

The Mountain Retreat & Learning Center

PROGRAM

CALENDAR

Spring - Summer 1999



Embracing the diversity of life,
creating an environment to energize people to work for positive change.



The **Mountain Retreat and Learning Center** rests at 4200 feet atop Little Scaly Mountain, near Highlands, NC. Celebrating our 20th anniversary this year, our campus has evolved and expanded into a year-round learning center committed to actively participate in the creation of a society transformed . . . a society which affirms mercy and justice for all, promotes equal rights and removes oppression, and enhances the delicate balance between humanity and nature.

Situated in a virgin grove of white oaks dated at over 400 hundred years old, the trees serve as a reminder of our connection to each other, our families, society and the world. Your *experience* of our programs, the natural beauty of our mountain, the emphasis on community and a feeling of homecoming will make a *difference* in your life immediately; and we hope it will energize you to take what you have learned back to your community and activate your own *potential* to work for positive change.

the experience . . . the difference . . . the potential

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Conference Center More than just Meeting Space

Did you know? The Mountain provides meeting space and program support for retreats, seminars, board meetings, family reunions and more! While some groups provide their own programming, The Mountain also offers a wide variety of workshops and outdoor adventure programming to match the interests and needs of your group. We can accommodate groups as large as 150 to as small as 10; audiovisual equipment is provided. Be sure to check out the story on our **Challenge Ropes Course** on page 5; it's a catalyst for team building, leadership skills and increased confidence!

To reserve Conference Center space, call Celeste Dickson (ext. 228).

Mountain Programs

Mountain Programs are open to everyone, and are designed and implemented by Mountain staff in partnership with local and nationally-known faculty. You can participate in **African Drum and Dance Camp, Fourth of July Fun Camp, Christmas on The Mountain** and **Millennium on The Mountain**...check out our calendar for more offerings.

February

- 4-7 Mountain Board of Trustees Meeting
- 5-7 UU Metro Atlanta North Board Meeting
- 12-15 Atlanta Knitting Guild Retreat
- 19-21 Spiritual Awareness Retreat
- 26-27 **Jr. High Youth CONFERENCE**

March

- 12-14 Northwest UU Women's Retreat
- 14-19 **Elderhostel**
- 18-21 **Spring African Drum and Dance Retreat**
- 19-21 L:EAP! - Milestone Learning Center Program
- 21-26 **Elderhostel**
- 26-28 Mountain Spirit Weekend
- 26-28 Southeast PhotoEducator's Retreat
- 26-28 Mountain Ambassador Weekend
- 28-02 **Elderhostel**

April

- 05-08 SEUUMA (SE UU Ministers Association)
- 09-10 Spiritual Awareness #2
- 09-10 UUCA Spring Fling
- 09-10 Augusta UU Retreat
- 11-16 **Elderhostel**
- 15-18 Charleston UU Retreat
- 16-18 St. Mark Methodist Men's Retreat
- 16-18 Ens and Outs Volunteer Work Weekend
- 16-18 Gay Spirit Visions Spring Retreat
- 18-23 **Elderhostel**
- 20-22 Enviro-Scope: Anderson Montessori
- 23-25 Lesbian Weekend
- 25-30 **Elderhostel**
- 28-01 Enviro-Scope: Project Challenge
- 30-02 Hendersonville UU Retreat
- 30-02 Winston-Salem UU Retreat

May

- 03-05 Enviro-Scope: Spartanburg District 3
- 07-08 Enviro-Scope: Project Challenge
- 09-14 **Elderhostel**
- 10-12 Enviro-Scope: Montessori of Anderson
- 12-16 **WomenSpirit Retreat**
- 16-21 **Elderhostel**
- 20-23 Enviro-Scope: Girl Scouts Pines of Carolina
- 23-28 **Elderhostel**
- 28-30 Annual Mountain Board Meeting
- 28-30 Endowment Board Meeting
- 28-31 Memorial Day Member's Weekend
- 30-05 Milestone Senior High Leadership School

