



Trail Mix @ Canews

ISSUE 19 • 2016 SEASON

ANNUAL NEWSLETTER OF KROKA EXPEDITIONS

A farm-based wilderness expedition school • 767 Forest Road, Marlow, NH 03456 • Phone (603) 835-9087 • office@kroka.org • www.kroka.org

KROKA STANDS WITH STANDING ROCK *by Nathan Lyczak*

In early December a group of ten Kroka Staff, alumni and students made an expedition to Standing Rock Oceti Sakowin Water Protector Encampment, Cannonball, North Dakota. Here is their report:

We departed the Kroka campus on Friday, December 2nd carrying firewood to share, yurt-building materials, and a generous donation of fresh-baked bread from Orchard Hill Breadworks. We drove west for 24 hours and then stopped in Minneapolis, where we visited the University of Minnesota and Fort Snelling State Park, a Native American spiritual site at the junction of the Mississippi and Minnesota Rivers.

After Minneapolis we traveled late into the evening, arriving after midnight in Bismarck, North Dakota and choosing one of the dozens of newly constructed oil boom hotels as a place to rest for a few hours. At sunrise on Sunday we set out over the prairie buttes into the territory of the Standing Rock Lakota Sioux. Our destination was the Oceti Sakowin campsite, the nerve center of the water protection movement for the Missouri River. We arrived at the edge of an enormous, seemingly unending influx of campers, water protectors and thousands of veterans and were grateful to be greeted by a friend who guided us to a campsite amongst the vast, chaotic valley of yurts, tents, RV's and tarps. The camp was noisy with the crackling of loudspeakers, the humming of generators, and constant encirclement by helicopters and drones overhead.

continued on page 2



ECUADOR EARTHQUAKE RELIEF

by Misha Golfman

The earthquake with a magnitude of 7.8 hit the coast of Ecuador on April 16, 2016. The Dammer family and the Nahual-Kroka team responded within 12 hours. Children of Perkins Academy in Marlow responded as well by collecting donations for the relief work.

Nahual director Michael Dammer wrote to Kroka: "Could you send a special thanks to the children of John Perkins School for their earthquake donation, it was the perfect amount to have the windows made for the house and I personally went there for a few days to install and finish the house. The beautiful 700 sq-ft design by Francisco Dammer was built with local materials and even includes a composting toilet, and a sustainable replanting of bamboo for future construction."

The building process is long and there are still many houses to be made and families to help. We are currently working on two more houses.



SUMMER 2017 PREVIEW

by Ezra Fradkin

Our 23rd season will open with seven completely new programs:

Maiden Voyage

A two-month-long sailing expedition from Lake Champlain to Quebec City

Cloud Peak Expedition

A four-week-long mountaineering expedition in Wyoming

The Lost Caverns

Connecting many hidden caves via mountain bike expeditions

Penobscot Expedition

Bringing history, culture and traditions of the Penobscot Nation to our Voyager canoe Ocean Expedition

Rangers Apprentices

The art of trekking, stalking, camouflage, bows and swords

Mysteries and Magic

If you ever truly wondered where our food comes from, love farm animals and wish to spend a week taking care of the land, this is your opportunity!

It Takes a Village

A week of cooperative parenting in nature



Drawing by Finn Mahoney, Semester Alum

WHAT'S INSIDE

Summer News, page 2

From the Founders, page 2

Re-Accredited!, page 3

School Program News, page 3

On the Farm, page 4

A poem by Deborah Zafman, page 5

Semester News, page 5

Job Opportunities, page 5

Alumni News, page 6

Cookbook Plans, page 6

2016 Donors & Financial Report, page 7



Standing Rock, continued from page 1

An interfaith ceremony of prayer began at the sacred fire. We heard exhortations from diverse spiritual leaders hailing from northern Inuit villages to Princeton's Cornel West to Navajo elders to an Iranian Muslim; all overseen by the stoic figure of Chief Arvol Looking Horse of the Lakota Sioux. The watershed of the afternoon was the news that the easement for Energy Transfer Partners to dig under Lake Oahe was not granted, resulting in a mixture of emotions and reactions spreading through the informal communication lines of the camp. The evening concluded with a beautiful sunset and celebratory fireworks.

