

## Leadership Training Program

JP Rullán

July 26, 2014

As the 2014 Camp Kawanhee season came around, Mark and Liz Standen approached me in Puerto Rico about my willingness to take over and help re-envision the Junior Counselor Training program. Helping young men realize their true potential through tireless effort was precisely my dream for years, so with little debate I emphatically accepted the challenge. Alex Standen was to be the co-director, which only exponentially increased my excitement for the outstanding potential of this year.



Upon our arrival to these sacred grounds on the shores of Lake Webb, Alex and I immediately began planning, organizing, and debating all the areas that encompassed the needs of a 16 to 17 year-old young adult. We agreed on three major areas that could be built upon during our time here:

- Stewardship of the land
- Leadership in the outdoors
- Becoming a role model

## Stewardship of the Land

As an issue not only important for our homes and communities, but our entire planet, we felt strongly to include sustainability and responsibility for the land as a totem of the program. The junior counselors all chose to work on two community service projects oriented on providing hands-on experience on the life skills of construction and gardening. Using mostly timber from Kawanhee's majestic forests, the guys will have built a treehouse in the woods behind the Ropes Course, and with nothing but a couple of shovels , a pickaxe and hours of hard labor, the JC's have doubled the size of the Kawanhee garden with the aim to provide all of the salad greens for next summer!

## Leadership in the Outdoors

With Alex's background in the tripping program and our mutual, expansive adoration of the outdoors, both for its beauty and innate character building qualities, we decided to focus more time on trips. To ensure the proper growth of leadership qualities, the JC's are in charge of planning, food menus, equipment lists, kitchen coordination, packing and cooking, and once we're out there, we consult as a group about the decisions that need to be made

with a view toward reaching consensus. This year, we will have run three trips, the first was a community service project to Monhegan Island, where for four days we helped the islanders clear invasive plant species and enact trail maintenance, with time left over to absorb the sublime beauty of the remote paradise. Our second trip was to the pristine wilderness of the Allagash River Waterway, where the young men canoed northbound for four days reaching the US-Canada border, with nothing but what we carried in our canoes and the provisions they had prepared on their own. This is certainly the most exhilaratingly remote trip camp offers. The third trip leaving on Monday will take place in the Grafton Notch Loop Trail in the form of a backpacking experience never provided before at Kawanhee. This three day hike covers some of Maine's highest and most stunning peaks coupled with ponds and cliffs and a 39 mile trail to string it all together.



## Becoming a Role Model

Certainly the most important facet of the JC program, here they learn to grow responsibility of personal actions and words for the good of those who naturally look up to them. With all the eyes and ears of camp on them, these young men experience the uncanny opportunity of changing a boy's mindset with just their exhibition of virtues. From the first week of camp the guys are placed in activities and lodges where they encounter daily challenges in this regard. Their performance is monitored and discussed with them throughout the year to nurture positive development. Here the Junior Counselors are refined over time through direct experience with childcare, a quality that will strengthen their abilities as siblings, leaders, counselors and ultimately as parents.



# Revival of Kawanhee Backpacking

By Benjamin Weinstock



This past week witnessed a successful revival of Kawanhee's backpacking program. Four brave campers (Billy S., Daniel M., Aidan D., and Kristian K.) – in a leap of faith – decided to go on the ultimate adventure with Gina Malley, Juanki Samalot, and myself. What they knew: the trip would be a three day backpacking trip covering 20 miles across some of Maine's most challenging terrain.

But wait...what's backpacking? Not one among the four had carried a 30 pound pack with everything they needed over such distances. Not one among the four had much of an idea what to expect. Yet, a prevailing sense of being part of something new, something at once both exciting and a bit scary, gave them the courage to step into the unknown: a place where they all thrived.

The trip lasted from Tuesday to Thursday but really began Monday night. After dinner on Monday, Gina, Juanki, and I held a meeting to instruct the campers on how to pack their bags efficiently, to familiarize them with the new, lightweight gear we would be using, and to show them a topographical map of the western side of the Grafton Notch Loop Trail that we would be hiking. This meeting proved useful in imparting to the campers the skills and knowledge necessary for a safe, fun, and successful trip. They were ready.

Day 1: We woke up at 6:00am to finalize the packing process and to make sure everything we needed was in order.



After a wonderful breakfast courtesy of our kitchen staff, we got into the van and drove up to the parking lot from where we would depart. Arrival time: 9:45am. The trip had begun! The trail began by steeply rising to the top of Old Speck – one of Maine’s highest peaks – over four grueling miles along the Appalachian Trail. The dialogue among the group resembled something along the lines of

“This is the hardest thing I have EVER done!”

