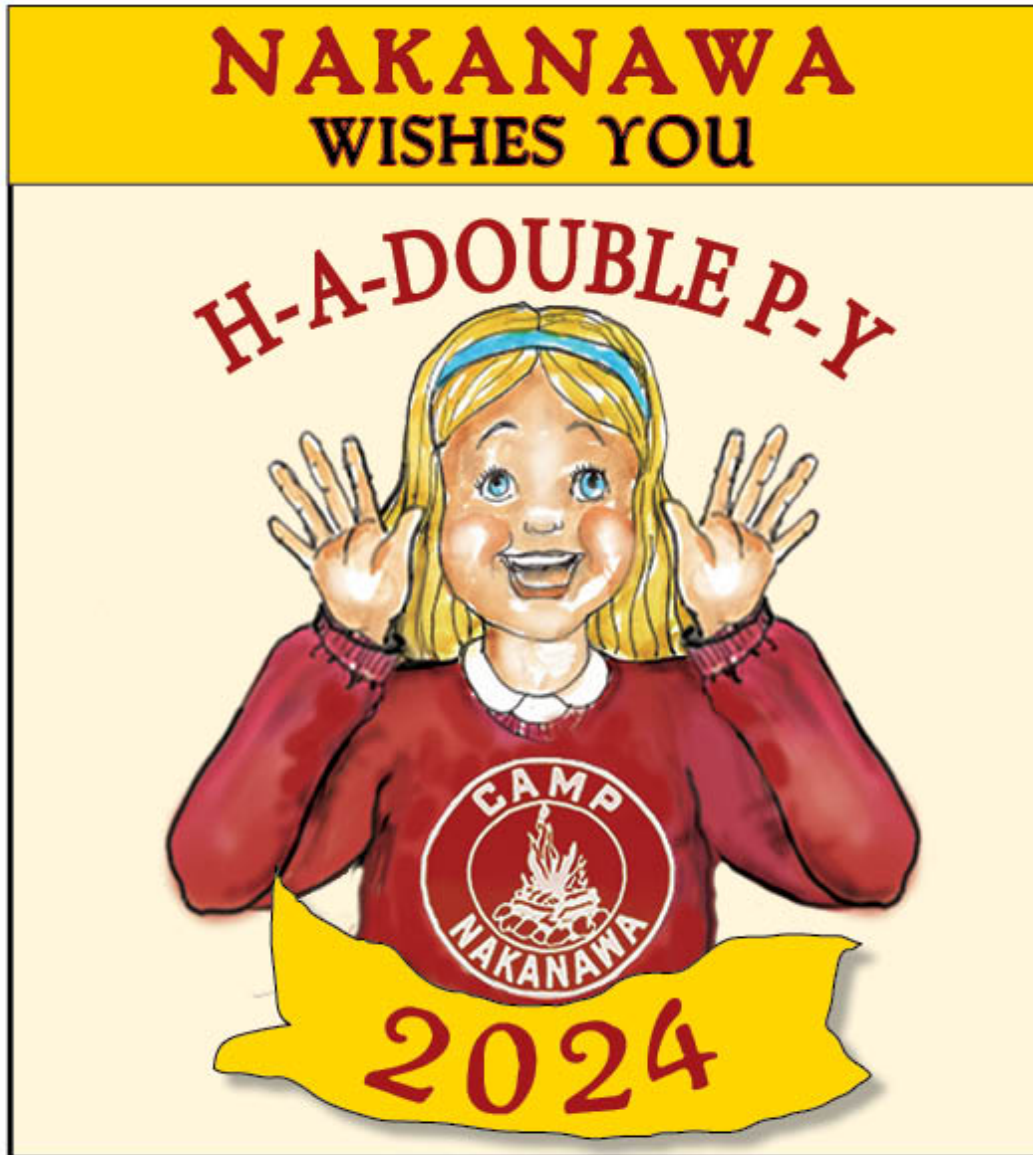


VALKAZON



Karen's Corner

Hello from the arctic Upper Cumberland!

2024 has arrived with a bang, bringing along the icy embrace of winter. As snowflakes dance in the frigid air and the lake freezes over, our little corner of the world has transformed into a breathtaking winter wonderland. It warms our hearts and fills us with excitement for the upcoming Camp season.

