

mountain matters



THE MOUNTAIN • HIGHLANDS CAMP AND CONFERENCE CENTER

Fall, 1989

Labor Day Celebration Brought Back Old Times Attendees Gave Ideas for the "New Mountain"

The nearly 100 guests attending the 10th Anniversary Labor Day Weekend shared a special moment in The Mountain's history. Leaders Bob Hill and David Rankin and the many founders, former leaders and others who have given so much to The Mountain took part in the festivities and helped shape the future of The Mountain. The group was happy to see that the new store is doing well, the remains of the Lodge have been removed (leaving the deck still standing for social hour!) and that the waste water treatment system is well underway (with an eight to ten week completion date.)

The Mountain staff and board of trustees would like to thank each person who took part in the weekend for their enthusiasm, encouragement, ideas and participation. Results of the brainstorming sessions and evaluations are being compiled, prioritized and carefully considered. We are looking forward to a continuation of that spirit in future Mountain programs.



Commitment

Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness.

Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred.

A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no human could have dreamt would have come their way.

I have learned a deep respect for one of Goethe's couplets: Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it.

W.H. Murray



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Codependency and Relationships Workshop with gloria wright October 20-22

Do you jump in to take care of others' problems - often at the expense of your own well-being? Do you spend a great deal of energy fixing problems that are not your own? From dysfunctional homes, codependents are "fixers and helpers," focusing on others' problems and avoiding their own; resisting ending relationships that aren't satisfying, often becoming addicted to stress. Codependency is a problem that affects a large percentage of the population in varying degrees. This is an experiential, highly participatory workshop for those who have identified codependency problems or who think they may have the tendency.

gloria wright has ten years of experience as a psychological counselor. She will explore the problem of codependency with you in a loving, supportive manner.

Cost for the weekend, Friday dinner through Sunday lunch, lodging, meals and workshop, is \$129 for members and \$141 for non-members.



Former Mountain Staff Invited For Halloween Reunion October 27-29

Anyone who used to work at The Mountain is invited to attend this "Come As You Were" Halloween weekend. Pam Phelps, Alicia Hodges and Brian Wheeler have planned an exciting reunion for anyone who worked at The Mountain over the past ten years, including youth camp counselors and Ascenders.

There will be an ingathering on Friday evening; Saturday's activities will include picture sharing and taking, mask making, a work project for The Mountain, hikes, music, a special dinner, Halloween masquerade party and mystery game. There will be a Sunday brunch and early church service. The menu will include some of the old favorites to help your palate reminisce: blueberry cake, sausage-cheese casserole, spinach-artichoke casserole and more!

There will be an important brainstorming session to get your input into what kinds of things you think The Mountain should offer in the future. Please come help us with this important task.

Cost for the weekend, Friday dinner through Sunday lunch, is \$52 for those who will take part in the work session on Saturday; \$71 for those who do not wish to participate in the work project. In addition to the fee, everyone is asked to bring a can of artichokes!

Jr. High Weekend at The Mountain! November 17-19

Once again The Mountain is offering an action-packed weekend for 7th, 8th and 9th graders from all over the Southeast.

This is a time to see old friends and make new friends. The weekend begins after dinner on Friday and runs through lunch on Sunday. (If you can arrive in time for dinner at 7 p.m., let us know ahead of time - we'll have an inexpensive meal for you.) Members of the MountainCamp staff will be back to lead the group in hikes, crafts, sports, dancing and lots more. You'll have a chance to participate in a four-hour work project for The Mountain, too.

Cost for the weekend, from Friday evening after dinner through Sunday lunch, is \$59 for youth, \$70 for non-chaperoning adults. Adult sponsors come free if they are willing to help lead activities and stay in youth cabins at night. Contact your church religious education department for more information and registration forms. Or call The Mountain if you're not part of a youth group and we'll find someone who is willing to sponsor you.

