

Fall 2019



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



Gifts of Leadership





Present



1994-1999



1970-1993



1969-1970



1964-1968



1936-1963



1911-1935

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Giving Tuesday Back Cover

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.

2019/2020 HAPPENINGS

ALUMNI, PARENTS & FRIENDS

If you wish to attend events please let us know how we can reach you by updating your info: www.coniston.org/alumni or nicole@coniston.org

DECEMBER 20TH
SUNSHINE LUNCHEON
NEW LONDON, NH

JANUARY 2020
NEW YORK CAREER
NETWORKING EVENING

WINTER 2020
CONISTON SKI DAY

WINTER 2020
NEW PARENT EVENTS

FEBRUARY 13TH
SAN DIEGO SOCIAL

SPRING 2020
LOS ANGELES AND
SAN FRANCISCO EVENTS

APRIL 2ND
WASHINGTON, DC EVENT

MAY 2020
BOSTON CAREER
NETWORKING EVENING

JULY 17TH
2000 CIT 20 YEAR REUNION
AT CAMP CONISTON

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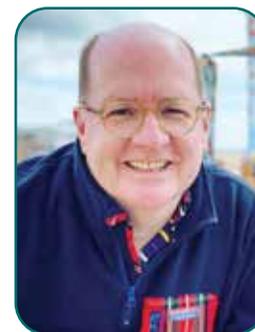
Dave Savio & James Newcomb
Maintenance



GIFTS OF LEADERSHIP

DIRECTOR'S 2⁰

After completing my 20th summer at Coniston, I took a moment of quiet which gave me an opportunity to reflect on what we do at Camp. Building on the foundation that has been laid for over a hundred years, Camp is firmly grounded in its roots and is embracing its future.



The steps we have taken as a staff and board have allowed us to grow the leadership program, strengthen our ties to our local community, and triple our camperships through growth of our Annual Fund. Our property and facilities are in great shape with a plan to maintain, expand, and enhance—all guided by our strategic plan.

Whether you are a camper, staff member, board member, or alumni, you care and care deeply! Thank you for your passion and commitment to making this place so great. I look forward to the future and to ensuring children will always have a place to learn and grow.

On the following pages, you will find inspiring stories of campers, staff members, and alumni who understand the transformational power of a Camp Experience and the lifelong impact it can have. You'll read about Noah Kahan, a thriving musician who attributes Coniston Talent Shows to giving him his first stage on which to perform in front of supportive peers and you'll also read about Julie Holland, whose Camp experiences helped her grow and develop professionally. We hope these stories kindle the Camp spirit within you – a reminder that Camp is not just a place you go for a weekend, a week, or a month, but an idea we carry with us as we all try to leave the world — and each other — a little stronger than before.



JOHN TILLEY, CAMP DIRECTOR



SUMMER 2019 MEMORIES!

What an amazing summer! Camp sure seems quiet without the joyful noise of the **Coniston beat** at every meal, the cheers from a cabin winning an evening program, or the applause of campers watching their friends in the talent show. Magical moments and memories were made everywhere throughout the summer months at Coniston. We had five wonderful sessions, six thrilling adventure trips, two impactful service trips and four extraordinary CIT cohorts. Let's take a look back at some of the amazing moments that made **Summer 2019** one to remember.

The middle of June saw our wonderful summer staff arrive ready for a summer of directing program area activities, living in cabin, leading trips, serving up delicious meals for the kids, and positively impacting campers' lives. We had many returning staff members who come back to Coniston summer after summer, showing their passion for Camp. We also had fresh faces in our great new group of leaders in training, as well as new staff members from overseas. This summer our international staff was comprised of people from all over the globe, including: **England, Australia, New Zealand, Ireland, Mexico, Germany, Hungary and Colombia!**



TALENT SHOW



INTERNATIONAL STAFF



New to their roles as Program Directors this summer, **Maura Ryan** and **James Cawley** came up with some of the most unique and exciting evening programs Coniston has seen. Some highlights included: **The Science Fair, Birdbox, The Coniston Festival,** and of course, **The Jonas Brothers**, where they got all of Camp to work together to reunite the boy band! They also created some epic Sunday programs like **Avengers Endgame** and **Avatar**, transforming the whole of Camp into a fantasy world!

What else made the summer of 2019 so memorable? How about the four amazing **drama shows** and the four fabulous **dance productions**? And of course the **talent shows** every session. Coniston sure has some extremely talented campers! Naturally Coniston saw some of its deeply loved classic athletic events this summer as well, such as the **Snorkel-Off, Tennis Tournaments, the Kickball Classic, the Triathlon** and the **staff and camper basketball game**. Yoga was introduced as a new program area and it left its mark on Camp with a wonderful **yoga flashmob**! The opening and closing campfires gave hilarious camper skits, the announcement of honor campers, and the touching moment of final year girls camp campers singing together.

There were also some amazing Coniston moments away from Camp as well! Paddling on the Vineyard or zip lining in the White Mountains on one of our exhilarating adventure trips, and making a difference outside of Camp by building for Habitat for Humanity on one of our service trips. Our CIT cohorts had transformative experiences either hiking the Grand Canyon or Mount Washington as well as participating in many team-building and leadership opportunities, including becoming Red Cross certified lifeguards.

During **Session 5**, campers and staff chanted together loudly enough to be heard miles away during the last week of Camp. Both new and returning campers came together for one week to experience all the best parts of Coniston.

The end of August brought Coniston's summer to a close. A summer filled with lasting memories, but more importantly strangers who became friends, fears which became accomplishments, and campers who became leaders.



OFF CAMP ADVENTURES

Over the course of the summer hundreds of kids come to Camp on check-in days to swim, play, and make friends on the shores of Lake Coniston. Some campers have the exciting opportunity to come to Coniston to travel. Through Coniston's Service and Adventure Trips, campers are given the opportunity to develop leadership skills while visiting incredible, awe-inspiring places along the East Coast and in Canada. Our trips range from high school students volunteering with Habitat for Humanity in Appalachia to kids visiting a foreign country for the first time for outdoor and cultural adventures. At the root of all trips lies the opportunity to develop leadership skills through adventure and service.

