

The Mountain Matters

Special Calendar Edition

the mountain . Highlands Camp & Conference Center, Inc.

VIEWS FROM the mountain

What is special about the mountain? Breathtaking views, a unique natural environment, space away from the concerns of our daily lives. Absolutely. Anything else? What makes the mountain unique? Without question, it's our staff. Our guests tell us and we read in evaluations again and again how important the staff are to their time here. A highly skilled and caring group of people that is very involved with our guests - in leading hikes or singing, responding to requests, and sharing meals. the mountain is also unique in its commitment to



Our New Look REC Hall

drawing by Nina Benedetto

Unitarian Universalist values: affirming the worth and dignity of every person; seeking justice, equity, and compassion in human relations; valuing each person's journey in search of truth and meaning; knowing that all that exists is part of an inter-dependent web. And acting in support of our values and beliefs. That's a big part of what is special about the mountain - our shared commitment.

People are joining us in our efforts to make *the* mountain a place where transformation begins. We

see this in the growth of our *mountain* programs and retreat business. Non-Elderhostel revenue will be about 17% higher in 1993 than in 1992, and 69% higher than it was four years ago. We've seen a significant drop-off in Elderhostel this year, but our UU-business continues to grow. Thanks to all who visited *the mountain* in 1993!

As I hope you all know by now, we began renovating our REC Hall in March. The renovation is about halfway complete. We now have a 2-story building which is roofed and roughed-in, with a new foundation and large (as yet unheated) meeting space upstairs and down. We've come this far while maintaining the building in continuous use (youth camp, two weeks of Fowler Earthkeepers, and a Womenspirit gathering of 130 have all met there since the renovation began) by utilizing primarily staff labor, and without incurring new debt. I hope you've seen the REC Hall during its transition - it's an exciting project to be a part of. Be sure to come to uur Grand Opening, which is scheduled to be part of the Members' Annual Memorial Day Weekend.

Other news of note. As *the mountain* approaches its 15th anniversary (Yes! *the mountain* will be 15 years old in 1994 - prepare yourself for a major celebration), our Board has been working on issues of governance. In particular, they are addressing the question: What system of governance will best serve *the mountain* for the

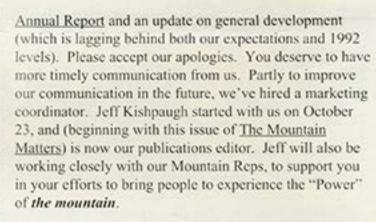
next 15 years. Central to the Board's discussion have been the following items, about which there will be more information in the January The Mountain Matters:

- 1) Governance philosophy
- A new date for the mountain members' Annual Meeting, which will be held March 25-27 (we will still have a Memorial Day Celebration for members, May 27-30)
- Lists of candidates and ballots for all trustee and nominating committee positions
- 4) Proposed changes to the by-laws

Finally, we want to acknowledge our humanness. The last edition of <u>The Mountain Matters</u> was published in April, and we've only recently sent to you our 1992



mountain staff tearing the old roof off the REC Hall.



Take a look at our 1994 calendars. Our programs continue to support our basic themes of Diversity, Earth Partnership, Intentional Community, Leadership, and Spirituality. Notice that we've published the prices and dates of our 1994 youth programs, to give you an opportunity to register early. And come see us at the mountain. As always, we look forward to sharing this wonderful place and its spirit with you.



multi-cultural week

"We insure our valuables; let us insure our values with generous gifts of caring." Arthur C. Frantzreb (1920-)



ANNUAL CALL FOR NOMINATIONS

Nominations are solicited for one Trustee of the mountain Board and one Nominating Committee member. Each candidate must be a current member of the mountain. Position are for three-year terms following the annual meeting in March, 1994. If the proposed changes in the By-Laws are approved, vacancies or additional position(s) may be filled by appointment by the Board from among those nominated or from the membership at large. Each Trustee is expected to attend four or more weekend meetings of the full Board per year as well as being active on committees and participating in various mountain functions. Policy-making, planning, financial or personnel management, or other experience is an asset.