Our experience for the remainder of the week was dominated by the worsening weather: a fierce blizzard with strong winds and blowing snow and very low temperatures meant that activities within camp shifted into survival mode: providing food, shelter, and sanitation for several thousand people who were camping in sometimes fragile circumstances – without electricity or running water.

Despite these challenges we managed to keep busy! Several of us found steady work in one of the camp kitchens – which were long dark cold crowded army tents - chopping vegetables and washing dishes for hour after hour. Others worked with the medics in the blizzard, wandering through the chaotic campground checking ragged dwellings for the health and safety of their occupants. Two of us worked in the donations tent – processing and disbursing the incoming donations of clothing and footwear. Andrew volunteered for a round of toilet duty – helping to maintain the sometimes overflowing and very unsanitary porta-potties that the entire camp relied upon. Scattered throughout the days were occasional meetings and training sessions offered by the Indigenous People's Power Project. We also found the proper destinations for the food and supplies that we had brought and we cleaned and maintained a nearby camping trailer that had been donated for a local family who was coming to take up residence.

By Wednesday evening we elected to depart. We had reached the end of our own water and firewood supplies, and did not wish to use resources of anyone else. We also needed to budget ample time for the 48-hour trip home across 1,800 miles of long nights and snowstorms.

All of us want to express our gratitude for the generosity of the Kroka community that made this trip possible. We all learned a great deal about so many things, and together we made a difference for the camp community in many small ways. This experience will stay with us for the rest of our lives.

Sofia Burnham, Izzy Duich, Ezra Fradkin, Cat Hannigan, Hanah LaBarre, Nathan Lyczak, Brandon McDonald, Andrew Row, Charly Sperling, and Kat Wood.

FROM THE FOUNDERS

2016 was an extraordinary productive year at Kroka!

In our 22nd season full enrollment continued across all programs with a total of 812 students attending Kroka in 2016. The re-designed sliding scale tuition brought in additional revenue that in turn allowed for more low-income families to participate in the programs. Kroka is unique in its ability to offer world-class adventure while continuing to be accessible to local families. In 2016, 64% of our students came from our local tri-state area.

With completion of the first phase of the Capital Campaign we finished the barn and more than doubled the size of the farm putting sustainable agriculture side by side with adventure and wilderness skills. Even with the Capital Campaign effort our annual giving this year reached \$ 67,932, up from \$ 44,525 in 2015!

2016 was an important year for our Board of Trustees. Under the leadership of Rick Hemond (father of Rachel, VSP '15),w the board has developed committees in the areas of active curriculum, facilities, development and personnel. Some of the many great accomplishments of the board this year include visioning for the second phase of capital campaign, completing the architect selection process and assisting Kroka in establishing two college-level semester courses offered through Wheelock College.

Under the guidance of the board we implemented a new staff compensation program bringing earnings across the board in line with livable wage and putting in place progressive benefits aimed at adequately supporting Kroka's hard working staff community.

We continued our work with our local community, donating eleven days of programming to Perkins Academy of Marlow and delivering student-split firewood to local residents in need. This year we took an active role in the Plan Marlow community process by helping to design a local multi-purpose trail network. Kroka students built a composting system for Perkins Academy and an informational kiosk for downtown Marlow.

Partnerships have always been central to our story. In 2016 we started a new partnership with the MC2 (Making Community Connections) school in Keene, NH, offering a year-long expedition leadership course.

SUMMER NEWS *by Ezra Fradkin*

Summer 2016 has seen record enrollment, including 318 students representing 19 states and 3 countries!

