



THE ARROWHEAD

CAMP NEBAGAMON'S MONTHLY NEWSPAPER

Volume LXXXVIII

Number 4

April 1, 2015

REC HALL REVOLUTION

If you have been paying attention at all to the world these days, you are aware of the fact that globally, people are becoming more and more aware of what they are eating, where that food is sourced from, and the health implications of all of it.

One need only look at the fast food restaurants around the country to know that there is a change happening. The Panera company has pledged that by 2016 all artificial products will be absent from their stores. Chipotle prides itself on using sustainably raised ingredients. Subway made the choice to remove that weird “yoga mat” material from their breads. Burger King now makes healthier French fries (sure they still have the old fries and they are cheaper than the healthy ones... but it's a start!). And McDonalds has recently announced that they will be eliminating the use of chicken raised with antibiotics. And KFC... well... never mind that one. The Double Down sandwich of bacon, two different kinds of melted cheese, and the Colonel's secret sauce sandwiched in between two pieces of Original Recipe chicken fillets is still alive and well. (If you have never tried one of these Double Down sandwiches, Fornear and I can share a story about the time we decided to go for it on a drive between Nashville and Atlanta. The moral of the story is that these should not be eaten just before a long car ride. And if you want to know which rest stops are the nicest on the road between Nashville and Atlanta, we can tell you... we know every one of them!)

Scientific research makes it clear that the food choices we make affect everything, including our mood, our motivation, and our overall health. The scientific community has spoken loudly and clearly about the dangers and benefits of our food choices. Of course, the latest food villain changes every few years. For years we were told that if we had any hope of staying healthy we needed to avoid salt in our diets. After that, red meat was found to be the health boogeyman. Soon after that, scientific unanimity was achieved on the topic of the need to eliminate fat from our foods. Then carbs, then glutens, and now all sugars...

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NEWS OF THE CAMP FAMILY



This winter I joined a running group through the local running store, set up to train for Grandma's Half and Full Marathon on June 20th this summer. While I'm not able to run either of those races, as I'll be busy that day eating three awesome meals in our Rec Hall with 350 other folks, I thought it'd be a solid way to keep (or guilt!) me into keeping up with running. Now, joining a running club in Duluth, MN in January is pretty comical on paper and even more so in person. The first two months was spent on the lake walk which follows the shoreline of Lake Superior. Superior happened to be 94% frozen over this year, and of course there were a couple of times I wished I had worn snowshoes and a down jacket to stay warm. All in all, though, it has been a blast, mainly because there is a large group of 50-75 folks showing up three days a week. It's sweet, really; as we leave the store all the runners are spaced out along the path for the next five miles, some running like they just robbed a bank and then those like me, who keep pace with the tortoise. Just like at camp, when you are doing activities as a group or with your buddies, whatever you're doing is that much more enjoyable. Believe me, running by myself is sooooo boring (and slow), but when I run with the group I'm part of something larger, a group that pushes each other, in this case to go faster and farther each week. At camp, when you go on a Boundary Waters canoe trip, we all know some portages can be tough. But when you are portaging with your buddies it can be a good time...laughing, joking around, and encouraging each other to push up that hill. We're all there for each other, and just as this running club does a great job of keeping me invested in running, Camp Nebagamom does an amazing job of building friendships that can be relied upon, not just on that BWCA trip but also for many years down the road.

In other news, the Isle Royale permits should be arriving soon and I have Pictured Rocks National Lakeshore's permits in hand. I also met with the University of Minnesota - Duluth Outdoor Program recently to put some kayaking and climbing trips on the schedule as well. I will be sending an email out to parents next week regarding the climbing and sea kayaking trips. In camp, our rad caretakers built a gigantic GAGA pit that will be put to use this summer. I cannot wait for some great games in the pit!

The office is bustling with energy: camper packets will be going out soon, staff paperwork to be sent shortly thereafter, in addition to the task of finishing up any leftover candy from last summer's candyline. Thank you for sending news of your whereabouts and happenings. Remember that there are only two more *Arrowheads* to be sent out before the summer, so please keep sending news and I will publish it before the summer. Thank you for your time and get excited for a blistering pace set during the Luck of the Draw...Enjoyyyyyy, Sweet!

IT MAY INTEREST YOU TO KNOW that **Jack Rosenblatt** (San Antonio) plays golf for his school team and is the local BBYO vice president. **Jake Lauterstein** (San Antonio) plays basketball for the Raptors at the local JCC league. **AJ Edelman** (San Antonio) plays wing for his U16 hockey team. We were able to see them win their first playoff game with a game-winning goal in the final two minutes of the game. **Drew Aronoff** (Austin) was the top scorer for his school's basketball team. **Drew** also likes to tear up some single track trails on his mountain bike. His brother **Alex** (Austin) plays tennis for his school. **Ben Lassetter** (Scottsdale) is a point guard on his school's basketball team and enjoys playing the guitar. **Andrew Frisch** (Scottsdale) played wide receiver for his school's football team and also enjoys playing the guitar.

