



From The Heart

News for the Strong of Heart

Spring 2026

From the Director

by Lauren McDowell '22

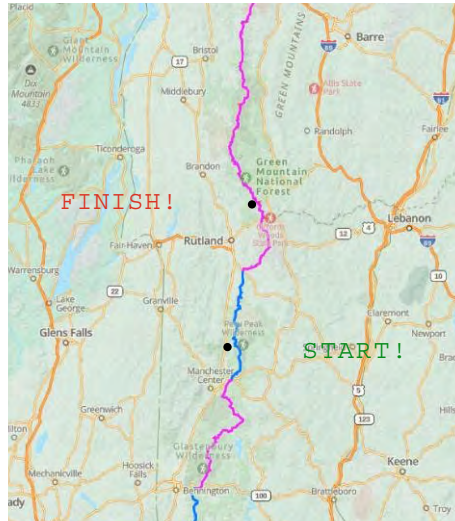
Spring greetings from Songadeewin!

After a cold and bountiful winter in Vermont, which a seasoned Vermonter told me was the best for skiing in 20 years, the time has come for a new season on Lake Dunmore. The sub zero temperatures and powdery snow did not stop the York House craftsmen; you will read and see photos in this issue about several new buildings and improvements on our campus, all of which happened in the off season.



We're just wrapping up our first week of spring KEEC here on Lake Dunmore and wandering our campus, one's senses cannot help be alive and awake. When I spend a whole hour or day outside in the springtime, it challenges me to see the world anew. I notice folded, flattened oak and maple leaves

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Trailblazers: Songa girls hit the Long Trail in 2026

by Lilia Cohen '25

This summer, a group of Nawaiwan campers will set out on an exciting new adventure: a six-day section hike along Vermont's iconic Long Trail. The 273-mile Long Trail is the United States' oldest long distance point-to-point hiking trail contained entirely within one state. We will begin at Homer Stone Brook and wind through some of the Green Mountains' most beautiful terrain before concluding at Shelburne Gap. This route offers a thoughtfully paced introduction to backpacking, combining challenge, natural beauty, and of course, fun!

Over the course of nearly a week on the trail, campers will build

confidence, resilience, and camaraderie. Days will be filled with steady hiking under a canopy of sugar maple trees, pauses at scenic overlooks, and gorge swimming. Evenings will bring time to cook together, reflect, and settle into camp life in the woods. Along the way, campers will learn essential backcountry skills such as packing their gear, setting up tents, and cooking meals together.

A highlight of the trip will be on the second to last day, when our group will have the opportunity to summit Mount Killington, Vermont's second highest peak! No small feat. Trippers will return not only with strong trail legs, but with a deeper sense of what they can accomplish.

It has been a joy to plan the route for this trip and, as an avid hiker myself, I feel lucky to lead a group of Songa girls on this journey! We're thrilled to introduce this addition to our tripping program and look forward to sharing stories from the journey for years to come.

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From the Director

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underfoot, long faded and deflated from their autumnal glory, melting into an earthen path leading into the woods. Amidst moss, dirt, and brush, graybrown and muted, bursts forth a gloriously brilliant and brand-new daffodil! I pay attention and hear a new birdsong, with a backdrop of rhythmic punctuation of a woodpecker, and then the joyful squeals and laughter of KEEC students running and playing on Songa's campus. These are all signs that summer is near!

Camp enrollment for Summer 2026 is strong with the first month of camp full and the second month full in all groves except Wabasso and Willoughby (where we have a few spaces). We are happy to welcome back longtime Songadeewin staff, Mel (Joyce) Leggett '99, who now lives with her family in Lyons, CO. Mel has worked in experiential and outdoor education for much of her career and will be our 'Head of Tripping' during the first month of camp. We also welcome back to camp Lindsey 'Tony' Bacchione '01 whose family lives in Los Angeles, CA. Tony will return as a general staff to lead activities, support in the office, store, with camp-wide events, and more. Many generous donors to Keewaydin's Paddling Forward Campaign have made it possible to welcome Mel, Tony, and their families back to camp through the addition of three new family cabins on the West Side of campus (to learn more and see photos, see 'Campus Updates' on page 6); thank you!