This summer, Conistonians traveled to West Virginia to build with **Habitat for Humanity** and Virginia to volunteer with the **Feeding America food bank**. In their time away, campers were able to explore Shenandoah National Park and the West Virginia State Fair. During their visit, they formed connections with people from a different part of the nation, and introduced those new acquaintances to the Coniston tradition of community.

Through the **Quebec Quest** and **Canadian Coastal** trips campers immersed themselves in new cultures and explored what it means to be a global citizen. The Quebec Quest toured the streets of Old Town Quebec, including the Chateau du Frontenac where Allied forces planned the invasion of Normandy. They even had time to try some delicious new foods! The Canadian Coastal trip took campers up to Nova Scotia to experience the swiftly shifting tides of the Bay of Fundy.



SERVICE TRIP 1



SERVICE TRIP 2



QUEBEC QUEST



CANADIAN COASTAL



On Martha's Vineyard, our **Coastal Navigator** trip set sail around the island and learned what is necessary to captain a ship and lead a team with confidence. They enjoyed days on sailboats and paddleboards as well as biking around one of the most iconic summer destinations New England has to offer!

The mountains of Vermont and New Hampshire are the perfect place to approach challenges with enthusiasm and see the world from a new and different perspective. For the campers on the **Green Mountain Explorer** trip, the tree top canopy tour provided new sights and sounds from the tallest areas of Vermont, and while zip lining in the White Mountains with **Northern New England Explorer** via our friends at Alpine Adventures, campers were taught to jump right in to new experiences and enjoy the ride!

Maine is home to beautiful coastlines and raging rivers. Coniston campers on the **Maine Voyager** trip whitewater rafted the Kennebec River, feeling the adrenaline as the river flies by, witnessing the wildlife native to the area. Meanwhile, the **Acadian Odyssey** trip rock climbed the cliffs of Acadia National Park. As campers took in the wonder and excitement of these activities, they relied on each other for support and assistance tackling mental and physical challenges while realizing the power of trust and collaboration.

Adventure and service trips are filled with new, exciting activities and experiences. They allow campers to stretch their knowledge of the world: geographically, through the people they meet, and through discovering a new interest, talent or capability. The goal of a Coniston trip is always to create a safe space with an environment of exploration; an environment that cultivates discovery and creates leaders.



COASTAL NAVIGATOR



GREEN MOUNTAIN EXPLORER



MAINE VOYAGER



ACADIAN ODYSSEY

A LEGACY OF LEADERSHIP

Here at YMCA Camp Coniston we know the value of leadership. In simultaneously unassuming and all-encompassing ways, leadership can be seen, heard, and felt all around Camp throughout the summer. It can be seen as a staff member patiently swims alongside a camper determined to pass their boating test for the first time. It can be heard as a Middler reminds his or her cabin-mates not to talk over a quieter camper sharing highs and lows. It is felt in the very air as a group of CITs sprint joyously into their beloved lake and into a phase of young adulthood that allows each of them to be a part of something greater than themselves. And, most importantly, the *effect* of leadership can be proven when, at any of these given moments, a young Conistonian's eyes light up as they think to themselves, *"I want to be like that!"* It is our responsibility at Camp Coniston to enable campers to do just that. But how did we become this wonderful community? Who gave us this gift of leadership? The answer begins with Bob and Erma Sanders.

Erma and Bob started as Co-Directors at Coniston in 1969; a time when it was typical for men to direct camps while wives served as secretaries or in other supporting roles. Despite this industry-wide custom, Bob and Erma directed Camp side by side. Bob and Erma saw a need to allow children with chronic illnesses, developmental differences, or physical handicaps to attend summer camp and rose to the challenge, opening Camp's doors to all children. Additionally, during the Sanders' time at Camp, they transformed the space around the lake into the familiar home each of us knows today, building and improving the Boys' and Girls' Colleges, the infirmary, the barn, Trigger, Gazebo, Generals Grove, the A-Field, and the pavilion. In 1981, YMCA of the USA and the World Alliance of YMCAs recognized Camp Coniston as an international YMCA for program quality and inclusion.

One of the most profound aspects of the Sanders' time at Camp was the impact they had on their staff. Staff were allowed and encouraged to grow their leadership skills through a balance of independence, responsibility, and high expectations. Sanders' era staff carried these lessons into adulthood, and now serve as successful professionals, caring parents, thoughtful partners, and wholehearted leaders. When these alumni were recently asked about their experiences with the Sanders, one shared the following takeaways from Bob & Erma's mentorship: "Leave every place cleaner and better than you found it, respect everyone, don't alienate others, smile, promote togetherness, (and) be kind to each other." Another explained that, despite the great and rapid success of Camp during this era, Bob Sanders never took any personal credit for it, regularly attributing Camp's achievements to three things: the staff, the



lake, and Erma. In the wake of Erma's passing in 2015, the Sanders Era alumni generously donated in order to create the Sanders Leadership Center on the top floor of the boathouse. On June 1st of this past summer those same alumni, as well as family and friends of the Sanders, came to Camp to celebrate this new space in honor of the Sanders and their legacy.

The Bob and Erma Sanders Era event, organized by alumni Beth Worthington and Sherm Horton, was a beautiful day from start to finish. The morning was full of joy as 70s and 80s era alumni reminisced and reunited with one another on their old stomping grounds. The energy was quite similar to that of a check-in day: full of excited shouts, hugs, and the occasional tears of joy. The ribbon cutting and unveiling of the Sanders Leadership Center was a special moment for the Sanders family. Bob and Erma's daughter, Lorie Sanders Armstrong, was in attendance with her husband Gary and their three daughters: Erin Parker, Alison Cureton, and Devin Armstrong. Great granddaughter Bree was there as well, eager to help cut the ribbon! Bob and Erma's son Scott was able to watch the event via livestream, while his wife Tammy attended. Before the unveiling of the Sanders Leadership Center at the boathouse, guests shared a special moment while getting to FaceTime Bob on the big-screen in the lodge. Smiles were shared all around as Bob was interrupted by the loons calling out louder than ever before from the lake. It was a moving occurrence, especially given Bob and Erma's long and well known appreciation for the lake and all of its contributions to Camp. A vespers service commemorating Erma was held at the Girl's Vesper circle in the late afternoon. Old Camp songs and stories were shared, as well as meaningful poems and quotes, and it was clear how deeply appreciative this group of alumni were for their time at Camp and for Erma and Bob's legacy. The day concluded with a cookout and photos; former program area staff were excited to get together for program area pictures while everyone enjoyed good food and even better companionship.

