



Fueling The Future

Galen Rupp, a former Oregon CYO athlete, wins the Prague marathon in 2018, setting a personal best of 2:06:07.

Courtesy Kirby Lee



A special supplement on CYO/Camp Howard published by the **Catholic Sentinel** September 2019

Camp Howard connects across generations

Maddi Parvankin's memories of Camp Howard begin when she was about 3 years old. She remembers how after several rounds of songs at the campfire, her sleepy, dirt-covered, happy little self would reach out for her father's hand, and the two would walk from the glowing flames back to their cabin.

"It was so special to be there with my dad," said Maddi, now 21. "Having those experiences with him is a big part of why this place became so close to my heart."

Maddi went on to participate in Camp Howard's summer program for seven years and has served on staff for four.

Her father, Joe Parvankin, also has far-reaching memories of Camp Howard, located in the Mount Hood foothills. In the early 1970s, he attended through Outdoor School, a program bringing Oregon's fifth and sixth graders into the wild to learn science. He later worked at Camp Howard for years as a site supervisor for the outdoor science program, often taking his young daughter along with him.

"Camp Howard has become a lasting point where Maddi and I



Maddi and her dad, Joe Parvankin, are pictured in 2018. The father and daughter fell in love with Camp Howard as children and continue to bond over memories of the camp. (Courtesy Maddi Parvankin)

bond," said Joe, currently a public school social studies teacher.

Sister Krista von Borstel, executive director of Catholic Youth Organization/Camp Howard, said while in some ways the Parvankin's experience is unique, many families have intergenerational links to Camp Howard. Parents often talk to her about attending the summer camps or Outdoor School — or both — as youths.

"While many things are always

SEE GENERATIONS CONNECT, PAGE K



Joey Alfieri (32), a 2014 graduate of Jesuit High School, went on to play at Stanford. CYO, he said, "was not about just becoming the most athletic but about being the best teammate, the best sport." (Courtesy Stanford University)

This sporting family got off on the right foot with CYO

For the Alfieri family of St. Pius X Parish in Northwest Portland, Catholic Youth Organization was a warm incubator for a life in sports.

Kelly and Phil Alfieri, themselves college athletes at Oregon State University in the 1980s, raised six children, all of whom joined CYO teams and now have gone on to higher levels in athletics.

"We always knew we wanted our kids in sports because of what it did for us individually," said Kelly, who works in the athletics department at Valley Catholic in Beaverton and is athletic director for Valley Catholic's CYO teams. "It made us grow as people."

The couple saw their children

SEE ALFIERIS AND CYO, PAGE D



Galen Rupp: The man who 'could run forever' credits CYO

Famed cross-country coach Alberto Salazar, then a coach at Central Catholic High School in Southeast Portland, heard about freshman athlete Galen Rupp from soccer coach Jim Rilatt.

The kid "could run forever," said Rilatt.

The students were talking as well.

After soccer season ended, Rupp trained with Salazar for a month and then ran in the Junior Olympics. He finished second in the nation.

Rupp embraced cross-country running.

The world took note and he went on to become one of best long-distance runners in the world, an Olympic champion and holder of many national records. He is also a Catholic who prays the rosary as he runs.

Rupp, 33, the keynote speaker at the 2019 CYO Champions of Faith dinner, gives a lot of credit to the Catholic Youth Organization.

"I couldn't wait to get to fourth grade, when I could start participating in CYO sports," he says. "It was the start of running for me. It had such a tremendous impact on my life going forward — all the values and different principles that I was learning there that I've really carried with me throughout my career."

Rupp says he learned about setting goals through CYO, about having



'I hope my kids play CYO when they get old enough. It's such a great experience.'

— Galen Rupp, Olympic medal winner and CYO cross-country runner

discipline, making sacrifices and putting in the work. But first of all, he says, it's about CYO's message of keeping God first in your life. "If you have that singular focus to do right by God, that can get you through some tough situations, whether it's in an individual race or a bad training session," Rupp says.

Rupp grew up in Southeast Portland, running on Mount Tabor with



Always ready to help, Galen Rupp gives Sr. Krista von Borstal, executive director of CYO, some pointers. (Courtesy CYO)

his mother, who coached his CYO All Saints track team.

Dave Frank, another longtime and respected Central coach, remembers Rupp for his days at the school — "a great student" — for his running career in the years since, and most for his character. "He regularly thanks people on the way," says Frank. "He's a humble, honest, caring guy."

Frank thinks one incident he witnessed particularly shows Rupp's grace. When Rupp was a freshman at the University of Oregon, he ran cross-country. After he broke the American junior record at the 10K, he took a victory lap.

"People are chanting his name, he's the golden child," says Frank. "He sees a group of CC students, goes over and gives them a hug, and then he's on to the next group of well-wishers, but he stops to say, 'Richie, I heard you got into Notre Dame. That is so awesome.'"

"So with everyone focused on him, he remembers this guy," says Frank.

Rupp went on to win the silver medal in the men's 10,000 meters in the 2012 Olympics, the first American to win a medal in that event since 1964.



Rupp gives a thumbs up to the crowd at Hayward Field in Eugene in 2012 after setting a qualifying record at the U.S. Olympic Trials. "I love running in this weather," he said about the rain. (Ken Niezgoda/Catholic Sentinel)

He took the bronze medal in the men's marathon in the 2016 Olympics and plans to run in the 2020 Olympics.

"I hope my kids play CYO when they get old enough," he says. "It's such a great experience."

