Spring 2014

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CAMP CONISTON 1911

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CONISTON HISTORY **The Sanders Era** Bob & Irma Sanders Camp Directors 1968-1981

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CELEBRATING YOUR GIFTS YMCA CAMP CONISTON

ANNUAL GIVING 2013

ON-LINE REGISTRATION IS ON THE WAY!

INSTRUCTIONS EMAILED IN JUNE SEE THE ARTICLE ON PG20

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30 YEARS OF SUR OR T FROM



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CAMP CONISTON

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1994-1999



970-1993



1969-1970



1964-1968



1936-1963



"Our time at Coniston gave us a great feeling of satisfaction and success ... we came away with the sense that we had really accomplished something."

> Bob Sanders STORY ON PG 1

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CONISTON HISTORY

As Camp Coniston prepares to celebrate the 50^{TH} anniversary of our home on Lake Coniston, and thirty years of support from the Witherell Foundation, here's the third installment in a fourpart series ... the highlights of our last 50 years.

PART THREE: Bob & Erma Sanders Camp Directors 1968-1981

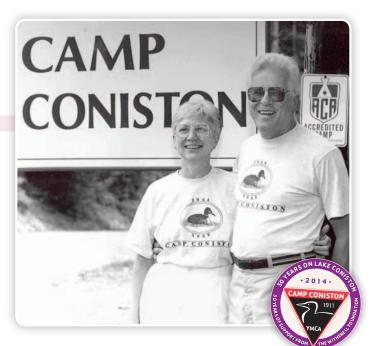
n 1964, a dedicated group of supporters helped move Camp to our permanent home on Lake Coniston. The year before — our last year at Rand's Pond — Camp had 226 campers.

But a year later, when we opened at Coniston, enrollment had more than doubled, and when Doug Reed retired as director in 1968 we'd expanded even more.

The Sanders Era — a time of growth

It was clear that Camp was poised for real growth ... and it was Directors **Bob and Erma Sanders** who guided Coniston through three decades of stability and expansion.

Within their first three years, the Sanders had again doubled Coniston's enrollment, at a time



when camps around the country, and even colleges, were declining and closing.

"If we had stayed at (Rand's Pond) we would have closed ... our property was simply too small."

Nancy Van Gulden, wife of Camp Director Bob Van Gulden "When we took over, Camp sessions were not full, particularly the last one," said Bob Sanders. "So I created a slide show, and brought it around to parent groups all over the region, to help sell the idea of Camp."

His efforts paid off — within several years, enrollments had grown to the point that all Camp sessions were full, and there was an active waiting list.

CONTINUED ON PAGE 2



ON-LINE

REGISTRATION

COMES TO CONISTON!

READY FOR SUMMER 2015

SEE THE ARTICLE ON PAGE 20

DIRECTOR'S 2¢

YMCA CAMP CONISTON

BOARD OF DIRECTORS

John Calcutt, Chairman Fairfield, CT

Rolf Gesen, Vice Chair Hopkinton, NH

> Richard Altman Grantham, NH

Chris Eldredge Newport, NH

Katie Gardner Wolfeboro, NH

Gen lzutsu Charlottesville, VA

Catherine Johnson Hanover, NH

> Jon Marvin Bow, NH

Clark Smidt Andover, MA

Stefan Timbrell New London, NH

Nancy Walters Grantham, NH

Michael J. Work New London, NH

John Zimmerman Hopkinton, NH

Brian Grip, lifetime member Bow, NH

Bert Myer, lifetime member Hampstead, NH

Tom Simon, lifetime member Grantham, NH

STAFF

John Tilley Executive Director

Jennifer Deasy Assistant Director

Lorraine Newcomb Registrar

Nicole Berthiaume Afterschool Director

John McNair Senior Program Director

Emily Judkins Administrative Assistant

Aaron Turner Maintenance Director

Dave Savio James Newcomb Maintenance



FIFTY YEARS OF SERVICE HERE ON THE LAKE

amper parents are often touched by the growth they see in their kids when they return from Camp. "It's almost like he's a different kid ... I can't believe how she's changed!"

Always, these parents thank us for the great job our counselors have done for their kids.

But it's important to realize, their camper's growth is built upon the contributions of the staff who came before them — the kids who learned from our counselors, then came back to Camp as great counselors themselves.