IN THE WHERE-ARE-THEY-NOW DEPARTMENT: **Karley Maugans** (Vanceburg, KY/Austin, TX '08,'10) is working as the Program Coordinator for the Expedition School in Austin, TX. **Ben Gerber** (Dallas '98-'01,'04-'06,'08) works for K & L Gates as a commercial litigation attorney. **Brad Foxman** (Dallas '95-'98,'01-'05) works at Vincent & Elkins as a commercial litigation attorney.

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NEWS (Continued from Page 2)

IN THE BIBS AND DIAPERS DEPT: It's a girl, **Beatrix Miles**, for Lindsay Bello Martin and **Tim Martin** (Rye, NY '92-'95, '97-'99, '02). It's a boy, **Robert Phelps**, for Amanda Tyler and **Robert Behrendt** (D.C. '78-'83, '85). It's a girl, **Chloe Gisele**, for Allison Willis Singer and **David Singer** (Glencoe, IL/Tampa, FL '91-'93, '95-'98, '03).

CONGRATULATIONS ON THE RECENT ENGAGEMENTS of **Karley Maugans** (Vanceburg, KY/Austin, TX '08, '10) and Michael Henson (Austin, TX).

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REC HALL REVOLUTION (Continued from Page 1)

With all of this in mind, we will be instituting some changes for this coming summer. We are well aware of the fickle and ever-changing nature of the foods that scientists admonish us to avoid at all costs. It is likely that by next year, sugar, which is currently the **MUST ELIMINATE** food, will be replaced by dairy, or rice, or lima beans, or something else. We do not want to fall victim to the latest food panic. Having said that, it is clear that one food always has been and always will be the healthiest of choices. One need only stop by the super coolest and hippest restaurants in town to see that the only true superfood in the world is **KALE**. So, it is with great pride that we announce that starting with the summer of 2015, all of the food served at Camp Nebagamon will be entirely based on kale.

Now, we know that this change may be frightening for some of our campers as they wonder what will happen to their favorite camp foods. But, not to worry, we are sure that you will barely notice the changes. The change in our opening night meal, spaghetti with meat sauce, will barely be perceptible as we move to a bright green kale pasta with a sauce made simply of olive oil and wilted kale leaves. Cruiser Day sack lunches will basically stay the same with sandwiches and chips. Of course the sandwiches will consist of two slices of kale with a kale pâté and, of course, lightly salted kale chips on the side. (We apologize for this salt deviation. Our best Swamper scientists are working on a kale-based salt alternative... coming soon!) Sunday morning coffee cake will undergo a major overhaul as we serve kale smoothies instead, made from blended kale and blended kale. And the crowning achievement of this new plan is the alteration of the true root of all evil at camp... **Brownie Glop**. We knew the elimination of this dish would cause some consternation with the kids, so we are tweaking it rather than getting rid of it all together. Instead of undercooked brownies covered with vanilla ice cream, we will serve warmed under-ripened kale leaves covered with a chilled, liquefied kale reduction sauce. We are sure the kids won't notice the difference... except for the color, texture, taste and overall palatability. In fact, we served the new and improved **Brownie Glop** for Josh, Ben and Josie the other night. To be sure, their reactions were not quite as enthusiastic as we had hoped for. Josh declared it "unbelievably gross." Josie noted that she would rather eat sand covered in a tar sauce. And Ben, after eating his first full bite asked if it was possible to switch parents at age 12. So, admittedly, we are off to a slow start in getting the "buy-in" we were hoping for. But we know it will come! Wait till they try the **Kale S'more Pie** tonight!

So, all of us at the Camp Nebagamon offices wanted to make sure that you, our Camp Family, knew that we stay current on scientific developments, care deeply for the health and nutrition of our campers, and also had calendars that indicated that today is, in fact, **APRIL FOOLS DAY!**

Keep The Kales Burning...



MANY FAMILIAR FACES RETURNING FOR 2015!

There have been many phone calls from veteran staff and from others who wish to become first year junior counselors. We have enjoyed talking to all of you and can't wait to share the summer of 2015 with you!

