

Fall 2018



YMCA  
CAMP  
CONISTON  
CHRONICLE  
FOR YMCA CAMP CONISTON ALUMNI AND THE CAMP COMMUNITY



A PUBLICATION OF YMCA CAMP CONISTON • PO BOX 185, GRANTHAM NH 03753 • [WWW.CONISTON.ORG](http://WWW.CONISTON.ORG)



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Present



1994–1999



1970–1993



1969–1970



1964–1968



1936–1963



1911–1935

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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.



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## CAMP IS MORE THAN JUST SUMMER

Camp means so much to so many—a chance for independence and growth, a place of friends and memories, a stepping stone for leadership, a second home. Camp encourages confidence and adaptability. We value staying connected with our cherished alumni who have taken Camp experience and applied it professionally to fields such as education, engineering, finance, and the arts. In addition to starting their own families and carrying on the traditions of their childhood—our alumni are invested in Coniston's long-term success. Their belief in the Coniston Experience spurs them to send their own children to Camp, to volunteer, and to serve as ambassadors.

Whatever the connection, we begin to realize that somewhere along the way, somewhere in the fun, memories, and friendships, it was us who were being shaped and molded. In our own experience, we learned that people matter and deserve our very best. We learned that anything worth doing is worth doing well. We learned that Camp is bigger than any of us, and it is why we need to provide more kids with Camp.

Camp Coniston wouldn't be the special place it is today without the marks left by generations of campers, counselors and staff who have come before. In the following pages, you will find inspiring stories of campers, staff, and alumni whose Camp experiences carve their professional path. As you read, consider your own Camp experiences that have shaped you, and how your life would be different without those life lessons. To all of our Camp families, thank you for your commitment and support as we continue to grow and empower leaders that shape the world around us.

**JOHN TILLEY, CAMP DIRECTOR**

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





# 2018 SUMMER MEMORIES

Camp really does embody the phrase **time flies when you're having fun.**

If it wasn't for the changing color of the leaves and increasingly chilly temperatures, it would be hard to believe it's time for the fun, frenzy, and activity of our shores to be winding down. With five sessions, two service trips, seven adventure trips and four CIT trips filled with life-long memories completed, let's take a look back on some of the things that made this summer so special.

The summer really took off with the arrival of an amazing group of people who transformed camp from a location to someplace magical: our staff! Many staff arrived internationally, both for the first time and as long-time returners from places as far away as Mexico, Hungary, and the UK. International staff have always been a pillar in our community of diverse perspectives; thank you for sharing your experiences and cultures with us this summer!

What else contributed to such a special 2018? How about those amazing evening programs! Program Directors, **Jacob Glenshaw** and **Gray Kaegi** cooked up some truly original and fun programs all throughout the summer. Some that come to mind are Minecraft, Corporate Espionage, The Art Show and even a program that required all of camp to work together as cabins, completely silent... and they did!



CANDLELIGHT CEREMONY





What else made this summer so great? How about some of those amazing division nights, including the barn party for the Middler division? Or the amazing standing-room-only drama performances and fantastic new dance shows? Did you participate in the Kickball Classic, Triathlon, Snorkel-Off, Tennis Tournament, Kindness Club, Kendama Tournament or the many other events of this summer? Were you here during the session when we used flashlights instead of candles for the Candlelight Ceremony because of the wind, or when we had to pack inside the pavilion because of the rain? Who remembers all of the lyrics to *Hills of Old New Hampshire*?

Maybe some of your favorite summer memories happened at Camp, but not at Camp! This summer, our trips spanned from Quebec and Nova Scotia with Adventure Camp—to West Virginia with our service trip, and all kinds of incredible places in between.

Some awesome weather at the end of August blew in **Session 5**, for its **10th year!** One hundred and forty campers were here for six days to participate in programming run by the Session 5 staff, many of whom are alumni who returned for this special week. Do you know the Session 5 cheer?

**I'm a Session 5 Camper**  
**I live here for a Week**  
**For Six Days in Late August**  
**When Camp is at its Peak!**  
**1, 2, 3, 4, 5, Session 5!**

We've talked about some fun events and activities, but perhaps what made last summer and each summer so special is what can be enjoyed even as the snow begins to fall: the fond memories made and life lessons learned at Camp. Did you learn how to hold a canoe paddle? Dive from the diving board? Live away from home? Make new friends? Surely the most special part of any of these Camp memories is how we can learn from them to keep spreading that Camp magic around all year long.

So as the days grow shorter and the squirrels continue to scurry looking for those last morsels, thank you from the hills of old New Hampshire for another incredible summer.

**Live, Laugh, Loon!**



# ALUMNI COMING BACK AS COUNSELORS IS PART OF THE CONISTON MAGIC

**H**ave you ever imagined how great it would be if you could come back to Coniston for just one more summer or even a week or two? You probably thought this was only a dream, but you would be wrong. For years, alumni have been returning to go on CIT, adventure, and service trips, but more recently alumni have chosen to work for one-week during Session 5 or a weekend with Camp Winning Spirit. By taking time off work, alumni are able to mentor young campers, provide supplemental supervision on trips, and even help families struggling with the diagnosis of cancer have a memorable Labor Day weekend.

Alumni who have been gone for a few years are impacting the Camp Experience today. Not only are they keeping traditions alive and helping to create new memories for campers, but alumni are maturing themselves and growing their leadership skills. In addition, the more alumni staff who return the more kids we are able to offer the Coniston Experience too. With the addition of new cabins in boy's camp there is a higher demand for staff—not just in-cabin staff, but more kitchen staff, program staff, and horseback staff.

This past summer we had a record number of alumni who came back to Camp—thank you for choosing to impact lives of others during your summer, to putting in the long hours, and being silly, but serious when the situation called for it. Your commitment to Camp is what creates the magic of Coniston for more kids each summer. We can't wait to see who else will come back in the future and experience the magic of Coniston once again.