“But isn’t it SO cool?!”

“Man, are we hardcore!”

“I can’t wait to sleep tonight!”

Ever reflective of backpacking’s ability to evoke personal challenges while affording one the opportunity for profound accomplishment, this dialogue captures the wide range of thoughts and emotions experienced on the first day. Our first-day travels culminated in 360-degree, panoramic views from atop the fire tower on Old Speck and ended with a steep descent to our first campsite.

Day 2: Another 6:00am wake-up. More downhill than uphill planned for today; the campers rejoiced. Similar mileage to Day 1. We began to descend the south ridge of Old Speck down to Miles Notch. From there we ascended Whitecap and saw the best views that the Grafton Notch Loop Trail has to offer. The alpine zone that rests atop of Whitecap provided not only unforgettable views but also the opportunity for discussion about the fragile flora and fauna that calls the area home. Campers were able to work on the Mountain Man program by journaling about different aspects of the hike (everything from crafting an itinerary to sketching leaves and clouds to talking about Leave No Trace Principles). The day’s hike ended as we set up our tents and campsite right before the rain began. After a quick meal of pasta and beans, we fell asleep to the steady beat of thundershowers overhead. We managed to stay pretty dry, though!



Day 3: Our last day on trail. You guessed it...6:00am wake-up. We knew that this day would be the longest of the trip (about 7 ½-8 miles). Perhaps it was the easing downhill

terrain or simply thirst for the road – the constant reminder of civilization – but the group’s energy pushed us to bang out the mileage by 11:30am! We hiked along an increasingly scenic brook down to the road and up to the parking lot where we waited for the camp van. That leased Missouri van was certainly received with shouts of excitement!

To merely say that the trip was successful would do an injustice to the courage, effort, and teamwork that our four campers put forth on trail. Easily the most physically demanding trip that Kawanhee has done in recent memory, the west half of the Grafton Notch Loop Trail served as a great introduction to the skills, planning, and execution of a backpacking trip. I couldn’t be happier with how well each camper hiked and how receptive they were to instruction. I hope that this trip sets a precedent for future trips of a similar nature, so that Kawanhee continues to offer the invaluable opportunities



# Allagash River Trip

Riley W. JC

After a seven hour car ride through the North Woods of Maine, just shy of the U.S. and Canada border crossing, we had reached our destination on the Allagash River. Thirteen Junior Counselors and three counselors braved the fifty-two mile long canoe trip through some of the most remote areas that I have ever seen. There were



practically no signs of civilization throughout the four day journey except for the occasional sight of other canoes. I had never experienced anything quite like it, and as our previous trip to Monhegan Island, the Allagash River is something that I will never forget.

Upon our arrival to the drop off area, we loaded up the canoes with all our equipment and personal gear, and set out on the river. Throughout the first day, we spotted around twenty bald eagles, and a bobcat amongst the tree line. These sightings gave us high hopes towards seeing more forms of wildlife. One of the most sought out animals to see while on the river is a moose, this was no exception for myself, never having seen a moose before. As the sunset approached, our group thought it best to find a campsite. As we paddled closer and closer to our planned campgrounds, we noticed that there were already two groups staying within it. We would have to find another encampment. As we continued paddling down stream, we began to see more campsites, all of which were taken. It wasn't until about two hours later and approximately three miles downriver where we finally came to a single campsite that was not inhabited. After about eighteen miles of paddling in one day, everyone let out a cry of joy, and relief, then began to set up for the night.

As we awoke the following morning, we packed up our gear, ate breakfast, and continued on our journey downriver. Within the first twenty minutes or so, we began to see more bald eagles, as well as several other species of birds. Later on, a beaver was spotted crossing the river. There was a lot of active wildlife out and about, and we were enjoying every minute of it. Throughout the day we continued paddling, and eventually we began to search for another campsite to set up in. The map listed three campsites just a little ways down the river. As we made our way down, we coincidentally split into two staggered groups of canoes, and a silence fell among us as if we were all waiting for something. Little did we know at the time, that “something”, happened to be around the next river bend. As we came around, we spotted a large dark object a few hundred meters away, but immediately as we laid our eyes upon it, we all knew that it was the animal we were all waiting for, a moose! As we ventured closer and closer, we could see the moose standing on the side of the river, drinking the water while keeping a wary eye on us. My canoe happened to be in front of the rest at the time, myself and the other member of the canoe, Noah, crept closer and closer to the moose. I was so happy to finally see a moose for the first time, and the fact that we were able to be so close up to it, was incredible. As we began to drift past the



