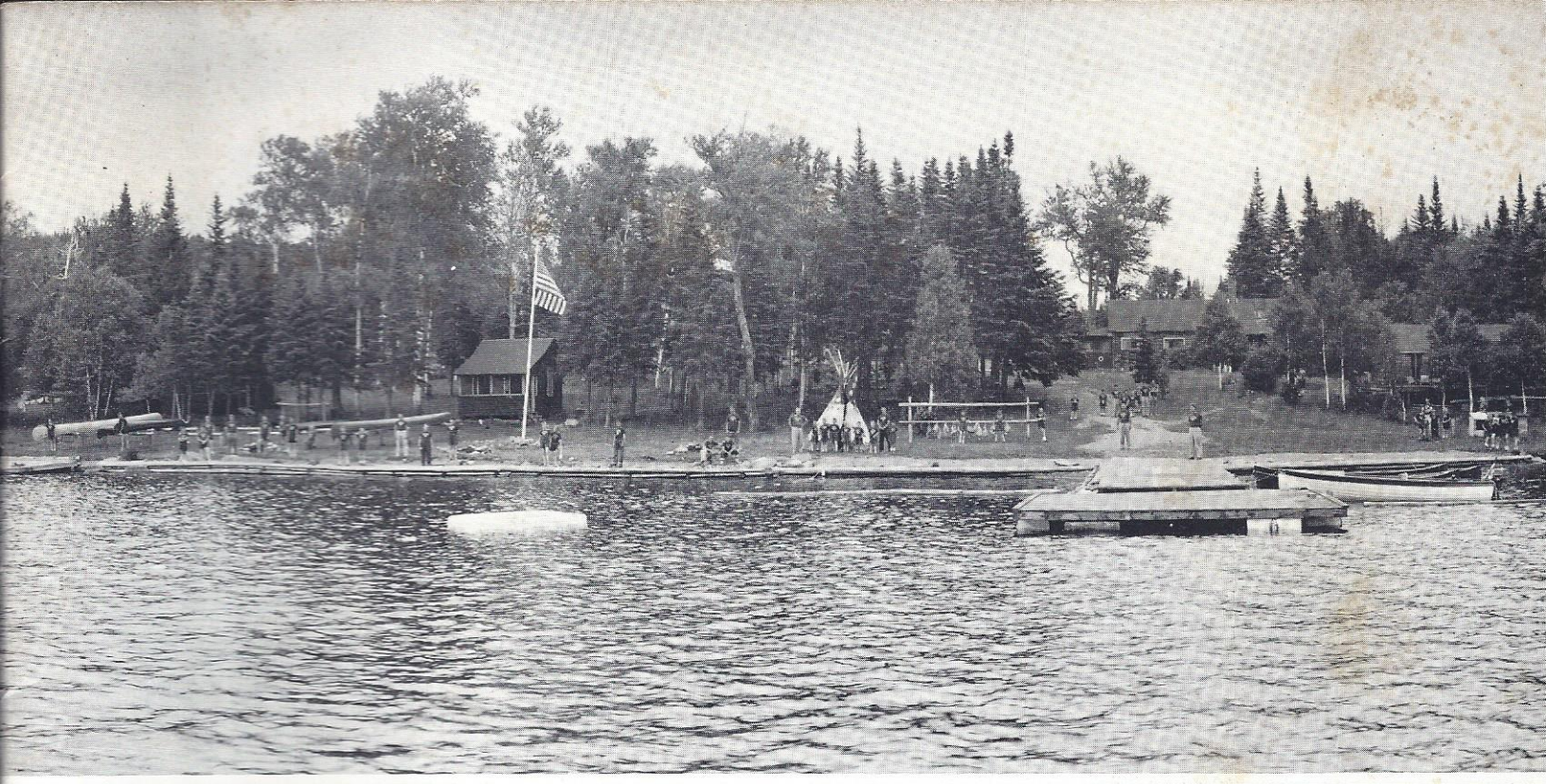




CAMP MITIGWA

FOR BOYS

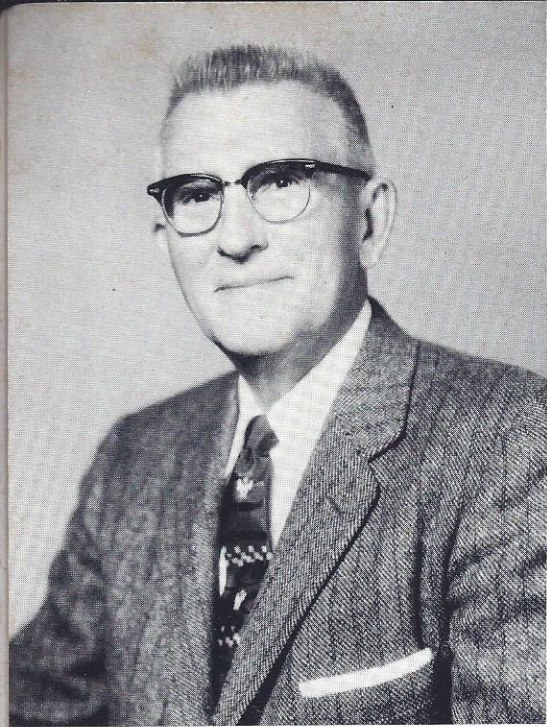
RANGELEY, MAINE



A SUPERIOR CAMP . . . AN IDEAL LOCATION

HIGH IN THE mountains of western Maine, the Rangeley Lakes, Mooselookmeguntic, Richardson, Umbagog, Cupsuptic, Kennebago, and Rangeley, await the coming of vacationists from all corners of the world. Here through the ages these lakes have stood, majestic in their beauty, nature's gift to those who love the out-of-door life. In the Rangeley Lakes Region there are more than forty lakes and ponds and innumerable streams and brooks that afford a wonderful opportunity for canoe trips and excellent fishing. As a background to this expanse of Maine lakes and forests rise Rangeley's magnificent pine-clad mountains, all combining to make a vista of scenic splendor.

Camp Mitigwa is located on Dodge Pond in the heart of this beautiful region, three miles from the town of Rangeley. The camp property has an elevation of 1700 feet and 1000 feet of shore front. A natural slope toward the lake affords excellent drainage. Dodge Pond is two miles long and one-half a mile wide. It has a gradual sloping beach and is protected by the surrounding hills. These two factors make it safe for all waterfront activities. The region is free from dust and poison ivy and persons who suffer from asthma and hay fever find relief here. The air is clear, the days are sunny and warm, and the nights are cool and sleep-inviting. A more healthful location would be difficult to find.



