V SPRING 2023

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# SCAMP CONSTONATION ALUMNI AND THE CAMP COMMUNITY

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South Africa

2022 Annual Giving

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# **DIRECTOR'S MESSAGE**



#### WE CANNOT ALWAYS BUILD THE FUTURE FOR OUR YOUTH, BUT WE CAN BUILD OUR YOUTH FOR THE FUTURE. -- FDR

We know the facts about sending children to summer camp. Kids get the opportunity to live in the outdoors, away from technology, they meet new friends and bond over new experiences. They swim in the lake, they sing around a campfire, and they sleep under the stars. However, the benefits of Camp extend beyond the fun and friendships. Camp helps children grow in independence, confidence, and the ability to create positive and meaningful connections.

Connection is important. Being away from your parents in a safe environment with people from all walks of life allows meaningful relationships to form. At Camp, children learn to build relationships with peers, adult role models, and most importantly with themselves. These relationships allow children to grow into successful adults and achieve more than we think possible. An 85-year long study from Harvard has proved that positive relationships are the leading determinate in living longer, happier, and healthier lives. Even over other determinates such as smoking and drinking. The study found that close relationships keep people happy throughout their lives, as well as helping mental and physical decline. It turns out that these good friendships and relationship skills we've always talked about are much more consequential than a person may think.

We are lucky to have a community where each of us belongs. Where special connections are formed. Where we grow and achieve with the support of those around us. Learning to sail, to shoot an arrow or to climb the ropes tower are all important achievements, but the relationships and skills we learn are the most impactful life lessons.

I hope this Chronicle reminds you of the strong community you have to lean on.

JOHN TILLEY CAMP DIRECTOR



#### SEND US AN EMAIL Scan the QR code to share your thoughts on this journey to the future and what Camp means to you.



## SUMMER HAPPENINGS

#### WEST COAST CIT TRIP: NEW ADVENTURES

This summer, our West Coast CITs will have the opportunity to visit South Dakota! Through an exciting new relationship with the YMCA of the Seven Council Fires, at the Cheyenne Indian Reservation, our CITs will have the opportunity to develop their counselor skills and lead campers in a new camp environment, at YMCA Camp Marrowbone. As well as spending time at Marrowbone the CITs will hike through Badlands National Park and climb Black Elk Peak, the highest point east of Rocky Mountain National Park standing at 7,242 feet. After running into the lake, West Coast CITs will put their skills learned at Marrowbone into practice working with Coniston campers in cabin and program areas. The four weeks will wrap up with life guard training alongside the East Coast CITs!



AND OUR NATURE PAGE: @ConistonFloraAndFauna



LET US PUT OUR MINDS TOGETHER AND SEE WHAT LIFE WE CAN MAKE FOR OUR CHILDREN.



#### SERVICE TRIPS

We are extremely excited about our redesigned service trips this summer. These trips are designed to teach Conistonians the joy of giving back and how important it is to support others outside of Camp.

Our first service trip of the summer will send our campers to Maine to volunteer with Midcoast Habitat For Humanity. Campers will have the opportunity to spend a week learning about the root causes of housing inequities and volunteering at an active build site. They will also explore the local area through sea kayaking and rock climbing, as well a thrill-seeking white-water adventure!

Our second service trip will send our campers to work closely with the Block Island Maritime Institute in Rhode Island. Through beach cleanups, tank maintenance and marine life care, campers will have an immersive look into the world of marine biology and conservation efforts to protect these ecosystems. Campers will finish up their trip with zipline and whitewater rafting experiences!

Our service trips are open to teens aged 15-16. We have a few spots open if interested so apply now to take part in these fabulous trips!



APPLY AND TRIP DETAILS Scan the QR code to find out more!

### 2023 SUMMER STAFF NATE LEVINE HONOR HEISLER **BOYS AND GIRLS** CAMP DIRECTORS Nate and Honor have been on staff for many summers and last summer were West Coast CIT Directors. We are excited for them to take on these new roles and help lead our summer staff. **HAYLEY HORTON LUCY BARHAM** PROGRAM DIRECTORS Exciting NEW evening programs will be created and brought to life by these exceptional staff members. This will be Hayley's 2nd year with this role and Lucy's 1st. **CHECK OUT OUR** WEBSITE FOR THE FULL 2023 SUMMER STAFF MONTAGE

#### SUMMER FELLOWSHIPS

Coniston offers a small college scholarship to staff members who apply their studies to an aspect of Coniston through a fellowship. This year, Libby Foley and Ava Berger are our fellows!