THE SANDERS LEGACY

Through three decades, Camp Directors **Bob and Erma Sanders** nurtured and created a sense of

CONISTON HISTORY ...

Bob also credits his wife Erma, who acted as Camp Registrar, with growing the waiting list. "That list was very important to Camp ... it let us keep those sessions full, and that really helped stabilize the finances."

John Tilley agrees: "The wait list that the Sanders started has always

allowed Camp to remain financially healthy, despite the fluctuations in the national economy."

Bob's expansion of the international staff was another factor in Coniston's growth. "These were top-grade people with skills and personality ... they gave our Camp a wider stability for Camp ... a place where we care for each other and respect our differences, while sharing a common experience.



BY JOHN TILLEY CAMP DIRECTOR

Much like the Campers who come back to teach the lessons they learned as kids, the Sanders helped us to establish *a long-term foundation,* so we can continue to build an exceptional staff and help create even better kids.

Thank you, Bob and Erma, for your commitment to Camp, and for the experiences you helped us provide

to tens of thousands of local and global citizens.

view of the world. Recruiting staff was always a long-term process, but despite the tight finances I tried to give them raises whenever I could — those kids deserved it!"

Our first "long-term directors"

The Sanders spent 23 years building and establishing what we now know as the Coniston Experience.

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CONTINUED ON PAGE 5
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Bob with two very happy campers, circa 1980



ANNUAL GIVING 2013

CELEBRATING YOUR GIFTS

This past year, your charitable donations to Coniston totalled **over \$184,000** from contributions through major endowments, to spare change collected by our kids.

We recognize and thank every one of you!



the

CHAIRMAN'S TRIANGLE

FROM \$5000 TO \$40,000

Carl Witherell Foundation

Fidelity Charitable Gift Fund

The Jack & Dorothy Byrne Foundation

KRES Sunshine Fund

New Hampshire Charitable Foundation

PLATINUM TRIANGLE

FROM \$1000 TO \$4999

John Aaron Hedy & David Adler Richard Altman John Worrall & Cynthia Bakon The Boston Foundation John & Ann Calcutt David & Anna Clark Lynne & Bob Delise Andrea Seebaum & Steven Deutsch Beth & Brian Doucet

CONTINUED

YMCA · CAMP · CONISTON

ANNUAL GIVING 2013



FROM \$1000 TO \$4999 CONTINUED

Susan Dugan Flying Goose Brew Pub Tom Mills George W. Paul Trust William & Kathleen Gillett Granite United Way Foundation **Greenbaum Family Foundation** Steve & Sue Greenbaum The Greenspan Foundation Hartford Foundation Brian & Mary Jo Hogan Sherman Horton Josh Young Memorial Fund Kearsarge Assets Network **Robert & Mary Helen Morris** Phenix Mutual Fire Insurance Co Nina & Bill Regan Mel & Pamela Shaftel Tom Simon John & Irina Stavis Karen & Bill Stetson Margie & Jack Tierney Nancy & John Walters Robin Williams

CELEBRATING YOUR GIFTS

The Power of Legacy

f Lebanon NH businessman Carl Witherell were to see the recognition he's received (and so much deserves) from Camp Coniston, he might blush a little (!) ... Carl would likely prefer that his accomplishments speak for themselves.

In 1984 we received the first of 30 bequests from the Witherell Foundation, specifically to fund Camperships. As we planned the 30th anniversary of Carl's gift, we were amazed to find that Carl had sent over 1500 campers to Coniston — an entire summer's worth of kids!

Here is the true strength of legacy ... the ability of a single bequest **to continue working,** far into the future. We celebrate Carl's quiet

generosity — but even more, we recognize the power of his foresight.

Because Carl Whitherell



This past winter Coniston hosted the Youth in Government Caucuses for Western New Hampshire. Almost 40



participants came from the Claremont, Newport and Kearsarge School Districts to elect representatives and prepare for the statewide program, which is held in Concord, NH every year. Participants use the State House, Supreme Court and Governors office during the weekend-long

program every March. Congratulations to all participants!

In January, **Lorraine Newcomb**, Coniston's Registrar, spent a week in Boulder, Colorado working with almost 350 other camp professionals as she prepared for Coniston's entry into

CAMP NEWS

electronic registration (see the article on pg 20.) Her work



there will be unveiled to all Conistonians this summer, as we begin to register without paper for the first time in Camp's history. While visiting the area Lorraine took in the beauty of Rocky Mountain National Park and spent time photographing Elk and other wildlife.

