

Fall 2014

CONISTON HISTORY



## Growth and Independence

Nancy  
LaRue Bonell  
Camp Director  
1991–1999



## SUMMER 2014 in "Coniston-land!"

JD's summer memories  
begin on pg20



YMCA CAMP CONISTON  
**Service Trips**

## CONISTON GROWING AND DOING

ARTICLES BEGIN ON PG3





Present



1994–1999



1970–1993



1969–1970



1964–1968



1936–1963



1911–1935

“Driving up — from the first Coniston sign, to the first staff member screaming, “Welcome to Camp!” — Hannah and I were screaming too (and I’m not gonna lie, I had tears streaming down my face!)

“Two hours in and out ... and I guess I was waiting for that moment where she looked at me with tears and fear. But instead, she said ‘I love you Mom — see you in two weeks!’

Alumna **Alison Leon**

[READ ALISON'S FULL EMAIL ON PG23](#)

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## FIFTY YEARS OF SERVICE HERE ON THE LAKE

### A Web Of Service

During the summer, it is easy to see traditions from previous years, and to know that we firmly stand on the shoulders of those who came before us. In the same way, our entire organization is built upon a *progression of people*, many of whom we no longer know.

From the original group who began with an idea of starting a camp in 1911 ... to the board member who donated their property on Rand's Pond to run our camp until 1963 ...

To the group of volunteers and staff who tenaciously searched and fund-raised, to move us to the most beautiful campsite on earth ...

To the Board Members who secured Coniston's status as an Independent YMCA, and enabled us to focus on running the best Camp program possible in one of the best facilities ...

### WE SEE A CLEAR PROGRESSION

Consider the first-year campers who come to Coniston. They make decisions by themselves without the help of parents, learn to live with others and settle small problems,



## DIRECTOR'S 2<sup>nd</sup>

and become more daring as they teach themselves to try new things. (It's no wonder that parents say their kids come home different!)

Those campers return and eventually apply for CIT. They begin to apply the lessons they learned at Camp to their own personalities. Maybe it's an athlete who becomes interested in theater. Perhaps it's a quiet person who learns to use humor in social situations.

Finally that camper joins the staff. It's their first job, and they aren't just in charge of a cabin — they help to train and lead a group of employees. They assist in administering a small town that feeds and cares for 500 people round the clock. They learn more about management in one summer than any internship could ever allow.

### THE ESSENCE OF CAMP

I have realized that everything we do at Coniston is built on a web between the youngest camper and our oldest alumni — the vision of our board and the work of our staff.

It's the essence of Coniston — the opportunity to share the knowledge, the fun, the traditions, and the lessons we've learned, and help to create that continuity of experience.

In this issue it becomes clear ... we are a community that not only builds better kids, we build a better society. I hope you'll find a way to join us! — J



BY JOHN TILLEY  
CAMP DIRECTOR

## YMCA CAMP CONISTON

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**James Newcomb**  
Maintenance





## CONISTON HISTORY

100 YEARS OF TRADITION AND SERVICE

As Camp Coniston celebrates the 50th anniversary of our home on Lake Coniston, and 30 years of support from the Witherell Foundation, here's the fourth installment in our four-part series ... the highlights of our last 50 years.

### PART FOUR:

## Nancy LaRue Bonell

### Camp Director 1991 – 1999

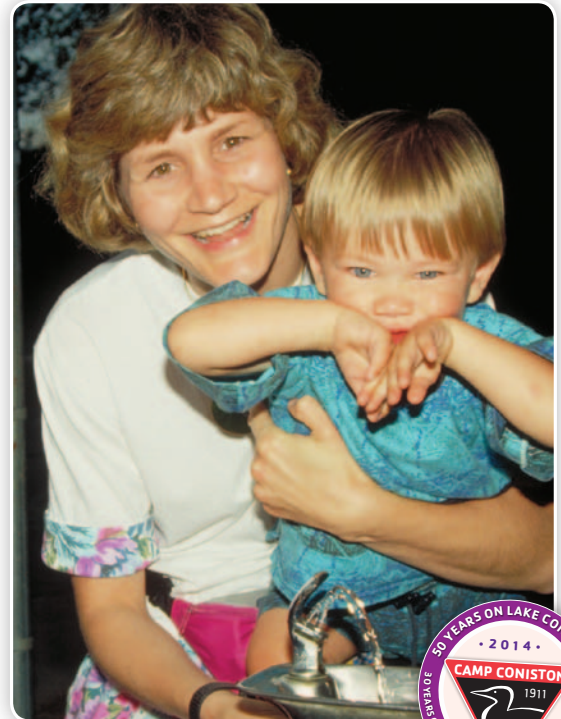
**N**ancy LaRue Bonell's nine-year tenure as Camp Director saw the beginning of the incredible growth Coniston enjoys to this day. Enrollment numbers bear this out ... when Bob and Irma Sanders retired in '91, Camp had 876 campers. In 1999, when Nancy left to help start the Nutfield YMCA in Londonderry, NH, we'd seen a 25% increase to 1171 Campers.