I hope you enjoy reading this packed issue of *From the Heart*. In it you will find updates and photos of exciting new projects on Songadeewin's campus, learn about this summer's Wilderness trip leaders and itinerary, read reflections from two campers and a staff, and hear from Songa's founding director, Ellen Flight, who shares memories of our open-air building on the waterfront, Beenadeewin, in its final season of use at camp.

Summer is just around the corner! Our campus and community are eagerly awaiting the arrival of Songa girls to play, form and deepen friendships, take risks, do good work, and practice being brave and silly and compassionate and strong, to venture forth on trip, and then to return to their summer home.

I hope to see you on Lake Dunmore soon. For now, I'll say goodbye in song:

*By the blazing campfire's light,
We have met in comradeship tonight.
'Round about the whispering trees,
Guard our golden memories.*

*And so, before we close our eyes to sleep,
Let us pledge each other that we'll keep
Keewaydin's friendships strong and deep,
'Til we meet again.*

With Songa Spirit,



Memories of Beenadeewin 1999 to 2022

by Ellen Flight '58

Beenadeewin got its name when the Board committee called the Girls Camp Committee was trying to decide what the name of the “new” camp should be. I was pretty set on calling the camp Songadeewin, but we also had another previous girls’ camp in the Keewaydin family. Since Beenadeewin camp had been a more “artsy” program featuring dance and theatre as well as tripping, it made sense to name the largest building at the time, and one that would be used to host weekly shows with dance and drama, Beenadeewin.

My first impressions of Beenadeewin, the building on the shores of Lake Dunmore, was its vastness and its central location on the property. And that huge, oddly flattened roof. At the time we began getting ready for the first summer of campers, there was work to be done. The indoor spaces of the building needed to be assigned uses and there was a need to clear out certain spaces. One space became the paddle room, another the camp store, and a previous camp office became the staff day-off area. The large indoor space - a former dance hall in the 1930s - included a costume room and a huge plywood storage shed in one corner. Vast natural light filled the space once the shutters were fully opened. During the first work weekend, old gymnastics apparatus were retired, trash was hauled away, and new ropes were installed to safely keep

the shutters open for the season.

The previous camp had not used the property for several summers and the native inhabitants had flourished. The porches of Beenadeewin were favorites with the swallows and other birds. Using mud as well as plant materials, the barn swallows could attach their nests of all manner of ledges and crevices around the building. Bats found their way into dark spots and lived happily inside and outside the building. Knowing Salisbury’s reputation for mosquito



Beenadeewin, summer 2025

infestations in the summer, it was great to have swallows and bats, two kinds of mosquito predators, in the neighborhood. Barn swallows can eat 800 to 1,000 mosquitos in a day! And at night the bats took over eating hundreds in an hour. The other noticeable wildlife were



Beenadeewin, then known as Meehans Pavillion in 1929, which was an open-air dance hall

the groundhogs who live under Beenadeewin - they had multiplied in the quiet years and included some very large “grandparents.” Each spring, the newest members of the family would periodically make daytime appearances on the great lawn when things were quiet.

By the time we had campers and staff on campus, the building was ready for use. The dedication ceremony for the camp in 1999 took place on the east end of Beenadeewin. It was a beautiful sunny day and the board members, some of the Harters, including Aline, from the original camp, representatives from Keewaydin Dunmore and some Lake Willoughby alumnae along with all of the campers (about 40) and the staff (a bit fewer than 20) were all present. After the ceremony, we celebrated with cake and good cheer!

Since the beginning, Beenadeewin has been Songadeewin’s “multi-use” space. One of its main and steady uses was as home to the weekly Saturday Spectaculars. Skits and performances were practiced during activity periods, and then the magic happened as the curtains parted and Keewaydinessi was sung with gusto

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Memories of Beenadeewin

continued from page 3

by all assembled. The tradition of me wearing a different hat each week to lead the song came quickly after the first show. I felt awkward standing in front of everyone without some indication that there was to be a show - I realized why Waboos, Keewaydin's long-time director, had for decades worn a hat each week as he led the Friday Frolics. I quickly started collecting hats!



