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## **DIRECTOR'S MESSAGE**

As you read through this issue of the Chronicle, think about how you utilize relationships every day in your work, your neighborhood, and your family. The ability to create and maintain relationships is the most important skill campers practice at camp. The confidence they receive from that practice is the long-term tool they will use in their life.

On a recent phone call, a social worker and colleague described teaching adults how to cook as one of her most important programs. She stated, "we have to teach small things if we want success." The social worker added that teaching people how to cook isn't the intended objective - the confidence that participants gain from learning to take care of themselves is. Coniston recently began a cooking program with staff from South Africa. Just as the social worker noted with adults, the main outcome campers and staff receive is the self-confidence of knowing they can take care of themselves.

Camp doesn't offer campcraft, swimming, and drama because we

produce mountaineers, Olympians, and professional actors (although we have). We teach activities so campers

can develop a sense of self and learn how to interact with others. In essence, the confidence gained from learning in public and how they relate that to other people is what makes camp special.

In my time at Coniston, we have participated in many studies to quantify what campers "receive" from attending camp - always with ALL THE
RELATIONSHIPS
I'VE HAD AT
CONISTON
HAVE BEEN
NOTHING SHORT
OF WHAT THE
TRUE MEANING
OF FRIENDSHIP
SHOULD BE

CAMPER RESPONSE FROM 2024 CONISTON RELATIONSHIP STUDY

SEE PAGE 18

similar results. The study done by fellowship staff member, Libby Foley, and her mentor, Caroline Beale, is no exception. The quality and intensity of relationships they measured at Coniston are so strong they seem unbelievable. Yet, we know there's nothing more important to creating a happy and long-lived life than relationships.



◆ SEND US AN EMAIL
Scan the QR code to share your thoughts on what Camp means to you.







## SUMMER HIGHLIGHTS

## FINDING SOMETHING NEW AND KEEPING THE OLD

Much of what makes camp memorable and beloved is tradition. Coniston is jam-packed with rituals that welcome, celebrate and rejoice. But the magic of camp is found just as much in the new as it is in the old.

New additions were found everywhere this summer at Coniston. We had new program areas like Music and Martial Arts. Campers had a new woodshop. We ventured to Washington D.C. on a new service trip - which included a trip to the White House. Even the chipwiches got an update (they're now homemade)! So much was new and exciting this year on the lake.

Yet, as always, Camp felt like Camp. For all that was new, there was plenty familiar. Old friends with the same smiles. Campfire skits and s'mores galore. CITs running over the hill and into the lake. The old camp magic was better than ever this summer.

## NEW CHIPWICHES ARE SERVED AND DEVOURED



Ahh, the Chipwich: the unchallenged king of camp desserts. Inside the famous packaging sits delectable vanilla ice cream sandwiched between two golden chocolate chip cookies. Perfection in the palm of your hand.

But could it be better? Could we dare to improve upon perfection? That was the monumental gamble taken by Kitchen Director Stan this summer. To reach beyond what we thought possible.

#### What if Camp made our own Chipwiches?

Instead of pre-packaged desserts, each and every cookie was baked in the hallowed halls of Coniston. Our very own kitchen staff scooped the ice cream by hand. So, was this labor of love worth it? **YES.** Demand for the already en vogue dessert skyrocketed. Record decible levels were recorded in the dining hall. The game has been changed. There's no going back now.



### 57% OF CAMPERS FEEL VERY STRONGLY

there is someone to talk to about their problems and feelings at Camp.

7%

Feel the same way at school.

2024 Coniston Relationship Study

"CAMP HAS ALWAYS BEEN WHERE YOU CAN BE YOURSELF, FREE OF JUDGEMENT."

-Camper Response from 2024 Coniston Relationship Study

See page 18

## **SOUTH DAKOTA REFLECTIONS**

#### TWO SUMMERS OF CIT TRIPS TO THE CHEYENNE RIVER VALLEY RESERVATION



For the past two summers, the West Coast CITs have ventured to Dupree, SD to visit the YMCA of the Seven Council Fires, the only YMCA located on a reservation. Members and staff of the Seven Council Fires graciously welcomed Coniston's next generation of counselors and gave them the opportunity to meet and learn from the Lakota people.