— Kristen Hannum



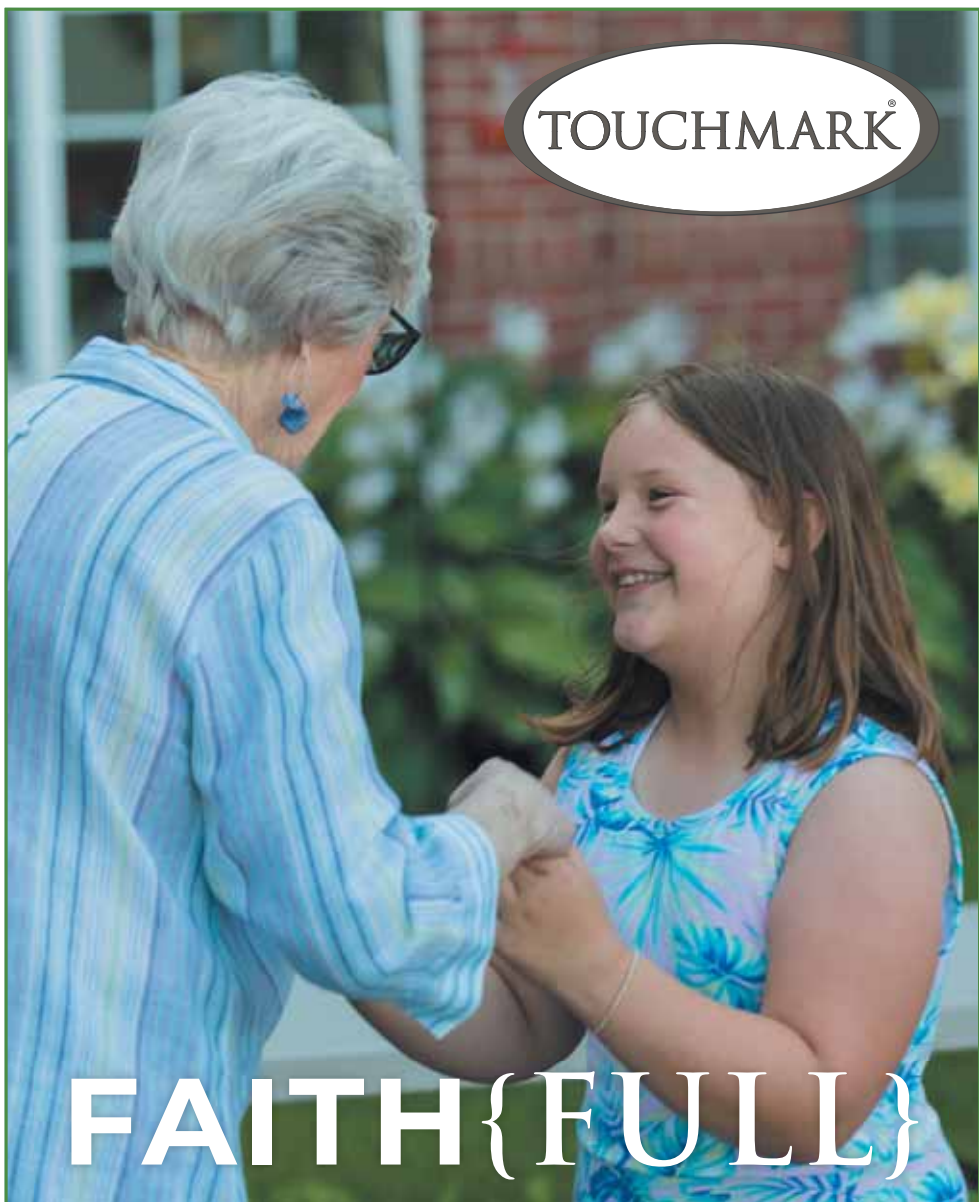
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Coaches Dave Frank and Alberto Salazar sit behind the Central Catholic High School 2003 State 4A cross-country championship team, with Rupp sitting in the front row at the far left. (Courtesy Central Catholic)



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Chief shepherd a fan

In 2014, Portland Archbishop Alexander Sample was invited to say Mass for his first visit to Camp Howard in the foothills of Mount Hood. There were so many young campers that the large enthusiastic congregation could not fit in the little chapel.



Archbishop Alexander Sample presides at Mass at Camp Howard in 2014. He recalls the moment as a "beautiful experience." (Courtesy Camp Howard)

"To celebrate the Mass in front of all these wonderful, wonderful children and young people with Mount Hood over my shoulder was a beautiful experience both of the goodness and love of God in creation but above all of the goodness and love of Jesus that's shown us in the holy Eucharist," the archbishop said, remembering the day.

The moment illustrates how the leader of the Catholic Church of western Oregon sees Catholic Youth Organization and Camp Howard — a path on which young people can meet Jesus through the church and experience thrills along the way.

CYO, Archbishop Sample said, "is one way that I can see the church having an outreach to our young people to connect them more closely to our church and our faith but do it in a way that is fun and appealing." He sees CYO as an extension of his ministry as chief shepherd.

"I consider it a ministry really in the archdiocese to our young people to teach them sports, yes, but what good sportsmanship is all about and having values and striving for goals."

He is delighted that Camp Howard gives an experience of natural beauty, especially to children who otherwise

might not get a chance to head into the forest. He wants no one excluded because of their inability to pay.

He also sees sports and camp as, in a way, moments of catechesis. The lessons may not be explicitly about the faith but are powerfully linked. "It gives chances to catechize via values of respect for human dignity, fairness, justice, healthy competition," he said.

At the 2014 Champions of Faith dinner, he told supporters: "We need to continue forming their youthful minds, bodies, souls and hearts."

As the archbishop speaks with western Oregon Catholics young and old, he has discovered that CYO and Camp Howard have a lasting impact. Parents and even grandparents describe their formative experiences as participants decades ago. Some priests have fond memories of their days at camp or on the court.

CYO/Camp Howard, the archbishop concluded at the 2017 Champions of Faith dinner, "has always been closely connected with the church."

