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Do **You** Know the **6** Qualities of a Strong Family?

A strong community is built by strong families. We all want our community members to be productive and helpful to us, so we need to support ways to develop strong family relationships. Researchers* have identified six qualities of strong families. You can read about the qualities on page 2. Even though we know what makes a family strong, we're so stressed, distracted or short on time to support each other. That's where Camp Koinonia comes in. Read more to find out what we do and how you can support our mission for building strong families.

*Defrain, John & Asay, Sylvia. (2007). Strong Families Around the World. *Marriage & Family Review*. 41. 1-10. 10.1300/J002v41n01_01.

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Six Qualities of a Strong Family

Adapted from an April 2, 2018 article published in the Michigan State University Extension by Terry Clark-Jones. For more information, visit: http://www.canr.msu.edu/news/traits_of_a_healthy_family

Researchers have found that strong families have a wide variety of qualities that contribute to a family's well-being. These traits have been found across all racial, social and economic groups as well as in families across the globe. All families face challenges, but some families are better equipped to deal with them than others.

The first step in building a strong family is to consider the six traits researchers have identified below:

Appreciation and affection – Strong Families help each other, keep promises, and show affection to each other.

Commitment – Strong families are very loyal to each other, share responsibilities, make decisions together, allow members to make their own decisions with support, and find it easy to trust one another.

Positive communication – Families that eat together regularly communicate (as long as the phones and TVs are turn off). They like to share feeling with each other and cue into each other's feelings. Put downs and sarcasm is rare.

Strong coping skills – Families with healthy well-being tend to be resilient. Crisis brings them closer together and they are supportive of one another. They look for something good from a bad situation and tend to accept the things they cannot change.

Healthy spiritual well-being – It is easy for them to share spiritual values and beliefs with each other. Positive attitude is the norm and they have a sense of peace.

Spending time together – There is shared common interest with strong families. They have lots of fun together and often laughter is plentiful. Unplanned spontaneous activities together are common.

“Camp Koinonia is such a special place. It truly strengthens family bonds.”

~Pat McAuliffe Sr., Family Camper

Dear Friends,

Camp Koinonia has been strengthening families since 1984. You can help continue their mission into the future! Your donation to our Capital Campaign will help us renew our facilities so that we can continue to provide summer camp education and positive experiences to families for generations to come.

We need to raise \$1.4 million dollars in three years to reach our goal. We have a supporter who has challenged us with a \$150,000 matching donation for the first year of our appeal. This is a great start to ensuring our future, and you can be an important part of our strong families mission. Please give today!

Sheri Kreher, Camp Koinonia President

About Us

Camp Koinonia is nestled in Italy Valley, in the heart of the Finger Lakes region of Upstate New York. It is a place of exceptional beauty and natural ruggedness. The rolling hills surrounding the valley create the perfect place for reflection on some of God's greatest creations - nature and family!

Camp Koinonia hosts Family Camp, which is open to all types of families and is based in the Catholic tradition. Camp Koinonia is also available for rental for your wedding, reunion or other special event. Visit our website today for more information.

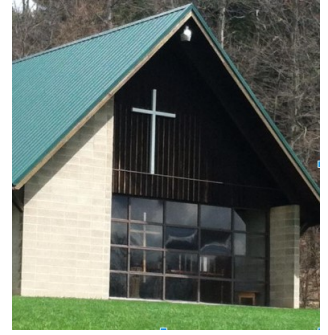
Camp Koinonia welcomes everyone and does not discriminate on the basis of race, creed, color, ethnicity, national origin, religion, sex, sexual orientation, gender expression, age, height, weight, physical or mental ability, veteran status, military obligations, and marital status.





\$1.4 Million Capital Campaign

- Comply with ADA standards and lengthen our programming year by renovating our bathrooms and insulating and updating our main lodge.
- Update our sleeping cabins and replace the bunks.
- Replace the chapel windows.
- Add a playground and basketball court.
- Build a manager cabin.
- Create an endowment fund as a source of funding for annual maintenance and capital improvements to our buildings and property.



How Will Your Donation Help?

Lodge Renovation	\$800,000
Cabin Improvements	\$84,740
Chapel Windows Restoration	\$8,000
Basketball Court & Playground	\$45,000
Bathroom upgrades	\$31,500
Camp Manager Cabin	\$15,000
Endowment	\$250,000
TOTAL CAPITAL CAMPAIGN:	\$1,234,240

A special thank you to our early donors:

Friend of Koinonia (up to \$99)

Ellen McGlenn
Colleen O'Reilly

Camp Leader (\$100-\$999)

Anna Cappello
Joy Casiotti
John and Sarah Culhane

Chapel Guardian (\$1000-\$2499)

Anonymous
Anne and Joe Hossenlopp
Hank and Kerri Nowak
Tom Weise
Cathy & Kevin Wilson

Honorary Director (\$2500-\$4999)

Sheri & Paul Kreher
Fr. Tim Niven

Koinonia Benefactor (\$5,000-\$24,999)

Barry and Chris Culhane
Fr. Joe Marcoux
George & Paula Welch

Fr. Dave Mura Fellow (\$25,000 and up)

Anonymous

\$150,000 Matching Donation Challenge

A generous friend of Camp Koinonia has given us a matching donation challenge of \$150,000. That means that every dollar you give to support our mission of developing strong families will be *doubled!* Although we're just launching our capital campaign, we've already raised \$46,755. That's a great start, but we still have a long way to go. Will *you* help strengthen families today?



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Special Donor Recognitions



Name a Building:

There are a limited number of naming options available at specific donation levels. Ask us about this today.

Camp Crusaders:



Any donation of \$1,000 or more before June 30, 2019 will be noted on a special plaque as the initial “Camp Crusaders” of Camp Koinonia’s Capital Campaign.

Brick Builders:



An engraved brick can be purchased with a donation of \$500. The bricks are placed in the landing outside of the Chapel.



My Koinonia Story: Fr. Joe

Koinonia means fellowship and community. My story is that Camp Koinonia is why I am a priest and why we have Family Camp today. We must share this great experience and support this great witness as we minister to the family. Just as I found my vocation at family camp, I encourage you to explore your calling to our campaign prayerfully. Join me in committing to a space where we can share the love of God and show our love for all of God’s people. Our buildings are in need of renewal as much as our families attend to be renewed. It is not important how much you give. It is important that you give. It’s time for this generation to be sure Camp Koinonia is here for our children and grandchildren.

“We’ve noticed that even our child with autism shares the values he learned at Camp Koinonia with others.”

~John Rotigliano, Family Camper



Jill Paetog - Family



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