

MountainCamp 1998



The Mountain Retreat & Learning Center • PO Box 1299 • Highlands, NC 28741
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When we think about **mountaincamp**, we are warmed by thoughts of this community. **mountaincamp** is an amazing experience which fosters belonging, acceptance, and a truly safe environment. It is our commitment to provide meaningful, quality experiences for all youth attending **mountain** programs. In keeping with our values, we treat each child with respect, kindness, and consideration, and we celebrate his or her individual gifts. A balance is maintained between establishing structure and boundaries to keep youth safe and creating opportunities for them to "test their wings."



"There is such a spirit of community and friendship at The Mountain that all of my usual barriers / place between myself and the world disappear as if they never existed."

"I really love the atmosphere here and how everyone is nice to each other and people don't gossip."

"It is the highlight of my year."

"It is an awesome place. I love the way it is run and the attitudes of everyone."



About **the mountain**

The experience...the difference...the potential!

The Mountain Retreat & Learning Center sits literally atop Little Scaly Mountain, four miles southwest of Highlands, NC. Surrounded by the Nantahala National Forest, with on-site hiking trails, lakes and breathtaking views of four states, there's space for adventure and quiet spots to contemplate and enjoy nature's beauty. However, **the mountain**, an independent affiliate of the Unitarian

Universalist Association, is more than a spectacular site in the Blue Ridge. Our mission is to embrace the diversities of life, creating an environment to energize people to work for positive change.

Creating Your Day at Mountaincamp...



7:00 am

You're living in a rustic cabin with 6 other campers and two counselors. You wake up, get dressed, and try to make it to breakfast early so the line won't be too long. After breakfast, you return to your cabin to listen to music (after much debate about what to play), pack your day pack, do your assigned cabin cleanup job and hang out! The cabin inspector comes (sometimes it's an ASCENDER dressed up in a zany costume) and tells you that you pass as long as the sink is cleaned again. You and some of your cabin-mates need to pack lunches for your trips so you hurry to the Dining Hall before Morning Circle. In the summer of 1998, **the mountain** is planning more trips to your favorite places, plus all campers in Jr. & Sr. High and Work & Adventure will have the opportunity to go whitewater rafting. And, as always, the evening whole-camp programs (with activities like story-telling by Lee Knight and the MountainQuest Fantasy Scavenger Hunt) are some of the best parts of the day!

APPALACHIAN
MUSIC

ROCK CLIMBING
Learn beginning climbing
on our indoor wall, or
challenge yourself on
our mountain's
own cliffs.

RAFTING

HOLCOMB CREEK
Hike to several
different
waterfalls,
play &
swim
in the water.

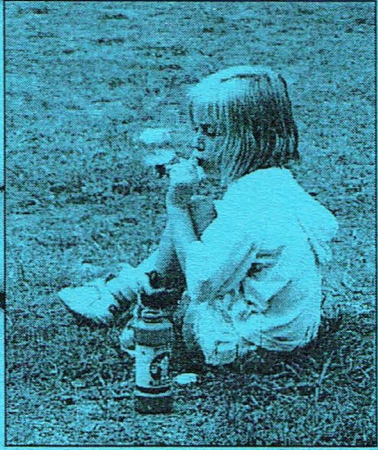
HIKING

THE CHALLENGE COURSE
Your group will work
together on trust activities
and figure out how to
conquer the obstacles the
ropes course offers.

NEW
GAMES

COFFEEHOUSE

ARTS AND CRAFTS
Hike down to
the Crafts
Barn. Make coil
and pinch pots
or your own
creation out of clay.



Beginning **mountaincamp**

Rising 1st through 3rd grades

August 2- 8, 1998 (\$342)

Beginning **mountaincamp** is designed for younger children for whom a week away from home is developmentally appropriate. This six day camp is organized around ecological themes that appeal to children in the early grades: animals, plants, earth, rocks and water. The program is based on active, hands-on and primarily outdoor experiential activities under the guidance of well-trained staff. Activities include: a visit to our local nature center, arts and crafts, rock sliding, a trip to the fish hatchery and hiking. Campers spend the week in activities as a group, becoming comfortable with their counselors, peers and **the mountain** setting. Beginning **mountaincamp** is

structured around the needs of its young participants: bedtime is 8:30 (with stories every night!), the counselor to camper ratio is higher than in our other camps and, because of its small size, Beginning **mountaincamp** is more flexible to the needs of campers. Peer groups and schedule remain consistent throughout the week, creating a safe and caring environment to explore and grow. Enrollment is limited to 24 campers. Please refer to the back of this brochure for registration instructions.