While we welcomed students from as far away as Hawaii, California, and Israel, we continued our strong commitment to local families. In 2016, 186 families came to Kroka from our local tri-state area. Last summer, 136 families received financial aid. In addition to 26 programs for students we also offered six successful Saturday parenting workshops with common themes that began with the same question: "As you were driving to Kroka today to pick up your student from camp, what was on your mind? A worry, concern, question?" So here are the few most common themes that were on the minds of Kroka parents last summer:

- Effects of information technology on quality family time and how virtual reality is pushing out the natural world and children's relationships with their family and real-world friends
- The desire for rhythmical work for children at home and the struggle of finding meaningful chores in a house filled with conveniences
- Challenges of coming up with natural consequences and setting boundaries
- Pressure of homework preventing children from spending time outdoors after school and on weekends
- Desire for community of like-minded parents to share joys and challenges of parenting



The election season has reconnected Kroka with its civic responsibilities. The entire organization is re-energized as we embark on the journey to protect human rights and the integrity of our living environment. Our recent efforts in earthquake relief in Ecuador, support of the Standing Rock movement and two alumni diversity forums are powerful examples of experiential education!

There is a lot to look forward to in 2017. A 30-foot long sailing Umiak is being built at the boathouse by MC2 students. Seven new programs (a record number of new initiatives!) are being crafted for the summer. Diversity, social justice and environmental activism are being woven into every aspect of our curriculum while mountain bikes (thank you Surly bikes!) and Russian cataracts (Thank you ZelGear!) are changing the nature of adventure programming. Many new partnerships are underway as well as a feasibility study and the design process for the second phase of our Capital Campaign. Staff and students are getting ready to attend the Women's March in Washington D.C. later this month. Kroka campus wakes up every morning with a sense of purpose, direction and enthusiasm for the future.

We fall asleep each night to the hooting of owls and the howling of coyotes, happily exhausted by meaningful work. Thank you, Kroka family!

RE-ACCREDITED! by Ezra Fradkin



We are excited to announce that we have once again been granted accreditation by the AEE (Association for Experiential Education), extending our standing among AEE's accredited organizations for another three years! AEE's review team spent three days at Kroka in June observing programs, interviewing staff, and learning about our unique educational philosophy. Reviewers Anne Morse and Christian Bisson reflect on their visit:

"Kroka's mission is relevant and crucial for our times. The focus on creating real and meaningful connections between participants and the natural world and invoking spiritual meaning in daily activities is powerful, well conducted, and bold. The review team was impressed by the scope and depth of the curriculum, the engagement of the students, and by their role as leaders on campus."

"Kroka does a better job than most outdoor organizations of honoring, exploring, and connecting with the cultures of the places they travel, particularly the indigenous cultures. Kroka's practice of sponsoring up to two indigenous Ecuadorian students on the Ecuador semester is a strong example of leadership toward economic and racial equity."

We are proud to be an accredited school, and look forward to continuing our work under the professional guidance of AEE for the next three years.

SCHOOL PROGRAM NEWS by Ezra Fradkin

A Kroka student describes his 8th grade trip: "For some people, when they think of the word 'field trip,' an image of a trip to the zoo or a museum comes to mind: children all in matching clothes with teachers closely chaperoning them at all times. If only they could see Kroka: children not only learning but doing, being free to explore with bare feet, waking up with the sunrise, and singing to the stars."

Kroka school programs empower students to come together and strengthen their class community outside of the classroom setting. Kroka students face daily challenges as individuals and as a group that they must overcome: waking for chores before the sun is up, navigating a challenging rapid, hiking through the pouring rain, facing their fears in the depths of a cave. To meet the challenges students must rely on both their individual strength and the strength of their class community.

These lessons have lasting effects that are carried over into the classroom. Leaders emerge who may not have otherwise had the chance to lead, and the most confident students in the class are humbled by nature and must learn to rely on their peers. After their 8th grade class went caving during their week-long expedition a teacher reflected, "although we were together, the dark, cold, tight squeezes in the cave illuminated individual fears as well as unexpected courage. The sense of personal triumph exploded in the cave!"