moose, the first group looked back and saw that the other canoes had stopped a few hundred meters back because yet another moose had emerged from the tree line beside them. I was practically shocked that I had seen two moose within mere minutes of one another after going my entire life without seeing any at all. Seeing these moose was one of the biggest highlights of the trip for myself as well as others. Unfortunately, the river took us away from the mystical creature that we had all sought out for, and soon after, we had discovered our campsite for the night. We pitched our tents, ate our dinner, and soon enough, we had



fallen asleep after another long yet eventful day.

The next morning was the same routine, wake up, make breakfast, take down our encampment, and then get back on the river. The only difference was, there was heavy downpour that greeted us as we awoke. Luckily, to our advantage, the rain had subsided just as we were about to get in our canoes. Soon after, we were out on the river, making our

way to our next campsite. We paddled hard for the first couple of hours, but as we stopped for lunch, the group figured out that because we had paddled so much the first two days, if we were to continue on paddling with the same pace, we would finish the entire trip too early. So after we finished our lunch, we pushed off our canoes, and all rafted up to drift down the river at a slow leisurely pace. Soon after, our singular group of canoes was broken up due to some harsh rapids, so we continued drifting down the Allagash River in two separate groups. The time we spent drifting was some of the most fun I had on the trip. Everyone in our group was talking and having a great time, we were all so happy and relaxed. Even if there was another section of rapids ahead, we stayed connected, and were triumphant over every obstacle we faced. After many hours spent drifting, we had arrived at our last campsite of the trip just a mere five miles away from the end of our journey on the Allagash.

The fourth and final day was similar to the third day. We only had five miles to paddle, so we all grouped together and rafted up to begin drifting down the river yet again. Sooner or later as we were drifting we began to see signs of civilization which seemed al-

most alien after spending a few days in some of the most remote and isolated parts of Maine. The first sign of civilization was a long black cable stretching across the river, once we passed under it, a few minutes passed and we began to see roads. Then as we came around another river bend, we saw houses. Once we saw the houses, the entire mood of the trip had changed. It was if the sight of these almost foreign objects had put temporary damper on our spirits. We were all sad to realize that this incredible trip was just a few minutes away from ending. Although every single one of us on the trip were having a great time and loving every minute of it, we were all eager to return to the vans to begin the six hour car ride back to camp. The houses began to grow in numbers and then we came across our drop off zone. We landed the canoes, and began unpacking, and soon enough, we loaded up into the vans, and headed back to camp.

The Allagash Trip was not only one of the best trips that I have done with my time here at camp, but it was one of the best trips that I have done in my entire life. There was something that I found so enjoyable about packing all our materials into our canoes, and moving from campsite to campsite while gliding down one of the most incredible rivers I have ever been on. I will forever remember my time on the Allagash with best friends, and best memories.



# Why you should choose to go to Camp Kawanhee.

By: Carlos R. and Xavier A.

If you're up for trying new things, Kawanhee is a great place for you.



You get to live in a place without your parents and be “unplugged” for a summer. You have a chance to try new things that you don't have chance to do at home. Here are my favorite things about camp.

The dining hall at camp serves an extremely wide variety of foods. The camp also has a loving and caring “Camp Mom,” to watch over you and check in with you. There are a large array of sports to play, and levels to pass, so it is easy to stay busy.

The kitchen has great foods from the breads at the bakery, to the vegetarian foods on the line. The best meal served in the dining hall is steak and turkey, in my opinion. So now you know that the food at Kawanhee is good!

Another great thing at Kawanhee is the Camp Mom, Debi. She is really nice and can cure homesickness easily. About once a week Debi makes doughnuts or has a s'more cookout over a fire. So at camp you can always go to Debi for help.

Some of the basic sports to play are tennis, soccer, baseball and basketball. Some of the advanced sports, archery, rifle range, sailing, climbing, canoeing, kayaking, and swimming, are also available at Kawanhee.

Camp-craft is a fun activity because you can make fires and cook stuff over the fire. It tastes really good if you make food. You can also use an axe and a knife.

Shop is also a lot of fun because you can make stuff out of wood. You can make sailboats, mini paddles, boats, and wooden knives. You can even make your name out of wood. You can also paint it at the end when its time. So if you want something made out of wood you can make it at camp.