Nancy grew up at a Y camp, beginning at Camp Nokomis on Bear Island in Lake Winnepesaukee. She worked her way up through camper, counselor and staff. She began her lifelong career with the YMCA in 1979, at the North Andover Y.



Hey-you-kids! Karin and Rick, 1996

But in the summer of '91, when Nancy came to Coniston, she knew there would be real challenges. "This was 'a time before technology' — no computers, no fax machine, no internet, no software, no



copier. Our registrar had to type out each and every camper contract, by hand! Introducing new technologies allowed us to bring some real efficiencies to Camp."

### Cultural concerns

The history of organized camping has always reflected the times. YMCA Camp Coniston, like so many other organizations, was transitioning from norms that were set in the 1970's into a more child-centered philosophy.

In the 1990s, the study of "youth development" was in its early stages. Schools, camps and other youth-serving



Karin, JD, Chris and Gretchen, 1992







Welcome to Camp! The Coniston main gate sign, circa 1994



Under construction ... ready for meals together!  
The new Dining Hall, Nov '97 and July '98.



Teepee time! Nancy & kids, 1995

## Nancy LaRue ...

organizations were shifting to a more broad-based view — one that advanced child-development needs on a wide spectrum.

"We were growing into a different era— a place where our kid's growth and development was placed front-and-center." Nancy accomplished this by bringing in key staff, and credits Colby Sawyer College in New London NH as a source of 'local talent.'

### A new dining hall ... we share meals together!

The idea of a larger Dining Hall had been around Coniston since the end of the Sander's era according to Bert Myer, Board Chair, 92-98. Working together, Nancy and the Board decided the logical major step towards improving camp would be to build a new building capable of feeding all campers at the same time.

Looking back, this really illustrates the child-centered philosophy Camp was beginning to take. Think of all the new traditions we have started at meal times — announcements, the traffic pattern, and even dancing after meals. These weren't possible when cabins

### CONISTON HISTORY

ate on a rotating basis in the old dining hall. The new building was opened for use in the summer of 1998.

### The move to independence

At the same time, Coniston's Board of Directors had begun planning for a departure from the NH State YMCA, becoming an independent association of the YMCA of the USA. "Believe me, I had a quick lesson in 501C3!" Nancy laughs, referring to the laws that regulate nonprofits.

"We were worried about our mission, our practices, the whole 'financial piece' — we literally had to rebuild the entire organization of Camp. But we had some great talent to draw on, including Nelson McLean, the director of the New Hampshire State Y, and our own talented board."

Nancy began Coniston's first Annual Fund Campaign and a tradition of Alumni Picnics, which started relationships that eventually culminated in Coniston's Centennial Celebration.

"I know what I got from the Y as a camper," Nancy says, "and I'm so pleased I was able to bring that into Coniston's culture." —

# The Importance of Independence!

**Brian Grip** shares an historical perspective on the NH YMCA

"Unless we could steer an independent path, parents would have no reason to send their kids here." That was **Brian Grip's** conclusion, as he watched Camp Coniston begin knocking on the door of independence. Brian served as Coniston's first Board Chair as an Independent YMCA.

This was a substantial turning point for Camp. We had begun transitioning from a unit of the NH State YMCA — reporting to them, having our finances controlled by them — to an independent organization, responsible for our own growth and success.

This gave Coniston the ability to respond to its needs more quickly. We could decide what buildings to renovate, what programs to create and how to change the staffing model to suit the emerging needs of Camp.

Brian says that the work of board members Bert Myer and Tom Simon was critical to this effort. "We had the right talent at the right time ... and it was a milestone moment in Camp."

Looking back there is no doubt this was the correct decision. "It turns out that we're now stronger than we ever predicted ... in a much better position financially, and with arguably one of the finest facilities in US camping." —



CONISTONIANS  
AROUND THE WORLD!

## ALUMNI NEWS



Ariel Kirshenbaum takes a 'selfie' along with Secretary of State John Kerry at the Yale Commencement

**Ariel Kirshenbaum** went viral on *HuffPost* this spring, as the Yale Commencement Student Speaker. Ariel is very excited to be returning to middle school after graduation as an educator and mentor, and she plans to attend medical school in two years. You can read her "viral" speech by Googling her name. Congratulations Ariel!

