



Present



1994-1999



1970–1993



1969-1970



1964-1968



1936-1963



1911-1935

"It's Coniston's ability to build that 'mentoring chain', to bring that first-year CIT up through to the senior staff positions ... that's one of Camp's greatest strengths." Katie Smidt

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A Conistonian Delivers...

Katie Smidt returns to Coniston to complete her doctoral research, and present at the American Camp Association National Conference

hen you think of YMCA
Camp Coniston, about
the last thing that comes to
mind is a laboratory. But that's
exactly how Katie Smidt saw
us, as she planned her doctoral
dissertation. "I was going for
my PhD in psychotherapy, and I
realized Coniston was the perfect
laboratory for what I had in mind."

Through the years, Katie made the progression from camper to CIT, LIT, cabin counselor and staff, ending with two summers as Girls Camp Director. She originally followed her brother to camp when she was 10. How was she to resist as she heard "... my brother telling all these great stories? I was definitely curious ... why is he coming back every summer with all this joy?"

As she applied to Graduate programs, she knew she had to make herself stand out. "They only take 7-10 students a year, so I knew I'd have to make myself an attractive candidate."

Using her experience with kids, managing people, and work in an outstanding organization, she landed admission and a fellowship to Suffolk University.



The combination made her a strong candidate indeed.

During her fall term ("the most intense four months of my life") she worked with a researcher studying mentor and supervisor relationships.

"I realized, that's what Coniston is all about ... the mentoring process between counselors and their supervisors. Camp was a place I knew intimately ... and we do have a 100-year track record of successful mentoring and training!"

Her experience as Girls Camp Director helped Katie to get her research subjects to "open up, vocalize, to talk openly about what they were dealing with. As a director you work to help your staff talk through difficult issues."



John Tilley says, "Photographic evidence that we have seen Katie grow up here!" She's the little one at the far left, summer 2000

YMCA CAMP CONISTON

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A Conistonian Delivers ...

Katie met with her participants through an entire summer, compiled her research, and presented her paper at the American Camp Association National Convention and the Society for Psychotherapy Research Conference to very positive reviews.

"It's Coniston's ability to build that 'mentoring chain', to bring that first-year CIT up through to the senior staff positions ... that's one of Camp's greatest strengths."

"I know, myself, that I've been on so many interviews ... and whenever they ask, 'why did you decide to become a psychologist?', in my mind I always go back to Camp, and what I learned here.

"You have challenges, you have responsibilities. But one of the beauties of Camp is that you learn to live in the present moment ... to make the best possible thing of this we can ... to really make it work."



"During Katie's time as Girl's Camp Director, she and the Boy's Camp Director spent time dressed as avocados!"



Katie in the middle, with friends in the dining hall.



Katie with members of her LIT group on staff



WHAT'S IN A TITLE? PERHAPS A DONATION (IN THREE ACTS)

DIRECTOR'S 2

ACT ONE: Nicknames come from somewhere, and for years I've had a friend who insisted on calling me "Colonel."

Most Conistonians aren't aware that the camp of my childhood, the place where I came of age, is in Kentucky. So when the time came, I packed my bags and went straight to the heart of the bluegrass to attend Centre College.

While Coniston is my home and the Camp I love, there is always a space reserved in my heart for YMCA Camp Piomingo and the friends I made in Kentucky — much the same as many of you are with your Coniston friends.

ACT TWO: On a side note, because of this connection, I have friends (outside of Kentucky) who also called me "Colonel" — as in Colonel Sanders. It was a goodnatured jab at my connection with the Bluegrass state (and I felt

fortunate this was chosen, and not some of the alternatives!)

The friend who really rallied people into calling me Colonel is quite a character. He spent time on the internet looking into exactly how to make me an "official" Kentucky Colonel, and insisted for years that I needed to make this happen.

On his last visit to New Hampshire he said, "I've got it. I'm done with asking, I'm going to hit you where it hurts. I will DOUBLE my contribution to Coniston this year and send two kids to Camp, if you will find someone to have you commissioned a Colonel." If nothing else, I have to admit my friend knew how to motivate me.

