



From The Heart

News For The Strong of Heart

Fall/Winter 2022

From the Director

Dear Songa sisters and families, Songa's campus is quiet now and the leaves are starting to change from greens to reds—but our memories and stories of summer live on. For me, this summer was an incredible opportunity to witness and be a part of the magic of Songa—watching campers forge friendships, face adventure and challenge, laugh and learn new skills, build resilience, spend time in nature, and return having experienced something bigger than themselves.

With the arrival of June, we crescendoed into summer, eager to welcome back Songa campers to their summer home. We settled right into a rhythm with our youngest girls taking their first swim tests and canoe tips, and hiking up to Silver Lake for overnight trips. Meanwhile, our Mattagami and Nawaiawan campers ventured to Lowe's Lake, Rangeley, and Androscoggin; and Willoughby trippers headed north of the border to Canada. We watched majestic fireworks over Lake Dunmore nestled into our crazy creeks on Songa's west side. We roasted dogs and puppies every Thursday night over glowing coals. On July 14, we celebrated Valentine's Day, dressed in red and pink and showered each other with extra Songa love.

Late July brought a whole new batch of campers for 2nd session and a first
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Paddling Saranac Lake

Bringing Back the Hour

by *Aven Williams*

One of my favorite passages in Wordsworth's poetry, and one I have thought about a lot this year, is from his "Ode on Intimations of Immortality from Recollections of Early Childhood." In this poem, Wordsworth imagines childhood as the moment in time when we have the clearest perception of the natural world. He laments:

What though the radiance which
was once so bright
Be now for ever taken from my sight,
Though nothing can bring back
the hour
Of splendour in the grass,
of glory in the flower."

In these lines, Wordsworth talks about the novel perception children have of the natural world, and of time. How in childhood, you have a direct relationship to the natural world, days are long, unmeasured, and how when you grow up, you can never retrieve that relationship. Ruminating on these lines this past summer, led me to spend a great deal of time thinking about how I relate to the natural world and the time I spend in it.

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Summer 2022

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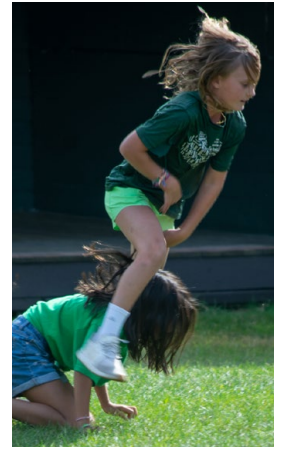
for Songa with four Verendrye trips (!) and 26 senior trippers. Our seniors prepared their minds and bodies for the 17-day adventure in the wilds of Verendrye Provincial Park. Led by Songa's most experienced trip leaders, all four trips charted their courses, paddled through weather extremes, pushed through headwinds, and read rapids. Each group of trippers connected with nature, built resilience, and returned glowingly proud and strong of heart, sharing stories told through their songs, as well as laughter, and some tears. (See one Verendrye trip's song lyrics on page 7).

Meanwhile back at camp, we were struck with our first positive Covid case and several staff were quarantined, unable to lead trips. Then, Songa staff from the past stepped up and showed up, on campus and on trip, and their spirit and enthusiasm was palpable! We could not be more grateful for your support (and we've included some photos to say THANK YOU!). Masks were donned indoors, some of us ate our meals outdoors on Fraser Dining Hall's porch, but even Covid did not stop us from singing! We celebrated Halloween, ate sweet, delectable corn on the cob roasted in a bed of hot coals at Cornroast. We swam, paddled, played, explored, and learned. We made new friends, played sports, crafted friendship bracelets, learned to rock climb, became



*Ceramics projects crafted by campers
in Songa's Arts Village*

immersed in nature, and paid attention to the quiet rhythms of our surroundings. We stretched our minds, bodies, and our comfort zones. We gave thanks and shout outs, and generally had a pretty amazing time being together. What a summer!



*Songathon leapfrog
relay race*

The world around us has changed since Songadeewin was first founded on Lake Willoughby, where girls became women who blazed trails and softened the way for those of us who followed. 'We stand on the shoulders of the women who came before us' is the phrase etched into the plaque in Grandmothers Garden. As I contemplate this moment in time for Songadeewin, I could not feel more grateful to the entire Songa and Keewaydin community for the trust you have placed in me. I leave my first Songa summer a bit exhausted, yet exhilarated and inspired to lead Songa into this new chapter. I look forward to continuing the important work of cultivating a place in the world for girls to become Strong of Heart, while holding space for people who see themselves a bit differently. Songa's campers and staff know their summer home—the place where they belong, "between the blue skies and lofty mountains," where they learned to become Strong of Heart. Ellen, your leadership has inspired a whole generation of young people. You will be missed!

