Adventure • Tradition • Character

e are encouraged to see the pandemic firmly receding in the rearview mirror. Hospitals and clinics continue the use of masks, but children are back in school engaged in learning environments that allow them to develop the cognitive and academic skills necessary to navigate today's world.

amp

It goes without saying, during remote learning, students missed out on sports, social events, and family gatherings. Technology became the absolute centerpiece of the entire day. From Zoom classes, gaming and Tik Tok, kids were immersed in the instantaneous and continuous flow of electrons and radio frequencies. We all coped with separation, a lack of personal interaction, and adopted a more sedentary way of life. Kids missed out on an awful lot.

We are encouraged to see the border with Canada open to tourism without restrictions on vaccination status. Our high school boys will paddle the lakes and rivers in remote regions of Ontario and Manitoba where few have ventured before. Our 7th graders will also be able to fish, swim, and cliff jump in Rainy Lake at our outpost cabin on Hook Island. There is pure joy to be found where things are simple, rhythms slow down, and people connect.

We are encouraged that our Chippewa community values the lessons learned at camp. A summer outdoors and off screens helps campers re-establish their inner strength and identity. Boys can come together, laugh, share ideas, hone their skills in all sorts of amazing activities, and challenge themselves to discover who they are and where they want to go.

This summer, we will continue to employ best practices to ensure Covid-19, or any other communicable disease, does not disrupt camp life. Campers will arrive and hit the ground running. Of course, we'll still provide health care, wash hands before meals and use sanitizer

when appropriate. We are encouraged knowing you too will do your part to send a healthy boy to camp making it a safe, meaningful, and adventurous summer for all.



Mike Endres, Director



Who's Who 2023

Scout H. Pasadena CA Max P. Monrovia CA Fisher W. Austin TX Dylan T. New Orleans LA Val D. Bainbridge Island WA Avi R. Houston TX Hudson H. Denver CO Luke H. Denver CO Charlie M. Brussels Lucas A. Boulder CO Josh A. Boulder CO Tommy H. San Francisco CA William V. Kenilworth IL Charlie B. Menlo Park CA Andrew Y. Mountain View CA Jack D. Bronxville NY Daniel F. New York NY Owen A. West Chester PA Bridger T. Brainerd MN Xander G. Helena MT Ramsev S. Austin TX Jack H. Lawrence KS Adam P. Oklahoma City OK Ben P. Oklahoma City OK Harrison R. Austin TX Nate H. Arcadia CA Simon H. Arcadia CA Alex M. Edmond OK Matias M. San Antonio TX Nico L. Washington DC Julian W. Kansas City MO Henry P. Little Rock IA Alejandro L. The Woodlands TX Odin L. San Marino CA Charlie P. Overland Park KS Cruz C. Mission Hills KS Julian V. Mission Hills KS Charlie P. Kenilworth IL Anderson G. Richmond VA Benjamin G. Richmond VA Colin G. Northville MI Quinn G. Northville MI Hayden M. South Pasadena CA Eugenio K. Mexico City DF José Carlos C. San Luis Potosi MX Bo B. McPherson KS Cole B. McPherson KS David E. Rogers MN Beau M. Washington DC Lawson O. Calgary AB Evan P. Bethesda MD Jason P. Bethesda MD Jack L. Washington DC Joseph L. Indianapolis IN Charlie L. Indianapolis IN

More highlights from Summer 2022

Jack D. The welcome home when returning from the Kopka. Pierson T. Making ice cream with the kitchen ladies. Mason Z. Reaching the Valley of the Gods on the Kopka River. Harrison R. The Valley of the Gods on the Kopka. Cruz C. The sunset we saw at Star Island. Avi R. The Valley of the Gods. Alejandro L. Getting my Archer because it made all my hard work worthwhile. Val D. Sitting on English Falls and self-reflecting. Alex M. My trip to English Falls. Daniel F. Winning the first bounty ball and having my cabin congratulate me. Xander G. The trip. Nico L. A massive tailwind on a big lake after days of headwinds on the Hawkcliff. Arya T. Everything. Ian B. Playing poker with Albert and Henry. Matias M. The trip. Hayden M. Picking blueberries when we were really hungry on our trip. Charlie B. The Hook Island trip. Gibson P. Sanford trip. William V. Getting better at table tennis. Benjamin G. The fencing meeting. Jorges R. My canoe trip. Jake F. Flipping with Grog on the last day of the trip. Jack P. Reading to Demonia. Gutie A. All of it. Charlie M. Seeing a deer on the Crow Wing. Egan G. Finishing Sanford. Drew H. Going on the Crow Wing. Mario M. Waterskiing in general and World Cup. Eugenio K. Sanford trip. Scout H. Sanford rock jumping. Zack A. Estevan counting wrong in horse'n goggle. Adam P. The trail. Isaac B. Paddling the Savant. Harry B. Definitely the trip. Luke H. Hook Island because it is a fun trip. Nate H. On the trip when we finished our first 1km portage. Ben P. Seeing the waterfall on my trip. Bridger T. Getting my Cadet Sailor. Jack H. Tubing. Mekhi A. Catching 26 fish in 3 days. Ben Y. Fishing. Hudson H. Dipping. Daniel T. Our whole canoe trip. Jako H. Layover day on the trail. Owen A. Winning Monopoly at Hook. Micah A. Eating chai cookie. Dylan T. Dips on the last Saturday. I wore a PFD and floated around. Odin L. Passing ranks. Max P. When Matt and Odin came back. Simon H. Laughing with my cabinmates.