Mountain Programs Go On With Plenty of Lodging

Despite the burning of the Lodge last May, very few people have been turned away for lack of space at The Mountain. The Elderhostel program has gone on as usual, and family and weekend programming has not missed a beat. In fact, about 90+ people were housed on Labor Day Weekend, making use of summer cabins. The Mountain staff would like to assure you that all is well, and that housing, programs and food service are fine. Come on up!



Get Your Catalog for the Famous UU Action

The catalog for The Mountain's 10th Anniversary "Famous UU Action" will be available for mailing to all members and interested persons by mid-October. Find out about all the wonderful items being donated to make this anniversary auction a roaring success. You don't have to be present to bid. Proceeds go toward badly needed staff housing at The Mountain.

Members of The Mountain will receive their catalog free. If you are not a member and would like to receive a catalog, please send \$2 with your name and address to: AUCTION, The Mountain, 841 Highway 106, Highlands, NC 28741. If you would like to donate something to be auctioned, please contact Carol Graves at (704) 526-4505.



Come to Elderhostel at The Mountain!

"The Mountain is a 'Super-site' - one of the most favorite places in the country for people 60 or over who attend Elderhostel," explains Shelley Denham, The Mountain's new Elderhostel coordinator.

"Our evaluations show that Elderhostelers love to come here. In fact I'd like to share just a few of the comments," says Shelley.

"We felt welcome from the first minute we arrived by all of the staff."

"It was my first Elderhostel experience and now I'm hooked."

"We're so lucky to have chosen the most beautiful place in the world."

Elderhostelers are generally inquisitive, intelligent, energetic people who love to explore interesting topics and enjoy the camaraderie of the group and the natural beauty of the area. The Mountain offers comfortable accommodations, healthy, hearty meals and wonderful programs.

"We have some fine instructors lined up and still have some openings for the weeks of October 22, October 29 and November 5, and we'd love to have folks apply," continues Shelley. "The cost is low, and there are even scholarships available if money is a problem."

You can register for The Mountain's Elderhostel program by contacting Elderhostel directly: Elderhostel, 80 Boylston Street, Suite 400, Boston, MA 02116. Contact Shelley at The Mountain if you want to apply for a scholarship.

Thanksgiving Weekend For Life Members

Life Members will once again have the opportunity to enjoy one of the warmest, happiest weekends of the year - Thanksgiving. This year Bonnie Shephard, Bill Spurgeon and Bobbie Littlefield have planned a spectacular time, with outdoor activities, children's program, square dancing, a Shelley Denham concert, seder service and Thanksgiving services with Rev. Christine Robinson of Albuquerque, and an important reflection and brainstorming session led by Roger Constock. Life Members - be sure to get your reservations in soon!

Sr. High Weekend at The Mountain December 1-3

Senior high students from all over the Southeast will gather for this great weekend of friendship making and renewal. The weekend begins after dinner on Friday and runs through lunch on Sunday. (If you can arrive in time for dinner at 7 p.m., let us know ahead of time - we'll have an inexpensive meal for you.) Members of the MountainCamp staff will be back to lead the group in hikes, crafts, sports and dancing and lots more. You'll have a chance to participate in a four-hour work project for The Mountain, too.

Cost for the weekend, from Friday evening after dinner through Sunday lunch, is \$59 for youth, \$70 for non-chaperoning adults. Adult sponsors come free if they are willing to help lead activities and stay in youth cabins at night. Contact your church religious education department for more information and registration forms. Or call The Mountain if you're not part of a youth group and we'll find someone who is willing to sponsor you.



Christmas Around the World at The Mountain

A lively holiday season is being planned by Juanita Polk, 10th Anniversary Chairperson, and Pat Gagey, former Mountain staffer and newly appointed board member. You'll help celebrate Christmas as it is done in four different areas of the world, complete with appropriate food, music and customs. It will be a warm and sharing time for families, singles, young and old.