With gratitude
& Songa Spirit,

Lauren

Be Like a Tree

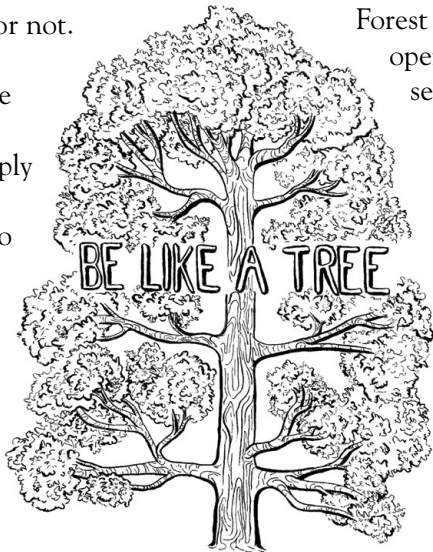
by Carmen Epstein

as written for Sunday Circle

Last year, my dad sent me a Sequoia tree as a gift. It came in a little tube and I followed the directions for how to pot it, care for it, and get it to grow into a strong tall tree. Sequoias can grow up to 325 feet and live for up to 3000 years. Think about that time span. Think about standing next to a living tree, and touching it, and imagining who may have touched it 3,000 years ago. What an incredible life span and way to connect history—through living trees.

Anyway, my little Sequoia tree didn't survive—probably for a lot of different reasons, but the experience helped me to think about trees in general, in their uniqueness and resiliency. And how each one has different conditions which help it to thrive—or not.

In our yard, we have several “volunteer” trees which are simply trees whose seeds happened to blow to a certain direction, or perhaps birds ate the seeds and then pooped them in certain places, and the conditions happened to be just right for them to grow. But other trees need more help.



Artwork by
Eme Zelis

They don't get enough water early on and maybe need someone to water them. Maybe the place where they began to root didn't allow them to grow enough and they need to be moved. And transplanting a tree doesn't happen without help.

In thinking about trees I also thought about us as people. Some of us are privileged in some ways to have the right conditions to thrive, but maybe we need help with other things. Some of us may need a lot of help, and our conditions are such that we can't do certain things alone. It's important to realize that we don't all have the same surroundings or support structures and also that not everyone needs the same things. This is important to know not only so that we can understand ourselves, but also in understanding the people around us.

What I learned specifically about Sequoia trees is that they only reproduce through their seeds which can remain in the cone for 20 years! Imagine that! Forest fires help penetrate and open the cones from which seeds can then grow from the burnt, scarred soil. In essence, the tallest, most magnificent trees take not only time to grow, but have to endure incredible hardships just to continue existing. Perhaps as people we can appreciate this concept of time and struggle that helps us to become the most resilient, magnificent versions of ourselves.



Meet Songa's New Director

The following is an interview between Songadeewin's outgoing director, Ellen Flight, who recently retired after 43 summers with Keewaydin, and Songa's new director, Lauren McDowell:

Where did you grow up? Can you share any camping experiences?

I grew up in Worcester, Pennsylvania outside of Philadelphia. I have a sister, Katie, who is 3 years younger, and we grew up exploring our world in the company of neighborhood and family friends. My dad loves hiking and camping, and as a result our family acquired a trusty family tent and a Coleman pop up camper, which we took annually to the Outer Banks of North Carolina (and to other front country camping sites closer to home). Fast forward to recent years with my own family, my husband, Drew, and our three boys have done our fair share of camping trips as a family—in fact, camping has been our preferred style of family vacation. We've particularly loved the Canadian National Parks system with trips to explore Atlantic Canada (Kouchibouguac and Bay of Fundy National Parks) and closer to home in Vermont and Maine including several family canoe camping trips on Green River Reservoir.

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Bringing Back the Hour

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I was never a camper at Songa, but I like to think that I grew up in the Keewaydin way. Of course, this sentiment encompasses a lot of aspects, but the legacy of Keewaydin I want to emphasize is the pleasure and comfort of being in the woods. I was lucky enough to grow up in rural Vermont; I hope that serves as explanation for my attraction to 19th century bucolic English poetry. I have always felt deeply comfortable in the woods. It was a place I was always on my way to, either at recess with my friends or after school with my neighbors and my sister. As a kid, the woods offered the greatest kingdom for my imagination. The woods was a place that could be any place, and a place where I could be anything. If I had to pin it down, I would say this was my first connection to the natural world.