ACT THREE: Coincidentally, I went to a reunion at YMCA Camp Piomingo last fall — mainly because of the great times I had watching everyone at Coniston's Centennial. While there, I saw the

opening. My old friend, Robert Ross, said he'd be happy to nominate me to the Governor's office, by listing all we have accomplished



BY 'COL' **JOHN TILLEY**CAMP DIRECTOR

for kids here at Coniston.

Bob thought it would be no problem ... and indeed, with in a few weeks a commission arrived at the Camp office from the Governor of Kentucky.

So it came to pass that Colonel Robert Ross secured the title, and my friend held up his end of the bargain — two local kids will attend Camp due to his generosity. And me? Well, I got myself a string

tie ... same as Colonel Sanders.

After all, I may as well have a little fun with this!



Infirmary Update ...

The new Infirmary is almost complete and will be ready to use when Campers arrive for the summer.

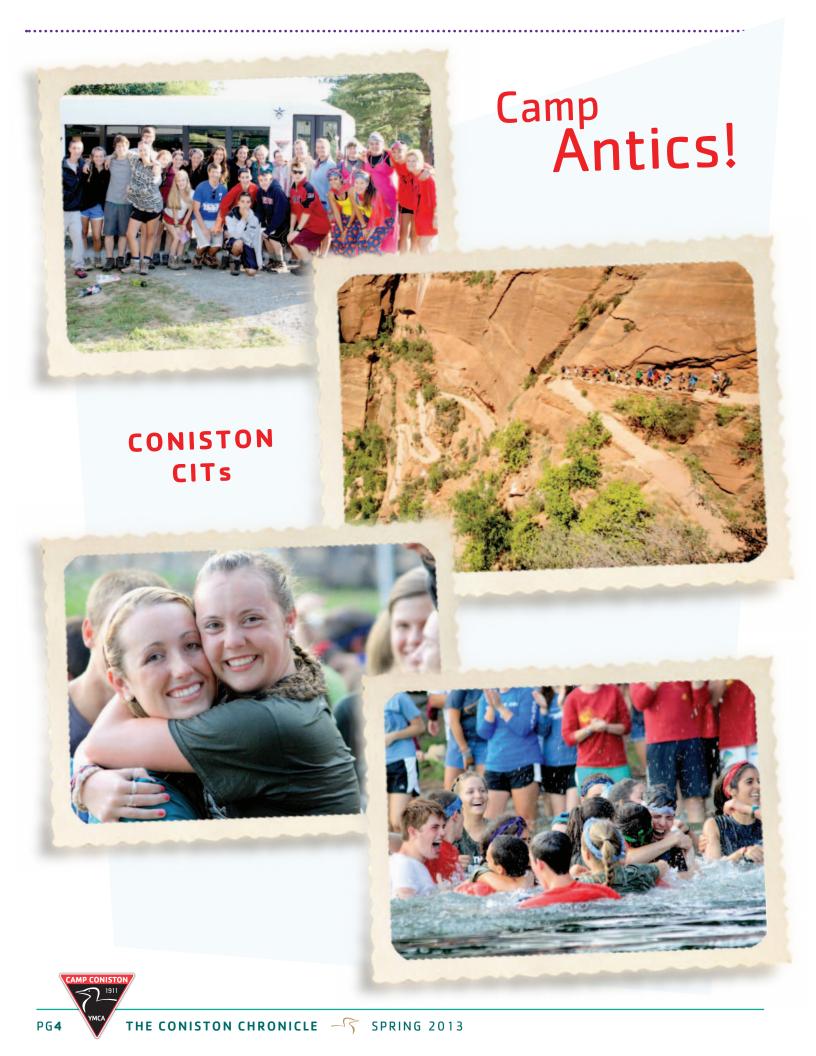
The floor plan of the new building is much more efficient, and even though it is slightly smaller than the three buildings it replaced, it feels much larger. The new building is replacing the old infirmary, Hemlock and the Laundry Shed.

Some of the new features include individual areas for girls and boys, separate areas for med call and sick call, and attached nurse's quarters ... a much better layout.

Because we have consolidated several buildings into this one, the entire camp will benefit with a little more open space on the Coniston Green.



Aaron Turner and crew wrapping up the new Infirmary ... not even winter slows these guys down!