*I keep coming back because I love seeing first year campers discover the magic that only exists at Camp.*

—Session 5/One Week Camp Counselor, Kristen Wiewel



*Have you ever heard of the multi-verse theory? It's the concept that we live in one of many worlds, each existing on a different plain of reality. Going back to Camp was like finding my way into one of those alternate realities. Everything felt similar, with the same sounds and smells drifting across main lawn. Even the characters—the campers and counselors seemed the same. But at the same time, it was an entirely new experience. It was like watching a remake of my favorite movie, with new actors and actresses playing the characters I had learned to love so much. Each person playing a familiar role, but bringing their own distinctive flair to the cinematic production that is Camp Coniston.*

—Service Trip Leader, Kyle Olson





## SUNAPEE FIELD TRIP TO CAMP

In October, **Sunapee Afterschool** visited Camp for their fall field trip! The afternoon included archery, tennis, basketball and s'mores! The students enjoyed exploring the shores of the lake and taking a walk to boys' waterfront. They look forward to future visits to Camp in the winter and spring!

## FIELD TRIP TO POLICE STATION

### Mount Lebanon

**Afterschool** took a field trip to the Lebanon Police Department for a tour of the building, and delivered homemade "Police Survival Kits" for all of the officers. The kids even got surprise goodie bags from the officers!



## WALGREENS SUPPORTS AFTERSCHOOL PROGRAMS

From November 1st to 15th the **Walgreens in West Lebanon** helped to run a national YMCA Campaign in support of YMCA Camp Coniston's community strengthening programs. With their support, Coniston is able to keep afterschool prices affordable and offer financial assistance when needed. Thank you, Walgreens!

## GAGA IS NOT JUST AT CAMP

The **New London Afterschool** program supports many Coniston summer campers and the recent addition of a gaga pit at their school has provided hours of enjoyment. The kids are excited to be able to practice their gaga skills all year round.



# WE ARE HIRING!

**CONISTON'S AFTERSCHOOL PROGRAMS** are at an all-time **RECORD ATTENDANCE**. We are always looking for responsible, knowledgeable, and enthusiastic staff to join our programs—  
Mon-Fri from 2:30-6pm. If interested please contact  
[hannah@coniston.org](mailto:hannah@coniston.org) for more details.



## CONISTON RECOGNIZED IN LOUISIANA STATE LEGISLATURE

This past spring, **Representative Neil Abramson** recognized Coniston's work with children with medical issues from the floor of the Louisiana State Legislature. In addition, Neil took the time to tour us around the capital and allowed John Tilley to discover the secret switch under Huey P. Long's desk that suspended voting in the legislature. It was an honor.



## 10 YEARS OF INTERNATIONAL ADVENTURE TRIPS

This past summer marks an important milestone for Coniston's Adventure Camp program as we celebrated 10 years of running international trips! Currently, Coniston runs two trips that visit Canada each summer. Quebec Quest is a six-day trip to Quebec where campers have the opportunity to partake in rock climbing, kayaking, and white water rafting. In addition, campers visit Quebec City where past trips have visited the Citadelle and tried poutine. Our other international program, Canadian Coastal, is a ten-day trip which visits New Brunswick and Nova Scotia where campers have the opportunity to try their hand at sea kayaking, sailing and rock climbing. This trip also continues their adventure through northern Maine where they explore Acadia National Park. Both of these trips give campers the opportunity to experience new cultures and learn how to appreciate and respect others from various regions.





## CONISTON RECEIVES TWO NATIONAL GRANT AWARDS

Once again, YMCA Camp Coniston was the recipient of a YMCA of the USA's Strategic Initiatives Fund **\$6,000 Access Award** and received matching amounts from numerous donors. The award allowed eight children to have a Coniston Experience—two of the campers being from military families.

In addition, we received an **American Camp Association Award** which provided full camperships to two campers who would otherwise not have the opportunity to attend camp.

## SERVICE TRIP STORY

Service trip campers worked over 330 hours this summer with two different organizations helping those in need. Service I partnered with Feeding America organizing, labeling, packing and distributing food to community members in the greater Roanoke, Virginia area. They paired their hard work with a Red Sox game, white water rafting and rock climbing! Service II traveled to White Sulphur Springs, West Virginia to work with Almost Heaven Habitat for Humanity. This group had the unique opportunity to continue working on the same house that the Service II 2017 trip worked on the previous summer. To their surprise the homeowner still wears a bracelet made by a previous Coniston leader. This group installed a retaining wall and the campers had the chance to visit Hershey World, the West Virginia State Fair and zip line during their travels!



## DAUGHTER OF PAST CAMP DIRECTOR SHARES STORIES

**George Magoon** was the Camp Director from 1949-1954 and this fall his daughter stopped by Camp to see it for the first time. During Mr. Magoon's time at Coniston he had a big impact in expanding opportunities for campers with disabilities and organizing the Camp Coniston, then Camp Soangetaha, administration. After Camp, Mr. Magoon worked as an Episcopal priest, but according to his daughter, it was the stories he told about his time at Coniston that made him laugh the most. To learn more about Mr. Magoon, and the rest of Coniston's history check out our website at [coniston.org/html/history.html](http://coniston.org/html/history.html).



## SARA GEDDES BERG FUND CONTINUES TO UNDERWRITE HORSEBACK RIDING FOR CAMPERS

With the donations received in memory of Sara Berg we have been able to continually fund campers to take horseback lessons for the past four years. In addition, this year we added two new benches in front of the barn for campers to put on riding boots and hang out with the horseback staff prior to class.



This Fall, Coniston met up with YMCA Camp Belknap's staff at The NH Camp Director's Association conference. This opportunity allows camps to network and share ideas, while reflecting on the previous summer. In addition, camps are updated on state regulations and licensing standards.



Thanks to international staff member, **Ricardo Macías**, for staying a few extra weeks at the end of the summer to help replace all the boards on the bog walk for ecology.

