



20 Years Since Kate's Tragic Accident

It has been 20 years since Kate's snowboarding accident on Mt. Bachelor. For her family and many friends, it's almost impossible to believe that we have been without her delightful and strong presence for that length of time.

Having said that, it is significant to emphasize that the pain of losing Kate has been made more bearable through the creation and ongoing operation of the Kate Svitek Memorial Foundation. Kate's dream was to help people learn to appreciate and value the natural world, as she did. The Foundation, implementing her robust vision, will allow Kate's legacy to live on forever in the lives of those who took part in the activities afforded them by the Foundation.

To date 82 different programs in 30 states have allowed thousands of children to experience the Great Outdoors first hand. Many would never have had that opportunity if not for the grants and scholarships

"In 20 years, people won't remember your name or achievements, or maybe even what you look like.

But, in 20 years, they will remember how you made them feel and the memories you gave them."

~www.livelifehappy.com

that now total \$1,410,787. This year, the Foundation awarded \$162,100 to 38 different programs.

The students, campers and counselors whose lives were changed by experiencing the Great Outdoors together, may not remember what Foundation gave them that experience, but they will remember what they learned and the positive transformation that was created within them. Then, they too can carry Kate's vision and be ambassadors for our planet.

You are part of this. Your donations and support have helped make this happen. Michael, Frank and I thank all of you from the bottom of our hearts.

5th Sip and Shop Event

The Kate Svitek Memorial Foundation and Evelyn and Arthur, a south Florida woman's clothing boutique, have had a great relationship since the first Sip and Shop in 2017.

Through the generosity of Evelyn and Arthur and our amazing supporters we have raised over \$37,000 in four shopping events. It is very easy to participate. You shop and Evelyn and Arthur donates 20 percent of all sales back to the Foundation. A win-win for all!!

Ladies, mark your calendars now.

See you at Evelyn and Arthur's Palm Beach Garden's store on February 27, 2022 from 11 am-5 pm

Ladies of Florida...

Save the Date !!

We are back for our 5th

Sip 'n Shop Evelyn & Arthur's
10937 N. Military Trail
Palm Beach Gardens store

EVELYN & ARTHUR
HAVE YOU HAD A GOOD LOOK LATELY?

February 27, 2022

11:00 a.m. – 5:00 p.m.

20% of all purchases
given to the Kate Svitek Memorial Foundation

Message

Dear Friends,

February 20, 2002 was almost 20 years ago!! It is very hard for me to believe- it seems like just yesterday when we got the news that Kate was missing! What has kept our family going these past 20 years is reading all the testimonials from all of the students who got to experience the Great Outdoors for the first time through a grant from Kate's Foundation. This year we granted \$162,100 to 38 programs. We had 2 new grant recipients, one from Alaska and one from Washington. Our Annual Appeal raised \$63,114 so far this year- the most ever! We raised \$1,166.74 in cards, \$2,030.17 in contributions, and \$133.82 so far from Amazon Smile. We are grateful to have received another grant from Joseph Alexander Foundation for \$2,500.

As of Nov 15th we have raised \$68,944.73. Every year I say it and every year I mean it, it is YOU our amazing supporters that help make Kate's dreams become a reality.

Thank Ellen Michael Bob

Ellen for Frank, Michael and Bob Clair (Kate's Pop-pop)

and adventure. FD's primary outcome is to provide participants with complimentary, non-clinical programming that allows them to prioritize their mental health and connect with their peers. The intended effect of these programs is to decrease episodes of psychosocial distress, increase coping ability, introduce new avenues for social support, and foster self-efficacy. The following testimonial from a 2021 Colorado program participant strengthens FD's resolve to extend the healing power of adventure to those impacted by cancer and other serious illnesses. "This program was so life changing for myself and others in my group. I feel a greater sense of hope in attaining my goals, and this program showed me that I can do those really difficult things I set my mind to. I think it's so important for cancer survivors to keep on living life even in the face of fear, adversity and uncertainty, and this program makes that possible."



First Descents (FD) remains incredibly grateful to the Kate Svitek Memorial Foundation for its support of our mission and the communities we

serve. Together, we have championed the healing power of adventure to improve patient health outcomes, support our healthcare heroes, and foster supportive peer communities nationwide. We're honored to partner in this work and look forward to advancing our shared impact in the years ahead. The Kate Svitek Memorial Foundation's grant of \$3,500 provided integral support in the delivery of First Descents' 2021 Colorado-based programming. To-date, FD has hosted 10 programs serving 80 young adult patients, caregivers, and healthcare workers in Colorado. This includes six healthcare worker programs, three oncology programs, and one caregiver program. Awarded funding from the Foundation supported a multi-day rock climbing program in Estes Park, Colorado outside of Rocky Mountain National Park. The program welcomed nine oncology participants and seven caregivers for a weekend of community, connection,

The Sauvie Island Center hosted two weeks of low/no cost farm camp, providing 50 elementary school-aged children the opportunity to spend five full days exploring and learning on the grounds of Topaz Farm. Thanks, in part, to funding from the Kate Svitek Memorial Foundation, programming was offered on a sliding scale (from \$0 to \$250) through our scholarship program. Four children received full scholarships and nine more received partial scholarships. The remaining 37 registrants paid the suggested, subsidized fee of \$250, which is approximately 45% of the actual cost per student to operate camp and well below the market rate for a full week of day camp in Portland, Oregon.

Several of our campers were from Title I schools and/or schools that we had worked with in the past including Faubion, Martin Luther King, Astor and Chief



Joseph elementary schools where the majority of students identify as BIPOC (black, indigenous, people of color). We know from research and 15 years' experience that children of color often feel disconnected from nature compared to their white counterparts. With your support, we continue to provide nature-based learning opportunities to children living in underserved communities.

Daily Activities

When children visit the farm in the summer, they see the changes that take place over the seasons. Repeat visits also reinforce lessons that field trip students participated during the school year. Each day at camp is a new adventure as we dedicate a full day to exploration of the five different parts of the Sauvie Island Center's curriculum.

- On Mondays campers spent time exploring the concept of Food Webs. During our scavenger hunt campers searched for signs of wildlife (nibbled plants, birds overhead, etc.) on the farm and evidence of food webs (decomposing animals, scat, etc.).

Thank You! Thank You!

Once again, the Kate Svitek Memorial Foundation received a check in the amount of \$2500 from the Joseph Alexander Foundation. Mr. Alexander's niece, Randi Windheim serves on the board of the Joseph Alexander Foundation and knew Kate when she was growing up.

- Tuesdays were dedicated to the study of Plant Parts. Campers searched the garden for part of plants and compared them to field guides, then created field guide entries for their imaginary plants including: name, how to identify it, an illustration and explanation of the plant's properties (magical powers were encouraged!).
- Wednesdays we studied the cyclical nature of farming, following the process of growing food from Seed to Harvest. Much of this day is spent in the Grow Lunch Garden planting and tending to the campers' own farm row. Students were however allowed to harvest their own vegetables for take-home. The radishes were a big hit!
- Thursday was the day to learn about Soil and Compost. Campers delighted in learning about the way worms contribute to healthy soil and plants.
- Fridays were dedicated to our hard-working friends of the farm, pollinators. In the Pollination Station, children act as pollinators, gathering pollen from flowers (with the help of a q-tip) and depositing it on other plants. This lesson showcases the process of pollination and the important role pollinators' play on the farm and in our food supply.

As always, campers kept a daily journal of reflections, observations, and memories. These customized journals helped students create more personal memories, focusing on the topics that they most enjoyed.



We are back, we are excited and we are outdoors!

Your support of Youth Leadership Adventures (YLA) is hard at work as we launch this year's program. Our first round of 24 students completed 8-day trips in the backcountry. Since we were not able to host Visitor Days this summer, we

wanted to give you a peek inside the program so far!

A huge shout out to our instructors Jen, Eric, Hannah, Emily Iman, and Sam for making it possible for high school students to have awesome experiences in the backcountry.

The participants had an amazing time of adventure and discovery with backcountry hiking and canoeing. Everyone was reminded that Mother Nature rules as the Baker Lake canoe trip had to be abandoned half way due to high winds. Thank goodness for backup plans to help get the group to their next campsite.

We have 17 more students heading out in late July for 8-day trips, then the final group of students will head out for 12-day trips in late August. Thank you again for your dedication to YLA: helping young people find and build upon their leadership strengths, building inclusive communities and identifying pathways to a helpful and sustainable vision for the future.





With support from the Kate Svitek Memorial Foundation, First Waves amplified its fusion of arts and environmental education programming to a new demographic in the city of Pittsburgh. The project's combination of paddleboarding, river surfing, and filmmaking allowed students facing adversity to not only find an intimate connection with their local waterways, but to work as teams to document their experiences and contribute to watershed conservation.

Tree Pittsburgh's nursery along the banks of the Allegheny River set the stage for the first workshop. 20 students nervously exited the bus and were welcomed by First Wave's mentors. For most, it would be the first time interacting with their local waterways. After a safety discussion and paddleboard lesson, the students launched onto the river. While many stood up in an instant, others found comfort on their knees before gaining the courage to stand. One student described, "I totally recommend doing this! I never did it before and I was scared but I totally recommend it." By the end, every participant had learned to paddleboard.