I think about this when working with our younger age groups at Songa, about the great opportunity we are able to give to these kids just to play outside — to have a huge space that is theirs, a space we as counselors facilitate where they can feel comfortable and safe, where they can explore and



create their individual connection to the natural world. At Songa, we give our campers that hour of childhood, to indulge in the splendor and glory of the natural world.

When I think about working with our older campers, I remember a moment of significant transition. I remember being frustrated around the age of thirteen when my imagination could no longer captivate me, when the woods ceased to be only woods. I remember feeling that I had lost this connection, the woods were no longer accessible to me. It's that weird age where you cannot be a kid anymore but you are not ready to grow up. Luckily for me, this was also around the time when my family started to do longer, more intensive

wilderness trips: backpacking, canoeing, and car camping. This was when I began to develop what you would call my “trip skills.” I learned how to build a fire, paddle a canoe, portage, how to make a meal in the backwoods. It was these trips and learning these skills that once more made the woods legible to me and have made the woods accessible to me beyond childhood, and into my adult life.

There is a lot to tripping that from an outsider's perspective can seem silly. Why do we drive up to twelve hours to get to such remote locations?



Why would you carry a boat on your head down a steep trail just to get to another lake? What on earth is a wangan? The brilliance of tripping, to me, is that we do all these things for the simplest reason. Unlike nearly everything else we do in the 21st century, when you are out on trip, the only thing you need to do is survive. My friend and fellow counselor, Emily, put it quite well when talking about portaging: “it’s the easiest problem you

will ever have to solve. The boat may be heavy, the terrain rough, but once you set down your load, all of that is gone and you are just there, standing in a beautiful place.” For me, the goal of tripping is simply to be in a place. With our trips at Songa, we are so lucky to be in such beautiful places.

Time runs differently when you are a kid and time runs differently in the woods. I know of no other place like

it. There is a way in which living in the woods can let us sink into a world where an hour is no longer an hour. At Songa the days are long, punctuated only with song and measured only by the slow diffusion of daylight. Though I agree that we can never quite get back that hour Wordsworth talks about; that time when we experience a direct connection to the natural world — at Songa we are able to borrow it for a little while.



Hayley Arader & Julianna St. Onge at Tupper Lake



THANK YOU TO SONGA STAFF

Last August former Songa staff stepped up when covid struck and we needed support. Some led trips while others led activities and beyond on Songa’s campus. This is a giant THANK YOU from all of us in the Songaverse to YOU! Here are a few photos of you in action!

Julianna St. Onge
 Hayley Arader
 Coco Rooney
 Laila Thompson-Wainer
 Zoey Gringlas
 Kailah Russel
 Gretchen Herb

Larkin Kenney
 Olivia Blanchard
 Tate Mitchell
 Olivia Primeaux
 Sophie Krishevsky
 Hattie Childers



Tate Mitchell & Zoe Gringlas at Verendrye Paddle In

Meet Songa's New Director

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Anders, Callan & Drew McDowell

Where did you go to college and what did you study?

I attended Washington and Lee University in Lexington, Virginia, a small town and vibrant university community nestled into the Blue Ridge Mountains and the Shenandoah Valley. Motivated and encouraged by two dynamic professors who became my mentors, I pursued a double major in Economics and Spanish. From a young age, I was deeply curious about languages and I knew that I wanted to master one to open doors to new perspectives and understanding different cultures; likewise, the study of macroeconomics fascinated me with its focus on understanding what is happening around us and how human behaviors interact with and impact these forces, so that we might be able to better guide our future courses.

What job are you coming from?

I come to the Keewaydin Foundation directly from twenty-one years working in the field of experiential international education for Putney Student Travel, based in Putney, Vermont. Most recently, I was Director of Programming where I

shepherded Putney's creative direction including leading a team of colleagues to create, plan, and run immersive and impactful small group trips for middle and high schoolers abroad. During my time at Putney, the family-run business grew and changed a lot—as a result, I was able to try out many roles and learned alongside many talented, hardworking, and visionary colleagues.

When did you start working there?