As we look forward to the spring season, I am moved by my memories of last years' experiences: unexpected courage, emergent leaders, and resounding group triumph. In 2016 over 400 children participated in Kroka school programs from 21 public and private schools across the United States. We worked with many new schools and continued to strengthen our existing school partnerships. During our 2016 school season, we:

- guided an 8th grade expedition through Labyrinth Canyon, Utah
- pioneered an expedition on the New River in Virginia in partnership with Spikenard Farm
- integrated farming into all on-campus experiences
- worked with grades 7-12 from the Lake Champlain Waldorf School
- launched a sustainability curriculum for high school students in the Kroka Village
- led a culminating 12th grade trip in Ecuador
- developed an expedition leadership & boatbuilding course with the MC2 school
- continued our work with local public school partners connecting kids to place in New Hampshire

We have limited space in our 2017 schedule and are already scheduling for 2018! We look forward to continuing to grow our school programs in the coming years.

2016 FARM FACTS

- 875 students worked on the farm in 2016
- We grew 5,483 pounds of vegetables
- Chickens laid 2,409 dozen eggs
- The farm produced 232 pounds of beef and 350 pounds of soup chickens
- The cows gave us 915 gallons of milk, from which we made lots of yogurt, butter and cheese
- In addition to feeding Kroka we have sold \$10,000 of food to local community

THE NEW KROKA BARN

Oh! How exciting it is to have our very own barn!

To have all things in one building:

The animals

The hay

The place to process milk

Grow seedlings

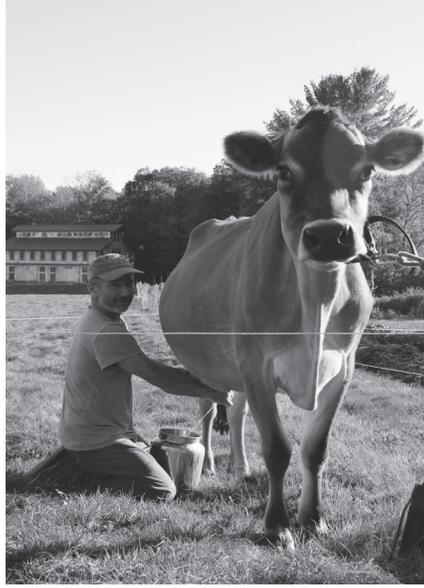
Store and process the harvest

Sell the products

Water for animals and hand washing

And a special place for the children to work and appreciate!

It is truly a gift and we are so grateful to all who have helped to make this dream come true!



2017 KROKA FARM APPRENTICE PROGRAM

We are offering an apprentice program at the Kroka farm. This is an opportunity to work and learn on a biodynamic/organic educational farm.

The program will encompass hands-on work and training, classes on biodynamic and organic farming, visits to other sustainable farms, practical work with children, and life within a vibrant community. Interested? Contact Lynne at lynne@kroka.org.



In just a few days a group of 13 Winter Semester students will pioneer an "Arctic Dreams" route during February and March. The group will ski in the Chic-Choc mountains on the Gaspé Peninsula and after crossing the gulf of St. Lawrence they will cap the winter with a 16-day traverse of the Uapishka range on Quebec-Labrador border.

And while this new adventure is underway, VSP '16 alumna Claudia Danford is studying the feasibility of a possible 2018 route through the White Mountains. Our goal for the winter semester is to add two alternative routes to an existing Catamount trail expedition to make the impact on the land from our expedition travel more sustainable.

13 students, including two Ecuadorians, completed their semester in December. At the end of their 4-month journey all students summited mount Antisana. Thomas Dammer and Marcea MacInnis have done masterful work in guiding these outstanding young people while continuing to raise their two daughters Nayah and Nina. Mathias Dammer and Nicole Marchan (and their daughter Aira) are preparing for the 2017 Ecuador semester. They will be assisted by Andy Notopoulos and Tupac Guatemal (ESP '09).

At Palugo farm a new Bodega (an equipment barn) construction is underway with everyone pitching in under the wise guidance of Don Francisco Dammer.

Two semester courses: *Finding our place* (humanities) and *Living on Earth* (Earth science) are now earning four college credits each through Wheelock College in Boston and we are hard at work on college accreditation for the rest of the semester academic work.



Road bridges in Ecuador cost a lot less to construct than those in the US. The feeling you get in your gut when driving across one is priceless!

