



Spring 2008

Dear Adirondack Family,

After six *long* months of winter, spring has finally arrived in the North Country. This week the trees started to leaf out and the daffodils are emerging. Summer's just around the corner. Hopefully you are as busy preparing to come as we are preparing to have you! First Session has been packed since March with a healthy waiting list. There are only a few remaining openings available Second Session. If you have any friends holding out, tell them not to wait.

Parent's Day is the second Sunday of each session. Families who have a long drive can come up at a leisurely pace on Saturday, spend the night locally, start the day first thing at Camp, and head on home before dinner. We are looking forward to sharing Adirondack with you.

If you just can't wait for summer, come on up and join us for our annual Memorial Day Work-Party Weekend! We provide the room and board, you provide the elbow grease! We'll have crews busy with things like raking leaves, planting flowers, gathering deadfall, and moving boats from Friday evening, May 23rd through Monday afternoon, May 26th. It's a great chance to meet new folks, rub elbows with the staff and help whip Camp into shape. We'd love to see you. Please call the camp office and let us know if you can make it.

Looking forward to a fantastic 105th summer! Noonway!

Linda and Matthew





## Behold! 2008 Five Quests Wilderness Adventure Schedule!

In addition to the remarkable daily offerings at Camp, you can choose to go off-site into the Adirondack wilderness with our fantastic trip program. Campers can sign-up for pre-scheduled trips varying from simple day hikes, to multiple-night treks and paddles. Each trip can stand on it's own, as a personal adventure into the unknown, and/or campers can work toward completing one of the Five Quests; Adirondack Wild Waters (WW), Firetower Frenzy (FT) , Lake George Five (LG5), Northville Lake Placid Trail (NLP) and High Peaks 46ers (46ers). Following is a list of this summer's Five Quest trips, which is also available on our website. Each trip has limited space, so contact our Trips Director, Gregg Van Deusen, to sign up today ([gregg@adirondackcamp.com](mailto:gregg@adirondackcamp.com)). Adirondack also offers specialized skill-based activity trips during the summer, as well as fee trips as indicated on your "Optional Order Form". Campers can sign up for trips *during* the summer, as long as there is space available. Please feel free to contact Gregg with questions. Happy Trails!





# 2008 Five Quests Trips Schedule

	B	C	D	E	F
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1					
2		JULY 1	2	3	4
3			Black Mt Hike- LG5, 8+	White Face/Esteban Hike- 46er, 13+	
4				Spruce Hadley Hike- FT, 9+	
5					
6		8	9	10	11
7	Record Mt Hike- LG5, 7+	Dix Range Hike- 46er, 13+	Dix Range Hike- 46er, 13+	Dix Range Hike- 46er, 13+	
8		Fire Tower Frenzy Hikes- FT, 10+	Fire Tower Frenzy Hikes- FT, 10+	Fire Tower Frenzy Hikes- FT, 10+	
9	Raquette River/Long Lake Canoe- WW, 13+	Raquette River/Long Lake Canoe- WW, 13+	Raquette River/Long Lake Canoe- WW, 13+	Cook Mt Hike- LG5, 7+	
10					
11	14	15	16	17	18
12	Poko/Belfry/Lyon Hike- FT, 9+	Poko/Belfry/Lyon Hike- FT, 9+			
13	West Canada Wilderness Trek- NLP, 13+	West Canada Wilderness Trek- NLP, 13+	West Canada Wilderness Trek- NLP, 13+	West Canada Wilderness Trek- NLP, 13+	West Canada Wilderness Trek- NLP, 13+
14	Puts Pond Canoe- WW, 8+	Puts Pond Canoe- WW, 8+	Bog River/Lows Lake Canoe- WW, 11+	Bog River/Lows Lake Canoe- WW, 11+	Bog River/Lows Lake Canoe- WW, 11+
15					
16	21	22	23	24	25
17	Temple Knolls Canoe- WW, 8+	Temple Knolls Canoe- WW, 8+			
18					
19					
20	28	29	30	31	August 1
21			Santanoni Range Hike- 46er, 13+	Santanoni Range Hike- 46er, 13+	
22				Buck Mt Hike- LG5, 8+	
23					
24	4	5	6	7	8
25	NLP Long Lake Hike- NLP, 13+	NLP Long Lake Hike- NLP, 13+	NLP Long Lake Hike- NLP, 13+	Prospect Mt Hike- LG5, 8+	Colvin/Blake Mts Hike- 46er, 13+
26	Hurricane Mt. Hike- FT, 10+	Hurricane Mt. Hike- FT, 10+	Lake George Village Canoe- WW, 11+	Lake George Village Canoe- WW, 11+	Lake George Village Canoe- WW, 11+
27					
28	11	12	13	14	15
29	St Regis 2 Canoe- WW, 13+	St Regis 2 Canoe- WW, 13+	St Regis 2 Canoe- WW, 13+	Puts Pond Canoe- WW, 8+	Puts Pond Canoe- WW, 8+
30		Firetower Frenzy Hikes- FT, 9+	Firetower Frenzy Hikes- FT, 9+	Firetower Frenzy Hikes- FT, 9+	Dial/Nippletop Mts. Hike- 46er, 13+
31					
32	18	19	20	21	22
33	Gore Mt Hike- FT, 11+	Gore Mt Hike- FT, 11+			
34		Lake George Five Alive Hike- LG5, 10+			