'Round the Mark

- CLTs are poised to head down the famed Little Churchill River. They will walk through the arctic tundra, paddle alongside beluga whales, and fish for arctic grayling.
- Star Island campsite development is progressing nicely. Last year's CLTs continued to expand tent sites, fire rings, and seating. Dead trees are being removed to make room for planting a mixed species of spruce, pine, and fir.
- The Archery Bunker improvements are ready for this summer. Windows, a new deck, LED lighting, and better storage will help keep this activity one of Chippewa's crown jewels. Cap would be proud!
- Bruce Endres worked on every X-boat in Chippewa's fleet last fall. New fiberglass, clean decks, and rigging that works will make sailing on Cass Lake an awesome experience. Now go and pass some ranks!
- Two cabin groups went to Hook Island for the first time since 2019. They spent time getting Graham Lodge back in shape. Last summer's record high water on Rainy Lake caused damage all over the lake. A crew is preparing to head into Canada before camp to finalize repairs.
- Supply chain issues are generally getting better, and that means the Potato Patch should be up and running this summer. After some much needed landscaping, the "Patch" will be ready for clay pigeons to get dusted. Ear and eye protection on; the range is HOT.
- Aerospace company Grumman helped man walk on the moon by designing and building the Lunar Lander. They also have a hand in crafting the time honored 17-foot aluminum canoe. It is perfect for local lakes and rivers that are primarily sand. Take care of your canoe and it will take care of you.

continued on page 7

Show us your Tam

tam reminds us of our greatest achievements. Take a look at someone's Lindsey, or an all-red tam from the 80s, and without a word you understand this voyageur made the portage into Knox Lake. And camped by Shark Rapids. This is a voyageur who has tested himself against the roughest and wildest Canada offers. And our tams remind us of the traits we have taken from the trail: grit, resilience, leadership, service, and strength.

So when worn skiing in Iceland, backpacking in Ireland, or leaping into a hole in Cass Lake's ice, a tam connects all of us to what we have gained from the trail, and from Camp Chippewa. Show us your tam in 2023!



CAMP DATE

FULL SESSION June 15th to August 8th

FIRST SESSION June 15th to July 11th

SECOND SESSIO July 13th to August 8th

ADGER CAMP June 15th to June 28th

July 13th to July 26th

218-335-8807 www.CampChippewa.com



eorge Lucas was convinced that Stars Wars would be a flop. Instead of attending the gala opening in 1977, Lucas and his buddy Steven Spielberg flew to Hawaii. While there, they hatched the plot for Indiana Jones and the Last Crusade. You know the rest of the story.

Fast forward to Summer 2022. Of the many great things to do at camp, one thing for sure is in short supply boredom. When an "open evening" is announced at dinner, there is a lot of looking around. *What should we do*? There may be a good wind for sailing on Cass Lake. The Ivy Bowl may see a soccer match or a game of ultimate frisbee. Older campers may end up portaging to Buck and paddling to Cass. One thing is for certain: the archery range will be open.

First-year camper, Josh A., found a home on the archery range. He listened intently to instructions and discovered the connection between form and function. One particular open evening, Josh found himself down on the archery range shooting at 30 meters, a distance notorious for taking years to pass. Each attempt at scoring consists of 5 flights of 6 arrows. Hitting the center ring nets 10 points with a

Stay on target

GOLD 5: It's no good, I can't maneuver! GOLD LEADER: Stay on target. GOLD 5: We're too close! GOLD LEADER: Stay on target!

perfect flight totaling 60 points. Josh needed 190 points to pass his next rank and progress to shooting at 40 meters. That's an average of 38 points per flight.