Bob and Erma Sanders taught Coniston that true leadership comes from inside and that humble confidence, practiced empathy, deep gratitude, and the desire to give back are its key traits. There is a farewell note from the couple in the 1990 Coniston Annual which contains the following line; *"Our deepest thanks to so many of you who made this Camp a success, (and) who created its reputation for leadership, (...) this beautiful quiet spot on Lake Coniston will continue to serve thousands of boys and girls into the next century."* Nearly 30 years later, and on behalf of all of us here at YMCA Camp Coniston, we say: No, Bob and Erma, thank you.



PHOTOS BY STEPHEN FITCH

CONISTON CONNECTS

As Camp is over 100 years old it is always exciting to say we have a first! This past May, we hosted our first-ever career development event for the Coniston community at Northeastern Crossing in Boston. More than 35 Conistonians attended the event, ranging from high school students to professionals who are well-established in their careers. The event was filled with energy, information, and Coniston connections



The night began with a panel discussion on the skills learned at Camp and how they can be utilized in a professional's journey. The event then broke out into round-table discussions based on different occupational fields. Round-tables included discussions on law, education, medicine, entrepreneurship, and even biotechnology! To conclude, attendees took part in a networking session, learned more about the careers and goals of others, and gained a new networking tip or trick!



Coniston continues to be a tremendous part of my life. It gave me the foundation for my career as a clinical psychologist. It was a privilege sharing how my journey working at Camp paved the path for my professional work. Other alumni from various professions at the Career Development event shared how their experiences at Coniston helped play a role in their careers as well. It's a great reminder to staff that the skills acquired at summer camp can be applied to a wide variety of professions. Sure, Camp gives kids a world of good... but Camp also gives staff a world of opportunities.

-Katie Smidt, Clinical Psychologist



*As a participant and host speaker at the most recent networking event, I felt empowered and encouraged about the future of the Coniston alumni network and young professionals ascending to their respective fields outside of Camp. Networking is all about building and maintaining relationships. A helpful tool when networking is using the **F.O.R.D.** acronym. It stands for '**F**amily, **O**ccupation, **R**ecreation, and **D**reams'. Not only is this technique great for engaging at the next networking event, but it can also be helpful for check-in day, family events, or an interview; you will be blown away with how easy it is to connect with others.*

-Carter Bascom, Real Estate Broker at Sotheby's International





Of my fifteen minutes hosting a round table discussion on working in the non-profit sector, I spent fourteen using skills honed at Camp: speaking as an expert in front of your peers, guiding a constructive conversation, and building on individual contributions. Being comfortable speaking in front of a group, whether it's the senior division or your division at work, is something that truly sets counselors up for success.

-Liz Morris, Planned Giving at Dana Farber Institute



It was useful to see how they were able to market the soft skills they learned at Camp and apply those to their jobs. I also learned a bit about consulting, a career path I hadn't thought about before, that I am now considering!

-Michael Hawley, Freshman at Notre Dame



This networking opportunity helped solidify that the communication skills you gain at Camp can help you in nearly every career path. It also made me realize that it is okay to not have the entire rest of your life planned, and that following passion is what will give you a fulfilling career.

- Isabel Caruso, Loyola University '19 / Program Instructor at Berkshire Outdoor Center

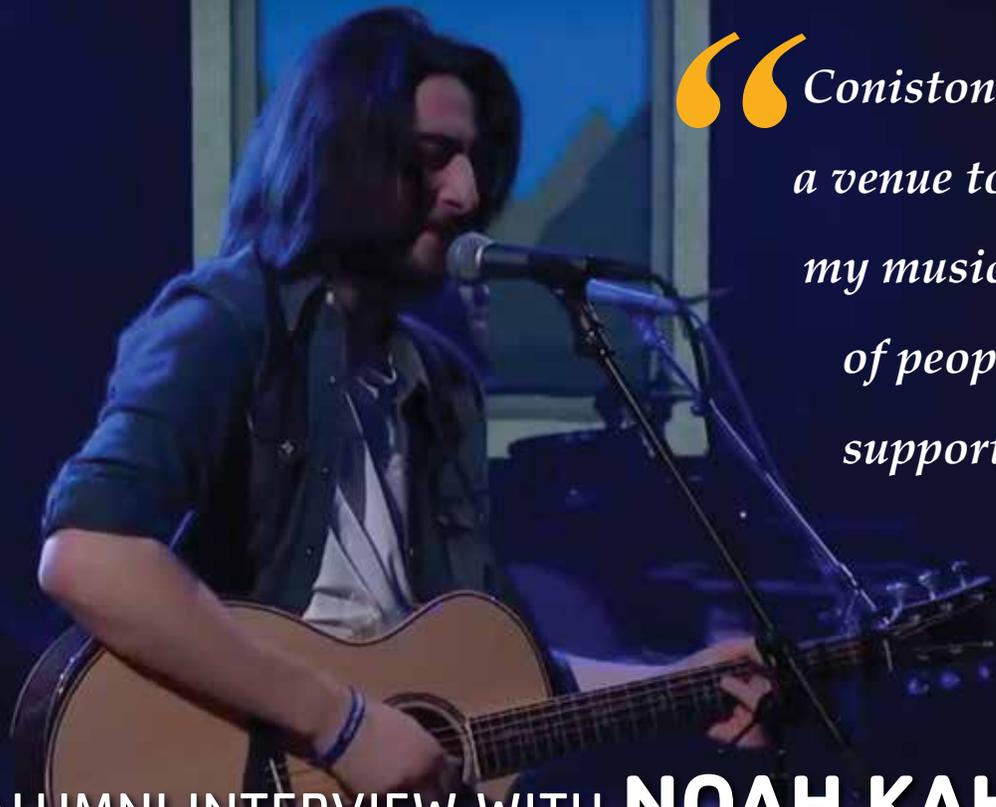


This event is a great example of how Coniston reaches beyond Camp's physical boundaries. Getting to speak to Conistonians in the professional world highlighted two key things. First—Camp's impact lasts and is directly applicable to the professional world. Being shown how skills learned at Camp i.e. community development, managing groups of staff, or crisis management, applied to their own careers not only reassured me that going to Camp wasn't squandering an opportunity that could be filled with an internship elsewhere, but that I had a set of skills that were very marketable. Second—in a professional climate where networking matters we are lucky to have a community that is diverse and willing to lend a hand.