DIRECTORS

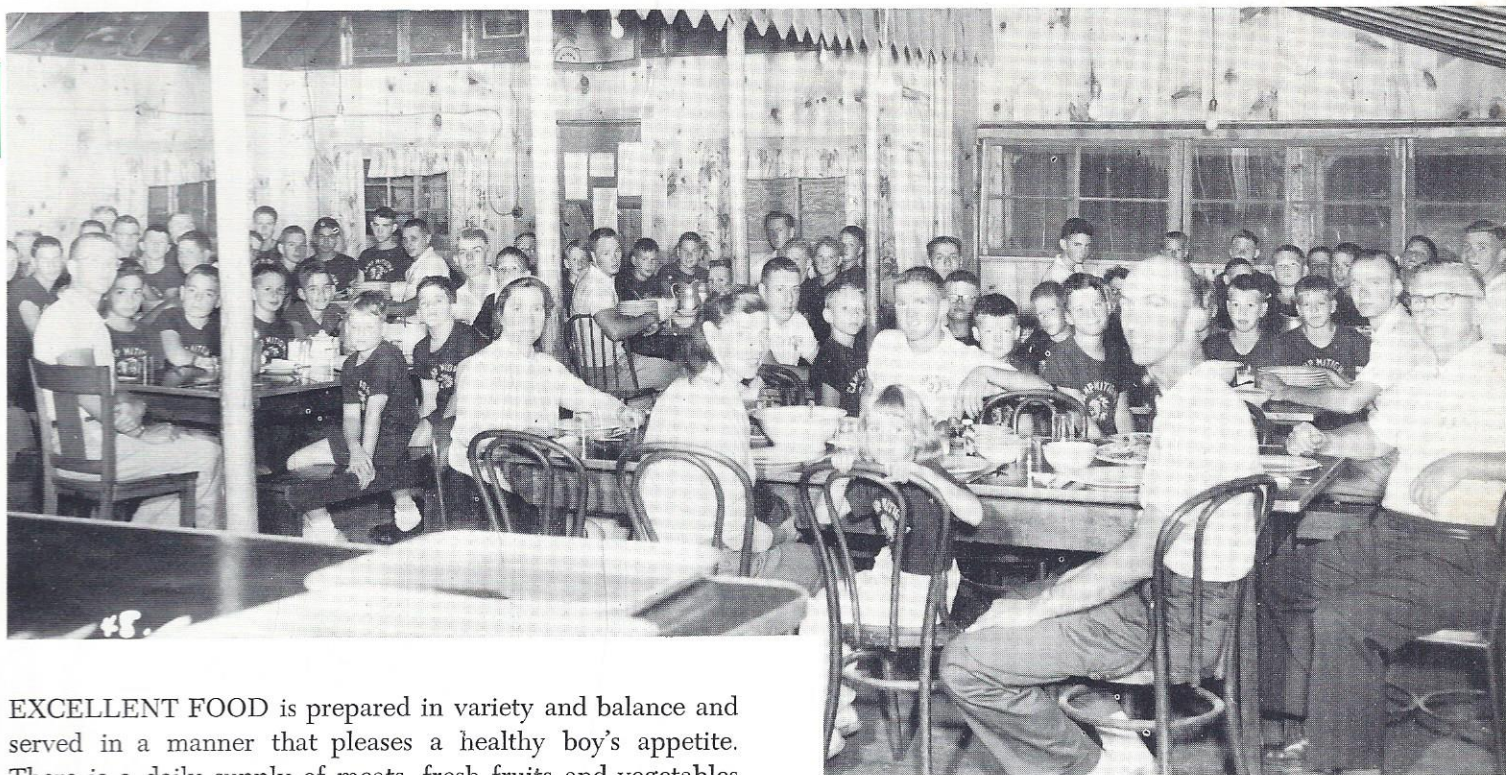
LEON H. NIXON, Ed. M., a graduate of Rutgers University, is the owner and director of Camp Mitigwa. He is supervisor of Physical Education in the elementary schools of Glen Ridge, New Jersey, and has served in this position for the past thirty-five years. He also has served as counsellor and director in well-known boys' camps for the past thirty years.

Mrs. Nixon is the camp mother and dietitian. She has served in that capacity for the past sixteen years.

STAFF

THE STAFF is composed of college men who have made association with boys their life work. They are selected on the basis of character, personality, leadership, experience with boys, and camping experience. Our main interest at Mitigwa is the welfare and happiness of each camper.





EXCELLENT FOOD is prepared in variety and balance and served in a manner that pleases a healthy boy's appetite. There is a daily supply of meats, fresh fruits and vegetables purchased from nearby farms and nationally known business houses. A generous supply of fresh pasteurized milk is delivered to camp every morning. The kitchen and dining room are light, well ventilated and thoroughly screened. They are well equipped and every sanitary measure is strictly observed.

FOOD



HEALTH and SANITATION

THE HIGH ALTITUDE, warm sunny days, cool nights, good food and a well-planned program of activity and rest, all contribute to good health. A registered nurse who is a member of the staff lives in camp, and our camp physician has his office in Rangeley three miles from camp. The infirmary is a large, well-equipped building with a screened porch facing the lake. The toilet buildings have flush toilets, lavatories and hot and cold showers. Camp Mitigwa's water supply is piped from two mountain springs and laboratory tested each year by the health department of the State of Maine.



