

THE CYO/CAMP HOWARD GAZETTE



A CYO/Camp Howard publication, Winter 2024-25



CYO/Camp Howard has a lot going on this winter, with new programs and enthusiasm at both Camp Howard and for CYO athletes and teams. Here's the latest news for CYO/Camp Howard families and other supporters. With thanks as always —
Sister Krista von Borstel, SSMO, CYO/Camp Howard Executive Director



Once they're 13, campers can experience Camp Howard's Howling Howard zipline.

Camp Howard: Faith, fun and friends

Oregon's Catholic summer camp builds memories for campers from Centralia, Portland, Eugene, Bend, The Dalles and all points in between

Camp Howard's 2024 summer camps ended this year in mid-August with kids boarding the bus that would take them home to parents.

They said good-bye (for now) to new friends and, once home, excitedly shared news with their families about the swimming pool, archery, crafts, campfires, capture the flag, sing-alongs, and meals together. Kids 13 and 14 years old most likely talked about the thrills of the giant swing and the zipline.

"It's super fun," said Arianna Wolf, a fourth grader at St. Joseph School in Vancouver, Wash. She loved swimming, capture the flag, and arts and crafts.

Her brother, Isaac, a fifth grader, especially enjoyed the BB guns and arts and crafts.

In a survey of 2024 campers, 96% said camp helped them make new friends; 92% said people at camp made them feel good about themselves; and 74% said they did something that they were afraid to do at first.

Arianna and Isaac's mother, Sarah Wolf, said both children grew more independent, being away from the family and with other kids.

Summer camp registration opens Dec. 15!
Visit cyocamphoward.org



BOB JAQUES

"A lot of other kids," Arianna corrected.

"Campers really grow," said Bob Jaques, camp director. "On the first day of the week they're a little shy. They know they're supposed to have fun but don't know quite what they should do. By the end of the week, they're confident, they're having fun and they've made friends. There's a lot going on."

Volunteers Paul and Judy White saw that happen with their 11-year-old granddaughter, Zoe Westbrook, a first-time camper who at first took every opportunity to stop and say hi to her grandparents. Day by day those visits became briefer and more infrequent — and finally became friendly waves from her place in a group of friends.

Zoe now works to add money to the envelope on her grandparents' refrigerator to pay

See Camp Howard, Pg. 2

'Energy and excitement are growing'

CYO high school basketball and boys volleyball prove to be tough, exhilarating

This fall, third- through eighth-grade boys signed up for a renewed CYO boys volleyball program. They had fun learning and competing in one of the fastest growing school sports in the United States: boys and mens volleyball.

Sharlene Alagar, CYO coach at St. Therese School in Northeast Portland and volleyball coach at Central Catholic High School in Southeast Portland, is one of many coaches, athletic directors and CYO staffers who are promoting the sport.

"Energy and excitement are growing," she said.

Becky Kaelin, CYO director of basketball and volleyball, reports there were 15 CYO boys volleyball teams this season, with an average of 11 players on each team. Third-

and fourth-graders played together; fifth- and sixth-graders; and seventh- and eighth-graders.

The various schools hosted games with the championship tournament held at Valley Catholic High School in Beaverton Nov. 16.

"The feedback has been positive," said Kaelin. She attended games from September to the end of season in November, witnessing dramatic improvements in skills. "It's been fun to watch the growth."

Inquiries about boys volleyball and new players are also on the rise at Central Catholic, said Alagar.

The number of Oregon high school teams competing has more than doubled from around 30 to more than 70 in just a year.

Alagar acknowledged that boys volleyball in the Pacific Northwest is catching up to the rest of the



BECKY KAELIN

country. It was only in October 2023 that the Oregon School Activities Association (OSAA) approved volleyball as an emerging sport.

Boys and young men playing volleyball in Oregon today — including the boys playing in CYO games — are trailblazers.

That's not the case for basketball, one of CYO's most popular sports since the 1930s.

This year, as in years past, CYO high school basketball teams will light up the courts during the darkest months of winter.