Libby, a rising senior psychology major at Kenyon College, will complete a research fellowship looking into the nature of relationships at Camp. As a part of her research, she will be working in conjunction with Caroline Beale, a volunteer professional market researcher. We are looking forward to working with Libby this summer and using the findings to continue

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to learn more about the Coniston Experience.

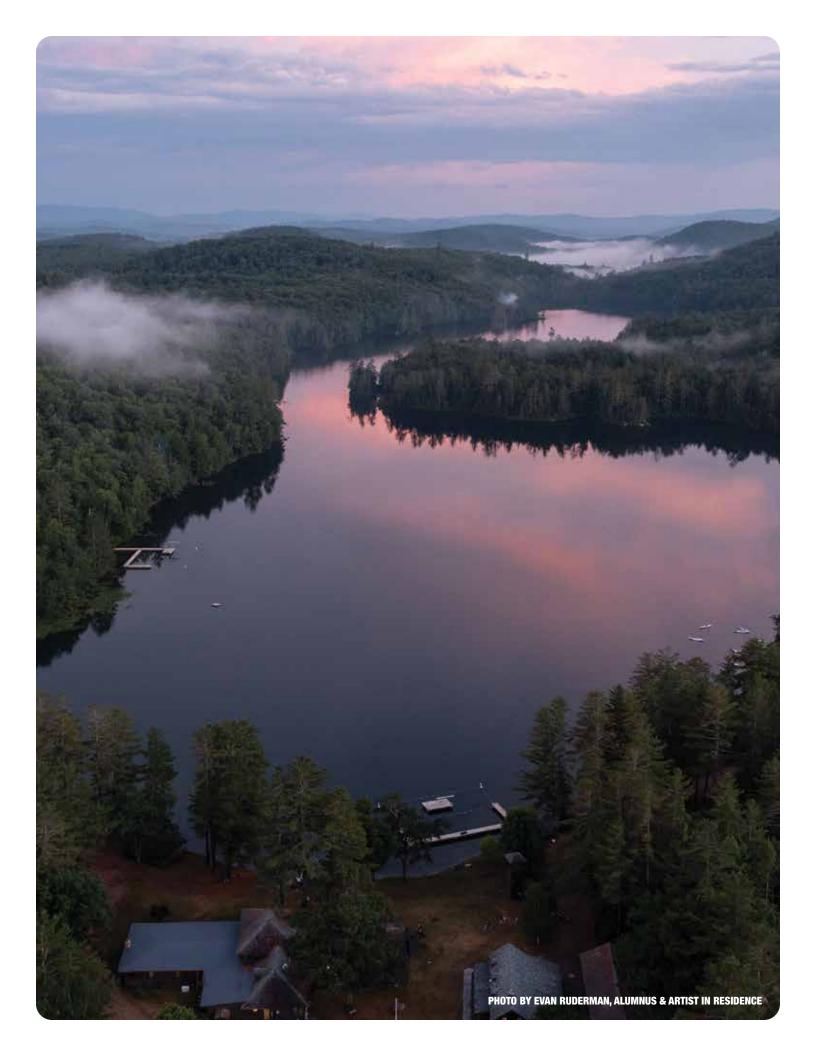
Ava, who is majoring in journalism, will work closely with our marketing team to tell the stories of Camp! We can't wait to see the results of these two fellowships!



I AM LOOKING FORWARD TO BRINGING TOGETHER MY TWO PASSIONS— PSYCHOLOGICAL RESEARCH AND CONISTON—TO DEVELOP A MEANINGFUL PROJECT THAT WILL ALLOW ME TO LEARN MORE ABOUT OUR CAMP COMMUNITY.

#### LIBBY FOLEY





# **CAMPAIGN UPDATE**

#### THE MULTIPLE PHASE PROJECT TO EXPAND OUR LODGE AND ADD ADDITIONAL ACTIVITY SPACES IS WELL UNDERWAY. HERE'S HOW WE'RE DOING!