— Ed Langlois

ALFIERIS AND CYO

CONTINUED FROM PAGE A

learn to handle adversity and to value team over self. The youngsters identified goals and worked to achieve them. The parents felt proud when the kids lost and won with grace.

Sports offer big Catholic lessons, Kelly concluded.

The pair met in the weight room at Oregon State. Kelly specialized in the 400-meter hurdles and Phil was a linebacker. They wed in 1987, while still in college.

When kids came along, Phil didn't push football, but the boys were drawn to it anyway. The couple had considered having the kids hold off on sports even until high school. But CYO came along and plans changed.

"We wanted to make sure that they played for the pure fun of the games," said Kelly.

In addition to seeing to it that all their kids got to various games and meets all over the region, Kelly and Phil coached CYO teams, she in track and he in football. The carpooling schedule resembled the wiring diagram of a moon lander.

Now, more than a decade of Alfieri kids in local Catholic high school sports is about to come to an end.

Jami, a 2008 graduate of Jesuit High, was a CYO swimmer and basketball player. Now she's assistant director of football administration for the PAC 12, a referee for high school football and a replay official for college football.

Nick, a 2010 Jesuit graduate, was on the Georgetown football squad and now plays in Germany. He also makes films.

Anthony, a 2012 graduate of Valley Catholic, is now a recruiting assistant for Oregon State University football.

Joey, who graduated from Jesuit in 2014, played football at Stanford and was considered for a linebacker spot on the roster of the New York Giants.

Mikey, a 2016 Jesuit graduate, is a

running back at Oregon State.

Andy, who graduates from Jesuit this year, has committed to play football for the University of California.

"CYO was my introduction into sports," Anthony said from Reser Stadium while preparing to work an Aug. 30 Oregon State game. "It got me to love football."

Anthony's sixth grade football team, the Knights, won the CYO title, still a point of pride for him more than a decade later. He also played basketball and ran track.

"It was fun, a great time to hang out with friends and develop skills you carry into life," he said. Among those skills, he explained, are teamwork, sportsmanship and perseverance.

"The community of it all is huge," said Anthony.

The traditional prayer before games puts sports and life in perspective, he added. "It's not all just about winning and losing, it's about the community. At the end of the day we are all brothers and sisters."

Joey entered CYO as a football player in third grade, with practices on the grounds of Holy Trinity Parish in Beaverton. With a dad who played football and older brothers who played the game constantly in the yard or at the park, he was ready. After their practice, he and a couple pals would show up at the workouts of seventh and eighth graders, who let the younger boys join in where safe.

"The CYO culture creates an atmosphere where you could enjoy the sport and play for the fun of the game and play with your friends," Joey said. "It was not a super high stress environment. I think it was really good."

Riding to practices and games with the parents of other players helped Joey get to know other adults and see different families. "It brings you closer to the community," he said.



Everyone in the Alfieri family of St. Pius X Parish is involved with sports — as players, a referee, recruiter and coaches. For the Alfieri kids, CYO was a way to love sports from the outset. (Courtesy Alfieri family)

CYO makes it clear to a child that the game is to be played not for personal glory but for the team and, ultimately, for the glory of God, Joey explained. "It was not about just becoming the most athletic but about being the best teammate, the best sport."

Those lessons stuck with him at Stanford and beyond.

"There are lots of talented players, but the intangibles set you apart — your work ethic and how you respond to setbacks and what you do when no one is looking," Joey said. "I think CYO sets you on the right path."

Asked if they were competitive as children, the Alfieri boys just laugh, denoting how obvious the answer and how intense the rivalries.

At the same time, the Alfieri family avoided club sports that seemed designed mostly to cultivate superstars.

"CYO did lay the foundation for their love of sports and the desire to get better and the want to keep pursuing goals," Kelly said. "I never recall them coming home and feeling disappointed in themselves. They walked away having learned something. CYO is about building better human beings."

— Ed Langlois



Anthony Alfieri turns on the jets as a running back for his CYO team in 2003. (Courtesy Alfieri family)

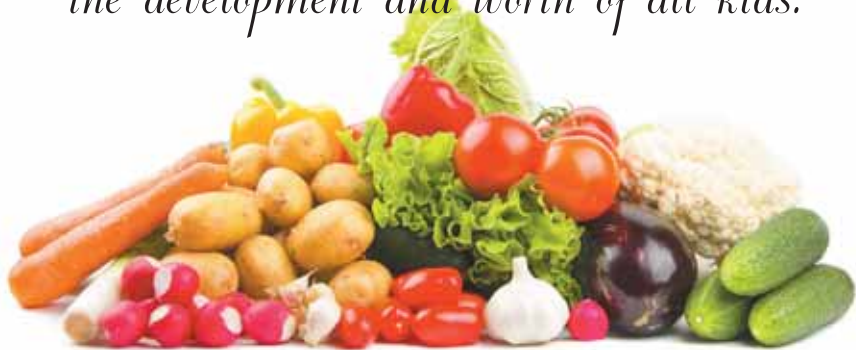


Kelly Alfieri works in the athletics department at Valley Catholic and directs the school's CYO teams. "CYO is about building better human beings," she said. (Ed Langlois/Catholic Sentinel)

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CYO receives \$1,000 donation from Catholic school grad

Rose Booth, a freshman at Loyola Marymount University in California and 2018 graduate of Jesuit High School in Portland, selected Catholic Youth Organization as the recipient of her \$1,000 Oregon Volleyball Gatorade Player of the Year financial award.

As part of the award guidelines, Booth had the opportunity to donate the money to any local or national youth sports organization.

