

VALKAZON

SERVICE WEEKEND EDITION



Karen's Corner

Hello Nakanawa friends!

105 years have passed since Colonel Rice first welcomed campers from all over the United States to the Camp we all hold so dear. As we begin another summer of fun and adventure, it is incredible to think about all the traditions that have been passed down since that very first summer.

We feel incredibly fortunate that the severe storms that plagued the Midwest and South earlier this Spring have left Nakanawa untouched. Our hearts go out to all our Camp family members in hard-hit communities. We hope that you are safe and well.

In early May, we held a leadership retreat to develop programming for counselor orientation and camper fun. It was a fantastic opportunity for 11 counselors to brainstorm new and exciting activities. The level of enthusiasm and creativity was inspiring.

We also hosted our 2024 May Reunion and Service Weekend. More than 65 alumnae and friends brought their *Smile, Pep!* to Nakanawa and helped us prepare to open for summer. In three short days, reminisced about our Camp days, rekindled old friendships, and made new ones, too. A big thank you to Alex Seblatnigg and Margaret Matens for planning this special event, and to everyone who participated.

Did you know that Camp is available for rent during the off-season? On Memorial Day weekend, we hosted a group that has been coming to Camp for about 35 years. It was heartwarming to see these young adults who have grown up with us, and who cannot imagine the holiday without a trip to Camp. Laughter echoed through the air, the sound of splashing filled the waterfront, and plenty of pickleball games were played.

I am eagerly looking forward to welcoming all the campers and counselors in just a few

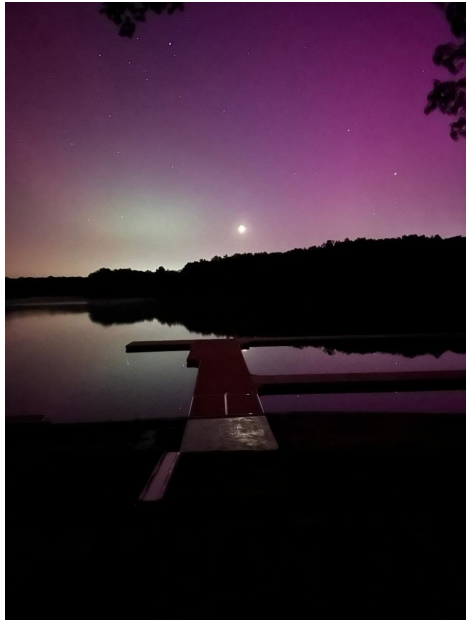
weeks. My wish for you, whether you are with us at Camp or not, is to have a Spirit of Nakanawa summer wherever you are. May your days be filled with adventure, friendship, and the magic of Camp.

In the Spirit of Nakanawa,

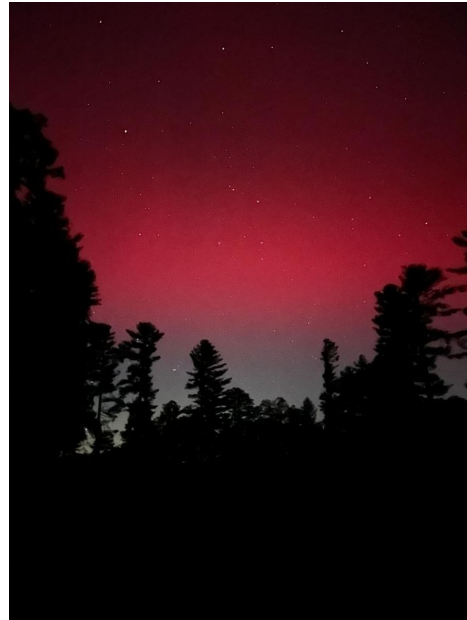
Karen

“In life, you either choose to sing a rainbow, or you don't. Keep singing.”
- Kathleen Lon

The Northern Lights Dazzle and Inspire



Without the showers



There'd be no Aurora Borealis!