-Jacob Glenshaw, Syracuse University '19

We'd like to extend a large thanks to all our panelists and attendees. We are excited to continue our career development events this coming year! For more information regarding Coniston Career Development, please follow YMCA Camp Coniston on LinkedIn www.linkedin.com/company/ymca-camp-coniston and join the Coniston Career Development Network Group www.linkedin.com/groups/13608842/!





“Coniston gave me a venue to perform my music in front of people who supported me.”

ALUMNI INTERVIEW WITH **NOAH KAHAN** SINGER-SONGWRITER | CONISTON: 2005-2012

At eight years old and having never been away from home for long, Noah was terrified to come to Camp. However, after his first summer, Camp became a huge part of his life—seeing old friends and the beautiful lake—*“summer became synonymous with Coniston.”*

After receiving a recording contract his senior year in high school, Noah pursued a career as a musician; he is enjoying a life which is a whirlwind of performing live on programs like *Late Night with Stephen Colbert* and *Late Night with Seth Meyers*, recording songs, and creating music around the world.

“I would say that I use the social skills I learned at Coniston all the time. Meeting new people and cooperating in a group setting is difficult, and it’s something that Coniston taught me to do year after year. I believe those social skills have propelled me through the rest of my young adult life!

Coniston instilled confidence in my ability as a musician and person. I’ll never forget how excited I would be before every talent show...

...I believe much of my identity was formed in the cabins in Boys Camp and on the docks of Boys Waterfront. I made lasting friendships on the wood panels of the Adirondack chairs, and slept under the stars on my overnights. What I remember most about Camp Coniston was the mythos of the place. Coniston was a place that survived in my mind on its reputation as a grounds for unexplainable magic that cast a spell on its campers, bringing them back every year. Coniston will always be a part of my life.”



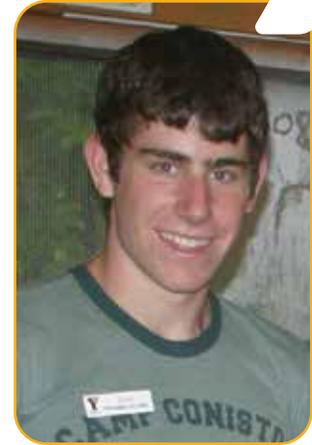
AFTERSCHOOL STUDENTS GIVE BACK

In the spring of 2019, our five afterschool sites, came together to raise money for the Leukemia and Lymphoma Society (LLS) in memory of Coniston Alumnus, **Sam Grad**, a 2007 CIT and former staff member.

After Sam was diagnosed with Lymphoma, alumni **Chris Mario** became involved with LLS through their Boston Marathon team. Chris ran four Boston Marathons on the LLS team and helped fundraising efforts with the goal of finding a cure. Chris has recently joined the board of trustees of the organization to help further these efforts.

This past spring, with the help of Casey Kavanagh, wife of alumnus **Will Kavanagh**, a Pennies for Patients fundraiser was started by the students at each of our afterschool sites. Students went home with a small box to collect coins and dollar bills; additionally, students held bake sales to raise even more. In the end, we exceed our expectations and raised \$1,643.57 for LLS!

Through this fundraiser the students learned an important lesson in being able to give back and help others—that small contributions can add up to a big result. It was a perfect way to remember and honor Sam, who was known for his kindness, big heart and positivity. We were honored to be able to carry his legacy on to a new generation of Conistonians.



Sunapee worked on their STEM skills, creativity, and team work during a Cardboard Palooza!



Mount Lebanon enjoyed some fall activities, including a donut eating contest!



Plainfield cheered on the soccer team with homemade signs!

AFTERSCHOOL PROGRAM HAS MANY STAFF RETURN!

We are excited to have so many returning staff who have been able to grow as leaders through their work in the Coniston Afterschool Program. Over the years, our staff has flourished—working at schools where they were elementary students themselves, meeting challenges as new Site Supervisors, and earning new certifications. We are lucky to have these leaders in our programs!

ALUMNI NEWS

1970-1980



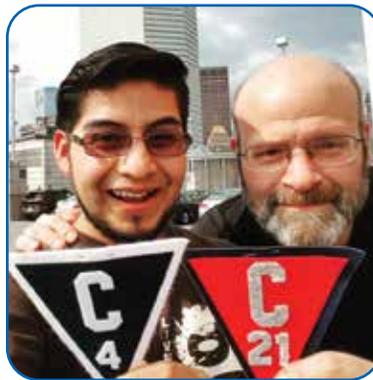
John Tilley spent an evening as the guest of the talented **Jocelyn Tetel**, Vice President of Advancement at the Skirball Cultural Center. At the event they attended together, the founder of the Skirball Cultural Center spoke about the importance of being welcomed. Imagine if everyone always felt welcome everywhere they went! Our world wouldn't be the same place. [#camplessons](#) [#outofcamp](#)



A current Coniston parent, Camille Bernstein, was lying on the ground taking pictures of Puffins on Handa Island, miles off the north Scottish coast. As she struck up a conversation with the other photographer lying on the ground beside her, also looking over the cliffs towards the Atlantic, she discovered her fellow photographer was **Fiona Lothian**, a Coniston riding instructor in the 80s. [#smallworld](#)



Lots of catching up to do after twenty years! **Janet Hatfield** and **Beth (Farrey) Worthington** reunited after twenty years; Janet's daughter has recently moved to Beth's home town of Denver.