Campers in the heart of Songa's campus, in front of Beenadeewin

Beenadeewin also became a great space for games and other active play - on rainy and dry days. Floor hockey (Flockey!), four square, badminton, relay races, dance parties, evening games – to name a handful! The advantage of Beenadeewin was that its large, open-air space could adapt to all kinds of activity. While the name 'Movie Under the Stars' suggests an outdoor venue, if it rained or the ground was particularly saturated, we could easily move inside Beenadeewin and accommodate the whole camp.

Each summer, the Carnival was staged in the area around Beendeewin, and with its vast wrap-around porches, the building could accommodate the fun no

matter the weather. The building also was the staging area for the opening and closing of each camp season, with campers and families greeted and wished well until another season of camp from the ramp on the north side of the building.

Over the years improvements were made inside and outside the building. The first came during the first staff training week in 1999. The previous camp was very into leaving graffiti on interior walls of camp buildings and the staff of 1999 suggested we spend some time painting over the graffiti before campers arrived. So, one evening our staff of 15 enthusiastically painted the inside of the stage black and repainted what became known as the green benches! A few years later, the plywood storage closet was painted dark brown which helped it blend into the background. After a couple of years it was clear that the stage area needed to be better defined and so flats were made to keep performers closer to the audience. As a project for her 'S of K' award, Katie Burton spent several days painting the sky and clouds on one of them. When Keewaydin rebuilt their multi-house, someone was creating a new



Halloween in 2024



Emcees on Beenadeewin's stage in 2009

curtain for their stage. We jumped on the bandwagon and 'The Burton Curtain' was created. To decorate it, Alex Gemek painted the central image and all the campers and staff put their handprints on the curtain.

Burton matriarch, Lolly, even added her hand print as did my dog, Koko!

Over the years, several Old Timers projects were dedicated to or oriented around Beenadeewin. One of the first was the large sign above the porch roof that names the building. Campers and staff found small birch twigs and from them formed letters; this became the signature look for signs now seen all around campus. A decade or so later, when we brought the sign down for repair we decided to use paint to give the twigs the look of birch bark since this is the only sign that is outside year-round and it ages quickly with so much direct sunshine. Ping pong tables were another OTK project completed by campers which continue to see active play on Beenadeewin's porches.

During the second summer of Songa, it was suggested that we create name boards to hang

in Beenadeewin to commemorate campers and staff who came to camp each season. The names of campers and staff can be seen, avoiding the need for any graffiti (like the plaques in the cabins and Fort Willoughby). They are a place for returning campers and staff to find their names and see the years they were at

Songa. The name boards tell a story and mark milestone seasons and themes from summer to summer. A few years later, we added Old Timers' boards as well.

Lest one thinks Beenadeewin's purpose was all fun and games, it also fulfilled an important safety feature on campus. With its high roof and few large trees nearby that could fall and crush it, Beenadeewin was a great place to evacuate to in a storm or gather when doing a "missing camper" drill. Over the years, the gym mats inside provided good sleeping areas in times when we evacuated due to high winds which threatened the cabin and tent areas. The year we dedicated the Harter Lodge, all of Keewaydin was visiting when a



Ellen Flight and staff, 1999

heavy thunderstorm arrived and we needed to get both camps undercover quickly. That may have been the first time the sagginess of Beenadeewin's aging floor was made clear, but it held and we were able to have the P-rade and cheers by years under cover. Perhaps the most memorable use during a storm came at a midseason weekend in 2016. Full camp and many families were on campus when a big storm whipped up which included a mirco-burst which wreaked havoc on Willoughby and left trees strewn across campus. The Fraser Dining Hall was in use, but we needed more space, so we sent families to both buildings to take safe cover. While there was some property damage and plenty of sticks to pick up, every person made it safely through the storm.