Junior Cabins ▲

▼ **Intermediate Cabins**



Senior Cabins ▼



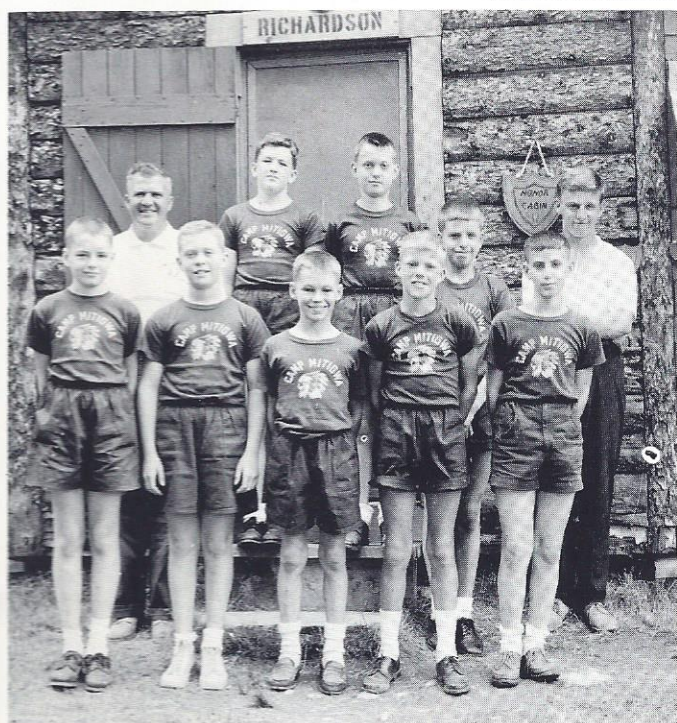
CABIN UNITS

CAMP MITIGWA is divided into three campus units. THE JUNIOR AND INTERMEDIATE CABINS are located in a beautiful pine and silver birch grove at the north end of the campus facing the lake.

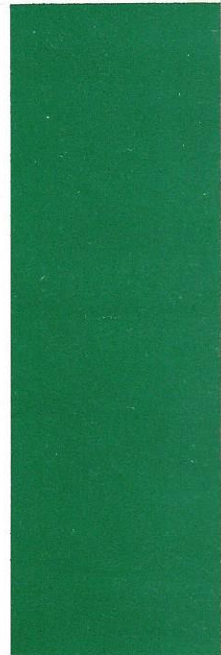
BIRCH LODGE is in this section. It contains a stage, fireplace, rooms for costumes and musical instruments, and a large screened porch running the entire length of the building. It is equipped with a good library, piano, radio, ping pong tables, and all sorts of indoor games. This building is the fun center for the whole camp and is used for shows, indoor games, orchestra, glee clubs, movies and stories around the fireplace.

THE SENIOR CAMP is at the south end of the campus in a grove of silver birches facing the lake. The Senior Lodge is a part of this unit and is the center for fly-tying, nature instruction, and other similar activities.

JUNIORS
7-8-9 Years



INTERMEDIATES
10-11-12



SENIORS
13-14-15





THE BEST METHODS of swimming, diving and life-saving are taught to campers, all of whom are classified into beginners, intermediates, and advanced groups. The certified Red Cross instructors, guards, and patrols work together in a well-organized plan to make every swimming period safe, enjoyable and worthwhile. The water is surprisingly warm, averaging well over seventy degrees during July and August. No swimming is permitted at any time except under strict supervision.