To sum up this article, you should choose Camp Kawanhee over any other summer camp. You get to meet great people from all over the world. It has great scenery with trees and a lake. And, you are always busy doing wonderful things.

Bye! I'm going to make a fire in campcraft.



# Edu de no V. edges Alec R. for Chess Tournament Championship!

by Michael Altmaier

In an epic match by two of the titans of the Kawanhee board game circuit, Edu d no V. beat Alec R. for the July Chess championship at Camp Kawanhee. There will be a second tournament that finishes in August.

In their championship match (a best of three), Edu won the first game, but Alec came back and won the second game. A third and deciding game was played, but it ended up in a stalemate. Both players agreed to play a fourth game to decide the championship. Since the championship took longer than the required three games, both players had to forfeit their \$25,000 in possible prize winnings. Instead they qualified for a free coke. In the fourth game, Edu won and claimed the championship. Both players showed great sportsmanship and shook hands after the match. Both players have won previous board game tournaments at Kawanhee in the past two summers. Perhaps they will meet again in the next tournament of the summer.



# Peter K. and Diego P. trade titles in Junior B Ping Pong and Tennis Tournaments

by Michael Altmaier

Two Lynx lodgers, Peter K. and Diego P., both reached the finals of both the Junior B tennis and ping pong tournaments. Obviously, both campers are very skilled at racquet sports. In the Ping Pong final, Peter won the final in a convincing 3-0 match score. We tried to abide by official table tennis rules in our tournament- each game was played to 11, and a match was the first player to win three games.

The tennis final also came down to the same two players. The final match was an 8 game pro set-one "longer" set played to 8. It was a great and close match. The match was tied at 5-5, before Diego pulled away for an 8-6 victory. Both players were awarded tennis trophies at the Saturday evening campfire. The other divisions are all in the "finals" stage of both tennis and ping pong (the senior ping pong tournament was completed last week and reported in a previous edition of the "Wigwam") and results will be made available to the "Wigwam" as soon as possible.



# Camper discovers part of old basketball court!

by Michael Altmaier

In 2010, Camp Kawanhee took on the huge project of building a new athletic field. The major addition to this new field was a new, full sized soccer field. To make this field a reality, several areas of camp were affected. The baseball field was pushed back, archery and basketball were moved to new locations. The old concrete basketball court was dug up and a new one was built next to the shop. Most of the pieces of the old field were carted off, but a few pieces escaped. This past week, Wildcat camper, Chris L. ,discovered one of the pieces of the old court along the side of a brook behind the baseball field.



This location was far from the old location of the basketball court , so it had traveled some distance in the past four years.

Chris donated his discovery to the Kawanhee History Museum and it will be put on display.

## Mealtime Trivia

by Michael Altmaier

Another week of mealtime trivia has passed and the new three weekers have seemed to catch on quickly ! Several Wildcat campers have done a great job answering questions this summer.

This weeks questions :

1. What is the name of Peter Parker's (Spiderman) aunt ?
2. The three largest luxury car companies are all located in this country.
3. What South American country uses the U.S. dollar as its basic currency ?
4. What percentage of sea water is salt ?
5. What is the first animal to appear in the dictionary ?
6. What planet is named after the Roman "messenger of the Gods" ?
7. What small European principality has the world's highest life expectancy ? (89.63 years)
8. What country has a mountain that enables you to see both the Atlantic and Pacific Oceans ?
9. How many possible opening moves are there in chess ?
10. What is the most popular name for male dogs in the U.S. ?

(Answers after lodge photos)