Neither the history of the Lakota nor the reality of reservation life is easy to digest. There is pain, but more importantly, there is joy.

Simple games like tag left everyone breathless with laughter.

"The connections that the CITs made with the campers there were so, so beautiful," said West Coast CIT Director Ainsley Conroy.

CIT Caleb Meranus recalled, "The children I met while volunteering at the YMCA in Dupree were some of the most kind, respectful and thoughtful children I had ever met."

After working at the day camp, the CITs traveled to the town of Cherry Creek to distribute meals. Next, they volunteered at the overnight camp of the Seven Council Fires: YMCA Camp Marrowbone.

At Marrowbone, camp feels a little different. It moves at a slower pace, but the fun is the same. The smiles are just as bright - Camp is Camp.

"We should definitely be sharing what we're

learning in South Dakota with the greater Coniston community," said Ainsley.

"We developed this program to show Conistonians how our camp fits into the larger picture that is the YMCA. I love sending young people to places like this because they are awestruck by the differences while simultaneously heartwarmed by the similarities. It is ultimately the sameness you feel with a person that leads you to understand your place in the world. Perhaps there is no better place to feel that than the Cheyenne River Valley Reservation," said John Tilley.

After trips to California, Arizona, Utah, and, Colorado, the next stop in our West Coast CIT program is the Pacific Northwest. We will send alumni to South Dakota to continue the work begun by the CITs, and to ensure the lessons learned there will be woven into Coniston for years to come.



Going to a place like South
Dakota gave the CITs, and
myself, the chance to venture
off the beaten path. There was
so much in a place that we knew
so little about. It was a lesson
we won't ever forget.

-Brackett Lyons, 2024 CIT trip leader.

### MUSIC PROGRAM AREA MAKES DEBUT PERFORMANCE

This Summer, Camp was transformed into a place of notes and smiles as music took up residence for the first time. Thanks to donations from generous Conistonians, guitars hung on every wall and a keyboard sat in every corner of the former Staff Lodge. The porch overlooking the lake quickly became a favorite spot for rehearsals and jam sessions. From sun up to sun down, melodies drifted across the water.

Music program director and founder Grace Ferguson said, "Creating music and performing music is super vulnerable and I think being able to foster an environment for young kids to try it out is super important, and I think a lot of kids don't really get that chance."

Grace, who is a member of the band Luna and the Carpets, is the latest in a long-line of Coniston musicians. Notable artists like Noah Kahan and Hans Williams honed their skills at Camp, and thanks to Grace, countless more kids will get that chance.





Grace is really hopeful the progran continues. For many campers, it is their first chance to play an instrument. A lot of kids were there just to experiment. Grace noted that exposing kids to different instruments, especially at a young age, allows kids to be creative and explore in completely new ways. The very act of singing and playing music together connects us with an entirely new group of people. It is not only good for us as individuals in that we learn a new skill, it is that camp is teaching individuals a new way to connect and make new friends.

"It was just so amazing watching them grow even in the short two weeks. We had so many campers that really flourished. I think watching that was just a super rewarding experience," said Grace.

While not every camper will someday sell out Fenway Park or sign a record deal, music will always have a home at Coniston. And Camp will continue to be the first stage for generations of Conistonians to come.



## MARTIAL ARTS KICKS OFF



In its debut summer, Martial Arts made the dance studio its dojo with campers learning Taekwando.

Adelaide Barnes, 2021 CIT, headed up the new program area. Adelaide has won several national titles and won the USA Grand Prix for Taekwondo. As a dual citizen of the United Kingdom, she was also selected for Great Britain's Development Squad for the Olympics when she was 16.

Adelaide used her years of knowledge and experience to teach campers an entry level course in the martial arts while mixing in a healthy dose of camp fun.

Adelaide said she saw the confidence of her campers grow dramatically throughout the session. She emphasized how intimidating trying something new can be and that a discipline like Taekwando offers no shortage of frustration when beginning.