On October 26, **Sherm and Lynn (Hunter) Horton** went to see the



Sherm Horton and D'Arcy Dersham

play "Dusk Rings a Bell" at the Merrimack Repertory Theater in Lowell, MA. One of the two leads was **D'Arcy Dersham**, CIT '84, one of the groups Sherm had as CIT Director! Sherm

and D'Arcy were able to share a toast, and revel in how strong Coniston connections are! So great to see D'Arcy living her dream as an accomplished actor.

**Abby Williams Sharpe** and her husband Austin welcomed son **West Charles Sharpe** in October.

**Emily Leonard Trenholm** and husband Tom welcomed their second son **Halcyon** (Hal) in September. Big brother is **Gusto** (Gus).

**Ryan Davey** and his wife Rynanne welcomed daughter **Quinn Adelaide Davey** in August.

**The 2004 East & West Coast CIT's** will be celebrating their 10 year reunion in Boston on Friday, November 28th. Contact [coniston2004cit@gmail.com](mailto:coniston2004cit@gmail.com) for more info.







Brian Beale and Shannon Sawyer's wedding in September, with a reunion of Conistonians performing the Class A clap.

**Elyssa B Feins** writes to say, "Each October at American Express we have a campaign called Give2Gether where Amex promotes charitable giving. I was chosen for a spotlight piece for my group's weekly newsletter about my giving activities (sent across my team, about 250 employees, in an effort to promote the campaign) and wanted to send along. Hope all is going well in New Hampshire!"

**Jenna Zadeh** says, "Happy fall, hope you are enjoying everything



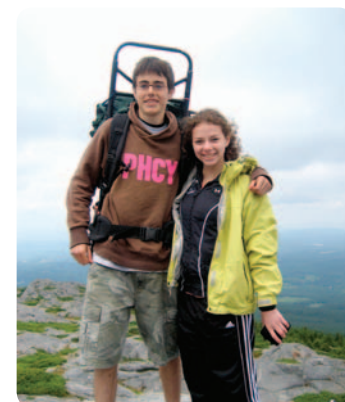
"Giving is Contagious!"  
— Elyssa Feins giving Coniston the credit in the Amex Give2Gether program.

up in the 603! I was married to **Matthew Judge** on Sept 20th 2014 on the Vineyard, and **Marcus Stacy** and **Max Rosen** were there to celebrate with me!

"They even requested that the girls camp Ice Cream Social song be played on the dance floor, and it was one of the most memorable dances of the night!

Best of wishes and hope to see you again soon ... and happy holidays to everyone!"

**Sarah Garson** tells us: "I hope all is well! I spent time in Europe this summer and was living in



Sarah Garson and Pablo Horth, at Sangrada Familia in Barcelona ... and as CIT's!

Barcelona for 6 weeks where I got to hang out with **Pablo Horth**, 5 years after we were CITs together (2009-1/2s)! Just for fun I'm also attaching a picture of me and Pablo as CITs .... ha! We definitely did a bit of growing up. Hope the summer was all you hoped! All my best!"

**Caitlin Buttor-Foederl** was married in Colorado last June and hosted a mini-reunion! (Photo on pg10, bottom.) Congrats Caitlin!

From **Brian Doucet**: "Heyo! We bought a house! First house, excited to set it up. In other great news I'm having a good run in my fantasy football leagues. Beth is also becoming quite the baker, known as Martha Stewart at work (pre jail time of course.)

"In fake news, I was signed to the Patriots as a replacement kicker and Beth is now a world famous candle maker, infamous for her use of airport bathroom scents!"

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# ALUMNI NEWS

CONTINUED FROM PAGE 5



Catie Borbotsina and Katie (Arnold) Lipp

**Dan Vogt** wrote: "It's about a year late, but Jenn and I had our first future Coniston camper a year ago September, **Georgia Grace Vogt**. She is a cutie but I am biased. I have been thinking of Nancy Tucker a lot since Georgia was born. We rock out to Toddler Radio on Pandora ... I should add 'One Meatball and No Spaghetti' to the mix!"

**Catie Borbotsina** writes to say, "Myself and **Katie (Arnold) Lipp** have found ourselves to be

coworkers! We are both therapists at Riverbend Community Mental Health Children's Intervention Program."

From **Katie Al Jenaibi**:

"I am living in Abu Dhabi, swimming in the Persian gulf and singing Nancy Tucker songs with my kids in the car ('To stop the train...' is a family favorite, in slow motion of course!)"