JOB OPPORTUNITIES AT KROKA

We are looking for several outstanding leaders to join our vibrant staff community. Current job opportunities include:

- Wilderness Expedition Leaders
- Development Assistant
- Farm and food programs apprentices

TO APPLY, PLEASE VISIT WWW.KROKA.ORG



by Deborah Zafman, mother of Malena Ordnung, ESP '16

since we all wish to set the world on a healthier track
please imagine now the vertical y axis lying down on its back

x axis stands tall now for this poem to be true
that's all i need to ask you to do

thank you for making this conceptual rotation,
this turn shall help with our earth's proper gyration

so bear with me now as i unveil to you a theory
listen closely please, there's really no need to be leery

i know of all people you at kroka will understand
because you're all truth seekers in love with this wonderland

so here i go now, i invite you to come along
some day perhaps i'll turn this into a song:

i believe that love is horizontal gravity
and it's been western man's mistake to focus so much on verticality

as homo erectus we've forgotten to see through the heart's eye
standing upright, our brains took over and have trapped us in a lie

the x axis you'll see has led to the thinking brain's dominance
this brain that judges, divides, and wields critical prominence

it's rigid, linear and keeps some things down low
it is ladders and walls, it doesn't inspire us to flow

besides, x means x-out, erase, prohibit, destroy
it's code for what's negative, it deprives us of joy

when man became vertical, thinking brain found itself at the top
we gave it way too much power and this now has to stop

so let's move away from the thinking brain
and sink deeply into the glorious heart plane

i'm currently obsessed with axis y
which isn't a line but more like a pie

this horizontal circular is the sweet realm of the heart
where kindness, compassion and wisdom take part

it turns ladders into bridges, walls into ground
this shift to axis y is where the truth can be found

there's inclusion, equality all things can be shared
with heart-based living there's no need to be scared
and remember, y stands for yes, y is shaped like a chalice

a receiving vessel inviting us in to heart's palace

so when you arrive in ecuador

the glorious land of beauty and amor
remember the equator is mother earth's heart realm

and you are shifting from x to y, placing your heart at the helm
and although they say what goes up must come down

the truth is it's all a circle that goes round and round

so now you shall leave behind the selfish "I"- that straight-up ego
and instead become the kind and loving Y-O "YO"

The Kroka Student Association's (KSA) mission is to be a bridge between Kroka and the alumni as well as a resource for new and old alumni in their daily lives. To that end, KSA has continued to produce a biannual newsletter, organized the annual reunion at Kroka (January 1-2, 2017) and rounded up different action groups to support our alumni and current semester students. This past year we formed some wonderful action groups like the "it's a big deal" group, which recognizes major moments in alumni's lives. We also began working towards an Alumni scholarship to financially help a prospective student. We look forward to hearing from alumni and our community in the coming year! To contact the KSA, please email Anna Soltys Morse at annasoltysmorse@gmail.com.

WHAT ARE OUR SEMESTER ALUMNI UP TO?

"I've been living and working on a large sheep and cattle farm on a remote island off the north coast of Scotland. This week we slaughtered and butchered six sheep for the annual island harvest festival, which took place during a 60mph gale!" — *Finn Mahoney, VSP '14*

"I am in the midst of working on my senior thesis at Hampshire College, studying the impact of ground-mounted solar panels on soil and plant communities. I've also been learning how to white water kayak and have been getting back into climbing which are great things to balance out school with!" — *Josia Gertz DeChiara, VSP '12*

"I am now in a three year circus school in Quebec City. I was very happy to get into this school; it is difficult as a foreign person to get in, since they have a quota to fill from the Quebec province first. I really like the area. We are within walking distance from the school and the Old Town. There is a river and a large park near us, it's quite beautiful. I have my skis for when the snow comes!" — *Anna Soltys-Morse, VSP '10*

"I was up in Matchis, Maine most of the summer and late fall building a large 24'x36' timber frame for some dear friends. When we weren't building, we spent much time walking on the beaches and rugged coastlines, polling up rivers, swimming, and fishing! We put up quite a bit of mackerel, alder-smoked some of it and froze the rest. One day we caught over 190 of the mackerels! I'm home now in Alstead, NH and look forward to seeing many of you soon!" — *Hans Mayer, VSP '08*

