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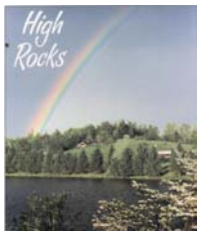
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High Rocks

*The Only Source for
What's Happening*

December, 1996

*Edited by
Don Gentle:*



Around the Rocks

Here we go again! As of today there is only 50 days until opening day of camp! It's hard to believe the summer is over already. We have two groups coming to camp in the next couple of weeks, which should help us get camp in gear for the summer.

This past winter was particularly mild, with only one real storm. Sumner Williams has been real busy helping us with trail maintenance. That one winter storm brought a great deal of ice that stayed on the trees for a week! Needless to say, we had a lot of limbs to clean up. When you come to camp you'll notice the wonderful landscaping that came out of all the chipped up trees. It was quite a mess. Never mind that, it's time to get excited about the summer!

High Rocks is enjoying another summer of diversity, reaching full capacity once again. We have campers from as far away as Germany and Sacramento, CA with over of 120 cities in 23 different states represented. Hopefully, the popularity is a direct correlation to our quality of program.

Good Press

High Rocks was recently featured in an article in Family Life Magazine highlighting some of America's best camps. The article explained some of the qualities to look for when choosing a summer camp and Camp High Rocks was one of 30 to get noted for its quality program.

Staff Training

1997 will mark the fourth year of our *Training for Outdoor Educators*. Each May we offer several courses relating to adventure programs in Outdoor Education. Many of the area camps and outdoor professionals will participate one of the 15 courses offered. The courses include:

- Wilderness Medical Associates, Wilderness First Responder
- WMA, Wilderness First Aid
- American Canoe Association, Whitewater Open Canoe Instructor
- ACA, Whitewater Kayak Instructor
- Technical Rock Rescue Training
- Rock Climbing Site Instructor Training
- High Ropes Course Facilitator

- Group Initiative Facilitator
- Mountain Bike Instructor

The courses are offered to all current High Rocks staff as well as the general public. If you are a High Rocks Staff member and have not yet registered, be sure to get in touch with Don Gentle regarding this free training.

Camper News

We've received several letters from campers this winter. The letters are very helpful and interesting. We enjoy to here what you all are up to for the other 11 months out of the year. Thanks again. Remember to send us any noteworthy news so that we may spotlight you in the newsletter.

Jim Warren has started his own e-mail newsletter called the Green and White. It contains snappy information about his town as along with anything else on his mind. You can reach him at fiasco1@juno.com to become a member.

Food for Thought

Most of what I really needed to know about how to live, and what to do, and how to be I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sandbox at nursery school. These are things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that are not yours. Say you're sorry when you hurt someone. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some. Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands and stick together.

Robert Fulgham

Staff News

We have heard from many of our staff in the last couple of months. Thanks to all of you who keep us informed about your events. Everyone we have talked to seems to be doing fine.

Brad Carter has sent us a few notes this winter. He has spent the last six months climbing in places like Hueco Tanks, Red Rocks, and many other places out west. He is currently in Yosemite until late May where he plans to do as many big walls as possible.

Jamie O'Donnell, Franklin Sames, and Allen Todd have packed up for the winter. Jamie will be staying out west this summer to work for an expedition program. Allen has taken off to Italy until June, and we haven't heard from Franklin. If you have any sightings of him be sure to tell him to call.

Jamie Collins is still in Medical School, his first semester was real rough, but he is doing better now.

August Expeditions

This year's trip to Moab, UT is looking to be very exciting. So far six campers have registered for the excursion to one of the worlds most famous mountain biking areas! Moab, UT is nestled between beautiful Canyon Lands and Arches National Parks.

The group, headed up by Chad Harding and Jim Fox, will spend a total of 11 days riding trails and visiting awesome sites. If anyone is interested, there are still a couple of spots available. Contact anyone at camp for more details.

Plans for 1998 include a return to the climbing playground of Yosemite, as well as a canoe camping expedition to Canada's Algonquin Park. Once again,

any camper or former camper who will be 14 or older by September 1st, is eligible for the trip. If you have questions or would like material about the trips, be sure to give us a call.

The Internet

Don't forget about our Internet site. We continue to update it often with more information as well as neat sites for campers. Parents can also use it as a resource. There are lots of helpful reminders including the entire parents guide online! The address once again is

<http://www.highrocks.com>

Our e-mail has also been up in the air. Be sure to use the following address:

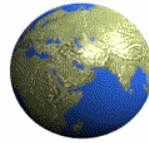
mail@highrocks.com

If you plan on sending email this summer to a camper, simply type the campers name the @highrocks.com. (i.e. [Mark Birdsong@highrocks.com](mailto:Mark_Birdsong@highrocks.com)). Please note there is a \$.75 fee for e-mail and it will only be checked once a day.

Be sure to send us your new e-mail address if we do not have it or it has changed recently.

