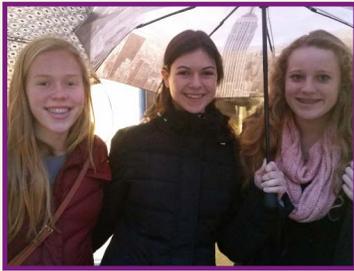
As our returning campers will remember, first session 2013 and second session 2014 we welcomed a video crew into camp. They were busy interviewing kids and staff and taking footage of all the fun things we do during the summer. We have been busy this winter working with the video production team to create new promotional clips about Kippewa. The final versions will be finalized any day - we can't wait to share them with you!



We are also busy this winter working on a brand new website that will help us showcase everything Kippewa has to offer. The website will be nice and friendly for viewing on phones, tablets, and of course the full screen of your computer. We hope you will take some time to check out the pictures and the new format. Together with displaying our newly created professional videos, our website will be showcasing all of the camper created videos from our Video Production classes!

KIPPY GIRL UPDATE/KIPP PICTURES

WE LOVE SEEING WHAT OUR KIPPY GIRLS ARE UP TO DURING THE SCHOOL YEAR!
CHECK OUT THESE EXCITING PICTURES, AND OF COURSE FEEL FREE TO SEND US YOUR OWN.



2014 OCs **Gretchen**, **Brittany** and **Alex** enjoyed a nice winter reunion. They miss Kippewa already!



Jessie C. was recently surprised when Ginger stopped by her house!



Hannah D. shows off her Kippy spirit all year round!



Nell S. escaped the cold with a trip to sunny Florida to visit camp friends **Juliana** and **Elizabeth V.**



Kate I. and **Leah C.** recently met up for some winter skating and summer memories.



Piper E., **Leah T.** and **Paloma C.** had their own version of cupcake wars! They each chose their ingredients and Piper's dad was the lucky judge.



Mira H. and **Jess C.** baked their own Kippy cookies. They just couldn't wait for the summer.



Sydney W. and **Avery R.** enjoyed meeting up in the snow this winter.



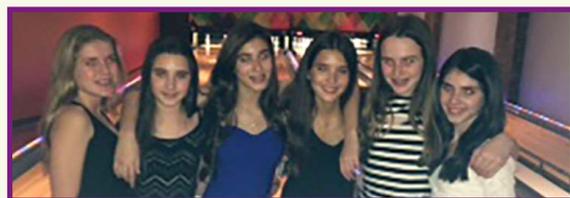
Second session ladies enjoyed celebrating together!



The Frank girls show us their sisterly-love.



Cooking counselors **Natasha** and **Rachel** got together this winter and shared their love of baking by making Maine-state shaped cookies.



First session ladies enjoyed celebrating together during the cold winter months!



2014 OC **Grace D.** recently flew over to the UK to meet up with friend and fellow OC **Brigitte A.** We love seeing camp friendships carry on past the summer!

Why Kippewa & Cobbossee are Really the Same

Hello from Camp Cobbossee!

We wanted to take a minute today to reflect on the similarities between Cobbossee and Kippewa, and discuss why we make such a great brother-sister camp pair. Every camp has a stereotype that is a very simple version of who they really are. Let's say your distant Aunt asked about Cobbossee at a family dinner. You might say "Oh, Cobbossee is a great all-boys sports camp." If someone was to mention Kippewa in the same situation, they might say "oh yeah, it's a great girls camp with lots of amazing arts activities". Both of these simplistic statements are true of course, but they are very surface descriptions. It's like saying our mutual lake is "big and full of water," or that Maine has "lots of trees." Kippewa offers so much more than arts, and Cobbossee so much more than sports.

Overall in life, as we all know, stereotypes can lead you into some strange places. If you let stereotypes replace real information about a new person you just met, you could end up costing yourself a new best friend.

It works the same way for camps. While it's true that Cobbossee has lots of great sports, what's even *truer* about Cobbossee is that it's a place where boys become brothers. Everywhere you look at Cobbossee, boys are finding friends they could never find at home. While Kippewa has a great riding program and extensive arts, it is *much truer* that Kippewa is a place where girls from all over come and discover a new sisterhood. In this sisterhood girls become freer, happier, and more themselves. When our two camps get together at 4th of July or Carnival or at a brother-sister lunch, we get to see the real truth, the way real brothers and sisters do.

For this reason, even though Kippewa and Cobbossee might have simple stereotypes that are pretty different, the truth is that in the most important ways, the camps are almost identical: they are places where young women and young men form powerful bonds with each other and with their counselors. Whether you are a new boy at Cobbossee or a new girl at Kippewa, the end result is the same: when you first set foot at camp, you have just found a new family.