LIFE SAVING



SWIMMING

WATERFRONT



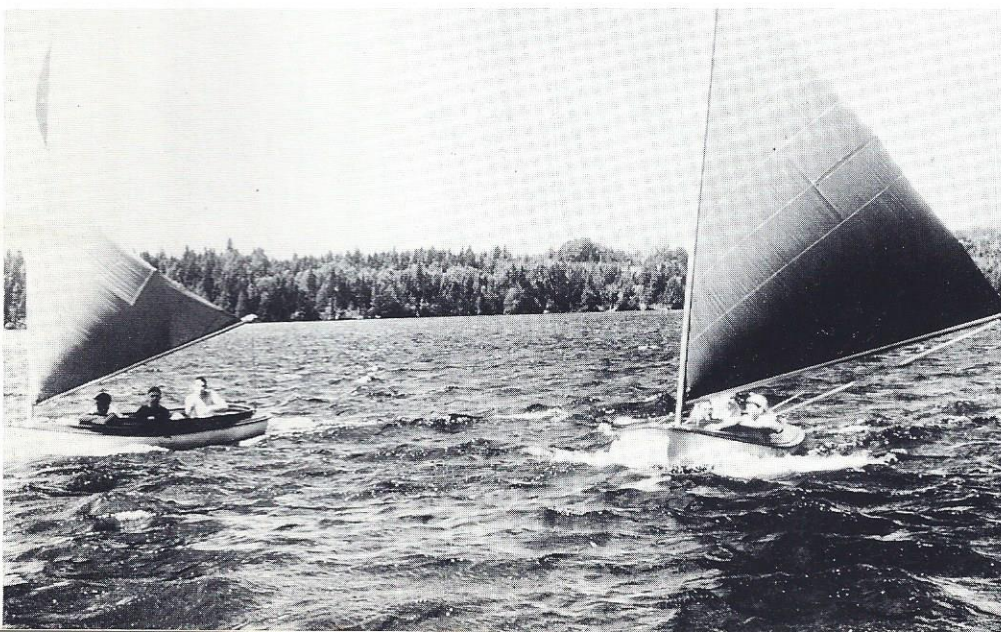
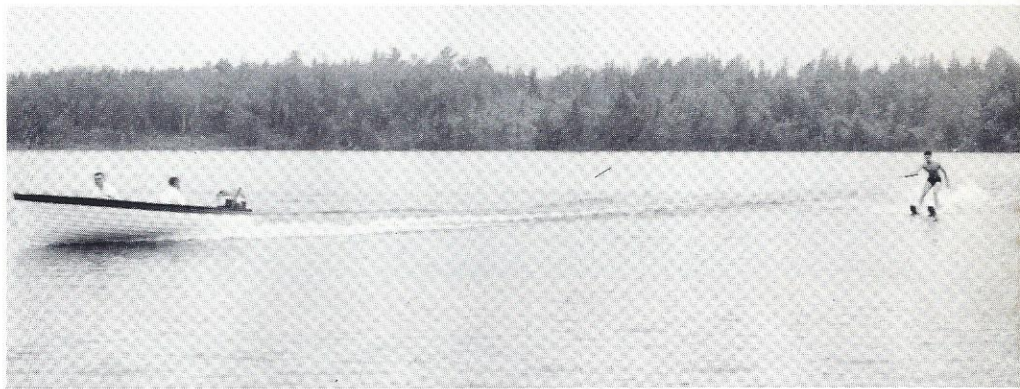


BOATING

CANOEING

ACTIVITIES

BOATING AND CANOEING are coordinated with swimming. As a camper becomes proficient in swimming he advances from row boats to canoes, and then to sail boats and waterskiing. The fundamentals of boating, canoeing, sailing and waterskiing are learned in shallow water under the careful supervision of qualified instructors.



WATER SKIING

SAILING



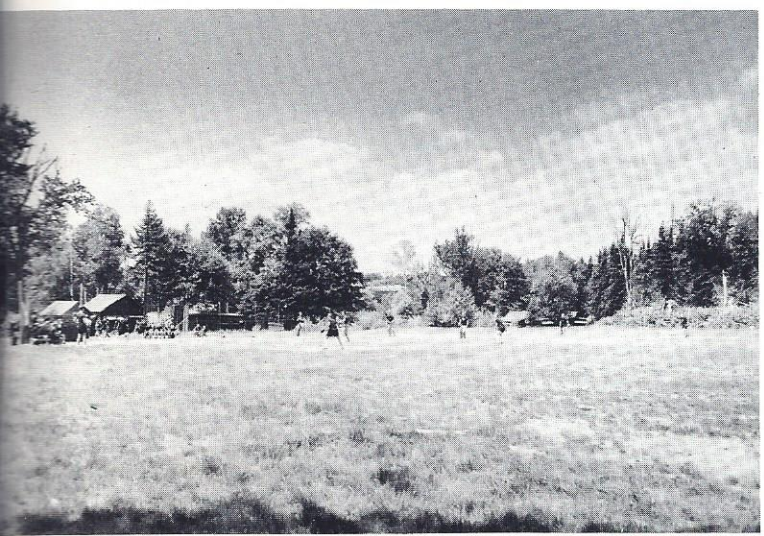
A Gr MITIGWA and





PHILIP K. BERRY, STAFF
PORTLAND, MAINE

up of CAMPERS Staff





TENNIS



ATHLETICS

JUNIOR GAMES

BASKETBALL





BASEBALL

AND GAMES

MITIGWA IS NOT a highly competitive camp because athletics are not over-emphasized. However, we do organize group games for the younger campers, as well as informal leagues, tournaments, and meets in which all the boys may participate. Occasionally we plan a play day with a nearby camp.