We are pleased to say that our counselor positions are quickly being filled. Our first year junior counselors are Adam Hirschhorn, Jonah Domskey, Nathan Salon, Ben Wolf, Ian Kuria, David Woldenberg, Zach Pearson, Jake Friedman, Jacob Miller, Ben Werthan, Alex Derrick, Louie Bogulub, Ryan Zimmerman, Isaac Weiss Meyer, Isaac Rosenzweig, and Jake Beren. Since last month's *Arrowhead*, we've added a few names to our senior counselor lineup with Sam Prince coming back to camp. Also returning after a couple of years away we have Nate Locke and Geordie Mungavin joining our counseling staff.

There are some awesome additions to our specialist crew as well. Returning to head up our sweet **#CraftShop** is Amy Mack. Amy is the wife of our caretaker Andy Mack and has been teaching art in the Maple School District for the past eight years. (Some of you may also remember Amy from her work in camp's Craft Shop in the 90s!) Maggie Horvath returns after a short break. She will be our Assistant Waterfront Director. Returning to our trip staff we have Jake Davis and Ryan Olson (Ole). Aaron Rosenbluth will be joining us for a summer on trip staff, and new to our trip program this year are Tyler McFarland, Lindsey Aronson, Ada Leavitt-Phibbs, and Nick Wilson. Lastly, Austin Christensen returns as one of our wilderness trip drivers. Finishing out our office staff we have Katie DeCramer, who will be joining us for her first summer. We are pleased to announce that Cody Keys will be returning as our evening cook. Lastly, joining us for their first year on staff are Daisy and Leo Mack, as they will be working in our kitchen this summer.

Wahooooo!!!!!! We have a great looking staff for 2015!

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STAFFING NEEDS REMAIN!

Don't let the prolific list of staff members above lead you to believe that we've filled our staffing needs. Below you will find a list of positions that remain open. As always, the best source for new staff is the camp family. If you contact the camp office with a referral, we will follow up quickly, or you can have interested individuals contact us directly.

Wilderness Trip Leaders
Nurse Assistants

PARENT PREPARATION PACKET ON ITS WAY!

This year's Parent Handbook and official yellow Nebagamon luggage tags will be en route to you in the next couple of weeks. As in recent years, all camper forms will be available in an online-only format. If you have any questions in the meantime about getting ready for camp, please don't hesitate to contact us via email at emily@campnebagamon.com or give us a call at 208-345-5544.

YEAR ROUND STAFFING CHANGES

Anyone that has had any dealings with camp over the past ten summers knows Emily Jodock. During this decade, Emily has served as our nanny, our MOCA director, and our full time Associate Director. Camp Nebagamon is a better place because she has been involved with it. Never one to seek the limelight, Emily has worked incredibly hard behind the scenes to make Nebagamon not only function, but evolve in ways that have kept us current, as well as faithful to the incredible 87 year tradition of the place.

On top of that, she has been a wonderful part of our family. When you work in the basement of our house with us over the course of several years, you truly become a part of our family. You share in our kids' trials. You share in our kids' successes. You share in our kids' influenza bugs! And Emily has been a wonderful and important part of that family. (And, for those of you that didn't know, she is a part of the family literally as well, as Emily is Steph's first cousin.)

We have been so incredibly lucky for the time she has been part of our camp family...

Emily will be moving on from Nebagamon this fall. She will be pursuing other vocational adventures that promise her fewer mosquito bites, but also less Caramelitas and cheesy potatoes.

She will always be an important part of our family.

As with most departures, there are also new beginnings. We are very excited to announce that Joe Briggs will be stepping into the Associate Director role starting this month. Joe, an administrative veteran of multiple camps from Georgia to California, has worked at Nebagamon as the climbing wall director for the past three summers. Joe's business degree and significant and varied camp experience makes him a perfect match for this role. Joe is thoughtful, detail oriented, committed, and absolutely passionate about Nebagamon and camping in general. We are very excited about bringing Joe into this role; he is going to be great!

As you call and correspond with Nebagamon over the next few months, please be sure to thank Emily for her incredible work and service to camp, and welcome Joe who is just starting his great new adventure.

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SPOTS REMAIN FOR THE SUMMER

We would like to welcome the campers listed below who enrolled during March for this summer. We have more openings available, but please contact us soon if you're still considering coming to camp this summer. New campers have an asterisk (*) before their names, and their hometowns are listed afterwards. Eight-week campers are indicated with an (8).