The CYO high school basketball program is designed for students who don't play on junior varsity or varsity teams but who love the sport.

"I certainly appreciate CYO basketball," said Chris George, athletic director at La Salle College Prep in



Third- through eighth-grade boys now can play CYO volleyball.

See CYO sports, Pg. 4

CYO/CAMP HOWARD VISION, MISSION AND CORE VALUES

Vision: Enrich lives and build a stronger faith community by bringing Jesus Christ to youth through sports and camp participation.

Mission: Challenge those who experience sports and camp with us to live, learn and grow in the Catholic faith.

CORE VALUES

Spiritual Growth – Inspiring a desire to become more like Jesus Christ in faith, obedience and behavior, experiencing His unconditional love.

Community – Establishing friendships, strengthening cooperation and teamwork together with creating a stronger faith community all built on trust and respect for others.

Confidence – Believing that you are valued as a person who, through trying new activities, can overcome your fears to do your best.

Leadership – Developing personal responsibility, discipline and commitment in both words and actions, gaining the trust and respect of others.

Joy – Having fun by experiencing a variety of activities with friends as well as the deeper fulfillment in building new skills and social connections.

Learn More

To register, get answers to frequently asked questions, read the parent handbook and more.

cyocamphoward.org
info@cyocamphoward.org
503-231-9484

Camp Howard Continued from Pg. 1

for next summer's camp and talks about the day when she'll be old enough to be a camp counselor.

While camp is for kids ages 14 and younger, campers often become counselors in training. "They learn leadership and it's fun," said Jaques.

He witnessed that in his daughter Lily, a camp unit director this summer who began a Camp Howard career as a 6-year-old attending Mini Camp, a three-night camp for children ages 6 – 10.

Becca Tammad, 20, began attending Camp Howard when she was 9. Now she's also a unit director, overseeing six cabins of 11- and 12-year old girls and their counselors. "It's like a second home" she said. "And it's always great to meet new people and be part of something special."

Camp Howard is more comfortable than it was even 20 years ago. New cabins have been built over the past decades and others have been renovated. Mary's Lodge is the new dining hall, which boasts a close-up view of Mount Hood. A new welcome center houses the camp store, offices, the nursing center and a courtyard. The new St. Michael the Archangel Youth Center is now open for Mass, music, conferences, camp activities and more. Camp Howard currently boasts some of the finest infrastructure of any camp in the Pacific Northwest.

What has remained the same is the traditional camp experience that many



Meals include good food and good fun.

of the camp goers' parents and even grandparents remember so fondly.

Family style meals include fresh bread, baked daily onsite, and desserts, an important detail that campers often praise.

There are more than 12,000 summer camps across the United States, but just one in six are accredited by the American Camp Association, signaling that the camp has met or surpassed the highest standards of health, safety, staff training and program quality. Camp



Campers choose their activities for the day, including swimming, archery, paddling in corcls, and arts and crafts.

Howard is accredited.

The 2025 summer schedule includes six five-night overnight sessions for children ages 6-14, one three-night Mini Camp, and a Family Camp session, welcoming the entire family. Parents experience (or re-experience) camp and introduce camp to their children, who may be too young for camp or who prefer a camp preview with family before jumping in on their own.

Word has spread.

Bend veterinarian JeanMarie Stanley decided to attend Family Camp with her 2- and 4-year-old at the urging of a friend, Tabitha Johnston, who had grown up in Lake Oswego and attended Camp Howard as a child. The Johnstons and Stanleys drove from their homes in Bend to attend Family Camp with their children.

JeanMarie thinks she probably wouldn't have gone if it hadn't been a Catholic camp offering Mass. "The priest was on fire with the Holy Spirit," she said. "He kept everyone's attention."

Her children were delighted that cabins were named for saints,

and that their cabin was the All Saints cabin. They enjoyed swimming, the campfires, s'mores, and the other kids. "But fishing was the most exciting," JeanMarie said. As for the 4-year-old, "He'll definitely want to go to camp when he's older."