## Summer 2008 Trips Packing List

Taking advantage of Adirondack Park's backcountry will require some advanced planning and semi-specialized gear. Though we will supply all of the camping gear, a few personal items will go a long way toward keeping you comfy in the wilderness.

**Sturdy hiking boots** – for safety sake, campers will be turned down for trips if they do not bring proper footwear.

**Water shoes** – for canoeing or stream crossings (Teva or Chacos for example). Can double as your in camp shoes.

**Extra shoes** – sneakers or sandals/flip flops to wear when you reach your destination: a MUST for resting your feet.

**Long underwear** – lightweight synthetic layers are the key to comfort!

**Nylon/polyester shirts and shorts** – dry quickly and stay warm when wet.

**Sleeping bag** – synthetic mummy bag rated at 40° or less. Large cotton sleeping bags are heavy, and do not pack or dry well.

**Synthetic or wool hiking socks** – long miles means wet socks. Wet cotton socks mean blisters. Buy synthetic.

**Two 1-liter water bottles** – Any kind

*Questions? Please contact*

***gregg@adirondackcamp.com***

## The Five Quests Revealed

Up close with Quests Four and Five:

You've read about the first three quests- Lake George Five, Firetower Frenzy and Adirondack Wild Waters. Once you reach senior status you can really commit yourself to the last and most difficult two quests. Quest four is the Northville Lake Placid Trail (NLP)-130 miles of pure Adirondack adventure. Divided into four sections, Adirondack campers can attempt to complete the only through-trail in the park in as little as two summers. Trips range from the 17-mile Blue Mt. section (the highest point of the NLP trail) to the 45-mile West Canada Wilderness section.

This summer we have three campers, **Hana Lahart, Jack Roche** and **Max Lopez** who could be the first Adirondack campers to complete this quest- How!

Quest five is an adventure far beyond the in-camp experience. Those willing to commit can spend their time trying to become an Adirondack 46er. The quest includes the 46 peaks 4000 feet or higher.

Many hikes are challenging, but the rewards are immeasurable and the accomplishment real. **Fedia Motovilov** has a chance to conquer 35 peaks by the end of this summer and is poised to be the first Adirondack camper to climb all 46 by his last summer! This summer an eight-week camper can spend a total of twelve days and nights outside of camp and end the summer with 18 46ers! This quest will test your strength in the ten Plaques, so come ready to live.



*This summer Adirondack Arts presents*

## ECO-ART

*Ecologically friendly ways to co-create with your environment!*

Get ready to see and hear the world around you in a brand new way! We'll be exploring clever ways to create cool stuff from natural and man-made "trash" that's just waiting to be recycled, repurposed and reinvented into fabulous works of art!

You'll never look at a soda can or hear ski-boats taking off in the same way again! Guest artists this summer will be bringing their unique angles to this idea of "sustainable" art, and share their ideas and passions with us as we create in sync with our environment.