4th Grade Campers: *Andrew Condrell (Chicago, IL), Jacob Greenwald, *Gabe Schoffman (Sherman Oaks, CA)

5th Grade Campers: *Jonathan Bjorge (Washington, DC), Jake Lauterstein

6th Grade Campers: Drew Klearman, Corrado Mosconi (8), Alec Silver, Patricio Vera

7th Grade Campers: Jack Auer, *William Lenz (Germantown, TN), Max Westreich (8), *Sam Whittman (Tucson, AZ)

8th Grade Campers: Drew Balsler, *Arthur Brook Young (Isle of Skye, UK), Conor Seely, Bernardo Vera

9th Grade Campers: *Pete Ernst (Boise, ID), Charlie Fromm (8), Alberto Mosconi (8)

At Camp

CARETAKER JOE BOOKS ACROSS NEBAGAMON

The end of February and the start of March are a busy time for the local cross country ski race scene. of the region’s major cross country ski events take place over a three week period. It starts with the “Book Across The Bay” at the end of the second week in February, followed by “The American Birkebeiner”, and the last weekend the race calendar traditionally finishes with “The River View Loppet” just up the road from Lake Nebagamon at the Brule River State Forest trails. I said “traditionally finishes” because this year a brand new event was added to the end of that event calendar, but more on that in a minute.



The “Book Across The Bay” is a cool event that takes place on the Chequamegon (pronounced sha-wam-agan) Bay of Lake Superior. The event covers a 10 kilometer course on the snow covered ice of the frozen bay, starting at the edge of Ashland, WI and ending on the other side in Washburn, WI. A truly unique event, the race takes place after sunset and the course is lit only by the night ski and 1000 candles in “ice luminaries” set up along the side of the trail! The event got its start in 1996 with 350 participants and has become a local favorite, attended by 3400 skiers in 2014. Camp’s lone representative at this event recently has been Adam Fornear, who skied the race both this year and last. “The American Birkebeiner”, which many of you have probably heard of (as I have written about it several times in “At Camps” in the past), is one of the largest cross country ski marathons in the United States. It started in 1973 and was skied that first year by 34 men and 1 woman. The event has become an international favorite, skied last year by 13,000 skiers and attended by an estimated 20,000 spectators! The “Birkie”, as it is called, has been skied by many camp representatives over the years. This year several C/N family members participated: Emily Prud’homme (her 8th consecutive year), Amy Mack, Chris Willett, Paul Willett, and Joe Crownhart. Adam Fornear joined his parents, Marge and Jeff, at the Bodecker First Aid Station, a post his parents have volunteered to cover for the last 11 or so Birkies. “The River View Loppet” had its 20th run this year, a much smaller and more local event with 132 participants. The Brule Valley cross country ski club organizes the race to raise funds for grooming equipment, gas, and other trail enhancement projects. Camp Nebagamon was represented at this local race this year by Amy Mack and Leo Mack.

Some of you regular readers of *The Arrowhead* may be wondering why I, an avid skinny skier, have not been mentioned as a skier in any of the events mentioned above. Well frankly I’m one of those people that are a bit crowd averse; put me in with more than a few dozen people and my skin starts to crawl and I start looking for the fastest route out of the crowd, which is also the reason you rarely see me eating in the Rec Hall at camp! But as I mentioned above, this year a new event was added to the cross country ski calendar, and it takes place right on Lake Nebagamon! It was the brain child of Maureen McGrath, a local skier that often uses the trails I groom through camp. Maureen used to be a regular skier of the “Book Across The Bay” but has been unable to make it to “The Book” for several years and thought we needed to have a “Book Across Nebagamon” event. Her idea was to ski from the shore near the Auditorium out to Honeymoon Point, the piece of land that juts into the lake with the miniature lighthouse on it, and then ski back to a party and bonfire on the shore. She connected with some of her local ski friends, one of whom had a plow truck and knew I had trail grooming capabilities, so we became the grooming committee. The plan was to open the event up to all skiers, snowshoers, walkers, and runners, so we plowed a road straight across to the lighthouse and then I did a double track line right beside it. I also cut tracks along the shore back to the start so those who chose to wouldn’t have to ski the same tracks back. The day of the event Maureen called and was worried about nobody showing up, but we reassured her that even if only those of us directly involved showed up we would be at least five strong and have a time of it. Well, her worries were not realized and the first annual “Book Across Nebagamon” was attended by 13 skiers, two walkers, two runners, and one dog (I think he trotted most of the way). And we even had some “spectators” as the post-ski party was about 25 strong! It turns out that there was a food committee as well and we had a big feast with the bonfire at the trail’s end! And of course the camp family was well represented at the event by Amy Mack, Andy Mack and me. It was such a great time that we were swapping ideas by the fire to make an even better “Second Annual Book Across Nebagamon”: ideas such as finding a way to light the lighthouse and setting the start time for moonrise.

Wondering what I will do if the event blows up and I’m faced with a crowd in the future, it’s Caretaker Joe At Camp.

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K E E P T H E F I R E S B U R N I N G