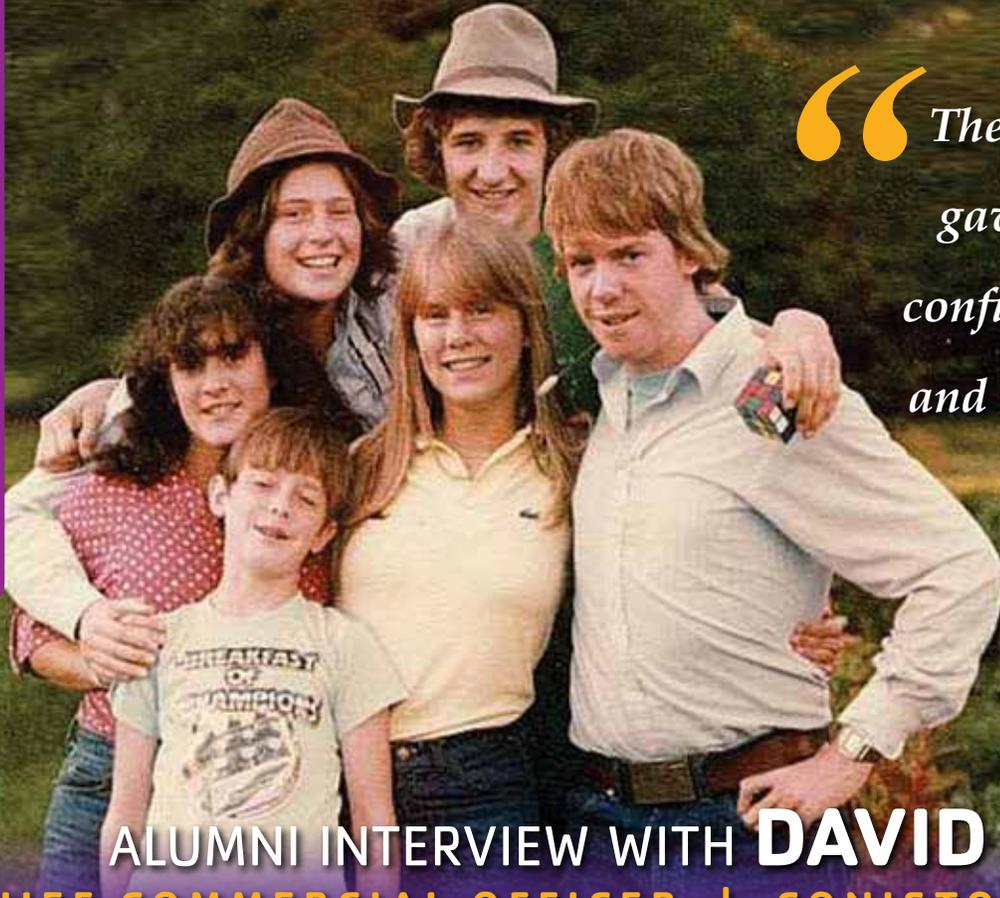
Camp lets us meet awesome people anytime, even if we're from different camp generations! **Omar Orozco** with **Paul Marcotte** in Boston, MA.



Congratulations to **Laura Thompson**, an '88 CIT and a camper parent to James & Paige Rublee. Laura married Phil Carpenter this July in St. John.

STAY INFORMED ABOUT CONISTON EVENTS
BY REGISTERING AS AN ALUM
coniston.org/alumni





“The gift Coniston gave me was the confidence to go out and use my talents.”



ALUMNI INTERVIEW WITH DAVID KOCH CHIEF COMMERCIAL OFFICER | CONISTON: 1977-1982

After Coniston, David studied Mechanical Engineering while in the ROTC at MIT and was a Naval Aviator and Flight Instructor. After receiving his MBA, David moved into the corporate world and is currently the CCO for FI.SPAN, a company he helped found.

“... I was probably the youngest CIT and a young kid when I was exposed to Camp, and I consider myself lucky to have experienced it at a time when I could learn from those experiences and nurture them. In high school I wasn’t doing all the leadership things, so Coniston and the CIT program gave me the ability to launch some of my talents and use them. That gave me the confidence to continue on...”

“Each piece of your life builds on the other. For me, it was Camp that had a big impact on the things I was able to do in my later years of high school and that translated to what I brought to MIT. I don’t think that without that confidence I would have been successful in ROTC and the military. It’s also possible that people would suggest camp is nothing like the military, but I would suggest camp and the military are not so different and that a lot of things I learned at camp were directly attributable, to and directly helpful to succeeding in ROTC and the military. I’m not sure I thought that at the time, but looking back I think that’s absolutely true. I think Camp indirectly, [and even] much more directly, helped [me] in the military. The military piece that translates to later in my career is leadership. I left behind the technical skills of the military because I don’t fly anymore but the leadership piece carries over.”

“I learned how to really listen, how to empathize, and how to help people who are feeling vulnerable find their way when things are hard.”



ALUMNI INTERVIEW WITH RUA KELLY TRIAL ATTORNEY | CONISTON: 1984-1988

Rua was introduced to Coniston at 13. She spent the next four “life-changing” summers at Camp. Today, Rua is a dedicated mom and senior trial counsel with the Securities & Exchange Commission in Boston, working on investigating the many forms of financial fraud.

Rua recently reflected on how Camp influenced her life—*“As a CIT and a counselor, I learned so much about leadership and decision-making. When an 8-year old girl is homesick and crying inconsolably, you don’t have a manual to tell you what to say or do. You are constantly having to rise to the challenge. I never felt like I was good at anything, or could make a difference in people’s lives, until I came to Camp. My ability to succeed really came from Coniston.”*

Leadership, building teams, empathy, not judging people based on stereotypes – those are all skills and traits (gained from Camp) that I use in my job, especially when I have had to appear before juries in court, and make arguments that persuade people from all walks of life. But the most important place I have used those skills is as a parent. I learned how to really listen, how to empathize, and how to help people who are feeling vulnerable find their way when things are hard.”





The **1999 CITs** enjoyed watching the 2019 East Coast CITs run into the lake as they had done 20 years earlier!



2005 CITs — **Lizzie Harbison, Courtney Blum, and Lauren Vernlund**, gathered to celebrate **Lizzy (Haines) Gray's** wedding!



Congrats to **Hannah Maurer**! Her first child, Griffin, was born in August.