Next, the students assembled for an introduction to filmmaking. Equipped with iPads, DSLRs, and GoPros, they learned to conduct interviews and document action beginning with a tutorial about planting trees and how they benefit the environment. At the second workshop, the students resumed their work as filmmakers as they documented and assisted in a macro-invertebrate sampling at the Stonycreek River. They also learned to harness the power of the river and surf standing waves in rapids. "My favorite part of the program was paddleboarding and I liked planting trees – giving back to the earth," explained another.

In the final workshop, they learned to edit and completed their documentaries. Cheers, laughter and applause echoed as the students proudly presented their work on the screen. The last film ended with a student's testimonial and message to those that made First Waves possible: "I would just like to say that this experience that I went through the last three weeks was amazing. The paddleboarding, the surfing, planting the trees – this experience was really fun to have. Thank you for this experience."



Our campers reiterated how camp is a unique and one-of-a-kind experience. Our campers missed camp. The absence of camp during the 2020 season only made the return during the 2021 season much sweeter.

They missed the camping community, the outdoor educational experiences, and the sweet potato biscuits. This summer, STRIDE sent twenty-two campers to camp! Eight campers came from Philadelphia STRIDE. Fifty percent of Philadelphia STRIDE campers attended two camp sessions for a total of four weeks at camp. With the help of the Kate Svitek Grant, we provided COVID-19 testing, tuition, gear, logistical support, and guidance during the orientation process for these campers.





2021 is shaping up to be Chicago Voyagers' biggest year yet, with 107 programs completed successfully and an expected 131 scheduled programs by the end of the year. In total, we anticipate more than 140 programs—1,200 program days serving 325 youth—in 2021.

In addition to our programming increasing this summer, CV's staff and board have also expanded. We recently hired and trained two new program leaders, both of whom have clinical backgrounds and experience with trauma-informed programming. Chicago Voyagers has always been committed to diversity, equity, and inclusion—not only in the work we do, but in the make-up of our organization. Among our new Board members, three are people of color and two are women. In early 2021, our Board was composed of 36% people of color; now, it is nearly 50% people of color.

In the Summer of 2020, the community of North Lawndale was experiencing a surge in violence.

The nonprofit organization I Am Able, based in North Lawndale, sought to partner with Chicago Voyagers to initiate a new program to support their youth. That's how Jennifer* began participating in Chicago Voyagers' programming. Jennifer has been exposed



to violence and has experienced significant trauma. When she started the backpacking program, she was anxious and unsure of what to expect.

However, over the past year, she has thrived in CV programming—she has sailed, done stewardship work, and succeeded in a three-day backpacking excursion.

During one activity about comfort zones, Jennifer shared how uncomfortable she was. In fact, her anxiety led her to want to take every possession she has along with her on the backpacking trip; she threw items into her pack, grabbed a tent in one hand and her bag in the other and started hiking off the in wrong direction, not realizing she had way too much weight to be successful. After some time and patience, CV staff were able to sit with her and help her load her pack with a reasonable amount of essential gear. Although she was still somewhat anxious, she agreed to continue. Day-by-day, she grew more comfortable and began supporting the team. On Day 2, she even received the Big Heart Award for being a source of support and comfort for her teammates. On the last day of the trip, it was Jennifer's turn to lead the group. She declined, saying could not do it. Again, the time and patience the CV leader had invested in building a relationship with her helped her take on the challenge. As Jennifer crossed the finish line in the lead—literally running with her pack—she beamed with pride for having led the group back to the van.



Surprises are GREAT!

January 2021, Frank and Ellen Svitek received an e-mail from one of Kate's co-workers on Mt. Batchelor. He just wanted them to know that many of Kate's co-workers continued to remember her with fondness especially in February.

Around the same time, the Foundation received a gift of \$400 from four wonderful ladies who met years ago through the Delaware Valley Chapter of the Appalachian Mountain Club. They have been hiking and exploring together in the US and abroad ever since they met. Every holiday season they would get together and exchange gifts. In 2019, they decided to give to worthy causes instead of each other. The ladies attended the Aron Ralston Event in 2006 and Lois' daughter graduated GA with Kate so this year they chose the Kate Svitek Memorial Foundation. The Foundation is grateful for their generous gift.



Lennie Steinmetz, Lois Rothenberger and Kathy Kelly-Borowski at AMC August Camp 2021 at Little Lyford Camp in Maine. (Missing is Priscilla Estes.)



Supporting the Everglades in West Palm Beach

Thanks to the support of the Kate Svitek Memorial Foundation, Grassy Waters Conservancy hired two college students, Emily Kolankiewicz and Elizabeth Roda, as interns for the Grassy Waters Preserve summer program. The interns worked with 159 grade school children enrolled in 9 school and community summer camp programs in West Palm Beach, Florida. They met three times with each program. On the first and third visit with each program, the interns worked with the campers at the campsites using activities from Project Wild. Since Covid-19 restrictions prevented the campers traveling off site, the second visit was virtual and was live streamed to the campers on zoom by the interns at Grassy Waters Preserve. During this Live Virtual Field Trip, the interns "led" the campers through the Preserve's swamps and marshes. At the conclusion of the last visit the interns asked the campers what they liked best about the program. The following are some of their responses: "My favorite part was learning about the glass shrimp from the virtual field trip. It's almost like they're invisible!" Sarah, 3rd grade; "The live virtual field trip helped me understand what lives in the Everglades." Malina, 4th grade; "My



favorite part was the virtual field trip. The fishing spider was my favorite animal, even though it was a little bit scary, Teya, 4th grader; "I liked going outside during the first field trip and seeing the animals. I liked how they blend into the environment." Brice, 5th grade; and "My favorite part was seeing animals I've never seen before. I want to work at Grassy Waters." Chris, 3rd grade.

In addition to their work with the campers, each intern developed a Legacy project:

- Elizabeth designed three Everglades "Education-To-Go Kits" for teachers with themes to address K-5 school standards. When asked to describe her experience Elizabeth wrote, "This internship meant a lot to me because I was able to discover my own passion for environmental education. Teaching students about the Everglades and watching them develop an interest in the environment was very rewarding."
- Emily created four sustainability-based lesson plan packets for teachers, each focusing on water conservation and recycling to encourage students to be stewards of their watershed. Each lesson plan packet contained hands-on activities and additional resources/videos to further enforce these concepts. When asked to describe her internship Emily wrote, "Since I have decided to pursue a career in environmental education based on my own experiences with educators throughout my childhood, it was extremely rewarding to have the opportunity to be an educator myself and help get students excited about nature."



The College Settlement of Philadelphia

600 WITMER ROAD • HOESHAM, PENNSYLVANIA 19044

To prepare young people to make a positive impact on the world.

The Summer of 2021 will be remembered as the summer that College Settlement adapted to and overcame challenges presented to us by COVID-19. We safely conducted camp, hosted over 600 day and overnight campers, and observed all of the CDC's guidelines. Not one camper or staff person tested positive for the coronavirus! We are grateful for the dedication and cooperation from camp staff and from all the campers that attended this summer. And, as always, we offered financial aid to families that needed it. In fact, we provided close to \$25,000 in 'campership' money to families this year. Your grant to College Settlement enabled many families to send their child to summer camp, reassured that this is a safe, inclusive, and adventurous place for them to learn new skills, climb rock walls, fish in the lake, and perhaps most importantly, learn how smart, strong, and brave they really are. As demand for our camp program grows it is important for us to take stock of where we are in our own history. In 2022, The Camps at College Settlement will celebrate a Centennial. To prepare for the next (several) chapters of our story, we are doing a professional assessment of all of the structures and programs at our camp with the intention of unveiling a Master Concept Plan for physical improvements. Again, thank you for your ongoing commitment and encouragement.





Thank you for providing support to Neighborhood Bike Works' Youth Bike Education and Empowerment Program (YBEEP). Your contribution enabled us to increase mobility for young Philadelphians, introduce youth to 'new' outdoor places, and provide meaningful paid job training opportunities to 21 NBW youth graduates.

Our programs such as Freedom Riders, group rides, a camping trip which included a 40-mile ride to the campsite, and Ride Club all served to expose youth to natural areas and encourage physical activity. Eighty-eight percent of youth surveyed reported that they plan to ride more as a result of their NBW class and eighty-nine percent of students reported they feel more confident riding their bikes. NBW youth collectively rode 3,135 miles!



We distributed 63 bikes to youth graduates. Each of these bikes represents transportation, independence, and fun. With an abundance of caution for our largely unvaccinated youth, we limited our class sizes which affected the number of youth we served. We expected to serve 151 unique youth in our classes. We fell short of this, serving 115 unique youth this past year mostly due to our restricted class sizes. However, this does not indicate long-term engagement as many of these students returned for graduate classes at NBW.