As we welcome the new year, our excitement for the upcoming Camp season grows stronger by the day. The anticipation is building, and let me tell you, our counselor staff is shaping up to be legendary! Each member brings their own unique talents and passions, and together, they make a powerhouse team unlike any other. We can't wait to see the magic they'll create and the memories they'll forge with our campers.

Recent studies show that young girls, particularly those of middle school age, are struggling with [self-confidence](#) and [mental health](#) issues. The pressures and challenges of these formative years can be overwhelming, and it's disheartening to witness.

Research also indicates that [outdoor experiences](#) and disconnecting from digital devices has tremendous positive impact on children. That's where Nakanawa comes in! We know Camp is a haven where our campers can escape everyday life and find solace in nature's embrace. Isn't it incredible how something as simple as a camp experience can act as a powerful remedy?

We invite you to join us in spreading the word to potential campers in this age group who may never have considered a summer with us. Let us open their eyes to the joy and love of the Spirit of Nakanawa. Together, we can make a difference in the lives of these young ladies.

In the meantime, I hope you and your loved ones are safe and warm during these freezing days. Remember to savor a delicious s'more or two by the fireplace – it's the perfect winter treat!

Stay warm, stay safe, and keep dreaming of Camp adventures,

Karen



Casey checks out the snowy sailing dock.



Snowtime snuggles!



Junior is a short walk by way of Lake Alooa.

Sneak Peek of the Senior Docks



Here's a quick look at the new planks during assembly. Delivery will begin in the next few weeks.

We're walking on sunshine at the sight of our brand new Senior Camp docks, currently on track for delivery later this winter. There is no doubt campers and counselors alike will be ready to dive in and enjoy the new waterfront this summer!

The new waterfront is a clear example of the power of our alumnae base. Thanks to your contributions, the future of Nakanawa is bright!

We still have work to do. The robust [Nakanawa Fund](#) allows us to plan improvements, pay our counselors and staff competitively, and maintain Camp's beautiful facilities. Your financial participation is vital to our mission.

EMCT becomes EMCF

As many may know, Mitch's most significant memorial was the Elisabeth Mitchell Charitable Trust (EMCT), a 501(c)3 nonprofit that Ann & Pepe created in 1988. During Camp's 75th celebration in 1994, members of TR 81 spearheaded an effort to generate donations for the Trust.

Over the years, the Trust has continued to grow, providing camperships to children who would not otherwise be able to afford a summer camp experience. This has allowed hundreds of donors to honor the memory of Nakanawa's beloved second Director.

With Camp now a 501(c)3, EMCT Trustees made the decision to dissolve the Trust with a lateral move under the nonprofit umbrella of Nakanawa as a restricted fund. The purpose, however, remains the same: to provide tuition assistance for campers in need. All funds will remain with campers of Nakanawa.

With this move comes a new name: **The Elisabeth Mitchell Charitable Fund.** **Donors may continue to support tuition assistance by making payments payable to Camp Nakanawa, designating the gift to the EMCF in the memo line of a check.**

Alumnae Spotlight: Katherine Wagner - TR 88



Native New Orleanian Katherine Wagner's Camp playlist would include handbells and acapela voices. Her 25 collective years at Nakanawa (six as a camper and 19 as a counselor), gave her the opportunity to participate in a wide variety of activities.

As a camper, she was a "fast swimmer" who was routinely "edged out by the sharks" with those chocolate cakes always eluding her. She was a member of Octet and enjoyed

playing handbells on Trophy Night and on various trips to Crossville to perform for the Rotary Club and retirement homes in the area.

During her time as counselor, Katherine's preferred activity was canoeing.

"My favorite part was working with the blades," she said. "I enjoyed free time spent out on the dock watching the strokes 'click' for the campers, and the pride and excitement they felt when they mastered the skill."

But Katherine's love for Camp instruction didn't stop there. She also taught swimming, handbells, sailing, glee club and filled in as both Camp photographer and Camp nurse.

In Good Hands

Today, Katherine is a neonatal nurse practitioner in Ft. Worth, Texas. As a child, she was naturally curious about the medical field. Years of babysitting in high school and college, along with her "Work Help Love" (WoHeLo) mentality at Camp, nurtured her love for children and inspired her career path.



"Premature babies are truly little miracles," said Katherine, who has practiced in the NICU for more than 20 years. "When babies are born no larger than the size of your hand, the road to home is long and winding. The ability to provide care for them while they overcome obstacles to recover and grow is amazing. We also get to care for parents and families, helping support them during the roller coaster of the NICU. Watching families go home with their babies, sometimes after months of care, is the most rewarding moment of all."