**Vera Greene** sends this update: "I'm currently in the Peace Corps in Kosovo. We're the inaugural group here and the first new country to open in quite a few years — which allowed us to spend some time with the president of Kosovo, the US ambassador and the Director of the Peace Corps who flew in from D.C. to swear us in! I'm teaching English to 6th and 7th graders — I love them; they remind me



Todd Adelson picking up his daughter Emma at Camp

of my campers! Becoming fluent in Albanian has been a process, but everyday it gets better. If it weren't for Camp Coniston, I don't think I'd be where I am today ... still my favorite place in the world. :)"

**Katherine Arnold** says: "I've been talking about bringing my new husband Tyler Lipp for a visit, now that we are back in New Hampshire. I hope you enjoy the photos from our wedding on July 12, 2014. Stay tuned for a pic of me with my CO-WORKER **Catie Borbotsina**! How fun is that?!!!"

CONTINUED ON PAGE 10



Conistonians celebrate at Katie Arnold's wedding.







## YMCA CAMP CONISTON Service Trips

FOR CAMP - COMMUNITY - COUNTRY

Conistonians get to work! Prepping for lunch at the Boston Rescue Mission during Coniston in the Community.

### CONISTON SERVICE TRIPS 2014:

# GROWING AND DOING

From downtown Boston to West Virginia, Conistonians give back to the community

The immediate success of our initial Service Trips in 2013 told us that we'd have to expand the program. For 2014 we added a third trip — and for this one, we wanted to “keep it local.”

The original concept began in the office. Camp Registrar **Lorraine Newcomb** was interested in the idea of providing opportunities to give back to the community and help take young people off the wait-lists.

John Tilley ran trips to the Appalachian Mountains of West Virginia and Virginia while working at camp during college, and he knew how beautiful it was ... and

how much help was needed. It was the perfect place to begin sharing Coniston

“on the road.” So the original trips ran to West Virginia to work with Habitat for Humanity, and Virginia to work in the Feeding America regional food bank.

Once again this summer, Coniston campers volunteered in those organizations, but we added a local trip to Boston. What follows are the thoughts of **Caitlin Elgert** and **Beth Cairns**.

Caitlin returned to work on the HFH trip, and Beth Cairns worked with all three trips. Both are educators during the remainder of the year, but returned last summer to lead campers and make an impact, and to reconnect with the magic of Coniston themselves. —

### QUOTES FROM OUR KIDS

“A lot more people are struggling with simple things, and even though there is help in the community, there needs to be more help.”





YMCA CAMP CONISTON

## Service Trips

FOR CAMP - COMMUNITY - COUNTRY

SERVICE TRIPS 2014:

# HABITAT FOR HUMANITY Franklin W.Va.

The first service trip returned to the hills of West Virginia to continue our work with Habitat for Humanity. Conistonians donned safety glasses and ran power tools, as they worked at HFH sites around the area.

To assist in the trip, **Caitlin Elgert** came back for two weeks, after having been gone from the camp staff since 2011. Caitlin has been living and working in the Boston area since she graduated from college.

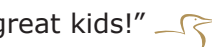
She was quick to point out just how hard our kids worked. "Some of these kids had only been to Camp for a summer or two, and were digging trenches for concrete forms, hauling lumber, leveling driveways ... in the first week of July, in West Virginia!"

But Caitlin says the sense of accomplishment was worth the effort. "The kids went in with a great attitude, really eager to jump right in. In fact, one of the lessons we shared was, we had to learn to slow down, and

remember — a house isn't built in a day!" But the group did get to celebrate after finishing one of their biggest projects, by holding an impromptu "dance party on the deck!"

"The kids really took away some lessons," Caitlin says. "We had dinner with the families we were building the houses for ... and you could see it in our kids faces, realizing these people are facing challenges that they've never experienced.

"It shows that a small group of teenagers can make a difference ... the power of great kids!" —



## QUOTES FROM OUR KIDS

"Society only impacts the bubble that you live in."

"If you work hard, you'll always have what you want. But some people work hard, and they never get what they need."

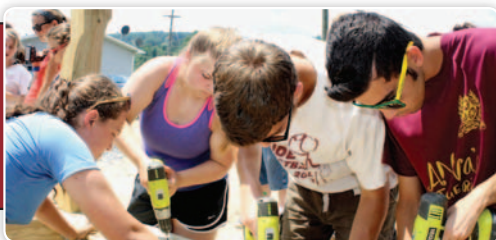
"You can't really know what American society is, until you get the chance to experience other societies in America."



Service Trip Campers get ready for fun! After a hard week's work, prepped for white-water rafting at Laurel Highlands River Park.







## YMCA CAMP CONISTON Service Trips FOR CAMP - COMMUNITY - COUNTRY

SERVICE TRIPS 2014:



# CONISTON IN THE COMMUNITY

Boston Rescue Mission and The Mather School, Boston Ma.