Service, Smiles, and Sunshine at Service Weekend

Amazons, Valkyries and friends came together for a weekend of work and fun during Service Weekend. This annual event provides alumnae an opportunity to help prepare camp for the upcoming summer sessions while making new friends and reconnecting with old ones. This year's event also included several groups like Tent Row '74 who celebrated their 50th reunion!



The weather report wasn't promising, but that didn't dampen the spirits of those in attendance. Karen welcomed us all for "Happy Am I Hour" and dinner at The Big House. As the group gathered later in the Wigwam, a hearty rendition of "Mr. Sun" was sung with fingers crossed for better weather for the rest of the weekend.

Saturday was wet and overcast, but Nakanawa spirit and singing did the trick as the sun eventually came out! Ties were tied, medals and name tags were created, and gardens were replanted and pruned. Clearing the basement of the Council House, cabin checks, repainting table tennis tables and more kept attendees busy all morning. We also wrote welcome notes to our 2024 counselors -- a special project to help our staff kick-off this summer on a high note.

After lunch, Rest Hour, and some final project work, we enjoyed a beautiful evening on the Crow's Nest for another "Happy Am I Hour" and a cookout dinner. We recognized attendees celebrating their five-year Service Weekend anniversary and honored our 50th reunion group. A spectacular sunset was the perfect end to the day.



Smile, Pep all around!



Service Weekend 2024 Cup slogan.



We always eat well at Camp Nak!

Sunday's weather was perfect. Following breakfast, we enjoyed church on the Crow's Nest, led by Tent Row '74. We wrapped up projects and attendees started to head home, savoring memories of a weekend spent at a special place where everyone's contributions were celebrated and appreciated. We thank each person who took time out of their busy schedules to spend the weekend with us. Save the date for the third weekend in May

Making New Memories at the "MAY-land Reunion"



TR '74 still close after all these 50 years!

In tandem with Service Weekend, close to 30 former campers from TRs 68, 69, and 74 joined us for a jam-packed May Reunion Weekend. The ongoing theme of the event was "Nakanawa Friendships are Forever."

TR 74 hiked to the dam to see the rushing currents. TR 69, many with granddaughters currently enrolled at Camp, walked the Mitch Trail to Junior. There, they toured the new and improved docks, covered riding arena, playscape, archery range shelter, nature hut porch, and lakeside gazebo in memory of Anne Cabaniss TR '74.

Also on the agenda was dinner at The Big House, exploring the library, singing camp songs, and learning about Nakanawa's future from Karen and several board members. The day was capped off with swimming. Nancy McDonald, TR 69, went off the diving board into the chilly lake!

On Saturday night, after "Happy Am I Hour" and a cookout on the Crows Nest, Karen presented the 50th Reunioners with their Gold Carson Crosses, a tradition started by Ann and Pepe. Both groups entertained us with songs they had written as campers: "We Girls Are a Very Lucky People" and "Moving On." TR '68 and '69 joined forces to sing a camp-themed song to the tune of "Country Roads."

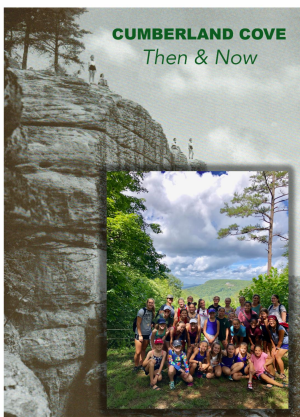
Just as meaningful now as it was 50 years ago, TR 74 shared their church service with everyone on Sunday on the Crow's Nest framed by a picture-perfect, blue-skied, Nakanawa morning. Please enjoy reading their service [here](#).

Thanks to Alice Boteler Layman, Mimi Ward Benoist, and Nancy Adams McDonald for their dedication as Reunion Chairs. If you're willing to serve as point-person for your TR, contact maragaretmatens@gmail.com. We hope more groups will plan at-camp reunions!

Bold and Ready Brings Back Camp Craft



Outdoor girls are happy girls



In the early days of Camp, every camper made a scrapbook in Nature class, filled with pressed flowers and leaves, which were then judged for Amazon-Valkyrie points. Colonel Rice guided the Nakanawa girls on a seven-mile hike to Cumberland Cove where they cooked over open fires, swam in the frigid creek, and navigated trails. Late-night stargazing was also a memorable highlight.

