# HIGHLANDS CAMP AND CONFERENCE CENTER

841 Highway 106 Highlands, N.C. 28741 704-526-5838 July/August 1988

# RESERVE SPACE NOW FOR FALL PROGRAMS!

## Choose Your Fun Creative Leisure Week August 21 - 27

Can't stand the heat? Come on up and enjoy our mean summer temperature of 68°. Choose your own pleasure during Creative Leisure Week. Dangle your feet in cold mountain streams, wear out a rocking chair or take part in our activities.

Nancy Shaw will offer "Easy Does It," a course in hatha yoga, gentle stretching and relaxing techniques and nutrition. Nancy also will lead early morning bird walks and afternoon nature hikes.

Natalia Taylor, assistant crafts director and a recent graduate of the art department at Oberlin College, will offer a variety of crafts including basketry, leather crafting, tie-dyeing and more. Minister of the Week will be Rev. Roger Cowan of the First Unitarian Church of Miami, who will offer evening vespers and Sunday services.

A special trip to Cherokee will be offered which includes a picnic dinner, tour of the museum and attendance for "Unto These Hills," an outdoor play about the Cherokee Indian Trail of Tears. A small additional fee will be charged for this event.

Cost for this flexible, fun-filled week of relaxation is $285 per person.



**We're saving these spaces for you during Creative Leisure Week.**



## Join Us for Labor Day... Friends, Fun and Folksinging

Labor Day Weekend is one of the most popular times at The Mountain. This year we have a big bonus to offer...a Sunday evening performance by Windfall, one of the most creative, talented and energentic folksinging groups around.

Windfall defines their performance as "an unexpected pleasure; piece of good fortune," and many UUs who have seen them perform at SUUSI will agree. Their music and group interaction are certain to add a spark of excitement to the Labor Day celebration.

You can look forward to the traditional Mountain Pig Roast on Saturday afternoon and a festive fall party and dance (planned by Barbara Bowles, with special treats from the kitchen staff) on Saturday night. Daytime activities include plenty of hiking, a day trip to Three Forks with picnic, swimming and hiking, and an exciting raft trip down the Nantahala.

Youth programming and child care will be provided. Plenty to do for families, singles and seniors. Labor Day Weekend includes September 2-5. However, if you'd like to come early or stay later, just let us know. Program fee is $21 for the weekend. Rafting is optional at $20 per person.

## A Weekend Just For Men September 30-October 2

Last year's Men's Retreat received such positive reviews from participants that it's being repeated. Dr. Bill Sutton, consultant inclinical and forensic psychology, will lead the group of no more than 15 men in themes such as "Re-connecting With Our Fathers" and "Who Was That Masked Man?"

Be sure to register early for this very special weekend for and about men. It will be a time of exploration and sharing. September 30 through October 2. Cost for the weekend is $100 per person.

## Gay Men's Gathering November 18-20

A weekend of worship, celebration of the Gay sub-culture, and exploration of UU principles that support self-identities will be led by Will Main, minister of the UU Fellowship in Blacksburg, Virginia.

This gathering is planned for a small group for whom being a Unitarian Universalist is a special part of their self-identity. Call or write for more information.

THE MOUNTAIN
HIGHLANDS CAMP & CONFERENCE CENTER
841 Highway 106
Highlands, NC 28741

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# DIRECTOR'S CORNER

Dr. Gary Blaine

An executive who is a great believer in efficiency hung up a sign in his office. It read, "Do It Now." Within twenty-four hours, the cashier bolted with the contents of the safe, his stenographer eloped with his eldest son, the office boy threw the ink bottle into the electric fan, and the whole office force took the afternoon off.

There are days like that at The Mountain, especially in the height of our summer camp. A vehicle breaks down out in the middle of nowhere with 40 guests on board, a guest is angry because we didn't serve blueberry oatmeal cake all week, the compressor in the walk-in freezer dies at a cost of $1200, there is a massive meltdown of computers due to an electrical storm, it rains everyday all day, and a staff member informs me that I have offended his "Unitarian" sensibilities because of my commitment to the concept of servant ministry.

Yep, all of those kinds of things happen and many more. You cannot be in this kind of ministry if you are not able to take failure, mistakes, criticism, frustrated goals, and breakdowns in stride. I am continually encouraging Mountain staff to practice Edwin Friedman's "non anxious presence."

More importantly, there are many reasons why all of this is worthwhile. I think of the emotionally disturbed child who finds the love and acceptance she did not find in her "Christian" church. Another example is the tired, progressive politician who soaked up the calm beauty of The Mountain's rivers, trees and community.

