

Chapter 2: The Island Handbook

We didn't have any kind of handbook for the Island, we had to learn these things by being punished when we broke a rule we didn't even know existed, but this chapter is what I imagine an Island Handbook would have looked like when I arrived. It is mostly taken from my memories and my diary. The handwritten notes are my thoughts on each one.

I promise you that we didn't see the logic in the chores that are presented here. To us, they were mostly random tortures with very little reason. It wasn't until writing this book that I was able to piece together the logic. While I suspect this may have once been used to help girls build real-world skills, that's not how it was during my time on the Island

~Vanessa~.

Welcome to the Island.

This handbook is designed to give you an overview of our program and help you make the most of your time here.

We are a Christian Military school, with a focus on reaching God through hard work and discipline. We have many programs and traditions here to help you make the most of your time here.

The headmaster is the final authority on the Island. The assistant headmaster is Brother Sam. The Dean of Students is Sister Lisa. They are supported by a full-time secretary and a medical provider. The Island maintains a full-time staff that includes a head counselor, headteacher, farm manager, construction manager, and boiler operator as well as maintenance staff.

The school is divided into pods, with each pod having a Head Bunk Parent. Each bunk within the pod has a bunk mother and a bunk father. These Brothers and Sisters are missionaries from the church and spend an average of three years on the Island, but some stay on much longer.

The Brothers and Sisters of our order will administer discipline; they are encouraged to apply it

liberally. We are strong believers in the power of discipline to set girls on the right path.

The Point System

Each level has a required number of points you must earn throughout your daily activities in order to advance. Points are cumulative and are tracked daily by your bunk parents and counselors. They get added to your score for completing tasks and fulfilling requirements and taken away when you fail to meet expectations. You may earn extra points for going above and beyond the requirements.

Points are assigned by your bunk parents, counselors, and upper-level girls.

The Level System

We utilize a comprehensive level system on the Island. Girls who are not court-ordered must reach level 10 to graduate.

With levels come privileges and responsibilities. You are responsible for following any orders given to you by any staff or any girl two levels your senior, and you must always answer them with a 'sir'.

Level 0: Everyone arrives on Level 0. You will remain in the intake center until you have detoxed, answered all the assigned questionnaires, and passed the basic commands test, at which point you will have earned the 50 points needed to be promoted to Level 1 and go to the bunks. This usually lasts about a week.

Level 1: Level 1 is about learning our system. Your primary responsibility is to watch and listen. While on Level 1, you are not permitted to speak unless given permission. You will take your weekly bath as a sponge bath at the slop sink behind the shower-house. You are to silently watch and observe what goes on. You are "tagged in" to a staff member or a Level 5+ at all times and must not be more than ten feet away from them at any given moment. It is your responsibility to follow them. You must earn 500 points to be promoted to Level 2.

Level 2: Level 2 is about learning the basic chores and uniform marching in formations. You will join your bunk for your weekly shower instead of a sponge bath in the slop sink. You are allowed to speak to other girls during your free time after dinner. You are no longer tagged in, but you must

remain within the eyesight of a 5+, or staff member at all times. You must earn 1,000 points to be promoted to Level 3.

Level 3: Level 3 is about gaining proficiency with the basic tools used on the Island. This includes bow drills, yokes, saws and farm tools. On Level 3, you get permission to write letters home and to receive postcards from home. You also get permission to speak to other girls during bunk time, parade rest, transitions, and during some work assignments. You are still on eyesight. You must earn 2,100 points to be promoted to Level 4.

Level 4: Being promoted to Level 4 is an accomplishment. It earns you the privilege of being eligible for meals #4 and #5 a lot more of the time and you are now allowed to ask a limited number of questions of the staff. On Level 4 you are now allowed to look Level 4 and lower girls in the eye when you speak to them. You may be out of eyesight briefly in pairs or small groups with permission from a staff member or Level 6+ (i.e., go to the bathroom, grab a spare tool, etc.). Level 4 is where you begin meeting with the counselors in small groups. You must earn 3,200 points and

complete all learning assignments to be promoted to Level 5.

