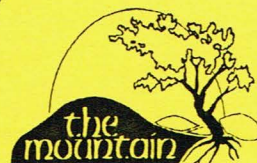


mountaincamp '97

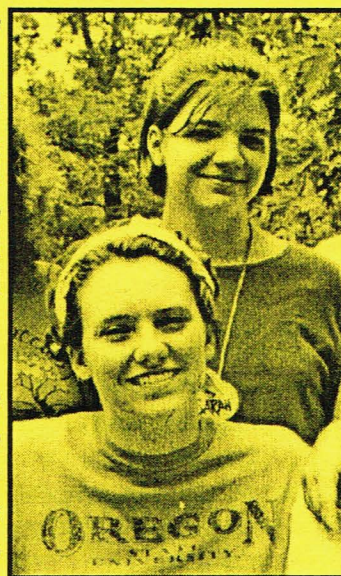


Greetings!

Writing at the end of October, it seems like camp is very far away. Nonetheless, we are very excited about **mountaincamp** 1997, and can't wait to return to **the mountain** once again. Like many of the campers, we keep returning summer after summer: what is it about **mountaincamp** that keeps people coming back year after year? Is it the majestic beauty of the Blue Ridge mountains? . . . the exciting adventure activities? . . . or just plain fun?

We find that while the setting is gorgeous, the adventures are exhilarating, and people have a great time, campers return to **mountaincamp** for the community. **mountaincamp** provides us with a sense of belonging and empowerment resulting from clear communication, group building, and the intentional expression of UU values. Campers new and old find their place while freely enjoying their individuality. Not all of our campers and staff are UUs, and that is exactly what we want—to be able to celebrate diversity. We strive to live honestly and openly our shared values and principles—and to provide a community in which persons of all ages, ethnic, and religious backgrounds are accepted and welcomed.

We also achieve this community through the structure of **mountaincamp**. We provide clear boundaries and opportunities for growth, a safe place for campers to challenge themselves and stretch out of their "comfort zones." We maintain a four-to-one camper to counselor ratio which ensures a supportive environment for campers to make good choices and work with others. Our activities are carefully planned to encourage creativity, learning, playfulness and self-esteem.



mountaincamp is a process, and every year we continue to learn and grow as individuals and as an institution. We are dedicated to maintaining **mountaincamp** traditions while working to develop exciting new elements and programs. For example, in order to better serve our youngest campers, we're running First Time Out Camp in August. We've also changed the eligibility of Elementary Campers to rising 3rd through 6th grades; we've found that rising 2nd graders really need to experience First Time Out for one week before taking the big "leap" into Elementary.

And one more innovation this year is that we have added a new camp to our summer programming: the Leadership School for Social Justice. Through this week long program senior high youth will engage more deeply in questions of social justice and learn about themselves and social action. We believe that this type of program is another way in which we can continue to ensure that **mountaincamp** meets the needs of youth.

We are already planning for all of the camp sessions as well, and are enthusiastic about creating another summer of beauty, adventures, fun and community! For us, coming to **the mountain** is like coming home. We look forward to welcoming you into our community.

Karen Kleiber and Sarah Walls
Youth Camp Coordinators, 1997

Karen & Sarah

First Time Out **mountaincamp**

(rising 1st thru 3rd grades)

August 3 - 9

\$333

First Time Out **mountaincamp** is designed especially for the initial away-from-home experience. This six day program (Sunday - Saturday) is organized around nature and ecological themes that appeal to most children in this developmental stage - animals, plants, earth, rocks, and water. The children live, eat, play and learn together. The program is based on active, hands-on, and mostly outdoor experiential activities under the guidance of well-trained staff.

Enrollment is limited to 20 campers.

Elementary **mountaincamp**

(rising 3rd thru 6th grades)

June 22 - July 5

\$664

Elementary **mountaincamp** is a two-week experience built around developmentally appropriate activities designed to provide significant growth opportunities and lay the foundation for enjoying outdoor experiences. In addition, the children are encouraged to further develop their interpersonal skills and spiritual understandings through cabin family councils, conflict resolution techniques, stories, vespers, role plays, a ministerial presence and counselor role-models. Activities include adventure and nature hikes, lake rafting, swimming, arts and crafts, overnight camping, rock sliding, basic rock climbing skills on our indoor climbing wall, singing and dancing.

