



CAMP OPENING ISSUE... 2017

# The Cheley **PACK RAT**

CHELEY COLORADO CAMPS  
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## Finding the Flow

I stood there about six feet from our youngest son Hayden, four years old, and watched while he played in his own little world. The cars were everywhere. There were voices, sound effects, and he had no idea I was even in the room. I thought to myself, "so this is the state of flow the speaker was talking about?"

I had recently attended a conference where many of the sessions were on work/life balance, mindfulness, and being more effective. One of the tactics to become more balanced and centered was to experience flow daily. The speaker explained that flow is that state when nothing else matters. It's when we are completely engulfed in the experience and lose track of time. I was a bit embarrassed that it took me a long time to remember the last time I was there. I questioned, "We are supposed to get here daily?" I probably don't get here weekly or monthly. I do find time to explore hobbies, but I am a Type-A person and I am probably too focused on results during my hobbies. If I'm riding a bike, I'm trying to push myself. If I'm practicing my golf short game, I'm doing it 30 minutes before I must be home. I realized I don't often experience flow.



Since hearing the speaker, I have been aware of allowing our children to experience flow. With three boys in the house, we are often playing sports. While playing lacrosse, football or basketball, they are not experiencing flow. Our middle child, Harrison, probably experiences flow daily when he is drawing. I love watching him sit at the kitchen island humming and drawing. It has become one of his main strategies for centering himself and calming down during the day. Like most of our camp families, we are on the go all the time. Weeknights are busy with practices and activities. Weekends are spent racing from one child's activity to the next. When we have an unscheduled weekend morning, I love

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**Trigger Bill says...**

*The three great temptations to resist are; the temptation to recline, to shine, and to whine.*





*Funny thing about trouble is that it usually starts out being fun.*



#### **PACK RAT PUT TOGETHER BY**

*Around the Campfire:* Cheley Staff  
*Staff Updates:* Jeff Cheley  
*Camper Information:* Jeff Cheley  
*Layout:* Cheley Staff  
*Editor:* Jeff Cheley

**Any news for the Pack Rat?**  
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 Estes Park, CO 80517

## **Finding the Flow**

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it when each child finds their own activity. I realize this will change as they get older.

Camp provides an ideal playground for children to explore this state of flow. Young campers may experience hours of flow during an outcamp. One of my favorite things to watch is a group of Lower Ski Hi boys as they create civilizations in a dammed-up area of a small river. They will divert the river, create communities, negotiate rules, and spend hours doing what some would say is "wasting away an afternoon." In reality, they are strengthening their brains and their abilities to experience flow. We see young men and women experiencing flow multiple times during the summer. It's hard not to experience flow when you are cantering around the riding ring on a horse or sitting on the summit of a mountain in the Colorado Rockies.

As camp directors, we intentionally create opportunities for campers and staff to experience the wonderful benefits of flow. As parents, we have two responsibilities. First, we need to create an environment where our children can experience the benefits of flow. This means more free time, more quiet time, and more time away from screens and devices. Second, WE need to find time to experience flow. We are better parents, spouses, and people when we give our minds a break from our daily tasks.

We are counting the days until our 97th season begins. As we often say, we believe that the camp experience is more important today than it was 97 years ago when Frank Cheley started Cheley Camps. Giving children the experience of flow is just one of the many reasons for this belief.

## **Call for Centennial!**

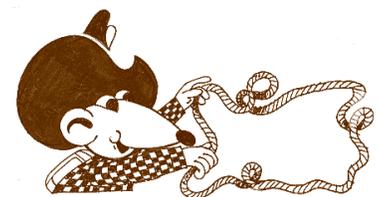
YOU are a part of our history!

We are having a great time getting information together for our coffee table book that will be released on our 100th year. We need your help!

Did you meet your spouse at camp? Please send a high-quality picture and a brief story including the year you met at camp.

Has your Cheley experience shaped your career path and what have you accomplished in your career path. Brag! We are aware that so many amazing and talented people have shared their time with us and we want you to be included in our history.

