

*"I think that there's no truer place than an island. Whether it's a sandbar or a bubble-up of volcanic rock or a jut of tropical coral, an island stands only by some whim of fate, given a chancy foothold among the chaos. When I go to an island, I know that I'm in that state of grace in which anything can happen."*  
 ~ from the book *How to Live on an Island* by Sandy Gingras

# Camaraderie

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Le bulletin des Camarades de Canoe Island French Camp

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## Director's Note

Canoe Island is reaching back to its roots and expanding its vision. Dr. Warren Austin, founder of Canoe Island Camps in 1969, had the vision of multiple camps each year with multiple focuses. He called his dream Canoe Island Camps. If you look in the details of the raven in the Canoe Island French Camp logo you will see the CIC repeated several places.



The Canoe Island program has expanded from an 8-week summer-only program pre-2005 to our current busy slate of programs for summer campers, adults, families, schools and other youth groups spanning most of six months of the year. We have already had a Spanish class on Canoe Island the past two springs opening the way for students of other languages to enjoy the wonders of Canoe Island. With our spring and fall programs, no longer does the welcome carpet just roll out mid-June and disappear mid-August. Even in the winter CIFIC fans and friends stay connected to their beloved summer home via news, photos and videos on Facebook and tweets on Twitter, and this twice-a-year newsletter.

Canoe Island French Camp remains the flagship program from mid-June to late August and other diverse programs fill the shoulder seasons. For the second year, we will be offering our Young Artists, Writers, and Scientists program exclusively to children from the San Juan islands with local professionals volunteering their time and expertise. Three adult programs focusing on yoga and kayaking are benefits for the Canoe Island French Camp scholarship fund. Classes from Seattle, Bellingham and Portland come in the spring to learn about marine biology, island ecology and sometimes French and other languages. Participants of all ages come to our Memorial Day and Labor Day family camps to practice their French, kayak, sail, try archery, cook a French dessert and have a great time with each other.

*Adly can't wait to show off the new tricks she has learned over the winter!*



As it enters its 42nd year, Canoe Island will continue to provide its tradition of excellence in education and the wonders of nature for students of all ages and many interests.

## Driving through the Moroccan Desert with Julien Rolin



*L-R: Florent Delahaye and Julien Rolin*

*Julien Rolin, 2009 French counselor, just completed a humanitarian trip across the Moroccan desert by car to deliver school supplies to children. Here is his story.*

By the end of February, the moment I have prepared for one year arrived. Pictures from that time are still spinning in my head and my heart is still thumping.

The 4L Trophy is a student adventure trip designed to bring school supplies to isolated children living in the Moroccan Sahara. There are several requirements: First, have a Renault 4L (a car built from 1961 to the 80s, historically very famous in France, but your chance of finding one of these in France today is slim,

too old). Second, have a big, big state of solidarity and a taste for adventure.

Throughout this past year, my friend Florent Delahaye and I worked on our project "Pandora," rebuilding our Renault 4L (new suspension and lots of modification to face the desert), finding sponsors and collecting school supplies.

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**17 February:** after sharing a dinner with our Canoe Island friends, Justine Robinett and Matthew Vance in Paris, we joined 1100 4L in the big Paris stadium and prepared to take to the road. Everyone was super excited to get involved in this adventure of 7200 kms (4500 miles) across France, Spain and Morocco.

**First step:** Hooking up in the South of Spain to catch the ferry together to Morocco. However, at Gibraltar 50 4Ls were already missing (accidents, tipping over, breaking down.)

**Beginning of our trip = warming.** Unexpectedly, the first days in Morocco were terrific: temperature around 25°F, heavy rain, strong wind, tents blowing away at every second, mud everywhere. One night, we hunkered down in our tent in a field with 400 others 4Ls, and because all the night was rainy, a river appeared dividing the camp in two and filled some tents.

**Middle of the trip = action!** Going south, villages were more and more seldom. It's very pleasant to make a wrong turn and come across a village lost between nothing and share some dates (the fruit) with the locals. I still don't know how they fill their days. Men keep the sheep and women keep the house. The South is very welcoming and time rolls slowly.

At Merzouga we proudly released our school supplies because we needed to be as light as possible to cross the dunes. This year was unbelievable: we brought 78,500 tons of school supplies not counting solar panels. To celebrate this new record, we made a party with some nomads in the dunes. We played tam-tam, danced and shared a lot all night long.

