



January 2020
Volume 12, Issue 1

NEWSLETTER



Inside this Issue

- 1 Welcome 2020
- 2 Future Camp?
- 3 Holiday Party 2019
MAC Board of Directors
- 4 Happy Campers
- 5 Spotlight on Alumni
Karl Schoendorf
- 6 Leap Day 2/29/20
Alumni Emails
- 7 Nature Notes
Chickens & their Eggs

Thanks To: Jen Peterson,
Sean Demet, Karl Schoendorf

Bruce Rasmussen, Editor
BruceRass@gmail.com

For the past year the Newsletter has tried to focus on Minikani’s great 100 year history. Hopefully you’ve read something interesting and were able to join in the celebration last year.

Now that it’s 2020, we’d like to begin looking a little more to the future. While every MAC member has had a past with camp, it’s time for all of us to start thinking about Minikani’s present and future and see where we fit into that picture.

What makes a good Minikani alumnus? Here’s a couple ideas:

1. They open and read the emails we send to them. This way they know what’s happening within their community.
2. They get involved. Participate. Share a Minikani memory. Join the MAC Board. Be a member.

Nominate a “Spotlight” alumnus for the next Newsletter.

3. They encourage their friends from camp to join. If every member brought in just one more, we’d be close to 1,000 members.

4. They have great memories from camp and share these with others – friends, neighbors, workmates, etc. They send their own kids to camp.

This line from MAC’s Mission Statement says it all: “We are dedicated to maintaining our connection with our summer homeland.”

Alumni contributions to the MAC Newsletter are always welcome. We look forward to hearing from you in the future.



Future Camp?

By Bruce Rasmussen

100 years ago (1920) boys came to camp by cars or train, slept in tents, swam in Amy Belle and paid \$6.50 for a 2-week session. 50 years later (1970) boys and girls slept in cabins, played in Norris Field, attended campfires at Council Bluff, took a rag, and still swam in Amy Belle. A new dining hall, pool, up-North Explorer trips, Mini-Kamp and Leadership came shortly after. Pine Forest was at its prime, and a new pine forest had been planted on the other side of camp with 3 foot high trees barely reaching above the tall grasses.



I still remember my very first day at Minikani, June 12, 1970. I had been hired by the camp director (Don Nordahl) to be the Crafts and Nature specialist. I slept in a bunk bed in cabin 10, ate meals in the Dining Hall (Fireside Lodge) and soon met the other staff for staff training. I set up the Crafts skill in the Old Barn next to Fireside and began the first of my 22 years at Minikani.

I left camp in 1991, then returned as an “alumnus” in 2010. Some things had changed, but many of the things I remembered about camp were still there. A couple old

buildings were missing, but skills, cabin acts, campfires, rags, meals, Camper Reports and campers themselves were all about the same. Campers still swam in Amy Belle. I felt then and still feel today that most of Minikani’s traditions had been well preserved.

What do **you** think the future has in store for Minikani? I’d like to challenge you to take a giant leap into the future and think about what camping and Minikani might be like in 50 years. How will campers get to Minikani in 2070? Will they sleep in pods, climate controlled and connected to their counselor’s Wi-Fi for Vespers and stories? Will there be a 4th unit for seniors – those over 80 but younger than 100? Will the Dining Hall only serve plant-based items? What will skills be like? Will they move the corral again? Will campers still swim in Amy Belle and play “Capture the Flag” in a pine forest?

Please share your thoughts about what camp and camping might be like 50 years from now (2070). Email your ideas to me at minikanistafflodge@gmail.com and some of the most interesting and creative predictions will be included in future MAC Newsletters. Come on, give it some thought. What have you got to lose? “Do something today that your future self will thank you for.” - Sean Patrick Flanery



Trying to predict the future is like trying to drive down a country road at night with no lights while looking out the back window.
 – Peter Drucker

Predictions for 2020 From the 70’s & 80’s:

- 1. Life expectancy will rise to over 100 years.** Not yet. In fact, the life expectancy in the US decreased a little last year because of the opioid crisis.
- 2. Computers will be invisible.** True. Computers are embedded everywhere these days. We have smart homes, smart garages, smart tables, smart chairs, smart desks and more. (Who even had a computer in 1970?)
- 3. Your every move will be tracked.** “Each individual’s practically every move (will be) stored in a database somewhere.” This is mostly true. Your TV watches you. Your smartphone follows you. Your web browser traces your digital trail. Even Alexa knows your most secret inner thoughts...
- 4. World’s population will reach 8 billion.** We’re pretty close now with 7.7 billion.
- 5. We’ll have self-driving cars for everyone.** We’re pretty close to that too. Stay tuned.
- 6. Humans will step foot on Mars.** A 1997 article suggested that by 2020 astronauts would arrive on Mars, a joint effort supported by all nations working together for a common cause. Sorry, we’re not even close to that - neither landing humans on Mars nor all nations working together.