Senior High Leadership School for Social Justice

Rising 10th through 1998 graduates August 2 - 8, 1998 (\$342)

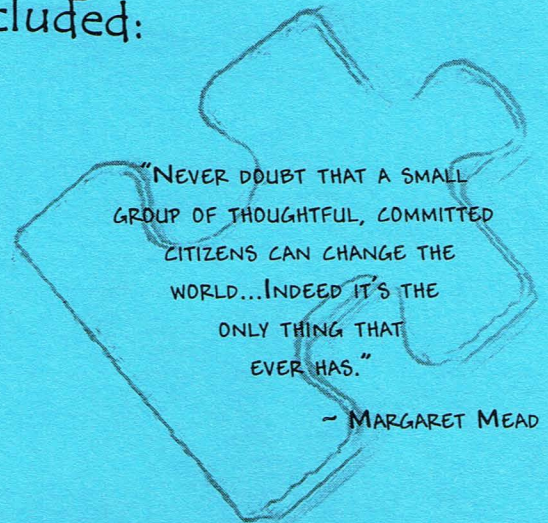
Senior High Leadership School for Social Justice lives up to its name. With workshops, on-site visits to a variety of social justice organizations and group building activities, we'll explore current social justice issues, including race, class, gender, environment, homelessness and the role of government. Participants gain an understanding of the issues, but, of equal importance, learn how to take ACTION. Leadership School for Social Justice includes training in the stages of social action, as well as ways to work for positive change. This program lends itself to the exploration of personal beliefs within the safe and supportive **mountain** community.

Leadership School for Social Justice 1998 will be similar to, but not the same as 1997. So those who attended last year will have new challenges in 1998! We may not visit the same organizations, but we will spend a day examining social action and social justice in Atlanta. We'll engage in lively discussions, workshops and, at the request of 1997 participants, more outdoor activities. Leadership School is an amazing opportunity to explore national and regional social justice issues and learn how to make a difference in your community! Enrollment is limited to 25 campers. Please refer to the back of this brochure for registration instructions.

For those thinking of attending
in '98, last year's activities included:

Lots of Thought-Provoking Activities

- ✧ Prejudice Reduction Workshop
- ✧ Film "Color of Fear" by Lee Mun Wah
- ✧ Stages of Social Action Workshop
- ✧ Role of Government in Social Issues Workshop
- ✧ Students' Rights Workshop
- ✧ Goal Setting and Plan of Action for Returning Home



✧
"I really loved spending time in the Ascender home with all the people, old friends and new. Students' Rights workshop, government workshop and how to organize a movement were awesome and so informative."
✧

"I think my favorite part of the week was going to Atlanta, because going to hear different people made me more aware of what I could personally do."
✧

A Day in Atlanta (visits that looked like this)

- ✧ *Task Force for the Homeless*, advocates for the homeless and provides connections to needed resources
- ✧ *Carter Center*, focuses on international social justice issues
- ✧ *Women's Resource Center* of Decatur, provides resources for battered/abused women
- ✧ *Meeting with Rev. Joan Armstrong*, pro-choice lobbyist in the Georgia State Legislature

NEW DATES!!

Junior High **mountaincamp**

Rising 7th through 9th grade

June 21 - July 4, 1998 (\$729)



Junior High **mountaincamp** is a two week camp for energetic and adventure-seeking youth. In this camp, young people can explore many facets of life - physical, mental, spiritual - in a safe and caring environment. Guided by our well-trained and caring staff, campers develop interpersonal skills and explore personal beliefs through cabin meetings, conflict resolution techniques, worship services and workshops. Adventure and group activities which promote self-confidence include lake and river rafting, overnight camping, rock sliding, rock climbing on our indoor climbing wall and the cliffs surrounding the mountain, hiking and arts and crafts. As always, there will be lots of singing, dancing and fun. Enrollment is limited to 90 campers. Please refer to the back of this brochure for registration instructions.

NEW DATES!!

Elementary **mountaincamp**

Rising 3rd through 6th grades July 5 - July 18, 1998 (\$709)

Elementary **mountaincamp** is a two week camp built around developmentally appropriate activities designed to provide significant growth opportunities and to lay the foundation for enjoying outdoor experiences. Children are encouraged to further develop their interpersonal skills and explore their personal and spiritual beliefs through cabin family councils, conflict resolution techniques, worship services, a ministerial presence and stories. Activities include adventure and nature hikes, gem mining, lake rafting, swimming, arts and crafts, overnight camping, rock sliding and basic rock climbing on our indoor climbing wall. As always, there will be lots of singing and dancing. Enrollment is limited to 65 campers. Please refer to the back of this brochure for registration instructions.