At the date of publication, three nominees for Trustee have been identified:

- Hildegarde Gray, former board member of UUCA (Atlanta), served on our director search committee and is a Patron Life Member of the mountain with her husband John Vacher.
- Larry K. Long, currently secretary of UUCGwinnett (Lawrenceville GA), has been an active volunteer in many mountain construction and renovation projects with his wife Juana Mae.
- Jeri Moulder, former DRE and President of First UU Church of New Orleans, is a 1990 graduate and two-year instructor/facilitator for the mountain Leadership School.

More nominations are encouraged; detailed biographical information of all nominees will appear with the ballotlload in the January call for the annual meeting in March.

The Nominating Committee elicit nominations, review qualifications, and make recommendations to the membership on candidates, according to procedures set out in board policies. A Mid-South District resident is preferred; no nominees have yet been identified for this position.

Elections for these offices will be held at the Annual Meeting in March. Other nominations with identifying data should be postmarked by December 31 to: Dr. Steve Soloway (404) 923-4697

19 Burnt Creek Court Lilburn GA 30247

1993/94 Nominating Committee

Paul Clipp (Clemson '96)

Bud Evans (St. Petersburg '95)

Dr. Steve Soloway (Lilburn '94) Chair

1993/94 Board of Trustees:

Dr. Carole Light, President

(Atlanta, Mid-South District appointed '94)

Rev. Liz McMaster, Vice President (Ft. Lauderdale, Elected at-large '96)

Bob Whitney, Secretary (Atlanta, Elected at-large '94)

Randy Whitt, Treasurer

(Charlotte, annual Board appointment, w/o vote)

June Cravens Sholin, Recording Secretary (Marietta, annual Board appointment, w/o vote) Betty Green

(Ormond Beach, FL District appointed '96)

Bill Pulgram

(Atlanta, Elected at-large '95)

Dr. Anthony Stringer

(Stone Mountain, Board-appointed '96)

Mary Leta Tolleson

(Asheville, SUUSI Board appointed '96)

Lewis Walker

(Richmond, TJ District appointed '96)

TAKE ANOTHER LOOK: Adult Program Focus on Elderhostel

Sally, a mountain Patron Member, and our first mountain guest, has been noticing how few of our members take advantage of Elderhostel at the mountain. Maybe there's a feeling that Elderhostel is something separate from the mountain, a program that just rents our space here. This is not at all how EH feels to us; on the contrary, Elderhostel is a very UU-like, living-the-philosophy-of-the mountain program. We're very intentional about the way we build community - with music, hugs, time for personal sharing, and generally having fun together. Our Elderhostel guests frequently tell us that visiting the mountain is a different experience from visiting other Elderhostel sites - because of the level of staff participation, the ways our guests get to know each other while they're here.



And - the mountain is greatly enriched by the Elderhostelers who spend time with us. The variety of programming we offer (and the place!) attracts adventurers - curious, interested, vital people who are seeking ways to grow, people from all over the U.S. and Canada, and sometimes beyond.

The classes are fun, challenging, thought-provoking, and have no exam at the end! Contact the mountain for information about our courses and instructors, scholarships, or host work exchanges.

1994 ELDERHOSTEL programs at the mountain

JANUARY 1994

16-21 The Sojourners; "Where Have All the Heroes Gone?" - Longing for Myth; International Folk Dance*

FEBRUARY 1994

- 13-18 Human & Natural History of the Southern Highlands; The Mexicans: An Inside View*; Watercolor
- 20-25 An Appalachian Mountain Heritage; The Brothers Grimm; A Song-Catcher's Notebook*

MARCH 1994

- 13-18 Scottish History & Culture through Music; Astronomy for Everyone*; American Heritage Dance*
- 20-25 Civil War in the Mountains; Natural History of Highlands Area; Appalachian Culture & Folklore*
- 27- April 1 Appalachian Culture & Literature*; Sing the Songs of Scotland; Mountaintops & Valleys

APRIL 1994

- 10-15 "Where Have All the Heroes Gone?"; Civil War in the Mountains; App. Folklore & Ballads
- 17-22 Birds & Wildflowers; Carl Sandburg, NC Poet; Mountain Woodcraft
- 24-29 Southern Appalachian Folklore & Culture*; How Biotechnology Affects You; Mountain Woodcraft