We always knew there are important needs in our own back yard. This year **Coniston in the Community** made the "short" trip to Bunker Hill in Boston, where we supported the homeless, and worked to renovate school facilities in low-income areas.

For many Conistonians, the city of Boston is 'right around the corner,' and we might think of Bunker Hill as just another tourist destination.

But participants had the opportunity for another view ... a place where people make their homes, and face the challenges of urban life.

For this trip, Campers lived at the 1st Church of Charlestown, and worked at facilities around Boston Common. We helped renovate The Mather School, the US's oldest elementary school, and worked in kitchens that fed the homeless.

"These were powerful experiences for our kids." **Beth Cairns** says. "We'd challenge them to sit and talk with the people in the community, and we'd ask them, 'What did you learn about yourself, about society?' Their reflections would bring us to tears."

"This was a chance for our kids to figure themselves out, to

see how lucky they were, and how they fit into society."

This paired perfectly with the Feeding America Trip to Virginia. Hunger is an issue we sometimes forget occurs in the United States. Seeing the regional operation in Virginia and kitchens close to home in Boston reminds us that the opportunity to give back is one we should all look for often. ↗



## QUOTES FROM OUR KIDS

"Although there is something wrong with society and there is no one way to change, we have to work from within to find a solution."





# ALUMNI NEWS

CONTINUED FROM PAGE 6



Oliver  
Howard  
Rayson

Heather  
Nicole  
Brandt ridin'  
into her new  
marriage!



**Anna Nay Rayson** and husband Chris welcomed son **Oliver Howard Rayson** in October.

**Robyn Moreau** wrote in to say that she moved to Holderness NH, and wants to hang out with **Jamie Gallagher** when he is in town!

**Dan Marvin** wrote to say: "If not for Coniston, who knows where I would be today. Hope all is well on that end."

From **Chris Sampson**: "My wife and I had our second future Conistonian in June. Owen and big brother Dylan will be coming in 5 years or so ..."

Celebrating Caitlin Buttor-Foederl's wedding are: (seated) Aedan Buttor-Foederl (front L), Brian Beale, Shannon Sawyer, Caitlin's husband Josh Orintas, Sarah Donnelly (and daughter Otealia), Mike Clemens, and Mike Thurk.



**Michelle Partridge-Oro** wrote to say that she is expecting a baby in July of 2015!

From **Meghan Salvas Ship**: "After seven years living in Virginia, Brad, myself and daughter Molly have moved back to the Boston area. I have a new job teaching 4th grade at the Brimmer and May School in Chestnut Hill, MA

(and get to work with fellow Coniston alum **Brian Beale**!) It is so exciting to be back in New England and together with friends and family!"

**Aisling Fenton** wrote in to say that she got engaged!

**Heather Nicole Brandt** got married in June, and attended Coniston from 1990 to 1995!





# Camp Must Not Become A Privilege For Only The Privileged

HOW DONATING TO CONISTON CAN HELP YOU RECOGNIZE PHILANTHROPIC GOALS, NOT CAPITAL GAINS.



**IN 1984**, when Carl Witherell set aside part of his estate to send local kids to camp, we had no idea what impact this gift would make on the Upper Valley and Coniston. Since that time, this gift has sent more than 1500 children to camp.

In 2011, the Board of Directors established the Centennial Endowment with money raised from the celebration with many of the same goals in mind.

Because Coniston is a non-profit, your gifts are tax free and if structured correctly, you can avoid some or all of your capital gains and receive a full, fair market deduction.

By taking advantage of these tax benefits, you can help Coniston help more kids than you ever thought possible.

**REDUCE INCOME TAXES:** As with all gifts to Coniston, your gift of capital assets qualifies for a full, fair-market value, charitable deduction from your income taxes. You can take a deduction of up to 30% of your adjusted gross income in the year of your gift and carry it forward up to five years.

**AVOID CAPITAL GAINS TAXES:** Giving appreciated capital assets will allow you to not recognize any taxable capital gains. You take the full, fair-market value deduction

and Coniston gets the full benefit of your gift because Coniston is tax-exempt. Even if you have only modest gains in your stocks, it's still nice to be able to avoid paying tax on the gain.

**AVOID ESTATE TAXES:** By removing these assets from your estate, you not only reduce income taxes and avoid capital gains taxes, but you lower your future estate tax liability. This can help you distribute much more of your estate to family members and charity and less to taxes.

**For more information or assistance in donating to camp please contact John Tilley at [john@coniston.org](mailto:john@coniston.org) or call 603-863-1160.**

# Camp Photos!





# Camp Photos!





# CONISTONIANS AROUND THE COUNTRY!

Lauren Torres takes us on a CIT Adventure!