#### **ARTS & CRAFTS/WOODSHOP CENTER**

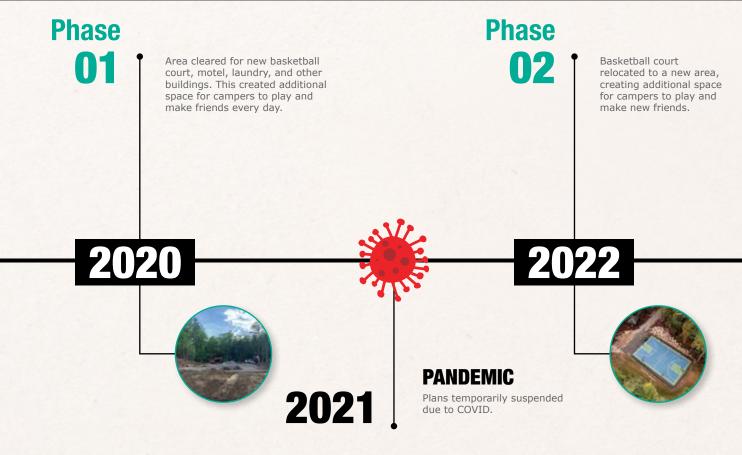
Our new Arts & Crafts building is nearly ready for summer! This winter, Barb Hawley, Arts & Crafts Director, flew in from Kentucky to consult with us on design plans for the building to enhance summer programming.

Tie Dye is an iconic part of Camp life and with Barb's help, we are creating a dedicated space for the beloved activity! Other building plans include a porch so that campers can learn and create in a beautiful outdoor space. The overall larger space of the building will allow Barb to add even more exciting projects to Arts & Crafts!

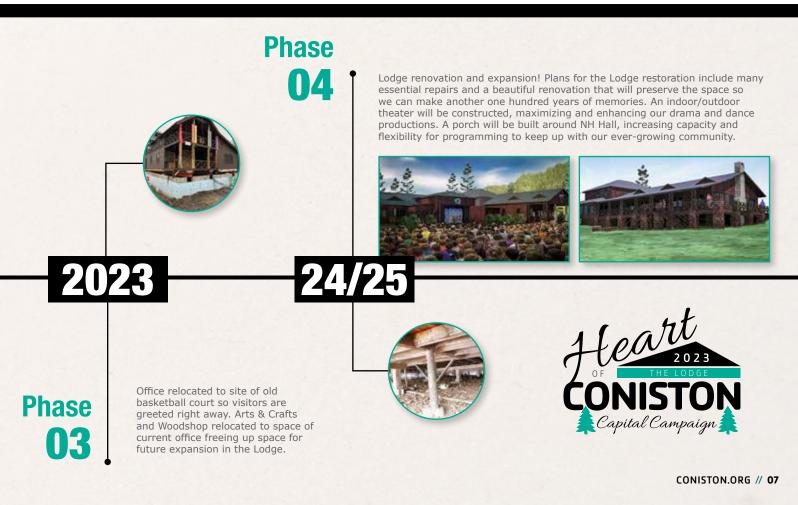


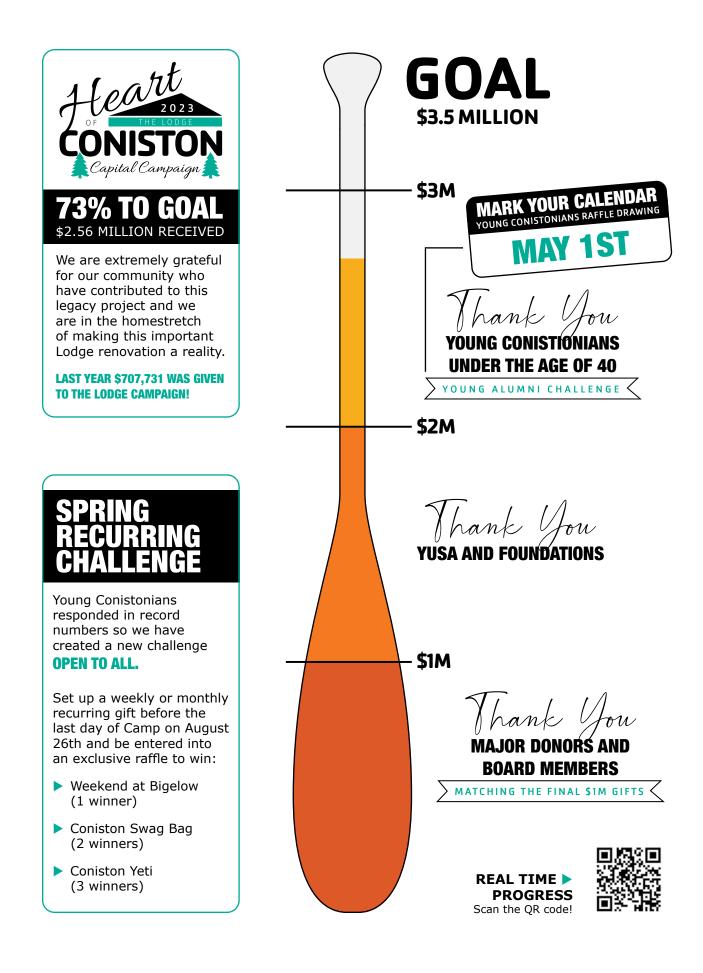
I AM GLITTERING WITH EXCITEMENT FOR THIS NEW SPACE. UNLIMITED POSSIBILITIES FOR EVERYONE WHILE LAUGHING AND CONNECTING WITH OTHERS. NEW CLASSES WILL BE EPIC. FREE TIME WILL BE MAGIC. WAIT UNTIL YOU SEE WHERE WE TIE-DYE!