Our goals for the year were ambitious. While we did not reach all of these goals, there were a lot of successes that warrant mentioning. By instituting small class sizes and taking programming outside when possible, we have been able to reinstate all of our core programming this past year. Additionally,

we have built a strong base of entry-level youth that are now eligible for more advanced programming and reinstated our Youth Council. Our Youth Council organized a Holiday Bike Build which provided 15 youth paychecks refurbishing 54 bikes to give to those in need in our community.

Additionally, our programs staff has made a herculean recruitment effort and it is paying off. We have a strong base of youth that are progressing through multiple programs, our Youth Council has been revitalized and is actively planning for the second year of the holiday bike build.



As a result of the grant from the Kate Svitek Memorial Foundation, we were able to bring 33 students from Newark up to our Wildcat Mountain Wilderness Center in Northern New Jersey. For years, we have wanted to get students from Newark who participate in our Pedal Farmers summer employment program to have a culminating experience of visiting Wildcat, and the grant allowed us to finally make that happen this year. We were also able to partner with two other

Newark community organizations, the Greater Newark Conservancy and Newark Science and Sustainability, to get additional Newark students signed up to participate in our summer programming at Wildcat. During programming, the students got the chance to enjoy the beautiful natural landscape at Wildcat, and to safely participate in a range of outdoor activities, including hiking, teambuilding and challenge activities on low ropes elements, and engaging in meditation and reflection. For many of the students who participated, getting a chance to be outside was a welcome change after enduring a year of remote learning during the pandemic and not having the chance to connect with many of their peers and friends in person.

As the students in the reflection video note, their time at Wildcat was memorable in part because of the experience they had reconnecting with nature and learning the valuable lesson and importance of being able to rely on others. In that same spirit, our team at Project U.S.E. is incredibly grateful for the support of the Kate Svitek Memorial Foundation in being part of our team that made it possible to get kids back outside and active at a time when they need that more than ever. Thank you for helping us provide this amazing opportunity for reflection, challenge, and growth to students this summer!





Thanks to funding support from the Kate Svitek Memorial Foundation, we were able to welcome four Habitat Management Interns to Riverbend for the summer of 2021. After more than a year of so much uncertainty, it was wonderful to be working outside and in person, and engaging with college students who are so passionate about nature and the future of our planet.



Their work was essential in caring for the preserve at Riverbend, where we welcome visitors of all ages to explore and learn about our environment. Together our interns designed and created a new pollinator garden, removed a few acres of invasive vines, and worked with teen volunteers as well as camp children each week to teach them about the natural world and help them make Riverbend a better place!

We are so grateful to the Kate Svitek Memorial Foundation for making it possible for us to run this program. It is always a privilege to meet and work with knowledgeable and motivated young people and we hope that each intern gained valuable hands-on experience that they can take with them into their future careers. We know they will make a difference wherever they end up next!

All of us at Riverbend would like to express our sincere appreciation for the mission and generosity of the Kate Svitek Memorial Foundation.

Intern testimonials:

My experience as a Habitat Management Intern at Riverbend was incredible. Through this hands-on experience, not only did I gain

practical skills, but I learned so much about native plants, invasive species, and complex ecological issues. It was a joy to know that the hard work of removing invasive plants and preparing the planting-site will pay off for the future; our native pollinator garden will engage visitors, children and adults, aesthetically and will trigger conversations about native plants and the significance of pollinators.

*Sarah Eckstein-Indik
Brandeis University, Environmental Studies and Fine Art*

After a year of learning environmental concepts in the classroom, interning at Riverbend was a great avenue to put to use some of what I had learned while offering new insights that can only come with hands-on experience. I was especially grateful for the opportunity to work in a team and outdoors.

*Josh Fingerhut
Washington and Lee University, Economics and Environmental Studies*

Working at Riverbend this summer was an amazing learning experience and I am so thankful to have been given the opportunity. I especially enjoyed the native planting project where we were able to transform a place entirely engulfed by invasive species to a pollinator garden that will enhance the environment at Riverbend and will be there to educate for years to come.

*Audrey Trainor
University of Maryland, Environmental Science and Policy*

We also built a small bird's nest structure for campers and children visiting Riverbend. Whether it was removing invasives, planning and implementing our project, sitting in on council meetings, or general upkeep of our trails, this internship provided me with a hands-on experience that I know I will take with me going forward. I had a wonderful time working with my fellow interns alongside Lorna, and I am



grateful to have had this opportunity to apply my love for nature to meaningful work. Thank you all at the Kate Svitek Memorial Foundation for making this internship possible!



As the pandemic continued into 2021 we continued the safety plans put into place during 2020.

The Dragonflies group (4 & 5 year olds) were back this year, after not holding camp for that age group in 2020.

Parents were grateful for the safety protocols we enacted and many added multiple weeks for their children, after getting feedback from their children on how enjoyable the camp experience was, having adventures outdoors.

We were able to have guest presenters seven out of the

eight weeks of camp and all were able to conduct multiple presentations during the course of the camp day for each of the four age groups. The guest presenters, generously funded by the Kate Svitek Foundation, complimented the guest walk leaders scheduled each week, a new camp feature we added in 2020.



Copper River Stewardship Program was held from June 14-24, 2021. After holding a shortened program in 2020, we were thrilled to be able to hold a full program. Seven students from the Copper River Basin and 4 from Cordova spent ten days exploring the watershed, learning about the ecosystems and communities. About half of the students attended our 2020 program, so it was exciting to see them build on their knowledge. The purpose of Copper River Stewardship Program is to give students from diverse communities a watershed-wide view of issues, and help them learn to raise their voices as stewards and advocates for a healthy world.

The focus this year was on trout, so we travelled across Paxson Lake near the headwaters, to the northernmost spawning grounds of Rainbow Trout, where the students did habitat studies and trapped juvenile fish. Then on the Copper River Delta they visited some of the northernmost habitat of Cutthroat Trout. The data they collected becomes part of a study on how climate change is affecting these species.

Another highlight of the trip was crossing Prince William Sound on a chartered vessel. As well as avoiding the exposure of the public ferry, we were able to visit the site of the Exxon Valdez Oil Spill and go ashore to explore remote beaches. The students read and listened to first-person accounts from people who were involved, and created artworks in reaction.

Exploring the lush temperate rainforest near Cordova is always a highlight for students from the northern reaches of the watershed.



This group of students was one of the best we've ever had on this program. Every time there were chores to be done, there was a steward right there. Occasionally this eagerness backfired, with things being packed in the trucks that were supposed to stay behind! But their eagerness to learn, explore, and be honest and vulnerable with each other made for some great learning moments. Copper River Stewardship Program uses a mix of experiential, creative, and reflective experiences for a meaningful and memorable experience.

Nature journaling sessions were repeated several times, to give students a chance to delve deep into several different landscapes. This was one of the rare times the group was quiet, as they practiced thoughtful observation, creative skills, and the art of asking questions.

After the program, participants who wished to earn high school credit created final projects and shared them with their communities. Projects this year included an oil painting of the



Rainbow Trout life cycle, a decorative watershed map, and an article on the lasting lessons of the Exxon Valdez Oil Spill. In post-trip evaluations, the students reflected on their experience:

“One important thing I learned was

how connected our river system is, and how easily everything can go wrong”

“The thing I will remember the most about this experience is all the little things I thought I knew but now understand 10X better.”

“I learned we all have strengths, we just need the right situation to shine.”

“There are so many people who rely on the same resource, and it is our job as stewards to share and care for it.”



Due to the generosity of the Kate Svitek Memorial Foundation, the Schuylkill Center acquired four adult canoe paddles, four children's paddles, four toddler PFDs, eight child PFDs, and twelve adult PFDs to expand our ability to

offer canoeing to our community. Nature is free, but outdoor gear is often expensive and inaccessible to many Philadelphia residents. Yet, more than ever, families need a connection to nature, learning, and play.

Throughout the pandemic, many of us have been working from home, doing one activity over and over again, all day long. The benefits of spending time in nature have been clear to scientists for some time, but the pandemic has made the matter more urgent. The mission to connect people with nature matters more than ever.

Thanks to the Kate Svitek Memorial Foundation, the Schuylkill Center purchased equipment to supplement existing gear and expand our efforts to inspire new connections to nature with our community. This equipment will increase the number of safe and positive outdoor experiences available at the Schuylkill Center during all four seasons.





The Harris Center Environmental Education program provided programming in 30 schools during the 2021-2022 school year. Our 7 teacher-naturalists are providing in-class or outdoor environmental education sessions, followed by in-the-field sessions whereby children experience nature firsthand.

Harris Center teacher-naturalists also provided professional development sessions to public school teachers to give them the necessary tools and resources to bring their students out into the natural world for various lessons and activities. These have been met with great success.

Here are a couple of lesson examples from our fall curriculum:

- As squirrels prepare for winter, elementary students are investigating what physical adaptations help them survive and thrive in New Hampshire, even in the wintertime. Students explore the areas around their school in search of squirrel feeding and nesting evidence, observe squirrel behavior, and set up a squirrel feeding station to test their predictions regarding squirrel diet choice. The Harris Center teacher-naturalist helps the students to develop an understanding of how the gray squirrel's tail, teeth, paws, and powerful back legs all help it to succeed in New England.



