

VALKAZON



Karen's Corner

Hello Nakanawa friends!

As summer fades away, I reflect on the incredible weeks filled with adventures, friendships, and unforgettable memories. It's astonishing how quickly time flew. This year, the blend of friends, activities, and cherished traditions left everyone feeling fulfilled and grateful. The campers brought enthusiasm, laughter, and boundless energy, transforming each day into an extraordinary and memorable experience.

A special thank you goes to our dedicated counselors and staff, who nurtured the campers' growth in character, confidence, courage, kindness, and leadership. From warm days filled with activities to reflective moments, each experience contributed to these qualities.

Both the Two-Week and Four-Week sessions were filled with unforgettable moments. Adventures on Trip Day, the Cave Trip, Canoe Trips, and hikes were moments of self-discovery and bonding. Campers also learned the value of teamwork and service to others through events such as N-TV, Circus, Valkazon, AWR, and VSP.

During the July Reunion Weekend, we dedicated our beautiful new swimming dock in honor of Nan Chamberlain Smith. Nan's legacy is not just one of achievements, but also of profound character. She's a helpful and loving friend to all, which embodies the Spirit of Nakanawa. It's our great honor to name our new Senior Camp docks in celebration of her contributions.

The final week at Camp was busy as campers competed for distinctions and medals. Performances by the Intermediate/Senior Choir, handbell ensemble, and dance classes were captivating. The Drama class performed "The Cat in the Hat," and Junior Camp's performance of "The Little Mermaid" was the grand finale. It's another Camp miracle that campers can pull all this off in just four weeks.



Free Day / Fun Day in Junior Camp.



Best of all we loved those laughs.

Post-camp activities of note include our recognition as a Tennessee Centennial Business by the Tennessee Department of Economic & Community Development.

Additionally, Apryll, Corie, and I presented a program about Nakanawa to the Cookeville Rotary Breakfast Club and also highlighted our upcoming participation in the Rotary Youth Leadership Awards on September 21. I take pride in continuing Pepe and Ann's legacy of promoting Nakanawa's mission and vision within our local community.



As we return to our routines, here's to the memories and to the bright future ahead. Let the Spirit of Nakanawa shine within you wherever you go. Be kind, be respectful, and strive to be better every day.

In the Spirit of Nakanawa,
Karen

What A Reunion It Was!



Tent Row 1984 showed up BIG to celebrate their 40th reunion. In appreciation of Camp's lifelong impact and influence, the group presented a \$6,084 donation to the Nakanawa's Annual Fund. The contribution will be directed towards much-needed tree work, which includes purchasing and planting new trees to improve the shade canopy around Camp. TR 84 hopes other alumnae will follow their lead to ensure a bright future for generations to come.

We were thrilled to welcome more than 100 attendees to our July Reunion Weekend! It felt like the good ole' pre-Covid days with swarms of reunioners in matching t-shirts gathering in the Library, watching Varsity Soccer, celebrating the new Chamberlain Dock, taking part in the Serenade, cheering at the War Canoe race, and attending Rock Meetings.

The Saturday luncheon honored TR 23, eleven of whom were counselors this summer. We introduced them and learned their plans for the coming year. As alums made connections with the One-Year girls about college and career plans, we were reminded that the Nakanawa Network never ends.

After lunch, we heard updates from Director Karen Hale and Board President Wyeth Outlan. We saluted the Reunion Chairs for bringing their group together, and thanked July Reunion Chair Donya Rose, along with her crew of hard-working TIES ladies: Christine Tesmer, Alex Seblatnig, Margaret Matens, Pam Gazlay, and Georgia Mattern.

The Saturday night gathering on the Crow's Nest gave each TR a chance to perform for Senior Camp. Prizes went to Laura Willis TR 84 for traveling the farthest (London) and to Anne Gaddy Upchurch, who celebrated her 65th reunion with TR friend Nan Chamberlain. Their visits reminded us of the lasting impact of Camp and inspired current campers to make the most of every moment.



TR 14: Max Rainier-Coe, Kenzie Teagarden, JD Tesmer, and Rae Clark Gathers



Nancy Willis (TR 84) joined the War Canoe Judges Panel. Thanks for your help.