## NEW PARENT OPEN HOUSE ON THE ROAD

This spring Camp and Lisa Garrahan will be hosting a **NEW** event for first or second year campers and parents in the Boston area. The event will provide an overview of the Coniston Experience including insights into many Coniston traditions such as vespers, opening/closing campfires and the 1st year camper ceremony. Parents will hear first-hand from the summer staff about their goals and commitments to the youth they serve, and be able to ask questions. In addition, campers will have the opportunity to meet new friends and participate in a Camp activity. Keep an eye out for more details to come or if you are interested in being added to the invite list please email [lindsey@coniston.org](mailto:lindsey@coniston.org).



Host Lisa & Jack Garrahan

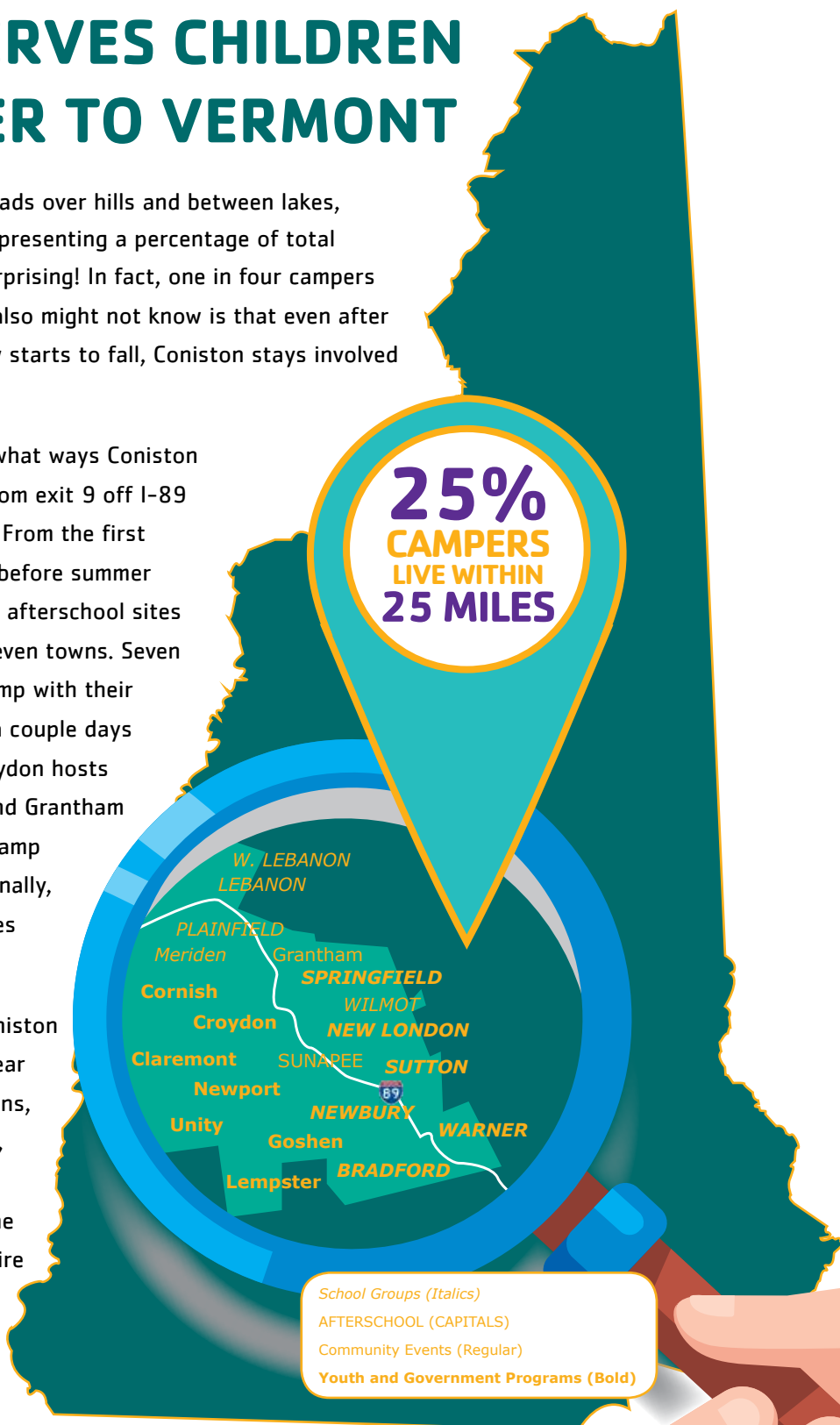


# CONISTON SERVES CHILDREN FROM WARNER TO VERMONT

**E**very summer, on winding dirt roads over hills and between lakes, local campers arrive at Camp representing a percentage of total campers that you might find surprising! In fact, one in four campers lives 25 miles from Camp. What you also might not know is that even after the leaves change color and the snow starts to fall, Coniston stays involved with these towns all year long!

The graphic illustrates where and in what ways Coniston works with the surrounding towns, from exit 9 off I-89 in Warner all the way up to Vermont! From the first dismissal in August to the final days before summer vacation, YMCA Camp Coniston hosts afterschool sites at five elementary schools serving eleven towns. Seven towns will spend a couple days at Camp with their 5th grade class, and four will spend a couple days with their 7th & 8th grade class. Croydon hosts its semi-annual town day at Camp, and Grantham children grades K-6 spend a day at Camp with their families every year. Additionally, many children enjoy the Camp facilities every fall as part of a church group.

For the older grades, YMCA Camp Coniston hosts Youth and Government every year for district nine, which includes Stevens, Kearsarge and Newport High Schools, serving fourteen towns. During Youth and Government, participants have the opportunity to visit the New Hampshire capitol, hear from some of the biggest names in New Hampshire politics, and work together to craft legislature to better understand the overall process.