**The days after were insane!** You just have no clue how many cars broke down. The roads we took were very technical, very violent and very long. It wasn't as easy as ABC for the 4L. All evening and night everybody worked on their cars, with up to 40 mechanics working DAY and NIGHT. All night long there was la bourse aux pièces, for the exchange of car parts between teams. Far into the night, 4Ls were straggling in (no good night's sleep for them) and joined the mechanics area and still gave their all to fix the cars. The mechanics did a great job.

**Ending up our trip = Marrakech** After sometimes being totally alone in the desert, we gladly arrived at Marrakech, our final destination, missing only 200 cars. We took a shower and had a good night's sleeping, which we really needed! After an ending party, we came back to Lille, back to school. Regardless of some problems, our 4L still runs!



*School supplies carried by the 4Ls and delivered to school children in Merzouga.*

It was for both of us such a unique experience, both for the humanitarian aspect and for the cultural exchange and to live two weeks of full solidarity. These 15 days will stay for a lifetime in our memories as a moment of mutual help. Wherever we came from, we were all together doing our best towards a common goal.

If I had, at this moment, the talking stick from Inspiration Point on Canoe Island, I would give a big thanks to Morocco to have been so welcoming and to every team for the inimitable atmosphere. And obviously Thank You to Canoe Island to allow me to share this experience with my camp friends.

## A message from Tristan Amblevert

### *Fours Years as a Canoe Island Counselor from Bordeaux, France*



*L-R: Justine Robinett, Tristan Amblevert & Taylor*

After a couple years of doing different temporary jobs, and returning to Canoe for four summers in a row, I decided in September 2009 to apply to a social work training program that lasts a year and a half, and which, at the end, will give me a professional diploma and allow me to work with children, with the possibility of being the director of a social center. I am doing my program in my hometown of Bordeaux. It is called a work/study training program because one week I am in class with 20 other students for academic courses, and the next week every student works in the field with kids in a real social center.

My social center is in downtown Bordeaux where I work with kids ages 6-12. Some of them have been living in France less than a year and have come to France with their families from Eastern European countries such as Romania and Bulgaria. Their families come to France in hopes of finding better working and living conditions. Some of the parents and some of the kids have just started to learn French. Generally for two hours every weeknight (except on Wednesdays) we help kids with their homework and lead them in various activities, such as sports and art. On Wednesdays, the day in France when kids don't have school, counselors work the whole day, and propose different activities and outings with the kids, but on that day.....NO HOMEWORK!!

There is also behind-the-scenes work to be done including staff meetings, sometimes with the politicians of the city and partner organizations with the goal of developing long-term projects for the center and the community.

I really enjoy this program. Canoe Island French Camp has given me the experience to take on these responsibilities, and has helped me in making the choice to work professionally with children and in the field of social work. I wish all my friends – campers and staff – on Canoe Island a wonderful 2010 summer.

# Oh la la! News from Lucas in Paris



Lucas sporting a beret at the Friday Harbor, Fourth of July Parade 2009

Bonjour à tous et à toutes! Lucas here, reporting from Paris. Some of you may have met me when I accompanied Justine last summer to “work” on Canoe Island as one half of the official canine mascot crew. For those I haven’t met, enchanté! About a year ago Justine adopted me from a Humane Society in California. Since then we’ve been pretty inseparable. I’ll take the blame. I even managed to convince her she couldn’t go all the way to Paris to do her Master’s degree without me this past fall.

What is it like to be an American dog living in Paris these days? Well, life as an expat in this city seems to have common themes that many more eloquent writers than I have already shared. Just because I have four legs doesn’t mean my experiences are much different!

As soon as you take your first step towards moving to France, the French respond immediately with a hint of what will come: paperwork! For me it was an extensive customs form that could be filled out only by a USDA-certified vet, only in blue ink, and only in capitals. Just as typically, no one has ever asked to see this paperwork since arriving here. I also had to get a European microchip implanted since, *bien sûr*, my American one is “incompatible” with the European technology.

It seems like every American finds France to be a place with an enviously rich culture, though one that does take some adjusting to. First of all, the language barrier: My name, “Lou-cus” becomes “loo-ca” and “no” sounds a whole lot harsher. After repeated questions of “C’est un mâle ou une femelle?” Justine finally understood that I cannot be referred to as a *garçon*.