Calendar At A Glance

June

- 04-06 Spiritual Awareness #3
- 06-11 **Elderhostel**
- 09-13 Gainesville UU Retreat
- 11-13 Women's A.A. Retreat
- 13-18 **Elderhostel**
- 13/99 **Ascender Program**
- 18/99 Counselor's In Training arrive
- 20-03 **Junior High Camp**
- 25-27 Gwinnett UU Board Retreat

July

- 02-08 **July 4th Vacation Week**
- 02-04 **July 4th Holiday Celebration**
- 04-17 **Elementary Camp and Work & Adventure**
- 11-17 **Religious Education Week**
- 17/99 Ascender Program ends
- 18-31 **Senior High Camp**
- 24-25 Mountain Leadership School Faculty Retreat
- 25-31 **Mountain Leadership School**

August

- 01-06 **Intergenerational Elderhostel**
- 01-07 **Beginning Camp**
- 01-07 **Senior High Leadership School**
- 05-08 TJ District UU Board Meeting
- 08-13 **Elderhostel**
- 08-14 Anglican Heritage Camp
- 15-20 **Elderhostel**
- 20-22 **African Drum and Dance Retreat**
- 20-22 Mountain Board Meeting
- 20-22 Board of Friends Meeting
- 20-22 Mountain Ambassadors Weekend
- 22-27 **Elderhostel**
- 27-29 **Creating the Magic of Wolfson X**
- 29-03 **Elderhostel**

September

- 03-06 **Labor Day Weekend -
Official 20th Anniversary Celebration**



Note: Programs in bold print are open to the public. Call The Mountain Office for more information and a detailed brochure - (828) 526-5838 Ext 201.

African Drum and Dance Camps

March 18 - 21 and August 20 - 22

A perennial favorite at The Mountain! **Chuck Cogliandro, Aisha and Mohammed Diaby, Kevin Munro** and **Dan Schaufele** return to share their experience and percussive energy with drummers and dancers of all ages and abilities. Beginning, Intermediate and Advanced drumming classes will be offered as well as a separate track of classes for children and youth. Group drum circles bring everyone together, and weather permitting, we'll drum for the stars around the campfire. Call to receive a detailed brochure on our 2 and 3 night options, and to reserve a drum if you need one.



Creating the Magic of Wolfsong X

August 27th-29th, 1999

Indigenous people have always held councils for peace. Wolfsong is the manifestation of a dream by Grandmother Twylah Hurd Nitsch, Clan Mother of the Seneca Wolf Clan. She created this series of ten councils as a forum for Indigenous Elders to share wisdom with people of ALL NATIONS throughout the world.

The teachings of the Wolf began in the Second World, when Wolves became the Trailblazers. The Wolves were the examples. These lessons have withstood countless times in countless places. Humankind recognized a truth threaded through the Wolf World; an energy that supported truth. It was called Love. A goal was established by linking love to truth and then to Peace. To this day, Wolves' hearts have touched humankind and their dog descendents carry this connection.

Since then, Native People have taught what the Wolf exemplifies, by establishing Wolf Clans. Wolf Clan Teachings have spread throughout the world. Since Wolf is

4 Embracing the diversity of life, creating an environment to energize people to work for positive change.

Twentieth Anniversary Celebrations

May 28 - 31 and September 03 - 06

We are having two events to celebrate the 20th anniversary. Each event will feature slide shows, tours of The Mountain, a special 20 year report, music, play, good food and time to rekindle old friendships. Join us for:

Memorial Day Weekend - May 28-31

(Annual Meeting & Member's Weekend)

Members and Trustees (past and present) will be special honorees at this weekend.

Labor Day Weekend - September 03-06

Staff members from the past 20 years will be honored.

4th of July Vacation Week

July 2 - 8

Come for the 3-day weekend or stay all week. The 4th of July weekend will be busy with lake activities, our new and exciting challenge course, crafts, field games and worship services. Stay for the week and enjoy trips to a rock slide, hikes to some of our special places, rafting or tubing on mountainous streams. The week is open to singles and families. Call for a brochure and/or to register.



nearly an endangered species, there's an ancient prophecy that states: "So long as there are Wolves, humankind shall survive."