John Tilley, Executive Director, was recognized at this year's American Camp Association New England Conference through a presentation of the Leadership Award. The award is given to people who volunteer with ACA to help create a culture of camping that benefits all camps in New England.



Award winners John Jacques, John Tilley and Misa Galazzi with ACA President, Nat Saltonstall

CONISTON HISTORY...

CONTINUED FROM PAGE 2

John Tilley said, "The Sanders brought Camp to a new level, where it was sustainable over the long term. They created the stability that allowed us to grow ... the springboard for our growth and expansion."

Erma and Bob retired in 1991, and Bob says their time at Coniston "gave us a great feeling of satisfaction and success. We came away with the sense that we had really accomplished something ... with the help of *many* people!"

Sincere thanks.

The Sanders helped build the foundation and future of our Camp ... we can't thank them enough for everything they've given us.



CONISTON ANNOUNCES 2014 LOCAL SERVICE TRIP

This summer, a group of Senior Campers registered to volunteer regionally with the **Boston Urban Outreach program**, which hosts groups from across the US to work on hunger and food initiatives.

Our Campers will be housed in the First Church in Charlestown, and will volunteer for 5 days! The group will then travel to Maine for a few days of white water rafting. This trip is an addition to the Service Program that began last summer, and traveled to West Virginia and Virginia.



CAMP NEWS

JD, John McNair and John Tilley were fortunate



to get away from the New Hampshire winter this February and attend the ACA National Conference in Florida (see the "Brain Surgery" article on pgs 19-20.) Not only was the weather great, the staff attended lectures on youth development including one on "The Whole Brain Child" where we discussed the ability for campers to gain resilience and GRIT through camp programs. In addition, JD, John McNair and the Tilley family were able to partake in great conference events, and take in a trip to the Magic Kingdom!

This spring volunteers from **Hypertherm** are helping camp staff to clean up from the winter, prepare program areas for the summer, and make certain that Camp is in tip-top shape. This is the fourth year of this volunteer program, sponsored by Hypertherm as a community service. Hypertherm, of Lebanon NH, designs and manufactures cutting systems for use in a variety of industries such as shipbuilding, manufacturing, and automotive repair.



Coniston's afterschool programs now



include **CATCH Kids Club** in its curriculum. The CATCH Kids Club is an active lifestyle curriculum that helps meet Healthy Eating Physical Activity (HEPA) standards and have been adopted by schools and child care programs across the US.



Grandin Court Church, Virginia will serve as a base for the Feeding America Service Trip

John McNair and John Tilley

were able to get away for a day to travel to Boston and check out the sites where the middle Service Trip will be working. Located right off Bunker Hill, the group will stay in a church and work with several different organizations focusing on hunger and feeding the poor.

In late April, **Lorraine Newcomb** visited the Roanoke, VA site to see where the group would stay as they work with **Feeding America**, a regional food bank. In March, **seven Coniston summer staff** attended the American Camp Association's New England Conference to prepare for a great summer. The group was able to participate in trainings that will impact every camper and staff member as well as keep Coniston's own program fresh.

John Tillev

has been named to the National



Council of Leaders representing New England camping to National ACA. Each region of the US has two representatives who bring forward trends, concerns, and ideas unique to each section.

YMCA Camp Coniston Afterschool Program is proud to be hosting internships in conjunction with Colby Sawyer College this year. Jessica Harris of Chicago, IL is a Child Development major and she hopes her time with the program



Summer staff with JD and John McNair at ACA New England

P G **6**

CAMP NEWS



Jessica Harris

will assist her in opening her own teen center after graduation.



New England K-9 Search and Rescue continues to utilize Coniston as its

training site and wrote the camp to say that they had been very busy helping with 15 searches, where they located 3 people. **Donna Larson** wrote to thank Camp Coniston saying that training at our unique location and having the lake is directly attributed to some of their finds.

YMCA Camp Coniston is proud to continue to be **rated as the #2 camp in the country** on CampRatingz.com. Thank you to all who have left reviews of

Coniston on this site, which is what has brought us such a high ranking!



Link Up With Coniston's Finest on LinkedIn!