Map provided by Coniston Alumni, Kim Johnson,  
Data Mapping Analyst at Institute for Health Metrics in Seattle, WA



## CAMP & NON-PROFIT MANAGEMENT ASSOCIATES

**Jack Berthiaume** returns for his second year as Camp and Non-profit Management Associate after wrapping up another summer as Boys Camp Director. A 2017 graduate of the College of Wooster in Ohio, Jack enjoys how every day as an associate is a little bit different, but especially looks forward to opportunities to explore the camp archives (look for his #flashbackfriday posts once a week on Camp's Instagram!). Outside of work, Jack likes to hike and snowshoe with his dog, Ace.

**Shannon Rush** accepted her Camp and Non-profit Management Associate position this fall after working this summer as a trip leader for the 1/2 West Coast CITs, Acadian Odyssey and Service II. Shannon is a recent graduate of Elon University and is excited to help with Camp's professional development efforts and planning the summer 2019 trips! Shannon enjoys exploring New England and visiting with Camp friends during her time off.

## THANKS ELIZABETH DURKEE FOR YOUR BIRTHDAY FUNDRAISER

Did you know you can do a peer to peer fundraiser on Facebook for your birthday or really any occasion? Well that is exactly what fellow Coniston parent, Elizabeth Durkee did for her birthday and raised over \$250 for Camp. Elizabeth wrote... *For my birthday this year, I'm asking for donations to YMCA Camp Coniston. I've chosen this nonprofit because every kid should have the opportunity to go to camp, and Camp Coniston is a really special place. Nestled on a lake in NH, with a log cabin lodge, and cabins dotted throughout the woods (no electronic devices allowed) kids get to just be kids. One of Eliza's favorite things was to sit on the top bunk in her cabin during a thunderstorm and watch the lightening on the lake with all of her cabin mates. They have kayaking, horseback riding and photography etc. It's a very special place. I hope you'll consider contributing as a way to celebrate with me. Every little bit will help me reach my goal.*

If you are interested in doing your own fundraiser for Camp the instructions are below. The best part about these fundraisers is that Facebook charges no fees—Camp gets 100% of the donation. Thanks for your support!

### 5 EASY STEPS:

1. Follow us at [www.facebook.com/YMCACampConiston](https://www.facebook.com/YMCACampConiston)
2. Click Fundraisers in the left menu
3. Click + Raise Money on the right
4. Update the fundraiser as you wish
5. Click Create





## COSTS, CONTRIBUTIONS, AND YOUR CAMPER

Many people never consider why Coniston costs what it does. For some, the cost of camp is expensive. Compared to other overnight camps, Coniston is a bargain.

Maybe you knew this, maybe not. The Coniston Board of Directors puts a lot of thought into the price of camp. We thought you might like to know, and know why.

First, we do everything we can to hold the price down. We think it is best if as many families as possible can simply afford the price of camp. One of the ways we keep the price down is by subsidizing each camper's tuition. Last year, we spent \$237 more per camper than we charged.

In addition to keeping the price down, camp offers financial assistance and camperships to over 350 of its total participants! We fundraise for these camperships to balance the books and grow camp!

These strategies literally make the Coniston Community reflective of the NH communities in which we operate. Having campers from every walk of life is what makes Coniston—well, Coniston. The magic of Coniston is made by the fact that any camper can attend. Years of experience show that making certain Coniston is open to any camper, makes Coniston better for every camper.

We hope you'll agree and support us by spreading the word, being a vocal advocate, and supporting our efforts at keeping Coniston open to all.



Follow us on  
**Instagram**  
@ymcacampconiston

AND OUR NEW PAGE: @ConistonFloraAndFauna



# CONISTON LAUNCHES ACADEMIC AND LEADERSHIP FELLOWSHIPS

This summer Coniston developed two paid fellowship positions to engage staff's academic knowledge and leadership ability for the betterment of the Camp Community. **Emily Howard** was the recipient of the **Ernest Baynes Academic Fellowship** and **Emma Schambers** was selected to serve as the **George Dorr, Jr. Leadership Fellow**. Through their fellowships they had opportunities to assist in the development of the organization's culture, lead employees, and reward workforce behavior creating numerous transferable skills for a future career.

The Ernest Baynes Academic Fellowship stemmed from Emily's history studies at Reed College in Portland, Oregon. She saw a need to improve the Camp Community by developing ways to be more inclusive. She connected with many camps and organizations around the country to learn what they were doing around inclusivity. She then took the research and developed inclusivity workshops for staff to help broaden their knowledge and how to best support campers.

The George Dorr, Jr. Leadership Fellowship was based upon Emma's sport management and communications studies at Syracuse University, where she saw the need to get campers more involved in physical activity while at Camp. She helped manage staff members in facilitating sport tournaments at Camp and at other camps across New Hampshire, diving competitions, and many other fun activities for campers during free time. Additionally, she facilitated the summer staff to join together to provide a campership for a child this summer.

As Emily and Emma's peers opted to pursue new professional internships away from Camp they worried they might be considered behind in terms of experience. However, they found this to be quite the opposite. If you are interested in learning more about our fellowship opportunities please email [nicole@coniston.org](mailto:nicole@coniston.org).



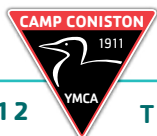
*I learned so much about implementing change, being a leader, and working in a non-profit institution. Camp has helped me so much to prepare for my future, and this summer was just one in a long line of lessons learned.*

—Ernest Baynes Academic Fellow,  
Emily Howard



*An invaluable experience in regards to project management, event planning, and leadership. I am truly thankful that I was able to return to Camp and work with campers while simultaneously furthering my professional skills.*

—George Dorr, Jr. Leadership Fellow,  
Emma Schambers





# LEVERAGE YOUR CONISTON EXPERIENCE FOR PROFESSIONAL JOB OPPORTUNITIES

**W**orking at Camp is a truly transformative experience. Staff members develop in significant ways over a very short period of time, and articulating just how the skills you built at Camp translate to other professional environments isn't always easy.