Marty Wymhoff of the Asheville area will lead the festivities and provide the Christmas Eve service. There will be music by John Thigpen, a Christmas day brunch and feast and much more. This will be the culmination of the 10th Anniversary Celebration - a time to look at where we've been and where we're going. Call or write The Mountain for a flyer about specific activities and costs.

Board Gives Go-Ahead On Ascender Home

At the September meeting the board of trustees agreed that construction of the foundation for the new Ascender home should begin this fall. The remainder of the work to be done on the building - the shell, plumbing and electrical wiring - will continue on into the spring to ready it for use next summer. The building will eventually be winterized and will provide both guest lodging and meeting space when not in use by youth camp. The building will be located at the base of The Mountain and accessible from the new road created by installation of the waste water treatment system.

"Several thousand dollars have been raised from 'Project First Step' (first step is a self-contained MountainCamp at the bottom of The Mountain) donations toward the building," says Brian Wheeler, organizer of the project. "If anyone wishes to contribute to this project, please send checks to The Mountain with a designation to Project First Step."

Development Corner



Dean P. Zach
Director of Development

Terry Hale-Hicks of Lexington, Kentucky became our newest Patron Life Member during her July visit to The Mountain. I wish I could claim credit for her membership, but Terry had been thinking how she could help The Mountain and sought me out.

I explained that contributions from members help provide the funds to repay our outstanding debts - mortgage, the waste water loan, repayment of member loans. After our discussion, Terry left only to return with her check book.

Having her name on the Patron Life Member plaque, receiving her medallion, being able to vote for at-large board of trustees members and taking a tax deduction may have played a part in her decision, but I think Terry was motivated by her desire to be sure she did her part to help continue the dream of The Mountain.

Perhaps you want to help too but can't afford the Patron or Life Membership. There are other possibilities. We offer individual Annual Memberships for as little as \$40. Family Annual Memberships are just \$100 and cover Mom, Dad and all the kids under 18 years.

A Life or Annual Membership gives you the added benefit of a \$6 per person per night reduction in your room rate.

At the bottom of this column is a coupon offering a number of ways for you to help The Mountain. Consider what The Mountain means to you and then fill out the coupon.

As Terry said: "Now I feel like part of the family." You can too.

Yes! I want to become a Mountain Member!

- ☐ Patron Life Member (\$5000 over five years)
☐ Life Member (\$1600 in one payment or \$2000 over five years)
☐ Emerson Society (\$1000 annually)
☐ Founders' Society (\$500 or \$365 annually)
☐ Sustaining Annual Member (\$200)
☐ Contributing Annual Member (\$150)
☐ Supporting Annual Member (\$125)
☐ Family Annual Membership (\$100)
☐ Dual Annual Membership (\$80)
☐ Individual Annual Membership (\$40)

Name _____
 Address _____
 City _____ State _____ Zip _____

VISA/MC # _____
 Expiration Date _____

(Make checks payable to The Mountain.
 Contributions are tax deductible to the extent the law allows.)

Fire Fund Update: As of September 7, more than \$22,000 has been contributed to The Mountain's Fire Fund. It's not too late to add your support. We need nearly \$100,000 to bridge the gap between the insurance settlement and the cost of a new building. Please consider how much you can do to help.

Here is my Fire Fund Gift: \$ _____



The view from Barolome Island exemplifies the landscape of the Galapagos Islands which call to mind the primeval beginnings of the planet Earth. These newly formed volcanic islands are uniquely picturesque.

Mountain Explorer Tours to Explore Galapagos Islands

A group sponsored by The Mountain will embark on a unique expedition to the Galapagos Islands in a quest to understand and experience the environment of this remote Pacific Ocean archipelago, 600 miles due west of Ecuador, S.A. The trip takes place April 26 through May 5, 1990.