- Eighth grade students are learning about the importance of monitoring and conserving local freshwater ecosystems by using stream and pond macroinvertebrates as bioindicators of water quality. Students spend several days in the field with a Harris Center teacher-naturalist learning to collect and identify macroinvertebrates, and then draw conclusions about the health of the water body. By examining the data as well as topographic maps of the watershed, they discuss possible conservation concerns in the area.



Harris Center teacher-naturalists will ultimately enable 3,000 school children to get outside during this school year to enjoy nature and engage with it while cultivating a growing scientific understanding and appreciation of what they are experiencing. Children's hearts are learning to open to the wonders of what is found outdoors, strengthening them and providing a solid foundation for them to enjoy a lifetime in the outdoors – and potentially become nature's protectors as well.



The Headwaters to Ocean summer camps were a huge success this year and they were made possible by your generous support; we cannot thank you enough! Our return campers delighted in being back to something familiar and new campers were excited by the unknown adventures ahead. These students have been through so many

changes the last year, and camp was able to provide them with a bit of relief, as well as fun and exciting learning opportunities.

We were able to host three summer camps with hands-on, feet wet education about the place we call home. Campers explored the rainforest, visited glaciers, waded through the largest contiguous wetland on the west coast of North America, investigated ocean ecosystems from the tideline, and learned that from Headwaters to Ocean, it's all connected.



Here is what a few of them had to say about their experiences. Peter Solberg (10) said the most interesting thing he learned was "how powerful glaciers are, and [he] was amazed they could move rocks!" Peter's favorite thing about camp was "Wetlands, and wearing waders and feeling sloppy walking!" Aurora Gloe (8), a first time camper, said she liked "when we went to the sand pile and learned all about the watershed." She also enjoyed "making flubber when we learned about the glacier." Aurora's twin sister, Adelyn, said "What I like about camp is, IT'S GREAT! I love the projects they do. Something important to me that I learned at camp is the ocean is heating up. It's a bad thing and it's important to know about." A few favorites amongst all our campers were: wearing waders, playing Camouflage in the rainforest, nature journaling, arts and crafts, and simply being outside with friends.



VAMOS OUTDOORS PROJECT

In the past year, Vamos Outdoors Project was able to build organizational capacity, serving more youth than any year prior, hiring an additional full-time year round staff as well as 8 full-time program specific staff, and offering new programs while continuing to provide past ones.

Vamos has served 370 youth thus far in 2021 through snowboarding lessons, backpacking trips, weekly walks, mountain biking, climbing (both indoor and outdoor), and swimming. Included below is a brief summary of some of our programs.

Snowboarding: Vamos' snowboarding pilot program with Mount Baker Ski Area was a hit! Students received a lesson from a Mount Baker Ski Area instructor in the morning and then were able to test their skills afterwards on the slopes with Vamos staff and volunteers. Nine students participated, with Vamos providing 152 service hours in just the two days of the pilot program.



Weekly Walks: Vamos provided weekly park outings February through June to give students a space to engage with peers, nature, and mentors in a COVID safe environment. These outings centering connection and joy were important in combating isolation during the pandemic, especially as students were solely online at this time. Vamos provided 375 service hours, with 52 students participating in the program.

Backpacking: Vamos provided four backpacking trips to various sites in the North Cascades and the Mt. Baker-Snoqualmie National Forest. For many participants, this was their first experience backpacking, camping, and/or sleeping in a tent. In response to the question "What is something you learned on the backpacking trip?" one student shared:

"Never underestimate yourself because there are things you thought you could never do but you figure out you can actually do it." Vamos provided 1234.5 service hours through backpacking.

Vamos' organizational growth and capacity building this year was remarkable. With support from grants and the community, Vamos was able to provide outdoor access and mentorship to Latine, Migrant, and Multilingual youth in Whatcom and Skagit counties. Thank you to all in the Kate Svitek Memorial Foundation for helping Vamos provide programming.



Thanks to the generous support of the Kate Svitek Memorial Foundation, New England Science & Sailing (NESS) was able to launch our new program Marine Mavens. Marine Mavens is a year-long program designed to introduce 24 high-school aged, female identifying students from underserved communities to the world of marine science and seafaring. Through the program we hope to encourage participants

to explore careers in seafaring and marine science and will connect Marine Mavens participants to role models and mentors in the fields. Participants will learn how to kayak on Long Island Sound, sail on 23' keelboats, operate a powerboat, and learn about the local marine environment through outdoor experiential learning programs. At the end of the program they will receive both their Safe Powerboat Handling certificate and an American Canoe Association Level 1 kayaking skills assessment. This summer, we kicked off the program with the kayaking component at Ocean Beach Park in New London, CT. The photos below are from the kayaking program





Time in nature is not always easy to access in the day-to-day life outside of camp. Our goal after a long hiatus from in-person camp was to connect our campers to the environment and to help them develop an appreciation and understanding of our natural world. Thanks to the continued support from the Kate Svitek Memorial Foundation, our campers are provided with lifelong opportunities to connect with nature in fun and meaningful ways. For our campers, after 18 months of virtual school and time indoors, getting back into nature was literally and figuratively a restorative breath of fresh air.



During our first week of Camp Attaway, we returned to our tradition of planting seeds. From choices of different types of herbs, watermelon, pumpkin, and a variety of flowers, campers selected the seeds they wished to plant and spent the remaining days of camp caring for their plants. This activity helped campers see how all living things are connected by their reliance on the sun and the importance of and satisfaction derived from caring for something outside of themselves.

The theme of our second week of camp was teamwork. The campers worked in teams, helping each other build two nature projects. Campers re-used materials to construct biospheres. While working on this small-scale representation of the earth, campers learned how all organisms are dependent on one another (and on the earth's resources) for survival and homeostasis. We

had a truly exciting last week of camp, during which nature was brought to our campers and our campers were brought to nature! Reptile Man returned to camp, bringing his assortment of reptiles. He taught the campers about how the reptiles protect themselves against predators, catch their prey and interact with their environment. Campers got a chance to touch and interact with the reptiles up close. One camper exclaimed, "Thanks for having Reptile Man bring the large and small reptiles! It was awesome!" Later in the week, the campers were brought on an exciting trip to the Patuxent Research Refuge for a nature hike, during which they engaged in a nature photo scavenger hunt, learning about the area's wildlife and vegetation habitat.

Thanks to the Kate Svitek Memorial Foundation, our campers had the opportunity to interact with and learn about the natural world while having fun and connecting with each other. We believe that the impact of our nature program is that our campers will be more likely to carry on a sense of connection to and responsibility for the environment in their lives long after the camp experience.



During the 2020-21 school year, Exploring New Horizons (ENH) was not able to offer our 3 to 5-day programs as we have the past 40 years as most San Francisco Bay Area schools relied on distance learning, putting more pressure on teachers, parents, and students who do not learn well on a screen. As spending time in a natural setting during elementary school can be the catalyst for so much emotional and intellectual development, ENH furthered our commitment to outdoor education by offering a new outdoor after school program to K-5 children in Santa Cruz County.

Through this project, students explored the creek and redwood ecosystems at Camp Redwood Glen in Scotts Valley. The program began September 14, 2020 and ran through June 3, 2021. Programs were 1 to 4 days/week for 5 hours. Naturalists engaged groups of students in an outdoor curriculum focused on environmental stewardship, social emotional learning, and the arts. Students engaged in:

- Nature exploration, hiking, and observation
- Nature writing, drawing, music and imaginary play

The objectives of this program were to:

1. Provide safe and healthy outdoor learning environments for students
2. Provide social and emotional support to students
3. Create outdoor educational equity so more students were able to experience outdoor learning

During the pandemic, increased demand for "day camps" created further inequity between families. Due to funding from the Kate Svitek Memorial Foundation, ENH was able to offer scholarships to many participating students so they could attend at a discounted rate. Many single parents who were taking their children to work or having to put them in front of a screen all day were overjoyed to have their child explore the redwoods. A total of 64 students participated in this program, some attending for 4 months 3 days a week. Many students had little experience exploring the redwoods and after a few months we saw a noticeable difference in their comfort level in the forest and their hiking ability, and many students developed a deep connection to the forest. When asked to give feedback about the program, parent feedback included:

- “This program has been the highlight of distance learning!”
- “He is super into journaling now. I’m so grateful that he has had the opportunity to get out of the house and be with his friends.”
- “It was a sanity saver for all for him to be able to socialize outdoors with peers and learn about being a naturalist.”

Participation in outdoor education will increase students’ academic performance and their social and emotional well-being, empowering them to better succeed in college and career, and to work together to create a healthier and more sustainable world. ENH is grateful to the Kate Svitek Memorial Foundation for their support of our important work.