To assist in this process, we have compiled helpful tools you need to grow and examples of language to professionally convey the benefits of your time at Camp on your resume. The guide we created will walk you through the basics of modern-day job hunting. Our hope is to assist our alumni, current staff and CITs in achieving any professional dream they hope for.

Over the next year you'll see professional development tools and resources become available on our website. If you are interested in receiving a copy of the guide, please contact the office at **603.863.1160** or [lindsey@coniston.org](mailto:lindsey@coniston.org).

## CONGRATULATIONS TO ALUMNI STARTING NEW JOBS

We love hearing about everyone who has gotten a new job recently! Please let us know about your career updates so we can celebrate you!

**ABIGAIL CAMPBELL:** Account Executive at 360PRplus | Boston, MA

**CHRIS MARIO:** Talent Development Manager at L.E.K. Consulting | Boston, MA

**GRIFFIN MELIA:** Recruiting Operations Analyst at IntelyCare | Quincy, MA

**SAMANTHA ROSEN:** Art Teacher at Dover High School | Dover, NH

**KATIE SMIDT:** Organization Development Psychologist at VA New England Healthcare System

**MICHAEL SLAFSKY:** Reinsurance Associate at Riverstone | Manchester, NH

**JACOB STETSON:** Manufacturing Engineer at Boeing | Seattle, WA

**EMMA TILLEY:** Research & Evaluation Program Associate at Interise | Boston, MA

# NETWORK WITH EXCEPTIONAL ALUMNI AND PROFESSIONALS OR HELP MENTOR CONISTON YOUTH OUTSIDE OF CAMP

**W**e have created a digital platform where alumni, staff, camp parents and friends can share job and educational opportunities as well as their life experience and wisdom with our young—and not so young—alumni. Our intentions are to create a network of Conistonians who can mentor one another and help each other with the next steps in life outside of Camp. Join our new community in the YMCA Camp Coniston LinkedIn group at [www.linkedin.com/groups/13608842](http://www.linkedin.com/groups/13608842).

In conjunction with the LinkedIn group, we will also be hosting two career networking events in the greater Boston area. These events will feature a panel of alumni and parents who represent various industries and a moderator that asks questions—after we will break for networking. If you are interested in attending or being a panelist at the event please contact [lindsey@coniston.org](mailto:lindsey@coniston.org).

As part of this initiative, we are seeking college graduates, admissions staff, professors, and guidance counselors from colleges and universities who are willing to speak to younger staff about the college search process. Current staff members and LITs will receive special opportunities during the summer to meet, mingle and network with our alumni and parent communities all while learning to process their college applications.

Additionally, we are forming a group of current college students who would be willing to provide a more personalized college tour and answer additional questions about their school. These **Collegiate Conistonian Ambassador's** will act as a bridge from Coniston to college.

**FOLLOW US ON**



[www.linkedin.com/company/ymca-camp-coniston](http://www.linkedin.com/company/ymca-camp-coniston)

**AND JOIN OUR NEW CAREER DEVELOPMENT GROUP:**

[www.linkedin.com/groups/13608842](http://www.linkedin.com/groups/13608842)





## ALUMNI NEWS



Fifteen year Coniston vet, **Tyler Bascom**, grew up in John Tilley's stomping grounds, New London, but is now living in Boston working as an Account Development Rep for Zerto. Zerto is an IT Resilience Platform for disaster recovery and is always looking for new ambitious recent graduates or folks who've been out in the working world for a few years.



**Sara Noble, Cassie Short** and **Rob Morris** are currently roommates in Boston, MA. Sara is working as a Mental Health Specialist at Franciscan Children's, Cassie is a Reading Specialist at Wellesley Public Schools and Rob is an Acquisitions Assistant for the John Flatley Company.



**Hannah Lewis** and **Brittany O'Leary** recently moved to New York City to start new jobs. Hannah is an Assistant Manager of Global Commerce Business Development for Newell Brands and Brittany is a Scent Design Group and Marketing Assistant at International Flavors & Fragrances.



**Matt Albee** has taken the skills he learned at Camp into his professional life by opening his own company of building custom disc golf courses around New England—White Mountain Disk Golf in Campton, NH. We look forward to working with Matt on Camp's updated course.

***Excellence in Real Estate,  
Just Ask anyone!***



**We are pleased to  
announce an addition  
to our team!**

### **Rolf Gesen**

Rolf Gesen joined the Cowan and Zellers team in 2018. Rolf's family has been in Concord for 8+ generations and he is a currently the 4th generation resident of the family farm in Concord.



Rolf had a 35-year career in the property casualty insurance industry, serving as President of Concord's Phenix Mutual Fire Insurance Company and as Chief Risk Officer of Motorists Mutual Insurance Company in Columbus, Ohio. He has a BA from Wittenberg University and a MBA from the University of New Hampshire. In addition, he holds a Certified Risk Management Professional (CRMP) designation from the Risk and Insurance Management Society.

Rolf has been very active in the community, serving on many non-profit boards and committees over the years. Currently, he is serving as Vice Chairman of the Board of Directors for YMCA Camp Coniston and as a committee member for various Concord Hospital Trust events.

Rolf has been very active in youth activities in the Concord area. He, and his wife Stuart, raised their 4 kids in Hopkinton, where he was a coach with the Hopkinton Soccer Club. He was also an advisor to the Senior High Youth Group at South Congregational Church where he is a life-long member.

Rolf brings a vast knowledge of the Concord area and its people. He is excited to use this knowledge to help people, both long-timers and new comers, find their home in the Concord area.



**#Rolf'sNewLife** may be filled with lots of beautiful photos of flowers and family, but his new adventure has taken him into real estate. Congrats to Rolf on his new journey.