LinkedIn is a professional networking site. As an employer or job seeker, imagine being able to easily locate others who understand the value of the Coniston Experience with a simple search.

That is why Coniston is building a presence on LinkedIn for everyone in the Coniston Community.

By following YMCA Camp Coniston on LinkedIn, everyone in our community can start to network with each other, and find great employees as well as old friends. Join us at **www.linkedin.com**, and start linking up with Coniston talent!

CELEBRATING YOUR GIFTS

the

Coniston Kids at the Salvage Shop

Several years ago I was at a salvage shop with our maintenance director, searching for architectural details for the Dining Hall revision.

I noticed their employees looking at the logo on our van, and one by one they came up to talk with me. To our great surprise, it turned out every employee there that day had been a Camper at Coniston!

As they shared their stories — how much Camp meant to them, the value of what they had received — I realized *every one of those young people* had been to Coniston on Camperships ... very possibly, funded by the Witherell scholarships.

It was a reminder of *the power of charitable giving* — local kids, at a local business, who realized how much they learned at Camp, and the many ways it stayed with them through their lives.

- John Tilley

Camp Photos!







FROM \$500 TO \$999

Carolina & Fernando Barran

Linda & Matthew Belamarich

Linda & Gary Brenner

Clarke's Hardware Read Clarke

> Phillip & Jane Currier

J. Michael Deasy

Susan & Craig Foscaldo

Jack & Lisa Garrahan

Nancy Gesen

Doug & Becky Gladstone

Ann & Walter Grote

Margo & Harold Haddock

Dick & Nell Leach

William Spears & Robin MacIlroy

Mary MacNeil

Jennifer & Todd Mailly Anne & Michael Moran

Frederick & Marjorie Moss

New London Hospital

Steven Scudder & Donna Palley

Diane & Chris Roberts

R. Bruce & Janet Taylor

The Redmond Family Foundation

> Elinor & Dan Redmond

Stefan & Karen Timbrell

Michael & Christine Work

Kate & Doug Yoder Michael & Claudia

> John & Patty Zimmerman

Zegans

SILVER TRIANGLE

FROM \$250 TO \$499

Anonymous American Express Charitable Annie & Larry Ballin Kathleen Belko Nancy (LaRue) & John Bonell Elizabeth Carmen Shaun P. Carroll Antonio & Kim Casola Carol & Joe Chirico Celeste & David Cook Holly Dickey M. Eugenia & Mark Doncov Alan & Mary Doyle Sophie Sparrow & Chris Eldredge Lois & Evan Evans CONTINUED

CELEBRATING YOUR GIFTS

Because Carl Witherell made one gift ... because he had Vision ...

because his legacy has paid for more than you could ever imagine ...

Because Carl Whitherel

YMCA · CAMP · CONISTON V ANNUAL GIVING 2013



FROM \$250 TO \$499

C O N T I N U E D

Elyssa Feins Martin & Mickey Feins Jared Reid & Karen Freedman Jon & Katie Gardner Jennifer & Marty Glennon **Roger Goring** Mike Tilchin & Linda Greer Dan & Kristin Grip Danielle Gilbert & Louis Guertin Carolyn & Alden Hart Nancy & Bruce Hickey Sara Hiipakka Gretchen & Rick Hutchinson Nancy Johnson Julie & Steve McLaughlin Nelson McLean Katie & Tom Miller Ruth & Joel Moses Joan Moyer

Doug Newton Sandra & Don Noordsy Tara & Christophe Oliver Payden & Rygel Gareth Rhys Williams Laura & Michael Salvay Lisa Sofis & John Scheft Jill & Bill Schoonmaker Schwab Charitable Fund Shray Family Fund Berta Sinclair John Pizzuto & Marian Slavin William & Sybil Sloan Martha Regan-Smith & Roger Smith Judi & Chris Sullivan Amy & Joe Sweeney Jason & Linda Temco Thomas & Diane Tessier David Pilla & Terry Vaccaro **Ruth Bailey Vinton** Jenny & Peter Wasserman Jenny & Stan Williams Matthew & Lauren Williams

CELEBRATING YOUR GIFTS

1500 children attended Camp, regardless of their family's income... 1500 people know how to swim, and save their own lives!