In these trying times, I know many of you are staying out of the stores and malls. If you have chosen to shop Amazon, please sign up for Amazon smile so the Foundation can earn .5% of your purchases. Your purchases stay private, we only get a quarterly check and no list of who bought what! An easy way to help raise funds and stay safe!! This year we all raised \$175.90!!!!



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On your first visit to **smile.amazon.com**, you need to select The Kate Svitek Memorial Foundation as your charitable organization to receive donations. Amazon will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a .5% donation to KSMF. To shop at AmazonSmile simply go to **smile.amazon.com** from the web browser on your computer or mobile device. You may also want to add a bookmark to AmazonSmile to make it even easier to return and start your shopping at AmazonSmile.

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Please register at **www.smile.amazon.com** now.
Thank you for your continued support!



Wissahickon

CHARTER SCHOOL

Wissahickon Charter School maintains a robust, year-round outdoor education program for all of our students. Thanks to the generous support of the Kate Svitek Memorial Foundation, each year our 8th grade classes are fortunate to attend a weeklong hiking and camping trip, in partnership with Outward Bound. This Fall, our 8th graders at both school campuses are preparing for the memorable and transformative experience of a week-long hike in Spring 2022 by first participating in a series of day hikes and “Insight Days” with Outward Bound. At their Fall Insight Days, students participate in on-the-ground team-building and trust-building activities, and build confidence and face fears by participating in a challenging woodland ropes course. The attached photos show our 8th graders enthusiastically participating in a recent Insight Day: the trust, teamwork, and confidence they developed in this first expedition will be put to use during their week-long Kate Svitek Memorial Expeditions in Spring 2022. The impact of our Outdoor Program, which serves as a cross-curricular outdoor learning experience throughout our students’ time at Wissahickon and culminates in the impactful Kate Svitek Memorial Expeditions, cannot be understated: students build not just knowledge of the natural world but amazing confidence and group bonds. We are so grateful to the Kate Svitek Memorial Foundation for their generous support, and look forward to sharing the experiences of our 8th graders in their own words after they return from their Expeditions in Spring 2022!



Thanks to the support of the Kate Svitek Memorial Foundation, Bucks Audubon was able to expand our summer camp in 2021 with the addition of a Conservation and Education Intern. The intern allowed us to have an additional ten children/week at summer camp, which expanded our program by a third. Helping with prep work for camp, leading a group in activities, and providing extra supervision, our intern was able to help the camp run smoothly and provide an engaging experience for the campers.

The addition of an intern also allowed us to implement a new Teen Conservation Corps during the non-camp weeks of the summer. This community service opportunity for high school students provided the students with hands-on experience in conservation, as they worked on restoring the riparian buffer along the Honey Hollow Creek. During the five-week program, teens spent three hours each Thursday removing invasive plants, planting native plants for clean water, birds and wildlife, and learning about the importance of creating healthy buffers for our waterways. Ten teens attended at least one week of the program and in all the teens provided over 75 volunteer hours towards the project.



We were very lucky to hire Alexa DePrisco, a student from Bucks County Community College as our intern. Alexa had this to say about her experience.

“My experience interning at Bucks County Audubon Society this summer was exceptional. From mid-June until mid-August, I was immersed in the nature of the Honey Hollow watershed and six miles worth of trails. Through this experience, I was able to educate children aged 4-10 on the natural world and guide teen stewards in the gratification of conservation work.”



Check out the new pictures for all of this year's great events!



Please take some time to visit our fabulous website! www.katesvitekmemorial.org



This summer, thanks in part to the Kate Svitek Memorial Grant, Adventure Works was able to offer three separate adventure therapy groups with a total of 26 participants. We provide adventure therapy with a focus for those who not only cannot afford these services, but also do not have access to outdoor activities. The importance of mental health services is established and we believe pairing therapy with experiential, outdoor activities is paramount to mental health.

Our first group was a 3-day canoe group for high school aged youth. We focused on individual awareness, effective communication, frustration tolerance, and problem solving/ conflict resolution. Only one group member had been canoeing before this experience. Several group members reported feeling stronger, that they could handle more challenges, and had increased self confidence. Participants reflected on the difficulty of the experience in the moment, but the enjoyment derived afterward. One participant said, "This was tough and I wasn't liking it while we were doing it, but now I want to do it again and tell my friends about it!"



Second, was a wilderness challenge group for middle-school aged youth. We utilized forest preserves in the surrounding area and taught participants skills such as shelter and fire building, stream crossing, orienteering, and archery. Through these activities, the group improved competence and confidence in their outdoor skills. The group also practiced and improved conflict resolution, problem-solving and decision making skills, and increasing frustration tolerance and motivation.

Third, was a nature based/small-initiative group for elementary aged youth dubbed, "The Coyote Crew." This hiking and animal tracking group followed the Cornell Flow Learning Model which encourages each child to be more fully engaged and connected to their experience. Through this experience, combined with healthy modeling and clinical guidance, our participants identified their strengths, built new skills, learned cooperation and resilience, and grew self confidence.



More than half of the participants in this Summer's groups paid less than half of the cost required to run each group. Thanks to grants such as the Kate Svitek Memorial Grant, we are able to reach youth in need who cannot afford these services and who do not have access to the outdoors, which is necessary to overall mental health.

GROW PORTLAND

Connecting. Educating. Sustaining

With the support of the Kate Svitek Memorial Foundation in 2021, our staff was able to immediately return to in-person programming when schools opened last spring, offering a vital connection to the natural world in a season where many students had been denied these opportunities.

Additionally, we were able to provide summer school support and activities for nearly 500 students, many of whom were engaging in their school gardens and outdoor education for the first time in their public school careers. As we've moved into the 2021-2022 school year, Grow Portland maintained partnerships with 10 schools (9 Title 1) and added new staff to our team, including Spanish & Mandarin-speaking educators to support immersion programs at partner schools and to better reflect the diversity of cultures represented. Each month, Grow Portland educators engage 4000 students in environmental education in school-based gardens. Lessons align with national science learning standards while reflecting the unique cultures in each school.

Recent quotes from students & teachers at partner schools:
 "I love Nature and this is the only time I get to interact with it. Garden School is actually how I got brave enough to sit in the grass."

"You know what the best thing in the school is? The garden. That is precious. We have to keep the garden forever."

"Nature is surprisingly amazing!"





Thank you for your support of the Tahoe Rim Trail Association's (TRTA) Youth Backcountry Camp (YBCC) Program in 2021. Financial support from the Kate Svitek Memorial Foundation allowed the TRTA to engage local and regional underserved youth in the outdoors through four-day backpacking trips

highlighting wilderness skills, stewardship ethics, and natural history. Through partnerships with social service organizations, the TRTA served the program free of cost to youth populations underrepresented in the outdoors due to financial, cultural, language, homelife and other barriers to outdoor recreation. To make the program accessible to all participants, trips were fully-outfitted with experienced guides, backpacking gear, food for the duration of the trips, and transportation to and from trailheads.

Due to this financial support, the program served a total of 101 youth including 67 underserved youth at no cost over 42 days of outdoor education programming in partnership with eight social-service organizations including Latino Outdoors and the Big Brothers Big Sisters of Northern Nevada. Youth participants completed pre and post-trip questionnaires for participants to self-report their inter and intrapersonal skills, connection to the natural world, and knowledge of wilderness concepts. Post-trip results show that 84% of youth participants felt more connected to nature and more invested in the natural environment of the Tahoe Basin, 73% improved their backcountry skills knowledge, 81% became more independent, and 85% felt they could overcome difficult tasks or challenges.

The positive outcomes of the 2021 YBCC season wouldn't have been possible without the support of the Kate Svitek Memorial Foundation. Together, we were able to fulfill the TRTA's mission to inspire the next generation of environmental stewards in the Tahoe Basin and surrounding communities.

Thank you again for your support of the 2021 YBCC Program!



We returned to almost normal this year. We provided one week of residential Conservation Leadership Academy and 8 weeks of day camps. Camps provided 119 students grades PreK through 11 a week immersed in nature. Although our number were higher than the previous Covid 19 year we continued to operate with caution. We kept our numbers lower to allow for more physical distance and we required masks when distance could not be maintained.

All of our camps provided students with an opportunity to explore, discover, create, and learn. The personal growth and leadership skill learned at camp will last for years and for some a life time. Campers enjoyed learning about nature in a safe fun environment where they didn't realize they were learning as they participated in many hands-on activities. All day campers spent a portion of each day in their "magic spot", a special place they selected to be alone in nature. This rare experience allowed them to make observations without the distractions of friends or technology. All camps have a screen free policy. Surprisingly this was not an issue, even for the high school residential camp.

We offered four nature day camps for grades Pre-K to 6th grade, two different art and nature day camps for grades 1st to 6th and one week of residential camp for grades 7th to 11th. Our camps continued to thrive with many having waiting lists to attend.

We had many positive responses from parents and campers. Here are a few quotes from CLA campers:

"I had a lot better time than I expected. I loved meeting new people in a welcoming atmosphere and working alongside them. I really enjoyed becoming really good friends with the others and learning about a lot of really cool things."