Enrollment is limited to 75 campers.

Junior High **mountaincamp**

(rising 7th thru 9th grades)

July 6 - July 19

\$694

Junior High **mountaincamp** is a two-week camp for energetic and adventure-seeking early adolescents as well as for those who are not yet ready to be quite so adventuresome. In this camp, young people can explore many facets of life - physical, mental and spiritual - in a safe and caring environment. A wide variety of experiences are made available, guided by well-trained and caring counselors and staff. Campers are given opportunities to develop interpersonal skills and spiritual understandings through cabin family councils, conflict resolution techniques, stories, vespers and role plays. A ministerial presence, counselor role-models and workshops designed to tap creative instincts are all important aspects of Junior High Camp. Activities include lake and river rafting, swimming, arts and crafts, overnight camping, rock sliding, basic rock climbing on our indoor climbing wall and on the cliffs surrounding **the mountain**. As always, there will be singing, dancing and sports.

Enrollment is limited to 80 campers.

Work & Adventure **mountaincamp**

(rising 8th thru 12th grades)

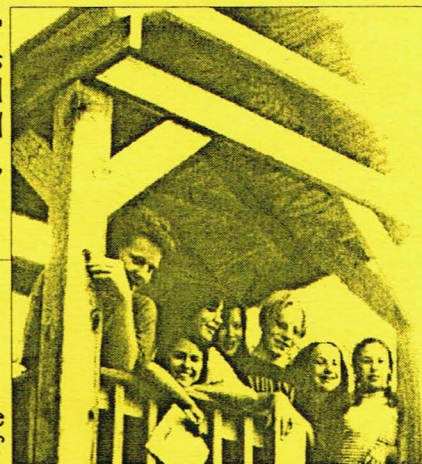
July 20 - August 2

\$639

Work & Adventure **mountaincamp** is a two week camp* for young people seeking to grow and become more comfortable in the out-of-doors and in the world of work, with an emphasis on "primitive" living (i.e. few showers)! Nine to twelve campers will be assisted by three experienced counselors in both the work and adventure phases of the camp. They will live in shelters at the base of **the mountain** while on-site and in lean-to covers while on the trail. Campers will spend one-half of camp participating in a quality work project designed to teach them skills and enhance **the mountain** and/or the neighboring community. The other half of their camp will be spent preparing for and experiencing trails, rivers and the cliffs. Campers have outdoor adventures that yield lifelong memories of shared experiences and challenges solved by personal and group effort. This program provides a safe and caring environment that builds a foundation for making the tough decisions ahead in life.

*Work & Adventure **mountaincamp** was three weeks in 1996.

Note: Junior High campers may choose to attend both Junior High & Work and Adventure **mountaincamps**.



Senior High mountaincamp

(rising 10th thru 12th grades & '97 graduates)

July 20 - August 2

\$694

This two-week camp is for older teens seeking knowledge of self and others. To assist in building the resources necessary for making life choices, Senior High campers explore many facets of life — physical, mental, and spiritual — in a safe and caring environment. Multiple levels of activities are offered for the novice, as well as the more experienced camper, including white water rafting, rock climbing, day and night hikes, earth education, challenge courses, and arts and crafts. Also, we respond to the eagerness of Senior High youth to understand and contribute to larger communities by offering a theme day and a work day. On theme day, campers participate in workshops and discussion groups focused on current issues. Work day allows the group to give back to **the mountain** and/or the surrounding community through cooperative service projects. Theme day, workday and the evening programs are designed by a group of teens, the "Spirits," selected by the campers in Senior High **mountaincamp** '96. Enrollment is limited to 80. The ASCENDER program is designed so that participants may also attend Senior High or Work & Adventure **mountaincamps**.



Leadership School for Social Justice

(rising 10th thru 12th grades & 97 graduates)

August 3 - August 9

\$343

This new program for Senior High youth will provide them with opportunities to explore and expand their leadership skills and discover ways in which they can impact their own communities.