Because Carl Whitherel





YMCA CAMP CONISTON $\neg \overline{\uparrow} \overline{\uparrow}$ The Centennial Endowment



IT GROWS

WE NEED YOUR SUPPORT FOR THE CENTENNIAL ENDOWMENT

IN 2012, the YMCA Camp Coniston Board of Drectors made a commitment to the future by establishing the **Centennial Endowment,** with the stated intention to fund Coniston Camperships in perpetuity.

There are many contributions to Camp that we can measure in numbers — for example, we know how many campers came to Coniston via the Witherell Fund.

BUT THE REAL IMPACT,

the "greater effect" of giving to Coniston, is almost untold.

Growing the Centennial Endowment is not only important to Camp ... the kids who benefit from your contributions will go out to their families, their schools, their jobs, their communities.

THAT'S WHY WE SAY, IT GROWS!

On the occasion of the founding of the Centennial Endowment, Board Chairman John Calcutt said, "One of the things we ... are actively trying to do is assure that *Camp remains affordable to everyone."*

WOULD YOU CONSIDER A PLEDGE TO THE CENTENNIAL ENDOWMENT?

You could leave a legacy that will be organizationally changing, an enormous contribution ... quite literally, sending kids to Camp for as long as Coniston exists.

NOW THAT'S A LEGACY!

This is the powerful example that Carl Witherell sets. He's already done this for Camp he understood it's the "forever part" that really matters.

CELEBRATING YOUR GIFTS

Camp Photos!





YMCA · CAMP · CONISTON 🔻 ANNUAL GIVING 2013



FROM \$100 TO \$249

2013 Girls Staff Jeffrey Aaron Rachel Adler Rosalyn & Norman Adler Anne & Ernie Albert Ed & Lillian Astrachan Paul & Joanne Babson Bank of America Matching Gifts Dave & Fay Barden Amy Stephens & **Charles Barlowe** Tom & Kate Barnico Carter Bascom Leigh & Sean Bears Amy & Jim Becker Allen & Karen Belknap Steven & Cynthia Benson Kara & Steve Berger Jo Ann Birkland Kenneth Kohlberg & Justine Bloch Philip & Shelly Bonomo Helen & Norm Boucher Joseph & Leanne Boyer

Richard Buckley Robert & Carla Burns Matt & Tracev Cairns Alison & Ryan Carroll Warwick & Lyle Carter Mike & Anna Caruso David Poole & Rosanna Cavallaro Suresh Sundaram & Marci Cemenska Win & Barbara Chase Saint Andrew's Church Hilary Cleveland Hannah Coleman Duffy & Jen Conner **Country Houses** Realty Paul & Barbara Couturier Nancy Kane & Barry Cox Steve Dacey Bonnie & Fred Davis Jennifer Deasy Priscilla & Dom Delmonico **Richard Denise** Cheryl & Scott Devoe

Bill & Patty Dewhirst Amy Dickens Jeremy Silverfine & Louise Domenitz **Olive Hadley Dorr** Jean & Richard Dulude Bruce & Elizabeth Durkee H. Newcomb & Sally Eldredge Stephen Ensign Charles & Annie Ernst Dan & Sue Ann Evans Patti & Bob Evans Jen & Dana Fletcher

Beth Friedman Chris Oostenink & Carita Gardiner

Ruth Franks

Hannah Gesen Alison Lazarus & Cliff Gevirtz Angela & Simon Gibbs David & Camille Gillespie Faye & John Gmeiner Eleanor & Walter Goddard Cynthia & Steve Gorev Alison & Sean Gorman Patty Graf Scott & Kim Grafton Larry Griffin Brian & Kelly Grip Bill & Malora Gundy Fiona & John Heaney Patricia Hertz

CONTINUED

CELEBRATING YOUR GIFTS

1500 people learned not to be afraid of the dark ... 1500 people know the Class A clap ... 1500 people learned new ways to be supportive of their friends.