Save Your Memories

Katherine has returned to Nakanawa several times outside of her years as a camper and counselor. She proudly reports that TR 88 keeps up with life events and fun memories via a group text, and plan reunions at least every five years.

"We celebrated our 35th TR reunion in October 2023," she said. "I unearthed old video my father had taken in 1988. We laughed and cried watching our former selves as campers."

She has also seen Camp in all seasons and remembers one particular trip after a snowfall.

"Ann Perron, Mop Queen, and I bundled up and walked to the dam," Katherine recalled. "Seeing Camp and the lake covered in a blanket of white was simply beautiful."

Most of Katherine's favorite Camp memories revolve around singing. In particular, she recalls the summer she and her three sisters—Lori, Rachel and Kimberly—were counselors together during the 2-week session. The four of them sang taps together every night. The Wagner sisters were also students and close family friends of Camp's beloved Louise Boteler.

"My sisters and I are forever grateful that [Louise] told us about Nakanawa."



Meet the Wagner sisters: Lori, Katherine, Rachel and Kimberly

Perhaps the most indelible frozen moment on Katherine's heart was being present during Nakanawa's Centennial celebration. She shared, "I was lucky enough to be helping lead songs from the front of the Kiosk. Watching multiple generations of campers singing the same songs together, having shared the same camp experience, brought tears to my eyes."

Camp has a way of providing that same wonderful feeling for all of us. We girls truly are a very lucky people."



Tell Us Your Tales

Everyone has great stories from Camp, but none are more mysterious than counselor bunk stories! Is there really a bowling alley under the CB? What happens after dark when the campers are fast asleep? Who really knows the *true* story about the Bell Witch? All of your questions will be answered during an all-new activity we're calling "CB After Taps."

WHEN: Every Tuesday at 9:40 pm CST, beginning January 30

WHO: Former campers and counselors, *The Valkazon* readers, social media followers

WHAT: Each week, we'll feature a Camp story or legend. You'll have an opportunity to answer trivia questions about these "after Taps tales" in a true or false or multiple-choice format. We'll reveal the real answer later that evening. Join our fun by participating and taking your best guess!

WHERE: [Instagram](#) and [Facebook](#)

HOW: [Click here](#) to share your story / stories. Be sure you are subscribed to Camp's [Instagram](#) and [Facebook](#).

WHY: These stories will help Camp Nakanawa's online presence, appeal to campers, former campers, counselors, former counselors, and just anyone who wishes to be in the "know." We look forward to hearing from everyone and can't wait to start posting!



Gear Up for May and July Reunions

Four TRs are planning to join us for Spring Reunion & Service Weekend (May 17-19)! Additionally, a large group* is organizing for the July Reunion Weekend (July 19-21). Registration opens soon on our website, so stay tuned.

Though we focus on anniversary years (10th, 25th 50th), we're delighted to extend the invitation to any TR celebrating a reunion in between (15th, 35th, etc). Remember, all TRs are welcome BOTH weekends!

If your TR is interested in either weekend for 2024 or 2025, and you haven't contacted Donya or Margaret yet, please [click here](#). When we hear from you, we'll be in touch to answer questions and provide details.

- For May Reunion activities, contact margaretmatens@gmail.com.
- For July Reunion activities, contact donya@gmail.com

*TR '94 has rented the Caryonah Lodge for the July reunion weekend and is interested in sharing with another TR. Email Anne McGraw anne.mcgraw@gmail.com.

Speaking of Service Weekend...

Many hands make light work, and there is always A LOT of work to do to ready Camp for the summer. But it's not all work and no play!

In true Nakanawa fashion, all who attend our Service Weekend will enjoy breakfast and lunch in the Dining Hall,

stay in the cabin of their choice, relax during a cookout on the Crow's Nest, toast during Happy-Am-I-Hour and share laughs during Evening Entertainment!

Be on the lookout for more announcements. In the meantime, mark your calendar to attend May 17-19. It's an absolutely beautiful time of year to experience Camp!



Pickleball Palooza



Many, many thanks to our anonymous donor of four brand new Pickleball paddles. We want to thank you sufficiently. Please email corie@campnakanawa.org and let us know who you are!