Start by getting your body in sync with yoga in the Adirondack air...that's right, Shankari's coming back to recycle your energy and get you focused on the fun to be had in the Arts!

Ellen of "Sky-flyer" and "Claymation" fame has some awesome projects planned involving recycled patterns in nature and fiber art fun. Fibers are hot this summer as our resident art counselors Chris ("yes I'm a male in the arts") and Zuzka (Honza's sister from Czech Republic) are both into fiber art, as well as sculpture, mask-making, traditional art and fine craft of all kinds.

Renée's been reinventing great ways to create useful everyday items like a cool cushion to keep you comfy on the rocks at gathering. She also has an incredible art-installation-in-nature project planned to highlight the Braves Code of Honor...sort of a Pathfinder's Path, if you will!

Speaking of pathfinders, wait 'til you meet Zelda! She's the "real-deal" in Native American Storytelling, drumming, craft and way of living with nature and in truth with your self. She'll be with us for a full week each session, complete with her own 16' teepee where participants in the program can 'sleep over', hear authentic native stories, have their very own talking stick ceremonies and more! You think the native drummers were fun last year...Hoo-Ah!

Electronic Arts and Eagle~j Video will continue producing budding filmmakers and ground breaking videos by welcoming Alma from Slovenia to the stage! Alma's dad is a filmmaker and she's following in his footsteps, already having won awards for her videos at home. She's looking forward to playing with us and we're excited to have her!

Finally, we're in the process of securing visiting and resident performance artists in drama, music and dance with the intention of leading projects and programs around "recycled sound", a "Dancing with the Stars" week and possibly an awesome hip-hop dance offering. We think it's all very exciting and hope you do too!

Adirondack ARTS wishes you the best summer ever, and we'll be creating with you soon!

Noonway for now!  
Mo & Renée

**Attention  
Returning Braves!**

Tribal Record Keeper says "Remember to Pack your LEATHER FEATHER!!". It is a great accomplishment to earn this honor recording your brave efforts at Camp- and you'll have a great keepsake of your entire Camp career! HOW BRAVE!



### CULINARY FUNSTERS

By Carolina Macrini

#### Aunt Mitizi's Soda Bread

(She's Austrian and they are the best bakers)

- 5 Cups Flour
- 1 Cup Sugar
- ½ tsp. salt
- ½ tsp. baking soda
- 4 tsp. baking powder
- 1 cup white raisins
- ½ cup dried cranberries

MIX ALL DRY INGREDIENTS WELL.

ADD;

- 3 Eggs
- 1 Cup Sour Cream
- 1 Cup Buttermilk

MIX THOROUGHLY.

Knead on a well floured board.  
 Separate into 2 round loaves.  
 With a knife make a cross on each loaf.

Dust with a generous amount of flour before baking. Bake 1 Hour at 350 degrees.

\*SPECIAL THANKS TO AUNT MITZI\*



### Camp Policies At A Glance

**Luggage-** Campers are limited to ONE trunk o' stuff! All personal belongings must fit into a foot-locker. Please send bedding in separate duffel.

**Cell Phones-**No service, no phones, no exceptions.

**iPods-** Bring only at your own risk for cabin use only. Music can be played with headphones at rest hour and bedtime.

**Food in Cabins or in Mail-** Nope. Never.

**Camper Communication-** Check the on-line photos and updates, write a letter or send an email to [campers@adirondackcamp.com](mailto:campers@adirondackcamp.com). Call Rikki at Camp to arrange an occasional phone chat.

**Medications-** Are all handled through the infirmary. No need to send extra o.t.c. meds.

### Dates to Remember

**May 1-** FORMS DUE!

**May 23-26-** Memorial Day Work Party

**June 18-** Staff Arrive

**June 29-** Camp Opens! :)

**July 12-** Session 1A Ends :(

**July 13-** Session 1B Begins! :)

Parents' Visit Session 1

**July 26-** Session 1 Ends :(

**July 27-**Session 2 Begins! :)

**August 9-** Session 2A Ends :(

**August 10-** CITs Arrive! :)

Parents' Visit Session 2

**August 23-** Adirondack Season Ends :(



**Spring/Summer Birthdays: Happy Birthday To You- HOW!**

**April:** Amelia D, Grace C, Clemente P, Isabelle N, Kevin M, Caroline Y, Victor B, Susan G, Morgan M, Stephen H, Simon L, Clay K, Alice D, Hana L, Meghan N, Henry W, Noah L, Paul MY, Mary Kate K, Jose Ramon V, Veronica M, Omotara S, Andie O, Jake B, Julia V, Simon S, William B, Brenna C, Lucile H, Cedric B, Jack W, John K, Milo B, Nathaniel A, Matt B, Matthew B, Sean C, Katie H, Domino M, Scott M, Gillian M, Jen Z