Paris is a city full of tiny apartments. Adjusting to 10 square meters would be hard for anyone, and especially after the 47 acres of Canoe Island I’m still struggling. One evening I simply couldn’t take it anymore and was able to escape to a nearby market street when Justine wasn’t home. Oh, the feast of trash I was enjoying when she found me hours later! Outside of the house, Paris is relatively canine friendly. I’m allowed inside everywhere except supermarkets, food stores, and restaurants, although the latter seems to be negotiable! Should we encounter a sign on a store that says “Nos amis les chiens ne sont pas permis,” usually the shop-owner has provided a handy designated ring to tie leashes to outside the door.

In terms of the city itself, I think it goes without saying that walking the architecturally rich streets of Paris is just as rewarding as relaxing in one of its many charming parks. Of the nearly 100 *espaces verts* in Paris, the *Mairie* informs its citizens of the very few that allow dogs, *même tenu en laisse*! This has proven to be rather problematic for Justine. Luckily we’ve settled relatively close to the famous Jardin de Luxembourg which graciously grants us canines about a fifth of the park to use (*toujours tenu en laisse*). We’ve also taken a couple trips out to the two big woodlands beyond the periphery of Paris where I have cherished moments of true *liberté, sans laisse*, with the rest of the Parisian canine population over the weight of 8 kilos. This outrageous policy undoubtedly dates back from the days of rampant dog poop problems. Which brings me to my next theme.



Lucas on the streets of Paris



Sorry Lucas, No Dogs Allowed

Doesn’t everyone who hears the words “France” and “dog” immediately imagine sidewalks strewn with dog poop? Jacques Chirac’s solution when he was the mayor of Paris in the 1990s: the *motocrotte*. City employees rode around on scooters with a specially designed vacuum attached as one of many attempts to eliminate some of the 15 tons of waste we Parisian pups produce daily. Since 2002 when dog poop was declared illegal in Paris, the threat of a hygiene inspector jumping out from nowhere to hand you a fine has been pretty effective at curbing this crime. Almost all owners clip plastic bones to their leash that have a role of plastic baggies inside. Since these come in many colors and prints, it is *du jour* to color coordinate your plastic bone and baggies to your dog and his other various accessories. Speaking of accessories brings me to my next crucial point: how to somewhat fit in among Parisians.

How many of you Americans have ever felt like a sore thumb among Parisians with their intimidating judgmental airs? Well, the French have never seen a breed like me. There is no well-known equivalent of the Humane Society or even the “pound” in France, which means explaining who my ancestors are has yielded interesting reactions. Most French dogs are, first of all, purebreds, and second of all either small or huge and not in between like me! I have been most often deemed a *mélange* by curious strangers usually said with a tone of sympathy. Justine has tried to help by getting me one of those harnesses the Parisian pups are currently all wearing. However, I’m not too sure about it.

Finally, you’re probably wondering about the culinary delights that Paris has to offer. I have tried several French specialties including chocolate truffles and stinky cheese and have yet to be disappointed. In terms of things I’m allowed to have, baguettes are my new favorite. They’re way more fun than chewing on bones!

I hope I was able to show you that being an American in Paris is not too different for us canines as for you humans. Feel free to “friend me” on Facebook to follow my adventures or contact me if you have any questions about bringing your pet to Paris.

*Lucas and Justine Robinett,  
CIFIC’s 2009 Program Director; are in Paris for the year as Justine works towards her Master’s Degree in Economics.*

# MEET the 2010 CIFIC Team

## PROGRAM STAFF



**Taylor Sproed - Program Director** Bonjour, je m'appelle Taylor! Je suis ravie d'être à Canoe cet été! My love for Canoe goes way back. I was a camper for 6 years, I've been a kitchen assistant, and I was a counselor for the past two summers. I am a senior at University of Washington. I study French and environmental studies. I studied for the past year in Rennes, France. I love playing the piano and cooking. Canoe was a huge part of my childhood, and I love being a part of all the campers' summers every year! I look forward to exploring, learning and having fun with a bunch of great kids and people this summer.



**Manon Bertrand - Counselor** I come from Montpellier, in the south of France. I have a degree in Art. I love traveling, discovering new cultures and meeting people; that's why I'd like to become a tour guide either in museums or historic sites. Music and dance are two other passions of mine and it's always a pleasure to share them. I like showing people a great time! I have been working in a campsite for the past three summers, and I spent every day entertaining children. This is always a good experience, and I'm glad to have the opportunity to work with American children for the first time.