Level 5: Level 5 is the first trusted level and is a major accomplishment. You may now use the latrines with stall doors. As a Level 5, you may get the privilege of being a "water girl" during chores. For older girls, it also earns you the privilege of disposable menstrual products instead of using your washcloth. Level 5 girls may be assigned to be the guides for new girls and can give out lesser punishments for Level 3s and below except for NTNT or Mongra (covered later). On Level 5 you may be out of eyesight with permission from a 7+ or staff member. Besides earning 4,500 points and all learning assignments, you must be nominated by a higher-level girl (7+) to be eligible for Level 6. Once the nomination is received, it will be evaluated by the high-level council for your pod.

Level 6: Level 6 is about beginning to lead others. Being on Level 6 makes you eligible for some reward tasks. Level 6s are expected to lead up to 8 lower levels in small chore tasks. You get the power to give out lesser punishments for Level 4s and below except for NTNT or Mongra. You are expected to report all infractions.

Level 6 allows longer letters from home. You must earn 5,600 points, be nominated by an upper-level girl, get a positive vote at council, and complete all learning assignments to be promoted to Level 7.

Level 7: Level 7 is another major level. As a Level 7 girl, you may use the bathroom in pairs outside of the designated shit times and run errands for the staff unaccompanied as well as lead half a bunk (12) of lower levels in chores. Level 7 girls are now eligible to do better domestic chores. As a Level 7, you can give out all of the lesser punishments to Level 5s and below and you can now lead a circle correction. Level 7+ girls must participate in the pod peer council. You must earn 6,700 points, be nominated by an upper-level girl, get a positive vote at council, and complete all learning assignments to be promoted to Level 8.

Level 8: As a Level 8, you may lead groups of up to 16 lower levels in chore tasks and are expected to run them with efficiency. You get the privilege to shower in private stalls with shower curtains. You have the authority to assign punishments to Level 6s and below. You must earn 7,800 points, be nominated by an upper-level girl, get a positive vote

at council, and complete all learning assignments to be promoted to Level 9.

Level 9: As a Level 9, you are on the most trusted long-term level. You can lead an entire bunk in chores and can lead some therapeutic groups. Level 9 makes you eligible for the most sought-after domestic chores, such as babysitting. Level 9 girls have the authority to punish Level 7s or below and, in some cases, may refer girls for office punishments. You must earn 8,900 points, be nominated by staff, get a positive vote at council, and complete all learning assignments to be promoted to Level 10.

Level 10: Level 10 is the highest level achievable on the Island. This level is the precursor to graduation and comes with many privileges. You must earn 10,000 points, get a positive vote at council, and complete all learning assignments to be eligible to graduate. You will work with your counselor to develop a plan for when you return home, but just because this plan is complete does not mean you will graduate right then. Your counselor, bunk parents, and the headmaster will decide together when you will go home based on your continued good behavior, and you will be escorted back. Congratulations!

Basic Punishments and Commands

As a student at this school, you will need to learn the basic punishments and commands. These range from the basic responses to the lesser punishments to major punishments to office punishments.

The Nine Basic Responses

As a girl in the program, you will be required to know and use the following basic responses. Unless answering a direct question or if you have been given permission to speak freely, these are the only words you are allowed to say. Please note that some responses are restricted to upper-level girls.

Level 1-3

Sir/Ma'am, yes sir/ma'am.

Sir/Ma'am, no sir/ma'am.

Sir/Ma'am, thank you for _____
sir/ma'am.

Sir/Ma'am, permission to _____
sir/ma'am?

Level 4

Sir/Ma'am, I will find out
sir/ma'am.

Sir/Ma'am, I do not understand
sir/ma'am.

Sir/Ma'am, may I ask a question,
sir/ma'am?

Levels 5 and up:

Sir/Ma'am, may I make a request,
sir/ma'am?

Sir/Ma'am, may I make a statement,
sir/ma'am?

The lesser punishments:

Chewing out: Staff and upper-level girls can stand you at attention and then chew you out for any infraction of any rule.

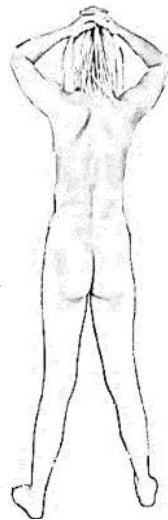
Do you have to chew out every girl, every day? Do you really have to chew out lower levels ten times a day?

Wait on the wall: Waiting on the wall is the mildest punishment. When given this command, you will immediately stand at attention facing a wall, your nose no more than 8 inches from the wall. Typically, you can expect to wait on a wall for between 10 and 20 minutes.