What's New

Jim has been very busy this winter updating camp this winter. He has just about finished all the bathroom upgrades in Pinnacle and Hillside for the summer. He continues to help out with the finishing touches on the water system. Everyone will enjoy the new appearance these cabins as well as increased water pressure in all the bathrooms!



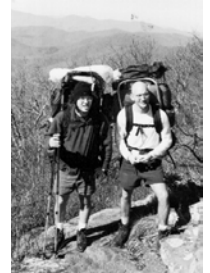
As we approach the summer we continue to decide on more gear for our program. For all you paddling types, we have recently purchased two new solo canoes (Dagger, Rivals) and several new C-1's.

Neal and Rob's Adventure

Hats off to Rob "Gripper Man" Cleveland ('93, '94) and Neal "Crusty" Binder ('94). If you remember these two crazy High Rocks staff, you will be happy to know they are currently registered as through hikers on the Appalachian Trail. They started their journey in Springer Mountain, GA on February 1st and headed north on their 2,159-mile trek. So far so cold, but things are going well. If you would like to find out about pictures, current journals, and information (i.e. how you can drop them a letter of enthusiasm) check out their Internet site at:

<http://www.arches.uga.edu/~kramer/hike.html>

If you do not have Internet access, give us a call, we'll let you know how to reach them.



Fall Programming

Don't forget High Rocks also offers quality programs for Schools all over the Southeast in the spring and fall. If you think your school may be interested be sure to get in touch with us. We offer all sorts of programs ranging from a single day to an entire week. Generally, our focus is on experiential learning and personal challenge.

1997 Summer Staff

Here is the moment you have all been waiting for. Yes, this is the current list of new and returning staff for the summer of 1997.

☐ Indicates new staff members for 1997

Hank Birdsong- With over twenty years of experience working with children in camp settings, including Outward Bound and Discovery, Hank provides camp with a rich background of knowledge and technical skill. A UNC- Chapel Hill graduate with a degree in Recreational Administration, in his free time he enjoys rock climbing; with past ascents including El Capitan and Half Dome in Yosemite, CA.

Townsend Birdsong- Born and raised at camp (her parents built and ran High Rocks for the first 30 years), Townsend has camping in her blood. A graduate of UNC- Greensboro in Nursing, she has chosen horseback riding as her specialty. This year will mark the tenth summer for the Birdsongs to be running camp.

☐

Judah Bugal- A rising sophomore at St. Petersburg junior college. Judah will be working as a canoeing and kayaking instructor this year. He has experience leading middle school kids in outdoor experiences.

Brad Carter- A UT-Knoxville graduate in theater, Brad is looking towards a career in outdoor education. He will head up our climbing staff this year and share his skills and experience gained from several trips out west to Yosemite and the Rocky Mountains. This will be Brad's third year on the High Rocks staff.

Vera Cohen- Referred to us by the great Audrey Dawson, Vera comes to us once again from Charleston, South Carolina. She has many years of experience with children. Most recently she worked with the Charleston County Parks and Rec. summer lunch program.

Chris Curtin- Currently attending Appalachian State University, Chris will be on our climbing staff for the third year. He has had extensive outdoor experience in our local region, having grown up only two hours away. Chris has been climbing most of the winter whenever he can.

Audrey Dawson- Once again, we'll have some amazing food from our super cook Audrey. Known for her breads, her lasagna, and her wonderful good nature, Audrey will lead up our kitchen staff for her sixth year in a row.

Jim Fox- Back for his sixth summer, Jim brings a multitude of talents to High Rocks. He is skilled in canoeing, rock climbing, ropes courses, mountain biking to name a few. His vast experience from Western Carolina Univ.'s outdoor program, ranging from biking to paddling to climbing, has been an invaluable source of ideas and experience. It is great to have him back.

Jason Frayer- Jason transferred to ASU from Georgia College this year, he has a multitude of outdoor experience and will be instructing climbing once again this summer. He has traveled extensively in the states and abroad.

Terrell Garrard- Terrell is one of those steady camp folk; we count on her year after year for her humor, her love of working with kids, and her relaxed nature. She'll be heading up a super barn staff, taking time out from her life down in Madison, Ga. Terrell began coming to Camp as a camper in 1958- the first year of camp.

Don Gentle- Coming back for his fourth summer, Don has spent the last two winters working at camp. He'll be filling in as program director this summer. His background includes a Master's degree from Ohio Univ. in Physical Education majoring in Outdoor Recreation.

Chad Harding- Chad has been working hard year round as the staff coordinator and will return for his fourth summer at High Rocks. He has BA from UT Knoxville with a degree in architecture.

Jack Igelman- Jack is returning for his second summer on climbing staff. Jack has currently been working at the Charlotte Outdoor Center working with youth groups as well as leading and building high ropes courses. He is a graduate from Clemson and Montana State.

Perry Johnson- A rising senior at Randolph Macon's Women College majoring in Political Science/ Economics, Perry has grown up with a love for horses. A camper herself for many years, Perry looks forward to passing on her skills and knowledge to our young riders. 1997 is Perry's third year at High Rocks. She has spent the last year studying abroad in England.