"It was important for me to give the donation to CYO because of the difference it made in my life," said Booth. "Without CYO, I

sitions, learn about competition and teamwork, and practice true sportsmanship," said her dad, Jay Booth, a former CYO coach and athletic director at St. Clare. "Rose always seemed concerned about all players — teammates and opponents — having a good playing experience, picking each other up off the floor, and modeling the true spirit of CYO."

Booth said the faith element in CYO played a big role in her life. "Reading the prayer before games was a huge honor which I loved doing," she said. "But as I got older it became a way for me to refocus myself on the game ahead of me and clear my mind, knowing that God has my back in the challenge to come."

Five of Booth's volleyball teammates on the 2018 Jesuit varsity volleyball team played CYO volleyball.

Mike Hughes, athletic director at Jesuit, coached Booth in volleyball from fifth through eighth grade at St. Clare. "I had the pleasure of ... watching her shine in high school," said Hughes. "Rose was a leader and tremendous team player who excelled at Jesuit not only in volleyball, but academically, socially and spiritually."

Sister Krista von Borstel, executive director of CYO/Camp Howard, and the entire CYO organization "are deeply grateful for Rose's thoughtful gift and look forward to following her career in college," said leaders at the organization.

— **Lisa Sanders,**
development director for
CYO/Camp Howard



ROSE BOOTH



Rose Booth, a graduate of Jesuit High School in Southwest Portland, spikes the ball during a game. The student-athlete received the Oregon Volleyball Gatorade Player of the Year prize, which recognizes outstanding athletic excellence, high academic achievement and exemplary character. (Courtesy Brian Murphy/sadernation.org)

would not be the athlete I am today. I want every kid to be able to have the experience playing CYO that I had growing up."

Booth participated in multiple CYO sports at St. Clare in Southwest Portland, including basketball, volleyball, swimming, and track and field.

"CYO is an excellent program in which to try new sports and po-



The football coaching staff for a 1964 all-star CYO team — including Bud Abraham (left), head coach from St. Stephen Parish in Southeast Portland — prepare for the Rosebud Tournament. Ed Hudnut, Ron Cronin, Ken Ruffo and Hap Schoff also coached. (Courtesy CYO/Camp Howard)

CYO Hall of Famer: Coaching as vocation

Bud Abraham had three primary goals during his nearly 30 years as a CYO coach: to instill discipline, teach fundamentals and reflect the values of the Catholic faith.

"You could always feel that Christ was at the center of everything," said Jolie Abraham-Phanton of her dad.

Abraham's approach proved effective given the enduring impact he's had on his athletes, who include his four daughters.

But there may have been one more tactic at play in his success.

"He had this lucky sweater," laughed Abraham-Phanton, director of communication for CYO/Camp Howard. He wore it to every basketball game. Abraham sees himself as lucky for stumbling into coaching, which he describes as a vocation. "I just loved it," said the 79-year-old.

In 1961, while he was a senior at the University of Portland, Abraham's cousin asked if he'd be interested in helping with the CYO basketball, football and track teams at St. Stephen Parish in Southeast Portland.

"I just ran with it, and then stuck with it," said Abraham. A member of St. Joseph the Worker Parish in Southeast Portland, he was inducted into the CYO Hall of Fame this year.

He played football his junior year of high school, "but I was not good," he admits. His longtime love of sports, especially for local teams persists; he's held season tickets for the Portland Trail Blazers since 1976.

The former teacher and successful busi-



Sr. Krista von Borstel, executive director of Catholic Youth Organization/Camp Howard, inducts Robert, "Bud," Abraham into the CYO Hall of Fame. (Courtesy JT Photography)

ness owner views his coaching style as old school. "I was a disciplinarian," said Abraham, who eventually coached at Portland's St. Ignatius, his childhood parish, and briefly at All Saints, as well as for high school teams. He frowned on any kind of unsportsmanlike behavior and fouls.


Abraham knew he needed to be a good example for the kids but didn't realize until later how much he shaped young lives.

"Coach Abraham was the most influential person in my life in many ways," said Jeff Dixon, a financial consultant, during a recent Mater Dei Radio interview. Abraham coached him at St. Stephen in the late '60s. "Everyone loved playing for him," Dixon said. "We learned discipline, commitment, teamwork, focus."

The kinds of lessons he passed along, added Dixon, "make you ready to take on any challenges that come your way."

— **Katie Scott**


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Plans call for a new chapel at Camp Howard to hold 300 worshippers and host various meetings. (Courtesy CYO/Camp Howard)



Food scraps from the Camp Howard dining hall are composted here and then used to enrich soil in the camp's vegetable garden.

Sr. Krista von Borstel, executive director of CYO/Camp Howard, has some dreams

Sister Krista von Borstel's fingerprints are all over Camp Howard. From a self-standing deck for viewing heavenly bodies to covered basketball courts to a zip line to a giant swing to the new Mary's Lodge, the executive director has given shape to her ideas so children can have a richer encounter with the natural world.

And now, 23 years into the ministry, Sister Krista wants to put some finishing touches on her vision for the camp.

Welcome center

Next on her list is a building to welcome visitors. She imagines a concerned parent driving to camp at night to pick up a sick child. As it stands now, the parking areas are not well de-

finied and it is hard to know where to walk next.

The welcome center will have a clear parking lot and the warm little building will have a sign and illumination.

"We'll leave the light on for you," she says.

The building, in addition to offering welcome, also will be the site for nurses who help children who are sick or have a scraped knee or a bee sting. It also will have offices for camp workers and Outdoor School staff, restrooms and a shop where campers



Sr. Krista von Borstel has been executive director of CYO/Camp Howard for 23 years.

can buy souvenirs and snacks, learning how to budget.