I have many happy and special memories of Beenadeewin from my 24 years as the camp director. And while it brings tears to my eyes to think of it coming down, the number one priority of any camp director is safety. Now is the time to take the grand old building down. My memory bank will remember standing on the

west porch of the Manor House as rain pummeled down and gushed off the north side of Beenadeewin's roof. It was always a thrill. Perhaps my favorite Saturday Spectacular staged in Beenadeewin was the one from the 20th Reunion. It became an intimate affair as all the former campers and staff decided to fully embrace creating skits for the show. They decided that each cabin of alumni would do a skit and they

were funny, heart warming, and spectacular! The group sang with gusto and imitated themselves as campers in hilarious ways. The evening was further enhanced when Jenn Hare took to the piano and led us in singing the 20 year song which really encapsulates so much of what had been the experience of campers and staff for 20 years.

The final memories I'll share here are ones that took place year-round, in all seasons, in sunshine and sometimes rain or snow. During the fifteen years of daily walks with Koko they almost always included walking along the path just below the southern porch of Beenadeewin right next to the shore of Lake Dunmore. We almost always approached from the Moosalamoo side of the building and it often felt like we were entering a secret tunnel. The lapping of the lake and the bird songs brought a feeling of peace to me - Koko was more interested in the smells along the ground and sights of chipmunks and other small critters. It was a wonderful way to begin a day at camp or end a winter workday at the office. I miss those times along with many other happy memories of time spent in and around Beenadeewin.



Songa girls in front of Beenadeewin's porches at Carnival

Songa Campus Updates

This winter, not even sub zero Vermont temperatures and snow could keep Keewaydin's Ken Troumbley and Brian Waters from making steady progress on and finishing several significant building projects on Songadeewin's 60 acre campus. Below are updates on Songa's new buildings, all of which are finished or nearing completion as of this writing, and will be in use this summer.



Nature Building, on Songa's West Side

New Nature Building

The planned deconstruction of Beenadeewin, scheduled for 2026 into 2027, has brought forward an opportunity to build a new, separate nature building. The current Nature Building, called Neshobe's Nest, is a small classroom built onto the west end of Beenadeewin. This has been the home of both Songadeewin and KEEC's nature program and instruction for many years. Several locations were considered for the new nature building, and the far West side of Songa's

campus, tucked back into the woods, looking out onto the mown field, turned out to be an ideal location. The long term plan for the West side of campus is to choose a large swath of this far field, between Rustic Lane and the softball backstop, to slowly grow into a meadow of long grasses, over several years' time. This means that the nature building will eventually look out onto a meadow, with a path to wander and where campers can discover insects, flowers, birds, and even catch animal sightings, such as fox, deer, and more.

Designed by Victoria Gutfreund, the interior and exterior of the building are both functional and inspiring to work in, with many windows, natural light, and work stations.

We know that this gorgeous building will inspire more campers to investigate and wonder about the natural world!



Inside the Nature Building



Workspaces inside the new Nature Building



New Nawaiwan cabin, to be named Maple

New cabin in Nawaiwan & Songa Store

This summer is the inauguration of a new cabin, Nawaiwan's fifth, which will be called 'Maple'. The addition of Maple will allow for most of Songa's campers who are finishing the sixth and seventh grades to be grouped together (previously, sixth graders were split between Mattagami and Nawaiwan groves). One grove tent was relocated slightly to allow for the new cabin to be sited in its place, diagonally next to Iris. Walking through the grove, it feels like the cabin has been here for years!

Going forward, Mattagami will be the grove where returning campers who are finishing the fourth and fifth grades live. Wabasso will house campers who are finishing the second and third grades, as well as new campers who are finishing the fourth grade. There will be one fewer cabin in Wabasso's grove, as we have shifted to keep the same number of total campers and redistribute campers upward through the groves. Therefore, Aspen has been



converted into a lodge for Wabasso campers (one half of the cabin) and the future

home of the Songa Store. The York House craftsmen were instrumental in designing two porches, service windows, and interior shelving to fit the needs of our store. Additional space, functioning windows, and an open floor plan are benefits to the new Aspen location. Beginning this summer, a second service window which opens onto the great lawn, accessible from the back of Aspen, will host Willoughby campers to serve ice cream on 'store' nights at camp! Many thanks to Ken Troumbley and the York House for showcasing their artisanal woodworking skills and