The Coniston Community joined **Caitlin Elgert** to celebrate her marriage to Daniel Wolf. Around the table we have **Rachel Brodeur, Eric Rightor, Jacquie and Mike Wheeler, Ben Mark, Natalie Schaffer, Nicole Berthiaume, Angie and Eben Gannett, Brian and Beth Doucet, and Emily Elgert.**



Sonya Freeman spent her summers at Coniston from 2001 through 2009. She is now a fourth year medical student going into the field of Psychiatry. She has a particular interest in psychoanalysis and its use in the millennial generation. Check out her podcast, Freudian Flex (available on all major podcasting platforms), in which she explores the ways that the psychoanalytic school of thought addresses millennial issues in a series of interviews with psychoanalysts. Millennials tend to move fast and psychoanalysis tends to move slow. Millennials are into the new and the now, while psychoanalysis is known for being outdated. Despite these differences, Sonya believes that there is a distinct millennial need for psychoanalysis brought on by the advent of social media, texting, screens, etc.



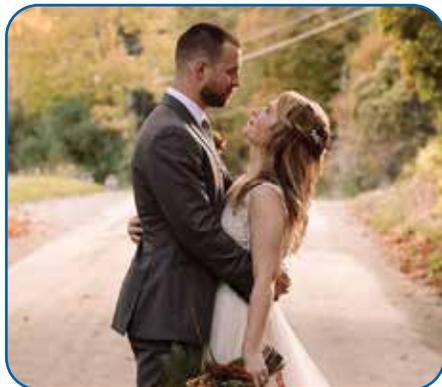
Congratulations to **Martha Calcutt** and Drew Powers on their September wedding! The entire extended Calcutt family – **Jack, Brian, Maggie, Eva, Holland, Sarah and Alicia Calcutt**, and **Michelle Claiborne** – and of course, Father of the Bride and Coniston Board Chair, **John Calcutt**, was in attendance. **John and Tricia Tilley** were honored to be included in the celebration as well.



Conistonian **Jacque Wheeler** met up with her fellow counselor **Matty Burrows** in London.



Hannah and Michael Slafsky, Christine (Couturier) Yarin, RJ Luraschi, Naomi Malam, and Beth Cairns celebrated with **Christine** and Sam Yarin on their wedding day!



This fall, **Rachel Jennings** married **Matt Parker** at Ohana Family Camp.



Congrats to **Jen Evans** on her wedding! **Kyle Olson, Ben Kamisar, Emily Bensen, Jen Evans, Michelle Tarkulich, and Hally Bert** had loads of fun celebrating together!



“Coniston taught me to believe in myself and my power to move not mountains, but people.”



ALUMNI INTERVIEW WITH **JULIE HOLLAND** PSYCHIATRIST AND AUTHOR | CONISTON: 1975-1984

Julie graduated from the University of Pennsylvania with a major in The Biological Basis of Behavior, a combination of neuropsychology and psychopharmacology. While starting her own private practice in psychiatry, Julie worked at Bellevue Hospital. She is married with two children and is a published author, a noted lecturer, and a frequent guest expert.

"My father-in-law used to call me "omni-capable." I credited Camp with that. Every summer, learning different skills, whether archery, riflery, guitar playing, canoeing, or lifesaving. That kind of comfort with novelty, and most importantly, learning how to learn, is what I use in my professional life. Camp taught me how to do this with openness and compassion. Coniston helped me get in touch with my own talent for empathy, and that is a skill I use daily in my professional life.

I know this will sound hard to believe, but there were times running the psych ER at Bellevue where I felt that lightness and ease and unity that I associate with Camp. One night, I had a bunch of patients singing "He's got the whole world in his hands," with the patients making up the verses. At one point, we were all singing, He's got the Bellevue Hospital in his hands" and I really felt it. I believed it. I believe in the power of people coming together as one, in song, in nature, under "God" whatever we perceive that to mean. Camp gave me optimism. It made me believe in Oneness, and that is a great gift."

“The foundation of friendship formed at Camp was unbreakable and set us up for success.”

GUISEPPI MARZELLI & ALAN FINLAY

ENTREPRENEURS | CONISTON: 1997-2006

Guiseppi and Alan believe that building a great network filled with good people is vitally important to growing ideas. Growing up in the family of a local business owner, Guiseppi directly saw the impact of technology and its role in commerce. While large corporations had the resources to learn to navigate new technologies, small and local businesses struggled to bridge the gap. Guiseppi and Alan teamed up to found Boomtown, turning their camp dreams of entrepreneurship into reality. Guiseppi points out that *“reflecting back on the journey, it is crucial that it is understood that I could not have done this without Alan.”* Today, Boomtown has 80 full time employees and 2,000 active technicians around the United States.

“Coniston personally taught me how to better understand everyone’s individual talent, creativity and personality. Not every person is the same and some people are extremely different than others, but when you’re off the grid and only have the same resources, you learn to be patient with each other and better understand the meaning of community. Coniston truly helped in the initial stages of building a company by being more thoughtful of other’s thoughts and ideas. If you look past others because they don’t have the same ideology, you will quickly find yourself siloed from the rest of society. It’s important to know your integrity is the same and without many resources you can still accomplish many things as a team.”





Congrats to Camp photographer, **Carl Vernlund**, and his daughter, **Lauren Vernlund**, on her marriage to Joe Burns.



Congratulations to **Rachael Brodner** for her 2019 Barrymore Award Nomination for Outstanding Supporting Performance in the play *Box Clever* with the Inis Nua Theatre Company.



Congratulations **Andy Miller** on your recent engagement!



Congratulations to international staff, **Matt and Kate Jellife**



Our beloved cook, **Casey Hart**, welcomed a new baby!