The first flight usually gets the jitters out. Josh looked calm on the outside. Who knows what was going on inside. He scored 38 points which put him on course for exactly 190. Stay on target.

The second flight gave him some breathing room. He had two 9s, two 8s, and two 7s for a score of 48. Stay on target.

During the third flight, Josh shot his first 10, but also pulled one arrow into the 2-ring. Even so, he was now up 15 points with two flights to go. Stay on target.

The fourth flight was solid. Josh landed two 10s, two 9s, one 7, and one 6, for a total of 51. He was now up 28 points, which meant he only needed to



shoot a total of 10 points on his final flight to advance to 40 meters. Stay on target.

With the sound of waves lapping the shore, loons calling from Buck Lake, and the general bustle of an open evening, Josh's final flight consisted of two 10s, one 9, and three 8s for a total of 53 points, his best flight of the night! Josh passed his rank with an unbelievable 43 points to spare.

Sometimes you give up on your most recent project and take a quick vacation in Hawaii. And sometimes you get lucky and create a multibillion-dollar movie franchise. But most of the time, your success comes from diligence, dedication, and staying on target. Congratulations to Josh for his achievements in archery last summer; we cannot wait to see how far you progress in 2023! Stay on target! K



BY JACOB ENDRES

Risk surrounds us and every decision we make, whether we realize it or not. People mainly think of risk coming from voluntary behaviors like going bungee jumping or not wearing a seatbelt. But risk is ever-present while doing what may seem to be relatively safe behaviors. Everyone knows the risks of a sedentary lifestyle, but overuse or exercising too intensely can lead to injury. Not finding enough time to relax or decompress can be followed by chronic stress or anxiety, and sitting while doing nothing doesn't allow for sufficient mental stimulation.

There is risk in getting injured while riding the bus to school, driving to school, biking to school, or walking to school. And choosing not to go to school introduces entirely different risks. Opting out of annual physicals or avoiding the doctor when you are ill is generally deemed unwise, but going to the hospital or clinic can expose you to a myriad of pathogens.

Everything we do has inherent risk, and what makes a certain risk worth it is unique to every individual. Each of us has to evaluate which risks are worth it and which are not. Going to summer camp has risk. Going on canoe trips has risk. We have written about the benefits of camp and canoe trips almost ad nauseam. The buzzwords of leadership, teamwork, and resilience are pitted against the possibility of injury or harm. And while we invariably agree that the benefits of camp outweigh the potential negatives, there is something we have not yet examined: the element of risk itself.

In his book, *Wilderness Days*, Sigurd Olson wrote this after arriving at the first campsite of a Boundary Waters canoe trip: "I felt the great silences there, the heightened awareness that comes from a certain amount of danger, and the calm and timelessness which balanced the tensions of the world I had left." The presence of risk contributed positively to Olson's experience. He felt more connected and in tune with the natural world because danger was more present there than in the world back home. Was the degree of danger significantly higher? No. Do we have to put ourselves directly in harm's way to truly feel alive? Not at all. The kind of danger present was a connecting force that imparted significance and meaning to the experience. What could happen heightens the impact of what does happen.

Risk itself has the potential be a positive force in our lives. The risk our campers and counselors experience while at camp, and even more so while on canoe trips, is not only worth it, but it is essential in providing positive growth experiences. Don't come to Camp Chippewa simply because the benefits outweigh the risks. Come to Camp Chippewa because the kind of risk we offer is worth it.



Why we need wilderness

"Wilderness to the people of America is a spiritual necessity, an antidote to the high pressure of modern life, a means of regaining serenity and equilibrium." -Sigurd Olson

any of us, and certainly those of us who have spent a summer at Camp Chippewa, feel with innate certainty that Sigurd Olson is right. Wilderness calls us, challenges us, surrounds us, and returns us to our lives better than we left.

We love the outdoors in part because of what it does to us. A trip into the backcountry returns to us a misplaced reserve of peace and a renewed sense of appreciation. It is no accident that Camp Chippewa ventures north into Canada for canoe trips. The wilderness found north of the border is vast, beautiful, serene, and immediate. But in a world where beauty and immersion can be had with the lift of a finger, what makes wilderness a spiritual necessity? Perhaps the answer lies in what happens to children when they are disconnected from nature.