Because Carl Whitherel

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TRIANGLE BRONZE

FROM \$100 TO \$249 C 0 N T I N U E D

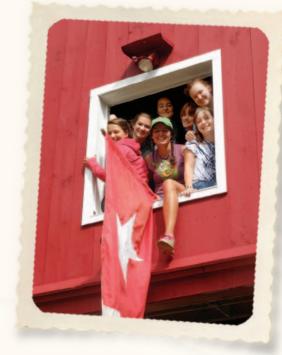
Deborah & Charles Hilton Ashley Hodder John & Roberta Hollinger Bill & Betsy Horn Lynn & Sherm Horton Sally Horton Carol Ann Howe Matt & Laura Hunter Stephen & Betsy Hunter Ford & Patricia Hutchinson Richard & Arlene lannella Dawn & Osaro Ighodaro Rafael La Porta & Veronica Ingham **Catherine Johnson**

Kyle & Alexis Johnson Charles & Emily Jones Stacy & Jonathan Kamisar Elizabeth Miller & Glenn Kleiman David & Linda Koch Lauren & Allen Kropp Elise Lau & Kit Lam Lori & Gary Lambert James Lantz LaValley Building Supply Linda Lowell Doug Lyon **Claire Macfarlane** Haitham & Lauree Mansour Lee & Lynn Mark Jon & Sarah Marvin Virginia McCarthy

CELEBRATING YOUR GIFTS

1500 people know the excitement of Grilled Cheese Day! ... 1500 people learned the feeling of independence that comes from trying something new.

Because Carl Whithere



McCrillis & Eldredge Insurance Co. Jim Meacham Susan & Joe Melia Louis & Susan Membrino Carolyn & Peter Mertz Sandra & Matthew Meyerson Jessie & Dale Milne Troy & Paige Moody Emily Morse Bert & Ann Myer Frederick & Elizabeth **Myers** Daniel & Karen Nash New London Rotary Club Jane & John Nickodemus Andrea & Chris

Nielsen

Bob Odell Aline Ordman Robert & Norah Peterson **Becca** Phillips Darren & Susan Phipps Randi & Steve Piaker Marcy & Alan Pike George Quackenbos James & Mary Lou Reid Nicole Reiss **Benjamin Rogers** Joseph & Juanita Rogers Samantha Rosen Jeff & Sue Rubin Margaret & David Salvas Doug & Sandy Sampson

PG14



FROM \$100 FO\$249 C 0 N T I N U E D

Scott & Tamar Sanders David Gabel & Janet Schloss **Greg Shenstone** Meghan & Brad Ship Rob & Angela Simmons Mike Slafsky Gordie & Brooke Spater Spring Ledge Farm Greq & Astrid Berger Lexi Stack Morton & Judith Stanfield Barbara Steward Sugar River Bank Ian & Jennifer Swope Joan & Bill Tarkulich Gail & Edward Teach Peggy & Steve Theroux **Roberta Thomas** Thomson Reuters Linda Myers-Tierney & Steven Tierney Weber & Diane Torres Mark & Kathleen Trachy Alex Trowbridge Arifa Toor & John Trummel Scott Fabozzi & Autumn Van Sice

Boris Makarova & Olga Vandycheva Verizon Foundation Jeanette & Dru Vinton Kathleen & Kevin Walker Debra Walton Wendell Veterinary Clinic Jolyon Johnson Linda & Walter Wiewel Elizabeth & John Worthington Matt Younis Jenna Zadeh Zachary & Fah Zimmerman



CELEBRATING YOUR GIFTS

the

The "Gentleman's Luncheon"

very year, around Christmastime, a group of New London, NH citizens gather together for "The Gentleman's Luncheon."

Coniston grandparent Dick Leach invites 70–80 of his closest friends to an opportunity for talk, fellowship, holiday cheer, and charitable giving.

Dick quite literally passes the hat, and the money is used by our local school counselor to provide school supplies, clothing, and financial assistance to attend Camp, and participate in other activities which help children grow up well-rounded. One year, the school counselor identified a young girl who needed braces ... and the group totally paid for everything.

So every year, the group sends as many as six kids to Coniston on fully-paid Camperships.

It's become one of my favorite holiday traditions, it's totally grassroots ... and it directly benefits the kids who need our help.

So when you see "The KRES Sunshine Fund" listed under the Chairman's Triangle, that's who that is ... local citizens, helping our community. — John Tilley





Jacquie Zimmerman wrote to say that she was amazed at the number of Conistonians who ran in the Boston Marathon. She was able to see Chris Mario, who ran in memory of former staff member Sam Grad, in addition to Elizabeth Forbes, Becca Cotugno, Elizabeth Good, Brian Beale, Shannon Sawyer, and Debbie Jacobson (who is mother to Jill, Michael, Jacob and Casey Lenson.) Way to represent Conistonians!