The Galapagos Islands consist of 13 major islands, six smaller islands and 42 volcanic islets. The most striking aspect of the Galapagos is the wildlife. The islands are one of the most fascinating travel destinations in the world. Birds, tortoises, seals and other animals are approachable because no mammalian predators exist on the islands. The abundance and visibility of the wildlife in the Galapagos also provides visitors incomparable picture taking opportunities.

Charles Darwin put the Galapagos on the map after visiting the islands in 1835 aboard the "Beagle." There he observed the wildlife so unique to the Galapagos and formulated his theory of "Evolution by Natural Selection" which led to one of the world's most celebrated scientific works - "The Origin of Species." The group will visit the Darwin Research Station on Santa Cruz Island. They will explore ten of the 13 major islands as they island hop in the comfort of the 76-foot "Barolome II," a private, 20-passenger touring vessel. Those passengers who enjoy the water can actually swim with the gentle sea lions and snorkel among schools of colorful fish.

As an extension to the trip, Mountain Explorer Tours offers a side trip to the dramatic mountain town of Otavalo, where the market dates back to Pre-Inca times, when jungle products were brought up from the eastern lowlands for trade.

Cost for the ten day Galapagos trip is \$2798. The three day optional extension to Otavalo is \$425. For more information and a color brochure call Nancy Hilyer in Atlanta (404) 493-6209, or Carol Graves at The Mountain at (704) 526-4505.

All Aboard! Come sailing with Mountain Explorer Tours December 23-30.

Holiday Sailing Trip Sun, Snorkeling, Fun and Great Company

Ask any of the guests on the July sailing trip...it was wonderful! This trip is guaranteed to reduce holiday stress, provide new friends and complete relaxation. It's a Bahamian camping trip on a sailboat.

We meet the Dolphin, a 65 foot ketch, and Captains Gene and Thea on Nassau on December 23. We'll head for Eleuthera and the pink sand beaches of Harbor Island, "Home of the Friendly People."

We'll have some good sailing wind at that time of year, pleasant snorkeling on exquisite coral reefs, uninhabited island exploration, fine food and Bahamian sunsets. You'll return to Nassau on December 30. Cost is \$770 per person for the entire week (guests provide their own transportation to and from Nassau.) Call Carol Graves, trip leader, at The Mountain, (704) 526-4505, for more information and reservations.



The July 1-8 crew of the Dolphin enjoy the trip sponsored by Mountain Explorer Tours.

LAST MINUTE: THERE ARE STILL A FEW SPACES ON THE AMAZON/MACHU PICCHU TRIP, DEPARTING NOVEMBER 18. CALL (704) 526-4505 FOR INFORMATION.



New Look for "Mountain Matters"

Starting with the next issue, "Mountain Matters" will have a new look. Thanks to PageMaker, a Macintosh SE and some help from Cheri Jorgenson, graphic artist from Knoxville, we are changing to a different format. The editor hopes that you will be patient with the first few issues until we are proficient with the equipment and software. Don't forget to use the form in this issue to help us update our mailing list!

Let us hear from you! Come to Board Meetings at The Mountain.

November 3-4, 1989

January 12-13, 1990

March 2-3, 1990

May 25-26 1990 (Annual Meeting)

Maintenance Technician Needed at The Mountain

If you have demonstrated mechanical skill and experience in plumbing, electrical and carpentry, and are a good teamwork person, please consider applying for the maintenance technician's position at The Mountain. Call (704) 526-5838 or write The Mountain for an application.

We have the "mailing list blues"...and you can help!

After ten years, our mailing list is a bit out of control. Many households are getting more than one newsletter, addresses are wrong, and people move without letting us know their new address. Will you help us save money on our mailings? If you're getting more than one newsletter please tell us which one(s) to delete:

Please delete from The Mountain mailing list (exactly as it appears on the label):

Record # _____

Name _____

Address _____

City _____

State _____

Zip _____

Record # _____

Name _____

Address _____

City _____

State _____

Zip _____

Or, if you know of someone who would like to receive our newsletter, please send us their name and address!

