

# CONISTON —

## A PLACE WE ALL BELONG



**CONISTON CHRONICLE**  
2022 MICRO EDITION

the  YMCA

**A**s we head into the summer I feel grateful. Grateful for our wonderful community that has helped us through two difficult years.

Grateful we are able to be together. And most importantly, grateful we are able to provide a place where we all belong.

*The Coniston community teaches campers and staff how to establish positive peer relationships where individuals support each other, encourage resistance to risky behaviors, and develop overall healthy habits. Knowing their peers and counselors have their backs, campers take steps to independence and bring these new skills home. Camp's program is intentionally set up to encourage these types of interactions.*

*We watch campers grow as they navigate the healthy stress and fears they face by making choices and decisions within the camp program. New food choices, living with strangers, being away from home—these are examples of intentionally programmed, stressful situations. The examples appear trivial. However, they enable much deeper and consequential social and emotional learning because campers succeed through learning trust.*

*This process creates positive neural decision pathways in a young brain called synapses. These positive pathways remediate the effects of Adverse Childhood Experiences (ACEs) and create longer, healthier lives in participants. This is why access to Camp is beneficial. I look forward to seeing everyone at Camp soon!*



# NEW PRICING STRUCTURE ANNOUNCED FOR 2023! CONISTON FOR ALL—**TIERED PRICING**

Campers often say YMCA Camp Coniston is one of the most important places in their life. We recognize how vital camp is to the social, physical, and emotional development of children. Because of this, Coniston has instituted tiered pricing to ensure that families can find a place for Camp in their budget.

Coniston's Board and staff have worked hard to keep prices as affordable as possible for the entire Camp community. Historically, we have set rates below the total cost of operating camp in order to keep prices moderate. This year, rather than raising rates across the board and pricing some families out of a Coniston Experience, we are instituting a voluntary tiered-system that recognizes that families have different abilities to pay.

**TIER 1** covers the true cost of Camp. We ask families who can pay this amount to please do so.

**TIER 2** is for families who need assistance with the full cost of Camp. Feel free to take this option if it will help. This tier is subsidized through the generosity of donations.

**TIER 3** is to assure any child can experience Camp regardless of their family's financial situation. Tier 3 provides assistance beyond Tier 2. For this, please contact our Registrar for a financial aid application.

Regardless of the tier a family chooses, all children are welcome in the Coniston community and will receive the same camper experience.



# YOUTH MENTAL HEALTH TRAINING FOR STAFF

This summer our staff will have enhanced training to support each other and their campers with their emotional health. Coniston alumna, **Hilary Schuler**, with Dartmouth Health will be delivering training free of charge. We hope that these trainings will help our staff feel as prepared as possible for any difficult challenges that could arise throughout their summer work.

*Last summer, our staff shared that they wished they knew more about mental health, how they could support each other and their campers. We hope this opportunity will help our staff and build an even stronger community.*

—NICOLE BERTHIAUME



KNOW THE SIGNS



LEARN THE ACTIONS



BE A LIFELINE

## GEORGE DORR, JR. LEADERSHIP FELLOWSHIP

This summer our fellow is **Annika Randall**. Annika will be focusing on diversity, equity, and inclusion in Camp and will also be the staff member ensuring our grant recipients are supported during the summer.

*My goal this summer is to ensure that everyone feels welcome. I want everyone to know that Coniston is a place where they can be comfortably and entirely their unique self. Everyone belongs at camp and deserves to feel the magic.*

—ANNIKA RANDALL



# PLANS FOR SUMMER



## CHECK-IN

We anticipate assigning check-in times again this year. You will receive an email in the week before your camper's arrival with detailed information.



## TESTING

Testing will be a tool used to monitor the health of the Camp Community. Details will be announced as summer approaches.



## RESPONSE TO POSITIVE TEST

Any individual who tests positive for COVID-19 while at Camp must be picked up immediately. This is why emergency contacts must be available to pick up your child if needed.



## COVID VACCINE

The COVID-19 vaccine has been added to the list of required immunizations. We are adhering to the CDC's definition of fully vaccinated. This is a requirement for both campers and staff.

## ADDITIONAL COVID GUIDELINES: [coniston.org/covid19-updates](http://coniston.org/covid19-updates)

*Information above is subject to change. Check the website for the most up-to-date guidelines.*

**W**hat happens at Camp is transformative, yet simple. A parent whose daughter came to Camp on campership last year told us how her daughter struggled to make friends outside of Camp. For some nine-year olds, making friends is hard but it is important to master that skill. As reported in the media, remote learning made making friends and relationships significantly more difficult. The parent told us how her daughter was emotionless at home and that she knew she was feeling sad and angry inside. As a parent she felt helpless.

*This past summer, the girl attended Coniston for two weeks. The girl came home changed. She came home happy. She told her mom that on the last day of camp the entire camp was together and they were listening to counselors speak about the experiences from the past two weeks. First year campers were recognized and it was followed by fireworks over the lake. The girl began to cry and her new friend turned to her to ask if she was ok. She said "I'm more than fine, I am just so happy and amazed at how beautiful things look."*

*The parent told us that she is forever grateful for the gift of camp. She is also forever grateful for her child's future.*



# THANK YOU

*Because of your gifts and pledges over the past year we have collected*

**\$613,913**

Through these donations, every camper was subsidized and an additional **250 CHILDREN** were provided **FULL CAMPERSHIP** in 2021. That is an amazing total that allows any child to attend, regardless of income. Camperships, program development, and facility improvements are accomplished thanks to your generous contributions.

# CAMP WINNING SPIRIT CELEBRATES 25 YEARS



Sunday, September 4th from 9am

During our annual Camp Winning Spirit weekend for families affected by pediatric cancer, we will welcome all past families and staff members to come for the day to celebrate! Enjoy classic Winning Spirit fun, catch up with friends, and end the day with a traditional campfire. Registration is required: staff alumni need to register with Nicole at [nicole@coniston.org](mailto:nicole@coniston.org) and past Winning Spirit families should register with Sylvia at [slp@nhfv.org](mailto:slp@nhfv.org).



## SUPPORT CAMP WITH YOUR TIME ON **WORK DAY**

**Saturday, June 11**

**9am – 3pm**

Help us get Camp ready for summer! Space is limited so register via the QR code soon.



## DOUBLE YOUR IMPACT ON **GIVING DAY**

**Sunday, June 12**

Join us and have your gift to the Coniston Annual Fund be matched thanks to the generosity of the Jack and Dorothy Byrne Foundation and YUSA's Strategic Initiatives Fund.

## MANY WAYS TO GIVE

**facebook**

**DONATE**

@YMCACampConiston  
No associated fees with donation.

**venmo**

@YMCACampConiston  
No associated fees with donation.

[coniston.org/give](http://coniston.org/give) | [coniston.org/recurring-gift](http://coniston.org/recurring-gift)

# SUMMER 2023

APPLICATION OPENS JULY 1ST FOR

# STAY CONNECTED

*Pictures will be uploaded daily.  
So be sure to follow us to  
get your inside look at Camp  
Coniston all summer long.*



@YMCACampConiston



@YMCACampConiston



coniston.campintouch.com



## 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.