The heritage of Unitarian Universalism is more deeply imbedded in hundreds of young people because of The Mountain. Leadership School at The Mountain has a waiting list because we offer quality training. We enjoy a fine reputation in the Elderhostel community because of our program offerings and hospitality. The Ministry of The Mountain is expanding to include increased numbers of handicapped people; we will be offering program opportunities to the gay and lesbian communities. One of my goals is to help The Mountain community to be more racially and culturally inclusive.

I know The Mountain's staff sometimes seems a little flustered, preoccupied, and always on the run. Please be patient with us. We are about the ministry of fixing broken pipes, comforting the tired and lonely, creating an opportunity for personal growth, repairing of leaky roof, mending all kinds of fences, protecting and keeping our children safe, and exploring new places to hike as well as new dimensions of spiritual awareness.

Love and Peace,

Gary



Gary

## A Real Ooom-Pa-Pa Oktoberfest Weekend

Bratwurst, beer tasting, polkas, lederhosen...all mixed in with the vibrant colors of fall in the Blue Ridges. Add plenty of outdoor activities (blue skies and sunshine on order) and UU friendships, and you have one of The Mountain's finest weekend programs - Oktoberfest.

We'll have five of Germany's finest beers to taste (A separate, adult activity), and a lively band for the Saturday night dance.

Put October 7-9 on your calendar and give us a call to reserve your space. In fact, why not get a group of your favorite people together to spend this exciting weekend at The Mountain. Come early or stay late to enjoy some mountain sightseeing.

Child care and youth programs will be provided during Oktoberfest weekend.

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## Water Savings Campaign Results Released

Highlands, North Carolina...June 15, 1988. The Mountain has just released the results of their four year water conservation and pollution control campaign.

"With a few simple measures we were able to cut our water consumption by about two-thirds, saving nearly three quarters of a million gallons of water per year," said Ed Heath, operations manager.

"The average water consumption for a typical household is 150 gallons per person per day; for a facility such as ours it's about 75 gallons per person per day. With the installation of low flush toilets and low flow shower heads, and an educational orientation for our guests, we have cut water cunsumption to between 22 and 40 gallons per person per day," he explained.

The Mountain started the conservation program because it is a high-use center on top of a 4200 foot mountain with a septic system embedded in rock. "We are concerned with both conserving water and solving pollution problems in this region," said Heath, "and our measures have been highly effective."

The Mountain's staff has gradually replaced all conventional toilets, which require four to five gallons per flush, with low flush commodes that use only one quart of water per flush. New, low flow shower heads have reduced the normal shower consumption of 30 gallons to about ten gallons, with no noticable difference in water flow.

"The water saving devices have also reduced the effiunce in our septic system, thus ensuring that pollution of nearby streams, lakes and reservoirs does not occur," Heath reported.

## Marriage Enrichment and Instructor Training Offered October 14-16

Early this year Dr. Mike Lillibridge presented his Marriage Enrichment Workshop at The Mountain. It was such a huge success that we've invited him to come back. And this time he'll add instructor training to the agenda.

The 2½ day course is for couples who are committed to building a more successful and lasting love relationship. It gives a practical approach and skills that can be put into use immediately.

The five-step model used in the course includes developing self-esteem, romantic love, the power trap, emotional intimacy and mature love. Within that structure, some of the issues to be covered are critical interpersonal skills, resolving conflicts, achieving sexual compatibility and learning to have fun together.

Other topics will include ingredients of a successful marriage, why marriages fail, how to make a long-term relationship work and rejuvenating the feelings of romance.

Attendees who wish to become certified instructors in the Marriage Enrichment-Growing Closer program will add 1½ days of instructor training to the above course.

Dr. Lillibridge is a licensed psychologist and marriage and family counselor with 15 years of clinical exprelence. The author of three books, he has also published a set of 12 half-hour cassettes designed for marital enrichment which will be given to each participating couple.

Evaluations from the last Marriage Enrichment workshop at The Mountain noted that the material was delivered with personality, humor and high energy. "He (Dr. Lillibridge) gave us practical examples and techniques to help make our relationship better," according to one participant.

Total cost for the 2½ day course is $275/couple, $127/single; total cost for instructor training is $495/couple, $365/single. You can register by calling 704-526-5838 and sending a $75 deposit per person.

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## Senior High Weekend October 21-23

Whether you're new to The Mountain and want to know what it's like, or an "old timer" camper, Senior High Weekend will be awesome.

Music, hikes, jamming and plenty of healthy food will add to the pleasure of seeing your friends or getting to know The Mountain. Cost for the weekend is $64 per person. It's free for any adult counselor attending with five or more youth. Contact your youth counselor, or call or write us for more information.