It's hard to believe, but I began working for Putney the summer I graduated from college—22 summers ago! I co-led a month-long service and cultural immersion trip in rural Costa Rica for sixteen high school students in July of 2000. I came home enlivened by the profound experiences of having been a part of an interconnected small group, of living in a rural host community and learning from the inside about another



Anders, Holden & Callan McDowell & friend Zeb on Songa's campus

culture, of having the opportunity to practice my Spanish and live simply, and of witnessing the personal growth that happens when young people step out of their comfort zones. How could I do more of this? It turned out that a full time position with Putney was opening that fall; I applied and accepted in September of 2000 and moved to southern Vermont.

Tell us about your family and what you do together.

My husband, Drew, and I met playing in an Ultimate Frisbee league—we like to say that our paths would have crossed eventually living in the small, artsy town of Brattleboro, Vermont (population 12,000). We now have three boys, Callan (age 14), Holden (age 12), and Anders (age 5). They are amazing kids who keep us on our toes! As a family, we love to ski (nordic and alpine), hike, read, play board games, throw the frisbee, take a plunge at our favorite swimming holes, as well as play (and spectate!) most sports.

Where have you traveled? Do you speak any languages?

I've been fortunate to spend time traveling and working abroad and have led trips and traveled most recently in Costa Rica, Ecuador, Cuba, the Dominican Republic, and Nicaragua. I also lived in southern Spain during a semester in college and traveled in Western Europe and Morocco. I speak Spanish and am grateful for the opportunity this has afforded me to engage in fascinating conversations and build friendships across cultures through common language.

continued on next page

Favorite place to camp with family?

I already mentioned our top family camping destination to date—New Brunswick and Nova Scotia in Atlantic Canada, which has topped the chart combining accessible outdoor adventure and opportunity for cultural exposure. Our runner up camping trip was in a quiet part of Acadia National Park in Maine when our two older boys were five and seven years old (Anders had yet to join us). It was an ideal family adventure—outdoor and active. We hiked, biked, fished for crabs from a dock, observed tidal pools, stacked rocks on cobbled beaches, struck up conversations with elder fishermen, and learned about coastal life and culture. We caught a ride to little Cranberry Island on the U.S. Postal Service’s delivery boat where we spent a day with no plans except to explore hidden beaches and devour a picnic lunch. We capped each day with home-cooked food around the fire, stories, and s’mores.

Place to go some day?

I’d like to travel more in South America, specifically in Chile and Argentina to experience landscapes and cultures in the southern Patagonian region of the Andes Mountains. I would look for opportunities to actively and sustainably explore the surroundings (ranging from glaciers to rainforests) and would seek out interactions with local people to sample traditional cuisines, hear local dialects, and learn about the effects of climate change on local customs, economies, and ecosystems.

Bucket list item?

When my seventh grade music teacher taught us a “thumb-strum” version of the Beatles’ “Yellow Submarine” on the guitar, I knew I

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VIVA LA VERENDRYE

Lyrics written by one of Songa’s four Summer 2022 Verendrye trips to the tune of Viva la Vida by Coldplay

We dreamt of Verendrye
Now that dream’s a reality
17 days in the wilderness
We love our sylvan bliss

Chorus 1

I know La Verendrye’s calling to me
With my teal trolls I’m never lonely
Through the headwinds and
pouring rain the sunshine
warmed our darkest days
Years from now when the woods
we lack
I know my teal trolls will bring me back

To La Verendrye
Across the Western C
Bushwacked once or twice
But the sites were really nice
And even though some days were long
Our smiles were always strong
Filled our sails on Lac Poultier
Sun was bright and the sky was clear
And even when the nights were cold
My best friends are here they’ll
always be near

Chorus 1

Bridge

We’re teal trolllllllls
On Verendryeeeeee
We’re teal trolllllllls
On the Western C

Chorus 2

I know La Verendrye’s calling to me
With my Teal Trolls I’m never lonely
Paddled off in our green canoes
Songa we will return to you
My summer home where I used to play
I know these memories won’t fade away
Oh La Verendrye
The place I long to be



Keewaydin Club - Adult Canoe Trips for 2023



Keewaydin Club is open to Keewaydin alum, parents, Ojibway guests, and anyone ready to experience a Keewaydin canoe trip.

Contact
emily@keewaydin.org
to learn more.

**JOIN US FOR A CANOE TRIP NEXT
SUMMER-YOU WILL NOT REGRET IT!**

Meet Songa's New Director

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wanted to play this instrument, but I was already busy with the violin and piano and sports. Learning to play guitar is on the top of my bucket list. Also on the list—learn to knit!

Special skills you have?