Thanks.



"Anti-christ" On Its Last Tires!

It's biting the dust, our faithful old truck. Without it, things at The Mountain run amok. It hauls our trash, our boards and logs. And keeps the road clear in snows and fogs.

So if you know of a truck, a big sturdy one, please, we'd love to have it before the next freeze. Your gift will be welcome by staff - one and all, and for the donation your taxes will fall!

There are other gifts that would make our guests smile, single beds, chests, small tables and files. Reading lamps, rugs, card tables and chairs - all things that in the fire we lost - often in pairs.

We also need furniture - office desks and such; so our staff can work without juggling so much. We think you can help us in this time of need - just give us a call and we'll pick up with speed!

(If you know of anyone who might donate any of the above items, please let us know. We also have need of an IBM compatible computer, a color TV, VCR, educational videos, and a quality piano... Thanks from The Mountain staff!)

MOUNTAIN REGISTRATION FORM

Name of Registering Adult: _____ Date: _____

Address: _____

Telephone(s): _____

Name of Program: _____

Date: _____

Fee: _____

Amount of deposit: (55\$/weekend; \$100/week per adult)

Method of Payment: check VISA/Mastercard No. _____ Exp. _____

Life Member _____ Annual Member _____ Non-Member _____

Would you like to be on our mailing list? yes _____ already on list _____

Lodging Preference:

Member

Non-Member

1 party occupancy

\$25

\$35

Shared occupancy

\$17

\$25

Non-member rate

\$13

\$19

Package fees for specified programs include lodging, food, and program fee.

*Special Life member rates apply only to non-program fees. Teenagers 13-17 pay 50% of above rates; children 6-12 pay 25%; children 0-5, free.

(All rates will increase by \$2.00 on September 12.)

Arrival Date: _____ No. of Nights: _____ Departure Date: _____

First Meal: B L D _____ date: Last Meal: B L D _____ date

Food costs are \$16 for ages 13 and over; \$12.50 for 8-12; \$9.50 for 4-7; 0-3 are free.

Rooming preference: _____

Linens @ \$4 per person: Need Min. Linens _____ Bringing own: (Please check preference.)

Transportation: From Atlanta Airport _____ From Dillard Bus _____

(520 one way; \$35 round trip)

(55 each way)

Arrival Date: _____

Time: _____

air/ptn

Flight # _____

Carrier _____

Depart Date: _____

Time: _____

air/ptn

Flight # _____

Carrier _____

Names of Adults in Party

Names of Youth in Party

Age Youth

Sex Youth

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

Special Dietary Needs: _____

Other Needs (include medical): _____

Emergency Contact: _____

Phone(s): _____

\$20 of a \$35 deposit will be refunded with at least three weeks notice. No refund after that. A \$15 fee is levied on all bad checks.

Your total bill will be based on lodging, food, program fee and a 50 cent per child fee for our national camping association.

Executive Director

If you are a high-energy, positive-thinking individual with a proven track record in managing and leading people, read on!

If you have a strong commitment to our UU community and to protecting the environment, this may be of even more interest.

In addition, if you have successful business experience, strong programming and marketing skills and would enjoy living and working in the Blue Ridge Mountains of western North Carolina, please apply for The Mountain's executive directorship. Send resume to Screening Committee, Box 295, Woodstock, VA 22664.

Work Exchange Program Helps The Mountain and You

Many groups and individuals take advantage of The Mountain's work-exchange program in order to spend time here at very little or no cost. Here's how it works: When lodging is available we will find a work project for you to do in exchange for your room. For four hours of work you receive one night's lodging. For eight hours of work you get two night's lodging, or one night's lodging and one day's meals. Please let us know ahead of time when you can come and what your skills are. This applies to groups or individuals and for any length of time - we need you and will take good care of you while you are here! Call the office for more information or reservations (704) 526-5838.