Please submit all information to [office@cheley.com](mailto:office@cheley.com)



## **Enrollment Update**

We have campers enrolled from 48 states plus Washington DC, and 16 countries. At the printing of this Pack Rat, the following units are full or almost full:

Term 1 – Lower Chipeta is full and Lower Ski Hi, Chipeta, Senior

Chipeta and Boys' Trail's End are close to being full.

Term 2 – Lower Chipeta, Lower Ski Hi, Ski Hi Haiyaha and Boys' Trail's End are full. The rest of the units are all very close to being full.

#### **CHELEY PACK RAT**

is published four times a year by Cheley Colorado Camps to keep the Camp Family informed – send us news and information about you and your friends. The *PACK RAT* is mailed free of charge to all current campers and staff, as well as to lifetime and annual members of "Cheley Friends." Others who are interested may get an annual subscription by sending their name and address with a check for \$15 to *PACK RAT* Editor, Cheley Colorado Camps, 601 Steele Street, P.O. Box 6525, Denver, CO 80206.

**PRINTED ON RECYCLED PAPER** 

## Important 2017 Dates

**May 15:** Cheley office moves from Denver to Estes Park

**June 13:** First Term Begins

**July 7:** First Term, Recognition Campfires

**July 8:** First Term Final Weekend Chapel, Lunch, Open House

**July 9:** First Term Ends, Mid-Term Trip

**July 11:** Second Term Begins

**August 4:** Second Term, Recognition Campfires

**August 5:** Second Term Final Weekend Chapel, Lunch, Open House

**August 6:** Second Term Ends

**August 7-12:** Family Camp



## Donate Your Used Items

If you have camp items that you can no longer use, please bring them to camp on Opening Day. We often have families that are looking for slightly used riding or hiking boots, rain jackets, and other camp items. We would love to pass them along to those families.

## Getting Mail at Camp

### All USPS Mail:

Cheley Colorado Camps  
Name, Unit (Lower Ski Hi, Ski Hi, Haiyaha, BTE, Lower Chipeta, Chipeta, Senior Chipeta, GTE)  
PO Box 1170  
Estes Park, CO 80517

### All Fed Ex/UPS Mail:

Cheley Colorado Camps  
Name, Unit  
3960 Fish Creek Road  
Estes Park, CO 80517

**Check Out the Online Store**  
Go to [www.cheley.com/store](http://www.cheley.com/store) to purchase the latest items from the Cheley Camp Store. The online store is a great way to help you prepare for the summer packing list. You can choose to have items shipped to you or waiting for your camper at Cheley.

## Online Forms

Kudos to all of the parents who have completed their forms for this summer! We appreciate your help. Thank you to families who were among the first to finish their paperwork: **Alex Allegra, Andrew Bedford, Kendall Castledine, Bryce Dean, Cayden Kalfin, Hudson Maebius, Adrien Robinson, Sadie Vik, Sophie & Willow Whelan.** Way to go! If you haven't completed your forms online in CampBrain for this summer, please complete them by May 15. If you need help with a login or password, or locating the forms, call our office or email [office@cheley.com](mailto:office@cheley.com) for assistance.



*Politeness is a small price to pay for the good will of others.*





*What we see in the world largely depends upon what we're looking for.*



## Carrying the Code *By: Brooke Cheley-Klebe*

Diane McKinney (camper 1977-1984) founded ABLE to Sail, a non-profit adventure camp for youth, in Longmont, Colorado. ABLE to Sail serves over 160 kids, ages 11-18, each summer. Their mission is "to raise the self-esteem in youth and decrease high-risk behaviors by offering experiential wisdom and inspiration, paralleling lessons in sailing with lessons in life." The basic premise our 20-point curriculum centers around is, "Change your thinking to change your life."



*Carrying the Code*



ABLE to Sail wouldn't exist without the Cheley Experience. To leave a trailhead (or the barn, in my case!) with 12 semi-strangers, and return with lifelong friends, is an experience we try to offer these kids in four short days. People ask me what happens out there, what do we do that has such an amazing effect on these kids? And I find myself answering the same as I did when asked about my summers at camp, "there's just something indescribably magical that happens." I think that magic has to do with attitude: seeing the best, believing the highest is possible, treating one another with kindness and acceptance. These are all things I learned at Cheley. To find out more, visit [www.abletosail.org](http://www.abletosail.org).