#### BARB HAWLEY









This building changes lives. It gave Noah Kahan, globally renowned singer/songwriter, his first chance to feel comfortable performing on a stage. The Lodge needs to be saved and expanded to give future campers the same opportunities.

CONISTON GAVE ME A VENUE TO PERFORM MY MUSIC IN FRONT OF PEOPLE WHO SUPPORTED ME:

NOAH KAHAN SOLD OUT PERFORMANCE, RED ROCKS, CO, 2022 CONISTON CAMPER: 2005-2012



#### **OUR GOALS FOR THE LODGE**

- Flexible space for the Coniston Community to gather and share traditional Camp experiences as one group.
- Ample space for multiple program areas to welcome more campers and providing space for important skill development.
- Current arts & crafts space re-purposed to create needed small group spaces and offices for summer leadership staff to encourage creative collaborative planning.
- An indoor/outdoor stage for all campers to come together to cheer on their peers in drama and dance productions.
- A dedicated space behind the scenes for creativity to allow for costume and set design.
- Access for mobility impaired Conistonians with ADA compliant entrances and exits.





# **CAMP NEWS**

#### **CONISTON ON THE ROAD**

It is so great to be connecting with the Coniston Community outside of Camp once again! Thus far we have had the chance to visit with Conistonians in Washington, London, Manchester, and Boston!



In February, John Tilley represented the YMCAs of New Hampshire at the 2023 YMCA National Advocacy Days in Washington. Advocacy Days are a time when YMCA representatives convene to discuss national policies with legislatures from around the country. While in the White House, Tilley ran into former staff member, Noah Glenshaw, who is currently working for Maggie Hassan in the U.S. Senate.

#### **2ND ANNUAL VOLUNTEER WORK DAY**

Join us Saturday, June 10th to help get Camp ready for summer!

- Tidy Up Camp Clear Hiking Trails
  - Set Up Tents Paint
- cical mining

As a big THANK YOLL a classic Camp cook out

As a big THANK YOU a classic Camp cook-out will be served for lunch! Register at **coniston.org/events**.



BECOME AN AMBASSADOR Scan the QR code to get more involved with what's going on at Coniston and receive regular Camp news and volunteer opportunities!

### UPCOMING EVENTS

- BOSTON GOLF EVENT SPRING 2023
- VOLUNTEER DAY JUNE 10 @ 9AM
- 25YR CIT REUNION 1997 CITs Invited SUMMER 2023
- 20YR CIT REUNION 2001-2003 Invited SUMMER 2023
- UPPER VALLEY PROFESSIONAL CONNECTIONS FALL 2023
- SUNSHINE CAMPERSHIPS LUNCHEON DECEMBER 2023



CONISTON AMBASSADOR

#### EMILY JUDKINS IS RETURNING TO CONISTON AS REGISTRAR

Emily has taken over duties such as the registration of campers, wait list management and parent communications. Emily worked at Coniston from 2012 to 2022 as our Office Administrator and we are so happy to have her back.

Lorraine, the Camp's Registrar for over 20 years is now working in a re-organized position involving finance and administration. Congratulations to the Coniston Community to have both of these wonderful women on our team.



I'M EXCITED TO BE WORKING WITH CAMP FAMILIES AND BEING ABLE TO GIVE BACK TO A COMMUNITY THAT MEANS SO MUCH TO ME!