Jaques emphasizes that the camp is for everyone, Catholic or not, public school or Catholic school. Scholarships, funded by generous donors, mean that finances shouldn't stop deserving families from signing up their children. "We want kids who will grow in confidence and faith," he said.

"By the end of the week campers are confident, they're having fun and they've made friends."

— Bob Jaques, Summer camp director



JeanMarie Stanley with her sons.



Campers often aspire to become counselors in training once they're 15.



Archery is a popular choice for campers to test their aim.

2025 Dates to Remember

- | | |
|----------------|----------------------|
| May 4, June 21 | Open houses |
| July 6-11 | Overnight session #1 |
| July 8-11 | Mini Camp |
| July 13-18 | Overnight session #2 |
| July 20-25 | Overnight session #3 |
| July 27-Aug. 1 | Overnight session #4 |
| Aug. 3-8 | Overnight session #5 |
| Aug. 8-10 | Family camp |
| Aug. 10-15 | Overnight session #6 |

Registration opens Dec. 15!
Visit cyocamphoward.org

SPLISH-SPLASH!

Enhancing pool safety and fun

A trip to Camp Howard's outdoor pool is a top pick for campers during summer, but a need for improvements has bubbled up.

Upgrades that include adding a shower house with restrooms is in the works. Improvements focus on poolside showers that will protect the critical filtration system from sunscreen and dirt, and restrooms will be near the pool instead of a hike away. Both campers and staff will benefit.

"Our motivation is always to see that best practices are followed", said Sister Krista von Borstel, SSMO, executive director of CYO/Camp Howard. "We're always incorporating safety and health into fun."

Timing is dependent on fund raising, and donors are invited to support this important project.

Call or email
Sr. Krista to learn more:
503-231-9484 or
srkrista@cyocamphoward.org



Courtesy Soderstrom Architects

Volunteering: Lending a hand

For the Whites, volunteering at Camp Howard last summer meant learning to make bread for 250 people, teaching carpentry skills and helping their granddaughter attend camp.

Paul and Judith White signed on as staff help through Camp Howard's volunteer program. "It was amazing," said Judith, who worked in the kitchen.

The couple said their volunteer time was a welcome change of pace from home.

They heard about the opportunity from Jennifer Lenoue, a Camp Howard nurse and fellow parishioner at St. Philip in Dallas, west of Salem. Judy and Paul thought the camp might be a good place for their granddaughter to make some Catholic friends. A plus was that volunteers garner a discount for a camper through their service.

Judith laughed as she remembered how excited the Camp Howard staff were to learn that Paul was a skilled carpenter. He finished two bench projects, notably one that completed the rebuilding of new seating at the Wy'East campfire area. The robust benches look out at Mount Hood.

While there, Paul enjoyed mentoring a young staffer, introducing the young man to the craft of carpentry.



Paul White, a skilled carpenter, restored, repaired, upgraded and built wood projects around the camp.

"All of it was fun," Paul said.

Judith arose early during their volunteer week so as to help with breakfast, then prep for lunch. The kitchen managers discouraged her from coming back to help with dinner. "We don't want to burn you out," they told her.

"We worked hard, slept well and had a great time," said Judith, who added that people never missed an opportunity to say thank you. "We never felt as though we had to be there. We wanted to be there."

The Whites are now talking up volunteering at Camp Howard to others. "We want to make sure there are plenty of volunteers," Judith said.

Learn more about volunteering for CYO or Camp Howard at cyocamphoward.org or info@cyocamphoward.org or 503-231-9484



Leave a legacy that makes a difference.
Reduce your taxable estate while helping a child.
Call Sr. Krista at 503-231-9484



Plan for yourself, plan for the kids

CYO/Camp Howard has a long-term plan to make lifelong happy memories possible for generations of youth.

In 2012, CYO/Camp Howard established an endowment fund with donations from the annual Champions of Faith event. Since that time, the endowment has steadily grown. "Our top priority is to ensure that a sizeable endowment is in place to benefit future generations of youth," said Brian Thompson, executive board chair for CYO/Camp Howard.