CAMP NEWS



Coniston's New **London Elementary** After School site was the recipient of a Rotary Club Literacy

Grant in conjunction with New London's Tracey Memorial Library. The grant allows for the library to have a rotating book selection in the afterschool site on a permanent basis. Thanks to both the Rotary Club and Tracey Library for thinking of Coniston!



The Coniston After School **Program** is

proud to have participated in an internship program in conjunction with Colby Sawyer College. Presently Jasmine Holman from Chicago, Illinois is working in the New London Elementary School site. Welcome Jasmine and thanks for your hard work.

Nicole Berthiaume, Afterschool Director, has been offering trainings for afterschool staff at Camp through the year. The trainings have been administered in conjunction with BOOST NH and have been open to afterschool professionals across both NH and Vermont. This is another way Coniston provides services to our local communities.



MSN.com featured YMCA **Camp Coniston**



as one of "Ten Summer Camps Worth the Money" this spring. Camp Director John Tilley, who was quoted in the feature, spoke of Coniston as being "a quintessential New England summer camp." The only other traditional resident camp in the list was YMCA Camp Beckett-Chimney Corners. Not only are we proud that a YMCA camp shared this honor with our Camp, Coniston alumnus Chris Burke is Director of Beckett, while alumna Berta **Sinclair** is the Assistant Director of Chimney Corners!

Over 25 Independent YMCA Camps met at the YMCA of the **Rockies** in Estes Park, CO to form a group to represent the needs of all camps within the YMCA movement.



FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Coniston Board Chair John Calcutt

CONT'D ON PAGE 16



This year, Matt Younis and Josh Adler joined JD, John McNair, Nicole Berthiaume and John Tilley at the American Camp Association Conference in Manchester, NH. The group of current Conistonians was happy to catch up with fellow alumni Eric Rightor, Berta Sinclair and Emmy Watson who now work with other camps.



CAMP NEWS

and Coniston Director **John Tilley** both attended the meetings. YMCA Camp Coniston is proud to be a founding member and active participant, and John Tilley is serving on the Executive Committee of the newly formed alliance.



YMCA Camp Coniston is again proud to be

listed as one of the Top Five Camps In The United States by

CampRatingz.com. CampRatingz. com is an independent website that bases its rankings on reviews of camps across the US. Director John Tilley says he "tries not to read too much into any individual ranking, but it is an honor to be considered so highly by several sources. Taken together, they demonstrate the level of excellence that our staff sets for the program."



YMCA Camp Coniston will be featured in a new book

on high-performing, small nonprofits. The authors are professors at the University of Colorado and Lynchburg College in Virginia. The Professors are researching 6 to 8 non-profits which they have identified as high-performing through a variety of criteria. They have an especially keen interest on how Human Resource policies impact different organizations. As the project nears completion, stay tuned to the *Chronicle* for details.



Southwest Virginia

The upcoming summer will find two groups of Conistonians driving to Appalachia to work on service projects and share the Coniston

Community far and wide. The first Appalachian Service and Adventure trip will work with Almost Heaven Habitat for Humanity in Franklin, WV. The second trip will work in the Feeding America Southwest Virginia. After a week of volunteering in these communities, the groups will hit the road for a whitewater adventure before heading back to Coniston.



Each year, the YMCA of the USA hosts a National Advocacy Day in

Washington DC, so members of Congress can know more about the work of the YMCA nationally. **John Tilley** represented the NH Alliance of YMCAs this year and is seen here with Eleanor Clift, a regular panelist on the McLaughlin Group, and one of many individuals who prepared our reps from around the US.

Nicole Berthiaume completed a weeklong Principles and Practices YMCA training in Florida during March. Congratulations Nicole (not only on the training, but on the timing and location as well!)

Watch Out for News Concerning This Year's Food Drive!

The Coniston Food Drive occurs on opening and closing days of every session. Last year, members of the Coniston Community donated **over a ton of food** to the Upper Valley Haven and the Kearsarge/Lake Sunapee Food Pantry. Together we made a difference at a time of the year when food bank inventories run short. We are looking forward to this again this summer.

Students from Kearsarge,
Newport and Stevens
(Claremont) High Schools
worked with **Jen Deasy** and **John Tilley** in the Western
District Caucuses for NH Youth in
Government in January. Students
then participated in a weekend
event in Concord, opened by
the Governor and hosted in the
NH State House and Supreme
Court. New Hampshire Youth in
Government is sponsored by the
Alliance of NH YMCAs and hosted
annually.