Children today spend far less time outside than their parents' generation. And this disconnection is contributing to increasingly prevalent mental and behavioral health challenges. First described by Richard Louv, "nature deficit disorder" refers to the deleterious mental and behavioral symptoms accosting children who are disconnected from nature. Emotional resilience, attention span, and behavioral regulation are all traits that flourish in children who spend time outside. Conversely, these traits whither in the absence of natural settings.

Children need time outside. It engages and protects them. The natural environment is the one most conducive to healthy development. One key reason why: children need nature so desperately is because the outdoors provides unstructured stimuli that enhance brain development.

"Children live through their senses. Sensory experiences link the child's exterior world with their interior, hidden, affective world. *Since the natural environment is the principal source* of sensory stimulation, freedom to explore and play with the outdoor environment through the senses in their own space and time is essential for healthy development of an interior life." -Richard Louv

Outside, the world is alight with smell, sound, texture, color, movement, and space. All of the senses can be stimulated but not overwhelmed. While we often focus on the benefits to the physical body from being outside, it is as

important as a foundation for mental health. In children, access to green spaces protects them from stress and increases their ability to focus. The gentle sensory engagement of the outdoors is a powerful protector for a child's mental health. It is both a release that lays the groundwork for tools like patience, resilience, and tolerance.

"The look, feel, odor, sounds of a landscape surround every individual from the very beginning of life. The landscape is the place where we exist, where our real daily world is bounded."

Kids did not start needing nature when the iPhone was produced. Children have always needed nature. In 1935, Cap Endres founded Camp Chippewa to be "a place where boys could escape the fastpaced life of the city, and develop physical health and sound character in the nurturing environment of a wilderness setting." Just as young people have not changed in their need for nature, we at Camp Chippewa have not strayed from our mission. To build character, through adventure, inspired by tradition. To breathe life into the connection between children and nature. Because we all need nature. It is, after all, a spiritual necessity. *

"Camp Chippewa is dedicated to the healthful all-'round growth of the boys; to the enrichment of their lives-physically, mentally, morally, and spiritually." **Camp Chippewa** brochure, 1950.

CHIPPEWA NATIONAL FOREST

LAKE, MINNESOTA







A note from...



My name is Harry Brown and I am currently a freshman at Lehigh University in Pennsylvania and a Camp Chippewa alumnus.

My first experience with Camp started back before I was a camper. My older brother, Maxx, started going two years prior to me back in 2015.

At this point in my life, I wasn't a huge fan of the outdoors. I hated all aspects of it and thought nothing could change my attitude towards it. Over the course of those first two years where my brother went to Camp, he tried to convince me to give it a shot. After a little persuasion and the promise that the wonderful kitchen staff would make blueberry pie, I decided to give Camp a chance.

I was so nervous when we took that turn onto Cap Endres Road. I kept thinking to myself, "maybe I can just talk to the director and see if I could go home." However, my parents didn't raise me to quit, I had committed to something, so I was going to follow through. The first few days of Camp felt a little lonely because it seemed everyone there were already close friends and all I had was my brother. The first person to talk to me at Camp was a kid from Mexico named Mario Muller. Little did I know what the future had in store for the both of us.

I had been in Camp for about seven days when it all clicked. This was a place where I could really be myself. A home away from home. For the next five years (excluding that year there was some virus, can't quite remember the name...) I returned each summer to Camp Chippewa. In the month of each summer that I spent at Camp, I grew more than I would in the other 11 months. I learned the values of respect, honesty and most importantly, trust.

As it turned out, my cabin was very inconsistent. There were new guys each summer, but there was one constant every summer—Mario and I were always together. Over the course of those four summers, I had the pleasure of going on four canoeing trips with my friend, Mario. Together, we paddled over 500 miles, spent over 50 nights in a tent together, and even traversed through chest-deep mud.

My fondest memory of tripping wasn't on our biggest trip. It was a stormy night and we had pitched our tents on a tiny island. Mario and I were struggling to fall asleep when I turned to him and said, "Do you want to go out and dance around?" He shot right up and said, "Of course I do." So, we unzipped our tent and a cold wind and freezing rain struck our faces instantly having us second guessing this choice. Nevertheless, we got out of our tent and started to dance on this tiny island. Whenever lightning would strike, we would be able to see miles across the lake for just a split second and it was breathtaking. Mario remains one of my closest friends to this day. Camp Chippewa and the friendships I made there has molded me into the young adult I am today. The connections I forged there will last a lifetime and I am forever grateful for each and every one of them.