#### 75TH YEAR OF YOUTH AND GOVERNMENT

This spring, 170 teens from 18 schools participated in the Youth and Government program which gives high school students the opportunity to learn first-hand about state government. Two weekend sessions are held in the NH state capital chambers.

Coniston's main role is assisting the press corps, a body of a dozen students from different districts that write, edit and publish newspaper articles during the sessions.



facility to carry out training. We're grateful for this group and their wonderful service keeping the New England community safe!



FREE tutoring sessions from Coniston counselors and alumni providing 1-on-1 support and an ongoing confidence boost to help your child succeed. Whether it's to review the fundamentals, practice current concepts, or look ahead to the next topic! Getting help at home doesn't need to be a struggle.

OR BECOME A TUTOR TO GIVE BACK TO A PLACE THAT HAS TAUGHT YOU SO MUCH!



# **SOUTH AFRICA**

#### PARTNERSHIP WITH SOUTH AFRICA COLLEGE FOR TOURISM RESULTED IN A MAGICAL CONNECTION THAT CHANGED CONISTON FOR THE BETTER.

Right after Thanksgiving, a team from Coniston traveled to South Africa to continue our relationship with the South African School of Tourism (SACT)! SACT had identified they wanted to develop and deepen their relationships on campus. Because Coniston's work is heavily social, emotional and relational, our team was asked to enhance their program needs using our 110 years of experience. This opportunity was funded through the Helen Gurley Brown Foundation.

We worked closely with the SACT team on developing connections with their students and how to encourage students to connect with each other throughout the year. We discussed bimonthly check-ins and how to incorporate school rules, goals, and culture into these meetings. We also encouraged the school to set up socials for their students, as we do for our staff throughout the summer. Giving them the opportunity to connect through fun and not just work. When you can do social things with people and create common bonds, the connections become deeper. We saw that at the start of our trip, when we were invited to a traditional braai at their school. They cooked food for us, they taught us about braai, we shared stories, danced and watched the sunset together. This allowed us to connect on more of a personal level.

It shows that social programming matters to create connections and build deeper trust, and then we can grow in our learning as well.

We also worked with the SACT on their orientation. We shared how we welcome our staff and what we find works to make them feel more comfortable on arrival. We also shared tips and tricks with the college that we find works to make our staff training week as efficient as possible. The college was able to take ...WE BRING PEOPLE FROM AROUND THE WORLD TO LIVE TOGETHER AND THE CONNECTION OUR CAMPERS ARE ABLE TO MAKE WITH INDIVIDUALS FROM DIFFERENT CULTURES IS BEAUTIFUL...

#### JOHN TILLEY

together from all walks of life and from all over the world to one place every summer.

The five SACT students working at Coniston last summer changed us. At a base level we were

able to add a new program area and be more successful in the kitchen. But the real magic was connecting with people in a different way than we had before. The success at Camp last summer was inspiring and we feel proud to have made an impact to the SACT community in return through our visit.

some of our techniques and integrate these into their orientation plan to make their orientation even more successful.

Last summer, we welcomed five culinary students from the South Africa College for Tourism to work at Coniston. Whilst visiting South Africa, we were able reconnect with these staff members. There was something really special about seeing our international staff in their home environment. They showed us the kind of welcome that we were hopefully able to show them when they arrived at Camp. This trip highlighted how special it is to bring people



## **2022 ANNUAL GIVING** CUMULATIVE GIFTS AND PLEDGES FROM THE 2022 CALENDAR YEAR

## **THANK YOU**

Through combined gifts and pledges over the past year Coniston collected \$1,393,982. Donations enabled every camper to be subsidized, and 337 full camperships in 2022. \$707,731 was raised for the Lodge. That is an amazing total that allows any person to attend, regardless of income. Camperships, program development, and facility improvements are accomplished thanks to YOUR generous contributions.



Mary Helen & Robert Morris YMCA of the USA



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CONTINUED ON NEXT PAGE

#### 2022 ANNUAL GIVING V



Pamela Klier-Weidner & D. Douglas Weidner Sally Weylman & Mike Zilles

Karen Dull & Michael Whalen Katherine Whedon Joe Whelan Irene & Kevin Whelan Kirsten & Patrick White Kenneth Wilson Arian & Michael Witt Carolyn Jones & David Wright Linda & Robert Yorgensen Shana & Kyle York Denise Zoldy Whitney & Mathew Zweeres

We sincerely apologize if you find any errors in the 2022 annual report list. We do make mistakes, however we want to resolve them — please contact Lindsey at lindsey@coniston.org.