Watch the wall: Watching a wall is a little more serious a punishment than waiting on a wall. You will stand at Parade Rest facing a wall with your nose pressing up against the wall. Girls given this punishment can typically expect to have to Watch the wall for between 30 minutes and an hour.

I hate waiting and watchin the walls! Especially when Sister Mary makes me hold up that coin with my nose!

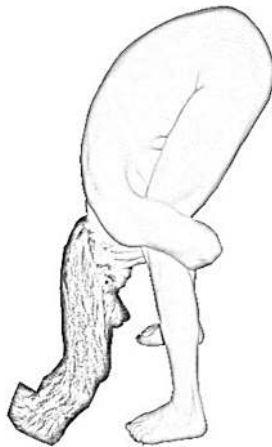
Nose-tits-n-toes: This is one of the most serious of the lesser punishments. When given this command, you will strip naked and stand at Parade Rest, with your nose, tits, and toes touching the wall, your hands on your head with your fingers interlocked. Girls given this punishment can expect to have to stand nose-tits-n-toes for between 30 minutes and several hours. When called out from the wall, you will keep your hands on your head while you got chewed out. You will stay naked, hands on your head until given permission to take them down and/or dress.



They let the other girls torment you during this punishment! So humiliating! Especially when they make you do it outside for the other banks to see! About the meanest variant of Nose-tits-n-toes is the dreaded Nose-tits-n-knees. This is when they make you do it kneeling! Minutes feel like hours, especially when they make you kneel on dry grains of rice or gravel.



Mongra: This is a serious punishment. When given this command, you will bend over with your knees bent. You will reach your arms around your knees, and you will hold your ears. This stress position is hard to hold; it is the most severe of the lesser punishments. When given this command, you can expect to hold this as long as the staff member wants, but usually for 10 to 30 minutes.



*This position is pure torture! Everything hurts
after 5 minutes: 30 minutes just sucks!*

Strip: While not exactly a punishment command, this command is used whenever a staff member requires you to remove your clothes. This could include getting ready for laundry and shower ("strip and pack"), getting ready for bed ("strip and bunk"), getting ready for a search ("strip and attention"), getting ready for a body cavity search ("strip & Mongra") or any other reason staff may have.

Gross! Yuck!

Moderate Punishments & Commands

Moderate punishments are the mid-level physical punishments girls may be given. These include:

Lap: This command is given by staff that preferred to spank you over their knee. While staff may use this for girls of any age, most girls under 14 are spanked this way. When given this command, you will pull down your pants and underwear and bend over the staff person's knee for a spanking. Kicking, struggling, or in any way resisting is not permitted. Staff will use a hand, wooden hairbrush, small paddle, or even a belt to spank you. They will spank you until you are crying and they think you have learned your lesson. When let up, you will immediately watch the wall, but your pants will stay down.

I hate being spanked over Sister Mary's knee!

It's so humiliating!

Bend Over: Most staff prefer to spank with girls bent over. This is usually, but not always, more severe than a lap spanking. If this command is given by itself, you will drop your pants and underwear and touch your toes. If it is given with an object (such as "bend over the chair") you will bend over that object. Staff may use medium paddles, leather belts,

riding crops, and switches to spank the butt and thighs. When allowed up, you will either watch a wall with your pants down or nose-tits-n-toes.

Brother Mark and his crop are even worse than

Sister Mary's knee!

Privilege removal: Staff can take away anything they chose as a short-term punishment. This could include the privilege of speaking ("muting"); looking people in the eyes; walking (you will have to crawl); having any peer interaction ("shunning"); having use of your hands (cuffing); taking full steps (shackling the feet); sleeping on a bed; going through doors without permission or anything else the staff may think of to punish you with.

This is psychological warfare! These really screw you up!

Meal Restriction: Staff can downgrade your meal level as a punishment (for example, from #5 to #1), reducing your calories for the meal. They may also make you "eat raw", which means eating uncooked rice and beans that had been soaked in water, some raw vegetables, and maybe the calorie-neutral salad. Staff can even take away meals if they want to, but not more than 3 in a row.

No! It means you are just hungry all the time!

Major Punishments

Major punishments are serious punishments designed to reign in willfulness.

Level Removal: Any adult is empowered to drop your level as they see fit. Losing the level means a loss of the associated privileges. When you have dropped levels, your point count is dropped to match entry to that level.