CYO/Camp Howard is working to build the fund through donations and estate gifts, such as wills, trusts, life insurance and retirement plan designations, according to Sister Krista von Borstel, SSMO, executive director of CYO/Camp Howard. Earnings from investing in the endowment fund will be used to provide financial assistance to youth whose families cannot afford program costs. It will be an ongoing testament to a CYO/Camp Howard core value: to ensure that no deserving child is turned away from our sports and camp programs.

Qualified giving plans have tax advantages; CYO/Camp Howard planners can help with the right giving plan for you.

What to do:

Call Sr. Krista von Borstel at
503-231-9484 or email at
srkrista@cyocamphoward.org



Sr. KRISTA VON BORSTEL, SSMO



Students from Catholic schools spend a week studying science at Camp Howard through the CODE program.



CYO/Camp Howard wishes you a blessed Advent season, with the sacred gifts of hope, peace, joy and love.



CODE students keep a record of data from the field.

Catholic Outdoor Education is here

CODE nourishes the spirit as well as the mind



Oregon's iconic Outdoor School tradition has come to Camp Howard with a providential difference: CODE stands for *Catholic* Outdoor Education.

In October, sixth-grade students came to Camp Howard from five schools in the Portland Archdiocese. They participated in four science blocks, one each on animals, plants, water and soil. All were taught with an underpinning of faith.

Erin Cahill, the CODE programming director, worked with Sister Krista von Borstel, SSMO, executive direc-



ERIN CAHILL

tor of CYO/Camp Howard, and science teachers from Visitation, St. John Fisher, and St. Cecilia parish schools to design the curriculum. Deacon Scott Kolbert of St. John Fisher helped

foster CODE's faith foundation.

"It's one of the best Catholic Outdoor School programs anywhere," said Sister Krista.

O'Hara, Resurrection, St. Clare, St. John Fisher and Visitation schools were the first to send their classes: 175 students in total.

They arrived and departed from Camp Howard midday, sharing a four-day, three-night camp complete with food for the spirit (Mass and prayer); food for the body (nine meals together plus snacks); and food for the mind (positive outdoor education).

Ten more schools signed on for the spring session, bringing another 250 students to CODE.

For next year, more than 20 schools have expressed interest in coming, and the list continues to grow. Schools from around the region are welcome to attend.

"I'm thrilled at the overwhelming, positive response to our CODE program, and I'm very proud that CYO/Camp Howard provides this wonderful opportunity to our Catholic communities," said Cahill.

JTMF Foundation donated a gift that funds schools participating in CODE in the 2024-25 academic year.

CYO SPORTS

Continued from Pg. 1

Milwaukie. "What an opportunity for kids who might not be able to make the time commitment or cannot participate in the school team for other reasons."

High school girls as well as boys sometimes choose to continue playing CYO basketball instead of varsity because their primary sport or club activity would interfere with the varsity schedule. Others simply choose to continue playing on CYO teams, which are known for good sportsmanship, teamwork, fun and developing skills.

The mostly 10-player CYO high school teams are from area Catholic high schools and public high schools. They often include players who don't attend the team's school. George said that factor is a real blessing, allowing students to stay connected with friends from their parish, parish school or neighborhood who attend a different high school. In return, public school players get a taste of dynamic faith through fellowship.

CYO's high school basketball season consists of seven games in January and a tournament in February.

There were 21 CYO high school boys teams last year and Kaelin expects there will be that many again.



CYO high school basketball teams compete in seven games in January.

The pandemic hit the high school girls program hard, but Kaelin is pleased to report that it's rebounding. She hopes there will be four girls' teams this year — twice as many as last year.

"There's real progress in the number of girls signing up," she said.

Sister Krista von Borstel, SSMO, executive director of CYO/Camp Howard, added her endorsement. "These rec leagues are terrific for high schoolers not playing with their school teams," she said. "Games are a lot of fun."

Learn more about CYO sports at cyocamphoward.org
For basketball or volleyball contact Becky Kaelin at 503-231-9484 or info@cyocamphoward.org



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