**Jess Paul Grande** welcomed Olivia Emily this summer.



**Sarah Donahue** welcomed baby boy William James on February 5th weighing 7 pounds 12 ounces.



Big Shout Out to **Haley Gladstone (2018 LIT)** who created DONATE; a non-profit charity affiliated with A Place to Turn, a food pantry located in Natick, MA. DONATE collects sanitary pads and tampons for teen girls and young women in need of feminine products. DONATE recently received a grant from Youth in Philanthropy at Foundation for MetroWest to order 200 cases of pads, deodorant, body wash, lip balm, face wipes, hair elastics and bath sponges for DONATE's Teen Bag project. If you are interested in donating check out Haley's website at [www.onceamonthgiving.com](http://www.onceamonthgiving.com).



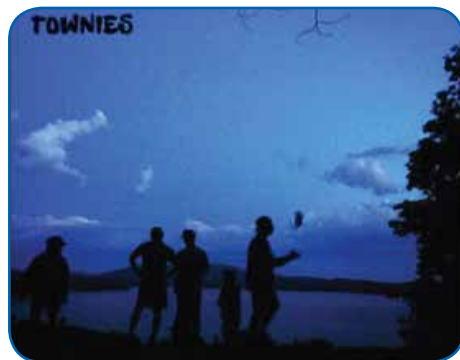
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Congrats to **Jenna (Zadeh) Judge** for her newest addition!



Boston based punk-rock band, **Townies**, who formed right here at Camp as counselors during the summer, have released their first single available digitally on Spotify, Apple Music and Soundcloud.



Coniston Alumni Ambassador, **Corey Miller**, planned a pop up event in NYC for his fellow Coniston friends this fall! Top: **Eloise Harnett, Alyssa Godley, Corey Miller, Abby Campbell, Robert Morris, David Salvay**  
Front: **Mia Kamisar, Sydney Croteau, Emily Bourke**  
Not pictured: **Emma Teach** and **Libby Alvin**



Conistonians **Jake Stetson, Kim Johnson, Jack Berthiaume** (visitor) and **Parker Olson** in Seattle, WA planning for an upcoming pop up event in their area. Stay tuned for more details.



## BECOME AN ALUMNI AMBASSADOR!

Is there a bunch of Coniston alumni in your area and you want to host an event? Do you like to get free Coniston swag and take silly photos? Well then you need to become a Coniston Alumni Ambassador.

What is an Alumni Ambassador you ask—well it is simple, we will send you a box of swag, a custom postcard invite and a guest list. Then you find a location, plan an event, and invite all the Conistonians you know and the people on the list we send you. You then just need to send us photos of the event.

Sounds fun, right?...email Lindsey at [lindsey@coniston.org](mailto:lindsey@coniston.org) to get started.







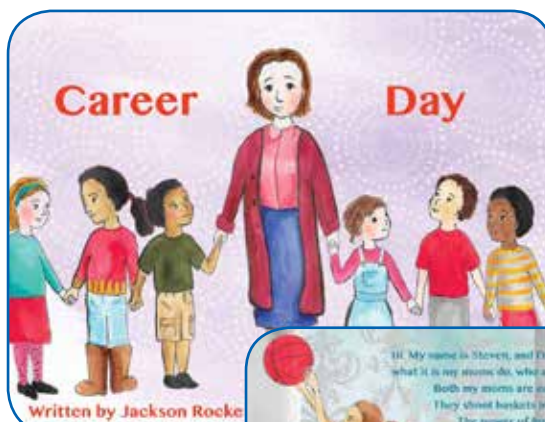
**Nicole Berthiaume** welcomed Hailey Marie to the world on September 15th. Hailey weighed 8lbs 3oz and 19.75" long and is already very loved by her Coniston family!



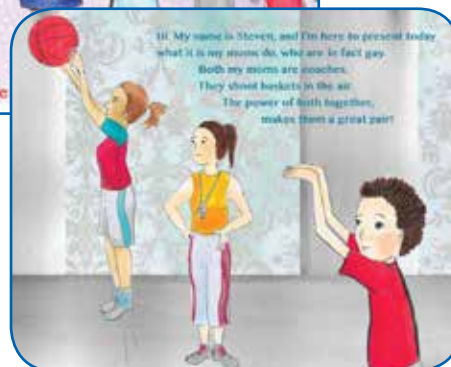
Congrats to **Sam Rosen** on her recent engagement and new job as Art Teacher at Dover, NH High School.



Conistonians came together to celebrate the wedding of **Katie Evans & Matt Comstock**. Many alumni were present, **Ben Kamisar** officiated the wedding, **Kim Evans** was Maid of Honor and **Kyle Olson** the best man — congratulations to the happy couple!



**Jackson Locke** wrote an inspirational children's book about inclusion in jobs.



FOLLOW US ON  
**LinkedIn**

[www.linkedin.com/company/ymca-camp-coniston](http://www.linkedin.com/company/ymca-camp-coniston)

AND JOIN OUR NEW CAREER DEVELOPMENT GROUP:  
[www.linkedin.com/groups/13608842](http://www.linkedin.com/groups/13608842)





Coniston Ladies at **Jill Albee's** wedding! **Kelly (Muller) Condon** with her newest addition, **Lindsay (Torres) Banks**, **Jill Albee**, **Katie Kavanagh**, and **Catie Borbotsina**.



On that note, at the end of May, **Kelly (Muller) Condon** and husband Tim welcomed a fifth son, Bowen Emery Condon. Now with enough boys to fill half a cabin, they were happy to see the construction of new cabins in boys camp when they visited for Kelly's 20-year CIT reunion.





Supporting campers is now easier than ever —simply do your amazon shopping at **smile.amazon.com**. Then select **YMCA Camp Coniston** as your non-profit of choice.