In 1970, Maude Shongo Hurd founded a non-profit teaching organization called the Seneca Indian Historical Society. This society enthusiastically supports other groups whose endeavors unite peace through Wolfsong. Wolfsong gatherings began in 1991 and have continued yearly in places all over the world.

Wolves sing from their hearts

Da Naho, Nyah Weh Swenio!

[It is said, thank you Great Mystery!]

The world will hear Wolfsong X, the 1999 council, from our mountaintop. Call for more information and pricing.

Religious Education Week

July 11 - 17

Every year The Mountain offers a week-long program for the religious educators in our UU congregations, reflecting our commitment to youth and their leaders. Teachers, DRE's and RE Chairpersons from all over the southeast come to be re-energized through networking, training, workshops, worship, and being treated to some well-deserved "R&R." As congregations realize the value of keeping their religious educators up-to-date and energized, more and more demonstrate their commitment by sending their religious educators to this program.

RE Week '99 is July 11-17. It will be jam-packed full of workshops, focus groups, meetings, worship, and the usual Mountain fun and music. The featured program is the Renaissance Module on Curriculum, specially adapted to address multi cultural inclusivity in teaching our youth. Jacqui James and Helen Zidowecki will be leading the Module. Concurrent with adult programming will be a morning program of activities and afternoon arts/crafts for the children.



Building Teams, Building Communities

Challenge Course programs are one of the fastest growing and most popular team building tools offered today. These programs present unique adventure experiences in natural settings designed to develop interpersonal skills. Activities utilize a network of ropes, beams, cables, swings, pulleys, and initiative games to enable participants to visualize the strengths and weaknesses of their group. This insight creates a more effective way of getting the job done. It also serves as a constructive forum where friendships are enhanced, and co-workers, family, and friends can learn more about themselves and each other.

A 1999 expansion will almost double the number of low course elements we have and build a new high challenge course on telephone poles, about 30-40 feet off the ground. The uniqueness of the high course is that it consists of tandem elements, requiring two people to work together toward success.

If you are part of a group coming to The Mountain, consider utilizing the challenge course. It will offer your group a chance to "learn by doing" in a setting and situation different from a classroom, church or work place. People of all ages, shapes and sizes will find the activity a rewarding, growth experience. The mountain staff will specifically design each group's experience to meet the distinct needs of the group. We will provide your group challenging, safe opportunities for building confidence, communication and self-respect.

I was very impressed with the programs and facilities there, the dedication of the staff and the Mission Statement. This is truly a unique and magnificent place!
Dick Stoufer,
program participant

The spirit of The Mountain is incarnate in your staff. They are truly lovely, generous people who appear to pursue the idea of inclusivity. They obviously love what they do...we can see it and benefit by it.
'98 Elderhostel
participant

The setting is so perfect. The isolation removes us from our day to day "order" of our lives and allows us to step more readily into a different pattern and way of doing things. The beauty taps the reverence and sacredness of the world and reminds us why we do this work.
Qiyamah A. Rahman,
Leadership School
Participant



Adventures in Learning – new ideas are for life.

This year The Mountain will offer twenty-four program weeks for those seeking fun, community and education. Our Elderhostel programs have been bringing us dynamic, vibrant participants from diverse backgrounds and locations since 1983. Hostellers spend five days and nights sharing interesting classes, delicious meals, exciting field trips and that unbeatable mountain experience, including a concert by the Quartet. For more detailed information about Elderhostel programs, call The Mountain office and ask for the spring and fall Elderhostel brochures. Participants must be 55+ years of age, or attend with someone who is.