"These campers were amazing," said Adelaide.
"They showed persistence no matter what level they were at. They were always willing to try again and again! I was, and still am very proud of them."

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Running this program was really sentimental to me. Seeing the campers genuinely having fun gave me a sense of pride for each and every one of them.

-Adelaide Barnes, Martial Arts Director







## **CONSTRUCTION**

Since 1911, people within the Coniston community have come together to make amazing things happen. The Lodge renovation is no exception. Through the overwhelming generosity of donors big and small, 3.5 million dollars was raised to complete this project and keep Camp debt free. This generosity ensures Camp will have space to welcome and nurture more kids than ever. Now it is the community's turn to ensure that every kid can afford that opportunity.

## **Continue your support**

If you missed out on donating to the new Lodge, know that you are still needed to help fund our most important mission - sending kids to camp. Through camperships each of us helps further the dream that any kid who wants to come to camp, can come to camp.

# Office Moved to the Front Gate

In order to make room for the new Arts and Crafts/Woodshop area, the Office was picked up and moved to the front gate. This directs vehicle traffic away from the middle of camp. The building's new basement now holds the boardroom and offices.

## Arts and Crafts & Woodshop Constructed on Old Office Foundation

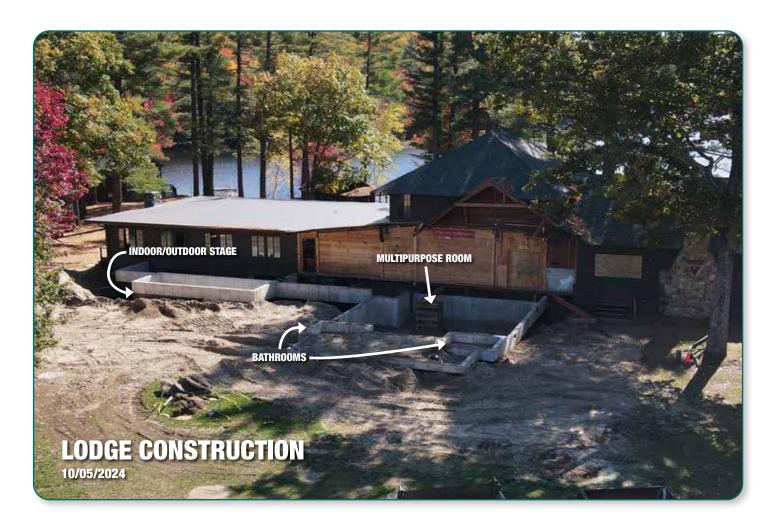
The new **Arts and Crafts Center** opened in the Summer of 2023, and beneath it, the **Woodshop** opened in 2024. Both programs now enjoy more space and flexibilty while the Lodge has been freed up for renovations and expansion.



## The Lodge Renovation & Expansion Now Underway

A large multipurpose room, two much needed bathrooms, and an indoor/outdoor stage are being constructed where the old kitchen/arts and crafts once stood. This will allow all of camp to fit inside on rainy days. The flexibility of the space will allow each Division to enjoy separate activities at the same time in the middle of Camp.

## **UPDATE**







## **ALUMNI NEWS**



**RAISING THE BAR** This May Maddie Domenichella (CIT '12) graduated from Loyola University Chicago School of Law and passed the Illinois bar exam! She's now working at Cozen O'Connor in Chicago practicing civil litigation. AND she completed the Chicago Marathon in October to help raise money for Camp One Step, an organization that sends children battling cancer to summer camp.

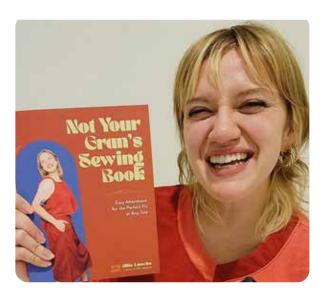


**FINDING MR. WRIGHT** 

Congratulations to **Jillian Short** (CIT '07) who tied the knot with Andrew Wright this summer! The Couple were hitched in Charleston, SC in July and are now living in Brookline, NH.