The leadership school is completely different from the Senior High Camp experience. It will include workshops and activities on leadership, group building and social issues; speakers, a service project, and intense discussions. The success of the week will largely depend on the dedication and focus of the participants. It should be an exciting time for growing, bonding as a group, and learning. Participants will receive a document at the end of camp which will summarize the experience; this may serve as a reference for school or work.

Understandably, you may have questions about what this is all about since the Leadership School is brand new. Please feel free to contact the coordinators of the school, Sarah Walls at (910) 855-5949 or by e-mail at WALLSSL@rascal.guilford.edu or Karen Kleiber at (202) 237-8081. We look forward to getting to know you and growing together!
Enrollment is limited to 30.

Camperships

the mountain has a Scholarship Fund supported by donations and a percentage of **the mountain** Store sales. Most of these funds go toward camperships which provide limited financial assistance and are awarded based on need. The deadline for receipt of completed applications is March 1, 1997. For more information or to receive an application form, check the information request on the registration form or call or write **the mountain**.

Discounts

The following reductions in basic camp fees are available for 1997:

- ♦ Second Camp: \$50 (The same camper attending two different **mountaincamps**)
- ♦ Second Child: \$10 (Second child from one family, attending the same or different **mountaincamp**)
- ♦ Payment in full by December 31, 1996 \$20
- ♦ **mountain** Life Member: \$20

ASCENDER mountaincamp

All Summer Campers Exploring Nature's Delights & Experiencing Re-creation
(rising 10th thru 12th grades & 96 graduates)

June 15 - July 20

\$631

ASCENDER mountaincamp is a five week program for eight young people. Emphasis is upon experiences in group living, work, adventure, and personal growth. ASCENDERS live as a self-contained group guided by two mentors trained in problem-solving techniques and experiential learning. Each ASCENDER rotates through various departments within **the mountain** as an "apprentice" to qualified staff members who help the ASCENDER develop good work attitudes and behaviors. The ASCENDERS as a group decide on their weekly adventure. This might be a challenging hike, rafting on white water, climbing new pitches on different mountains, or even exploring new swimming holes. Personal growth is stimulated by all aspects of the program, including evening workshops on spiritual reflection, talks with interesting people on important topics, group initiatives and problem-solving activities. ASCENDERS grow in their work and interpersonal skills, decision-making capabilities and in knowledge of self. Participants are carefully chosen based on content of the application, letters and personal references as well as the applicant's age. It is expected that aspiring ASCENDERS will assure receipt of all these documents by the application deadline of February 1st.

Note: Given equal qualifications, older youth who will not have another opportunity to participate will be given first preference.

Counselors in Training mountaincamp

(rising 11th thru 12th grades & 97 graduates)

June 11 - August 2

\$881 (7½ weeks)

This 7½ week program is designed for young people who are interested in becoming camp counselors. Eight Counselors-in-Training (CITs) will be selected from those who apply. They will live with two mentors and have evening programs, outdoor skills training days, and days off together. CITs will work with their mentors and other experienced counselors to gain insight and skills and to build the foundation and confidence necessary to work with children and youth. They will go through our Counselor Training week with their mentors and then work as CITs for Elementary, Junior High and Senior High camps. Serving as a CIT is a rewarding and challenging opportunity which requires patience, good listening, conflict management skills, problem solving expertise, compassion, empathy, and considerable knowledge concerning the development of children and youth. Working on personal identity and interpersonal communications are equally important elements of the CIT training.

Note 1: CITs who were chosen to serve as Senior High Spirits will be able to do so. Given equal qualifications, older youth who will not have another opportunity to participate will be given first preference.

Note 2: For the first time since the inception of the CIT program, this year's participants will continue their training through Senior High Camp, allowing them to serve as leaders among their peers.



the mountain

PO Box 1299, Highlands, NC 28741-1299

(704) 526-5838 and 526-4505

FAX (704) 526-2511 mountain@dnet.net

DEADLINE

Deadline for camper registration

— for ANY of the **mountaincamps '97** —
is February 1, 1997

Spaces fill quickly so please don't delay registering.
Even if you were a **mountaincamper** in 1996
you are **NOT** guaranteed a space in the 1997
mountaincamp program.

Last year some camps were filled by Feb. 1st so—
REGISTER EARLY!!!

After Feb 1, give us a call—we may still have space.