"I love putting myself in the future because I try to be there when visioning our projects," says Sister Krista, a Sister of St. Mary of Oregon. "We have tried not to build for specific needs but for flexible opportunities. The welcome center, for example, will have flexible space which will allow us to have a camp store in the summer and turn that area into meeting space for off season. The more we can keep from building walls the more flexible the space will be for us."

Contributors have given almost enough to complete the building, which will be named in honor of a major donor, the late Elsie Franz Finley. Sister Krista and supporters are discussing the right time to send out bids for the project, since the current Portland building boom has left prices high. Her construction and architecture advisers have suggested holding off.

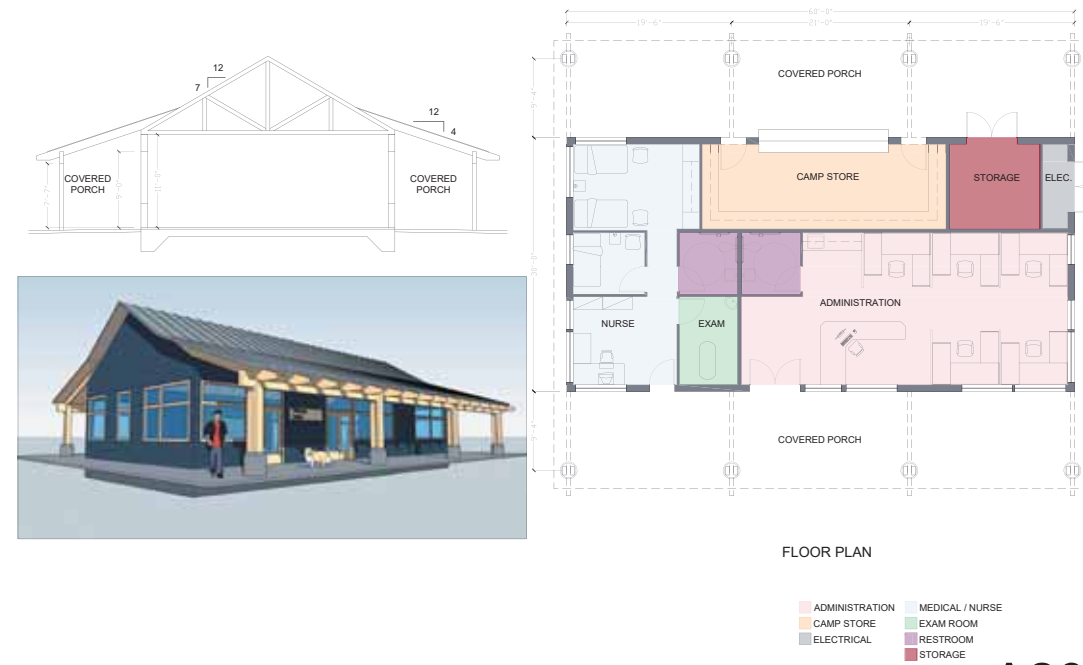
The chapel

Mass and other prayer are a major part of camp life. Sister Krista hopes for a chapel with a capacity of 300 on the site of the old dining hall, which has been razed.

Sister Krista imagines children — future leaders of the church among them — reflecting in the building.

"Our concept of the chapel is a

Finishing the vision



Camp Howard Welcome Center
Architectural drawings show the proposed welcome center at Camp Howard. It will give the camp a clear point of entry and hospitality.

box filled with air that fills you with inspiration," says Sister Krista. "It is light, open and sits at the high point of the camp proper. It will be simple, sturdy, sustainable and will satisfy our needs."

The chapel will be a sacred place, but this is camp, after all, and so the building will be designed so it can be configured for much-needed meeting space.

"The camp chapel has historically been a multipurpose building," Sister Krista says. "I see it having a definite

spiritual look to it with an inside that will convert from church to gathering space."

She envisions a building with mobile interior walls that can create four meeting spaces if needed. The altar will be on wheels and the chairs stackable.

"The more creative we can be in visioning the projects to meet the various needs of user groups, the more efficient we will be with our buildings," she says.

Environmental legacy

Growing up on a farm in north central Oregon, Sister Krista was an environmental steward before the notion became popular. Like most farmers, her father reused and recycled. In the back of his truck were large barrels to hold glass, wire, cans and other material. That resourcefulness stuck with her.

Camp Howard responded to a challenge from Outdoor School to all camps to compost more. Scraps from Mary's Lodge now go back to the earth. Workers dug a trench for the material and covered it with soil, branches and some horse manure from neighboring farms. The last ingredient throws off the scent for bears who otherwise might dig up the aging yet tasty morsels.

Sister Krista said that Pope Francis' encyclical "Laudato Si'" reflects the kind of work done at the camp over the decades.

This summer, the camp hosted a Farm to Fork dinner, highlighting the products from neighboring farms. One of the participants was Margie Haener Barnet, who also donates produce to the camp to feed children.

This fall, a team of 10 goats will do some work that power tools might have done in the past.

The hungry ungulates will eat their way through shrubs, creating an open space to keep the camp safer from wildfire.

— Ed Langlois



Sr. Krista loves camp

Sister Krista von Borstel, executive director of Catholic Youth Organization/Camp Howard, shares some of the many reasons she's a fan of Camp Howard.



"Being outdoors among the Douglas firs in the beautiful setting makes me feel good."



"It is a top priority for me to get to know our summer leadership team and staff. I want to know who they are, where they are from, what motivates them. It's like peeling back an onion to really get to know them, support and help build them up during the summer session."



"I love to engage with campers. I like to greet the campers I know — I may know their parents and grandparents. I also look forward to making new connections. The Cougar Award ceremony and teaching trap shooting are two of my favorite activities at camp."



"Every visitor and camper enjoys spotting the family of deer that share our property. A calf joined the team last year and we will be adding goats soon."