**MEET MAEVE Carly Mailly** (CIT '07) and Elie Tannoury welcomed a baby girl, Maeve Alexandra Tannoury to their family on September 15!

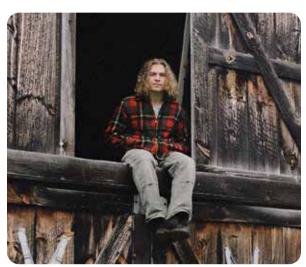


SEW COOL Coniston Alum Allie Luecke published a book, "Not Your Gran's Sewing Book: Easy Alterations for the Perfect Fit at Any Size".

Allie says "This book is for EVERYONE. You don't need to be experienced in sewing, you don't need to have all the fancy supplies, and you don't need a specific body type". You can purchase Allie's book online. Way to go Allie!



**GOLFING FORE CAMP** Coniston alumni got together on the golf course this past September to thwack some balls and raise some funds. The event was sponsored by **Brendan Olson, Kyle Leahy, Scott & Sandy Comstock,** and ControlAir. In total \$4,085.25 was raised for Coniston! A \$500 donation will be given in the name of the four winners, **Kyle Leahy, Mike Slafsky, Kyle Olson** and **Shane Goodrich**.



KEEP ON TREKKING Hans Williams (CIT '17) dropped his debut EP 'More Than One Way Home' this past March and has been on the road ever since touring around the U.S. rocking intimate venues and music festivals alike. His fellow Conistonians have been out in full support with seldom a set played without at least one familiar face in the crowd.



YAHOOS OUT WEST This April the Townies dropped their debut full length album 'Of This I Am Certain'. The project is the child of Coniston alumni Tom Lynch (CIT '14), Chris Magnani (CIT '14) and Nolan Melia (CIT '15). The trio are based in California but their influence can still be heard reverberating around BK whenever staff are feeling the need to belt out some "Broc Rock".



THE KING OF NEW ENGLAND Coniston Talent Show runner up Noah Kahan has continued his stratospheric rise this past year. Over the summer he ended his tour with three sold out shows at Fenway Park. In those crowds of thousands were dozens of Coniston alumni, campers, and even some staff who managed to get the night off. Critics called the show "The single most New England thing to ever happen barring Tom Brady eating at a Dunkin'."

## **ALUMNI NEWS**



**LIZBABY** Lizbie Harbison Weeks welcomed her daughter in mid October!



**NOBLE STEEDS** Sarah and Patrick **Noble** met up with **Liz Morris** for a trot through Grand Teton National Park.



**LEWEDDING** Congratulations to **Jen LeBlanc** (CIT '10) who got married this fall!



### "CAMP IS THE NEW SCHOOL"

That's according to Camp alumnus **Kartal Jaquette**, principal of Denver Green School Northfield. Kartal uses the lessons learned at Coniston to make middle school, yes, middle school, fun. Oh, and to make DGS the number one ranked school in Denver, CO. Kartal spent 10 years as a camper and counselor at Coniston before beginning his career in education. His approach is designed to bring joy and let kids be their authentic selves. How does he do this? The methods will sound familiar to anyone who went to Coniston.

"I would just absolutely give Coniston a lot of credit... as well. I don't think Denver Green School Northfield exists as a school without Coniston," said Kartal.

The kids at DGS Northfield play staff in soccer games, go on camping trips, and even sing karaoke. They still read "The Outsiders" and learn the Pythagorean theorem, but are also given the chance to connect and rejoice with one another with a sprinkle of Coniston magic.

"They're doing this fun, silly thing. Everyone's cheering for them. There's all this positive energy. And then it feels like it's a safe place to take risks."

That's the key. Because when kids feel safe to take risks, that's when learning happens.



BAND TOGETHER Emily Bourke (CIT '10) began crafting fleece headbands in the winter of 2021, inspired by her love for outdoor activities. BourkeBandz was founded with the mission to unite friends and family through outdoor adventures and fun activities. If you are interested in getting in on the fun, visit @bourke\_bandz on Instagram.