### Boy Scout Merit Badges at Cheley

We are pleased to offer campers who are in Boy Scouts the opportunity to work on merit badges while at camp in six areas: hiking, horsemanship, leatherworking, wilderness survival, riflery, and wood carving. Interested campers need to attain approval from their Scoutmaster and bring the blue merit badge card to camp with them.



## Meet the Boys' and Girls' Camp Directors

We are excited to welcome back two familiar Cheley faces this summer, **Garet Tucker** as the Boy's Camp Director, and **Gail Albers** as the Girls' Camp Director.

### Garet Tucker

Garet has spent three summers working in Lower Ski Hi as a general counselor, assistant director and director. He is an assistant men's basketball coach at Palm Beach Atlantic University, and is working on his Master's degree. He is also a recreational specialist for The Breakers Palm Beach, where he runs camps and manages the recreational facility.



Garet's favorite Cheley memories are "helping campers develop foundational skills that will help them succeed in future camp years and outside of camp in school and day to day life. A specific instance is when I used to run the fishing programs in Lower Ski Hi. Teaching those campers how to cast a fishing pole for the first time and watching their faces when they caught a fish was priceless and unbelievably rewarding. The deep impact the Cheley experience has on campers keeps calling me back and I look forward to contributing to that impact through leading our directors and staff!"

### Gail Albers

Gail Albers first arrived at Cheley Camps when she was nine years

old. She spent nine summers as a camper, and returns this summer, after a year off, for her fifth summer as Girls' Camp Director.



Gail is fortunate to live in Estes Park year-round. She spent 37 years working for the YMCA of the Rockies, Estes Park Center, with 25 of those years as Program Director. In 2012 she retired, and now spends most of her time volunteering for various organizations in the Estes Valley.

She believes that Cheley and the camp experience were an integral part of helping her to be the person she has become. Cheley taught her all about friendship, independence, learning to trust herself, and what it means to respect others, herself, and the world around her.

She has many wonderful memories of camp as a child, including backpacking into Thunder Lake, sleeping only a few hours and then waking at 2:00 a.m. to climb Mt Alice – what an amazing adventure! Her favorite time in camp was singing in the Chipeta dining hall with all the units after lunch.

She cannot wait for this summer, and hopes that every camper that sets foot in the camp will have the most transformational camp experience possible, by trying new challenges, making new friends, and stretching beyond their comfort zones, as that is what makes us all grow!



*We can not truly live without some great purpose outside ourselves.*





## Around the Campfire ... with Cheley Friends



*Don't expect to grow if you are inclined to shrink from responsibility.*



### IN PASSING

**Robert L. Baker** (camper 1950-1952) passed away on October 10, 2016 in La Jolla, CA. Cheley remained in his thoughts and his fondest memories, and one of his greatest life experiences. His children **Steven, Anna** and **Daniel Baker** were also campers as was his sister **Marilyn**.

**Paul L. Bunce** (camper 1929-1935, staff 1936-1941) passed away in Chapel Hill, NC on March 18, 2017, at age 100. Paul was an Army veteran who served in France during World War II. He happily spent all his summers from youth to early adulthood at Cheley as a camper, counselor, hiking director and doctor.

**Robert E. Knight** (camper 1950s) passed away in Loveland, CO in August 2016. He was an economist and remembered every summit that he hiked while at Cheley. He loved Estes Park and built a house there with his wife Eva.

**Vincent L. Prugh** (staff 1962-1970) passed away in St. Louis, MO on December 27, 2016, at age 84. He was a teacher and a veteran. Vince and his wife **Pat** spend their summers working at Cheley, along with their children **Peggy Prugh McCouch** (camper 1968-1970) and **Brad Prugh** (camper 1970).

**John R. Woodward** (Camper 1949-1953, staff 1954-1957) passed away

in Dallas, TX on February 2, 2017, at age 81. John was an OB/GYN and a veteran, and met his wife, Jacqueline Roger at Cheley when she was the head hiking counselor and he was on the transportation crew.

### FUTURE CAMPERS



Leroy Martin Averdick was born in Estes Park, CO on April 11, 2017, to our Program Director **Alyse Averdick** and husband **Drew Averdick** (staff 2012).