It will came as no surprise that **Brian Doucet "Douce"** has a lot to say! He has joined the Board of Directors for the Childhood Cancer Lifeline, which co-administers Camp

Winning Spirit for families who have children with cancer at Coniston. In addition he has joined the Board of Governors for his curling league. Douce also wrote that CONISTONIANS AND CAMP NEWS ... FROM AROUND THE WORLD!

ALUMNI NEWS

he has turned 30 and says his back is starting to hurt!

Congratulations to **Kevan Donavan** who was recently hired by Ohio State to work in the compliance department.

Shane Goodrich was excited to not only land a job as a new lawyer — he has already won his first case.

Andrew Carpino is getting married over Memorial Day weekend! More on that will be coming this Fall.

Gen Izutsu is at the University of Virginia Darden School of Business, and was awarded the Genovese Fellowship — one of the School's most prestigious, merit-based awards. The fellowship will help fund his second year of Darden's MBA program.



CELEBRATING YOUR GIFTS

the

Afterschool Story

Coniston's Afterschool program has grown to become one of our most important outreach efforts. We've come to realize how valuable this is for local families — working people who need our help, so they can keep working.

This past year, the nurses at our Afterschool sites identified a number of families in need of aid.

We reached out to several individuals connected with Camp. Together they stepped up to provide these families with financial assistance, so their kids could stay in Afterschool and they could continue working.

This is how contributions to our Annual Fund are actually used ... we often talk about the value of Camperships, but there are so many other critical needs that must be met.

Your donations help keep our kids happy and safe, so their parents can provide for them. It's donor support that enables us to go out and do these incredibly vibrant human acts. — John Tilley



ALUMNI NEWS

Alison Myer and her husband have been blessed with a second child, Finton.

Beth Sawitz Doucet is loving her new job at Catholic Medical Center in Manchester, NH. Beth is a Physical Therapist.

Katie Arnold is engaged to be married soon! More on that later!

Robby Muller and Emily McCarthy are engaged! They haven't yet set a date for the wedding, but the matron of honor will be Robby's sister (and former counselor in G-15) Kelly (Muller) Condon. The two are currently living in NYC and are missing the fresh air and the New Hampshire life style daily.

Eric Rightor wrote to say he has joined Camp Bauercrest

as the new Executive Director, and is looking to bring that traditional all-boys overnight sports camp back to its prime. Congrats Eric!

Former Girl's Camp Director **Rachael Foley** and her husband **Luke** (who has escorted WCITs to the Grand Canyon) are happy to announce the birth of their son, Tobin. He was born on Friday, January 11th. In addition Luke was named Teacher of the Year

for Vermont and was recognized in Washington DC by both the President and Vice President of the United States!

Chris Cross wrote to say that June 26th is his big day with Josh! In attendance will be camp alums **Jenna**

Zedah, Marcus Stacey, and Max Rosen!

Senior camper **Katherine Bishop** of Carlise, MA is on the US Olympic Luge development team and went to this year's Winter Games to observe. She is pictured here in a team jacket and wearing the Olympic racing suit from the Japan 1998 Olympics at Nagano — handed down to her from fellow Carlislean and former two-time Olympian Erin Warren.









CAMP: IT'S NOT BRAIN SURGERY (... OR IS IT ?!)

"We Knew It All Along! Vagal Nerve Tone, Health, and the Lifelong Benefits of Camp"

Here at the Chronicle, we don't get involved much with 'pure science' ... we'd rather be talking about summer fun and happy, healthy Campers!

But at this years' American Camp Association National Conference, we found out that science is coming to the same conclusions we knew all along. *People are literally hard-wired to connect socially* and even more, the brain's connection with the heart improves with better, and more, social contact.

Camp Is Good For You! Well yes, we knew that, just by going to Camp! But now, science is researching the specifics of how social connections can change our bodies physically.

Bob Ditter Presents At The ACA.