MAY 1994

- 1- 6 Astronomy for Everyone*; Muslim Belief & Practice Today; An Appalachian Mountain Heritage
- 15-20 Ferns & Wildflowers*; Scottish History & Culture in Music; Scottish-American Connection*
- 22-27 Wildflowers & Natural Areas; Roots of American English; Watercolor

JUNE 1994

- 5-10 Work Songs of the Scots; Wildflowers & Natural History; "How Free is Free Speech?"
- 12-17 Contemporary Jewish-American Novelists*; Cherokee History; Growing-Up Games of S. Appalachia

JULY-DECEMBER 1994

Elderhostel programs TBA (the above programs followed by an asterisk are taught by mountain members)

OUR YOUTH CAMP MATTERS - Deadlines are approaching...

Future ASCENDERS

Eight rising 10th-12th graders will be chosen for this work/fun-intensive transition to young adulthood. Applications will be available January 1 (call *the mountain* office) and are due March 1.

Future Youth Camp COUNSELORS

Applications will be available soon. Check out the "Youth Camp" ad in the Classifieds.

CAMPERSHIPS

Campers: If you're planning to apply for camperships, act early! Applications will be available January 1 (call *the mountain* office), and are due March 1. Also, be aware that *the mountain*'s camperships are for half the cost of our programs, so please consider other sources of funding as well.

Generous individuals/congregations: In the past, the mountain has not had enough money to honor all campership applications. Diversity (economic, cultural) in our camps exists primarily because of your gifts. Our camps usually fill up by April. So, if you're considering sponsoring a camper, ACT SOON!

1993/94 YOUTH PROGRAMS at the mountain

DECEMBER 1993	Price per CAMPER/ADUL
3- 5 Junior High Conference	\$ 44
FEBRUARY 1994	
18-20 Senior High Conference	\$ 44
MARCH 1994	
4- 6 Junior High Conference	S 44
25-27 Senior High Camp Spirits Planning Retreat	
JUNE 1994	
4- 5 Family Program: First-Time Camper Families Opening Circle	S 39
5-10 First-Time Camp (Grades 1-3)	\$ 289
10-11 Family Program: First-Time Camper Families Closing Celebration	\$ 39
12-17 (new!) Youth/Young Adult Leadership School - details in January	approx. \$ 299
12- July 17 ASCENDERS	S 499
17-19 Family Program: Camper Parents' Weekend & Father's Day Celebratio	on \$ 104
19- July 2 mountainCamps I (Grades 2-3) and II (Grades 4-6)	S 579
Build An Adventure I	\$ 499
JULY 1994	
1-3 Family Program: "A Declaration of INTERdependence" Weekend	\$ 107
3-16 Junior High Camp	\$ 599
17-30 Senior High Camp	S 599
17-30 Build An Adventure II (Grades 8-10)	S 499
31- August 13 High Adventure Camp (Grades 10-12)	\$ 499
NOVEMBER-DECEMBER 1994	

Senior High Youth Conference-TBA Junior High Youth Conference-TBA

1993/94 TRANSFORMATION

and ADULT & FAMILY Programs

at the mountain

DECEMBER 1993

	10-12	Congregational	Retreat: T.H	LE UU	Church ((Decatur)
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- 17-19 Adult/Family Program: Solstice Celebration
- 19-22 Adult/Family Program: Solstice Celebration-II
- 23-26 Family Program: Christmas Family Holiday
- 30- January 2 Family Program: New Year's Retreat for Families: Decades Party

JANUARY 1994

- 21- February 13 EMT Training Workshop
- 28-30 Transformations: UU Leadership Training: "Getting Things Done Together"

FEBRUARY 1994

- 4-6 Adult Program: "Re-discovering Our Creative Self-I: Spirituality through Creativity"
- 11-13 Adult Program: Gay / Lesbian Weekend
- 25-27 Transformations: "Caring for Caregivers"; Adult Program: Coed Winter Backpacking

MARCH 1994

ratur)