"Karen (Sister Krista's blood sister) brings our farm experience to Camp Howard. We proudly serve homemade meals using fresh produce from our garden. We carefully compost and complete the cycle."

CYO BY THE NUMBERS



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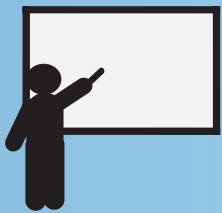


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'FOR THE GLORY OF GOD'

Champions of Faith benefit dinner chairs say CYO and Camp Howard are grounded by faith and generate joy

Tim O'Neill has spent his career providing prostheses and orthopedic braces to give life-changing mobility to patients. His wife, Gina, is business director of the prosthetics and orthotics company Tim founded, and she volunteers countless hours in the community.

The Catholic faith, says the couple, is what animates all their endeavors, which is why they are passionate about Camp Howard and Catholic Youth Organization sports.

"I believe faith should be the foundation of anything we do, whether it's sports, or family values or academics or a job," says Gina, who with her husband is chairing the CYO/Camp Howard Champions of Faith benefit dinner this year. In CYO, athletes work to accomplish a goal not selfishly but for their teammates and "for the glory of God, who gave us the gifts and the talents to play in the first place," she says.

The O'Neills, members of St. Pius X Parish in Northwest Portland, played CYO sports as kids and coached their own four children.

Tim says that prayers before games keep both athletes and their parents focused on what's important. "It helps with the tempers and emotions of parents, giving them perspective about why we are here," he says, adding that he's grateful for a sports program where he can talk about God without hesitation.

The O'Neills' children also attended Camp Howard, where about a quarter of summer campers receive scholarships thanks to proceeds from the annual fundraising dinner.

"There's this joy in the kids who attend camp," where God is experienced through nature, says Gina. "They get to be themselves, to just be kids and be silly. It builds up their self-esteem and they come back with new confidence and friends and memories that last a lifetime."

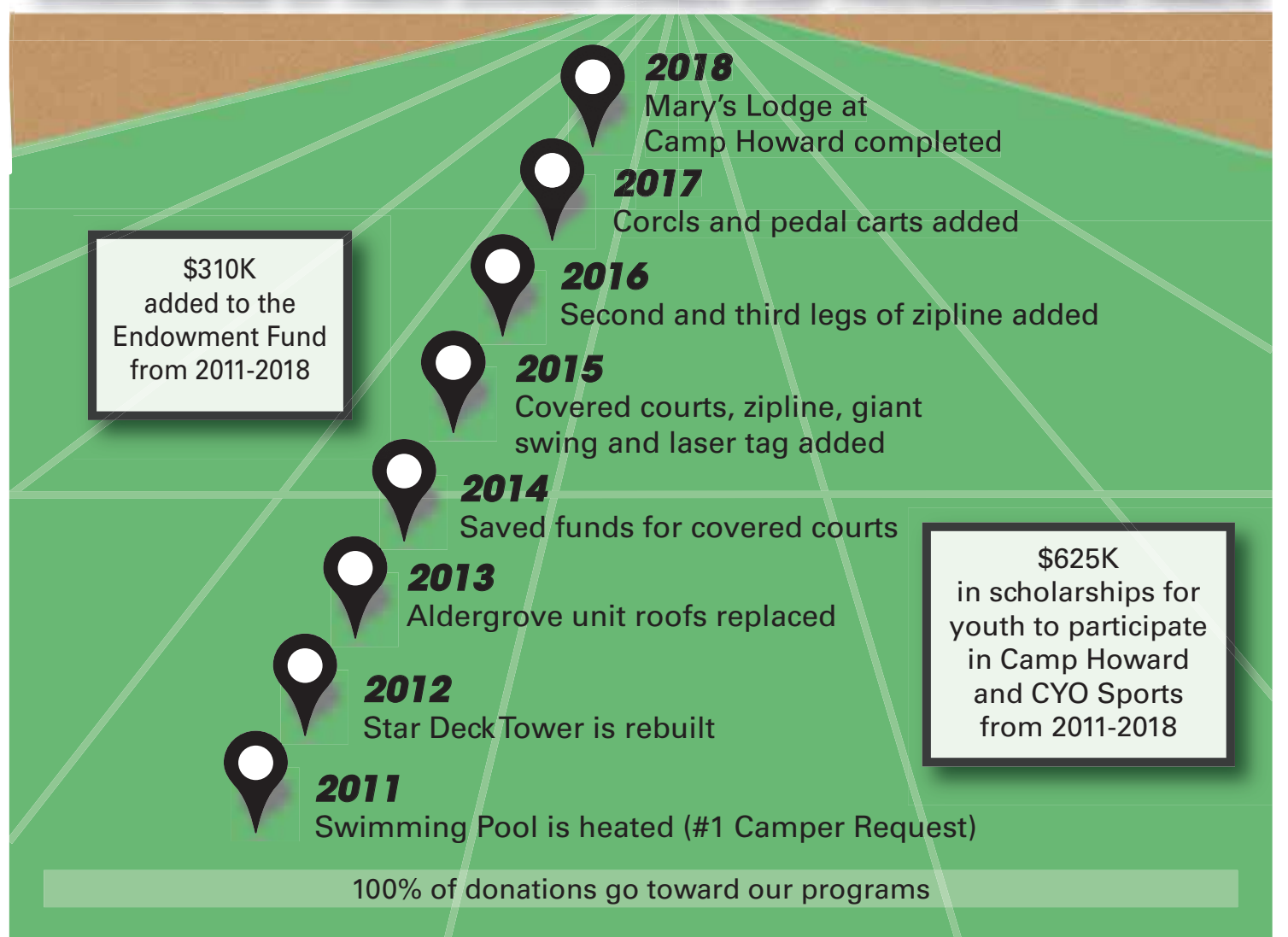
— **Katie Scott**

RIGHT — Tim and Gina O'Neill are the 2019 chairs of the annual Champions of Faith benefit dinner, this year Oct. 15. "We all are better people when happy, and Camp Howard and CYO bring so much joy, so much sense of welcome," says Gina. (Courtesy CYO/Camp Howard)

BELOW — Infographic by Sarah Wolf



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LONGTIME DIRECTORS KNOW THE VALUE OF CYO SPORTS

Six CYO athletic directors have been serving for a decade or more.