In 1998 Lauren Torres already thought her older sister Lindsay "was the coolest person ever!" But when Lindsay was accepted to Coniston's CIT program, Lauren saw her thrive "and that made her even cooler!"

Lauren followed her sister as a CIT in 2002, which she describes as the best summer of her life! That is why Lauren, a Boston area teacher, returned to Camp to assist on a CIT trip for two weeks this summer.

"The Coniston CIT program empowers our kids to become the leaders they so much admired as Campers. The goal is to discover who you are, what you want to become ... and how you're going to get there."

"These training trips are incredible experiences for our kids," Lauren says. "They get a huge amount of responsibility, opportunities they'd never have ... the chance to spend an intense experience with their peers. When you're hiking out of the Grand Canyon at 2am your main support is your peers!"

But as trip leader Lauren says she learned as much from her CITs as they did from her. "Working and participating in the CIT program gives you a new appreciation for life." ↗





## CONISTON ALUMNI: Returning to help Campers, CITs and themselves!




**W**e've had a recent trend at Camp ... Coniston alumni returning to work in our CIT and Service Trip programs.

We hire great staff to lead our trips, but we've also discovered a real need for a third adult member.

Coniston alumni know Coniston, our culture, our

traditions, history and values. But they come back with new leadership and life skills, and passion for the value of Camp ... a win-win experience for everyone.

We look forward to continuing this tradition in the years ahead. 





# Camp Photos!







... FROM AROUND THE LAKE AND ELSEWHERE!

## Coniston named one of 50 Most Amazing Camps in the US!

### Top Education Degrees

unexpectedly listed YMCA Camp Coniston as one of the **50 Most Amazing Camps in the US** this past May.

The website and press release stated: "A great summer camp should be a safe and magical place where girls and boys can make friends, discover new passions and learn to be independent.

"Here, they are taught values such as teamwork and cooperation — all while surrounded by majestic lakes, mountains, woodlands and wide-open spaces so often lacking in congested cities.

"More often than not, kids find out who they are and what makes them tick."

## CAMP NEWS

John Tilley said that "Being named to yet another 'top list' is truly gratifying. It shows the work we do here is truly appreciated and talked about by our Campers and families."

To see the writeup on Camp Coniston, and to view the rest of the list, visit [www.topeducationdegrees.org](http://www.topeducationdegrees.org).

## Coniston Food Drive

For the 3rd summer in a row, members of the Coniston Community collected *over a ton of food* to take to local food banks.

## UPPER VALLEY HAVEN

This important Camp tradition helps fill pantry shelves when inventories are at their lowest. It is also at the time of the year when the need is at the highest because many children aren't being fed at school. We hope to gather a record amount next summer.

All the food was dropped



off at the Upper Valley's Haven Shelter and the LISTEN Center in Lebanon, NH.

## Coniston Afterschool Programs Receive National Grant Award



The Coniston Afterschool Program was the recipient of an award

from the YMCA of the USA in support of our efforts to become a model provider of HEPA standards in our afterschool sites.

HEPA stands for **Healthy Eating Physical Activity Standards** and is a national effort engaged in providing healthy snacks and increased physical activity programs to help fight obesity at the national level.

The grant will be utilized to purchase refrigerators for each site so fresh fruit can be stored and spoilage lessened.

## Available on the Web

In June, **Camp Winning Spirit**, the **Childhood Cancer Lifeline** and Coniston were featured on NHPR's *Giving Matters* segment. To listen to the story, Google: giving matters, winning spirit.

# Top Education Degrees



## CAMP NEWS

### Coniston parent writes "Most Forwarded" article!

One of the most forwarded Camp articles on the internet is written by Coniston parent and *NY Times* writer **Jess Lahey**. Originally printed in *The Atlantic*, "A Summer Camp Lesson: Good-Bye, and Go Away, Thank You Very Much" details the story of Jess dropping off her child at camp. You may recognize the details described as your very own YMCA Camp Coniston!

### Colby-Sawyer College



Colby-Sawyer College

continued to work with Coniston this fall by hosting their RA and RD retreat in September! This allows the res-life staff to get away from the campus for important training and team facilitation.

For a second fall, a senior level Facilities



New England College

Class from **New England College** visited Coniston. This class visits other sites including St. Paul's School in Concord and the University of NH, to review top-notch recreation facilities. The tour at Coniston also includes an explanation of the operations for these aspiring Seniors.

Whenever you see the **New England K-9 Search and Rescue Group** save another life or make another search for a missing person, you can remember that YMCA Camp Coniston serves as their training ground several times per year.