You already know that I speak Spanish. Being a mom of three growing boys, I have endeavored into new territories to build essential skills—I can now make a wide range of delicious soups using fresh ingredients and no recipes. During the pandemic, I also learned to make sourdough bread and whole milk yogurt. One more special skill: when I first moved to Vermont directly from Virginia almost 22 years ago, a colleague gave me this advice; 'if you want to not only survive but thrive in Vermont, learn to embrace winter'. I went out and bought a pair of nordic skis & boots and went skiing daily during winter months to learn how to cross-country ski. I continue to be grateful to have acquired what I consider an important skill for winter life at 44° latitude.

Coolest thing you've done?

Hmmm. I think the coolest thing I have done is hike to the base camp and *refugio* of the Cotopaxi Volcano in Ecuador, while leading and encouraging my student hikers. The base camp sits at 15,500+ feet in altitude, so every step en route takes a great deal of energy, focus, and

mental fortitude. One of my students told me that he had never hiked more than 20 New York City blocks before our trip. (He made it!) Also, it's been really fun to do a solo trip with each of my two oldest sons; Callan and I ventured through northern Ecuador and Holden and I traversed northern Costa Rica from the Atlantic to Pacific Coasts.

Genre of books?

My favorite genre of book is nonfiction and memoir. I can also get pulled into



Vanna, Lauren, Chloe, and Kailah

historical fiction.

Why did you accept this job? What skills do you bring from 20 years at Putney Student Travel?

I could not have been more honored to accept the Director position at Songadeewin of Keewaydin. I accepted the job because I am ready for a new chapter (and a challenge) in my career, and I am excited to learn to lead a community that I care about. Throughout the interview process, I was thoroughly impressed by every person I met through the Keewaydin Foundation. It was clear to see that you all are living your mission and you have cultivated an amazing culture—steeped in tradition but open to change—and

all of this was a big draw. Last but not least, my husband and family were so supportive and open to considering a move north; I would not be here without this unwavering support

What do you hope to bring to Songa?

I plan to bring a smile, a constant presence of positivity, practiced skills in teamwork, collaboration, creative thinking, problem-solving, and systems, and a willingness to work hard and learn from everyone around me. I hope to foster a strong connection of mutual trust and respect with both Songa staff and campers. I bring a new perspective coupled with a deep appreciation for Ellen's vision and leadership and the many people who have come before me.

What did you gain from your work at Songa this past summer?

This summer, I gained many new friendships, strong, healthy connections, and working relationships with Ellen, the Songa staff and campers alike. I attended Songa's trip school and gained hands on experience in the art and science of Songa's traditions of canoe tripping. I gained invaluable perspective for the journey ahead and was inspired daily to continue the important work of cultivating a space for girls—one which is inclusive and welcoming, and where campers learn to be independent, build essential skills in teamwork and interdependence, challenge their bodies, live simply in nature, and speak their authentic voices. Perhaps most practically, I finished the summer knowing the tunes and lyrics to many Songa and Keewaydin songs!

~ THE KEEWAYDIN ANNUAL FUND ~

There are countless reasons the summer of 2022 was a great success—the support of our Songa alumni, families, and friends is one of them. Your gifts helped make this summer possible!



Your gifts to Keewaydin's Annual Fund make it possible for campers to experience a Songadeewin summer—there is nothing quite like it! Your donation supports scholarships for campers and salaries of our talented staff, helps cover costs for the upkeep of our fleet of canoes, and maintain our camp facilities on Lake Dunmore.

Please give today at www.keewaydin.org/give



Thank you!

'Til We Meet Again: A Goodbye

by *Ellen Flight*

I am now officially retired and fully feted at several events and by various members of the Songadeewin and Keewaydin community. I would like to take a bit of space here to share some final thoughts and thank yous by sharing my words from the recent event in New York city in October.

First, I'd like to thank the Keewaydin Board for commissioning the portrait that hangs in the Fraser Dining Hall. While not a surprise since I did need to sit for the painting, it was a great honor and surprise for its unveiling at the banquet in August. I feel very lucky to have been painted by good friend and wonderful portrait artist Kate Gridley. Hidden in plain sight are some small surprises or details of my 24 years as Songa director.

I'd like to thank Pete Hare and the whole Keewaydin winter office team of Foundation staff from all my years as a year-round employee. It has been a great group of people to work with, share potluck lunches, projects, travel with and especially laugh with over all the years.

Without Lee Randlett and the York House crew we would not have had the great facilities we do at all our camps. Thanks to them our buildings are in great shape, the lawns and grounds remain beautiful and many of our buildings have been built! Their stewardship of our properties has been amazing.