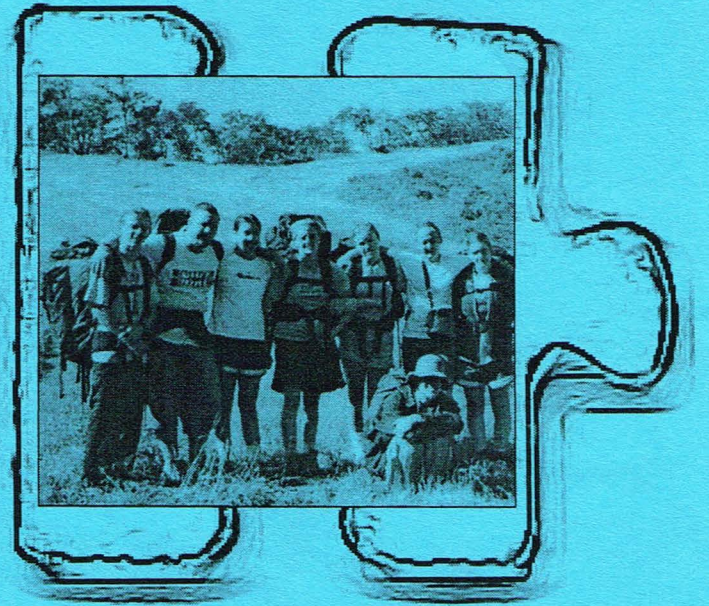


NEW DATES!!

Work & Adventure **mountaincamp**

Rising 8th through 12th grades
July 5 - July 18, 1998 (\$659)

Work & Adventure is a two week camp for young people seeking to experience adventure, enjoy nature and become more comfortable in the out-of-doors. Simple living is emphasized by spending two weeks without modern conveniences and with few showers. This is an opportunity for campers to learn about the natural world and explore their relationship with each other and the earth. Two groups of nine campers will each be guided by two mentors. The groups will spend four days on a work project here at **the mountain**, one day on group building activities using our challenge course, one day preparing and packing for the adventure segment of the program, one day rock climbing on **the mountain's** own cliffs, four days backpacking in the Pisgah National Forest and one day white water rafting on the Nantahala river. Campers' adventures yield life long memories of shared experiences and challenges solved by personal and group effort. Enrollment is limited to 18 campers. Please refer to the back of this brochure for registration instructions.



Senior High **mountaincamp**

Rising 10th through 1998 graduates July 19 - August 1, 1998 (\$729)

Senior High **mountaincamp** is a two week camp for older teens seeking an accepting peer community and a meaningful camp experience. Senior High campers explore many facets of life - physical, emotional, and spiritual - in a safe and caring environment, thereby building skills and resources to make necessary life choices. A wide variety of activities is offered in order to meet the different interests and experiences of our campers, including: lake and white water rafting, beginning and intermediate/advanced rock climbing, day and night hikes, earth education, group building through use of our challenge course, workshops (on anything from drumming to drama to juggling) and arts & crafts. Also, we respond to the eagerness of Senior High youth to understand and contribute to the larger community by offering a theme day and a work day. On theme day, campers participate in workshops focusing 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 and the evening programs are designed by a group of Senior High campers, known as the "Spirits," selected by the camp in Senior High **mountaincamp** 1997. Enrollment is limited to 90. Please refer to the back of this brochure for registration instructions.



All - Summer Programs

ASCENDER **mountaincamp**

All Summer Campers Exploring Nature's Delights & Experiencing Re-Creation
Rising 11th through 12th grades June 13 - July 18, 1998 (\$631)

ASCENDER **mountaincamp** is a five week program for young people interested in both group building and work experience. Nine ASCENDERS, selected from those who apply, live as a group with two mentors. This intentional community fosters the use of communication and conflict management skills. Personal growth is central to this program and past ASCENDERS tell us they come away with heightened sensitivity and awareness. The ASCENDERS gain work experience by rotating through various departments at **the mountain** as "apprentices" to qualified staff members. Through experience in the kitchen, the main office, youth camp, program implementation, housekeeping and maintenance, ASCENDERS learn to develop new skills, responsibility and independence. The ASCENDERS work 5 days a week, with 2 days set aside each week for group building and adventure activities, including challenging hikes, white water rafting, rock climbing or another **mountain** activity. Most past ASCENDERS have attended both the ASCENDER program and Senior High **mountaincamp**. See below for application instructions.