We had a wonderful visit from former Boys Camp Director, **Bob Huston** and his wife, Sherrill. Bob was a counselor and BCD during the early part of the Sanders era in the late 60s and early 70s, and even built the camp's riflery range. Bob went on to become a teacher, principal, and superintendent and credits working at Camp for all of the challenges it prepared him for in that field. Bob and Sherrill are now retired in Oregon, but stopped by Camp on their way to a little camp reunion!



**Bob Huston** with camp friends **Charlie Ernst** and **Kent Witt**.



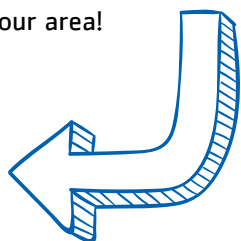


## ALUMNI RETURN TO CAMP DURING LABOR DAY WEEKEND

Since 1996, Coniston has partnered with the Childhood Cancer Lifeline of New Hampshire to provide a free weekend for families affected by pediatric cancer. Dozens of families, many at different stages of their journey, come together for a weekend of fun, support, respite, camaraderie, and of course, Camp! The success of this weekend is in large thanks to the current and previous summer staff members who in many cases donate their time to bring Camp to families that need it most.

## WOULD YOU LIKE TO HEAR ABOUT UPCOMING ALUMNI EVENTS IN YOUR AREA?

If your answer is yes, then we need you to register as an alumnus at [www.coniston.org/alumni](http://www.coniston.org/alumni) and update our database with your camper and staff history. Not only will registering allow you to re-connect with old friends on-line and at events, but we will send you this new sticker to help you spot other Conistonians in your area!



## MAGIC JOHNSON A CONISTON FAN

Recently, John Tilley attended a YUSA strategic plan unveiling in Chicago. The keynote speaker at the conference was Magic Johnson, and John had the opportunity to present him with some much needed Coniston swag!

## TILLEY ERA ALUMNI ARE NOW CAMPER PARENTS

During his first summer, at age 34, John Tilley began to jokingly refer to himself as *Old Man Tilley*. This past summer he actually became *Old Man Tilley*. Alumni from when Tilley first became director rolled into Camp with their first year campers. **Jamie Gallagher, Lauren (Hugg) White, Jared Reid** and **Karen Freedman** joined **Amanda Herman** from the summer before! Tilley is amazed watching alumni continue to return and share in the traditions their parents learned as children.





Congrats to the newly wed, **Darcy Conant Bell (1983 – 1991, camper & staff)**. Pictured with her children, also Conistonians: **Ryan Heindel (2018 LIT)**, **Natalie Heindel** and **Heidi Heindel**, campers sessions 2 & 3, along with her 30 year old Coniston friend **Laura End**.



Mini-Coniston reunion this summer with **Andrea Mintz Gilmore, Fay and Dave Barden, Catherine Johnson, Wendy Robinson Chaves Sisto, Rolf Gesen, Lynn and Sherm Horton, Karin Nelson, and Charile Giles**.



Long-time Coniston alumni and friends **Linda Pinkham Wiewel** and **Elizabeth Worthington** enjoyed each others company and lunch!



That moment alumni realize it was 50 years ago, but it feels just like yesterday. **Rolf Gesen, Mike Loos, Mike Kane, Mark Lewis, and Dave Wing**.



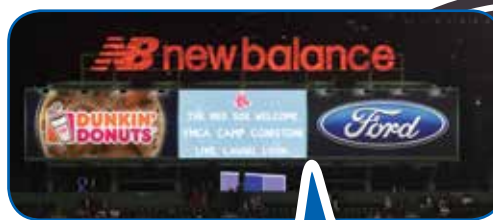
Thanks for joining us at our recent events — We enjoyed gathering with many camp alumni, parents, donors and new friends. We traveled to New Orleans, New York, and Massachusetts while also hosting events closer to Camp. If you have not attended one of our casual gatherings we hope you will join us in the future. The events give us a wonderful opportunity to re-connect with friends of Coniston and the community. In order to plan the events, we need to know your alumni history. To update us please go to [www.coniston.org/alumni](http://www.coniston.org/alumni) and submit the form. Hope to see you soon!



**EVENING WITH THE RED SOX**  
*Thanks Brian Grip and Alicia Verity*



**NEW ORLEANS BOWLING NIGHT**



**THE RED SOX WELCOMED YMCA CAMP CONISTON ON THE BIG SCREEN!**

APRIL

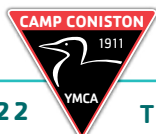
MAY

JUNE



**NYC BOWLING NIGHT**

**CONISTON NATION IN WALTHAM**  
*Thanks Lynne & Bob Delise*



**LIT COMMON APP  
INFO NIGHT**  
*Thanks Tracey Hyams*



**AUGUST**



**SEPTEMBER**

**GRANDPARENTS  
EVENT**

**JULY**



**CIT 20 YEAR REUNION**



**PLEASANT LAKE EVENT**  
*Thanks Lisa & Jack Garrahan*



**TOM SIMON CABIN  
DEDICATION**

**OCTOBER**

## UPCOMING EVENTS

### ALUMNI, PARENTS & DONORS

If you wish to attend events please  
let us know how we can reach  
you by updating us at:  
[www.coniston.org/alumni](http://www.coniston.org/alumni)

**December 21st**

DICK LEACH SUNSHINE EVENT  
NEW LONDON, NH

**January 11th**

CONCORD REFUGEE EVENT  
CONCORD, NH

**January 18th**

CONISTON NATION EVENT  
DENVER, CO

**January/February**

CONISTON NATION EVENT  
SAN FRANCISCO, CA

**January/February**

CONISTON NATION EVENT  
BOSTON, MA

**February 8th**

CONISTON SKI DAY  
MOUNT SUNAPEE, NH

**February/March**

CAREER DEVELOPMENT EVENT  
BOSTON, MA

**March/April**

NEW PARENT OPEN HOUSE  
NEEDHAM, MA

**June 1st**

SANDERS' LEADERSHIP CENTER IN  
THE BOATHOUSE RIBBON CUTTING  
CAMP CONISTON, NH

# THE BEST THINGS IN LIFE AREN'T THINGS

## REFLECTIONS FROM OUR 20-YEAR CIT REUNION

**T**wenty years ago I would never have dreamed I'd be covered in goosebumps watching the 2018 CITs run into the lake returning from their Washington hike while surrounded by my fellow '98 CITs. Twenty years ago so much seemed so far off—graduations, first apartments, jobs out of college, and raising future campers. I don't know if the CITs looked so small because all kids do the older I get or if we were just far enough away, but we could sense they knew what a big moment in their life it was. They just had no idea how big a moment it will be.