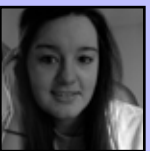
**Robin Brunet - Counselor** I'm Robin, aged 19. I was born in Cannes, town of the famous Film Festival, and I live now in Montpellier where I study sports and physical activities. I am a basketball player and love all sports. I also like to share my passions and during the last university year, I became a sport assistant teacher in a basketball club. As a child, I attended several summer camps in the States and I would like now to pass on to the next generation as much as I have learned myself and loved when I was a camper. I am very happy and very proud to be part of the Canoe staff for the summer 2010.



**Caroline Canneson - Counselor** I am from Lille, in France, and I graduated in communications this year. I play flute, and I like to dance what we call "rock" in France. It is my greatest pleasure that I am coming back to Canoe Island for the summer (my first time on Canoe was in 2007). By September, I will take a full year off from France, learning German in Freiburg-im-Brigau, then visiting China and Spain for World Youth Days 2011. I will do my best to tell you all the wonderful things France has to show and how to behave with French people! See you this summer!



**Amaury Coin - Counselor** I'm super enthusiastic about spending my second summer on Canoe Island! I'm 20 years old and a third-year student in History in Lille (North of France). I practiced the piano when I was younger, have been rock climbing for 4 years and now I practice fencing (I will be the fencing instructor this summer). Later, I would like to become a history teacher or work in some political organizations. I can't wait to be on Canoe Island, meet the new campers and see the campers from last year. I'm sure it's going to be an excellent summer!!



**Victoria Neville - Volunteer Program Assistant Sessions 1 & 2** Hi! I am Victoria Neville. I am from New York state. I am seventeen years old and finishing high school. I have attended Canoe Island for the past two years! I have had lots of fun there and look forward to working this summer. I have also attended and worked at another camp back home, but I have not made the life long friends that I have met coming to Canoe Island French Camp. I look forward to meeting all of you this summer!

## IN THE KITCHEN



**Will Henderson - Chef du Cuisine** Will has cooked professionally for many years at a number of restaurants in Seattle. He has recently come to understand that growing food well is even more interesting and rewarding than is cooking food well. Now he attends Washington State University, where he is pursuing a degree in Organic Agriculture. He's hanging out and cooking on Canoe Island this summer, because he couldn't think of any better way, nor any better place to spend his summer vacation.



**Sarah Benner-Kenagy - Sous Chef & Baker** Greetings! My name is Sarah and I am a native Seattleite. I received a Baking and Pastry Certificate from South Seattle Community College and have worked in local restaurants for the last seven years. Recently, I left that field to return to college to earn a degree in psychology in the hopes of helping those with eating disorders. I'm thrilled to be coming to Canoe Island French Camp to cook and bake for the campers and staff. I look forward to sharing my knowledge and love of French desserts and pastries.



**Doriane Montpezat - Kitchen Assistant** I am 19 and live in Montpellier, France where I am a university student. I love to swim, dance rock and salsa, and read a wide range of books. I love being around people and helping people when I can. I also love doing sports of any type – scuba diving, paragliding and kite surfing. I love baking bread and cakes and making deserts for my friends and family, and I love making things with chocolate!

## PROGRAM STAFF



**Aileen Curtin - Counselor** I grew up in Pickerington, Ohio but now spend most of my time living in St. Louis, MO where I go to university. This fall I will be entering my senior year as a student at Saint Louis University studying French, International Studies, and Theatre. I have spent semesters studying in both France and Switzerland to better my French skills. I enjoy being on the water either in a boat or swimming, experimenting in the kitchen, and painting pictures of birds. I am most happy when surrounded by beautiful spaces and faces. Although I have worked at other summer camps in the past, I am very excited to come to Canoe Island as this will be my first summer in Washington.



**Jennifer Douglas - Counselor** Jen hails from Vancouver, Canada, where she loves to backpack, kayak, sail, and do just about anything outdoors. She is a recent college graduate with a degree in French and Russian and has spent time in Quebec, Senegal, and Russia as part of her studies. Another major hobby of hers is playing Ultimate Frisbee. She was a member of her college's women's team and has played in tournaments all over the west coast. Jen hopes to teach English abroad in the coming year and is excited to share her love of the French language and culture at Canoe Island this summer.