A Taste of Ginger's Home Cooking

A favorite dessert in the Clare household is ice cream. All year round, no matter how cold the weather, my boys call out for ice cream! We recently discovered the most amazingly simple and delicious banana ice cream recipe. Not only is this "ice cream" healthy and scrumptious, it won't melt all over your lap! Brett (our 3 year old) was able to eat it off a cone at a leisurely pace without spilling a drop.

BANANA "ICE CREAM"

INGREDIENTS:

3 - 4 Very Ripe Bananas (the riper the better)
Various extra flavorings as desired (see step #2)

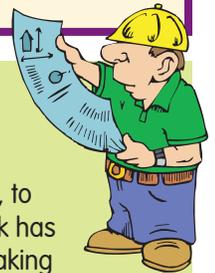


INSTRUCTIONS:

- 1 Peel and cut the bananas into small chunks and freeze until solid, at least 1-2 hours. Transfer the bananas to a very strong blender and blend until smooth and creamy. This will take a few minutes and may require periodic pauses and adjustments. It's very loud and intense since the bananas are frozen, similar to adding ice cubes to a blender. At first you may think it isn't going to work, but within a few minutes, you should be seeing a thick, creamy ice-creamy mixture in the blender.
- 2 You can eat the ice cream just like this. It is plenty tasty on its own. You can also add other flavors to make your favorite type of ice cream. Just add additional flavors and mix. We enjoy mint chocolate chip (a couple drops of peppermint extract and some dark chocolate chips). Another favorite is chocolate - just add a scoop of cocoa powder. You can make strawberry banana ice cream by adding some frozen strawberries. Peanut butter is another wonderful mix-in. The options are endless - get creative!
- 3 If you end up following this recipe, send me your photos. Let me know about any fun flavors that you try. I hope you enjoy it as much as we do!

FACILITIES UPDATE

As most of you know, it's been a snowy winter up in Maine, to say the least! While our maintenance duo of Karl and Frank has been busy working on upgrading bathrooms along with making repairs and maintaining camp in general, the bulk of their time this winter has been spent on clearing snow! They have to plow the road to make sure vehicles can still get in and out of camp, and clear snow off the roofs in an effort to avoid any collapsed roofs or buildings. Just like the rest of us, they can't wait for spring to arrive! They are also anxious to continue with other projects such as fixing up the grounds, finishing off our new, regulation-size riding ring, and a couple of surprises, but before these projects can get underway the snow must melt! Stay tuned for more details on their progress in the spring newsletter...



AN INTERVIEW WITH... Ashley Davis

The Kippy Gazette recently caught up with our Landsports Director, **Ashley Davis**. Summer 2015 will be Ashley's 6th summer at Kippewa. When not at camp, Ashley lives in the Boston area. Enjoy our interview below:

Shoveling a lot of snow off your roof yet? My roof has been okay, the driveway has been the issue. The snow drifts are up to my shoulders, I have to be very careful backing out of the driveway.

What are you up this time of year? I'm a full-time student and I'm working at my old high school, Dana Hall School, as the assistant coach for Dana Hall's Varsity Basketball season and middle school B Team. The season just ended and now I'm the head coach of the middle school Tennis team, it's more of the managerial position, we will also have an instructor there at practice to help with the Tennis specifics. Mike Davis would so proud!

Was the decision to start coaching based on your time spent at camp? Absolutely, 100%. Towards the end of the summer, I started talking to people about how I can continue doing this in my "real-life". With the encouragement of Kippy friends. I reached out to my old high school coach and spoke with the Athletic Director to get the ball rolling.

I fell in love with coaching at camp, and wanted to find a way to continue doing this. I was totally thrilled when I got offered the position

What new activities/ ideas do you have in your head for the summer of 2015? I absolutely want to continue and build up the Landsports Legend as part of the camp culture. I'm thinking of ways to have more of camp involved in landsports. Maybe more staff and OC's games, and offering more games on an intramural level.

I'm also open to hearing new ideas, let us know if you also have a great idea that would like to see in your landsports activity period.

What skills did you learn at camp, that have been helpful for you professionally? A lot of it stems from the leadership skills, managing a group of people. I was able to transfer that immediately.

Everything around teaching and coaching, dealing with a group of kids and needing to keep everyone's

wants and needs in check and help each person. At Kippewa, we don't press winning as the goal, we focus on what they are learning, I think that's really important. The skills that I gained using that approach, really carry over to the work I'm doing now. I started saying to Ginger around my second or third summer, I think I really want to be a teacher.

Coaching has allowed me to continue this love of teaching, I found something that really feeds my soul.

Favorite song to dance to in the Lodge? *Hey Juliet*, it's a classic.