Let's Link Up

Connect with alumnae and build our community by following us on



[LinkedIn!](#) We'd love to show potential business partners and young women looking for an enriching job or internship opportunity how successful and diverse our alumnae are in talents and achievements.

Our goal is to gain 300 new connections from parents, former campers, counselors, and staff. We love dads, brothers, uncles, etc., so please join, too!

follow us on LinkedIn

Who Doesn't Love a Phone Tree?

Calling all volunteers! Camp Nakanawa currently manages two alumnae directories and we are READY to merge them into one seamless database. A sub-committee of our Development Committee is being formed and we want you!

Efforts will be made to contact all Nakanawa alumnae over the next several months to update email addresses, phone numbers, TR years, etc. We want all former campers and counselors to receive *The Valkazon* each month and stay up to speed about the latest from Camp.

Please contact Alex Seblatnigg at alexseb13@yahoo.com by **February 18th** if you are interested in helping us with this valuable project.

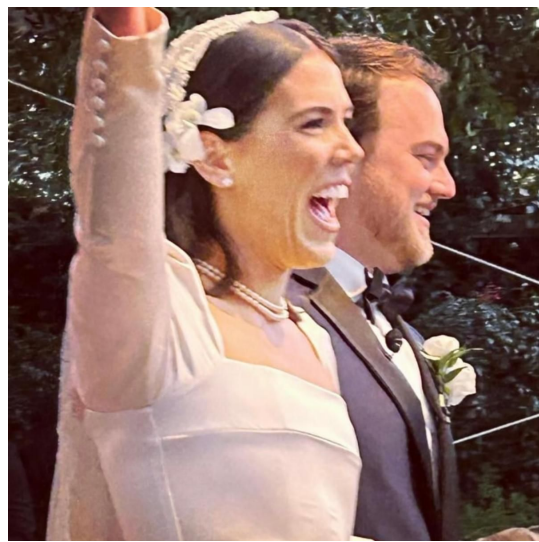
Just For Laughs!

In the mid-60s, Mitch decided to hire a plane to take aerial shots of Camp. The campers were told about the venture and asked to wear whites so they would show up well. Some were assigned to go out in canoes and sailboats to make the shots more interesting.

A favorite camp tale (which we hope is true) holds that when the plane was flying over, a group on the soccer field had all laid down and spelled out the word "HELP!" If you can confirm this story, please let us know. These aerial shots — minus the pranksters — were used for many years as catalog covers.

Alumnae Announcements

Day Lillies and Sunshine



Isabel Amador (TR 14) and husband Juan Pablo wed on December 23, 2023.

Carroll Gelderman (TR 10) married Zim Zimmer on January 13, 2024.

Dancing Flames



Caroline Hallemann Farno (TR 06) welcomed baby boy, Tommy, on October 18, 2023.



Claire Karam Dold (TR 10) welcomed Thomas Henry Dold on January 17, 2024.

Out and About



Who Dat? Margaret Leatherbury (TR 13) repped Camp Nak at a recent New Orleans Saints game. She was the winner of the "Higher or Lower" competition.

Alumnae Giving

In Honor of:
Alex Seblatnigg
Mary Diane Stuart
TR 96

In Memory of:
Bolt
Steve

Honor someone you love with a gift to the Nakanawa Fund

[give now](#)

Sharing is Caring

Have you celebrated a wedding, welcomed a child, launched a new business, led a conference keynote, or have any big and exciting news to share, please [email us](#) a photo along with details about your big event. We'd love to help you announce it far and wide to our Nakanawa community.

Do you know Nakanawa alumnae who would love to receive *The Valkazon* each month, but might not be in our email database yet? Encourage them to join our fun. It's easy peasy! In just a few clicks, they can update contact information, share details of their time at Camp, and sign up for alerts about city parties or camp get-togethers nearby.

[sign up here](#)

After completing registration:

- Follow the Login link to our extended profile page.
- Look for My Account in the top, right-hand corner of the Login page.
- Share additional information about your years as a camper or counselor. This will help link you to others who had similar experiences!

Any questions about the directory? Email us at campnak@campnakanawa.org or call (931) 277-3711. We're open Monday through Friday, 9 a.m. to 3 p.m.

Nakanawa in the Know: Dates for 2024

Service Weekend: May 17-19

Two-Week Session: June 16-28

Four-Week Session: July 1-27

July Reunion Weekend: 19-21

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

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