So, they can just take away years of work on a whim?

So not fair!

Punishment Tasks: Punishment tasks must be completed during free time on Sundays, after dinner, or if the staff pull you from your normal routine to do them. Minor punishment tasks include things like having to count the grains of rice in a container or moving and restacking the small pile of bricks. Larger tasks include crushing a whole boulder with only a sledgehammer, moving the large brick stack, doing shit chores by yourself, or using a toothbrush instead of a scrub brush or other difficult chores.

In other words, this is to break you!

Wear you down until nothing else matters! Gross!

Paddling: Paddling is a punishment dished out by the head bunk parents. Large wooden paddles with holes drilled in them are used for

correction. You can expect these to leave significant bruising on the buttocks and thighs. "The paddling hasn't begun until the tears run". Staff will not start counting the whacks until they feel you are truly crying, and real tears are flowing.

Starvation Diet: This is a serious punishment. You will be fed raw once a day.

So, you are going to starve us to death?

Circle Corrections: One of the most severe punishments given in bunk is Circle Corrections. When given, your entire bunk will participate in administering this physical punishment to you. At the conclusion of this, you can expect to be caged at the office.

Do you mean Circle beatings?

And if you don't participate, you are the next one to get beaten!

Office Punishments

These are the punishments that break you!

No one comes back well from these!

Major punishments given out by the office are the most severe ones you can get on the Island. You will be ordered to report to the main office, where you will stand nose-tits-n-toes to wait from Brother Sam to be ready for you. When called in, he will pass sentence and deliver your punishment. Common office punishments include:

Caging: When given this punishment, you will be put in a dog-kennel-type cage that is just big enough to be curled up in a ball in and left outside. The cages come in small, medium, and large for different size girls. You will usually spend a few hours like this, then be dropped a level and returned to your bunk. You could also spend as long as two or even three full days caged like this (even in the storms), which usually means a return to intake, restarting the program at Level 1, and being assigned to a new bunk.

*God, I hate being caged! You can't move,
your body hurts, it's just so gross!*

Whippings: Whippings are given with a leather strap. This is about the most common of the office punishments. You will be bent or tied over a sawhorse and whipped on the legs, butt, and back until Brother Sam feels you have really learned your lesson. You will be dropped a level or more and returned to your bunk most of the time. Defiant girls will be caged for the night, then get it again the next day till they have stopped being defiant. Those girls will then have to start the program over again.

*Whippings are just bad! But they are
so much worse when they give you
one in front of the whole school!*

Solitary: Solitary is a rarely given punishment, but a very severe one. Girls sentenced to solitary are placed in one of 4 cells under the Main Office, where you are left naked and alone for anywhere from a week up to a month. Girls in solitary are usually fed raw twice a day. After solitary, you can be expected to be whipped and then sent back to intake to start the program over again. Solitary is not used except in the most extreme cases, like assaulting a staff member.

*No one comes out of solitary well. At least when
you are caged, girls sometimes talk to you.*

Public Whipping: Public whippings are done at Parade for all the girls to see. This is both painful and humiliating, and it is designed to both punish you and to send a message to all other girls to follow the rules.

And terrifying to watch!

Creative Punishments: The office may make use of other more creative means of punishing girls as they see fit. Office staff can be extremely

creative in devising punishments when they need to be.

*These are often the most
inhumane punishments...*

Bunk 22: For girls that cannot get with the program, they may be sent to the segregated unit known as Bunk 22. This is a severe and long-lasting punishment; one we strongly advise you to avoid at all costs.

A few hours in Bunk 22 is enough for most girls to do anything, even unspeakable things, to get out!

Parade Commands

The most commonly used parade commands you will have to learn are as follows:

Attention: When standing at Attention, you are required to silently stand upright, heels together, toes apart (feet at 45 degrees), chin up, chest out, shoulders back, and stomach in. Your arms must be fixed at the side, your middle finger parallel to your pants or skirt seam. Your head and eyes must be in a fixed forward posture. You are not allowed to move from this position until given an order to do so, or until you are dismissed.

Parade Rest: From Attention, you will raise the left foot from the hip

(knee straight) so it barely clears the ground and move it quickly to the left, so your heels are 12 inches apart on the inside of the heels. Your legs are straight, with the knees slightly bent (not locked) and heels are in line. At the same time as the left foot moves, the arms are brought to the back of the body while fully extended. Once your arms are behind you, your fingers are extended and joined, pointing towards the ground, palms facing outward. The right hand is in the palm of the left hand. The right thumb is over the left thumb, so they form a letter X. You must remain still and silent with your head up and your eyes straight ahead until given an order to, or until you were dismissed.