Elderhostel at The Mountain Spring – 1999

March 14 – 19 \$345
 Mark Twain: The Wit and Social Comment of America's Favorite Storyteller with Bill Lawrence
 Many Shades of the Blue and Gray: The Immigrant Influence of the Civil War with John Carr
 Tai Chi Chih: Joy Through Movement with Marylin McGinnis

March 21 – 26 \$345
Theme Week – Appalachia: A Place Called Home
 Appalachian Homesteading: The People Who Settled the Mountains with Bill Hooks
 "O, What a Turbill Affair!" The Civil War in Western North Carolina with Jim Taylor
 Banjos, Ballads and Bad Men: Stories of a Mountain People with Sheila Kay Adams

March 28 – April 2 \$345
 Reaching for the Stars: Astronomy For Everyone with Gene Byrd
 Mountaintops and Valleys of the Southern Appalachia with George Ellison
 Land, Land, My Land: The Scots-Irish Migration to Southern Appalachia with Flora MacDonald Gammon

April 11 – 16 \$345
 Natural History of the Southern Appalachians with George Ellison
 The Foreign Policy Game: How and Why it's Played with Francis Underhill
 The Habitable Planet Now and Forever: A Social and Ethical Dilemma with John Cairns

April 18 – 23 \$345
Theme Week – Downhome Appalachia
 Appalachian Homesteading: The People Who Settled The Mountains with Bill Hooks
 Southern Appalachian Splendor: High Vistas and Valleys with George Ellison
 Downhome Appalachia: History and Culture as Told Through Music with Lee Knight

April 25 – 30 \$345
 Wildflowers of The Southern Appalachians with Murray Evans
 Banjos, Ballads and Bad Men: Stories of a Mountain People with Sheila Kay Adams
 "O, What A Turbill Affair!": The Civil War in Western North Carolina with Jim Taylor

May 9 – 14 \$345
Theme Week – The Nature & Nurture of Appalachia: A Week for Women Only
 Granny Woman Wisdom: Foraging and Folklore with Ila Hatter
 At Granny's Knee: Stories and Songs of Appalachia with Sheila Kay Adams
 Printing From Nature: Mother Nature's Gifts with Julie Sibley

May 16 – 21 \$345
 The End of Media Ethics with Bill Moore
 Southern Appalachian Folklore and Culture with Lee Knight
 Whittlin' In The Appalachians with Joe Macialek

May 23 – 28 \$345
 The Millennium Craze: Great Expectations and Societal Transformations with Garry Tisdale
 A Place Called Sodom: Stories of a Mountain People with Sheila Kay Adams
 Appalachian Woodcraft with Joe Macialek

June 6 – 11 \$350
Theme Week - Wealth of the Appalachians
 with George Ellison and Lee Knight

June 13 – 18 \$370
Theme Week - An Appalachian Adventure
 with Lee Knight, Doris Gove and The Mountain Adventure Staff

Registration and Catalog Information

- Register or request a catalog through Elderhostel's toll free number: (877) 426-8056
- Register and visit the Elderhostel catalog online at www.elderhostel.org
- Elderhostel catalogs are available at every public library