Family cabins on the West Side

New Family Cabins on West Side

In other happenings in the off season, three new family cabins were constructed on Songa's West side, extending the eastern end of existing cabins into the field. The design was based on cabins located in Keewaydin's Brown's Bay and allows for maximum flexibility with staffing as cabins can house a family (one residence with two bedrooms) or function as two separate one-person residences, each with its own separate entrance. There is also a nearby bathhouse which will service these cabins, featuring two bathrooms and showers, a bucket sink, and a washer and dryer for families and staff living on the West Side of campus. Many thanks to Victoria Gutfreund for her work on the bathhouse design.

New Van Parking Lot

Beginning this summer, Songadeewin's summer van and trailer parking lot will have a new home in the woods. With an entrance off of Rustic Lane and a convenient location abutting the Lolly, our trip pack out area, Songa's fleet of vans, trailers, and racks of Trippers and ABS canoes will be easy to access for our trippers and staff. The Manor House parking lot will no longer house vans and trailers, but will remain accessible for year-round Keewaydin Foundation staff, deliveries, and visitors to camp. We can already imagine Songa girls singing camp songs while they load canoes and carry wangans from the Lolly to the new, wooded parking lot!

We extend our deepest gratitude to the many donors to Keewaydin's *Paddling Forward* campaign who have made it possible for us to make essential upgrades to our campus and facilities and who have helped bring this vision for our campus to life.



making these improvements to Songa's campus and program.

The ice cream porch off the back of the new Songa store



Songa Store, in Aspen cabin, Wabasso

This spring, several deciduous trees will be planted, with the long term goal of providing additional shade for West Side cabins. The addition of new family-centered housing is crucial and has already allowed us to recruit

staff who are bringing their young children and families with them to camp this summer.

Liz and Louise working in the old Songa Store, in Beenadeewin.



New bath house behind family cabins, on the West Side



Cande Perez helps prepare for a cookout

Journeying Back to Myself

by Candelaria Perez

If someone had told me years ago that a camp in Vermont would change my life, I would not have believed them. My first summer at camp felt like waking up from a long sleep. Not just in a poetic way—but because it gave me the chance to reconnect with myself in a space that truly feels like home.

But it wasn't easy. Every day was a challenge, on top of all the responsibilities we all had. Things

that were so simple in Spanish suddenly became real struggles in English. It was my first time in another country, with a completely different culture. I had to speak and understand English every day—but sometimes, the fear of making a mistake stopped me from even introducing myself. Then one day that summer I looked around... I had long, meaningful conversations with Jenny Koopman, where somehow, we understood each other—and it felt like home. I had a panic attack in the water—and Eva was right there, offering her shoulder to make me feel safe. Julia and Eliza taught me how to manage the cabin. Em and Helena helped me understand everything during trip school. Omi—wild and free—showed me how to dance without fear. And the list goes on.

Even though those new experiences scared me, I was never truly alone. There was always someone by my side—a friend, a teammate—quietly offering support, even when I didn't fully see it. That's what Songa

means to me: Love. Friendship. Camaraderie. And home. It's where we're part of a big family. Where we help each other shine. Every time I share moments with others and witness their genuine joy and truth, the weight of the world lifts—and I realize I have company on this journey.

Working with the girls taught me something important: Sometimes what they need most is someone who listens. Someone who walks with them while they grow. And honestly—I think we all need that, even as adults. We just forget sometimes. And that's why I'm here. Because the people around me inspire me to be better. I love learning through play. And I want to keep taking brave first steps, and living moments of discovery—even if they scare me—because in the end... more than a job, Songa was a journey back to myself—a journey of bravery, laughter, and real connection. It reminded me that being human means being open to life's beautiful challenges.

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Choose to be Curious

by Ruth Mindlin & Liv Olsson

The following was written by campers Ruth Mindlin '20 and Liv Olsson '20 and read aloud at Sunday Circle during camp.