Hey, hey, TR 23! We loved seeing you back at Nakanawa for your one-year reunion.

Speaking of Reunions . . .



Now is the time to rally your group and pick a weekend in 2025 to gather at Nakanawa.

MAY 16-18, 2025: Plan a spring reunion and enjoy staying in cabins, hiking, canoeing ... reliving your camper days. Contact Margaret Matens at margaretmatens@gmail.com

JULY 18-20, 2025: Join us in the summer when Camp is in full swing! See for yourself that "things never change." Contact Donya Rose at donya@gmail.com

All TRs are welcome either weekend though we give special focus to anniversary groups (10th, 25th, 50th, etc.) If your TR is interested in either weekend or wants to look ahead to 2026, [click this link](#) for a list of recommended lodging options close to Camp.

Chamberlain Docks Make a Splash



The Senior Waterfront sparkled this summer with the addition of the Chamberlain Docks! From the moment campers arrived, their enthusiasm was palpable as girls eagerly anticipated the opportunity to enjoy the new features. The docks were a hub of success and activity throughout both 2-week and 4-week Senior Camp:

In Diving, two campers, Olivia Hart and Helen Davis, made waves as Dolphin. We celebrated AGAIN with Olivia who became our first Whale since 2011! The new diving boards, with their varied bounciness, allowed many campers to attempt new dives, including the challenging one-and-a-half. For some, what had been a struggle on the older boards became a triumphant accomplishment.



It was a Dolphin double summer! We are proud of you, Helen Davis (left) and Olivia Hart (center).



Congratulations on making Whale, Olivia! We'd like to think those new diving boards helped achieve your goal.

Swimming saw its own set of victories. The girls relished the opportunity to swim full 25-meter race lengths in the newly designated lanes, bordered by beautiful new ropes. The spacious dock also ensured that staff and campers could move about freely without the worry of falling in, even when passing each other.

Canoeing had a standout summer as well, with four campers earning Blade. The Blading classes were able to spread out on the Canoeing Dock and around the outside of the Swim Dock. The new dock setup allowed for more practice attempts, reduced wait times,

and improved overall skill development.

The War Canoe Races and Drills were particularly successful. On race day, the lake was marked with buoys to ensure an equal distance for both inner and outer lanes, resulting in one of the quickest and most successful War Canoe lineups—an achievement even noted by Ann Perron herself.

We are incredibly grateful for the Chamberlain Docks, which have already brought so much joy and success to our Camp community. Their addition marks an exciting new chapter for our waterfront activities. We look forward to many more summers of fun and achievement.



The art of blading is alive and well.



Form is EVERYTHING!

dive into a donation

Our waterfront programming is carefully crafted and funded in part by donations to Nakanawa's Annual Fund. To date, we've raised \$120,000 for our 2023-2024 fund. [Donate here](#) to help us reach our goal of **\$190,000 by October 1.**

The Annual Fund offsets Camp operating costs by 11%. That allows us to keep tuition competitive and lower than similar camps. That's why your contribution makes a huge impact.

As Nan Bumpus (TR 11), granddaughter of Nan Chamberlain Smith, reminded us at the dock dedication this summer: "My grandmother believes that the spirit of Nakanawa shapes each of us into the women we are today. It teaches you about independence, sportsmanship, teamwork, friendship, appreciation of nature and simplicity, how to live in the same space as others, and most importantly -- how to turn down the volume of the world and love others well."



Many thanks to the Chamberlain, Smith, and Bumpus family for their generous spirit and love of Camp Nakanawa.

[donate to the Annual Fund](#)

Our "Bold and Ready" Team



Margaret Matens, Donya Boylston Rose (TR 75) and Shelly Duer Landau (TR 75)
brought Camp Craft back at Cumberland Cove.

Thanks to the "Fearsome Threesome" shown above, campers on both sides of the lake built confidence and deeper connections with the great outdoors this summer by incorporating the following into their weekly schedules:

- **Free Day trips**, in and out of camp, with time to enjoy blackberry picking, hikes to Cumberland Cove and canoe trips to the Dam
- **Overnights** where campers learned to set up camp, build fires, and cook meals
- **Stargazing** on clear nights, which gave every camper a chance to learn about the wonders of Nakanawa's night skies and reflect on our place in the universe
- **Doses of outdoor education** teaching fundamentals such as "Leave No Trace" principles

We are excited to continue building on these Camp Craft skills each summer for generations to come!