Elderhostel at The Mountain Fall - 1999

August 1 - 6		\$370/\$325
Mountain Adventure for Grandparents & Grandchildren with Doris Gove, Lee Knight & The Mountain Adventure Staff		
August 8 - 13	Theme Week - Wealth of the Appalachians	\$350
with George Ellison and Lee Knight		
August 15 - 20	Theme Week - Appalachian Adventure!	\$370
with Lee Knight, George Ellison and The Mountain Adventure Staff		
August 22 - 27	Theme Week - Appalachia Past and Present	\$350
Appalachian Homesteading: The People Who Settled the Mountains with Bill Hooks Appalachian Culture Through Musical Traditions with Anne Lough Healthy Hiking on the Appalachian Trail with Neal Andreae		
August 29 - September 3		\$425
Paddles, Packs and Boots: Appalachian White Water and Hiking Adventure with Doris Gove, Lee Knight and The Mountain Adventure Staff		
September 5 - 10		\$345
The Cold Warriors: A Study of the Central Intelligence Agency with Joseph "Joe" Smith Banjos, Ballads and Bad Men: Stories of a Mountain People with Sheila Kay Adams Tai Chi Chuan: The Gentle Way to Health and Happiness with Richard Bonsteel		
September 12 - 17	Theme Week - Down Home Appalachia	\$345
Southern Appalachian Homesteading: The People and Their Mountains with Bill Hooks Fall Wildflowers and Fruits of the Southern Highlands with George Ellison Down Home Appalachia: History and Culture as Told Through Music with Lee Knight		
September 26 - October 1		\$370
Exploring Appalachia: An Adventure For Active Women with Doris Gove and The Mountain Staff		
October 3 - 8		\$345
Fall Wildflowers and Fruits of the Southern Appalachians with George Ellison The Amazing Zebulon Vance: The Life of a Southern Statesman with Bill Moore The World of Emily Dickinson: Her Poetry and Her Family with Candace Ridington		
October 10 - 15		\$350
Autumn Colors Up Close: Hiking in the Beautiful Blue Ridge with Neal Andreae Banjos, Ballads and Bad Men: Stories of a Mountain People with Sheila Kay Adams Genetic Engineering: Methods, Ethics and Politics with Joan Lorch		
October 17 - 22		\$345
Autumnfest: Fall Colors, Wildflowers & Fruits of the Southern Appalachians with George Ellison Bravehearts and Bonnie Princes: Scotland's History and Culture Through Music with Flora MacDonald Gammon Tai Chi Chuan: The Gentle Way to Health and Happiness with Richard Bonsteel		
October 24 - 29		\$345
The Media and the Decline of Ethics with Bill Moore The Gifts of Trees with Ila Hatter Tai Chi Chuan: Philosophy and Practice of a Gentle Exercise with Richard Bonsteel		
October 31 - November 5	Theme Week - Appalachian Homeland	\$345
Cherokee History, Culture and Ongoing Traditions with George Ellison Mountain People, Yesterday and Today with Sheila Kay Adams Civil War in the Mountains, "O, What a Turbill Affair!" with Jim Taylor		

*Sunshine, bright
blue sky, leaves
of every shade,
so like the leaves
are those on
The Mountain
marveling at the
beauty.*

*Four hundred year
old oaks and
acorns for future
generations share
sunshine and
soft breezes with
trees in full color
and forty women
and men in the
autumn of their
lives.*

*These too have
experienced
times of drought
and storms,
seasons of
growth and
dormancy now
revealing the
beauty that comes
from within in a
burst of zest for
life, joy, compas-
sion and accep-
tance savoring
each moment
before gently
wafting into the
unknown.*

*Thanks for a
meaningful
experience.*

Carol Pastore
Elderhostel,
October 25-30, 1998

Milestone Learning Center

Ethics in Pursuit of Socioeconomic Justice through Leadership Development

Milestone Learning Center is a non-profit organization working to effect positive change through education, training and service learning. Launched in 1998 under the umbrella of Mountain Retreat & Learning Center, Inc., Milestone programs focus on leadership development; justice & social awareness; youth empowerment; and learning how to learn together. Milestone programs and practices reflect belief in the inherent worth and dignity of every person and a commitment to serving diverse populations. Our goal is to incite the active practice of ethical behavior in people of all ages.

Currently on the Milestone calendar are three different programs, all focusing on youth and young adults.

L:EAP!

(Leadership: Ethical Action Program)

L:EAP! creates a partnership between Milestone and a coalition of senior high youth groups in particular geographic locations. L:EAP! provides leadership training, skill building and group work, and tools for social action. Faculty experts and staff allow youth to become aware of a spectrum of social issues. Significant attention is paid to articulating personal values, acting on those values through the creation of standards of behavior, and understanding the impact of individual behaviors on the group. Utilizing the skills and tools gained in L:EAP! and with the guidance of participating local adults, the group researches their own community to identify a needed service project which they will design and implement together. This challenging program requires youth to collaborate, negotiate and set measurable goals. Each L:EAP! program is responsive to the needs each participating groups.