And what song would you like to add to the rotation? I'm working on a dance to Taylor Swift's *Shake It Off* and can't wait to bring it to camp.

Favorite meal at camp: Chicken Nuggets, I make my own special sauce mixing ketchup and mayonnaise, which basically tastes like Thousand Island Dressing. And having bacon at breakfast.

Favorite Evening Activity: Statues, I love playing and judging, creating the scenarios. (Editor's Note: Ashley is also the master of Statues set-up, gathering and dividing all the materials that each needs to play)

What is your favorite camp moment so far? I don't think I can isolate it to just one moment. Across the board, anytime I see the light go on in a kid's head—that's always my favorite moment that keeps me coming back. I saw it at the barn and now at landsports.

I love it, absolutely love it.

Any other thoughts you want to share? I'm really excited for the summer to start, to be back in Maine. Have the snow melt and just see everybody again!



Ashley Davis and Gabi D finding each other at school!

THE POWER OF CAMP:

Nurturing Connection, Mastery and Autonomy

A few times a year the American Camp Association publishes "Camping Magazine". We enjoy reading up on latest trends, and more importantly it allows us to re-examine the powerful work we do at Kippewa each summer. In the January/February 2015 issue of Camping Magazine, one article that spoke to us was the article Nurturing Campers' Psychological Needs: An Interview with Bob Ditter. Bob Ditter is a highly regarded child, adolescent, and family therapist, who consults with many camps and is frequent presenter at camping conferences.

Ditter breaks down 3 psychological needs:

- **Connection:** Having meaningful relationships with other people.
- **Mastery:** The opportunity to work at something and gain a sense of effectiveness or competency.
- **Autonomy:** The emerging sense of oneself as separate from his or her parents and friends, with one's own values, experiences, aspirations, creativity, and ideas.

While looking at these 3 needs, we immediately found ourselves thinking and discussing "how do we achieve this at Kippewa"?

Let's start with **MASTERY**. Our campers are instructed in a way that allows them to do their work independently. From water-skiing to new art skills, our program allows for campers to do the work themselves. The only way a camper can go down the zip-line is by climbing the tree all on their own. In our art projects, we specifically design projects that a camper completes on their own- from



learning how to foil stained glass to throwing on the wheel in pottery, our goal is for campers to learn the skills necessary to complete these projects without being subjective to the final result.

Our campers achieve this mastery because we are also allowing our campers **AUTONOMY** when choosing their schedule. Out of the 6 activity periods during the day, 5 of those activities they are choosing for themselves. 4 of those activity periods are chosen for a week at a time, giving our campers sufficient amount of time to complete those projects and accomplish their goals. Our campers know that they will be doing that same activity each day and will be able to build on their skills in consecutive sessions. By allowing our campers to choose their own activities, we are empowering them to make their own choices and follow through on their personal interests. This idea of choice also happens every day for our Free Choice period (the activity period right before lunch). Our campers choose this activity either that morning or the evening before, which means they are able to express what they want to do every day. This Free Choice either allows for increased time to master a project or explore a new activity they may be unsure about committing to for the whole week. And let's not forget our Staff. They are given the opportunity to create their

own programming almost every day. Our counselors are constantly planning and choosing what they want to teach for Free Choice, allowing them the Autonomy to offer something that we don't regularly offer during the daily schedule.

CONNECTION seems like a very obvious part of camp, at camp we are constantly working with other people and through activities we form friendships. In addition, we are proud that we form connections in many ways outside of a camper's bunk and age group. We are very intentional in how we structure our bunks, activities and more in an effort to help foster these connections. Through our program campers will have activities with campers who are perhaps a year older or younger than they are, and on the first night of camp girls meet their camp sisters who are a couple of years older or younger. Throughout the day, when we eat meals as a whole camp or when Cookie Call happens in the afternoon, again the whole camp is together to mix and mingle and meet campers from different age groups. Ditter stresses the importance of this as camp is in many ways one of the last remaining places where such an opportunity for inter-generational friendships exist. From our counselor staff to Alan Clare (our water-ski director and Steve's Dad) we have staff from different life stages which makes for such an exciting and rich community of people with different backgrounds and experiences. We hope you think about how **Mastery**, **Autonomy**, and **Connection** are in your life outside of camp as well!



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IMPORTANT DATES SUMMER 2015

1st SESSION	Thursday, June 25 - Sunday, July 19
FIRST VISITING DAY	Sunday, July 19
2nd SESSION	Wednesday, July 22 - Saturday, August 15
SECOND VISITING DAY	Saturday, August 15
FAMILY CAMP	Sunday, August 16 - Saturday, August 22

**Get Ready for Another
Awesome Kippy Summer!**

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