EMPLOYMENT & ACADEMIC UPDATES

Josh Bates is the Co-Founder of Open Door Esports

Emily Benson began graduate school at University of Oxford

Isabel Caruso started a position at the Berkshire Outdoor Center

Emily Kohlberg started a position at ABC World News

Kathleen Moore began a Master of Education in Human Development and Psychology at Harvard Graduate School

Sara Noble began graduate school at Mass General Hospital Institute of Health Profession

Mary Reynolds just finished her assignment with the Peace Corps while **Anna Feins** just began hers

MEET YOUR ALUMNI AMBASSADORS

Be on the lookout for Alumni Ambassadors planning gatherings in your area! Alumni Ambassadors are Coniston Alumni around the country who have stayed connected to Camp and want to spread Coniston news and strengthen our community. Ambassadors are responsible for organizing gatherings, assisting in career development and alumni focused activities, as well as notifying the community on the latest Camp developments. Below are quick snapshots of our current Ambassadors and their activities on behalf of Camp.



Sara Noble, Cassie Short and **Rob Morris** are all Alumni Ambassadors living in Boston. Last spring, they hosted a pop-up gathering at Flatbread Pizza in Brighton for a night of pizza and bowling. Our ambassadors might not be the most skilled bowlers, but it was an outstanding night getting the Coniston community together.



Corey Miller is currently living in New York City and working at The Player's Tribune. He has hosted several Camp gatherings in the City and loves to meet anyone with a Coniston background. His knowledge of the city is phenomenal and was a great help in planning our Nov. 19th Alumni event. We can't wait to collaborate on our Career Development night in the Big Apple in January!



Gray Kaegi is one of our newest Alumni Ambassadors! Gray is currently a senior at Carleton College, and has already done a fantastic job reaching out to alumni and connecting them to Camp. Gray even helped organize an international camp gathering in the Czech Republic!



Meghan and Brad Ship met at Coniston and continue to stay closely connected to the Coniston community – both with other alumni and at off-season events. They are excited that their daughter Molly will be going to Coniston next summer. They were also some of the first ever donors to commit to recurring donations to Coniston! They see donating each month as a convenient way to support Coniston and know that they are providing continuous benefit to all of Coniston's ongoing efforts.



Beth (Farrey) Worthington has been involved with Camp since the 70s and is about to celebrate her 50th year involved with Coniston! Most recently, she helped plan the Sanders Leadership Center in the boathouse reunion event. Additionally, she often helps with events in Colorado and has been known to travel to California for events as well!



Sherm Horton has been an Alumni Ambassador since before we even had a name for it! He has indirectly been connected with almost every alumni event over the past 25 years. Sherm is our Webmaster, having designed and coded every bit of website content that Coniston has. Sherm is an invaluable part of the Coniston community and we are incredibly fortunate to have him! Be on the lookout for Sherm's latest work – coming soon!



WEST COAST CITS RECOGNIZED BY SOUTHWEST

YMCA Camp Coniston Counselors
Attn: John McNair
YMCA Camp Coniston
PO Box 185
Grantham, NH 03753

Dear YMCA Camp Counselor Group:

I received an email from the Crew of Flights 555/3187 letting me know what an incredible group you all are. Thank you for being such terrific Customers.

I'm sorry you were diverted, but even with facing a long day, you all kept a positive attitude and interacted with the Crew and Customers. You demonstrated incredible leadership skills, and I appreciate you very much.

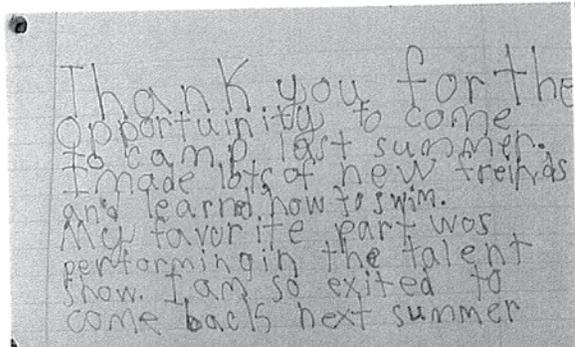
Thanks for letting Southwest Airlines serve you, and, seeing you all jumped in to help serve snacks, thank YOU for serving Southwest Airlines. We simply have the best Customers in the world.

Kindest regards,

Gary C. Kelly
Chairman of the Board
& Chief Executive Officer

CONISTON RECEIVES A CAMBERSHIP GRANT

Once again, YMCA Camp Coniston was the recipient of an **American Camp Association Award**. This provided full camperships to two campers who would otherwise not have had the opportunity to attend Camp.



Thank you for the opportunity to come to Camp last summer. I made lots of new friends and learned how to swim. My favorite part was performing in the talent show. I am so excited to come back next summer!



CHALLENGE ACCOMPLISHED!

#thankyou to the **892** parents, alumni, staff and friends who made a philanthropic gift this summer. Working together, we unlocked a **\$25,000** gift from **The Jack & Dorothy Byrne Foundation**. Your passion is helping us build a stronger community



CONISTON RECEIVES A GOVERNOR'S AWARD

With a nomination from alumna **Beth (Sawitz) Doucet**, and a very thoughtful letter from Sylvia Pelletier, President of NH Childhood Cancer Lifeline, Coniston received the **2019 Outstanding Achievement Award** from the NH Governor's Council on Physical Activity & Health for our Camp Winning Spirit Program. The Outstanding Achievement Awards are given annually by the Council to individuals and organizations who have accomplished outstanding achievements in promoting healthy lifestyles through increasing opportunities for physical activity, nutrition, and overall health for New Hampshire residents and employees.



Left to Right: John Tilley, Executive Director YMCA Camp Coniston, Sylvia Pelletier, President of the NH Childhood Cancer Lifeline, and Debi Clark Valentine, Member of the NH Governor's Council on Physical Activity and Health

We thank Sylvia for her kind words: *"It is difficult to adequately capture the magic that occurs at **Camp Winning Spirit** each year. I've witnessed families divided by frequent hospitalizations together, relaxed, and laughing. I've witnessed children weakened by treatment unable to scale the climbing tower return to climb it the next year, with a crowd of cheering, sometimes crying, families below. I've witnessed new families, unsure of what to expect, embraced by cheerful staff and returning families. I've witnessed families facing loss return to the network of support they've found at Camp Winning Spirit. In short, I've witnessed families ravaged by cancer made whole.*

Camp Coniston clearly knows and appreciates the role of its programming on the health and well-being of children, youth and families, and society as a whole. As a member of the cancer community, I am grateful that Camp Coniston recognized the gift it could offer our families, and has graciously continued to bestow it each year."