- BY HARRY BROWN

Who's Who 2023

continued from page 2

Colin G. Barrington IL Grant H. Tulsa OK Wallace D. Chicago IL Ethan T. Stony Brook NY Lucas A. Decatur IL Zack A. Decatur IL Nicholas A. Decatur IL Jonathan B. Pasadena CA Matthew H. Houston TX Andrew H. Houston TX Arshan S. Excelsior MN Ryan S. Excelsior MN Michael A. Plymouth MN George H. Pasadena CA Jackson R. Louisville CO Evan R. Louisville CO Ryan R. Louisville CO Sterling H. Evergreen CO Mekhi A. Milwaukee WI Dorian M. Milwaukee WI Charlie Y. Houston TX Matthew Y. Houston TX Stanton H. Chicago IL James M. Payson UT Rowan B. San Francisco CA George H. Milwaukee WI Truitt T. Tulsa OK Vance M. Cardiff CA Arya T. Los Altos Hills CA Ajay T. Los Altos Hills CA Jack P. St. Louis MO

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Skills learned at Camp Chippewa

BY JACOB ENDRES

hat young people do during the summer has changed, even in my relatively short lifetime. When I first came to Camp Chippewa, no one there was afraid of what they might be missing at home or if there was a more productive way to spend their time. The school year was for learning (what young people are supposed to learn in school versus what they actually learn can be debated at great length), and summer break was a break. No evaluations, no assessments, no pressure. But for many young people in today's world, taking a break during summer is no longer an option.

Summer plans

Summer is now all about building skills and getting ahead. A summer spent at an outdoors camp is a waste! You don't learn anything useful. A young athlete needs to spend their summer at basketball camp, football camp, or hockey camp competing and comparing themselves to every other athlete. If you skip summer training, you won't make the varsity team. Aspiring academics need to spend their summer doing research to build up their resume. An internship or summer job will build professional skills. If you don't have any experience in the job force, you won't get a good job when you finish school. The culture around how young people spend their time now revolves around

this paradigm: If you don't spend your summer actively getting ahead, you will invariably fall behind, and you may never catch up.

Building skills

We know that social media, inactivity, and undue pressure from people around them have extensively damaging effects on young people. We know how removing these stressors at summer camp positively impacts young people. But being at Camp Chippewa is not just about giving up the harmful things in our lives. Being at Camp Chippewa also builds skills. Every part of our program teaches campers both the basic mechanics or fundamental skills of the given subject and values the abilities that encompass much larger areas of life that will serve them for years to come.

Morning inspection may just seem to be about how to make a bed, fold clothes, and sweep. But campers are also developing responsibility and learning how to care for their belongings. Archery begins with the basics of how to shoot a recurve bow. Foot placement, anchor point, breath control, and follow through. But campers who participate in archery learn full-body awareness. They gain experience in understanding how accuracy and precision in any area of life rely on intentionality. Riflery focuses heavily on teaching campers how to safely handle a firearm. Through that instruction, campers also learn responsibility and can experience being trusted by an adult. They also learn perseverance and that dedication to a difficult sport or task is what leads to results.

Nature class teaches campers to identify flora and fauna and describe basic geologic processes. Nature also helps campers learn to synthesize information gathered from observations and make connections across different disciplines. Any college student can tell you the importance of that skill. Campers who sign up for sailing begin by learning how to rig a boat and read the wind while on the water. As campers progress through the ranks and begin sailing boats by themselves, they experience autonomy, freedom, and get to see how people interact with the elements to both work and recreate. Fencing class focuses on footwork, bladework, and the rules of the sport. Any camper who fences quickly develops mental agility. They learn how to formulate strategies, react to sudden changes, and improvise on a moment's notice.

Climbing hones balance and forces campers to learn how to grip and stand on different kinds of holds and features. It also involves learning how to use the equipment correctly and consistently to stay safe on every climb, but what climbing really teaches is trust. Trust in yourself to reach and hang onto the







next hold, trust in your gear to hold your weight, and trust in your belayer to catch you when you fall. Soccer players see initial growth in fitness and agility. For those who continue to play and enjoy the sport, teamwork alongside having fun even while experiencing defeat is something everyone learns. First time tennis players spend time learning all the different shots and rules. Tennis at camp focuses on concentrating your energy on gratitude, effort, positivity, and sportsmanship while letting go of the "uncontrollables." The skill of recognizing what is in your control and what is outside your control is foundational in measuring vour success both on the court and in all areas of life.