2014 Week Five

Lodge Photos



Eagle Lodge



Falcon Lodge



Pine Tree Lodge



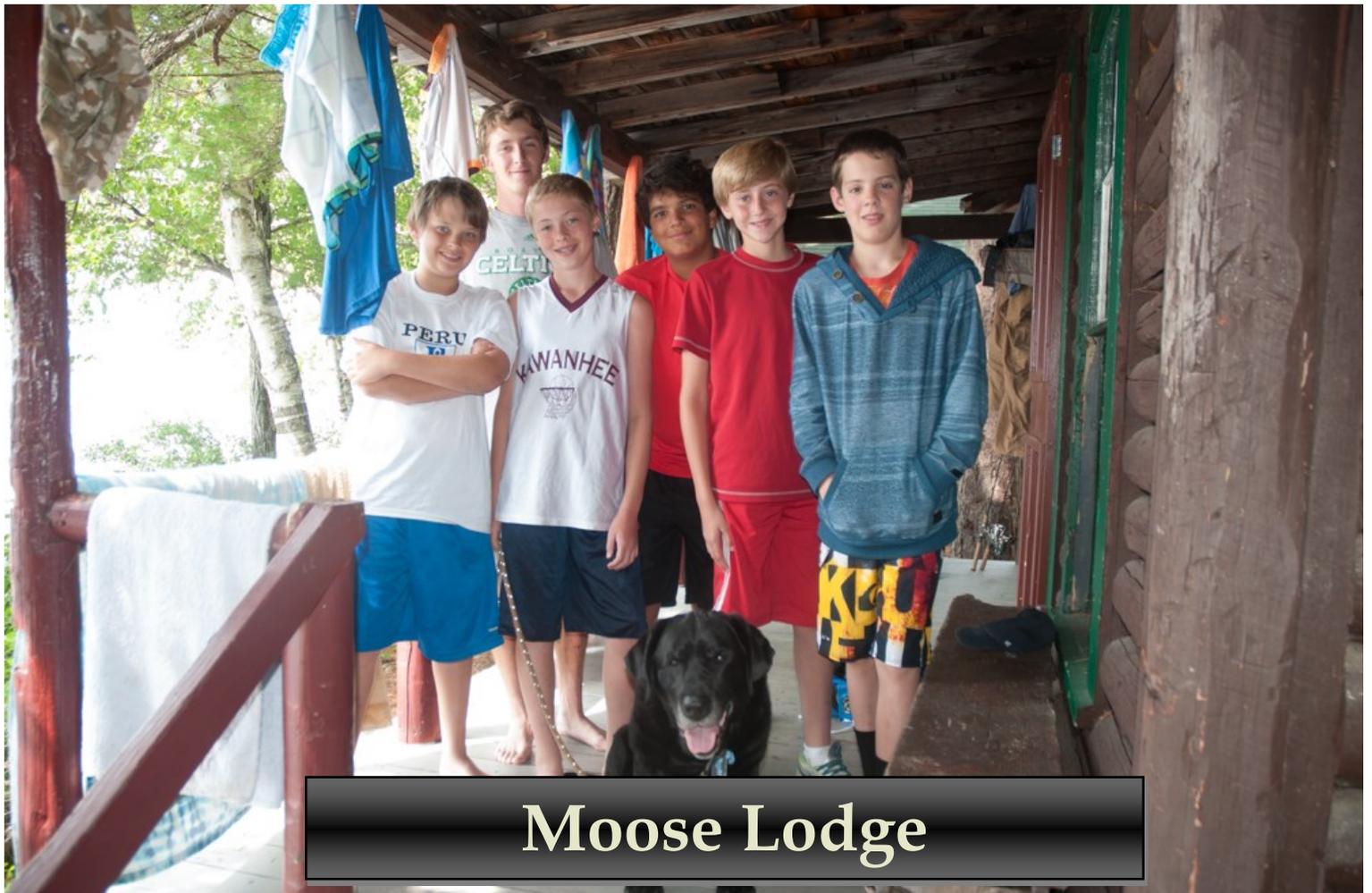
Hawk Lodge



Deer Lodge



Beaver Lodge



Moose Lodge



Lynx Lodge



Wildcat Lodge



Trout Lodge



Coyote Lodge



Bear Lodge





## Crow Lodge

### Mealtime Trivia Answers:

1. May
2. Germany
3. Ecuador
4. 4
5. Aardvark
6. Mercury
7. Monaco
8. Costa Rica
9. 20
10. Max

# Contact Information

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## Executive Directors

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Liz Standen, Co-Executive Director..... [liz@kawanhee.com](mailto:liz@kawanhee.com)

## Co-Directors of Residential Life

Debbie Sullivan, Camp Mom..... [debi@kawanhee.com](mailto:debi@kawanhee.com)

Andy Bourassa, Senior Side..... [andy@kawanhee.com](mailto:andy@kawanhee.com)

## Announcements:

Please check out our Facebook page at:

<https://www.facebook.com/pages/Camp-Kawanhee-for-Boys/132213696858301?ref=hl>



Follow us on Twitter

<https://twitter.com/Kawanhee>

Week Five photos have been uploaded.

The password for all of the Kawanhee Photo galleries can be found in the email that sent this newsletter to you.

Please use this link

[https://campkawanhee.worldsecuresystems.com/ewigwam\\_signup.html](https://campkawanhee.worldsecuresystems.com/ewigwam_signup.html)

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Please email [gib@kawanhee.com](mailto:gib@kawanhee.com) with any questions.