- 11-13 Adult/Family Program: "Re-discovering Our Creative Self-II: Sounds like Fun" Transformations: "Cultivating Awareness & Compassion"
- 18-20 (tentative) Northwest (Atlanta) Women Retreat
- 25-27 the mountain Members' Annual Meeting; mountain Rep Planning Weekend

APRIL 1994

- 1-3 Young Adult/Family Program: mountain all-staff reunion & Family Easter Celebration
- 4-7 SEUUMA Annual Meeting
- 7-10 Joint Congregational Retreat: Eno River/ Raleigh/ Chapel Hill Community / Hillsborough (NC)
- 15-17 Adult/Family Program: "Re-discovering Our Creative Self-III: Stories!"
- 22-24 Family Program: Traditional "Surf 'N Turf" Earth Partnership Weekend; Congregational Retreat: Birmingham
- 29- May 1 Young Adult Program: Coed Backpacking Weekend

MAY 1994

- 6-8 Family Program: Multigenerational Weekend: "Celebrating Our Mothers"
- 11-13 UU Womenspirit Institute
- 13-15 <u>UU Womenspirit Gathering</u>: Off-site Adult Program: Men's Spiritual Backpacking
- 20-22 Congregational Retreat: UUCA (Atlanta)
- 27-30 mountain Members' Annual Memorial Day Celebration; the mountain Board Spring Meeting
- 30- June 3 Adult/ Family Programs: "Mountain Happening" Adventure Week; Volunteer Work Week

JUNE 1994

- 3-5 Adult/Family Program: Volunteer Work Weekend
- 5-9 Transformations: "Spiritual Awakenings
- 10-12 Young Adult High Adventure Summer Weekend (YAHA!); Congregational Retreat: High Street (Macon)
- 12-17 new! Transformations: Youth/Young Adult Leadership School
- 17-19 Family Program: Camper Parents Weekend & Father's Day Celebration

JULY 1994

- 1-3 Family Program: "2nd Annual Declaration of INTERdependence"; Congregational Retreat: Savannah
- 11-15 Transformations: UU Religious Education Week
- 15-17 Congregational Retreat: Northwest (Atlanta) Board
- 31- August 2 Adult/Family Program: UUMN Early Arrivals Retreat

AUGUST 1994

- 2-7 UU Musicians Network Annual Continental Conference
- 7-13 Congregational Retreat: Multicultural Congregations I (Chi/ NY/ Phil)
- 14-18 Transformations: Multicultural Congregations II (Training)
- 14-21 Transformations: UU Congregational Leadership School
- 18-21 TJ District Board/Mid South District Board combined planning retreat
- 21-27 Congregational Retreat: Shelter Rock (NY)

SEPTEMBER 1994

- 22-25 4th Annual Gav Spirit Visions
- 28-30 UU Womenspirit Fall Institute
- October 2 <u>UU Womenspirit Fall Gathering</u>;
 Off-site Adult Program: Men's Backpacking

OCTOBER 1994

- 7-9 Covenant of UU Pagans 7th Annual Continental Convocation
 Off-site Adult Program: Coed Backpacking
- 14-16 Adult/Family Program: October Harvestfest Weekend Adult Program: Women's Backpacking
- 21-23 Congregational Retreat: UUCA (Atlanta) Men
- 28-30 Adult/Family Program: MAUUI III

NOVEMBER 1994

- 6-10 (tentative) SEUUMA Spirituality Retreat & Smoky Mountain Seminar
- 23-27 Adult/Family Program: Life Members' Thanksgiving

DECEMBER 1994

- 20-22 (tentative) Solstice Celebration
- 23-26 Family Program: Christmas on the mountain
- 30- January 2 Family Program: New Year's Celebration

come home soon!



HIGHLIGHTS OF the mountain's 1994 TRANSFORMATION & ADULT & FAMILY PROGRAMS

General Info: Weekend programs will begin with supper promptly at 8 p.m. Please plan to arrive in plenty of time to check-in and get settled so that you can fully participate. Prices for weekend programs reflect Friday dinner through Sunday breakfast and private bath cabin - add \$4 per night for lodge; subtract \$4 per night for shared bath. Prices for some of the programs are approximate; we will publish final prices in the 1994 Calendar, which will be out in January.