**May:** Ivy I, Michael M, William W, Lucy W, Cedrik L, Hugh M, Cara M, Kyle H, Robert N, Maxwell L, Jenna S, Zan CK, Kandit S, Danny M, Emma R, Christian B, Jamie L, Ean R, Kyle R, Jacob D, Rachel N, Dori G, Ekaterina K, Natalya K, Kathleen L, Jonah G, Andre DC, Craig W, Fedor M, Elizabeth B, Allison E, Whitney C, Jon O, Simon C, Evie F, Liann H, Balazs L, Stephen M, Mo P, Jeremiah S, Olexiy S, Alex T, Chris W

**June:** David B, Gregory W, Sarah D, Jack L, Alaina U, William G, Anthony D, Charlie M, Xian E, Mariah L, Manning C, Ashleigh T, Sarah T, Marie-Claire B, Candice A, Yared L, Joel L, Stephanie P, Sarah P, Sam D, Debbie B, Tanya B, Mary Ellen C, Ron K, Mackenzie L, Sam M, Corey M, Adam O, Shannon S, Garrett T, Gregg V

**Keep them home!**

Post a picture of your camper on the fridge so the dog doesn't forget! Order pictures and photo keepsakes from our website photo gallery all summer long through our photo partner, Digibug!



**Adirondack Camp Song**

Oh...Camp Adirondack has a husky fighting brood  
and they fight with all their might  
They mangle all the other camps who think they're fairly good  
For an A on the chest means fight, for an A on the chest means fight.  
They roam the woods and sail the lakes like pioneers of old  
And they sleep underneath the open skies  
From Montreal to Albany they swing there paddles bold  
For the spirit of the eagle never dies  
Adirondack...Adirondack  
'Tis with pride we see thy banner blue unfurled:  
Oh Camp of ours...Thou moldest us  
and we shall hold our own against the world.  
Adirondack...Adirondack  
'Tis with pride we see thy banner blue unfurled:  
Oh Camp of ours...Thou moldest us  
and we shall hold our own against the world...



# WINTER REUNION WORD SEARCH

(WE SAW THEM **THERE**, CAN YOU FIND THEM **HERE**?)

B	I	L	L	A	U	W	G	L	Z	N	O	H	S	I	A	P	P	E
I	I	O	O	H	F	E	C	R	G	A	V	Q	S	E	J	T	H	U
Z	Y	R	J	N	M	N	S	M	A	D	A	L	S	D	A	T	A	D
E	G	I	D	X	M	N	O	T	H	G	U	A	N	C	A	M	N	K
G	V	Q	S	S	A	V	C	T	H	F	B	U	K	V	I	G	N	X
R	M	E	P	M	A	L	B	I	W	Y	B	R	R	A	A	D	A	O
O	B	E	K	L	I	L	Y	M	M	N	N	E	H	J	V	U	H	P
E	B	C	L	L	F	F	L	I	H	N	W	N	S	E	A	J	W	P
G	E	E	J	S	I	R	I	C	H	A	R	O	E	N	D	O	Z	A
B	R	W	R	E	M	I	L	Y	C	M	P	K	K	H	V	T	T	T
X	N	E	Q	K	Z	S	O	N	Q	E	S	I	I	R	K	X	Y	T
T	S	U	G	F	C	H	N	C	L	S	E	K	R	D	A	V	E	Y
M	T	R	R	M	O	M	N	G	G	S	K	Z	B	B	A	M	E	Y
F	E	E	E	A	L	A	I	N	A	I	E	P	G	Q	C	K	D	N
Y	I	K	G	T	E	N	M	M	R	W	H	D	E	H	A	V	E	N
R	N	C	G	T	M	M	I	I	A	H	H	M	S	S	L	O	L	L
M	T	I	C	J	A	Y	D	X	U	I	B	I	Y	O	H	H	A	Y
U	E	L	T	K	N	F	D	D	F	P	P	C	T	B	O	E	I	W
T	X	R	L	S	F	F	C	J	I	P	L	H	U	E	U	U	C	R
S	A	W	Y	Q	E	U	G	Z	S	L	U	E	R	D	N	E	V	K
Z	I	N	A	M	A	D	G	W	V	E	A	G	A	N	N	N	V	K