What's new: This summer, we're reintroducing these treasured outdoor experiences to campers through our new Bold and Ready initiative. Spearheaded by seasoned adventurer and outdoor leader Karen Hale and developed by Shelly Landau, Margaret Matens, and Donya Rose, campers will enjoy:

- **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 learn to set up camp, build fires, and cook meals
- **Stargazing** on clear nights, giving every camper a chance to learn about the wonders of Nakanawa's night skies and reflect on our place in the universe

These camp craft skills are designed to help boost camper confidence and build deeper connections with the great outdoors.

For the third consecutive year, Nakanawa was the key sponsor of the Crossville-Cumberland County Sports and Events Council Character Banquet.

The event, held on Saturday, April 13, honored 37 student-athletes from Cumberland County High School (CCHS) and Stone Memorial High School (SMHS) for their exceptional leadership, values, and character.

Under the theme, "Values Matter - Character Counts," three students from each school were awarded a \$500 college scholarship. Their respective sports teams also received \$500 to assist with expenses.



One cool thing: Anna Fusco, a former two-week camper, was among one of the honorees. Her accomplishments highlight Nakanawa's positive impact on building strong values for young women.

Why it matters: Camp Nakanawa takes great pride in sharing our mission and vision with the Cumberland County community. May we continue to uphold the principles of leadership, integrity, and character both on and off the field.

Click [here](#) to read about the event, including guest speaker Chamique Holdsclaw (pictured above with Karen), a WNBA superstar, Olympic Gold Medalist, and Basketball Hall of Fame member.

Shop 'til You Drop Clothing Swap

New campers are fully outfitted with all the blues and whites they will ever need thanks to recent "Camp Nakanawa Clothing Swaps." Hosted by Nakanawa parents in Oklahoma City and Atlanta, these events are a terrific way for families to easily "shop" for shirts, shorts, riding boots, helmets, team apparel, and much more.

How it works: Each spring, current campers pull out their trunks and select clothes and gear they've outgrown since the previous summer. Excitement builds as parents arrange the items in their home and invite new or younger returning campers to stop by and stock up on essentials to help complete their packing lists.



Keeping those camp friends close are Rosemary Davies and Caroline Larimore.



A white polo with the aura of a fabulous summer is much better than a brand new one!



**Reunite This Summer
July 19-21, 2024**

Registration for our July Reunion is open! We're expecting groups from TR 84, TR 94, TR 99, TR 04, TR 14, and TR 23.

Weekend highlights include:

Varsity Soccer Game
War Canoe Race
Rock Meetings with alumnae
invited Council Ring in Junior Camp
Evening Program on the Crow's Nest

Sunday Church Service
Gold Carson Cross presentation
Reunion Luncheon in honor of TR 23
Valkyrie Vespers
Musical presentations by all TR groups

what to know before you go

- **Fees are \$45** for all but TR 23 (\$25 for that group). Please register so we can plan for the right number of guests. If you need to cancel later, that's ok! We know that life happens and we'll happily refund your fees up to two weeks before the event.
- **If you're in another TR group** that would like to join, please email Donya Rose (donya@gmail.com). She'll be in touch to answer questions and provide details.
- **If you want to join the fun** without the rest of your TR, know that you are welcome and please register.

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

[take me to July Reunion Weekend details](#)

We're Capturing the Camp Experience



Have you noticed fresh content across our social media accounts? You can thank Ashley Forgey Stroud, TR 90, for that! From counselor “About Me” pages to detailed Nakanawa history, Ashley’s graphic design expertise and unbridled creativity have us fired up and ready for a wonderful summer.

Follow Camp Nakanawa on [Facebook](#) and [Instagram](#). Tag us in your camp photos! You can find us on [LinkedIn](#), too.