**Max Leconte - Counselor** You will soon understand that for me, history rhymes with adventure! My relatives often say that nobody taught me to walk (did I do it all by myself?) because I was too impatient to discover the world surrounding me! Nowadays, my world cannot be contained in the four walls of my house any more. I love to travel: I have already been to Greece, Italy, Portugal and even South Africa last year. And now, I am all the happier to join the French camp this summer! I did literature studies before going to university in Lille near where I live in Halluin, France French literature (especially theater), history, languages, and French culture in general (including cooking of course!) are a real passion for me. I am fond of badminton that I practice three times a week, volleyball, and soccer of course, the national sport in France!



**Matthias Lesquelin - Counselor** I am 21 years old. I was born and grew up on the island of La Réunion, a French department in the Indian Ocean where all cultures live together in harmony. That is why we have a very open mind to the differences. I spent my childhood exploring the magical nature of the island with my friends so I qualify as an adventurer. Today I am studying sports in Montpellier to become a teacher. It has been nearly two years I have worked with children. My sociable nature and my positive vibes are the current that flows very well with them. I like football, hiking/climbing, table tennis, cooking and the discovery of the unknown. Working on this camp is a real chance. I am ready to give the best of myself to Canoe Island.



**Margaret Schafer - Counselor** I am a Midwesterner and study French and English literature, and am thrilled to be leading *Le Journal* this year. At the University of Iowa I served as an editor on the literary journal and contributed to the translation journal. After I graduated I was employed by the French Ministry of Education as a language instructor in the south of France. Next year I begin graduate studies in library sciences and archives. Having already conquered the Midwest, I currently reside in the Northeast and am excited to get to know the Northwest.



**Halley McCormick - Volunteer Program Assistant Sessions 3 & 4** After being a camper at Canoe Island for three years, Halley is excited to come back as a staff member. She has grown up in a bilingual home and loves language. Some of her best times have come from travelling with her family and school to France and Italy. She's looking forward to sharing the French language and the San Juan Islands with this summer's campers. She also enjoys photography and playing high school basketball.

## IN THE KITCHEN



**Ellie Kitchell - Volunteer Kitchen Assistant, Sessions 1 & 2** I've lived in Seattle all my life, and I'll be a senior in high school in the fall. I heard about Canoe Island through a summer opportunities fair, and have been a camper for three years. Last summer, I skipped Canoe Island because I got to live in Paris and Normandie. The counselors at Canoe Island always looked like they were having as much fun as the campers, and I've wanted to come back as a counselor since my first session. I'm so excited to work in the kitchen this summer, and practice my French and French cooking!



**Jessika Smith - Volunteer Kitchen Assistant, Sessions 3 & 4** I am looking forward to spending my fourth summer on Canoe Island. I spend my free time playing soccer, taking and developing black and white photos, knitting hats and scarves, and learning about different cultures. I was the captain of my high school soccer team and took AP french in my senior year of high school. I have been fortunate enough to travel to both France and Tahiti and have enjoyed the opportunity to use conversational French with the locals. I am looking forward to once again immersing myself in the French culture at CIFIC and also working with my love of French food.

## THE PEOPLE BEHIND THE SCENES

### NURSES



**Elaine Adams - Session 1 Nurse** Elaine grew up in South America speaking English, Spanish, and German. She later studied French and was amazed how similar it is to Spanish. Unfortunately, today she only claims to speak English, and Spanish fairly well, but intends to improve her French this summer. She is an elementary school nurse in Houston, Texas, and has been a camp nurse before. For a short time she departed from nursing to study architecture. She also loves being outdoors, art, photography, music, traveling, and kids!



**Manuèle Mayer - Session 2 Nurse** Manuèle be returning for her third year on Canoe Island. A native of France, she is the school nurse at Kenmore Junior High School. She brings her knowledge of French language and culture as well as her nurturing caring spirit to take care of staff and campers alike.



**Glenda Schuh - Session 3 Nurse** Glenda has been a volunteer nurse at Canoe Island French Camp for 29 summers and has been a constant supporter of our programs. A Girl Scout life member and alpine ski instructor, she has focused on infectious disease nursing in her professional life. Glenda always has her camera ready to document the fun activities at camp.