Getting my driver's license would not be the biggest life moment of sixteen—hiking the summit of Mt. Washington was—a nearly incomparable high. In hindsight, the bond we shared was a closeness only equally attainable in a life partner, the sense of personal accomplishment and pride only rivaled by bringing new life into the world. The value our culture attaches to the driver's license surely makes it a milestone, but real coming of age is CIT summer.

Getting to relive it for a moment was a dream. I'm not the only one who still wakes occasionally from dreams of being back at camp, right? The chant and echo of "C-I-T, hey!" brought us back to our summer, to our campfires. We recalled our old skits and songs, our evening programs, our lifeguarding tests. We laughed and smiled thumbing thru old journals and photo albums. We had toured the grounds, peeking into our old cabins, locating our name plaques and doubling over recounting how we had earned our nicknames. We noted the changes around Camp since "back in our day," but clearly the best things remained as we listened longingly to a current staff member presenting a "The Best Things In Life Aren't Things" themed vespers.

The best things from our reunion were packing into each other's cars and taking the bumps on Camp road together—twenty years more responsibly than we once did returning from days off, catching up with old friends and feeling instantly connected due to our shared experience, unrolling sleeping bags and piling into one room at the end of the night, then waking to find the only trace of our CIT director who camped outside was a note saying he got up and out early to hike Mt. Washington. It's funny how we had all kind of frozen each other in time only to find out we were still those same people, only now with an additional couple decades of laugh lines and life experience. What fun it was to see where the

other seasons of our lives have taken us. But Coniston is still in us all and how incredibly fortunate we are for it. When a reunion year rolls around for you, carpe diem, and enjoy. It will be an experience you'll be thankful to relive.



*reflections by Kelly (Muller) Condon*

### PLAN YOUR CIT REUNION

If you think it is time to plan your CIT reunion please be sure to register at [www.coniston.org/alumni](http://www.coniston.org/alumni) and contact [lindsey@coniston.org](mailto:lindsey@coniston.org) to plan details for the event.





# BOATHOUSE & SANDERS-ERA ALUMNI UPDATE

**R**enovations on the boathouse began after Camp ended and are well underway. Everyone is working hard to transform the space with an eye to the future while retaining important ties to the past. The second floor is becoming a light and airy space to be utilized for leadership and other training. We are very excited to have this space in use next summer and are targeting June 1st for a ribbon-cutting event. We will let you know all the details once they are finalized.

Currently a small group of alumni and staff are working with the Sanders family to ensure that their legacy is honored appropriately in this new leadership space. For those of us who were campers and staff during their years at Camp, we have a special responsibility to preserve and promote their legacy by doing the following:

**1. Have you registered as an alumni at [CONISTON.ORG/ALUMNI](https://coniston.org/alumni)?**

Please pass this along to your friends who are not in the loop!

**2. Do you have a piece of memorabilia that you feel might be meaningful to add to the boathouse?**

Email [LINDSEY@CONISTON.ORG](mailto:LINDSEY@CONISTON.ORG) — If we agree and ask you to donate the item, we will send you a piece of swell Coniston swag in return.

**3. Have you utilized the many means available to donate to Coniston?** You can specify how you would like your donation used, and of course all donations are tax deductible. There is also a great option for giving a recurring gift that allows you to budget and spread your gift over twelve months!

[CONISTON.ORG/GIVE](https://coniston.org/give) or [CONISTON.ORG/HTML/RECURRING-GIFT.HTML](https://coniston.org/html/recurring-gift.html)

If you have any questions and/or have feedback about the boathouse project, please feel free to reach out to Sherm [sherm@terpsoft.com](mailto:sherm@terpsoft.com) and/or Beth [eaworthington@gmail.com](mailto:eaworthington@gmail.com) directly.



## HELP BUILD THE CAMP CONISTON ARCHIVES!

Do you have photographs, handbooks, brochures, or other memorabilia from your time at Camp? Or perhaps all you have is your memories and you would prefer to tell us about it in a short video. If so, we'd love to have you share them with us so we can add them into our historical archives. Please email all your "old stuff" to [lindsey@coniston.org](mailto:lindsey@coniston.org). Please include a document that lists the scans with a short description and/or names of those in the photos.



**YMCA Camp Coniston**  
PO Box 185  
Grantham, NH 03753-0185  
[www.coniston.org](http://www.coniston.org) | (603) 863-1160

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MANCHESTER, NH

# HELP US FILL A CABIN ON #GI♥ING TUESDAY TUESDAY, NOVEMBER 27TH

This year, Facebook is partnering with PayPal to **MATCH UP TO \$7 MILLION DOLLARS** for nonprofits. **Last year**, with over **\$16,000 raised** from **140 donors**, **68 kids** received assistance to come to Camp. This year we hope the Coniston community will unite together to fill a cabin of campers.

On **November 27th** create a fundraiser for YMCA Camp Coniston at [www.facebook.com/YMCACampConiston/fundraisers](https://www.facebook.com/YMCACampConiston/fundraisers) then click on the "Raise Money Button" on the top right. Facebook waives ALL fees on one time and reoccurring donations and additionally they are offering a new way for you to take action by **pledging to match donations**.

If you have any questions or wish to learn more please e-mail [lindsey@coniston.org](mailto:lindsey@coniston.org).



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