Eastman DONATES PADDLE BOATS TO CONISTON CAMPERS

When our Eastman community neighbors had some slightly used paddle boats that needed a new home they immediately thought of Coniston campers and sent the boats our way. Throughout the summer, campers took the four boats out onto the lake during free time. Campers had the freedom to travel around girls waterfront exploring the lake from a new perspective while strengthening friendships. Thanks Eastman for thinking of us!





Thanks for making your Amazon purchases through Amazon Smile—we currently have raised over \$1,100 and have 144 participants!

This holiday season supporting campers is easier than ever—simply do your Amazon shopping at smile.amazon.com. Then select **YMCA Camp Coniston** as your non-profit of choice.



FIVE YEARS OF SUPPORT FROM WALGREENS!

For the past five years, Walgreens and YMCAs across New England have partnered together to help make an impact on local communities. From October 20th - November 2nd the **Walgreens in West Lebanon** ran a campaign to raise donations for Coniston. Whether people needed school supplies, toiletries, or passport photos they could get their supplies and have the option to donate to Coniston. What a great way to get what you need, while also helping local kids attend afterschool programs during the school year and give children from Sullivan County a summer camp experience! We are very grateful to Walgreens for helping support the values and role that Coniston plays in the community.



Coniston Alumnus **Matt Albee** has brought his talents back to Camp! With all of the changes around the A-field, like our new entrance, we needed to redesign our frisbee disk golf course. Luckily, we knew exactly who to call, and Matt's new company, White Mountain Disk Golf, did an excellent job. Thank you Matt and White Mountain Disk Golf!



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FOLLOW US TO LEARN ABOUT UPCOMING EVENTS

www.facebook.com/YMCACampConiston

CONISTON'S ACADEMIC AND LEADERSHIP FELLOWSHIPS

Summer 2019 marked the second summer for the **George Dorr, Jr. Leadership** and **Ernest Baynes Academic Fellowship Programs** at Camp. These programs allow us to give current undergraduates internships recognized by their colleges.



Colorado College junior **Francesca Grandonico** was the recipient of the Ernest Baynes Academic Fellowship, and she focused her summer on gender studies at Camp. Some of her projects included a pronoun workshop during staff training, organizing co-ed vespers on Sundays, and analyzing the strengths of both Girls and Boys Camp. Fran also acted as the first official chapel coordinator.



One of Francesca's projects surveyed both Boys and Girls staff, prompting them to name what they believed to be the three greatest strengths of their respective side of Camp. To highlight a few from Girls Camp—empowerment, strength, support, resilience, thoughtfulness, compassion, and empathy. And from Boys Camp—camaraderie, brotherhood, support, tenacity, heart, and acceptance.



Hamilton College junior **Will Budington** was the recipient of the George Dorr, Jr. Leadership Fellowship. Will focused his summer work on athletics at Camp with the vision of "*promoting growth and bonding through athletics.*" This summer he organized numerous intra-camp basketball, archery, soccer, frisbee, and softball games, in addition to hosting games with other camps home at Coniston, or away at Camp Kenwood, Camp Aloha, and the Cardigan Mountain School. The biggest hype of course was around the 3D Archery game, hosted by Camp Kenwood.



If you are interested in learning more about our fellowship opportunities please email nicole@coniston.org.



FOLLOW US ON  **™**
www.linkedin.com/company/ymca-camp-coniston
AND JOIN OUR NEW CAREER DEVELOPMENT GROUP: www.linkedin.com/groups/13608842



MEET OUR NEWEST CAMP AND NON-PROFIT MANAGEMENT ASSOCIATES

Chloe Twadell is one of three new additions to our 13-person year round staff. As a camper and staff member, and a child of alumni parents—**Susie and Peter Twadell**—Chloe has been a part of the Coniston Community for over a decade. This summer marked her twelfth year and we were privileged to have her as our Aquatics Director. Chloe recently spent time on the West Coast obtaining her Wilderness EMT license and is excited to engage this passion in her work at Camp this year. Chloe's favorite thing about Camp is being on the lake and watching campers experience the same aspects of Camp that so greatly impacted her as a kid.



Interestingly enough, **Patrick Noble** also has an alumna parent: **Mary Ellen (Hammann) Noble**. With fourteen summers under his belt, Patrick is excited to be part of our year round staff, planning the trips for the upcoming summer. Patrick is a recent graduate of Ithaca College with a major in Business Administration and a concentration in Marketing. In Patrick's free time he loves to ski. Patrick's favorite thing about Camp is how everyone who comes to Camp is from a different area and has different interests, but are all able to connect because they have this one, very special place in common.

Jesse Ladd is the final member of our year round team and while she may not have an alumni parent, her sister **Chloe Ladd** was also on staff. Jesse is from Shropshire, England and is very excited to spend the year in New Hampshire! Last summer, Jesse was our International Coordinator and Dance Director, after having spent the two prior summers as a cabin counselor. Jesse was recently graduated from the University of Sheffield, with a degree in Journalism Studies. Jesse's favorite thing about Camp is how Camp is like a bubble that takes you away from the outside world, so you have no stress and are completely care free.





Follow us on
Instagram
@ymcacampconiston

AND OUR NATURE PAGE: @ConistonFloraAndFauna







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HELP US FILL A CABIN ON #GI ING TUESDAY TUESDAY, DECEMBER 3RD

Camp means so much to so many: a chance for independence and growth, a place of friends and memories, a stepping stone to leadership, a second home. Camp is bigger than any of us, and this is why we need to provide more kids with Camp.

On **#GIVINGTUESDAY**, join us once again in helping to bring the Coniston Experience to a cabin of campers. Starting **DECEMBER 3RD**, all **GIFTS WILL BE MATCHED** through the generosity of **FACEBOOK** and **BAR HARBOR BANK & TRUST**.

If your donation is made through Facebook, Coniston will receive 100% of the donation with no associated fees. If you prefer, you can mail a check on December 3rd with #GivingTuesday in the memo line to have your gift matched!

If you have any questions or wish to learn more please e-mail lindsey@coniston.org.



WWW.FACEBOOK.COM/YMCACAMPCONISTON