DO YOUR OWN THING ONLINE Arts and Crafts director Barb Hawley is busy busy busy this offseason painting sets for Louisville's BOO at the ZOO and developing her own app! The app will feature tutorials for aspiring DIYers, artists, parents, and teachers of all ages. Barb wants to know what kinds of projects people want her to teach so if you have an idea shoot her an email or DM!

## STAFF GIVE BACK



In total, staff helped raise \$3,140, all of which will go into the Campership Fund.

After the success of last summer, staff once again wrote letters, made appeals, and donated to help raise camperships for those in need. The 2007 CITs matched the contributions from staff, which pushed the funds over the finish line and will fully fund two campers' summers next year.

This act of generosity shows staff's commitment and understanding of Coniston's mission and impact.



## **CAMP NEWS**

## BAR HARBOR BANK & TRUST DONATE TWO CAMPERSHIPS

In addition to the support Bar Harbor annually provides, Bar Harbor Bank & Trust employees chose to send an additional generous donation to Coniston that funded two extra camperships this summer!

"Thanks to the Bar Harbor Bank employees for believing in the work we do with children from the Central/Upper Valley region of New Hampshire. Gifts like these ensure all kids have access to a summer camp experience regardless of financial means. On behalf of everyone at YMCA Camp Coniston, we would like to express our gratitude for enabling us to say "yes" to even more children."





#### **NEW ORLEANS CAMPERS JOIN THE CONISTON COMMUNITY**

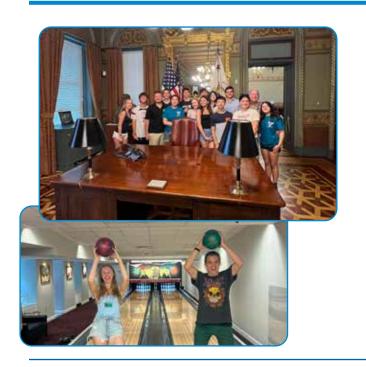


Four campers from New Orleans came to Coniston in partnership with the Son of a Saint Foundation. The foundation's mission is to provide mentorship and opportunites to young boys who have lost their fathers in the New Orleans area. **Parrish Abramson** (CIT '19) who is from New Orleans, volunteered to accompany the campers on their trip to New Hampshire.

#### **NEW CAMP STORE OPENS**

Just past the entry gate stands our new Camp Store. The relocated trading post makes it easier than ever to get your hands on the latest and greatest Coniston apparel. Campers and parents alike lined up this summer to grab a hoodie and check out the one-of-a-kind canoe lamp.





### **WASHINGTON D.C. SERVICE** TRIP BOWLS IN THE WHITE HOUSE

Our first service trip of the summer headed to Washington D.C. where they worked with DC Central Kitchen, Capitol Area Food Bank, and Clagett Farms to help food insecure people. Along the way the group got a special tour of the White House Executive Offices and played in the Truman Bowling Alley! John Tilley met up with the service trip to show them the finer points of knocking down pins and Presidential etiquette. A special thanks to Coniston alumna and White House staff member Becky McCown, for helping arrange this time in such a unique space.

### '94 CITS REMEMBER JESSE **BARDEN**

Jesse Barden, a beloved former camper, CIT, and Staff member sadly passed away this past spring. Over the years Jesse always kept in touch with his old camp friends. This summer the 1994 CITs gathered on the lake to remember and honor their friend at the place they all shared Jesse's love for. A campership fund has been started in Jesse's honor, with over \$30,000 raised so far.





### CARTER BASCOM JOINS THE **TEAM**

Former camper, '07 CIT, and staff member, Carter Bascom worked as an Assistant Summer Camp Director this summer and has now joined the year-round team as the new Development Director. Carter is grateful for the lifelong connections he's made at Camp and is eager to give back to the Coniston community that supported him growing up. His goal is to ensure that every child has the opportunity to experience the magic of camp, regardless of financial means.