While thinking about times when we felt like we have really learned all together in the moment, we thought of a specific time on the trip. We had had a long paddle day already, and the group was tired and grumpy when we came upon an obstacle none of us had learned how to deal with yet. There was a fast moving fall chute in the middle of the creek we were paddling down. The staff got out of their boats and considered our options. We sat in an eddy and gathered our energy, knowing we would have to work together and



Choose to be Curious

learn together. We could have chosen to give up, or decide that it was too hard, or that there was no way around it. Instead we chose to be curious and learn what the staff had to teach us. As the staff scouted our line, we all watched in awe as they took the first boats. One person in the front and one in the back demonstrated how to

pull a boat up and over the chute. They shouted "3, 2, 1 PULL!" as they moved the boat and made sure their feet were secure. When it was my turn to get my boat up, I was a little anxious but excited to accomplish the challenge ahead. We turned to face the waterfall and paddled as hard as we could towards it. When we got stuck, we didn't know what we should do. It wasn't a situation we'd prepared for, we were scared. But we knew that being curious and trying to help our fellow trippers, we could figure it out. Our staff taught us how to safely move the boats across. At the end, we were tired and wet. We were also slowly realizing how much we'd been able to learn and grow as trippers simply by being curious and having an open mind. The conscious choice to be curious is what can teach us the most about ourselves and the world around us.

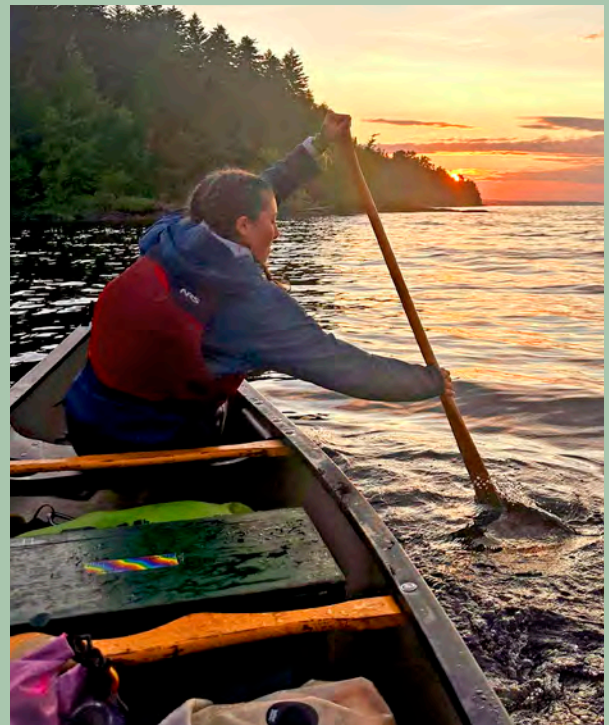
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Songa Wilderness 2026: Itinerary Update

We are excited to announce the fourth consecutive running of Songadeewin's Wilderness trip. Led by trip leaders, Meredith Blanchard and Ada Knauft, eight Songa Wilderness trippers will head north to Labrador, Canada following a similar itinerary run by Songa Wilderness in 2023 and 2025. This year's trip will begin traveling upstream on the Pekans River until they reach Lac de la Bouteille. From there, the group will spend about a week traveling between lakes—through Lac Germaine, Lac Opiscotiche, Lac Opiscotéo, Lac Rimbault, and



Lac Vignal. Next they will move onto the Caniapiscou River to Lac Chambeaux where they will meet the resupply plane. The second half of the trip will take the group eastward to the headwaters of the McPhadyen River, which they will follow for a week until they reach Menihék Lake. To cap off the trip, the group will cross Lac

Menihék and flag the Tshiuétin Train in Faden! The train will take the group, their gear, and boats to Sept Iles, where they will be met by a Songadeewin driver and drive two days home. We are excited for this brave group of trippers to set off on this capstone trip and cannot wait to hear about their adventures come August.