Senior High Leadership School for Social Justice

Senior High Leadership Schools are offered in a variety of formats. Our annual program is scheduled after senior high MountainCamp during the first week of August. For the 1998 school, many congregations recognized the value of the program and provided funds to send one or more of their younger members. This served as a means of supporting their youth in both leadership development and social awareness. In addition to the August week, other programs will be offered due to the growing interest from specific faith groups to have schools of their own at different times of the year. Milestone staff will be shaping various modules according to the needs of particular groups. Some programs will be as short as a weekend in the hometown of the group and others will come to the Mountain for two to 14 days. The themes will also vary based on the interests of the students involved.

REFUEL

(Residential Education For Unique Experiential Learning)

REFUEL is a residency program for young adults in transition that focuses on personal growth and community involvement. For more information, please see the REFUEL article on the next page.

If you are aware of individuals or groups who might be interested in Milestone programs, please contact the Staff: **Jill Allison**, Youth (ext. 234); **Brian Horvitz**, Funding (ext. 226); **Sarah Walls**, Young Adults (ext. 241); **Shelley Denham**, Chair (ext. 224).



The Mountain Retreat & Learning Center, Inc.

PO Box 1299 Highlands, NC 28741 (828) 526-5838 Fax (828) 526-2511

e-mail: mountain@dnet.net web site: <http://themountain.uua.org/mountain/>



REFUEL

Residential Education For Unique Experiential Learning



Fall '99 Session August 29 – December 18

Many young adults (18 and older) find themselves stumped by the limited traditional options after high school. College isn't always a good fit and the idea of living at home and finding a minimum wage job isn't appealing either. Community, learning opportunities and new challenges are important and are available in REFUEL's alternative approach to education.

REFUEL (Residential Education For Unique Experiential Learning) is a Milestone Learning Center, Inc. program for young adults in transition. The REFUEL experience is well-rounded, incorporating different components including community service, apprenticeships, academics focusing on social issues, career and therapeutic counseling, outdoor adventure and leadership training. Young adults are provided with the space and support to recognize and work toward their potential. In this challenging program, students are expected to work on themselves as well as gain a greater awareness of the larger community and society.

One of the ways that students are encouraged to examine community and social issues is through the academic curriculum, "Journey to Action." Regardless of their future paths, all REFUEL participants will continue to be confronted with social realities. Utilizing readings, films, field trips and discussions, students are challenged to not only clarify their values, but also to be able to articulate them. The Journey to Action series provides a safe forum to discuss tough issues. The series not only sharpens students' academic skills but also provides them the tools and information required to incorporate social awareness into their daily living.



Sarah Walls is the mentor and coordinator for the REFUEL program. Applications for the Fall

'99 session are currently being accepted and the review process will begin in March. For more information, call **Sarah** at (ext. 241).

I learned how to respect others, how to communicate and a lot about social issues.

I gained self-confidence and self love.

I learned how to communicate and find peace within myself.

I feel confident enough now to face the world head on and I know matter what direction I take after REFUEL, I will be forever changed.

Keturah Orr
Class of '98

When I finished my two-year degree, I needed a place I could feel comfortable enough to develop some long-term educational and career goals. REFUEL gave me time to think things through, and challenged me to keep learning.

Cory Anser
Class of '98



Twenty Years on The Mountain!

The Mountain is celebrating its 20th birthday! In the mid-1970's, a small group involved in the leadership of the Southeast Unitarian Universalist Summer Institute (SUUSI) began a discussion about how their children loved SUUSI, regretting that it was only a one week experience. They thought a UU summer camp was needed for their children. In 1977 the Camp and Conference Center Committee was born, as an offshoot of the SUUSI board.

Following extensive research on market support and site location, the committee, and the SUUSI Board, convened to tour the facility on April 7, 1979. After deliberations, they voted to make an offer to buy the property. The Mountain's 20 year history is chronicled in text, pictures and momentos on display in Heritage Hall. If you look closely, you can even find childhood pictures of current staff members who spent their summers at the very camp the committee envisioned.

Over these 20 years, The Mountain has grown into a year-round Retreat and Learning Center. Our campus boasts a modern, two story recreation hall with meeting and play space; a comfortable Lodge; on-site Dining Hall; and renovated cabins. Learning opportunities abound for youth, adults, families and seniors alike. We're excited to be moving into the new millenium as a multi-faith, multi-cultural Learning Center. Join us!