We're focusing on new photography and videography to enhance Camp Nakanawa's marketing efforts. Content will be used across our social media channels, website, and throughout our city slideshows. Parents of current campers will also be able to access these new photos through the CampMinder app.

It's a snap: To help us purchase the proper equipment for this endeavor, consider making a recurring monthly gift or a one-time contribution to the Nakanawa Annual Fund. Thanks for helping us capture the Spirit of Nakanawa.

[contribute to our annual fund](#)

Alumnae Announcements

Toasts and Singing



Friends from TRs 72, 73, and 78 met up for some down-home cooking in Bells, TX. Pictured from left to right are Catherine Corrigan, Mary Hicks Blaydes, Maggie Corrigan, Kelly McCampbell Gentry, Mary Corrigan Livingston, Cumalee Nunn Haines, and Palmer Kelly Ragsdale.



Nakanawa Board Members Ginny Bass Carl and Pamela Griffith Pabian fill big shoes at the Kentucky Derby Museum.



Edna Crosswaith Cannata, TR 78, and Sally Tubb Welch, TR 76, crossed paths at a wedding in Austin, TX. Love those TIES that bind.

Send photos of your “camp friend” meetups this summer to sallytwelch@gmail.com. Please include full names and TR years.

Dancing Flames



Martha Layman McKechnie, TR 05, and husband Jason, welcomed a new little Amazon, Page Elizabeth on May 21, 2024. Page's big siblings are absolutely smitten.

Setting Suns

Janet Mitchell Gonzalez passed away peacefully in Pearland, TX on May 30, 2024. Janet was Mitch's niece and the sister of Ann Mitchell Perron (TR 67), Elisabeth Mitchell Berate (TR 58) and Susan Mitchell Andrews (TR 62).

Janet was a camper, counselor, and Associate Director at Nakanawa between 1954 and 1977. She excelled in many activities and was a medalist in Tennis, Riding and Fencing. Her family and friends remember her as "always smiling, friendly, and having a great sense of humor." It's no wonder Janet was a "Triple Lady" (Bracelet in 1956, Necklace in 1958 and Cup in 1961). She is survived by her daughter Allison Gonzalez Morton and her two grandchildren and will be greatly missed.



All four of Mitch's brothers had daughters who attended camp, and the Mitchell family was always well represented. Mitch is shown here with four of her seven nieces: from left, Kathy TR '69, Janet TR '61, Elisabeth TR '58 (her namesake) and Ann Mitchell TR '67.

Help Us Shine Bright on Google

Choosing an overnight camp is a big decision. Google Reviews guide families toward the best choice for their daughters. Help point parents to Nakanawa by sharing your firsthand experience!



How to Craft Your Review:

- **Make it personal:** Share specific moments—like canoeing on the lake or singing under the stars.
- **Highlight the unplugged experience:** Mention how Camp Nakanawa encourages real connections.
- **Talk about confidence:** How did Nakanawa boost your (or your daughter's) confidence? How did specific adventures or activities positively impact your / her home life?

Details like these can be very helpful to those who have never been to camp or sent a child off to camp before. Remember, your words can inspire other families to choose Camp Nakanawa—a place where adventure, friendship, and lifelong memories await.

[write a review for Camp](#)

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](#)

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. 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.

Alumnae Giving

Honor someone you love with a gift to the Nakanawa Fund

In Honor of:

TR 1974, donating cabin roofs
Kelly McCampbell Gentry
Janet Mitchell Gonzalez TR 1961
Beatrice Myrle McMullan

In Memory Of:

Bay Lott
Chris Redmond Ford

[give now](#)

Nakanawa in the Know

Two-Week Session: June 16-28
Four-Week Session: July 1-27
July Reunion Weekend: July 19-21
Mother-Daughter Weekend: Sept 13-15

Come We Bid Adieu!

Our editorial staff will be taking the summer off and will return with another edition of the Valkazon in September. Check out all the latest happenings at Camp through our social media channels, or visit our website, www.campnakanawa.org.

We wish you a happy, healthy summer full of sunshine, rainbows, friendship, and warm hearts!



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.**

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