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## UU Convocation... October 30-November 5

When the chill comes to The Mountain air, the wind blows and the leaves flutter, enjoy a week of stimulating Unitarian Universalist ideas and theology.

Leaders John Burciaga, minister of the Unitarian Universalist Church of Clearwater, and Bill Hammond, Minister Emeritus of the Unitarian Universalist Church of Asheville, will present their ideas and lead discussions.

John's topic will center around "Living our Religious Values" with special attention to the meaning of religion to UUs, UUs and gods, half-gods and no-gods; UUs and the Bible, prayer, religious language and relationship to other religious groups; spirituality in a humanistic religion, and more.

Bill's program will be a series of lectures/discussions based on "The Gospels and Christian Origins." This highly acclaimed group of lectures is basically a demonstration of how the liberal Bible scholars operate and a sharing of some of their conclusions.

So, come join some of the most interesting Unitarian Universalist thinkers for a week of bliss...good company, time for intellectual and spiritual growth, fine food, exercise and crisp mountain air.

Reserve your space now for the week of October 30-November 5. Why not call someone else whom you think will enjoy the program...share the experience! Cost for the week is $275 per person.

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A Letter From Home! - Catherine Crum, youth camp counselor, helps six to eight year old campers with their mail from home. Seventeen children enjoyed their week-long camping experience this summer at The Mountain.

## Team Building Course Offered at The Mountain December 5 - 8

A productive, cohesive, spirited team doesn't just "happen." Teamwork is a developmental process that grows through skilled leadership.

If you're in a postion of team leadership, or would like to be, this two and a half day workshop will give you the tools to guide your group through the steps toward success. Use these skills in large and small groups in all arenas ... religious, athletic, medical, educational, political or business. Timothy A. Tehan, Ph.D. is the leader. He is a psychologist in practice in Tampa, Florida both in clinical and consulting areas. He will focus on how to understand the stages of group development, how to assess the current status of your group, how to manage conflict and the key steps in developing a cohesive team.

Call us or send for our flyer that describes this course in more detail.



## REGISTRATION FORM

Program (if applicable)_____

Name _____ Youth _____ age ____ sex ____

Address _____ _____ age ____ sex ____

City _____ State _____ Zip ____ _____ age ____ sex ____

Phone _____ _____ age ____ sex ____

Date arriving _____ First meal (B-L-D)
Date departing _____ Last meal (B-L-D)

Rooming Request: (give 1st, 2nd and 3rd choices)

Category I _____ Category II _____ Category III _____

| winterized semi-private/pri. $18/adult/night | winterized shared $15/adult/night | unwinterized semi-private/shared $11/adult/night |
|---|---|---|

Are you a life member of The Mountain? Yes _____ No _____

Roommate preference(s) _____

Special dietary needs:
vegetarian? _____ chicken/turkey? _____ fish? _____

Other needs (include physical or medical) _____

Food cost/day/age: $18/10 & under; $12.50/6-10; $6.50/4-1; FREE/0-3

Your total cost is based on Room plus Board plus Program Fee if applicable.

Deposit Required: $25/adult on weekend or drop-in visits
$15/adult on weekday visits

____ Enclosed is my check for $40 for Annual Membership

____ Please send me information about Life Membership

METHOD OF PAYMENT: ____ check ____ Visa ____ MasterCard

Total amount _____

Credit Card Number _____

Expiration Date (month and year) _____

Signature _____

## DEVELOPMENT CORNER

by Dean Zuch

**1988** is another year which is expected to bring surprises for financial planning. In this column I want to discuss some of the tax saving options you have for giving to The Mountain and other non-profit organizations.

**CASH:** This is the form of giving used by most people. As long as you itemize your deductions, cash gifts may still be deducted in the year the gift is made up to 50% of your adjusted gross income.

How much you save in taxes depends on your tax rate and other factors. As a rule, the higher your tax rate, the greater your savings. For example: Let's assume you are in the 28% tax bracket and you are planning a gift of $1,000. Under 1988 tax rules, your deduction will save you $280 in taxes (28% of the $1,000). In effect you can give $1,000 for a cost to you of only $720.

**NON-CASH GIFTS:** Contributions of non-cash items such as real estate, mutual funds, and stocks may help you make a larger gift with less tax bite.

If you are considering giving a piece of property which has increased in value and qualifies as a long-term property, the best solution will probably be to give the property to The Mountain outright.

A gift of the property to The Mountain allows you to avoid capital gain tax payable if you sold the property. You may also be able to take a deduction of the full value.

Consider the following example: You want to make a $2,500 gift. The original cost of the stock was $1,000. Selling the stock, paying capital gain tax and giving the proceeds to The Mountain will result in an after tax cost to you of $2,170 (original cost plus capital gain tax).