## **CONISTONIANS**



KILEY MACLOAD

Summer staff member **Kiley Macload** is studying abroad in India, South Africa and Argentina! While there, she is learning about public health initiatives and how community, culture and globalization impact healthcare.



FRAN GRANDONICO AND WILL BUDINGTON

Former Girls Camp Director **Fran** and former Boys Camp Director **Will** are working remotely this year - and we mean *remotely*. The couple have packed up their car and are driving cross country for the next year. They plan on visiting as many national parks and cities as they can! The duo even had a chance encounter with camp alum Andrew Schaper in Colorado and hope to see more camp faces along the road.



**IZZY GLENNON** 

Former staff member **Izzy Glennon** has turned pro! Izzy is lacing up her cleats in Portugal for Valadares Gaia FC. John Tilley even got one of her jerseys when the two met up in Porto! Glennon and her teammates are curently making a run at the Campeonato Nacional Feminino title! Vamos Izzy!



**KAITLIN BRAUN** 

2024 Senior Division Leader **Kaitlin Braun** is spending her fall in Florence,
Italy. She's learning at the International
Studies Institute and popping all around
Italy and Europe in her free time. Her
trip to Dubrovnik, Croatia is her favorite
excursion so far.

## **AROUND THE WORLD**



**EVAN RUDERMAN** 

Former Program Director **Evan Ruderman** just completed the 85 mile
Huayhuash Trek through Peru, shooting
photos in collaboration with Teva.
Ruderman, a freelance photographer,
focuses primarily on brands in the
outdoor space and hopes to travel to
Japan and Vietnam this winter. This
past summer he worked as an Artist in
Residence, providing stunning photos
for Camp's archive.

"I feel incredibly lucky as I get to travel all over the world for work."





JIMMY REED

The proffessional photographer and former Olympic Bobsledder recently traveled to Japan to study under two master photographers. His subject was the Suiden Terrase Hotel, designed by acclaimed Japanese Architect Shigeru Ban.

"It was humbling and inspiring to challenge myself to learn new techniques that I can apply to my own photography business."



**EMILY KELLEY** 

Summer staff member **Emily Kelley** is in Milan, Italy this fall. While Studying at Università Cattolica del Sacro Cuore, Kelley plans on visiting nine other countries and seeing all the sights she can.



## What Camp Really Does

### Reasearchers study Coniston relationships and their impact

Many of us have heard about the 85-year-long Harvard study that clearly links happiness and longer lives to high-quality relationships. Most of us are aware that numerous other studies link quality relationships to similar things, including overcoming adverse experiences and healing the effects of trauma.

With these in mind staff member and Fellow, Libby Foley, and researcher Caroline Beale, set out to find what effect Camp has



on the long-term relationship skills of our campers and staff. What they found may surprise even the most avid Camp person.

Overwhelmingly the responses from campers show how connected we are at Camp. 97% indicated feeling secure asking for help, 95% felt so when talking about their feelings, and 97% felt comfortable going to adults for help while at Camp.

Why do these results really matter? Coniston supplies a social safety net. It





creates a gracious space. A space where kids enter as strangers and yet still feel comfortable trying, failing, and learning. In today's world of heaped expectations and the forever mistakes of social media, that grace is rare.

The connections campers reported with camp friends were unusually high as well. Throughout the study, campers reported that the friends they make at camp are the most genuine in their lives. Additionally, our study showed that during the offseason, camp relationships don't get left on the back burner as one might expect.

In fact, campers reported that they stay in touch regularly with their camp friends. 73% said they are in touch with camp friends at least once a week. Kids spread all over the country and world spend 50 weeks in touch with the friends they make in two.

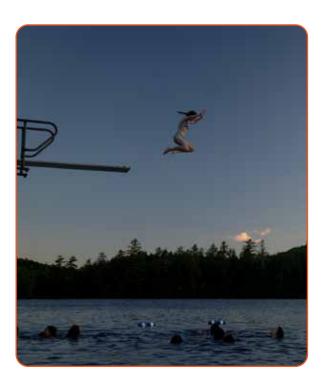
While we can't guarantee that attending Coniston will lengthen and improve every camper's life, it is clear that the skills gained at Camp are the ones that give children the best chance at a long and happy life.