The Songadeewin Leadership Team members over the past 24 years have each had their positive impact on the growth and development of our campers, staff and program. Just how many breakfasts have we

shared during that time? Their thoughtfulness and commitment to creating important and meaningful opportunities for our campers and staff and their loving guidance is what has made the difference.

And camp would not happen without the staff, campers and their families that have continued to make Songadeewin their summertime home. Their growth and development over more than one summer are what it's all about.

As I have moved onto the next phase of my life story I see the profound trust the Keewaydin Board of 1999 put in me to restart Songadeewin at its new campsite on Lake Dunmore. Little did I know (nor perhaps did they) all that would be involved in starting and making a new camp! Thank you for that. I appreciated the freedom and support for being able to develop programming, rituals and traditions at Songa on Lake Dunmore. One of the real joys of camp work has been knowing people for so many years. and being a part of their growth and change over those years. A school teacher knows their students for one or two years and then they are onto the next grade. At camp, I've had the privilege to know boys from their time as Annwi campers to their joining the Keewaydin Board, Songa campers from being eight years old to joining the Leadership Team, having friends from Songa on Willoughby to their being adult friends and longtime members of the staff on Dunmore, and some folks from being parents to being grandparents of campers. There are even some staff members I've known since they were infants!

I have loved planning the buildings and remaking the campus to make the site fit our needs as a camp. Each building's renovation or planning has

been an act of love and tapped into my creative, design and organizational skills and interests. And each has also been made possible by our generous alumni with their commitment made visible through their generosity.

All of what Songa is so far became a reality because I had a clear vision for Songa to develop STRONG, VOCAL and EMPOWERED girls and women. And, there was backing and support from the Keewaydin Board, administration, parents and alumni— together we made this possible.

I do want to take a moment to thank my grandmother, Marjory Strong Flight, for choosing Vermont instead of Maine in 1949 as the place to purchase a summer house. This started my family's connection to Keewaydin the following summer when my father was a camper on Lake Dunmore. I'd also like to thank my parents for their commitment to youth and children's education as being more than what happens in a traditional classroom. And, for their living the motto "Help the Other Fellow" through their work in the field of education and passing this way of life onto me and my siblings.

Finally, I appreciate all that I've learned from my lifetime at Keewaydin and Songadeewin. Recently Sally Stoll and I figured out that I have spent all but ten of my 65 summers at either Songa or Keewaydin Dunmore. In the duffle bag of memories, skills and treasures I take with me, I will take the friendships, knowing the difference between a sensitive and a bracken fern, and a tamarack and a white pine tree, the knowledge of how to tie a real knot and how to sharpen an axe, a love of and skills in many kinds of crafting, how to start a great fire in almost any conditions (if it ever came down to it on the TV show Survivor I think I'd win the fire building contest), how to

continued on next page

coach someone to personal growth with love as the first intention and how to design an electric wiring plan so there are switches by the entry doors, to name just a few.

I will close with the words from the 20 year round I wrote which I believe explains how the magic of Songa happens:

Dark green canoes upon a Vermont Lake

Girls becoming Strong of Heart,
what does it take?

Friendships so deep and loving
guidance do,

Trips, the arts, activities and nature, too.

Thank you all and till we meet again.

With  Songa Spirit,



Pete & Ellen sit on Ellen's bench



*Ellen Flight
(24 years on
Lake Dunmore
and 43 years)*



The pioneering Saplings crew, led by Daniela Morales and Daphne Lamb

New Sapling Program

Under Ellen's leadership, last summer was the inaugural year of the "Saplings," a new program for staff children who are living at camp ages three to six. The Sapling Program is not a babysitting service; it is a special program designed for the children of staff which provides childcare and which takes place on campus at Songa alongside camp. Our lead Saplings staff in 2022 was Daniela Morales, a bilingual educator

from Mexico. Daniela spent much of preseason planning a daily schedule, learning about Songa's facilities, and planning daily activities. Daniela was assisted by former Songa camper Daphne Lamb, who joined for two weeks in July. We are excited to continue the Saplings Program as the childcare needs of Songa's staff grow and evolve. Here is a photo of this summer's pioneering Sapling crew!