Camp Coniston
was featured in
the Jan. 17, 2013
edition of the
Greenwich CT Post.
In their "Growing
Up Greenwich"

column, Jane Gerstner
highlights her experiences
applying for a counselor position,
and being accepted this summer
at Coniston "...working with my
favorite people on earth!"



YMCA Camp Coniston — Annual Giving 2012–2013

Thanks to the following supporters and donors to YMCA Camp Coniston who provided more than \$160,000 worth of Camperships and assistance to camp in 2012.



Chairman's Triangle

\$5,000-\$40,000

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Amy & Joe Sweeney

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Jenny & Stan Williams

Robin Williams

Michael & Claudia Zegans





Bronze Triangle \$100-\$249

2012 Girls Staff Jeffrey Aaron

Katie & Ahmed Al

Jenaibi

Andrew Albee

Cindy & David Alvin

Greg & Jennifer

Apisson

Barbara & Thomas

Arell

Paul & Joanne

Babson

Dave & Fay Barden

Amy Stephens &

Charles Barlowe

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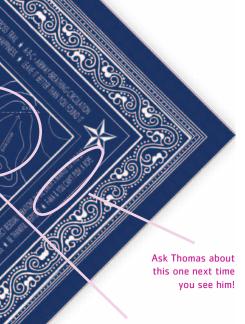
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CONT'D ON PAGE 13









hen he was a young boy, Thomas Horton "loved to climb fences and get into places that looked interesting!" That love of adventure led to his hobby as an urban explorer, and to a celebrated career as an architect and designer.

Thomas's family roots at Coniston go very deep. His father was involved with the NH YMCA, his mom and cousin have served on our Board of Directors ... and his uncle worked with the Dudley Family during the purchase of our home here on Lake Coniston.

Thomas was a 10 year Camper himself, and at the Centennial Celebration while he and his family walked around the Lake, he thought, "somebody should do a map of all the overnight spots!"

This was a complete match, because Thomas had just completed a map of the 'Queen Anne Stairs' in Seattle. The beautiful piece of functional art had been featured in a variety of publications including *Sunset Magazine* and the *Seattle Times*.

When he presented the idea to John Tilley, the idea of Thomas working with kids during the summer and serving as an Artist in Residence was born.

So Thomas came back "with new, older eyes!" and worked with campers to create a panoramic map of Camp.

Thomas won't reveal all of the messages in the new bandana — "that's for you guys to discover!" But he did point out a few details, and there are many more to find!

- There are methods of finding North in both the daytime and the nighttime.
- There's a string of Morse Code ... where is it, what does it say, and where does it come from?
- How many loons are hidden on the bandana? How many paddles?

Thomas said his fondest hope is
"to see a picture on the website of
someone wearing that bandana,
maybe someone who had it for ten
years!" That's how deep Thomas's
connection to Coniston is ... and a
bit of Coniston Tradition has just
been made.

Live, Laugh, Loon!

figure it out!

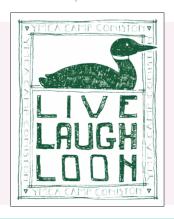
What does this stuff

mean? See if you can

One opening dinner, Hannah Coleman first approached John Tilley and said "Live, Laugh, Loon!" That night, in the usual first night craziness, John began using it as a catch-phrase, and Thomas Horton heard it while working on the new bandana.

The tagline stuck ... and Thomas put it into the bandana, then he put it in the map he was drawing as well! May we all "Live, Laugh, Loon" everyday!

A detail from Thomas's map





YMCA Camp Coniston — annual giving 2012-2013



Camp Donors \$1-\$99

CONT'D FROM PAGE 9

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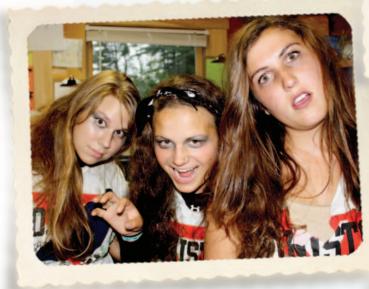
Camp Antics!





PLENTY OF ANTICS!