Alumnae Spotlight Molly Cook - TR 2000



Mountain mama: Twelve summers at Nakanawa deepened Molly's appreciation for the great outdoors and led her to Washington State.

Intermediate Amazon Cheerleader. Amazon Head Cheerleader. Archery Medalist. Circus Ringmaster. Evening Entertainment Head Counselor. TR Mama. If "Nakanawa" was in the dictionary, Molly Cook's name would be under the definition. Originally from Central Louisiana, our editor of *The Valkazon* is also a published author, mom to 8-year-old Simon, and internal communications lead for Chevron. But that's just scratching the surface. Molly is so much more, and it's our pleasure to share her with you, our gentle readers.

Her mother, Nell Burden Cook, and her aunt, Eileen Burden Arsenault, attended LSU in the mid-70s. There, they met Margaret Hawkins Matens, who recruited them to Junior Camp as waterfront

counselors. Years later, Molly and her Amazon sisters Louise "Wesie" Cook Cashion (TR 01) and Katie Cook Dowell (TR 05) began their Nakanawa journey.



Molly called Nakanawa home for eight summers. Upon arriving at Senior Camp, she immediately fell in love with archery. The class was led by the late Lou Lloveras, who was also a Louisiana native.

"Lou's approach to archery was a masterclass in patience and resilience," said Molly. "She inspired me to get out of my head, focus, take a deep breath, and 'BE the arrow.' I learned how to put mind over matter and aim high for my dreams!"

During her four summers as a counselor, Molly was overjoyed to help carry on Lou's legacy as an archery instructor.



Molly's dreams took her to LSU to pursue a degree in Mass Communications. Her career began in Orlando, FL, then led her to Washington, D.C., Houston, TX, and now Seattle, WA. She spends most of her free time hiking, camping, and adventuring in the great outdoors. That includes regular visits to Port Townsend, WA to see Mop!

Keeping in touch with Camp friends has always been a priority for Molly. Following her TR's 10-year reunion, the group solidified their bond and began hosting reunion trips outside of Camp almost every single year.

"When the pandemic hit in 2020, we began keeping in touch through the Marco Polo app," said Molly. "Even though our 20-year reunion at Camp was cancelled that summer, we've made several other trips happen since then. We still talk on Marco Polo every day."



TR 2000 keeps the WoHeLo vibes going year after year during annual "tribe trips." Front row: Elizabeth Seeger, Molly Cook, Lauren Russell Stephenson, Adrianna Tornell. Back row: Sarah Reese Pope, Mary Jane Noble Cleage, Louisa Knight Rayburn, Jane Claire Choate Jacobi, and Emily Deloach Gatlin.

We all thank you, Molly, for your contribution to this publication. And just so all of our readers are aware, the beautiful way in which it is laid out, it's natural flow and most of the clever captions are ALL Molly. We couldn't do it without you, friend.

Mother-Daughter Weekend Is Almost Here



Girls just wanna have fun!

This September 13-15, help us introduce young ladies to Nakanawa. Ideal for girls ages 5-11, Mother/Daughter weekend is jam-packed with activities for all. Future campers and their chaperones will sleep in a cabin, tour camp, canoe on the lake, ride horses, soar down the zipline, eat s'mores, go on a hayride, learn camp songs, and meet current campers and counselors.

This weekend is open to everyone, not just Nakanawa alumnae! Space is limited, so grab your spot to join our fun.



Early introduction to Nature.



Ready for ANYTHING!



Dress-up fun.

[register here](#)

Alumnae Announcements

Toasts and Singing



Ties that bind: Holly Knuckle Ainsley, Judith Strickland, Maggie McDonald, and Sellers Davis Kennington (TR 93) packed their ties for their meet-up in Charleston, SC.



Tex Clark (TR 91) hosted Maggie McDonald (TR 92) and college roommate Angie Wellford at her family's winery, Elk Cove Vineyards, in Gaston, OR.