**TuYen LeTran - Session 4, Nurse** Tuyen was born in South Vietnam to a family of teachers and professeurs de lycee. At the age of 5, her parents sent her to a French elementary school. She then attended the French High School of Saigon, the famous Lycee Marie Curie. The high school graduation diploma she obtained is exactly the "baccalaureat" awarded to French students in their native France. Four years of college at The University of Saigon in "L' Ecole de Pedagogie, section Francais" placed her as a French Language and French literature teacher in Saigon High School from 1961 to 1975. In the USA, she returned to school in 1979 and became a registered nurse. When the opportunity presented to her to join the Canoe Island French Camp staff in the summer of 1996, she accepted with full responsibility. She is looking forward to returning this summer to assume her duty as a camp nurse for the 15th summer on Canoe Island.

## THE PEOPLE BEHIND THE SCENES

### CARETAKERS & DIRECTORS



**Ben Straub - Island Caretaker** Ben, originally from Eastern PA, has been the caretaker/facility manager of Canoe for three years. He is curious and excitable about everything and is most interested in the creative side of life. In addition to his construction he has a background in fine woodworking, machining, optical instruments and artistic woodturning and made kaleidoscopes professionally for 14 yrs. He is (or was, no pool table on Canoe) an avid pool/billiards player and also makes pool cues. He is passionate about nature, hiking, rock climbing, cycling, photography, boating, food & travelling.



**Tessa Almquist - Volunteer Maintenance Assistant, Sessions 1 & 2** I've been a Canoe Island camper for two years. I've studied French for five years at Summit High School in Bend, Oregon, where I will be a senior. I played varsity tennis and ran cross-country for two years. I have worked as a Life Guard and Swim Instructor at the Bend Athletic Club for the last year. My parents and I have flat-water kayaked for years. I plan on studying Math and French in college.



**Tim Ricard, Volunteer Maintenance Assistant, Sessions 3 & 4** Je m'appelle Timothy Ricard. I have attended Canoe Island French camp for four years, and am delighted to work there this year. I am currently a junior in high school, and have been taking French for three years. I have travelled to France, and am spending my spring break in an immersion program in France. I am thrilled to be back at Canoe, even if I have to spend my time cleaning the camp.



### Joseph & Connie Jones - Camp Directors

Joseph and Connie live year round on the Canoe Island. They have more than 30 years of experience running some of the Northwest's most respected camp programs. Joseph has a geology and natural resource undergraduate background, and a graduate degree in science education and education administration. He has extensive experience in land, sea and air search and rescue and emergency medical response. Connie has lived, studied and traveled extensively in France. She is a past EMT, has an English literature degree, was a certified teacher, and a reporter, editor, and restaurant reviewer with The Oregonian newspaper.

# MERCI BEAUCOUP, JESSICA by Connie Jones

After three years of excellent service to Canoe Island, Jessica Haag is moving on in her professional career. One of our two-person caretaker team, Jessica has worked since 2007 to improve Canoe Island's grounds, buildings, program, and marketing. Everything we do has her touch somewhere.



*L-R: Jessica, Ben & Addy*

After the big windstorm of January 2007 we realized that we would need help to clear the multiple trees and limbs lying throughout camp and decided it was time to hire additional help to maintain the facilities and island. Jessica Haag and Ben Straub answered our ad, and we knew they were the perfect team to help out. Their expertise far exceeded our original job description of camp caretakers. Jessica has graphic design and marketing skills and experience, is a certified scuba diver and loves people, making her the perfect smiling, welcoming, always friendly host. Ben has fine wood working skills, knowledge of all aspects of facility maintenance, a tenacity to do a job right and an equal interest in the campers and families who come to Canoe Island.



*L-R: Jessica, 2009 campers Niko, Jordan & Julien head out for a paddle*

Jessica has improved the worldview of Canoe Island French Camp with well-designed ads, a new logo, beautiful brochures, ferry rack cards, individual program posters, and promotional display boards. The fact that people now say they have heard about Canoe Island French Camp is due a large part to Jessica's design work. She and Ben have also been the voice of Canoe Island French Camp at multiple camp fairs and teachers conferences. In addition she has been the summer snorkeling instructor and has filled in as cook when needed.

In addition they have become our friends, sharing meals throughout the quiet winter months, taking walks, playing ping pong, and sharing ideas for future programs.