SOCCER



VOLLEYBALL



Some of the Advantages at MITIGWA

AN "A" RATING by the Health Department of the State of Maine.

Elevation 1700 feet • Warm, sunny days and cool nights • A gradually sloping campus and beach, insuring good drainage and water safety • A region free from dust, and poison ivy, and where persons who suffer from asthma and hay fever find relief • A lake large enough for canoeing, boating, and sailing, but small enough for complete supervision and safety • A beautiful pine-clad campus bordering the lake • Twenty-one screened buildings fully equipped and lighted by electricity • Generous facilities and equipment for land and water activities both indoors and outdoors • Excellent food prepared in variety and balance by professional cooks • Pasteurized milk • Registered nurse in camp—doctor and hospital nearby • Large, cheerful, well equipped infirmary • Pure, cool, laboratory-tested spring drinking water • At least ten hours of rest per night and an hour before dinner • Lavatories equipped with showers and flush toilets • Mature staff of college men • A counsellor for every three campers in the Junior Group, one for every four campers in the Intermediate Group, and one for every six campers in the Senior Group • A well-regulated informal program in which each group has its own program • All kinds of genuine non-competitive camping activities with sensible and intelligent supervision • Regular hours, good, wholesome food, and healthy exercise build up an excellent reserve for the long winter months.



Junior



Intermediate



Senior



Junior



Intermediate



Senior



Turtle



Fox



Beaver



Wolf



Eagle

AWARDS

BEST CAMPER TROPHY

The Camp Mitigwa Victory Trophy is the highest award that a camper may receive. Each year the camper in each division who has contributed most in the realm of real camping is awarded this trophy.

CAMP LETTERS

There are many opportunities for every camper to earn a letter during the camp season.

DEGREES

Degree emblems are awarded on the basis of accomplishment. A camper must pass a degree to become a member of the Mitigwa tribe.



MANY NEW ENGLAND camps choose the Rangeley region as their big trip of the season.

Genuine and unspoiled camping country is here waiting to be explored by canoe and by trail. Big lakes and little ones, rivers and streams, mountains and vast forests, reach out in every direction.

Twenty scheduled trips under the direction of trained and trustworthy leaders leave for Mts. Saddleback, Bigelow, Washington, and Katahdin, and canoe trips to the Chain of Lakes, Mooselookmeguntic, Parmachenee, Aziscoos, and many other places of interest.