January 28-30

TRANSFORMATIONS:

UU Leadership Training

"Getting Things Done Together: Tools for Creative Conflict Management"

M. Scott Peck's paradigm of group evolution includes the phases of forming, norming, and storming, before performing. How can we promote positive outcomes in our efforts to manage conflict? We will work together to establish our frame of reference as a spiritual community and then look in turn at conflict, conflict resolution, and consensus decision-making. Our guides will be Thomas Jefferson and Mid-South



District Executive Roger Comstock (MBA, Georgia State) and professional management consultant Paul Clipp (MBA, Harvard), with Mountain staff support from Dan King (graduate government and business school; J.D., Texas).

This weekend is an extension of our week-long Summer Leadership School for lay and professional congregational leaders. It is the first in a new series of advanced UU leadership modules which will be designed to provide a basis for certification in leadership development.

Cost for the weekend: \$99.

February 4-6 A&F: Re-discovering Our Creative Self Weekend #1: "Spirituality Through Creativity"

Join our staff for this joyful weekend - the first in our series of three. Rainstick- (You'll go into the forest and cut your own!) and mask-making will be all day workshops; drumming and dreamcatchers will be half-day modules. In the evening there will be dancing, utilizing the wonderful instruments and masks made during the day. Intended for adults: please call us 3 weeks in advance if you have a need to bring your children.

Cost for the weekend: \$99 (includes materials). Minimum of 15 participants.

February 25-27 TRANSFORMATIONS: Caring for Caregivers Training/Retreat

Gentle and compassionate self-discovery for persons who provide long-term or terminal care. Whether you are in the field of medicine or psychology, or are facing the realities of illness among family or friends (now or in the near future), this retreat will address the unique stresses of your situation. Our facilitator, Dr. Deborah Andrews, is a psychologist in private practice specializing in mind/body/holistic/transpersonal psychology. Andrews has studied with Ram Dass, Lawrence LeShan, the Simontons, and Elizabeth Kubler-Ross. She frequently lectures and provides workshops for hospital and hospice workers throughout the Midwest.

Cost for the weekend: \$103. Minimum of 20 participants. CEU's may be possible.

February 25-27 ADULT: Backpacking Weekend I: Winter Co-Ed

Join Ken Kortemeier and Laura Black for a weekend of backpacking in the crisp, cold winter wilderness. You'll learn the basics of cold weather camping, backpacking and safety in the forest. You'll "camp out" in the Dining Hall Lounge Friday, and stay in the woods on Saturday night. Ken and Laura are both experienced backpackers whose medical training and love of the wilderness will put the most inexperienced participants at ease. Please call Ken or Laura at the mountain if you have questions about equipment needs/rental.

Cost for the weekend: \$60. Minimum of 8 participants.

March 11-13 TRANSFORMATIONS: Living with Awareness & Compassion

This workshop will focus on finding ways to cultivate awareness, compassion, love, and joy in daily life.

Through various forms of meditation, prayer, silence, and discussions, participants will experience many different ways to nurture their hearts and spirits, allowing them to integrate into their daily life spiritual practices that fit their particular temperaments and life situations. Those who have tried to meditate in the past and failed are especially welcome. Our guide will be Dr. Arvid Straube, minister of Eno River UU Fellowship in Durham, NC. Arvid has studied with Thich Nhat Hanh and other spiritual guides.

Cost for the weekend: \$103. Minimum of 15 participants.

March 11-13 A&F: Re-discovering Our Creative Self Weekend #2: "Sounds Like Fun!"

The second in our series of Creative Self programs. We will make a variety of simple instruments, learn their history, and use them to make music in a "magnificent cacophony" on Saturday evening! Intergenerational - all ages are invited to join our staff in this playful weekend.

Cost for the weekend: \$99 (includes materials). Minimum of 15 participants.

March 25-27 A&F: *the mountain* Annual Meeting and *mountain* Rep Planning Weekend

We've moved our Annual Meeting to March! Mark your calendars for this tour of the "engine room" of the mountain. It's the one time in 1994 when you'll have a chance to see the inner workings of our "business." We'll review 1993 at the mountain and then look at our "evolving" new long-range plan for our programs, facilities, and finances. This is also our mountain Rep planning weekend, a time for members, Reps, and staff to get to know and re-know each other. And, who knows? - we might even schedule a little play time.