By giving the stock outright to The Mountain, you avoid the capital gain tax. The resulting cost to you is only $1,180.

**LONG TERM GIVING:** Wills - By adding a codicil to your present will you can make contributions to The Mountain. Gifts of specific property can be left or you may choose to give a percentage of your estate or even the "residue" of your estate.

Your attorney can help you plan the best kind of bequest for your situation.

Life Insurance - There are many ways you can give through life insurance and commercial annuities.

You can give a policy you already have outright, assign the dividends as a gift, or name The Mountain as a charitable beneficiary for part or all of the proceeds. There are tax benefits for many insurance gifts. Ask your insurance agent for more details.

Your attorney, accountant or financial advisor can help you explore the ways of giving to The Mountain which can reduce your taxes. Contact me if you would like to discuss a gift you may be considering.

**TAX TIP:** If you expect to pay taxes at lower rates in the future because of retirement or reduced income, consider giving more now. The higher your curent tax rate, the more you will save from each deduction.

## Photography Workshops Set For August And September

Southeast Center for the Arts, an Atlanta based professional photography school, will offer three workshops on The Mountain this August and September.

August 22-26
Designed for the beginner, this workshop will feature classroom sessions and five days of shooting in the field with instructor Russ Regnery. Students will need a 35mm or larger format camera that can be set to a fully manual light metering mode. Tuition for the 5 days is $295.

August 26-28
Macro photography with Richard Green. Basic principles of close-up photography will be discussed and demonstrated. Cost for the weekend is $185.

September 23-25
Fall colors in the North Carolina Mountains - a fabulous weekend enjoying and photographing the changing seasons. This is the 11th anniversary of this most popular SCA workshop. Richard Green and Russ Regnery will lead discussions and offer one-on-one field shooting instruction. Cost for the weekend is $195.

TO REGISTER FOR THESE PROGRAMS contact Neil or Jeanne Chaput at SCA, 1935 Cliff Valley Way, Atlanta, GA 30329 (404) 633-1998.



## Ascenders Organize MountainCamp Quilt Project

"It's going to be an extraordinary quilt!" says Catherine Crum, co-leader for the ascender program. Catherine and Jason Eckhart are working with the nine ascenders to design and quilt enough squares to make a king-size quilt depicting various activities and experiences from MountainCamp.

"Once we complete the squares," explained Catherine, "the Mountain's staff and guests will sew it together into a quilt, and it will be sold to the highest bidder to raise money for our new facilities at the base of the mountain."

Anyone interested in helping with the MountainCamp Quilt Project when they come to The Mountain this winter, please bring your needle, a few "yarns" to tell and a sense of humor to share!

## WANT ADS

We need you on our team.

### Data Entry/Mailing Volunteer Needed

If you'd like to exchange your services for a vacation at The Mountain, please call Karla at 704-526-5838.

### Carpet Installer Needed

If you are an expert at carpet installation and have your own tools, we'd like to make a deal. The office needs recarpeting. We'll exchange room and board - a vacation at The Mountain - for your services. Please call Karla at 704-526-5838.

### Maintenance Assistant Needed

Full time person needed to assist with maintenance work at The Mountain. Must be strong, healthy and willing to do all kinds of chores related to camp upkeep. Send resume or call Dr. Gary Blaine at 704-526-5838.

### Kitchen Assistant Needed

Full time person needed to assist food service director. Must be at least 18. Responsibilities include food preparation and serving, cleaning and care of kitchen and equipment and dining room. Send resume or call Dr. Gary Blaine at 704-526-5838.



## Survey Results Soon

We would like to extend our appreciation to all those who took time to fill out and return the survey questionnaire sent to 1200 members, past or present. We have had almost a 30 percent response. Of course, this means the compilation will take some time since each and every response is being tabulated. Watch the newsletters for an article on the final results of the survey.

Mountain
nature rising
towers over the plain.
We reflect, climb up and down again
aspire.

*by David Moore*
*Kanawha Valley UU Fellowship*
*Charleston, WV*



Carol Graves Joins Development Staff-
Welcome to Carol, who joined The Mountain's staff in June. Carol's background is in advertising, PR and marketing communications. She is working with Dean Zuch in the development office and will be doing promotion and public relations for The Mountain.

Carol is a patron of The Mountain and is a Charter Life Member. She and her family - Matt and Erin - moved from Atlanta to a log cabin on Mirror Lake in Highlands.

**YES! I'll become an annual member of the Mountain.**

_____ Enclosed is $40 for an individual membership
_____ Enclosed is $80 for a dual membership

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Gifts to The Mountain are tax deductible.