At Ease: From Attention, you keep your right foot in place and remain silent, but you can otherwise relax in a standing position.

Rest: This is the same posture as in at ease, but you are allowed to speak quietly to those next to you if you are on a level that allows it.

Fall In: You will line up in the basic formation. This means standing at attention in rows of 6 girls, spaced roughly an arms-length apart, both front and to the side, unless you are in bunk, then you will stand

shoulder to shoulder. If Double-wide is called, you will line up 12 across.

March: Walking in formation. Every step has to be exactly 24 inches and exactly in step with the other girls. When marching you must raise your knee to waist height every step. Marching always starts with the left foot.

Fall Out: When given this command, you may either relax while standing in formation, or if on an appropriate level, you may break ranks, but you must remain in the immediate area.

Dismissed: When given this command, you are released from the immediate control of the staff person or upper-level girl.

Cleanliness

Maintaining cleanliness is important on the Island.

Dry brush stations. Dry-brush stations can be found at the farm and shit-pads. Girls on these chores will use these stations to remove the majority of mud before use of a sand station.

Dying Stations. Drying stations are decks built in sunny areas. These decks are used to allow girls to dry off in the sun. The use of these stations is at the discretion of bunk parents.

Sand Stations. Sand stations can be found in several places around the Island, including the large station outside the Chow Hall. These stations are used daily to scrub off mud. All girls are to do a sand scrub of their hands before any meal.

Slop Sink. The slop sink's running water is only used for maintenance. Girls on level 1 will have water to wash up with added by staff.

Showers. Shower use is strictly controlled. The water will be turned on and off by the bunk parents at the control station. Lower-level girls will use group showers. Upper-level girls may use the stalls. For control of foot fungus, girls are advised to wear their flip-flops in the shower area.

Laundry. All laundry is done in the large machines in the laundry building next to the shower building.

Meals

All girls on the Island are kept on a low-calorie, high-nutrient, mostly vegetarian diet. You will get chicken and beef stock in some foods, but meat is only served in Meal #6. This helps promote a healthy weight and a thin physique. This diet also

helps to naturally control periods and reduce their frequency.

You will be measured and weighed once a week and the meals you get that week are in relation to if we want you to lose weight (meals #1 or #2), maintain weight (meal #3), or gain weight (meals #4 and #5).

You are generally allowed to eat as much salad from the salad bar as you want.

Eating "raw" is a punishment meal. Chow hut staff will soak your beans and rice in water overnight, and then serve you that along with some raw vegetables. If you are eating raw, you may not be allowed to have the salad.

Meal #6 are staff meals and generally not for girls, except as a major reward. Meal #6 always includes real meat and not just a meat stock. If meal #5 is a vegetable soup in chicken broth, Meal #6 will usually include actual chicken soup with real chicken in it. Meal #6 always comes with bread and a cup of coffee with milk and sugar. At dinner, Meal #6 usually includes a small dessert.

Most girls would do just about anything for a #6 meal, especially a #6 dinner with its dessert! It is almost twice the calories of a #5 meal and tastes a lot better!

Some girls, especially those 13 and under, will be given milk with meals,

while older girls will usually get water or sometimes bug juice.

Staff that live in the houses (teachers, counselors, paid or long-term staff) will usually do family meals, where they cook home-style meals themselves. Girls on certain domestic chores, such as babysitting, may be invited to join a house for family meals. That is the biggest food reward girls can earn on the Island.

Chores

We believe hard work builds character. You can expect to spend a lot of time on chores. Chores are generally done by bunk, with the whole bunk working on one or two chores at a time. Reward and punishment chores are usually given to individual girls, and not generally to a group, though there are exceptions to this rule.

Farm Chores

Much of the Island's food is produced on the farm, including almost all of the fruits and vegetables. Food is grown here year-round. Talking is generally not allowed during these chores, with harsh punishments for disobeying that rule. All the chores involved in food production come with strict quotas that you must meet each day, with various punishments for falling behind.