"Camp was very exciting for me. I had never gone to a residential camp and it was different. But I loved all the exciting activities, especially meeting new people and making endless memories."

"My week here at camp has been one of the best weeks in a while. I really feel that I needed a reboot from my typical life. I loved that I could get a way and learn so much at the same time. Also, I have never been around people that can make me be myself in literally a day."

"I had so much fun the entire time. I don't think there was one moment where I wished I wasn't here."

"I admire has passionate and perseverant all the volunteers were with their careers and was impressed by their demonstrations. I feel more knowledgeable and inspired in conservation and want to give back to my community in the way CLA gave to me. Hopefully this network will give me an option in the future for any career I choose."





Throughout this past year of uncertainty, Something Good in the World has been flowing with the changes. We have kept our nonprofit, children's educational organization going thanks to the generosity of supporters like the Kate Svitek Memorial Foundation, whose 2021 grant helped our nature-based programs to flourish. There is no

way to thank everyone enough for believing in Something Good in the World, as we enter our 20th year as a 501(c)3!

With the grant from the Kate Svitek Memorial Foundation, the Ossining Children's Center attended free summer programs with Something Good in the World at Kitchawan Farm and along the trails of Kitchawan Preserve, the Hunterbrook Preserve, Croton Gorge Park, and the Croton River Landing. It was a marvelous experience for children who had



been stuck indoors a lot this past year and hadn't been out on a field trip in 18 months! For many of the OCC Kindergartners, this was their first time hiking in the woods. Of course, their favorite activity was riding the tire swing in our Children's Peaceful Garden. The educational focus was on our water systems and the children were so excited to follow the rainwater on its journey from the pond and streams of Kitchawan Farm to the Croton reservoir and over the magnificent Croton Dam to the Croton River, and finally to the Hudson River. We had so much fun tracing the path of our drinking water and seeing how important it is to keep our watershed clear of litter, so the water will stay safe and clean for everyone.

This fall, a new Kindergarten class at OCC benefited from the Kate Svitek Memorial Foundation grant, as we started a new school year cycle of programs. Understanding our food systems and the interconnectedness of our health with the environment starts with healthy soil. The 5 year olds were thrilled to spend an afternoon learning about worms and compost, and how to make "worm cake." Every child had a chance to add to the worm bin with layers of organic matter and food scraps, and to name their own worm that would "bake" their worm cake in the bin for the

next few months. The classroom has taken up worm stewardship for the winter season, and come spring we can transfer the new compost into their very own veggie garden at the day care center.

Thank you so much to the Kate Svitek Memorial Foundation for believing in the essential connection between children and nature and for supporting our outdoor educational programs this year!



Peak 7 Adventures was honored to be the recipient of a \$3,500 program grant. In our application, we submitted the following: This grant would go

toward our Washington State Water-Based Activities program, offering outdoor recreation, paddle sports instruction, and environmental education through stand-up-paddleboarding and whitewater rafting to low-income and marginalized youth. We do this by partnering with family homeless shelters, after-school programs, and youth centers.

We are thrilled to report that Peak 7 was able to fulfill our promises to the letter. The gift from the Kate Svitek Memorial Foundation was critical in our strategic approach to offering outdoor recreation opportunities to marginalized youth. Your gift made a difference by allowing Peak 7 to eliminate financial barriers that prevent so many from accessing the outdoors. We are so grateful for your support.

Here are some of the quotes gathered after our rafting and paddle boarding trips:

"This trip was beautiful! Thanks for helping me get away from the day-to-day and experience something amazing!"

"I enhanced my leadership capabilities, strengthened my sense of empathy, and got a foothold on who I am. Thank you so much for this opportunity."

"I had an amazing day. I learned how to trust my fellow brother and that you can conquer any fear if you just got out and do it. Thank you so much. Best day ever."

"Thank you. I had a great experience. It taught me to trust other people and know that teamwork is better together. You let us do something we otherwise would be unable to experience."

Thank you for believing in Peak 7, and thank you for the opportunity to cherish Kate's legacy by introducing hundreds of under-resourced youth to the outdoors. Together, we are challenging the body and engaging the spirit!





The 2021 recipients of the Kate Svitek Memorial Scholarship are Jimel L., Kaylan S., and Natalie T. Jimel and Kaylan were course mates on the May 2021 Rocky Mountain Instructor Course. From La Paz, Baja, Jimel began her career at locally NOLS with a Mexican Educator Course back in 2015. She then worked as an outdoor educator at a number of facilities, including the

Teton Science School in Jackson, WY, before becoming a NOLS field faculty member. Jimel worked a number of field courses in the Winds this summer.

Kaylan is the Stewardship and Foundation Relations Coordinator and a colleague of mine on the NOLS Advancement team. She took her first NOLS course, Spring Semester in New Zealand, in 2016. Two weeks into that experience, she decided she would be a NOLS instructor one day. Finally, and after many intervening adventures, including working in-town for NOLS since 2018, she completed a Rocky Mountain Instructor Course this past spring. Kaylan looks forward to balancing field work with her in-town role.

Natalie is an outdoor educator and guide from Burlington, VT. After her work as a trip leader for Backroads was disrupted by the COVID-19 pandemic, she decided to return to grad school to study Environmental Management. While setting those plans into motion, she found time for a NOLS Backcountry Rock Climbing Adult course. In her application she wrote, "I have been climbing a number of times. I have a handful of friends who are excellent climbers. I am doing this course because I want to come to the table with my own well learned, and practiced skills, and feel competent and confident. Also I have always wanted to do a NOLS course but felt like I was too old. When I saw this adult course I thought it was perfect." Natalie remains committed to her outdoor lifestyle, even while pursuing higher education.



Experiences like these would be impossible without the NOLS community of donors. For that we would like to extend our deep gratitude to you, and your generous and steadfast support for scholarships at NOLS.

Amidst the world's tumult, the clarity that a NOLS education provides is perhaps more important now than ever before. Leadership skills, Leave No Trace ethics, balancing self care and care for the group, conflict resolution—the possible applications for what amount to the foundation of a successful NOLS expedition are boundless.

Because of you, comfort zones were expanded, goals were met, communities were forged, capacities were built, and hundreds of students learned that they are capable of more than they ever imagined. The folks whose lives you have already changed are out in the world right now—whether in the backcountry or their own neighborhoods—changing lives in their communities. The full magnitude of the effects of your generosity cannot be quantified. On behalf of those graduates and NOLS as a whole, we are supremely grateful. Thank you.

JIMEL: I described myself as a person who loves the warmth, the sun, and the beach. Somehow, I have found myself involved in more colder and challenging situations, like the ones the May Instructor course provided.

The winter environment has taught me many things. How to see the bright side of a situation and be grateful for the little bit of sunshine we get after days of clouds, how to be comfortable with the uncomfortable. The crucial learnings have been about myself, my needs, my strengths, and all the things I need to work on.

Being out there gave me time to reflect, to admire my surroundings, to be present, to ground myself. In the snow, my perspective about things changed. Issues that at home seemed so pressing went straight to the back of my head. Being warm occupied the majority of my thoughts. It is interesting how priorities change out there.

KAYLAN: I expected that a May IC in the Winds would be physically and mentally challenging, but the specifics eluded me. For example, I didn't expect that it would precipitate—rain, snow, sleet, and/or hail—every single day we were in the field; nor did I expect post holing in snowshoes to be our predominant mode of travel.

I expected to be transformed, as I had been on my student course 5 years ago, when I first decided I wanted to be a NOLS instructor. But I don't feel like a new person, rather, I feel more like myself than I have in a good while, and more sure than ever of the path on which I've set myself.

I expected that joining the NOLS faculty would enrich and enhance my life. No doubt it will, but now I feel most excited about the perspectives and voice I will bring to every Instructor Team to better serve students and further the best intentions of the NOLS mission. I am grateful to have had this experience, grateful for the connections I've made, grateful for the opportunities this course will afford me as a human and educator going forward, and grateful to be a part of a new chapter in NOLS history.





Getting To Know Kate

Those who had the fortune to meet Kate all knew what a vivacious and unique person she was. Not only did her sparkling personality shine through, but her intelligence and understanding of her world were immediately evident. This section of the newsletter is being included to give those who did and didn't get to meet her a better understanding of what she stood for and the mark she had made on her world in the short time she lived.

Kate spent many summers on adventurous trips. Starting out as a camper, she then grew to be the leader. Below is a letter that was received from a co-leader of Adventures Cross-Country Summer 2001 where Kate was a trip leader the summer before her accident.

Dear Mr. and Mrs. Svitek,

I am writing you with a heavy heart after receiving word of your daughter's death. My name is Eric Myers and I co-instructed the Adventures Cross Country Four Corners course with Kate last summer. I cannot begin to imagine your family's loss but would like to share with you how incredible of a person your daughter was.