We teach campers to swim at Coniston because one day it might save a life. In fact, we don't know how many lives have been saved because of that practice. The same is true of teaching healthy relationships. We don't know how many lives those relationships skills have improved and lengthened. We just know they have.

# 94% of campers feel VALUED at camp

"IT'S NOT CAREER
ACHIEVEMENT, MONEY,
EXCERCISE OR A HEALTHY
DIET. THE MOST CONSISTENT
FINDING WE'VE LEANRED
THROUGH 85 YEARS OF STUDY
IS: POSITIVE RELATIONSHIPS
KEEP US HAPPIER, HEALTHIER,
AND HELP US LIVE LONGER.
PERIOD."

-ROBERT WALDINGER, MD, DIRECTOR OF HARVARD STUDY OF ADULT DEVELOPMENT





■ WATCH MORE Watch John Tilley break down the study and findings in more depth.

### WINNING SPIRIT BRINGS SMILES ONCE AGAIN

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



## **SUMMER 2024 BY THE NUMBERS**



**STATES** COUNTRIES

**CAMPERS & STAFF CAME TOGETHER SHOWING WE ALL CAN BE ONE** 

216 **STAFF HIRED 174 UNITED STATES 42** INTERNATIONAL

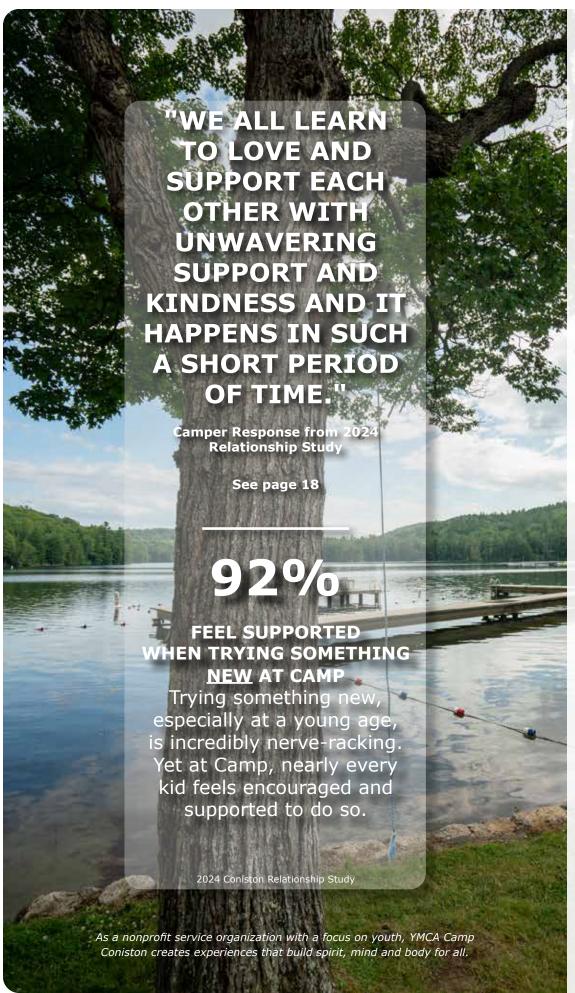
**ONE COMMUNITY** 

WERE PROVIDED A CAMP **EXPERIENCE REGARDLESS** OF FINANCIAL MEANS

LIFEGUARDS CERTIFIED

FIRST AID AND CPR CERTIFIED TO PROVIDE CARE FOR ALL

**≺ CAMP CONISTON** CHRONICLE : A PUBLICATION FOR YMCA CAMP CONISTON ALUMNI AND THE CAMP COMMUNITY



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THE FIRST \$5,000 IN DONATIONS WILL BE MATCHED BY BAR HARBOR BANK & TRUST



PLEASE HELP KIDS ATTEND CAMP BY DONATING TO THE ANNUAL FUND