Holiday Party 2019



MAC Board

Do you want to give back to camp? Help provide the camp experience to deserving kids? Keep our staff alumni close and connected? We are looking for camp alumni who are eager to contribute their social media communication and event planning skills (amongst other skills) to the Minikani Alumni Community to further camp's reach through strategy, leadership, and camaraderie as new MAC Board Members.



Requirements for being a member of the Board?
Simple: 1) you worked at Minikani, and 2) you want the MAC to continue to live up to its mission of "...honoring our past and preserving our future."

Please drop us a line at minikanistafflodge@gmail.com and let us know you're interested and how you would like to contribute! We'd be happy to tell you more about the MAC Board. We work together through a conference call held every other month to support the events we put on throughout the year.

We look forward to hearing from you by February 20.

Sean Demet & Ryan Derus,
Co-Chairmen



RAGGERS' CREED

I would be true,
for there are those who trust me;

I would be pure,
for there are those who care;

I would be strong,
for there is much to suffer;

I would be brave,
for there is much to dare;

I would be friend to all,
the foe, the friendless;

I would be giving,
and forget the gift;

I would be humble,
for I know my weakness;

I would look up,
and laugh and love and lift.

Happy Campers

Happy Campers by Robert Glazor *fridayforward.com*

My three kids arrived home from camp this week. They cannot *wait* to go each year and often don't want to come home at the end of camp because they're having such an amazing time. After hearing recaps about their adventures, I'm reminded of the invaluable life skills that this experience can offer as well some of the practical knowledge that seems to be fading from society, but is actually needed more than ever. Here are a few notables:

1. Learning personal responsibility

Children at camp don't have their parents around to pick up the slack or whisper constant reminders in their ears. For example, when kids forget to put on sunscreen, they get burned. If they forget to hang up their wet towel, they have to air dry. While painful, these are critical life lessons. Pain is a powerful teacher.

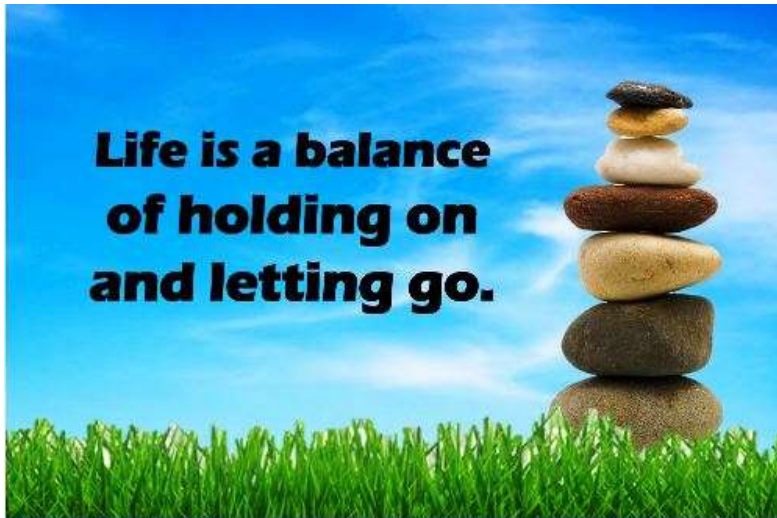
2. Getting out of your comfort zone

Summer camp encourages kids to try new things in a safe, supportive environment. While

campers certainly aren't expected to enjoy everything that they try, they're at least expected to give it a shot. Part of this motivation comes from group pressure and another part from a loving, caring counselor.

3. Values over rules

We are living in a generation of over-parenting and micromanagement. Very few parents and leaders are able to



step back and provide values, coaching and guidelines without stepping in and doing the work themselves. Before my kids leave for camp each year, I remind them about our family's core values and give them some examples for how they could live them at camp, because it's all I can do.

4. Learning to lead

Leadership is a tough job, and *good* leadership takes a lot of practice. Camp has given my kids the chance to practice making decisions and handling the consequences. Kids have a chance to show their leadership at camp, whether it's cleaning up

the cabin or choosing teams for a game. Sometimes their group won. Sometimes they lost. Either way, they had to learn to do both well. When their friends weren't happy about their decisions, they had to learn to accept the feedback, which in itself is an important leadership skill to learn.

5. Going offline for relationship-building

Our kids' camps have strict "no technology" policies. This means that our children get a long break from social media and, instead, get social the old-fashioned way—by strengthening their real-world interpersonal skills. The beautiful thing is that they don't even miss their devices and they are honestly happier without them.