The first memory that comes to mind when reflecting on Kate and my time together is genuinely how much fun we had. Her laughter was infectious, her outlook always positive and her passion for life unmatched. One of my favorite aspects of our course was to watch Kate open up to and interact with our students. Her teachings and love of outdoor education inspired all of our students. There was one student in particular whom Kate particularly inspired. The two of them would laugh and joke like they had been friends for years, but when necessary, Kate was able to utilize this bond to develop Andy into one of the strongest leaders on our course.

An area where I learned a great deal from Kate was in dealing with the business side of education. Her knowledge and perspective on how to manage a business and a trip successfully opened my eyes to an entirely new side of the industry she loved. I spent many hours picking her brain on how, if given the chance, she would improve the company. I would have loved to see the final product of her dreams.

Beyond our trip with our students, Kate and I had a great time traveling the Western United States. After driving as many miles in a van as we did, we were able to become close friends in a short time. We got to be tourists in Vegas, she threw a surprise birthday party for me in Colorado, we saw the sunrise over the Grand Canyon, we blew our leftover food money in one fell swoop at the Cheesecake Factory in Phoenix and got hopelessly lost in Telluride.

The stories are endless, I'm sure. Watching Kate work was incredible. Her passion for teaching and creating a successful trip from start to finish was awe-inspiring. The lives she touched, those of students, other instructors and friends are better because of the time spent with your daughter.

I will be returning to ARCC this summer where I was looking forward to reconnecting with Kate. She will be dearly missed. Enclosed are some photos that you can share this part of Kate's life with others that are mourning her loss. If you have any question or would just like

to hear more stories, feel free to contact me. My thoughts and prayers have been with your family.

With loving memories,
Eric Myers



FRIENDLY REMINDER

Over the past sixteen years the Foundation has earned \$28,000 in card sales. From 2005 thru 2015 we averaged \$2,163 per year! Last year we raised \$1,166.74!

So, I am asking you, our valued supporters to think of the Foundation when you want to honor or memorialize someone. Just go to the website for a form or email Ellen at esvitek@comcast.net and let her know who the card goes to and for what reason. Cards are only \$10 each and the foundation makes \$9.45 per card! Let's support the Foundation instead of your favorite card shop!



Thanks to the support of the Kate Svitek Memorial Foundation, Los Angeles Waterkeeper (LAW) adapted our Healthy Habitats Programs to optimize the impact of our work in a socially distant world, by providing accessible and hands-on avenues to improve the health of our local waterways and communities. While continued COVID safety restrictions precluded us from

working with as many program participants as we had hoped with our MPA work, over the past year LAW: bolstered monitoring of LA's Marine Protected Areas and meaningfully engaged with nearly 500 volunteers our new, digitally-enabled and data-driven Community Cleanup program (now named the Creeks to Coast (C2C) Cleanup Challenge) to tackle one of the most pervasive pollution issues in LA County.

MPA Watch LAW's Marine Protected Area (MPA) Watch program, which aims to enhance our communities' understanding of the importance of MPA's in protecting and restoring fish populations and marine habitats, proved most critical this past year. While we weren't able to engage many volunteers, (though did work with ~10 dedicated past volunteers) due to COVID safety concerns on our small working boat, we continued monitoring LA's MPAs and working with the CA Department of Fish and Wildlife (DFW) to enhance the management and effectiveness of our MPA's. Community Cleanup Challenge (Creeks to Coast Cleanup Challenge - LAW launched our digitally enabled Creeks to Coast (C2C) Cleanup Challenge in November 2020 and have since engaged 497 participants in cleaning up more than 1 ton of waste and collecting critical data on 40,648 pieces of plastic and other waste impacting our environment at 21 sites across LA County. Participants choose from our approved coastal, rivers and creeks, metropolitan, or trail sites and clean up their locations, utilizing the Litterati app to record their findings. We estimate that only about 30% of trash cleaned up gets appropriately captured within the app, and are working with participants to increase adoption, as this data can help inform local pollution reduction efforts. To support these efforts, we became actively engaged with three coalitions-- Clean Seas, Plastic Pollution Coalition, and Reusable LA-- and to expand our reach and engage new audiences, established partnerships with 4 community-based organizations (CivicSpark, FOLAR, Friends of Ballona Wetlands, and Pacoima Beautiful), 2 high school groups, 5 sustainable brands, and 3 social media ambassadors. We also developed an educational presentation and an incentives program to complement the cleanup challenge. With COVID restrictions easing as of June 2021, we've also been able to host live cleanup events from World Oceans Month - Plastic Free July. To celebrate Plastic Free July, we kicked off the month with a virtual screening of the groundbreaking expose the Story of Plastic followed by a live-streamed expert panel on Plastic Solutions, which has reached 463 viewers (across YouTube and Facebook Live) since it aired on July 8th, 2021.



Thank You to the Kate Svitek Foundation for supporting our newest feature at Robbins Park Environmental Education Center and Upper Dublin Township park, in Ambler, PA. Last year's seniors and classmates of the PBL Environmental Education class at Upper Dublin High School received your

grant, which helped fund the "Kate Svitek Memorial Nature Play Area". The students, staff, township, and along with a few other local donations from businesses, made it come to fruition. I was considering building something like this for years and your support made it happen.

The play area was designed so that children and families from the community, as well as school groups visiting, can slow down and play in the woods. The township summer camps also utilized the area for breaks and play. During the school year, I give my students time to explore at the end of our lessons. The KSM Nature Play Area provides children with an unstructured time to explore, be creative and use natural materials, such as wood, cones, planks, stumps, things from nature. This area is setback in the shady woods and has several 'stations' to visit. We hope this promotes curiosity, imagination and an appreciation for nature. There is proven data that when humans connect with nature, they are healthier physically and mentally. Being in nature can improve eyesight, listening, lowers heart rate, improves balance and coordination skills. We hope kids and adults feel the connection with nature.

Over the summer, we built the majority of the stations but hope to still add things as time goes. Signage is also almost complete. There are simple physical movement features like stump walks, balance beam log, hopscotch. There are design and creative features like log roll with ramp building, fort building with sticks, fairy village building, magnifier posts to get a new view of nature objects. There are some games like tic-tac-toe, hopscotch, can toss, checkers, dots, balance leveling. Please see the pictures and video below.





Lucky to Ride successfully ran its Learn to Earn (Lte) program for 2021 thanks to the support of the Kate Svitek Memorial Foundation and other funders. Lucky to Ride worked with our agency partners, the Boys

and Girls Clubs of Metro Denver and Uplift Denver to bring our hands-on STEM curriculum to students that these groups work with long-term. We served over 60 youth in 2021 for just this program, with the program offered to classes of ten students at a time. Each class enjoyed twelve hours of instruction broken into five to six sessions.

Over the course of the program, youth received training and hands-on practice in basic bike maintenance skills and safe bike riding skills. Our highly-trained instructors used our curriculum framework to help participants link the basics of bicycles to key STEM ideas like Systems, Simple Machines, Energy, Force, and Friction. The bikes helped our instructors bring these abstract concepts to life for the youth in a practical and fun way. The participants walked away from the program with more than just a deeper understanding of bike safety and maintenance, or even a new interest in STEM

concepts. They each earned a refurbished, geared bicycle of their own, a bike helmet, a bike lock, replacement tube, bike chain lubricant and two tire levers. In the low-income communities with which we work, owning a bike can be a rarity. The youth value having something that belongs to them alone. Furthermore, a bike represents the freedom to move around the city independently. These youth are now able to get where they want to go in a way that improves their



mental and physical health.

Bike maintenance skills (changing a tire, resetting a bike chain, ABC Quick Check) and safe riding skills were measured by instructor observation, and instructors recorded that over 95% of all participants demonstrated these skills, with most classes achieving 100% success.

We also ask that the students engage in a deeper evaluation process that reveals whether they understand the overlap between bicycles and STEM concepts. At the beginning and end of the course, we ask them to share vocabulary that they know related to bikes and to STEM, and any words they can think of fall into both categories. The initial assessment showed that the participants struggled to come up with words that fit both categories. After six sessions focusing on STEM concepts as they relate to bicycles, the students consistently showed a significant increase in understanding of the STEM vocabulary focused on during the program, and its relevance to bicycles.



Lucky to Ride serves young people from target Denver neighborhoods in southwest and northeast Denver (Ruby Hill, Athmar Park, Overland, College View, Westwood, Barnum, Barnum West, Valverde, and Montbello) as well as from the neighboring cities of Sheridan and Commerce City. Together, 67% of residents of these neighborhoods identify as Latinx or Hispanic, 6% identify as Black or African-American, and 20% live below the poverty level. Most of the focus neighborhoods for Lucky to Ride are majority Hispanic, with some Hispanic/Latinx populations making up 75% or more of the neighborhood. Poverty rates in these neighborhoods are generally over 15%, and reach as high as 30% of families in some areas.



We are deeply grateful for the financial support from the Kate Svitek Memorial Foundation in 2021. Our mission, "Revealing the Possibilities Within," is at the core of all we do at the 100 Elk Outdoor Center.