Plowing: Up to 24 girls will be strapped to a metal yoke, which is then connected to a manual plow to turn the soil



or a box plow to flatten the soil. When not needed for farming, the girls assigned to plow may plow and grade the roads of the Island or just plow a gravel field. Yoked girls can also be used to pull the cart. This is used to transport goods from the boat dock to the storehouse or other locations as needed.

This is backbreaking work!

They treat us like pack animals!

Planting: Girls assigned this chore will plant seeds or seedlings in the plowed fields. Girls assigned to this task are required to stay kneeling/walk on their knees the whole time.

This chore leaves your knees all scraped up!

Weeding: Girls assigned this chore must pull weeds in the crop rows. Girls assigned to this task are required to crawl the whole time.

If you thought planting for 8 hours was hard, this is worse! Backaches and God help you if you miss a weed!

Harvesting: Girls assigned this chore will harvest the ripe crops. How you harvest depended on the individual crop. Breaking the plants in any way is cause for harsh punishments, especially any of the trees in the orchard.

If you dare to taste what you harvest, it's a beating!

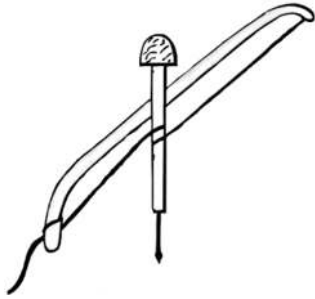
Seedlings: Girls on this chore will work in the greenhouse to plant seeds in paper containers and otherwise care for seedlings that will later be planted on the farm or traded with the ship. You will also make various sprouts for the chow hall. While you have quotas, compared to the other farm chores, this is an easy and clean job. This is a reward task on the Island, as you are allowed to talk to other girls.

This is actually a nice chore.

Rock Chore Tasks

Rock chores involve the building and repairing of stone walls used around the Island, as well as most road maintenance. All of these chores come with strict quotas you must meet each day, with various punishments for falling behind.

Boulders: You will use the bow drills (unpowered hand drills) to make space for the feathers and wedges we put in large boulders. Then you will use large



hammers on the wedges to break the stones into slabs, and slabs into the rock chunks used in walls, roads, crushing, and baking.

Crushing: You will use a sledgehammer to crush rock chunks into gravel. This is hard work, with strict quotas depending on the kind of rock.

This is back-breaking work! Sandstone is easy. If you get granite, you knew you are not making quota, and the question is how much you were short. Your beating is always based on that.

Sand: When given this chore, you will dig sand out of a hole and put piles of it where you are told to, or you will put it in burlap sacks. You could also be made to dig out clay the same way.

Baking: When given this chore, you will cook rocks over a fire, maintaining the proper heat. This is used to make concrete and mortar.

Digging: When assigned this task, you will use shovels and digging bars

to make drainage ditches, foundations for roads, building foundations, or other such excavations as needed.

Masonry: Older girls (fifteen and up) given this task will stack rocks with mortar to make stone walls or roads. While not a reward task, it is a skilled task and earns girls a #6 lunch.

Horse Chore Tasks

The school has a horse therapy program. Girls are not allowed to touch the horses if not part of this program, with severe consequences for doing so.

No, they don't, but we still have to clean up after them!

Mucking: When assigned this chore, you will shovel the hay and horse dung out of the 12 horse stalls into carts and then pull the carts to the compost piles where you will shovel it into those piles. Do not drop any horse dung along the lane.

Drains: When assigned this chore, you will re-dig and clean out the trenches that keep the horse fields from flooding.

Seeding: When assigned this chore, you will either collect or spread grass seed by hand in the horse fields.

Shit Chore Tasks

Shit chores are a necessary part of life on the Island. Shit chores must be completed before you can get dinner that day (and dinner will be eaten outside).

Shit chores are the worst chores on the Island. You smell like shit until your next shower and it takes at least a week for your bunk to stop smelling like shit after you rotate off.

Shitters: When assigned this chore, you will scrub down the two latrine buildings, including inside the latrines. If this is given as a punishment task, it will be done with toothbrushes.

Third worst chore on the Island! Disgusting!

Showers: When assigned this chore, you will scrub down the shower building. Like with shitters, if this is given as a punishment task, it must be done with toothbrushes.

Emptying: When assigned this chore, you will take the 350-gallon carts full of human waste out from under the latrine and pull it to either the shit pads for it to dry out in the sun, or to the compost piles to be turned in. If you are assigned this chore, you may also have to

shovel the dried shit off the concrete shit pads and take them to compost.