The group's important work is honed at Camp, as the rescuers train their dogs by hiding in cabins and buildings, working in the lake in November, and doing "cross country" work on our facility. Our location is available to this group as a public service.

### Hypertherm Employees Volunteer for 5th Year in a Row!

Thank you to the many

**Hypertherm**

volunteers from **Hypertherm** who continually make YMCA Camp Coniston a priority in their philanthropic work.

Each spring and fall, Coniston hosts as many as 50 different volunteers who prepare Camp for the upcoming season and make our facilities come to life!

Their combined efforts have made an incredible impact on every participant, by repairing bridges, building boardwalks, installing privacy screens at overnights, plus lots more.

### 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](http://www.linkedin.com), and start linking up with Coniston talent!





## CAMP NEWS

Without the help from Hypertherm, Camp wouldn't be able to provide nearly as many improvements for our campers each summer! We should offer them a Class A Clap! 1,2,3,4 1-2, 1-2. 1,2,3,4 1-2, 1-2. 1,2,3,4 - 1,2,3,4 1-2-3-4. 1,2,3,4 1-2, 1-2. 1,2,3,4 1-2, 1-2. 1,2,3,4 -1,2,3,4- 1!

### John Tilley named to ACA Council of Leaders

The American Camp Association's **National**



**Council of Leaders** has two representatives from each section of the United States, who report trends and concerns from their regions as well as respond and consult on ideas being proposed by the ACA leadership. John is one of two representatives from New England.

### Coniston Afterschool Works with ACROSS NH

Coniston Afterschool Programs continue to work with **ACROSS New Hampshire** to offer training to all Afterschool staff in the Upper Valley of New Hampshire and Vermont.

By offering training to any site, no matter who administers it, Coniston impacts the lives of many more Upper Valley families.

## Sara Berg Horseback Fund Established

This spring Coniston received the sad news that alumna **Sara Berg** had passed away. After having come back to camp and reconnect at the Centennial Celebration, Sara's family asked that donations be made to Camp.

We were able to match those funds with Sara's love of horseback and set aside money to scholarship any child who wants to take horseback at Camp but cannot afford to do so.

This past summer, members of Sara's family, including her husband and parents, toured Camp and watched as current Campers rode horses in Coniston's rings. They reminisced about riding at Camp, and how Sara's life-long passion for horses will be passed on to an entirely new generation of Coniston equestrian campers.



### Stefan Timbrell Gets Us to Over \$100K!

Board member **Stefan Timbrell's** donation put Coniston's Mail-In Campaign over \$100,000 for the first time ever!

The Mail-In Campaign is a critical part of the almost \$200,000 in financial assistance given in 2014. In a day when people live in gated communities, these contributions help to keep Coniston's "gates" open to everybody!



Stefan hands his donation check to Emily at the front desk

**CAMP NEWS**  
CONTINUED ON PAGE 23

# THE Summer!

JD brings us great memories from Summer 2014 In "Coniston-land!"

## What happened during SUMMER 2014?

An amazing time, with fantastic people all around us, and creative and entertaining activities that made us laugh, made us think, and let us compete!

But it's not just about the games, the skills and the night-time activities ... our online survey points out even more. Here's what one of you had to say:

**"When you're at Camp, you're in 'Coniston-land.' Away from all the normal distractions of life. It's magic."**

Thank you for saying that, we couldn't agree more! We all know technology is wonderful ... but it's also important to slow down, and learn to appreciate the here-and-now.



## At Camp, we get to do that!

Experiencing life without "information overload" makes it easier to make choices based on what WE think ... and on how WE feel.

Campers learn they have AMAZING decision-making skills. They make good choices on their own, without influence. They gain the confidence to help a friend (or a stranger) face-to-face.

Technology can sometimes mask these important skills. But while at Camp, everyone has time for self-realization, and it builds confidence beyond measure.



**Camp is a place of trust.** It's where campers feel good about being independent; they feel good about being in charge of their own choices.

**It's all intentional.** We set up the day so that campers have a voice in a structured atmosphere where everyone is treated fairly and where the rules make sense. Campers are given challenges and growth opportunities, and feel intrinsic rewards. At Coniston, we're all about smiles, hugs and high fives. It's important to feel good about ourselves on the inside. It's a vital character trait for future success and happiness as we grow into adulthood.

Coniston had a wonderful 2014 summer staff who were excited to be here. They were not afraid to work hard with kids all day, every day for 9 weeks and make Camp amazing. Campers return each year because they love it — so do the staff! What a great environment of happiness and positivity to live in each summer ...

**It IS Magic!**

JD







Fireworks!  
Senior Division Chaotic  
Water Carnival where  
no one left dry!