-

YMCA Camp Coniston — annual giving 2012-2013



Camp Donors \$1-\$99

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Matt Younis





Camp Antics!



MONOPOLY NIGHT







CONISTONIANS AND CAMP NEWS ... FROM AROUND THE WORLD!

ALUMNI NEWS

Elyse Cooper-Smith said, "This August I'll be getting married on the 24th in Santa Barbara (wahoo!) In attendance will be three generations of Conistonians

 in fact, some were there for the final years of Soangetaha! 1st Generation: Mindy, Jeff, Fran and Susan Cooper-Smith. Then there's Andy, Chris, Elyse, Kevin and **Brandon** (Cooper-Smiths and Wetherns) and Max and Stephen Wethern (Andy and Chris' kids.) Throw in one **Tommy Tessier**, and that makes a round dozen:) I thought that was pretty fun!"

Jeff Smidt is concluding his time at the Darden School of Business at the University of Virginia, and will be moving to Seattle in July to work with Microsoft.

Ari Goldstein was at Coniston from 83-87 and wrote to say

Erma Sanders, wife of former Camp Director Bob Sanders, is keeping busy in her community in Virginia by knitting baby caps for the local hospital. Her work was featured in the local paper for National Heart Day.

that he now lives in Arizona and is sending his own son to an overnight camp for the first time. It made him think a lot about his time in NH ... "Things that I took for granted, like having an incredible lake on the property, lots of land to hike, play sports, do archery/riflery. Camp Coniston were my best years and now I can share them with my son. I still miss the friends I made there." (He keeps looking for Coniston friends on Facebook, so make certain to friend Coniston!)

Board member **Gen Izutsu** has sold Ellie's Café and Deli in New London, NH after a successful four years in business. Gen plans on attending the University of Virginia's Darden School of Business for an MBA in entrepreneurship, and he recently visited Jeff Smidt at UVA to check out Darden.

From Nicole Ibanez: "I am the Vice President of Legal Services at Addison Group in New York City ... I'm starting the first Legal Team in the company, which is both daunting and awesome at the same time! I'd love to make it up there this Spring for a visit fingers crossed!"

Katie Kavanagh reports: "I'm officially headed to NYU School of Law in August as a Root-Tilden-Kern public interest scholar! I'm admittedly still a little intimidated by NYC but so excited about this opportunity!"

Mary Ellen (Coughlan) Kujawski:

"Wanted to share that I got married 8/25/12 to Cpt. Andrzej Kujawski (US Army) in Monterey, California. Also, my brother Tim Coughlan (CIT '89 I think) and his wife Sarah welcomed a baby girl, Bridget Eleanor, on 11/28/12 in Boston, Thanks!!"



tional Desk (front door down-

(Fregault) Knox: "I saw the call for updates on Facebook. I was a camper stairs), the Endoscopy Waiting Room Desk and the Surgical and Waiting Desk, Already in January 2013, she has volunteered over 368 hours! Thank you Erma for you dedication counselor

From

Joanne

to be Good Help!



A new Coniston camper? Amelia Rowan Knox, daughter of Joanne Fregault and Andy Knox.



from 1989-1996, and my husband Andy and I recently had our first baby: Amelia Rowan Knox. Here's a picture!"

Matt Cosmo (2007 CIT) is in the US Air Force and recently engaged (fiancé Ashley Bishop)

From Karen Schulte: "This is big for us ... Jim and I and our son JD (who is autistic) took a wonderful Music Cruise, and the main group was the Moody Blues with 10-12 other artists from the 60s, 70s and 80s... Little River Band... great music!"

Heather Towne Goddu wrote "We just welcomed our third child, Attica, into the world on February 19. We're realy looking forward to having future Conistonians on both sides of the Lake!"

Max Rosen is completing his first year at Harvard Law School this spring. Congratulations Max!

NOTES FROM facebook

Catherine Cook: "I will be spending the summer as a research assistant in Ethiopia. For various reasons their calendar is 7 years behind us. I'm going to count this as time travel."

Naomi Malam:

"After 5 years way down south,

I'm returning to the land of Dunkin's iced coffee and winter. But worry not — I still plan on rocking my cowboy boots on the daily! University of Massachusetts School of Medicine Class of 2017!"