Effective May 1st, Jessica will be serving as Marketing & Communications Coordinator for North Cascades Institute, located just three blocks from the home she shares with Ben in Sedro Woolley. Ben along with Addy the dog & Marge the cat will be continuing on with Canoe Island Camps to provide excellent island and facility care.

Jessica, we wish you the best of success in your new adventure and we hope you continue to be a friend of Canoe Island. Bon Courage.

## Living on Canoe Island by Jessica Haag

Canoe Island is hard to completely capture in photos or words for those who have yet to visit, probably because it is more than just a beautiful place, it has a spirit, it has a feeling, it's alive and always changing, yet it somehow remains the same, and it draws the most amazing people to it, all of these things make the island inspiring and special. It is an understatement to say that there is no place quite like Canoe Island and once you've stayed on the island you can easily understand why. I have been fortunate to spend the past three years on Canoe, through all seasons and in all weather: sun, rain, snow & scary storms. I'd like to share some things I've learned from living on Canoe Island as a year round caretaker inspired by the book, *How to Live on an Island*.

- Take a walk or run around the island at least one time a day even if it is raining, there is always something exciting to behold.
- Embrace the adventure of dinner in the winter months, often made from random ingredients in the cupboard, because the supermarket is not "just down the street".
- Check the weather every morning, be aware of the tides and respect the ocean; the sea giveth and the sea taketh away.
- Go for a natural history hike with Joseph around the island as often as possible; you will learn something new every time guaranteed.
- Learn where the glacial erratics are located, so you can point them out and exclaim to others, "there's a glacial erratic!" Most new visitors are generally impressed, and it's really fun to say.
- Go for birding walks with Connie, she makes learning about birds fun and she is a wealth of information.
- Even if others think you are weird, learn to identify and make the following animal sounds: eagle, otter, barred owl, raven & heron, so when you hear them you can answer back.
- In the winter, if it's windy, tie off the boats and always remember look up for falling branches when walking on the trails!
- Flashlights are great, but headlamps are even better!
- Always carry a headlamp, a pocket knife and a pocket cord (I often forgot one or all and always found myself wishing I hadn't).
- Receiving a letter by snail mail is highly desirable and always a cherished gift.
- Talk to the local islanders, they have much to share and learn their names and the names of the famous local animals (ex: Popeye, the one eyed seal in Friday Harbor and Mona, the camel on San Juan Island). It makes you feel like a local just to know.
- Sitting quietly at a mossy overlook watching the clouds roll by, feeling the breeze and listening to ocean lapping at the shore is quite possibly one of the most blissful things in this world.
- Some of the most profound and wisest observations about life and the world have come from campers ages 9-16.
- Sing as loud as you can at the top of the Colombier (it's kind of like singing in the shower, but a million x better!)
- Go snorkeling! Yeah it's cold, but you know what? It's worth it because the island is just as amazing and beautiful underwater! Plus, there are nudibranchs, my personal favorite sea creatures.
- Everyday, allow yourself to be inspired, curious and happy, you will be rewarded!

# 2010 Schedule

Register online: [www.CanoesIsland.org](http://www.CanoesIsland.org)



## Campers

**Open House**  
Saturday, June 19

**Session 1 Les Voyageurs**  
Sunday, June 20-Friday, July 9

**Session 2 La Révolution Française FULL**  
Sunday, July 11-Friday, July 23

**Session 3 Le Monde Francophone**  
Sunday, July 25-Friday, August 13

**Session 4 Les Chevaliers**  
Sunday, August 15-Friday, August 27



## Adult & Family Camps

**Spring Work Parties**  
Friday-Sunday, April 23-25  
Friday-Sunday, April 30-May 2

**Teachers' Open House**  
Saturday afternoon, May 15  
or overnight

**Adult Yoga Benefit Weekend**  
Friday-Sunday, May 21-23

**Memorial Day Weekend Family & Adult Camp**  
Friday-Monday, May 28 -31

**August Kayaking Benefit Events**  
3-day Kayaking Rendezvous  
Saturday-Monday August 28-30

Week long Kayaking Rendezvous  
Saturday-Thursday August 28-Sept. 2

**Labor Day Weekend Family & Adult Camp**  
Friday-Monday, September 3-6



## Camaraderie

### Editors

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Laura Grove

### Guest Contributors

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