Counselor-In-Training (CIT) **mountaincamp**

Rising 12th through 1998 graduates June 13 - August 1, 1998 (\$890)

CIT **mountaincamp** is a seven week program for young people interested in working with youth, gaining communication skills and becoming camp counselors. Eight CITs, selected from those who apply, live as a group with their two mentors. They will work on counseling, conflict resolution, self-awareness and programming skills. CITs spend their first week in counselor training, both within their group and with the counselors. They then work as CITs for Junior High, Elementary and Senior High camps, in which they are assigned to cabins and camp activities 5 days a week. CITs have one day off each week, as well as one trip training day which focuses on building hard adventure skills. CITs are responsible for planning field day and an evening program for both the Junior High and Elementary camps. Serving as a CIT is a rewarding and challenging opportunity which requires patience, conflict management skills, compassion, empathy and the commitment to working with youth. See below for application instructions.

Application Information

- An application (not a registration form) is needed to apply to be an ASCENDER or CIT. Please contact Karen Kleiber, Director of Youth Programs (704-526-5838 ext. 234) to request an application.
- References are required by the deadline; please make sure that we receive them on time. Allow plenty of time to complete your application so that it is a quality expression of yourself. Applications may be handwritten, typed or tape recorded. Selection is based on the application and references, NOT on prior **mountain** experience. In 1997, we received twice as many applications as we could accept. The content of your application and references are VERY important in the selection process.
- ASCENDERS usually attend Senior High Camp after their program finishes. In order to attend Senior High Camp, ASCENDER applicants (including those accepted) must register separately. CIT applicants who are not accepted into the CIT program will have a space held for them in Senior High Camp. However, they forfeit that space if it is not accepted within one week following CIT selections.
- If you are accepted to the CIT or ASCENDER program, the \$150 deposit is due within one week of acceptance.

Instructions for Registration

FOR ALL 1998 CAMPS:

- Fill out a registration form (1 copy enclosed) for each camper for each camp s/he will attend. For example, if your camper is attending both Junior High Camp and Work & Adventure, make a copy and fill out one registration form for Junior High Camp and one for Work & Adventure.
- Enclose your non-refundable deposit of \$150.00 per camp with your registration forms. We cannot process your registration without a deposit.
- After we receive your registration and deposit, we will send you a confirmation packet. Please fill out and return all pre-arrival forms by May 15, 1998.
- FULL PAYMENT FOR CAMP IS DUE ON MAY 15, 1998 along with your forms. If payment in full is not received by May 15 and we have people on our waitlist for that camp, we will notify you and then cancel your registration. If you cancel after May 15, after full payment is received, you will receive a 50% refund IF IT IS AT LEAST FOUR WEEKS BEFORE THE START DATE OF THAT CAMP SESSION. This policy is the result of a number of last minute cancellations and "no shows" in past summers. This resulted in some campers being turned away because camps were apparently full. Our hope is that this new policy will enable us to be clear about our enrollment numbers and pass on space openings earlier to campers who want to attend camp.
- Youth Camps are often filled by February 1st. PLEASE REGISTER EARLY! If we receive your registration after a camp session is full, we will contact you immediately, and, if you choose, place your name on the waitlist and hold your deposit. If you choose to remain on the waitlist, you will be informed if a space becomes available. If a space opens and you choose not to take it, your deposit is subject to the regular deposit refund policy. If no space becomes available, you will be refunded your full deposit. You can remove your name from the waitlist at anytime before a space becomes available, and receive a refund of your full deposit. We encourage you to place your child's name on the waitlist because spaces do frequently open.
- If you are in need of financial assistance in paying for camp, please request a Campership Application. You can apply before or after you register for camp, however, a registration and deposit are required to reserve a space in camp. THE DEADLINE FOR RECEIPT OF COMPLETED CAMPSHIP APPLICATIONS IS MARCH 1, 1998. In case of additional financial need, please contact us about a payment plan.
- The following discounts apply in 1998:
 - 1) \$50.00 off basic fees if your child attends two or more **mountaincamps** (excluding one-week camps).
 - 2) \$10.00 discount for each additional child that attends **mountaincamp**.
 - 3) \$20.00 discount if we receive payment in full by December 31, 1997.
 - 4) \$20.00 discount if you are a Life Member of **the mountain**.
- If your child is attending more than one camp session, our supervised stay-over program is available free-of-charge. However, you need to register for this service. You will receive a "Camp Stay-Over Registration" form with your confirmation packet. Please return this form by May 15, 1998 along with your other pre-arrival forms if you would like your child to stay in our care in between sessions.
- If you are planning to stay overnight at **the mountain** when dropping-off or picking-up your child, please be sure to call ahead to make reservations.