Cost for the weekend: Members \$76; non-Members \$99.

April 1-3 A&F: Easter on the mountain

Our traditional family Easter will be enhanced this year by a wonderful Easter-Eve concert, featuring our friends Lorraine and Bill Harouff, formerly of *Windfall*. We'll also dye eggs, enjoy the early spring beauty of *the mountain*, celebrate the season through worship and song - oh! and we have an Easter-egg hunt for children AND adults!

Cost for the weekend: \$107. Minimum of 15 participants.

April 1-3 A&F: Y.C. Counselors and Year-round mountain Staff Reunion

Come home, young and old. Renew good friendships, make new ones, and work (on a special 1/2-day project in exchange for 1/2 off your housing cost) and play together. Come see *the mountain* of today, which you have done so much to build, and we'll share with you our visions for *the mountain* of the future.

Cost for the weekend: \$80 (based on 1/2 day work exchange). Minimum of 15 participants.

April 15-17 A&F: Re-discovering Our Creative Self Weekend #3: "Stories!"

The final of our winter-spring Creative Self weekends will take us into stories: the writing and the telling of them. See the January calendar for details.

Cost for the weekend: \$107 (includes materials). Minimum of 10 participants.

April 29 - May 1 Young Adult Backpacking Weekend II

Staff member Laura Black will be your leader for this weekend of camping. You'll experience living with nature - without heavily impacting it - as well as gourmet wilderness cooking, exquisite views, and spring wildflowers. You'll "camp out" in one of our meeting rooms Friday, and stay in the woods on Saturday night. Laura, an experienced backpacker and trained EMT, will design the trip according to the needs of participants. All levels of experience are welcome. Join other young adults for this enriching weekend!

Cost for the weekend: \$60. Minimum of 8 participants.



July 11-15 Religious Education Week

The Rev. Joan Armstrong will again be our Dean in this exciting program which will serve both professional and lay religious educators throughout the continent. Although still in the planning stages, our intention is to focus on social justice in religious education; the UUA Departments of Religious Education and Social Justice are hoping to be involved. MRE's, DRE's, RE teachers and committee members are all invited. There will be whole-group experiences, video-taping, and "target" workshops to serve the variety of skills, interests and needs of participants. Also, parallel programming for children will be a major focus. Put this date on your calendar, congregations and districts will be invited to support attendance.

Cost for the week: \$239. Minimum of 20; maximum of 60 participants.

diversity
leadership
spirituality
earth partnership
intentional community



Registration Form

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HELP WANTED

Youth Camp: Been thinking about your summer plans? Have you considered summer employment at the mountain? We're looking for persons 17 and older to be counselors in our 1994 Youth Camp (June 4 - August 13). Must have honest, clear, communication style andemotional and physical stamina. First aid, CPR, and/or Lifesaving recommended. Applications will be available January 1, 1994 (Call the office) and are due March 1. Come to the mountain to grow, to gain friends and a lifetime home!

Dishwasher: We'd like to offer this position to a person who needs some space to think and grow. Could be a young adult in transition that would benefit from a 6, 9, or 12-month stay at the mountain. Dishwashing, cleanup, shelving, a little food prep. Contact Richard or KC at 704/ 526-4266.

Head Cook: Looking for good supervisor of/role-model for young people. Duties include washing dishes and scrubbing floors, as well as cooking. Must be physically able (on feet 8 hours/day). Sensitivity to vegetarian needs a must. Yearround position. Contact Richard or KC at 704/526-4266 Office Assistant: Applicant needs experience in answering telephones, good correspondence/keyboard skills, and an ability to interface with guests. Must be well-organized. Year-round position. Contact Jenny.

Bookkeeper: Basic PC/keyboard skills and accounting course or bookkeeping experience necessary. Accounting system experience and Lotus ability helpful. Year-round position, Contact Joc.

> The Mountain PO Box 1299 Highlands, NC 28741



PO Box 1299 * Highlands, NC 28741 (704) 526-4505 or 526-5838 (FAX) 526-2511





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