“We are grateful for their decade of service and the relationships we’ve built with them,” says a press release from CYO.

CYO athletic directors usually are associated with a parish or school, help organize coaches and teams, and run the ever-challenging scheduling process.

Scott Eberly, athletic director for St. Andrew Nativity School in Northeast Portland, grew up in Virginia where his dad was a college basketball coach and athletic director. As a child, Eberly dreamed of playing basketball. With a basketball scholarship, he attended Malone University in Canton, Ohio, earning a degree in health and physical education while playing two years of basketball and four years of soccer.

“I have a love and passion for sports and see the value of being a part of a team and the opportunity to learn commitment, teamwork, winning and losing, and so much more,” Eberly said. He encourages students to step outside of their comfort zone and try a sport.

Sonora Thirdgill, athletic director at Holy Redeemer Parish in North Portland, was born and raised in Portland and attended Holy Redeemer and St. Mary’s Academy. She started playing volleyball, basketball, softball and track in CYO. Thirdgill played volleyball, basketball and softball in high school.

Athletics afforded her the opportunity to attend the University of Oregon on a full ride basketball scholarship. Then she coached basketball at Benson High School.

Thirdgill’s three children have participated in CYO sports. Her youngest is in high school but she continues her position as athletic director. Why? “To give back to the school, community and parish that has given me so much over the years,” she said. “I honestly feel that sports have had a huge part of making me into the person I am today.”

Two sisters are serving as co-athletic directors for a second time around now that their children are able to play CYO sports. Courtney Schaefer joined the CYO family right out of high school after the athletic director at St. Francis of Assisi in Roy asked if she would coach the junior high girls basketball team. “After one season, I was hooked. I spent five years coaching the girls before I was asked to take over as A.D. in 2001,” Schaefer said. Then she talked her sister, Andrea VanDomelen, into helping.

Originally from Iowa, the sisters moved to Oregon where they attended public schools in Banks. Schaefer played CYO sports and was a three-sport athlete in high school (volleyball, basketball and track).



SCOTT EBERLY



COURTNEY SCHAEFER AND ANDREA VANDOMELEN



SONORA THIRDGILL

“I truly want my kids to be a part of the CYO experience and have the fun memories I had when I was a participant,” said Schaefer.

Kelly Alfieri, athletic director for Valley Catholic, and Doug Loiler, athletic director at West Hills Christian, have also been serving for 10 or more years for CYO. Thirdgill, Alfieri and Schaefer all have received the Outstanding A.D. of the Year and Spirit Award for their dedication and service.

— Jolie Abraham-Phanton, director of communication for CYO/Camp Howard



Karen and Sr. Krista von Borstel, pictured at Camp Howard, share a love of country music, farming, the Portland Trailblazers — and the camp’s famous cheesy rolls. (Courtesy CYO/Camp Howard)

FACTS ABOUT THE VON BORSTEL SISTERS

You see them at Camp Howard or CYO events, but how much do you know about St. Mary of Oregon Sister Krista von Borstel, executive director of CYO/Camp Howard, and her sister, Karen von Borstel, longtime property director at Camp Howard?

The duo, from a family of six children, were among the fourth generation raised on a cattle ranch about an hour southeast of The Dalles. Here they share some tidbits about themselves:



Donning cowgirl attire, sisters Krista and Karen von Borstel are pictured on the family farm in 1959.

FAVORITE FOOD

Karen — Gooseberry pie made by my mom.

Sr. Krista — Karen’s pasta and shrimp that is just out of this world. I have only had it once but will never forget it.

FAVORITE CAMP HOWARD FOOD

Karen — Cheesy rolls

Sr. Krista — Cheesy rolls



FAVORITE SPORT TO PLAY

Karen — Volleyball

Sr. Krista — Golf

FAVORITE HOBBY

Karen — Crabbing, but I don’t

do it as often as I would like.

Sr. Krista — Building things out of wood.

FAVORITE MOVIE

Karen — “Lonesome Dove”

Sr. Krista — “The Sound of Music”

FAVORITE MUSIC

Karen — Reba McEntire

Sr. Krista — George Strait and the Ace in the Hole Band

FAVORITE THING ABOUT THE U.S.

Karen — Freedom

Sr. Krista — Freedom

FAVORITE VACATION

Karen — Extended family Caribbean cruise.

Sr. Krista — Our family (18 of us) took a cruise to the Caribbean and it was a blast!

FAVORITE PROFESSIONAL BASKETBALL TEAM

Karen — Blazers

Sr. Krista — Portland Trailblazers of course



SURPRISING FACT

Karen — I could milk a cow faster than a milking machine.

Sr. Krista — I rode a mule to the bottom of the Grand Canyon.

WHERE THEY LIVE

Karen — Camp Howard

Sr. Krista — Northeast corner of the fourth floor at the Sisters of St. Mary of Oregon motherhouse in Beaverton

ALTERNATE DREAM JOB

Karen — Farming or heavy equipment operator.

Sr. Krista — I would have property and operate a truck garden, work with my hands in the earth and grow healthy food for people. I would get back to my roots!

Remembering matching grants makes coaches' lives easier

It's free money, one CYO coach says.

The flexibility of knowing there's money for a team's needs is "just awesome" says another.