Lexi's song....  
Kittens on a Cloud



Girls Camp Director Abbie  
Randall & Miss Cleanie  
Middler Egg Drop &  
Cupcake Wars!

S'more Scavenger Hunts  
Campfire Skits

Kickball Competitions on  
Center Lawn!

The Triathlon &  
Snorkel-Off



Drama Shows! Charlie &  
the Chocolate Factory, The  
Princess & the Frog, Shrek,  
Beetlejuice

Corey Miller's  
crazy haircuts!

Highland Games 4th Session  
CITs running into the lake!



Excited 2014  
check-in staff ... with a  
not-so-subtle reminder!





## Amazing Programs!

Asie Makarova, Jen LeBlanc & the Program LITs: FROZEN, Bananagrams, The Parent Trap, The Lego Movie, World Cup, Where in the World is Carmen Sandiego?, Coniston Safari, Where's Waldo, Harry Potter, Divergent, Up, Muppet vs. Lego Capture the Flag, The Lion King, The Coniston Games, Nancy Tucker, ... and remember...

## More Great Memories!

Weekends with the Talent Show, Chapel, Brunch and the ICS!

Dancing in the Dining Hall!

Canoeing, Kayaking, Sailing, Waterskiing, Snorkeling!

Sam Coleman is the first new Boys Camp Director since 2005! "Oakie... Doakie Cabin Clean up..."

### Session 2...

Remember check in day, when so many of us saw the baby deer over by the boathouse!!!

### Session 1...

How about getting stuck in the drama show or in your cabin during that big storm! Then after breakfast we all rallied to pick up tree limbs on the 4th of July!!!! Thanks for the American Spirit pump up John Tilley!

### Middler Cheer

Hey Middlers, we have friends to meet and pizzas to munch on!

Hey counselors, know that siesta's fun but free time's funner!

Oh, when we raise the flag up high for camp, There's nothing in this world we wouldn't do!

### Junior Cheer

J is for juniors who do stuff together

U is for you and me

N is for nice things we like to do together

I is for Ice Cream (ICE CREAM!)

O is overnights we like to go on

R is for really cool (REALLY COOL!)

S is for siesta (SHHHHH) JUNIORS!



The humble yet justly famous Coniston Color War Board ... one of our Camper's favorite memories!





## CAMP NEWS

CONTINUED FROM PAGE 19

### Byrne Foundation Supports New Waterfront Activities

YMCA Camp Coniston received a pledge of support for \$30,000 from the **Jack and Dorothy Byrne Foundation** to help reconfigure the activities on the lake.

As our current Camp families already know, this past summer was the final summer of waterskiing on the lake.

By eliminating waterskiing, we will be able to utilize the entire surface of the lake to teach sailing, canoeing and kayaking much better than ever.

In addition, we will be looking at adding new activities in the upcoming summers, so Coniston will have the best waterfront programs anywhere.

We have already purchased 18 shiny paddleboards for a new activity area next summer ... so get ready for some great splashy summer fun!



### Alison Re-Lives "That First Day at Camp!"

*We recently received a beautifully touching email from alumna **Alison Leon**, relating her experience with her daughter Hannah's first day at Camp:*


I can't quite remember the year I was at Coniston last (might be '85 ... could it be that long?!) But driving up — from the first Coniston sign, to the staff members screaming, "Welcome to Camp!" — Hannah and I were screaming too (and I'm not gonna lie, I had tears streaming down my face!)

Aside from the pride and joy I had with watching Hannah take it all in and embracing the new experience, I was looking around and thinking about my own memories.

I came in to the new parent orientation, then walked to the porch that overlooks the main lawn, and I saw her with her cabin-mates, laughing and smiling. She looked up at me, waved and blew me a kiss, and resumed whatever she was doing.

Two hours in and out ... and I guess I was waiting for that moment where she looked at me with tears and fear. But instead, she said 'I love you Mom — see you in two weeks!'

I thought I was going to panic but it was quite the opposite. I was comforted, and knew she was going to have the best time ever. We heard from her on Thursday of the first week ... and every sentence ended with "!!!!!!", which of course sealed the deal for my husband and me!

A summer of firsts — first time to NH, first time at sleepaway camp, first time flying on an airplane solo ... **and she is a different kid.** Very appreciative, humbled and happy with 11 new best friends. The simple things in life are so important." — 



# Camp Photos!





## 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

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*web:* [www.coniston.org](http://www.coniston.org)



Present



1994–1999



1970–1993



1969–1970



1964–1968



1936–1963



1911–1935



## YMCA Camp Coniston

Over a Century of Camping Excellence

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