At the Base of Little Scaly

Why is it called The Mountain? Because our campus encompasses the whole of Little Scaly mountain. Although much of the attention goes to "the top" of our property, we also have a lot to do at "**the bottom**"! Old friends will be happy to hear of our Summer 1999 plan for the Bottom. For the first (swimming) lake, we are building new docks and a platform, creating a sandy beach for the young swimmer's area, buying playaks, and refurbishing our whitewater equipment. The dam in the second lake will be repaired which should result in clearer water for the lower lake. A walkway with railing is under construction from the road up to and around both lakes. At the third lake, a unique bog will be created for environmental education and general enjoyment. Our Challenge Course is also being upgraded (see story on page 5). A roofed pavilion will be constructed at the site of the old tennis court, and the Crafts Barn will be painted inside and out as well as getting some skylights and partial winterization.

Volunteer Program

Immerse yourself in The Mountain experience by volunteering. It's the perfect way to deepen your interaction with the daily round of life here "up Top", with the staff who make this mountain their home, and with other guests. Call **Robert E. Smith** (ext. 227) to find out more.

Mountain Membership

Join with us in fulfilling our Vision to actively participate in the creation of a society transformed — a society which affirms mercy and justice for all, promotes equal rights and removes oppression, and enhances the delicate balance between humanity and nature. You can become a Member of The Mountain (a 501(c)(3) tax exempt not-for-profit organization) and support our facility maintenance and improvement. Your investment allows us to continue offering quality programming to the public that is focused on embracing the diversity of life, creating an environment to energize people to work for positive change. Membership entitles you to various discounts in program fees and recognition gifts; and when you give to The Mountain, your primary benefit is the knowledge that you are supporting a special place that is striving to make a difference in the world. For more information, call **Larry Wheeler** (ext. 230).

Accommodations

Come see our new look! To increase your comfort during your stay, we have completed many renovations (all with a vigilant eye to environmental stewardship). Cabins 12-20 have been renovated; a new water system was put in; the deck off Heritage Hall was enlarged (formerly known as the Dining Hall Lounge). We also removed the road down to Cabins 1-4 and replaced it with a golf cart lane to lessen the impact of cars on our delicate ecosystem. Staff will shuttle you and your luggage in our golf carts which are also available to assist those with mobility limitations. Cabin 20 now boasts near-total accessibility, with a wheelchair ramp and bigger bathroom with accessible facilities.

The Lodge offers 12 rooms with twin beds, private baths and large airy windows. Half of the rooms offer views of the Blue Valley. The Lodge is generally reserved for adults.

Private bath cabins are duplex style with a bedroom and bath on each side. Both sides open onto a common porch with rocking chairs and views of the valley.

Shared bath cabins have two configurations. One type accommodates up to eight with two bedrooms, a common living or sleeping room and one bath. Our former bunkhouses have been reconstructed from rustic summer cabins to bright, comfortable, year-round space. These cabins have one bath, a common sleeping area for up to eight, a small bedroom for two and a porch overlooking the valley. Renovations have been extensive, including new porches, insulation and heating systems, and personal storage space.

Meeting Spaces

The Mountain has a variety of meeting spaces, ranging from our "Tree House" (which seats up to 125 and includes a stage and climbing wall) down to the Light Room which seats 15. We also have two pianos, a sound system, and audio-visual equipment to make your board meeting, staff retreat or family reunion a success! As always, our meeting spaces have complimentary coffee service.

Pricing

The Mountain strives to keep prices affordable while maintaining the quality of experience that you expect. Much more than a place to sleep, The Mountain offers life-impacting programming and staff-guest interaction that makes you feel at home. This year, we have returned to a high/low season rate structure to encourage you to experience our spectacular winters; have lowered prices for family programming packages; and as always, offer special rates to schools, youth and young adult programs.

Scholarships

Scholarship Funds are available for youth, adults and families in need. To apply, please send a letter with your registration specifying your need. Up to 50% of a total program fee may be requested. If you would like to donate to our scholarship fund, please send your donation to the Development Office with your name an address, and be sure to specify "Scholarship Fund".