Ellen's Song

by Becs Zellis

To the tune of "In my Life, I Loved you More" by the Beatles and sung by staff on the last night of camp

Our summers here at Songa
All have seasons, and so do we
Laughing, sharing, being ...
From Silver Lake to Verendrye
In summer when the warm breezes
are blowing
We think of all those who
came before
Sisters strong of heart who know
the meaning
Of dark green canoes on Lake Dunmore

Our summers here at Songa
All have seasons, and so do you
And we know we wouldn't be here
Without your love to see us through

In winter when the cold winds
are a-blowin'
I feel the sun on my face as I paddle
to shore
I know that I will always carry with me
Dark green canoes on Lake Dunmore

Alumnae News Notes



(Back row, left to right) Ruth (Rudie) Allen, Jeanne Johnson, Sally Yerkes (staff).
(Front row, left to right) Patricia Newman, Peggy Gitt - 1962

Songa alum **Peggy Gitt '62** wrote to let us know that her fellow camper, **Jeanne Johnson Thompson '59**, had passed. Jeanne was Peggy's cabin mate for three years and loved her summers as a camper. An excerpt from Jeanne's obituary reads "Besides being a Beatles groupie, Jeanne was a star athlete, excellent writer, and talented artist with an exceptional eye who had yet to discover her full potential. But above all, she was a kind thoughtful, loving and loyal friend with a tender heart who will be truly missed by all who loved her. She loved flowers, digging in the dirt, fine art and antiques, and all the Golden Retrievers in her life."



Eliza gets Married!



Erica Harlow, '01, having just ran her tenth ultra and second 100 mile Endurance Run in October at the Hennepin100.

Fun Fact: 'I was at Songa when I first learned about ultra marathons. Sue Malone was running one and either Jess or Molly was telling us about it in the Manor House one night! I didn't think then that I would ever do one but it definitely had me interested! I keep my green canoe pin on my race pack as a reminder that Songa women can do hard things!'



Update from **Katherine Ward '10** - 'On Saturday September 10 I got married! We managed to get some Songadeewin and Keewaydin alumni to attend. From Keewaydin we had my father (**Chris Ward**), two uncles (**David & Andrew Ward**) and younger brother (**John Ward**). From Songadeewin we had **Ellen Flight, Emily Kinghorn, Grace Burdon, Alex Germek** and **Alex Birrell**. Above is a photo of the Songa ladies giving me a "Kway, Kway, Kway.'



Songa Virginia Beach photo: From left to right: Carmen Epstein '99, Courtney Mulcahy '99, Lindsay Strunk '01, Hannak Kolkin (Stauffer) '01, Lindsey Anthony-Bacchione '01



Omi and, Aunt, Joan Wolfe

Omi Wolfe graduated from high school and is attending Syracuse University in the fall.



The Opar family welcomes two new additions! **Abby Opar** and her husband Mike, announce the birth of twin daughters, Josie and Phoebe. Babies, big sister Deirdre, and the whole family are doing well.



Big sisters Eleanor and Francie Garner welcome baby Maeve.

Lelia Yerxa and Calvin Garner welcomed new arrival Maeve in March of 2022. Maeve joins her two big sisters, Eleanor and Francie, who were part of the inaugural Saplings program at Songa last summer.



(left to right) Owen, Victoria, and Willa Gutfreund, Alina Rosenfeld, Laura Graham, Faith Carbon, Abby Vorenberg, Riordan and Lolo Cappio-Frost, Tacie Moskowitz, Jenn and Ali Hare, Tom Bloch, Charlotte Gutfreund, Abby Opar, Emily Burton, Susannah White



Dear Ellen,

It has been a deep honor to get to know you over the past four months and to experience the rhythms of my first Songa summer. From the laughter and friendship bracelet-laden water bottles of our youngest campers in Wabasso to the glow of confidence emanating from our Verendrye trippers as they paddled in having accomplished something bigger than themselves, I witnessed a vibrant and diverse community dedicated to the empowerment of girls everywhere on campus. Your vision for Songa has created a place where a curious young person can step out of her comfort zone, connect with the natural world, explore her potential, find her authentic voice, and discover mentors and role models in the campers and staff around her. It is clear to see that the friendships forged at Songa are powerful bonds and that your leadership has inspired a whole generation of girls and women to see themselves in a different way, to ask questions, to connect with nature, and to seek their place in this complicated world. It is impossible to imagine a Songadeewin without you at its heart and core. And while the time has come for you to venture forth on a new and thrilling trip that will take you beyond Dunmore's shores in summertime, your dedication, spirit, and melodies live on as inspiration to a new generation.

In gratitude,

A handwritten signature in black ink that reads "Lauren". The signature is written in a cursive style with a heart symbol above the first letter 'L'.