"I'm finishing up an excellent fall season working for Acadia National Park and enjoying the heck out of the fall foliage down east. I hope y'all are getting plenty of opportunities to enjoy sentence on this our shared space ship!" — *Jed Mason, VSP '08, ESP '08*

"I am in my second year at Smith College and excited to do a semester away with Sea Semester in the spring." — *Elsbeth Pendelton-Wheeler, ESP '14*

"I am: picking wild apples, making cider, making hard cider, making mead, drying acorns, making wild grape wine, and other fermentation adventures." — *Oliver Mednick, VSP '10, '14, '15, & '17*

"I'm currently happily married and living in Boulder, CO but dreaming of moving to the CA coast to be by the ocean! I'm working on starting a sustainable fashion/athletic wear blog and getting into nature as much as possible! I still love to be barefoot. I miss the Kroka community and want to come visit someday soon." — *Serene Summerfield, VSP '11*

"Since working at Kroka this past summer, I've been busily finishing the last year of my history degree, researching and recreating 18th century Scottish fisherfolk (see photo). Last week I got to work with a basketmaker, and we made some traditional willow fishing 'creels'! Next up is a copy of a historical fishing line!" — *Adam Hodges-LeClaire, VSP '12*

"Currently I am working as a tattoo artist in Burlington Vermont. I am surrounded by a beautiful community of artists, musicians, and adventures that often remind me of our Kroka community." — *Zoe Myers, ESP '12*

"I am in my final year at Kenyon College in Ohio and will hopefully be graduating in May with a degree in Spanish and Arabic literature." — *Phoebe Carter, ESP '12*



Alumni Reunion in January 2017

"I am in my final year of nursing school at Binghamton University, and thoroughly enjoying my time here. I balance my study time with yoga, bike rides, cooking, playing in the orchestra, promoting healthy life-styles on campus, and adventuring with friends. I am reminded daily of my gratitude to Kroka for the tools I acquired through my experiences there." — *Shai Lev, ESP '12*

"I'm doing really well! I'm living with Adrian Botran (VSP '14) in Randolph Vermont and finishing a two-year degree in Equine Studies. This summer I plan on going hiking in Europe and hopefully buying my own horse!" — *Cassandra Sherts, VSP '14*

"My wife and I are both working back in our home town (Ventura, CA) and enjoying our life as one! We look forward to returning to WWOOFing/traveling in the next few months and leaving Southern California." — *Kevin Wood, VSP '14*

"I spent a semester in 2015 studying in Switzerland and travelling around Europe, and have spent the summers working at a summer camp in Canada. I am currently enrolled in University at Queen's University in Canada where I plan on majoring in Global Development." — *Amy Walsh, ESP '14*

"I went to Palugo and shared time with the Dammers and Connor Myers (ESP '10). We went to the Chozón and I was reminded of the cool time that we spent there. I am almost done with college (pretty cool to say that.) My English is not the best, but I still work on it. Also in a few days I will go to the Semester at Sea to represent Ecuador and the culture and share some cool experiences, really excited about that." — *Shiram Agama, ESP '10*

"I've been loving gradually making Valdez, Alaska home, sea kayak guiding here and also in the Caribbean of Panama. If anyone wants to head up or down in those directions, give me a shout! I'm always looking for adventure buddies. Also looking for a woodstove and possibly a wall tent pattern to make my own! Anyone got one or know where/who does? Thanks! Big hugs to the Kroka community!" — *Ilene Price, VSP '08*

COOKBOOK PLANS *by Hanah LaBarre*

Coming soon ... a Kroka Sustainable Expeditions Cookbook! No triple-boiled béchamel sauce, this will be the nuts and bolts of our food systems. From harvesting your farm greens, cracking and crushing your egg shells to mealtime curriculum, the treatment of ziploc bags before, during and after your expedition.