6. Knowing when to hold on and when to let go.

Kids gain leadership skills and independence at camp. They learn self-advocacy, become more responsible and have the space to discover what they enjoy most. And all of these things have happened without their parents being present. The magic happens for parents when we are willing to let go.



SpotLight On Alumni

By Karl Schoendorf

Minikani was weaving its magical thread through the Schoendorf family long before I was born. My father Tom Schoendorf along with his brother Joe started attending camp back in 1939. To this day my dad still tells stories of his Minikani adventures that include the now infamous mandatory boxing matches.



My brother Mike attended camp for a few years in the early 70's and both his

children, Laruen and Eric, attended in the 2000's. So we surly have some Minikani in our blood.

My personal Minikani experience started in 1975 with John Tompsett, who was my first counselor. John must have done a bang up job because when this little 8 year old remembered to pray before bed it always ended with "and God, please let me have John as my counselor again next year".

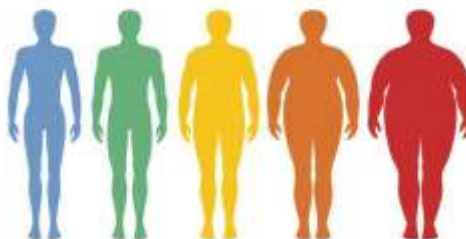
As I look back at my Minikani years I must say that my memories, friendships, and lessons are truly some of the brightest times and moments I've had. I still get butterflies in my stomach when I head back into camp. I always have

and I hope that I always will. I can't quite tell you exactly why that happens, but I like it. From camper to L.T. to counselor to wrangler and most recently being on the camp board the Minikani experience has enriched my life more than I can ever convey. My truest relationships and most beloved friends all hail from Minikani. I'm a lucky boy for sure.



Some of my favorite camp memories are actually about the food! From my first days as a camper I just loved the food I ate and the whole meal time experience. All you had to do was raise up an empty platter or bowl and 'voila' - some smiling L.T. would bring another platter just brimming with more wonderful food. "All you can eat" of course had an appeal to me because I was never really accused of being svelte.

Body Mass Index



I remember one particular year (after packing on a few pounds enjoying copious amounts of pancakes, mock chicken legs and generous helpings of Ethel's famous

hash) that I got into a contest with Lloyd La Roque to see if we could shed a few pounds. We had a weekly weigh-in on the kitchen scale with Ethel and company all observing and recording our weight. I must say it was always quite the event as we would drop down to our skivvies and the cooks would all scream, hoot, holler and actually belly laugh. It is quite questionable on what they were laughing at but I'm glad we could entertain them.

Many of my favorite things at camp remain the same as always, making me glad to see them once again. But we know things are always evolving and changing, aren't they? For example, the floor of pine forest is still covered in pine needles that soften the blow of an epic wipe out while playing capture the flag. But today some of the trees are actually big enough for the campers to hide behind!

The horse barn is still called 1/2 Rafter, but it has moved across camp several times. When I was the wrangler in 1986 the corral was located where Cabin 20 currently is. Back then the wrangler would bunk in this little vermin-ridden cabin called The Loner.

Continued next page



I vividly remember being woken up almost nightly by the scampering of mice mere inches from my head. It's amazing what one can get used to, and I'm surprised I didn't catch the plague from the little buggers.



Anyway, after a quick flick of my hand to shoo the blasted things away I would fall fast asleep to the gentle noises of the horses meandering in the field and grazing away. Like so many camp memories, I wouldn't trade them for the world.

Lately (for the last 20 years) I have had the fortune of being the director at La Causa Crisis Nursery and Respite Center, a child abuse prevention shelter in Milwaukee.

I can honestly say that just about every aspect of and duty of my position at the Crisis Nursery (and my life, for that matter) has been influenced by my time at Minikani. The actual expectation of unabashed compassion coupled with caring action is one of the ethos from Minikani that I strive for. While the Crisis Nursery can never be a Minikani, I do my very best to create a similar sense of wellbeing and safety for all the kids as they navigate through some challenging times.



Leap Years

Yes, February has 29 days this year. When a day is added to the end of February it makes it possible for us to keep the calendar in step with the seasons. In one year there are 365 days, 5 hours, 48 minutes, and 46 seconds. That is nearly 365 days and 6 hours, which is one-quarter of a day. So for three years we ignore this quarter day, but then add a full day every fourth year.

But that is 44 minutes and 15 seconds too much. In 100 years it becomes 18 hours and 43 minutes too much, so every 100 years there is no leap year.

But then we have left out ours and 17 minutes too much. So, every 400 years we put back a day.