Scott Blewitt: "Excited to share that I am the new Recreation Director in New London, NH, in addition to

my already awesome job as recreation director for Sunapee, New Hampshire"

Sarah Kaye: "Jessica Paul and I got our MSW degrees last May from Boston College Graduate School of Social

Work!"

Liza Harman: "I matched into Obstetrics and Gynecology Residency at Dartmouth Hitchcock in Hanover, NH!"

Chris Cross: "I'm in a production of FROST/NIXON that goes up end of April/ beginning of May!"

Jennifer McLaughlin: "My husband Mark & I had a baby boy, Thomas on Jan 19th. I'm hoping that, when he's 18, he too will have an interest in heading to the States to be a counselor. Can't believe my Coniston adventure was 11 years ago this summer!"

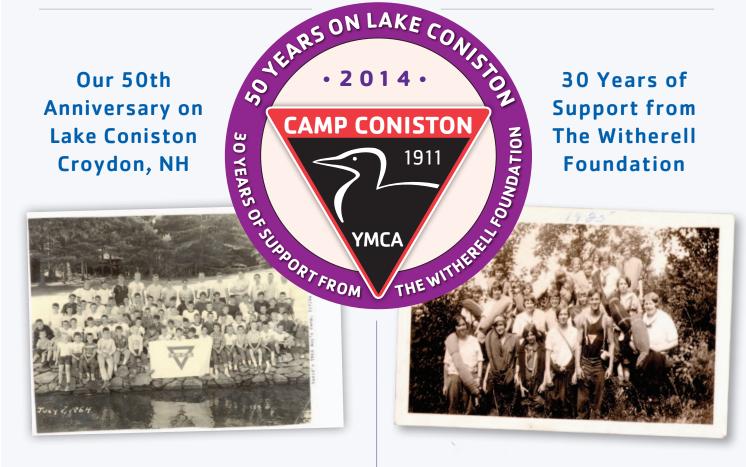
We like your likes!



By friending YMCA Camp Coniston on Facebook, we can all stay up-to-date on meetups and events, changes in our friend's lives, and exciting news from Camp.



Send us updates on school, jobs, family, and your travels (and photos too!) We'll share then with the Camp community in the Coniston Chronicle!



Fifty years ago our Camp found itself facing an important crossroads.

We had outgrown our existing location on Rand's Pond where we had operated since 1912.

After years of searching we found our new home in 1963, here in Croydon NH.

In 2014 we'll celebrating our 50th anniversary on the shores of Lake Coniston!



Thirty years ago no-one at Coniston had heard of Carl Witherell.

Then one day, out of the blue, we received a letter in the mail saying his estate would be sending local kids to Camp ... free of charge!

Due to his estate, over 1500 campers have shared in the Coniston Experience, completely funded by the Carl Witherell Foundation. That is the equivalent of an ENTIRE YEAR OF CAMPERS!

In 2014 we'll celebrate the 30th anniversary of his generosity. Thank you Carl!

LOOK FOR MORE INFORMATION AS THE DATE APPROACHES

YMCA Camp Coniston — annual giving 2012-2013



Long-Term Donors

Due to a change in Coniston's computer software, the camp is able to produce a listing of long-term donors for the first time. Thank you to all who have supported camp through the years, and we hope you will add your name here in the future!

10+ years of Donations

since 2000

Aaron, John Andrews, Jack & Marjan Barden, Dave & Fay Birkland, Jo Ann Bryant, Greq & Maria Calcutt, John & Ann Carl Witherell Foundation Carroll Concrete Clarke's Hardware Cox, Barry & Nancy Kane Deasy, Jennifer DeLong, Susan & Robert Dickey, Holly Eldredge, Chris & Sophie Sparrow Eldredge, H. Newcomb & Sally Faulkner, Charles & Charlotte Freedman, Karen & Jared Reid Frey, Conrad Furdyna, Frank & Adele Gardner, Jon & Katie Glynn, Barry & Patty Goddard, Eleanor & Walter

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Camp Antics!



FOURTH OF JULY







DIVISION NIGHT

"Coniston Is ..."

The bright early sun, to the highs and lows on people's laps.

The wake up songs to the goodnight taps,

The crazy fun clothes that most people will wear,

The trust and love one cabin can share.