Do you have a favorite Kroka planning/packing/cooking/cleaning tip? Write to me soon to share your insights and expertise at hanah.labarre@kroka.org.

2016 DONORS

THANKS TO THE SUPPORT OF SO MANY GENEROUS DONORS WE WERE ABLE TO REACH OUR 2016 ANNUAL APPEAL GOAL OF \$65,000!

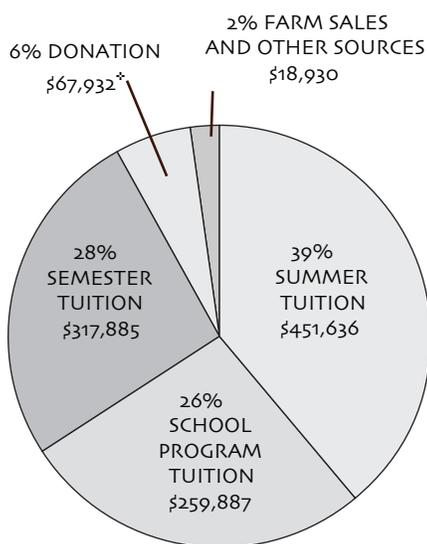
Maribeth Abrams • The Agee Family • Melinda Alcosser • The Armstrong-Champ Family • The Bahr/Gross Family • Janet Bailey • The Bailey Family • Kristen Behrens • The Belenky Family • The Bell Family • Liza Bell • The Biederman Family • The Biffis Family • The Billian Family • Lily Blyn • The Boudreau/Golfman Family • The Botran Family • Michael Boylen • The Brabson/Braugher Family • The Braude/Adler Family • Anne Brin • The Brintlinger-Conn Family • Jerry Brody • The Burnham Family • The Callihan Family • Stephen Carmichael • The Carter Family • The Carter/Morales Family • Caroline Chiu • Clark & Ulitsch Electric • The Cox/Suarez/Friedman Family • Aimee Creelman • The Crocetti Family • Meg Dawkins • Michael Delman • The Diamondstone/Kohout Family • Brunda Dias • Mary Doyle • Jacques Duhoux • The Duich Family • James Dunleavy • The Dunleavy/Geiger Family • Hazel Edwards • The Eisen Family • Adriana Elliot • Landen Elliott-Knaggs • Stephen Ellis • The Ely Family • Ari Erlbaum • Lauren Farnsworth • Colleen Filler • Daniel Filstein • The Fitch/Witten Family • The Fong Family • Ezra Fradkin • Emily Frey • Linda Fuerderer • The Gallagher/Young Family • Johanna Gardner • The Garfinkel/Turner Family • The Gillespie Family • Robert Goldbaum • Margarita Golfman • The Gucker Family • The Hall/Reindel Family • Catherine Hannigan • Jodi Harris • Roger Haydock • The Hed Family • The Heffner/Lewis Family • Richard Hemond • The Hodges/LeClaire Family • The Iglehart Family • Elizabeth Ingersoll • Robert Innes • The Ippolito Family • Dave Isenberg • Liz Jackson • The Jenkins/Sieswerda Family • The Kalvaitis Family • Dan Kennedy • The Kidder Family • The Kinderlehrer/Simmons Family • The Kissin Family • The LaBarre-Borowicz Family • The Landis Family • The Lang Family • Mary Langeron • Henry Lappen • Finn Leahy • Shai Lev • Celia Lewis • The Lindholm Fiske Family • Jonathan Links • The Lukenda/Lockhart Family • The Lustgarten/DeLaCour Family • The Mallett/Gilbert Family • The Marshall Family • The Mazie Family • The McGlashan Family • Mark McGovern • The McNamara/Habib Family • Tracy McQuade • The Melamed-Lev Family • The Miller Family • Malcolm Moore • The Mullen/Voronin Family • The Munroe Family • The Neuse Family • The Norton Family • Anne O'Connor • The Ordnung/Zafman/Ross Family • The Osborne Family • The Osgood Family • Claudia Owens • The Oxboel/Sclater-Booth Family • The Palmer/May Family • Andy Paonessa • Iliana Pate • The Patterson Family • The Peavey/Hunter Family • Richard Pendleton • The Piedmont/Fleischmann Family • The Platten Family • Gail Poch • The Powell/Bratt Family • The Powers/Yannoni Family • Ilene Price • Anders Pytte • Roger Recker • Paul Reily • The Reuman/Hemond Family • Greg Robidoux • Camilla Rockwell • The Rowe/Yandow Family • The Ryerson/Frizzell Family • The Sacalis/Steinert Family • The Savel Family • The Scherschel Family • The Shaida Family • The Shamas Family • Wilma Skovinski • The Slesar Family • Andy Staudinger • Jane Stout • Betsy Street • Don Summerfield • The Tayzhanov/Karamyan/Brown Family • The Thall Family • Wendy Tompkins • Anna Trask • The Trowbridge Family • The Turner Family • The Turovsky/Libenzon Family • Robin Tyner • The Van Riel Family • Debbie Van Schaack • Kristen Von Hoffmann • W.S. Badger Company • The Wallace/Dumas Family • The Wasem Family • Emily Weinberg • Anne-Kathrin Weise • The Whitfield Rosenbaum Family • Bill Whyte & Katie Schwerin • The Williamson Family • Richard Wolf • The Zembow Family • Rhonda Zoch • The Zuckerman Family