TRIPS FOR ALL AGE GROUPS



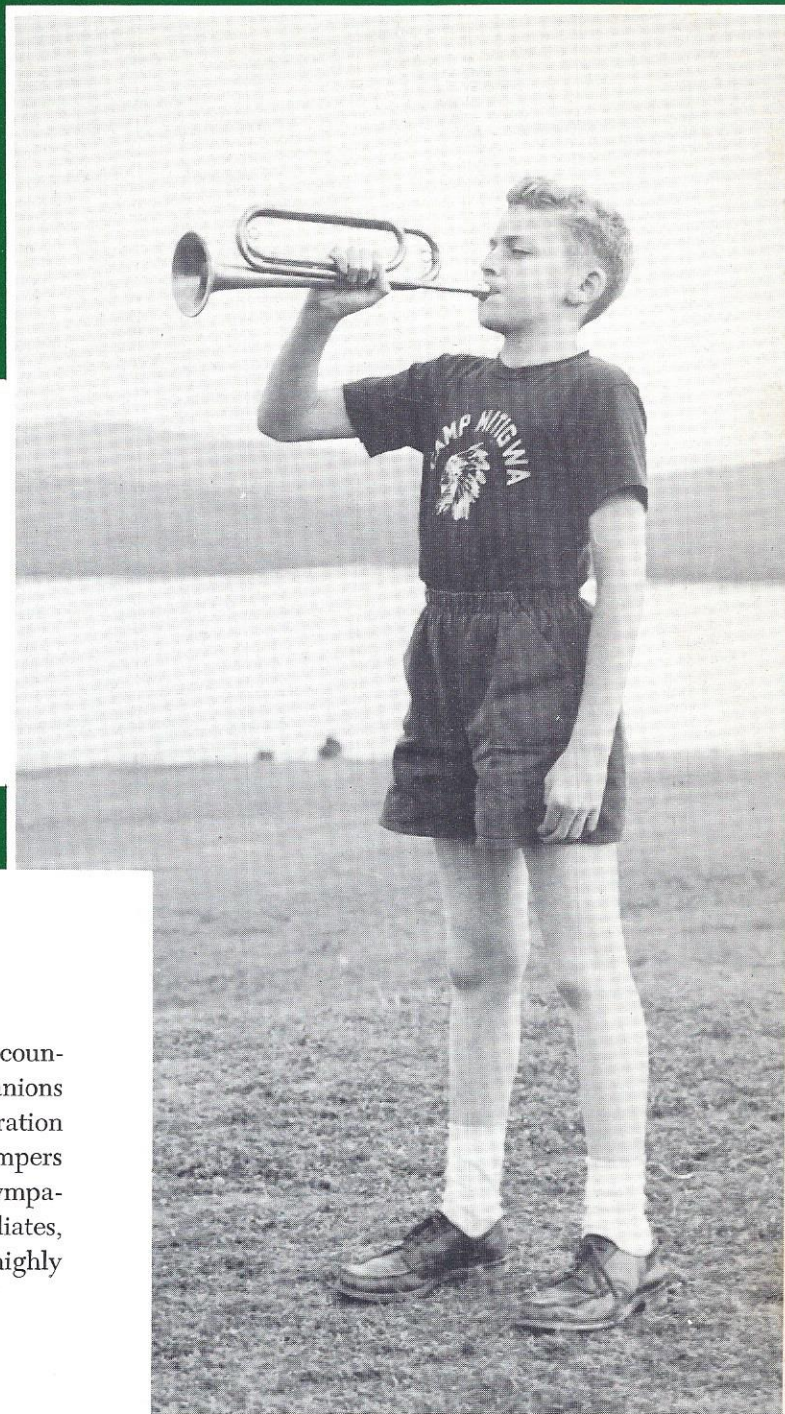
READY TO START THE NEW DAY

A TYPICAL PROGRAM

MITIGWA GIVES A BOY a real vacation in genuine camping country—time to do the things he likes to do with friendly companions and real leaders. Our program is informal, taking into consideration varied interests, age groups and individual differences. The campers are given a wide range from which to choose under careful, sympathetic guidance. Each of the three groups, Juniors, Intermediates, and Seniors, has its own program. Camp Mitigwa is not a highly competitive camp.

7:30 Reveille	4:00 Swim
7:40 Dip (optional)	5:30 Supper
7:55 Flag Raising	6:30 Boating, Canoeing, Sailing and Games
8:00 Breakfast	7:30 Camp-fire and Evening Entertainment
8:50 Cabin Inspection	8:00 Call to Quarters (Junior and Intermediate Camps)
9:00 Instruction in Skills	8:10 Tattoo
11:00 Morning Swim	8:20 Taps
11:30 Rest Period	9:00 Taps (Senior Camp)
12:30 Dinner	
1:00 Passive Activity	
2-3 Group Activities	

There are no scheduled activities on Sunday except Chapel, which is non-sectarian, at 11:00 o'clock; the Catholic boys are taken to Church in Rangeley. Medical Inspection at 1:30; the reading of the camp paper (Timbers) at 7:40. On Sunday afternoon each counsellor takes his cabin group on a short trip to some nearby place of interest.



Footrule for Measuring a Superior Camp

THE FOOTRULE for a healthy individual is made up of such definite units as temperature, pulse, heart beat, blood pressure, digestion, sound teeth, clear skin, and sparkling eyes. If there is a health problem, the technician applies the footrule, diagnoses the cause, and prescribes the remedy. The measuring stick for the MORE ABUNDANT LIFE is not so apparent and yet every parent SELECTING A CAMP for his child should have some kind of a gauge. The writer ventures to suggest twelve units for measuring camps.