- |                       |                        |                         |                           |                         |
|-----------------------|------------------------|-------------------------|---------------------------|-------------------------|
| Haley <b>Adams</b>    | <b>Emily</b> Coch      | <b>Rikki</b> Galusha    | <b>Damani</b> Meyers      | <b>Nat</b> Seelig       |
| <b>Lily</b> Adler     | Terron <b>Coleman</b>  | Matt <b>Garaufis</b>    | <b>Miche</b>              | The <b>Checks</b>       |
| <b>Matt</b> Amsterdam | The <b>Dehavens</b>    | <b>Patty</b> Jenkins    | <b>Daniel</b> Nassar      | <b>Destiny</b> Thompson |
| Matt <b>Basinet</b>   | Anthony <b>Diminno</b> | Sierra <b>Frishman</b>  | <b>George</b> Neely       | <b>Alaina</b> Uhouse    |
| The <b>Beckmans</b>   | <b>Tim</b> Condit      | Andrew <b>Ledee</b>     | Richy <b>Ovalle</b>       | The <b>Whipples</b>     |
| <b>Davey</b> Benudis  | Paul <b>DKT</b>        | Danny <b>Licker</b>     | Mo <b>Paishon</b>         | <b>Greg</b> White       |
| The <b>Bernsteins</b> | <b>Bill</b> Dooley     | The <b>MacNaughtons</b> | <b>Meg</b> Quinn          | Michael <b>White</b>    |
| The <b>Birdsalls</b>  | The <b>Duffys</b>      | The <b>Markows</b>      | Jeremiah Salomon          | The <b>Wissemanns</b>   |
| <b>Eve</b> Brouillard | <b>Lauren</b> Ellman   | <b>Hannah</b> Mercuris  | Kandit <b>Siricharoen</b> | <b>Jen</b> Zahorchak    |
| Eliot <b>Calhoun</b>  |                        |                         |                           |                         |



**CAMP, CAMPER, STAFF, & ALUMNI TIDBITS:** **Tim, Steve and Karen** have been hard at work clearing the debris from this winter's intense ice storms. More than one cabin took the brunt of the downfall and will have their newly created "sky-lights" repaired soon. Each and every bunk bed has had a face lift, there's a new floor in the kitchen, Wolf Den is being expanded and "Operation Geese-B-Gone" is well underway. \* Jacqueline Lucille Anne Beckman was born March 3rd at 4:30pm to Mr. and Mrs. **Jim Beckman**. Both mother and daughter are doing great.\* **Rikki's** back! \* **Peter Gallagher** and **Jack Wilson** have founded a non-profit organization that sends handheld video games to our United States Marines currently serving in Iraq and Afghanistan. Go to [www.gamesforheroes.com](http://www.gamesforheroes.com) and see what a great thing these two are doing for our military. HOW! \* **Lauren Ellman** had a lovely birthday celebration in the city with **Davey Benudis, Lily Adler, Greg White, Molly Kaye, Emily Ely, Julia Vos, John Breen, and Natalie Seelig!** \* This summer we will have a record 3 **MacNaughtons** on staff (**Sam, Domino** and **Piers** with **Cecchi** close behind in the Ranger program) \* Not to be outdone, The **Macrini** boys will also be reunited this summer; **Danny** as a camper, **Dominic** as a CIT and **Matthew** as a fencing counselor (Grandma makes 4)! \* **Jack Basinet** lost his first tooth!

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Adirondack Camp  
302 Warrick Road  
Putnam Station, NY 12861