THERE ARE SO MANY PEOPLE SUPPORTING US. WE ARE SO GRATEFUL. IF WE HAVE FORGOTTEN ANYONE, PLEASE ACCEPT OUR SINCEREST APOLOGIES AND DO LET US KNOW!

FINANCIAL REPORT

Income 2016

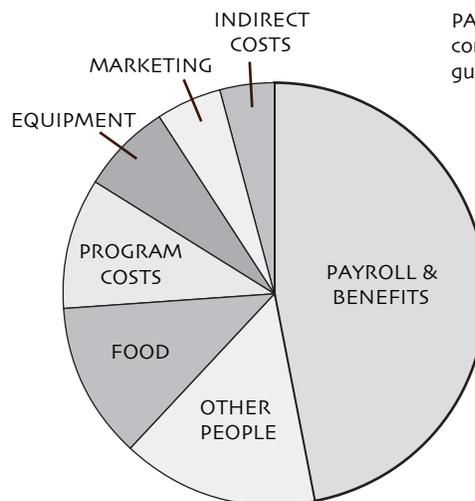
\$1,152,270



*Does not include capital campaign

Expenses 2016

\$1,065,930



PAYROLL & BENEFITS (47%): Our amazing core community of teachers, farmers, wilderness guides, and office geeks

OTHER PEOPLE (15%): Our extended community: Specialist guest teachers, consultants, graphic designers, attorneys, ferrriers, accountants, rocket scientists and more...

FOOD (12%): High quality healthy food products from around the neighborhood and around the world - carefully chosen to augment our farm products and feed our staff and students

PROGRAM COSTS (10%): Expedition travel and services - vehicles, boats, permits, fees, tickets, and more!

EQUIPMENT & SUPPLIES (7%): So many little details: life jackets, pots and pans, nails, wood shavings, ink, leather, seeds, maps, compasses, bandages, batteries, bicycle tires, and much much more!

MARKETING (5%): Designing, printing, mailing, websites to share the Kroka mission and vision with the world

INDIRECT COSTS (4%): The boring stuff - insurance, bank fees & interest, taxes, utilities etc.



Kroka Expeditions

A farm-based wilderness expedition school

office@kroka.org • www.kroka.org

767 Forest Road • Marlow, NH 03456

NON-PROFIT ORG
US POSTAGE
PAID
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MARLOW, NH

KROKA STATISTICS

875: number of students attending Kroka programs in 2016

8: number of states visited by Kroka programs

3: number of countries visited by Kroka programs

Kroka students came to us from **19** states and **4** countries

Kroka staff came to us from **12** states and **7** countries

3,000: bowls of Kasha eaten by kroka students

4: number of cows on the Kroka farm

13,023: number of student days in 2016