Alumni Family Weekend - on Lake Dunmore

August 27-30, 2026

Jump back into the full camp experience – paddle, hike, play, sing, and relax. Rekindle old memories, make new ones, and share the joy of Keewaydin and Songadeewin with your family.

We look forward to seeing you there!



Learn more and register
Keewaydin.org/Dunmore-Reunion

Alumni News



Margie Burton Nicoletti

Margie Burton Nicoletti '99 and her husband Matt welcomed a new addition, Avery Louise Nicoletti, on March 8th, 2026. Margie says "The past two months have flown by! Our hearts have expanded."



Robin and Laney at Teotihuacan

Sisters Laney and Robin McGahey, '04, visited Mexico City in April. They ate great tacos and enjoyed walking among the flowering Jacaranda trees.



The wedding of Emma Vorenberg and Lauren Bates

Emma Vorenberg '06 married Lauren Bates in Estes Park, Colorado in the company of some of her Songa friends.



Dani Grisales on a two month bike trip through Colombia

For two months, she rode through the Andes, carrying nearly forty kilograms of gear, crossing remote

landscapes and reconnecting with the essence of her country. Each climb, each road became a way of discovering Colombia from a different perspective. The journey finally came to an end in Ecuador.

After camp ended last summer, Dani Grisales '24, set off on a bike adventure that would take her deep into the south of Colombia.

For two months, she rode through the Andes, carrying nearly forty kilograms of gear, crossing remote

landscapes and reconnecting with the essence of her country. Each climb, each road became a way of discovering Colombia from a different perspective. The journey finally came to an end in Ecuador.

Reflecting on last summer, she remembers being accompanied by wildlife: wasps and even skunks, and a family of foxes that turned some of the camp trails into adventures. But above all, those moments remind us that being in nature invites us to learn from it, to listen more closely, and to reconnect with something deeper, of which we, too, are a part.

Songa staff Cecilie 'Cece' Hojberg '25, Tjasa Uljan '24, Maja Uljan '24, and Manca Hribar '25 met up in Denmark in April.



Cece, Tjasa, Maja, and Manca

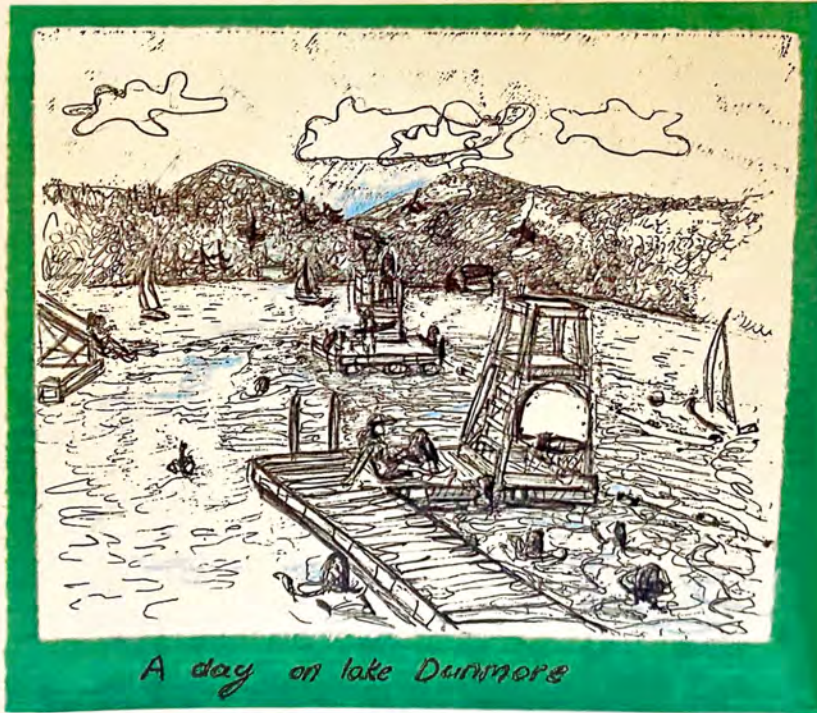
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A day on lake Dunmore

Artwork by Elijah Mirman

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