All campers take swimming to learn the basic strokes and gain general proficiency. For some, swimming teaches how to combat your fears. For others, it



teaches how to work hard and accomplish tasks doing something you may not always enjoy. Canoe class introduces the basic strokes and how to paddle and steer. It also teaches how to work in tandem with another person. There is a huge emphasis on nonverbal communication and learning to recognize and appreciate the feeling of being in sync with another person at a fundamental level.

The tripping program at Camp Chippewa may be where campers learn and experience the most growth. On the surface, canoe trips seem to only be about how to navigate in the backcountry, pitch a tent, make a fire, cook food, portage a canoe, and shoot rapids. While those may be the most common activities, campers are really learning an entirely different set of skills. Canoe trips teach and build grit, resilience, teamwork, leadership, selflessness,



confidence, and how to ask for help. Some Chippewa campers may continue to pitch tents, build fires, and navigate in the backcountry for years to come. Every Chippewa camper returns home more resilient, more compassionate, more confident, and a better leader.

Everything we do at Camp Chippewa builds skills. We are an outdoors camp. We are not a sports camp, research camp, internship camp, or job camp. But every Chippewa camper comes home with bolstered skills and growth in responsibility, intentionality, critical thinking, autonomy, improvisation, trust, teamwork, self-awareness, gratitude, work ethic, confidence, communication, resilience, grit, and leadership. These are the skills that set Chippewa campers apart from other camp and summer program participants. These are the skills that prepare young people for a lifetime of meaning and joy.





Why I Give...

My giving is very personal, but it's also an investment in an institution that partners with parents (and grandparents) to be a village for our boys and young men. Camp Chippewa is exceptional in their contribution toward raising excellent human beings boys who grow up and give back to the world out of the riches that have been invested in them.

-Deborah B., California

A photo of a bolt of lightning touching down past the south shore of Cass Lake with a double rainbow in the background.

Thank You

Listed below are new and renewed donations received since the last issue of The Camp CHIPS (Fall 2022). Camp Chippewa Foundation wishes to thank everyone who has contributed so generously and thoughtfully to camp. Your contributions are vital to our success.

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We'd like to thank all those who chose Camp Chippewa Foundation on Amazon Smile and Thrivent Choice Dollars as well as other employer matching opportunities.

Please consider making a gift to Camp Chippewa Foundation, a 501(c)(3) charitable organization All donations are tax-deductible as provided under the law.

Make checks payable to: Camp Chippewa Foundation 7359 Niagara Lane North Maple Grove, MN 55311 Credit cards accepted online at: www.campchippewa.com/ support-camp-chippewa Gifts may be directed to the Annual Fund Scholarship Fund Endowment

For more info, contact: Mike Endres mike@campchippewa.com 218-335-8807



Camp Chippewa Foundation 7359 Niagara Lane North Maple Grove, MN 55311

For change of address, please email info@campchippewa.com



Paul Sez

I never thought orthopedic shoes would work for me, but I stand corrected.

I ran into a lamppost yesterday. I only sustained light injuries.

Sam: I used to have a job as the human cannonball at a circus. Jacob: What happened? Sam: I was fired.

I bought a wig today. Only **\$1**. It was a small price toupee.



About the cover: Demonia cabin on the Crow Wing River Trip, Session II. Photo credit: Tien Showers.

PBPBs

Peanut Butter Power Bars (PBPBs) have become a sensation in the Camp Chippewa Trip House. The backcountry snack made its debut on the 2016 Little Churchill River Trip, and ever since PBPBs have remained a staple in every voyageur's wanigan. The recipe is simple. Oats, honey, and peanut butter are patiently worked into an industrial-grade paste. The mixture is then sprinkled with any additional accoutrements—dried fruit, chocolate chips, cinnamon—and flattened out onto one (or many) sheet pans. Next the Power Bars are meticulously measured, cut, vacuum-sealed, and packed into a wanigan for future use.

On the trail, power bars serve as a precious energy reserve for trippers. They are something a hungry canoeist can turn to in order to satiate a well-earned hunger. Having been packed into the wanigan and transported from the Trip House to the wild lands of Canada, a package of PBPBs is likely to be turned to at a boulder-strewn landing at the end of a treacherous portage, or in a raft of canoes floating down a lazily flowing river in the afternoon sun, or perhaps in the lee of some tree-covered island with waves churning by on the open water.

One thing is certain: wherever PBPBs are consumed, adventure is sure to be present.



Andres L. enjoys a particularly satisfying PBPB on the Kopka River.