In fact, most CYO coaches and probably even most CYO parents are aware of the matching grants that many employers offer — but sometimes that awareness is just a niggling entry at the end of a long "to-do" list of urgent needs.

That's a pity, because getting the funds is simple.

"It is very easy to get matching funds for volunteer hours," says George El Youssef, athletics director at St. Therese School.

The process begins with going to the CYO website, cyocamphoward.org, and clicking on "Employer Matching Gifts," at the bottom of the page. Check to see if the parent or coach's employer will match donations, which includes volunteer hours.

At St. Therese, the funds helped CYO buy new equipment, new uniforms and gym



ABOVE — CYO coach Tom McKeen stands with his St. Pius X team and Sr. Krista von Borstel, executive director of CYO/Camp Howard. (Courtesy CYO)

RIGHT — CYO coach George El Youssef (back row, second from left) poses with his St. Therese team.



cleanup, as well as a table at the CYO benefit dinner and at the school's auction. "Which allows us to give back to the school that supports us," says El Youssef.

El Youssef suggests that schools have someone on their board who is in charge of donations and fundrais-

ing and who can focus on the coaches or volunteers who work the concession stands and staff the doors. They can remind volunteers to check to see if their company offers matching funds.

The key is reminding volunteers, agrees Tom McKeen, a coach at St. Pius X. "The

best thing you can do is to send those reminders out to the parents, volunteers and coaches," he advises. "Make it user-friendly for them; take them step by step. I know this sounds tedious but one less thing for a parent to think about is a plus."

Last season, St. Pius X's

CYO program had more than \$3,400 in matching funds donated. That came through five to 10 Nike employees and about 10 Intel employees.

CYO used the money to help keep down the cost of registration fees. The funds also help with equipment.

— **Kristen Hannum**

Generations connect CONTINUED FROM PAGE A

changing at the camp, many important things stay the same," said Sister Krista. "The mix makes for some special experiences and connections to the past."

This summer when Joe visited Maddi, who just completed another season on the Camp Howard staff, he pointed out where a large stump used to be. "I told her how we'd stand on it and wave hello or goodbye to the buses," said Joe. "Now it's decomposed and gone back into the earth."

Maddi remembers "sharing a wonder of the natural world" with her dad at Camp Howard and how he taught her to identify the plants and animals.

She recalled how they'd observe woolly bear caterpillars — aspiring Isabella tiger moths — and marvel at "how funny and really fuzzy they are," she said.

Maddi is starting her junior year studying botany and sociology at Evergreen State College in Olympia, Washington, and said attending Camp Howard and interactions with her dad there "absolutely shaped what I want to do."

"Nature and plants are very important to me," said Maddi. "A way I understand God and love the earth is through plants. Among those I feel most attached to are those I see at camp — the ferns and Douglas firs, the hemlock and cedar."



Maddi Parvankin, part of Camp Howard staff this summer, examines a beetle that's decided to rest on her hand during camp. (Courtesy Maddi Parvankin)

Maddi said that connections — with nature and God, with campers and with family — are "something almost magical that happens at Camp Howard."

"When we are sitting together, singing together around the campfire in this beautiful area, it's an illustration of God's creation and it forms connections and forms community."

— **Katie Scott**

Fuel the Future!



Join us for the 9th Annual Champions of Faith Benefit Dinner

Tuesday, Oct. 15th at 6pm
Oregon Convention Center

- 100% of your donation supports CYO/Camp Howard
- Night-of dinner donations of \$250 and higher will be matched by the following foundations:

Joseph E. Weston Foundation
B.P. Lester & Regina John Foundation
Epping Family Foundation

Register now at cyocamphoward.org
or call 503-231-9484



CYO Sports & Camp Howard

Making great memories for 73 years!



cyocamphoward.org

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FALL

August – November

- Football player development from Flag to Contact Flag Football
- Volleyball teaches fundamentals that foster a love for the game
- Swimming teaches life skills including discipline, perseverance and self-confidence in a low impact, high cardio sport

BASKETBALL • CHEER • FOOTBALL • SWIMMING • VOLLEYBALL



Grades:

K-2

K-8

1-2

3-6

3-8

Co-ed Hot Shots
Flag Football

- Boys & Girls Swimming
- Co-ed Cheer

Co-ed Hot Shots
Basketball

Co-ed Contact
Flag Football

Girls
Volleyball

WINTER

December – March

- CYO basketball leagues ensure that all athletes have a skill-appropriate, competitive experience
- Minimum playing time requirement
- No cuts

BASKETBALL • SWIMMING



Grades:

K-8

1-2

3-8

9-12

Boys & Girls
Swimming

Co-ed Hot Shots
Basketball

Boys & Girls
Basketball

Boys & Girls
Basketball

SPRING

March – July

- Baseball players develop from Tee-ball to Fast-pitch
- Lacrosse players develop from Fiddlesticks to traditional versions of the game
- Nationally recognized track and field program offers running events, long jump, high jump, javelin and shot put

BASEBALL • LACROSSE • TRACK & FIELD



Grades:

K-2

1-8

3-8

- Co-ed Hot Shots Baseball
- Co-ed Hot Shots Fiddlesticks

Boys & Girls
Lacrosse

- Boys & Girls Track & Field
- Co-ed Baseball

SUMMER

June – August

- Kids experience summer camp in a fun and friendly, faith-based environment
- Campers make lifelong friends, unplug and enjoy nature
- 100ft long slip & slide, heated pool, archery, crafts, campfires and more
- Zip line and giant swing (ages 13+)
- ACA accredited

OVERNIGHT, DAY & WEEKEND CAMPS • FAMILY CAMP
SPECIALTY CAMPS • COUNSELOR-IN-TRAINING PROGRAM



Camp Howard! Open to kids ages 6-17