Second worst chore on the Island. Especially if you can't reach over the side of the cart and they make you climb in to shovel out the shit!

Turning: Turning compost is the process of turning wet or dry latrine waste into the compost with shovels. As a punishment, you may be made to do it on your knees with only your hands.

Worst chore on the Island! It sucks as a punishment, because you always throw up and then they make you turn your own vomit in. Disgusting!

Firewood Chores

Firewood is the primary source of energy on the Island. It feeds the boiler that produces the electricity and hot water for the Island. It is also used for cooking and other energy needs. All of the chores involved in firewood production come with strict quotas you must meet each day, with various punishments for falling behind.

Trees: When assigned this chore, you will cut down the three-year-old trees, then make them into logs by removing the branches using an axe. You will then drag the trees to the

cutting area using a chain with a pull rope. Felling trees is a skilled task and earns a #6 lunch.

Rounds: When assigned this chore, you will cut the logs into rounds using hand saws.

Splitting: When assigned this chore, you will split rounds using a maul axe. The resulting wood is stacked by other girls at the hopper. Girls assigned to splitting also have to feed the hopper for the boiler.

Stumps: When assigned this chore, you will dig the old tree stumps out of the ground using only a shovel and a hand saw. While daily quotas are not possible, girls are expected to work at this until all assigned stumps have been removed.

I hate this chore!

I hate stumps!

Hate! Hate! Hate! Hate!

Planting: When assigned this chore, you will hand plant seedlings to replace the trees that were cut down. These seedlings would be planted where the previous stump was. This was a reward task on the Island.

While you have quotas, compared to the other firewood chores, it was easy to meet.

I don't mind this chore.

Domestic Chores

Domestic chores are only for trusted upper-level girls. These chores often involve crossing the staff fence line over to the staff side. These are assigned to individual girls, not to a whole bunk. These chores come with rewards such as not being nearly as dirty as other chores, being easier than other chores, Meal #6, using flush toilets, extra showers, and being able to speak freely with the girls you were working with. Common Domestic chores included:

Compost: When assigned this chore, you will take all of the food scraps and food waste from the chow hall and staff residences to the compost piles, then scrub out the cans.

Trash: When assigned this chore, you will pull a cart around and collect the cans of trash staff put out in front of their houses. This will then be taken to the boiler to be incinerated.

Kitchens and Baths: When assigned this chore, you will clean and tidy the kitchens and bathrooms of the various staff houses. You will often assist with cooking staff meals, and as a reward, you may be invited for a family meal doing this.

Flowers: When assigned this chore, you will maintain the flowers that grow in planters around the staff area.

Chow Hut: When assigned duty in the Chow Hut (kitchen) you will work cooking food all day. You will get to drink a cup of coffee each day, showers every other day and may be rewarded with Meal #6 up to two days a week.

Chow Hall: When assigned this chore, you will work the Chow Hall (large dining room) serving food in the chow lines, cleaning up, and doing dishes. You will get to drink a cup of coffee each day, showers every other day, and may be rewarded with Meal #6 one day a week.

Laundry: When assigned this chore, you will work in the laundry washing, drying, and folding laundry. You may be rewarded with Meal #6 one day a week.

Babysitting: Off and on, young children may be on the Island. When assigned this chore, you will babysit while the staff work. This is a highly trusted job and as such, it comes with many rewards. Babysitters usually get as many as 3 family meals a day or at least a #6 dinner. Babysitting is widely considered the best possible

job on the Island, restricted to older Level 8, 9, and 10 girls.

Mantras

The school has a number of mantras you must learn. The most important ones are:

"Intentions are irrelevant."

"It is no one's fault but my own."

"You can't control others, only your reaction to them."

"If you can't trust yourself, you need to trust us."

"Be patient and tough; someday this pain will be useful to you."

"Punishment is your salvation."

"Better a pink bottom than a black soul."

"The paddling hasn't begun until the tears run."

"You must embrace your mistakes to ever heal."

"Hard work is good for the soul."

"Idle hands are the devil's tools."

"'It's not happening to you'; it's happening for you."

"My choices got me here; I must accept the consequences of my actions."

"God will only save those who have truly repented."

"Focus on the task at hand, not what comes after."

"Obedience above all things."

"Slow obedience is disobedience."