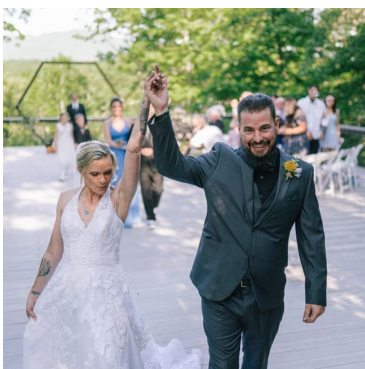


Karen, Margaret Roddy (TR 13) and Caroline Landau (TR 08) find time to catch a hike in California.

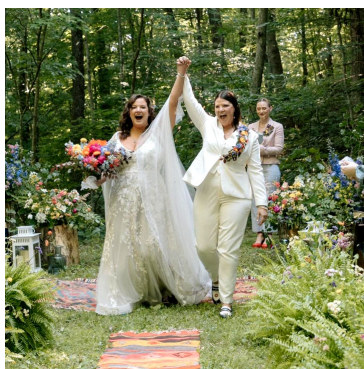


Elizabeth Ryll (TR 91) ran into Emily Wilmarth (TR 95) in front of her church in Highlands, NC.

Day Lillies and Sunshine



Jennifer Perron (TR 00) and Daniel Clark walked down the aisle on June 8, 2024.



Mattie Sim (TR 10) and Sarah Jaynes exchanged vows on June 15, 2024.



Danielle Rosser (TR 19) and Chris Harris said "I Do" (at camp!) on August 4, 2024.

Dancing Flames



Catherine Ratelle (TR 08) welcomed little Louisa Ratelle Lengauer on June 18.



Mary Scarlett Greenway (TR 12) met her daughter, Rosemary Amelia Dawn, on June 20.



Catherine Cannata Stevenson (TR 11) with her newest bundle, Caroline Crosthwait Stevenson, born July 1.



Caroline Meacham Cave (TR 12) said hello to Vincent Wayne Cave III "Trip" on July 4.



Brennan Segrest Rodeheaver (TR 09) and her family greeted Amelia Lee Rodeheaver on July 8.



Susannah Lawrence Couch (TR 11) holds her newborn son Theodore "Teddy" Norton Couch, born July 22.



Elise Landau Anderson (TR 07) with her daughter, Paige Halle Anderson, who made her debut on August 9.

Setting Suns



Annette Lott Dukes (TR 59)

Annette Lott Dukes, Tiny's oldest sister, and dear friend of Mop, passed away on July 6, 2024 in her hometown of Mobile, Alabama. She was a five-year camper in Senior Camp and was Valkyrie Captain in 1959.

Annette and her husband, Richard, were married for 60 years and had three sons. They lovingly served as guardians of Mary and Ana Ahn, after the girls' parents both passed away, and sent them to Nakanawa for many years.

Annette is survived by Tiny, her brother Thom, her children and grandchildren, loads of nieces and nephews, and will be missed by all those who loved her well.



Chris Redmond Ford (TR 76)

Chris Redmond Ford passed away, surrounded by her loved ones at her home in Fishkill, New York on June 6, 2024, after a very brief battle with cancer.

Chris and her sisters, Sudie and Laure, were all Nakanawa girls, as was their mother, Suzanne Toledano. Chris was a camper and counselor for several summers and was honored as Lady of the Necklace in 1972. She was also Amazon Captain and Lady of the Cup in 1976.

Chris is survived by her sisters, her spouse, Dr. Ruth Walker, and many friends and family members who love her still.

Alumnae Giving

Honor someone you love with a gift to the Nakanawa Fund

In Honor of:

Tent Row 84
Tent Row 74
Tent Row 64
Nakanawa Fund
Maggie Marlette Cox

In Memory Of:

Chris Redmond Ford
Janet Mitchell Gonzalez
Florence "Bitsy" Douglas Williams
Gretchen Connell Patton

[give now](#)

Nakanawa in the Know

Mother-Daughter Weekend: Sept 13-15



campnakanawa.org

**Camp Nakanawa's regular business hours are Monday–Friday, from 9 a.m.–5 p.m. Central Time.
Messages received outside of those hours will be answered on the next business day.**

Camp Nakanawa | 1084 Camp Nakanawa Rd | Crossville, TN 38571 US

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