**Maria Ziegler Tschuor** (camper 1996, staff 20016), husband Marc, and big sister Ella welcomed Anna on July 22, 2016.



## Life's Lessons Learned - The Camp Cheley Experience, Some 60 Years Later

*By Mark Jewell*

Recently, I found my blue Cheley kerchief and reflected on what I learned from my time there many years ago. Jeff Cheley encouraged me to write about the value of a Cheley experience in helping youth develop lifelong personality traits, based on camp experiences.

I spent two summers at Cheley, Lower Ski Hi and Ski Hi in the late

50s. It was a challenging time away from the comfort of family, yet exposed me to a rigorous outdoor experience. It helped me learn to work with others and achieve things that I had never imagined possible.

Looking back, I believe that my time at Cheley helped me understand the value of service, leadership, and how to believe in myself at a

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# 2017 Staff

## Our 97th Season

\*As of 4/26/17

### Administrative and Support Staff

#### YEAR ROUND TEAM

Jeff Cheley  
Brooke Cheley-Klebe  
Don Cheley  
Carole Cheley  
Alyse Averdick  
Kim Betts  
Steve Enyeart  
Brian Hawf  
Nick Hawf  
Peggy Haynes  
Shawn Ness  
Clint Ouelete  
Mike Supinski  
Cara Schroeder

#### SUMMER SUPPORT STAFF

Dani Adams  
Sam Aldeen  
Barbara Betts  
Matt Borrajero  
Alyssa Brookover  
Amanda Bryson  
Jen Bryson  
Edith Campuzano  
Kylie Clarkson  
Lilly Clem  
Janet Creelman  
Michael Cummings  
Melina Cundy  
Anna Curry  
Jodee d'Avignon  
Gabriel Darquea  
Haily Dever  
Vianey Diaz  
Meghan Donnelly  
Nicole Ebel  
Carolyn Echols  
Abby Eichholtz  
Daniel Fuentes  
Ali Garcia  
Stan Gengler

Lexi George  
Ricardo Gomez  
Dottie Gottshall  
Vicky Gregg  
Nate Hartley  
Rachel Harvey  
Justin Henry  
Dana Higgins  
Amelia Horn  
Finn Hunsaker  
Jordyn Hutchinson  
Kassidy Kalberer  
Sierra Kelley  
Mike Koerner  
Vanessa Lara  
Joann Leetmae  
Heather Lucas  
Johanna Marquez  
Carlos Mera  
Tarason Moore  
Indigo Niewiadomski  
Alex Nino  
Abby Page  
Ellie Pownall  
Will Robinson  
Adeline Roeper  
Austin Roeper  
Brittany Roop  
Armando SantaMaria  
Hannah Schneider  
Ren Short  
Sam Short  
Joel Siapno  
Lucy Slaton  
Smitty Smith  
Parker Spence  
Sara Suchodolska  
Jared Sullivan  
Carter Thomas  
Tatum Wagner  
Angela Wilson

### Trail's End Ranch For Girls

Ali Kittle, *Director*  
Ellie Dorsch, *Asst. Dir*  
Devin Riggs, *Asst. Dir*  
Ali Brown  
Blakelee Brownd  
Amy Castro  
Tierney Grist  
Jennifer Horne  
Lauren Lamm

Kirstie Lower  
Abby Mayo  
Morgan McGonagle  
Claire McRedmond  
Kara Meechan  
Ziki Omonde  
Lucy Slaton  
Kiana Sperl  
Emilie Yusko

### Trail's End Ranch For Boys

Josh Morris, *Director*  
Brett Swanson, *Asst. Dir.*  
Brent Beadles  
Keaton Collins  
Tony Conte  
Marc de Castro  
Jack Douglas  
Tom Dowers  
Joe Joyer  
Ash Krueger

Christian Martin  
Jack McCormick  
Chris Mixon  
Bobby Mumma  
Sam Norton  
Carlos Padilla  
Brian Polkinghorn  
Luke Quibell  
Gary Swetnam  
Ruth Swetnam