~ Spread the Word! ~

The camper recruiting season is in full swing and lots of applications are coming in for the 2023 summer! Current families, alumni and staff are our best recruiters; please spread the word about our great camp! Contact us if you know of families whose children would love to become campers at Keewaydin or Songadeewin. If you send us their names and contact information, we will follow up. For Dunmore contact pete@keewaydin.org; Songadeewin, lauren@keewaydin.org; and Temagami, emily@keewaydin.org.



Keewaydin Dunmore/Songadeewin Open Houses 2022-2023

LOCATION

Los Angeles, CA

Zoom

Villanova, PA

Manchester, VT

Zoom

Zoom

Brooklyn, NY

DATE

Sunday, December 4, 3:00-4:30 p.m.

Thursday, December 15, 7:00-8:00 p.m.

Sunday, January 8, 3:00-4:30 p.m.

Sunday, January 15, 6:00-8:00 p.m.

Thursday, February 9, 7:00-8:00 p.m.

Thursday, March 9, 7:00-8:00 p.m.

TBD

Songadeewin's 25th Anniversary Reunion

⇒ Save the date! ⇐

Friday - Sunday, August 25, 26 & 27, 2023

Calling all Songadeewin camper & staff alumnae:
Are you and your family excited to swim in Lake Dunmore,
to sleep in a cabin or tent again, and
to experience camp next summer?



Would you like to be a part of planning
for Songa's 25th Anniversary Reunion?

Join the 25th Reunion Organizing Committee!

Please contact Lauren at:

lauren@keewaydin.org or 802.352.9860

We can't wait to see you at Songa next summer!

Dedication of:

THE LOLLY



Ellen honors the memory of Songa's Lolly Burton at the dedication of the Lolly in August

In attendance were over 50 alumni, family, and loyal Songa and Keewaaydin supporters including Lolly's daughter, Laurie Burton-Graham, and granddaughter, Laura.



THE KEEWAYDIN STORE!

Looking for a great gift
for the holidays?

Check out the Keewaydin
store for a selection of Songa
and Keewaydin gear!



*Songa Stretch
Fleece Beanie*



Keewaydin Flannel



Songa Sweatshirt

Visit our website at
keewaydin.org
and click on Camp Store!

THE PEGGY BREED MARSH TREE



An Exclamation Sycamore, was planted and dedicated this Summer on Songa's campus, in memory of PEGGY BREED MARSH.



Relax here.

LAKE TEMAGAMI, ONTARIO

Contact Tanya McCubbin tanya@keewaydin.org

ALUMNI FAMILY WEEKEND!

~ August 24-27, 2023 ~

Live the dream! Relive your camper days and introduce your children to Keewaydin and Songa – swimming, canoeing, kayaking, hiking, campfires, singing! Beautiful Lake Dunmore and majestic Mt. Moosalamoo beckon!



For more information contact
info@keewaydin.org

JOHN WATSON WORK WEEKEND

~ June 2-4, 2023 ~



Mark your calendars! Help open up the campuses for the summer and enjoy some Keewaydin and Songadeewin cheer! John Watson Work Weekend is a great way to help out and reconnect with the camps you love!

For more information contact:
info@keewaydin.org

~ Keewaydin Foundation 2023 Calendar ~

April 3	Board of Trustees Meeting & Young Alumni Reception, NYC
April 24 - June 2	KEEC Spring Season
June 2 - 4	John Watson Work Weekend in Vermont
June 20 - August 11	130th Season for Keewaydin Temagami
June 23 - 27	Ojibway Family Lodge Work Party
June 25 - August 19	114th Season for Keewaydin Dunmore
June 25 - August 19	25th Season for Songadeewin on Lake Dunmore
June 30 - August 28	100th Season for Ojibway Family Lodge
July 6 - 10	25th Anniversary of girls' program at Keewaydin Temagami & Alumni Family Weekend on Lake Temagami
July 16 - 19	Midseason at Keewaydin Temagami
July 22 - 23	Midseason at Keewaydin Dunmore and Songadeewin
July 28 - 30	Board of Trustees Meeting on Lake Temagami
August 5	Islander Potluck Dinner at Ojibway Family Lodge
August 9	Paddle-In at Keewaydin Temagami
August 12 - 15	1950s & 1960s Alumni Reunion on Lake Temagami
August 24 - 27	Alumni Family Weekend on Lake Dunmore
August 25 - 27	Songadeewin's 25th Anniversary Alumnae Reunion
September 4 - October 13	KEEC Fall Season
October 23	Board of Trustees Meeting and Alumni Reception, NYC

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