SEND US AN EMAIL Scan the QR code to help us revise any errors.

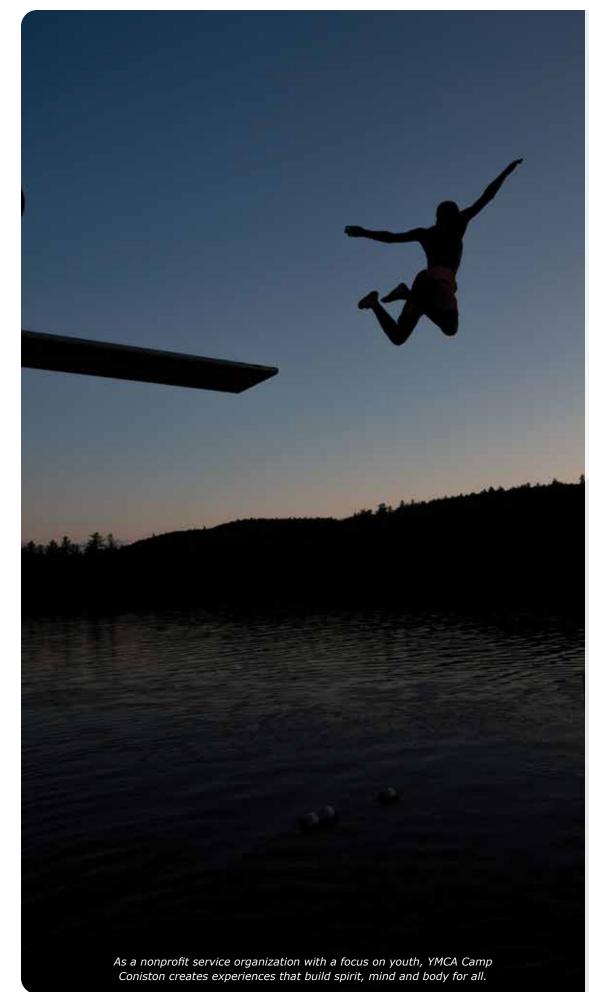


### **CAMPERSHIP, COMMUNITY PARTNERS, & PROGRAM COLLABORATION**

The following schools and organizations help provide camperships and program opportunities to children. Schools identify and recruit campers while organizations and endowments fund camperships and provide services. Coniston's Annual Fund serves as the primary source of funding for camperships.

American Camp Association Bernice A. Ray School **Bradford Elementary** Carl T. Witherell Fund Childhood Cancer Lifeline of NH **Claremont Middle School** Ace Hardware Concord NH School District (Refugee Program) **Cornish Elementary Croydon Village Elementary Disnard Elementary Fidelity Charitable Gift Foundation** Flying Goose Brew Pub Frances C. Richmond Middle School **Grantham Village School Greenbaum Family Foundation** Habitat for Humanity **Hanover Street School** Hypertherm Josh Young Fund Kearsarge Middle School Kearsarge Sunshine Fund

**King Arthur Flour** Lebanon Middle School Lempster Community School Listen Center Lyme Elementary Maple Avenue Elementary Merrill Lynch & Co. Foundation Mt. Lebanon School New London Elementary **Newport Charity Trust/Epiphany Church Newport Middle School** NH Charitable Foundation Northern NH Foundation of New England **Richards Elementary** Simonds Elementary Sunapee Central Elementary Sunapee Middle High School **Sutton Elementary** The Greenspan Foundation The Jack & Dorothy Byrne Foundation Unity Elementary YMCA of the USA



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CAMP CONISTON



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## **RECURRING GIFT CHALLENGE**

Easily manage your philanthropy through installments that fit any budget. For the price of a cup of coffee or a dinner out your automatic investment makes an impact on the lives of campers.



Set up a WEEKLY or MONTHLY RECURRING GIFT before the last day of Camp – AUGUST 26TH – and be entered into an exclusive RAFFLE TO WIN:



1 WINNER // A WEEKEND AT BIGELOW





2 WINNERS // SWAG BAG

3 WINNERS // YETI



### SPREADING OUT YOUR GIFT CAN ADD UP—AND IT IS EASY! CONISTON.ORG/GIVE