### Land O' Peaks Ranch Girls' Camps

*Girls' Camp Director — Gail Albers*

#### SENIOR CHIPETA

Jacquie Weddell, *Director*  
Lindsay Miller, *Asst. Dir.*  
Taylor Meneley, *Asst. Dir.*  
Andrea Carney  
Felicity Elliott  
MaryAsa England

Eve Hanlon Cole  
Ciara McKillop  
Ritzy Running  
Jess Savage  
Olivia Swartz  
Jordan Warmath  
Kristin Williams

#### CHIPETA

Ashley Carter, *Director*  
Brittany Hecht, *Asst. Dir.*  
Katherine Romero, *Asst. Dir.*  
Katie Averdick  
Deidre Bergquist  
Madde Frank  
Christian Hicks  
Ashley Jones

Jennifer Klink  
Maria Leuzinger  
Keaton Looney  
Logan McNeer  
Tristan Morris  
Darby O'Connor  
Abi Schapira  
Kaelee Tobin

#### LOWER CHIPETA

Abbey Hickey, *Director*  
Rebecca Buchta, *Asst. Dir.*  
Rachel Moore, *Asst. Dir.*  
Liv Albers  
Kait Bechtol  
Lindsey Buehler  
Gigi Chesnut

Shelby Dougherty  
Kendall Jones  
Emily Keane  
Sarah Kubly  
Bailey Lord  
Madison Schehl  
Senead Short  
Molly Wear

### Land O' Peaks Ranch Boys' Camps

*Boys' Camp Director — Garet Tucker*

#### HAIYAHA

Joey Kaufman, *Director*  
Robert Bradbury, *Asst. Dir*  
Henry Warrington, *Asst. Dir*  
Nick Anderson  
Mitch Ball  
Eric Hahn  
Paul Krause

Lane Krull  
Nate Lee  
Alex Paz  
Andy Schubert  
Nick Schultz  
Nicky Vatteroni  
Joe Walsh  
Vince Wilson

#### SKI HI

Dustin Pippin, *Director*  
Alex Kluge, *Asst. Dir.*  
Jeff Ballard  
Javon Banks  
Rob Clements  
Kody Crider  
TJ Dillon

J J John  
Dylan Lederer  
Reid Openshaw  
Dan Penoyer  
Atticus Proctor  
Cale Rice  
Joe Sansalone  
Bruno Zicarelli

#### LOWER SKI HI

Steve Smith, *Director*  
Alison Hix, *Asst. Dir.*  
Matthew Heyl, *Asst. Dir.*  
Drake DiAngelo  
Jacob Fries  
Anthony Gulla  
Ben Hankins

Jack Maud  
Charlie Nicholson  
Charlie Ovens  
Gabe Parker  
Charlie Shure  
Mitch Treleaven  
Justin Zahn  
Joe Ziegler



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**Life's Lessons Learned**

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formative age. For whatever reason, my parents thought that it would be good for me to leave home in Kansas for a term at Cheley. In retrospect, this was a gift that prepared me very well for life. It started me on a pathway through life that has fostered service to my patients (as a plastic surgeon), leadership, continued focus on fitness (I still run ultramarathons), and being a parent and grandparent. I live the core values learned at Cheley every day.

There are all sorts of camps for youth, yet in 2017, there still is a compelling reason for parents to give their children the Cheley Experience. The short answer is that Cheley prepares them to be self-reliant individuals in a self-indulgent

world. It fosters valuable life lessons and personal growth that can only be learned in a place where there's emphasis on a rugged outdoor experience and the Cheley approach of "Fun Plus." It helps solidify values and focus, so that these can be called upon in later life.

I fly into Denver quite often and see Longs Peak. With great pride, I recall the day I climbed the cable route and stood on its summit as a Cheley camper. My hope is that my grandchildren will have the same Cheley experience to prepare them for life, like their grandfather. There's much to be said for the teachings of Trigger Bill and life experiences at Cheley Camps.

Mark L. Jewell, M.D. is a plastic surgeon who lives in Eugene, Oregon. He is past president of the American Society for Aesthetic

Plastic Surgery and the national secretary for the USA at the International Society for Aesthetic Plastic Surgery. He and his wife, Mary, have three children and four grandchildren. Dr. Jewell is a clinical professor of plastic surgery at Oregon Health Science University in Portland, Oregon.