Mark Lattin- A graduate of Univ. of Kentucky having majored in Biology, Mark re-joins our mountaineering staff for his third year on staff. Mark's previous experience includes being a counselor at a YMCA camp in Owensboro, Ky.

Lorraine McNamara- For her seventh year in a row, Lorraine and her two sons will join us for our four week session where Lorraine will be our resident camp nurse. During the year she works as a head nurse in Saxpaw, NC.

Kathleen Moore- Kathleen is ready for spending a summer in the outdoors sharing her love of horses and riding with the campers. This will be her fourth summer. Kathleen will manage the barn this year. She has spent the last two years teaching at Virginia Episcopal School.

John Andrew Moreman- He is returning for his second summer. Another fine staff member from Sewanee, John Andrew will be working in the hiking and swimming activity areas this summer.

Elmyra Morris- Living in Jacksonville, FL during the year, Elmyra, with her son Daniel, joins us for the two week session as our camp nurse. She is a pediatric nurse practitioner specializing in neuromuscular disorders. 1996 is Elmyra's second summer at High Rocks.

Dan Noland- Currently teaching English and linguistics at UNC-Wilmington, Dan will be back for his 26th summer. A brother in-law to Townsend, Dan has been an integral part of shaping camp's philosophy and activity. We are very glad to have him.

Scott Park is a new staff member this year. He comes to us from Boulder, Colorado and will be working as a climbing staff member.

Alyssa Pinkerton is finishing up her senior year at Presbyterian College and will be joining us again for the summer. In addition to her talents as an artist, Alyssa brings many additional talents to our staff, including rock climbing and ropes course facilitation.

Chris Phillips- A rising Senior at Plymouth State College in New Hampshire, Chris has taken several courses in outdoor education. He will be working in the Hiking and Mountain Biking areas this summer.

Ami Pitts is a graduate of Presbyterian College and will be returning on our support staff during the three week session.

Clare Pofahl- A graduate from Presbyterian College, Clare will be working in the office this summer. She has a great way with people and is a roommate of Zoob Griffith where she has heard years of stories about High Rocks.

Micheal Powell- A rising sophomore at Southwestern University in Texas, Micheal brings with him years of outdoor experience including a semester course with NOLS. He will be working in the hiking and mountain biking areas this summer.

Aaron Power will be in for the three week session and then he's off to South America. He received his acceptance to the Peace Corps a lot sooner than expected and is real excited to start his two year commitment. Aaron is a second year staff member in the crafts area.

Scott Ray, a new staff member this year, will be working in the mountain biking area. He comes to us from the University of Kentucky where he is a second year student studying Natural Resources.

Franklin Sames- A recent graduate of The University of the South (Sewanee), Franklin returns for his third summer to share his knowledge of geology and his love of the outdoors as the head of our hiking staff. In the past years, Franklin has been active in the outdoor program, leading caving and hiking trips.

Martin Schmidt- Another one of the long-timers, Martin returns for his 31st or so summer to help as assistant/program director for the four week session. Currently, he teaches physics, astronomy, and geology at the McDonough School in Maryland.

Kevin Steiner- A graduate of Furman University, Kevin is a competitive mountain bike racer. He will be working in the mountain biking area and assist teaching soccer.

David Sugarman- A rising sophomore at Washington and Lee, David brings with him many years of organizational experience. Along with being a former High Rocks camper, he has also completed a NOLS course which has given him extensive outdoor experience in climbing and mountaineering. He will be working in the hiking activity and assist with tennis and soccer.

Michael Sweitzer- A rising junior at NCSU majoring in Parks and Recreation, Micheal will be working on the canoe docks and helping out with climbing and ropes course.

Becca Taylor- A rising junior at Sewanee, Becca returns to our riding staff with years of experience with horses while growing up in Arkansas. She currently rides for her university's equestrian team. 1996 is Becca's second year at High Rocks.

Cathy Thacker- A rising senior at Averett College in Danville, VA, Cathy returns for her third year on our riding staff in our two week session. She continues to make a life of equestrian studies and will spend most of her time riding this summer at school before coming to High Rocks.

□ **Allen Todd**- A graduate of Duke University, Allen brings with him many years of camping experience. He spent the winter in Jackson, Wyoming with Jamie O'Donnell. He has lots of outdoor experience including Eagle Scout recognition. Allen will be working as a mountain biking instructor.

□ **Elliot Tucker**- A graduate of Guilford College, Elliot will be working in the pottery studio this summer. He has several years of experience as a camper and has worked at near by Gwynn Valley.

□ **Corey Wall**- A first year student at Georgia College, Corey brings with him a strong background in outdoor education and ropes course leadership. Corey has worked along side his father who directs the Georgia College Outdoor Center and builds ropes courses. Corey will be working on the ropes course and helping out with climbing.

Camp High Rocks

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