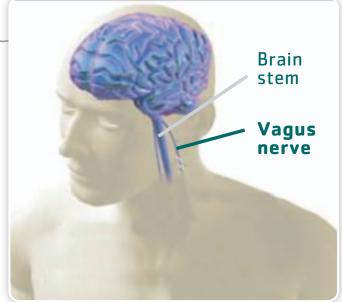
Noted Camp Psychologist **Bob Ditter** gave us the news — quality social contacts can truly improve vagal health. Building upon the work of **Barbara Fredrickson,** Bob explained that the Vagal Nerve is one of the ten so-called "cranial nerves." The nerve connects the brain and the heart, and generally, the



Barbara Fredrickson, PhD, Professor of Psychology, University of North Carolina

better our 'vagal tone', the calmer and more robust our cardiovascular system will be.

In the spring of 2013, Fredrickson outlined her research in what became the most forwarded op-ed in the *New York Times.* What Fredrickson states is that people who practiced ways of being more attuned to each other



physically improved this key part of their cardiovascular system. Fredrickson stated, "... the higher your vagal tone the better. It means your body is better able to regulate the internal systems that keep you healthy. like your cardiovascular, glucose, and immune responses."



Bob Ditter, M.ED., LCSW, child, adolescent and family therapist, Boston MA

What's Camp Got To Do With It?

In short, the only way to exercise your vagal nerve is to learn how to socially connect with each other. By learning how to make eye contact, understanding a person's tone of voice, and by reading important body language we leave an imprint on our neural pathways that allow for improved Vagal Tone. This in turn leads to improved physical health.

CONT'D ON PG 20

REGISTRATION EASE FOR PARENTS...

... BACK TO BASICS FOR KIDS



YOU ASKED — WE LISTENED ... YMCA CAMP CONISTON IS GOING DIGITAL AND CHANGING TO ON-LINE REGISTRATION FOR 2015

Register with ease! You'll be able to register from your computer, tablet or phone ... no more filling out paper forms and putting them in the mail. (Although you'll still need to mail the deposit check.)

Online registration will come along with a major revision in our website, **www.coniston.org.** We'll tie into the new look of the *Chronicle*, but we'll be

sure to maintain the traditions that define our experiences at Camp.

Up-to-date, but still "low-tech"

In the end, online registration will help make our community more efficient, and more integrated.

But rest assured, Coniston will still be a "low-tech environment" ... no computers, iPods, email or cell phones, at Camp.

Instead, we'll be filled with the joys of face-to-face contact, summer fun and new friendships, in an enduring community. —



LOOK FOR INSTRUCTIONS VIA EMAIL IN JUNE



CAMP: IT'S NOT BRAIN SURGERY (... OR IS IT ?!)

Ditter went on to say that "Vagal health is a predictor of how long (Campers) live, how free of depression they'll be ... and how healthy they'll be overall." So when parents tell us, 'These kids are different,' it's not just a social change — this is an actual physical difference!

Simple Advice — Use It Or Lose It

Bob's message was simple and direct — camps should actively work to make quality social contacts happen. But that's something we've always known at Coniston, for the past one hundred years.

You can read an article by Bob Ditter on-line at www.acacamps.org/ campmag/1309/vagal-nerve-tonehealth and Fredrickson's op-ed may be read at: www.nytimes.com/2013/ 03/24/opinion/sunday/your-phonevs-your-heart.html?_r=0

PG**20**

YMCA · CAMP · CONISTON 🔻 ANNUAL GIVING 2013



FROM \$1 TO \$99

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the

CONTINUED

CELEBRATING YOUR GIFTS

1500 people enjoyed the echo of a Loon calling across the lake ... 1500 people think of their Coniston cabin whenever they hear a screen door slam.

Because Carl Whitherell

YMCA · CAMP · CONISTON V ANNUAL GIVING 2013



FROM \$1 TO \$99 CONTINUED

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CELEBRATING YOUR GIFTS

1500 people understand the importance of facing their fears and jumping in the lake ... 1500

people know the warmth of a campfire reflecting on their face...

Because Carl Whithere







FROM \$1 TO \$99 CONTINUED

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CELEBRATING YOUR GIFTS

Because Carl Witherell sent 1500 kids to Camp, we all have been changed. In 1984, he left children in the Upper Valley a gift. This gift continues to send children to Camp, year after year. Thank you Carl, you have changed us all for good.

Because

Carl Whithere

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Thank you to the following Businesses, Matching Gift Programs and Foundations who have helped support YMCA Camp Coniston and our Campers.

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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.



1970-199



1969-1970



1964-1968



1936-1963



YMCA Camp Coniston

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YMCA Camp Coniston

Over a Century of Camping Excellence

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