But that is 2 hours and 48 minutes too much. So every 4,000 years we do not add a day. The year 4000 will not be a leap year, even though it is divisible by both 4 and 400. It takes a bit of doing to keep the calendar in agreement with the seasons!

Here's a simple (?) way to calculate if a year will have a leap day or not: There will be a leap day if the year can be evenly divided by 4. But if the year can be evenly divided by 100, it is NOT a leap year, unless the year is also evenly divisible by 400. Then it is a leap year. Perhaps a more simple way to tell: Check your google calendar ☺

Alumni Emails

The Minikani Alumni Community maintains contact information with over 500 people who have worked at Minikani. This information is used to send our quarterly newsletters and information about our activities and events through email. Contact information has never been sold or distributed to outside businesses.

When a member changes their primary email contact address, they seldom think to update their new address with the MAC. Unfortunately, our emails either bounce back or end up sitting in a neglected mailbox. We can no longer communicate with them.

This happens especially when a member signs up using a school or work email address, then leaves the school or job and switches themselves over to a gmail address.

That's too bad, because it's actually very easy to update your information using our website at <http://minikanistafflodge.com/join/>

It would be great if you checked with your Minikani friends and family members and ask if they received the email about this edition of the Newsletter. If not, give them our website address and you'll help bring these "lost sheep" back to the MAC fold. Remember, membership is free and open to all former Minikani staff.



Nature Notes

Chickens and Their Eggs

It's time to learn about the birds and the bees. Actually, the last Newsletter (Vol 11 Issue 3) had an article all about bees, so it's time for the birds. Chickens and their eggs, especially. My only problem is trying to figure out which one comes first....

Chickens at the corral have been very popular the past few years. Like most birds they have only a left functional ovary, reduced from the usual '2' possibly to help them maintain flight. But flying to the top of the coop or a lower tree branch is about all chickens can do – enough to get away from a fox.

What chickens lack in their flying abilities they make up for with their egg laying. A hen hits puberty only 18-24 weeks after hatching out of an egg herself. It only takes about 26 hours for a hen to make an egg, and she can start producing another one 40-60 minutes later. 20 of those hours are required to make the shell. What's more, hens can lay a lot eggs--up to 300 a year.

Most chickens are virgins. Hens don't actually need roosters in order to lay eggs. In fact, most hens raised in commercial farms have never even set eyes on a rooster. What she needs in order to stimulate egg-laying is light. Hens are programmed to lay eggs in the spring and summer, which they judge by the amount of daylight. Commercial farmers take advantage of this fact by simulating summer days with bright lights in their chicken coops all year around.

When a farmer wants to get more chickens rather than just eggs, he has to introduce a rooster into the picture. As with most bird species, roosters and hens don't have external genitalia. Instead both partners have an opening called a cloaca. When the cloacae are touched together, sperm is transferred into the female reproductive tract. Since no penetration is involved, the act is simply called a "cloacal kiss." The hen is able to store the living sperm for about 30 days.



Not all chickens create eggs equally. Some breeds lay eggs almost every day. Other breeds lay eggs every other day or once to twice per week. The hen's diet determines the color of the yolk. Some producers feed natural supplements like marigold petals so that their hens lay eggs with brighter colored yolks.

An egg's shell color doesn't indicate the quality or nutritional value of the egg, but rather the breed of the hen that laid it. Hens with white feathers tend to lay white eggs and hens with red feathers tend to lay brown eggs. Because the chicken breeds with red feathers need more space and food to live, the egg producers charge more for brown eggs.

Those curly, white strings that bunch up at the edges of egg yolks are called chalazae. They're actually twisted membranes that join the yolk to the end of the shell. Not only are these fibers completely edible, their presence is actually a good sign: The more prominent the chalazae, the fresher the egg.

Even though many egg cartons promote that their eggs are free of hormones, this claim is nothing special. It's like saying that water is wet. That's because the FDA banned the use of hormones in all poultry production back in the 1950s. Therefore, no chicken eggs—or meat—in the market will ever contain hormones.



Chicken/Egg Facts

- ◆ Harriet the hen laid the world's largest egg in 2010, measuring a hefty 9.1 inches in diameter.
- ◆ The risk of an egg being contaminated with *Salmonella* bacteria is very low, about 1 in 20,000 eggs. At this rate, if you're an average consumer, you might encounter a contaminated egg once every 84 years.
- ◆ Eating raw eggs won't help you build muscle. Only 51% of the proteins in raw eggs are digestible, while 91% of the proteins in cooked eggs are digestible.
- ◆ The average American eats 250 eggs per year, which translates to a total annual consumption of 76.5 billion eggs in the U.S.