Drop-In Guests

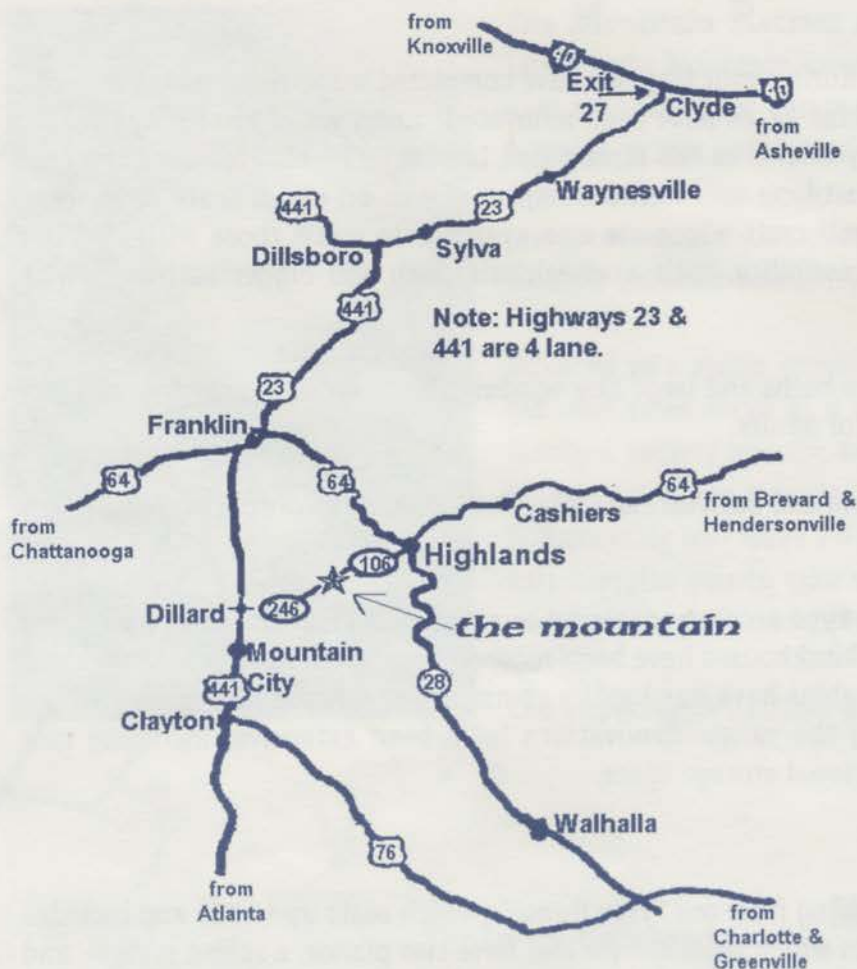
You don't have to sign up for a program to try out The Mountain! Our community welcomes you at any time. Ask about our special discounts for multiple night stays! Call our office for a reservation for a night, a weekend or a week.

Dear Kitchen Staff:

Thank you for the warm and friendly atmosphere with which you surrounded me during my recent visit. I enjoyed working with you and was impressed with your great work ethic and dedication to The Mountain. I'll be back in August!

Beth Rene' Roepnack

volunteer dish washer and college professor



Travel Information

The Mountain is located on NC 106 (Dillard Road) and is 4 miles southwest of Highlands, NC. Our recommended route is from Dillard, GA. At the Dillard traffic light, turn east from US 23/441 onto GA Hwy 246 (NC 106). Our entrance is 10 miles on the right from the Dillard stoplight, just over a hill-top. When you see the Lick Log Mill store, you are close; our entrance is just over the next big hill.



The Mountain Retreat & Learning Center, Inc.

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(828) 526-5838 Fax (828) 526-2511
e-mail: mountain@dnet.net

web site: <http://themountain.uua.org/mountain/>

Highlands, NC 28741
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RETREAT & LEARNING CENTER, INC.

THE MOUNTAIN