1. Does the camp over-emphasize athletics?

The more a camp boasts about its "athletes" the greater the chance that it offers an unbalanced program. A few years ago the value of muscular exercise was discovered. Thirty-seven states passed laws requiring physical education and school gymnastics. Athletic camps have become a Chinese wall to complete development. Send the entire child to camp and not just his biceps or legs.

2. Does the camp employ too many experts?

The inherent difficulty of over-specialization is that the specialist thinks that everything else but baseball, or drama, or music, or handicraft, or nature lore is "sappy." The broad cultural appreciation of the outdoors which your child ought to get, and which you expect him to get, cannot be obtained by narrow, intolerant coaches. Send the child to the camp with broad leadership.

3. Does the camp have "nursemaids"?

Camp is one place where a fellow can "rough it" safely. The boy or girl who never roughs it is that much short of becoming a complete adult. The camp that puts the camper on his own, under guidance, is performing a real service. In this uncertain age, it is more important than ever that your child be self-reliant and independent in hiking, trailing, fire-building, cooking, sleeping, and leisure time.

4. Does the camp run mass activities?

Is it just another automobile factory? Is the program a regimented world of mechanized activities—setting up drills, bird-house patterns, learning thirty trees, or is the program planned to allow choice and development of individual interests? In camp, above all places, democracy should have complete opportunity. Camps flourish best where there is fellowship and freedom of spirit.

5. Is the camp just another world of competition?

If the child is put in the position that he *must* compete with others for grades or medals or emblems or some other gadgets, rather than take satisfaction in self-improvement, he will lose sight of the real aim of outdoor living. He will not learn the art of leisure. The chances are that he will come home more fatigued than when he went to camp.

6. Does the camp seek to give the child a sense of his own worth?

A simple apple-twig whistle may give the feeling of inner ability. We may find our own good qualities in carving a stone or in befriending a squirrel. Nature may take away superstition. Nature may give us the love of truth. Experience at camp may cause generosity or the sense of beauty to take first place. Singing in the rain may give courage to the person of little skill. Camping

may make a poor child rich. A rich child returning to a city penthouse without having camped is poor.

7. Does the camp provide satisfactions in the simplicities of life?

What ten things does your child prefer to anything else? If it is peanut brittle, soft drinks, balloon tires, stadiumized basketball, jazz blaring, the big apple, "double-deckers topped with mellow ripens," and the like, that is one set of patterns. If you would that he discover that fundamental happiness goes back to the out of doors—hiking, climbing, swimming, camping—you must set the stage for him to acquire those kinds of satisfactions. Choose the camp that teaches simple outdoor living.

8. Does the camp give thought to exploring?

Of course it is important that the camp give attention to meals, health, rest, and play, but does it provide for discovering the secrets of nature? Is it interested in the skills of the woodsman? If it does not go that far, boys and girls are missing a real educational experience.

9. Does the camp afford naturalness of surroundings?

If the program sees that the camper gets the satisfactions of color, form, and sound in the landscape you have a good thermometer for judging the camp. Landscape conservation is an important factor in modern living. We see it in our national parks, in our homes, in our camps, in our playgrounds. Buildings and trails should blend inconspicuously into the surroundings. A natural woodland area is a liberating channel for one's best qualities. If one does not fulfill the desire for the appreciation of beauty, he gradually loses it.

10. Does the camp add sympathy and enthusiasm for the open?

If the modern American does not enjoy the forests and hills and streams, God help him. It is more important that he knows where to find enjoyment than that he knows things—twenty-five ferns or fifty insects.

11. Does the camp program offer bookworm nature?

Nature attitudes are caught and not taught. One does not get desirable attitudes by committing ideas to memory. Books are a means to an end. It is more important to experience nature and omit books than to study books and never experience nature.

12. Does the camp provide a rich offering of out-door hobbies?

The enjoyment of the outdoors is of paramount value and the first essential to all other values. Other values are by-products. A real outdoor hobby performed for sheer enjoyment is the surest road to the royal society of outdoor America.