The thanks we give to the whole kitchen staff,

The amazing counselors that make campers laugh.

The fire built at your overnight spot,

The smell of sunscreen, for the sun is so hot.

The somewhat quiet siesta rest,

The active, loud free time fest.

Trying new things like sailing to basketball,

The loud cheers and songs played in the dinning hall.

Sleep in Sunday with brunch and chapel,

The all day snack choice of a banana or apple.

The tasty, yummy chipwhich treat,

All the great friends you are bound to meet.

The caring, nice nurses always there helping to mend.

The love, bond, and memories made with that one special camp friend.

From the returning camper's cheerful hi's

To the embracing, sad goodbye cries

When two weeks are over it is time to leave here.

But it doesn't end yet, 'cause there's always next year!

By Meredith Rappaport, Camper

camp store preview!



Emily, Allie and Jen welcome Coniston Campers to the Store!

Here at Coniston, Camp staff have been busy all winter, getting our newest gear ready for the Camp Store. You'll find the freshest Coniston clothing and accessories, including our newest addition, a great knit cap, and an iPhone case (for use when you get home of course!) Be sure to visit the Camp Store on opening and closing days!



T-shirts, sweatshirts, hoodies ... and our new winter hat!!





Emily models the latest Coniston gear.

Just in: our new woodgrain iPhone case!



As Camp Coniston prepares to celebrate the fiftieth anniversary of our home here on Lake Coniston, and thirty years of support from the Witherell Foundation, we begin the first installment in a four-part series ... the highlights of our last 50 years.

PART ONE: From Rand's Pond to Lake Coniston

The story of finding our permanent home on Lake Coniston makes for great telling ... dedicated and determined people, working against great odds, to bring us where we are today.

In 1911, a group of important artists, educators and businessmen came together in NH's Upper Valley to found the world's first bird sanctuary. Six months later, a group of boys gathered there to begin "a week of real inspiration" ... Camp's first summer season.

YMCA Camp Soangetaha (as Coniston was originally known) grew and prospered through the 1930's. But by the 60's, local development had caught up with Rand's Pond, and it was clearly time for a change.

George Dorr, owner of Dorr
Woolen Mills in Newport NH,
was our Chairman of the
Board. He and other board
members spent months flying
and hiking over the Upper
Valley, looking for our new
home.

At one point, his team got caught in a snowstorm and had to struggle through drifts with a broken snowshoe to get themselves home.

They finally found the perfect spot ... Camp Interlaken in Croydon, NH was for sale, and George was determined to make it our new home. He gathered a group of influential businessmen at the Newport church ... and they weren't allowed to leave until they made a donation! "Some of them didn't exactly know what they had agreed to," George said, "but that's OK, we let them know shortly!"

That was the beginning of raising almost \$380,000, and in 1964 we made the move to our new and permanent

location, on the shores of Lake Coniston.

Three Coniston Directors in one photo: Doug Reed, Nancy LaRue Bonell, and Bob Sanders

FIFTY YEARS OF CONISTON HISTORY

Our Camp Directors:

The Story of Coniston's Success

YMCA Camp Coniston has had only four Camp Directors since the 1950's. This is very unusual for most camps and demonstrates the dedication of our directors, who helped to build Coniston into one of the top-rated camps in the country.

These directors mark three important eras in Coniston's growth and development:

Doug Reed 1959 – 1968

Responsible for administrating the move from Rand's Pond to Lake Coniston.

Bob and Irma Sanders 1968 – 1991

Responsible for changing our name to Camp Coniston in 1969, and establishing many Camp traditions that persist today.

Nancy LaRue 1991 – 1999

Responsible for bringing Coniston into the "modern

era", and continuing our tradition of growth, leadership and success.







1994-1999



1970_199



1969-197



1964-1968



1036 106



1911-1935

Camp Coniston Mission Statement

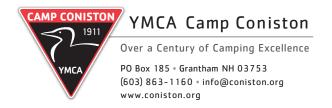
As a nonprofit service organization with a focus on youth, YMCA Camp Coniston creates experiences that build spirit, mind and body for all.

YMCA Camp Coniston

PO Box 185 Grantham, NH 03753 (603) 863-1160

email: info@ coniston.org
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