In 2021, 100 Elk hosted 28 schools, 1,598 students and 211 chaperones at our facility. Thanks to the funding from Kate Svitek Memorial Foundation, we were able to provide 10%-20% financial aid to three Title 1 schools that brought a total of 280 students for outdoor education. We also provided a discount to two schools that brought 126 students. These schools have been coming to 100 Elk for many years and had additional financial struggles this year due to Covid and transportation restrictions.

This year, we continued our focus on three categories of activities, all of which were offered in the great outdoors:

- 1) Challenge activities, including two high ropes courses, rock climbing, archery and horseback riding
- 2) Community-building activities, including canoeing, low ropes courses and team-building sessions that focus on problem-solving, communicating as a team and fostering friendship.
- 3) Ecology activities, which help foster a love for and understanding of the outdoors. We led eco hikes and taught survival skills as well as played group games that simulate how ecosystems and the food web work.

Here are some comments from our participants:

"Thank you so much for an amazing week! From the exciting adventures to the comfort of a cabin on a cold night, we all appreciate your generosity. You made our trip fun when we thought otherwise. An unforgettable time with unforgettable people. We hope 100 Elk continues to inspire those who love the outdoors."

"Thank you for making our awesome trip so much fun and safe and very exciting. My favorite activity was the ropes course and the leap and ladder but they were all fun. I also liked the campfire and the lake night walk. I had a lot of fun."





Thanks to the generosity of donors like the Kate Svitek Memorial Foundation, Camp Rainbow served 80 enthusiastic and grateful kids ages 7-14 this year. We administered pre- and post-assessments to evaluate the campers' assimilation of Internal Developmental Assets (IDA). Our goal is to assist campers in increasing their IDA, the "building blocks of healthy development". Studies indicate that youth who possess more IDA have significantly increased chances of resisting high-risk behaviors and of achieving success in school and work. In 2021, on average our campers assimilated 4.40 IDA.



The Kate Svitek Memorial Foundation's grant of \$5,000 was extremely significant this year as it helped us recover from the effects of the COVID-19 pandemic while providing healthy, enjoyable, productive experiences for campers at Camp Rainbow. The grant allowed Camp Rainbow to accommodate more campers than it would have without the grant funds.

Beginning in April, Camp Rainbow sent out and delivered 3,000 camp applications in English and Spanish to Montgomery County school guidance counselors, social workers, and police officials. In May, we began preparing for the summer season which took place in July.



This year our campers enjoyed new air conditioning in the dining hall, a new low ropes course and new expressive art projects, although tie dye is still a favorite. A new gaga pit was donated and yoga was a big hit as kids learned about mind/body relationships. Team building and problem solving were practiced extensively through Play with a Purpose exercises. Some of the other favorite activities were group campfire songs, STEM projects, boating, archery, creek exploration, and nature hikes with plant and animal discussions.

Next year we will be adding musical instruments and music-making, dance, and song writing to our activities and are looking forward to a 6- or 7-week summer and that may include kids ages 15 and 16 in addition to kids ages 7-12. We feel that the older kids benefit tremendously from the Camp Rainbow program. We plan on rehabbing our outdoor pavilion area to better accommodate dance parties, Play with Purpose activities and as act as a meeting place for team bonding.



One of the beloved annual traditions at Explorations Academy is the Washington State History Road Trip. Students get a firsthand look at the past and present of the Pacific Northwest by meeting with lawmakers, farmers, activists, smoke jumpers, and musicians while traveling across the state and visiting the major historical sites. Clearly such a trip would

be ill-advised in the age of COVID; however, our creative teachers were able to create a safe alternative that met all the objectives while still getting students out into the world. With the help of the Kate Svitek Memorial Foundation, Explorations Academy students spent a week camping on Sucia Island, an uninhabited island in the San Juans, examining the geological, ecological, and anthropological past. During that time, they surveyed fossils, put their hands into fault lines, observed animals, and surveyed the middens left behind by the Native Americans who have visited this island since time immemorial. In addition, they worked with Washington State Parks to eradicate invasive species and to ensure the park will remain accessible to future groups. The trip was a resounding success with 100% of participating students earning credit for this course. We thank all the supporters of the school and especially the Kate Svitek Memorial Foundation for helping to make history come alive and for ensuring that similar opportunities will exist for future generations.





Grateful CAP Students Write About Their Outward Bound Experiences

In 2006, the Foundation joined forces with Community Academy of Philadelphia (CAP), a charter school located in north Philadelphia. With the Foundation's backing, as many as 10 annual scholarships per year have been awarded to CAP students who then attended the North Carolina Outward Bound summer program. Additionally, this Foundation scholarship program was officially designated as the *Kate Svitek Memorial Foundation North Carolina Outward Bound Scholarship Program*. The following are excerpts of thank you letters after their NCOB experience.

...The hardest part of it all was the rock-climbing. It didn't seem as scary and I was really excited about it but when the moment came, and I was looking up at that huge rock, it became very clear of how afraid I was. I was shaking and my heart was pounding the hardest I've ever heard it pound. I trusted the people who were responsible for not dropping me but I didn't trust myself to know what I was doing. I told everyone that day that this was the first time I realized I didn't trust myself enough, not just when I was rock climbing, but making my own day to day decisions. I didn't trust that I could be successful. I didn't trust that I could do something that I found really hard. I simply didn't trust who I was. Outward Bound made me realize that I am so much more capable than I thought. I now truly believe I can do anything I set my mind to. For that, I will forever thank you. – *Arianny*

...The course for me was a once in a lifetime opportunity. Not to make the cliché thank you letter in which I talk about my background and how my type of people don't get opportunities like the North Carolina Outward Bound offered me. However, it is true. It is incredible to believe that a Latinx from Philadelphia, who immigrated from the Dominican Republic with parents that have had limited options in order to achieve the best for their children was given such an opportunity to travel to North Carolina and learn outdoor skills and make forever friends.

During Outward Bound I was faced with trials and had my fair share of failures. At the beginning of the course, I thought I was completely alone in a new state and had to make completely new friends from scratch. Fortunately, however, I was surrounded with kind people and had a blast the moment I got off the plane to arriving back home. I am grateful to have been able to participate in Outward Bound for allowing me to meet so many new people. From my peers to the instructors, I felt connected to everyone there. I am grateful to have been able to meet some people there.

For example, I met one of my now greatest friends, Arianny Sanchez. Although we had been going to the same school for about 3 years now, I had never spoken to her until I went to Outward Bound. As a result, we now are best friends and it seems as if we have known each other forever. It's October now and our bond has only grown stronger. We have grown close to our peers Damour and Jayden. I am grateful to have met these people because they were the ones pushing me when I thought I could no longer push myself.

Our instructors Ryan and Molly were also great influences on my trip. Molly is one of the kindest souls I had ever met who encouraged

and believed in me when I didn't believe in myself. Ryan, the head instructor, is a wise and trustworthy individual who I know I can trust and has the best advice.

The views on the mountains and wildlife are amazing and once in a lifetime. I remember rock climbing and wanting to go back to the ground, but being told to look up; the mountains could be seen in the distance, birds could be heard and trees could be seen for miles and miles, the view almost brought tears to my eyes. I look into these memories from getting off the plane and being timid to having a bonfire and telling stories and getting to know each other to rock climbing and cheering each other on and am so grateful it almost brings me to tears. I would give almost anything to go back and be able to experience these heartwarming moments again. I believe that if you participate in the experience 100% and give yourself into learning and trying, you will have a good experience. Thank you so much for this amazing opportunity. I will always be grateful and in your debt. – *Kaina*

...In this course, I learned that I could push myself further than I ever thought I could. My favorite moments were always the ones where we were all together talking about random things, saying and doing goofy things. That was always a fun time. This whole experience was a great time. I had so much fun. I am extremely grateful that I had this opportunity to create new bonds, not only with my fellow companions at Outward Bound, but also with the instructors. They were super helpful and supportive of us. They always joined in on the games we played and the goofy conversations we had. I loved our instructor and everyone that was on the course at Outward Bound. The experiences we shared and the memories we created are precious and priceless to me. Outward Bound is an experience I'll never forget. – *Richard*

...Thank you for the opportunity to allow me to experience the Outward Bound trip. Even though it was only 1 week because of COVID19, there were still a lot of new things I learned and enjoyed. I'm so happy that I got to celebrate my birthday with the amazing people who were on the course including the instructors. I am very proud of myself for completing the course without the thought of wanting to give up. – *Skyla*

...Thank you so much for the opportunity to get out and have a chance to enjoy nature. I had so much fun during your one week course in NC where I got to meet the people I will forever be connected with. My favorite part about our journey was when we were climbing up the mountain and I got to see the amazing views and hear the sounds of everyone cheering me on. The amount of teamwork that went into the success of our group was incredible. I would say there was nothing that I didn't love about this course. I learned a lot such as how to filter water, read a map and a compass as well as mountain climb. – *Ciara*

...This course has made me really open my eyes to the great outdoors from the beautiful views to the sounds of nature. It was such a great time for me. Honestly I didn't want to do it at first and it was way out of my comfort zone, coming from such a packed city and never really being outdoors was something I wasn't really excited about. – *Christian*



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