

Newsletter
March 2010

Founded
1958

Edited by -
Woody Noland



Around the Rocks

The summer of 2010 is almost upon us and camp is starting to get that busy buzz back after a cold winter break. It was a colder winter than we have had recently, and here are some pictures to prove it.

This year's snowfall has been the most for a couple of decades and the temperature has been so consistently cold that the lake was frozen completely over with 6 inches of ice, allowing people to walk to the dam, ice



skate, and play basketball in the swimming area, while dribbling. All of this precipitation means the area's water table is finally above its average for the year, meaning rivers running more regularly (knock on wood), the soccer and activity fields are ready for a great growing season, and the Bottomless Pond is brim full.

This winter we have been busy with several changes to camp. The pottery and crafts space under the gym has been revamped and is nearly unrecognizable. The room is now split in half by a wall, there is a sealed, dehumidified room for drying pottery, brand new tables and cubbies, added bathrooms, and all new lights making projects much more visible.

For any staff, present and past, who had the honor of living in the House on the Hill; major changes were made last year. Under the expert care of our head of maintenance, Danny Stewart, the House has been transformed from its bowling alley hall and "airy" bedrooms, into a 6 bedroom, 4 bathroom air (and critter) tight residence with a kitchenette/common area and a downstairs laundry room. The House serves as the main living area for High Rocks female staff, and has sparked a significant returning rate for 2010.

continued on page 3

Impact of Camp

Summer camp. These words evoke games on a field, overnight camping trips, long sunny days, and sitting up late around a campfire. Parents are regaled with excited stories about favorite counselors, new experiences, friends made, and critters encountered. Where else would a child (or adult!) get the same breadth of experience packed into such an intense few weeks. The stimuli are nearly overwhelming, often resulting in a young camper exclaiming, "I don't want to leave yet!"



With our population of all boys, that initial assessment is often all we hear at first. But it is in the slow accumulation of stories from parents, moments of reflection from campers, and our observations as staff that another level of camp begins to reveal itself. A current counselor observed about one of his campers: "The concrete skills that Billy learned such as paddling a canoe in a straight line will most likely not help him in his everyday life. However, when he leaves High Rocks, he will certainly take home skills which he won't even realize that he learned." Beneath the excitement, there are quieter impacts camp can have, frequently without a camper conscious of them occurring. In this particular time for our country, with every decision being weighed carefully, it is important to look past the surface talk of fun and consider the full value of a camp experience.

When a young camper arrives at High Rocks for the

continued on page 2

Campership Fund is Thriving

In these times of financial hardship, the gift of camp to a child means even more. This scholarship fund enables children to attend camp that would not otherwise be able to do so. It was created in memory of camp founder Sumner M. Williams. If you would like to make a tax-deductible donation, please send a check to:

**Community Foundation of
Western North Carolina
PO Box 1888, Asheville, NC 28802**

Please write "Camp High Rocks Campership Fund" in the memo field of your check.

Many thanks to everyone who has contributed to the Campership Fund! Some recent contributors are:

Ms. Ivey Sumrell
Ms. Bettina B. Hensinger
Ms. Anne Adair
Mr. James A. Lanier Jr.
Mr. and Mrs. Woodrow McKay Jr.
Dr. and Mrs. James F. Strauss
Mr. and Mrs. Michael W. Stevenson
Josephine Ward Patton

Impact of Camp (cont from page 1)

first time, he comes as an individual into a brand new environment. Often for the first time in his life, he now has no one to define him. His is a blank slate to build upon as each choice begins to define who he becomes in this new place. The benefit of camp has already begun as he enters the unknown. A new camper does not know what lies in store for him, how he will do, if he will make friends, but now he knows that he has made a choice; he has decided to brave the fear common to all first time campers and try something exciting, scary, and new. One of our Upper Seniors, the oldest campers and leaders for the rest of camp, reflects on his first time here, "When I first came to camp, I was very bad at making friends. I was under the impression that people would not like me and that I would



be shunned. But at camp, people befriended me and I gained self-confidence. In my years coming back to camp, I have tried to do the same with others."

In the time that follows, the days blend together in a series of activities, trips, meals, and games. Our new camper has made friends, tried many new activities, learned new skills, encountered challenges and experienced fear in

pushing himself farther than he considered possible. He has become comfortable with his cabinmates, is part of a team during morning chores, and knows camp's many secret trails and shortcuts. After stepping into a new world, He is emerging on the other side armed with friendships, memories, skills, and pride in his individual accomplishment. As one current camper put it, "I learned many more things at High Rocks than how to ride a bike. I learned leadership, and when to follow. I learned how to win, and how to lose. I learned how to be who I am today. I will remember that and take seriously the task of orienting, teaching, and leading other boys at camp."

The second part of that quote reveals another impact of camp. As individual choices are made and changes recognized, our camper also begins to think of his new community. Camp life makes fellowship a necessity. There is a need to support and be supported in order to face challenges, to attempt the unknown. For campers, this takes the form of pitching in with cabin chores, volunteering for clean up on a camp out, or helping a partner pass the gates course in a canoe. As campers return, their perspective slowly shifts. A returning Upper Senior: "Another skill I am finding to be invaluable is teaching. Having to work in the blazing sun with kids who can't do things I find very simple is, at the very least, frustrating. As I work with my classmates and younger kids, I have found that the patience and ability to slow things down and move step by step not only helps the other person understand; it helps me learn whatever I am teaching so much better than I ever knew it before." Consistently we have seen returning campers take a new guy under their wing, a young camper talk to a peer about how he got over missing home. That respect of others occurs naturally in the camp environment, and will remain with a camper far beyond his years here....

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Impact of Camp (cont from page 2)



At our 50th anniversary in 2007, alumni from all over the country returned for a weekend at High Rocks; for some it had been forty years since they had stepped foot into their childhood memories. Time and again, from all walks of life, did they remark on the lessons they had learned at camp. Those same abilities to try something new, interact with a group, to hold on to their self-confidence, had guided them for decades down the road and far away from camp. Some knew it before they arrived, others slowly realizing the same after reconnecting with old friends and memories. These reflections obviously benefit from years of life experience, a perspective that cannot be gained without the necessary time and reflection. We hear about the roots of those changes though, at the end of each summer. When a parent comments on their son's confidence in school, his growing independence, or as one noticed, "We sent our son to High Rocks for a fun and exciting two weeks. We didn't realize that you would send back a different boy! He came back confident, self-assured, and has been a pleasure to be around since he returned from camp. He has even been helping with household chores without being asked! You did in two weeks what we've been trying to achieve for ten years!!" These quiet impacts are easily overshadowed by the fun, the antics, the adventure, but get absorbed just as deeply. Both sides contributing to the full value of camp.

Around the Rocks (cont from page 1)

Windswept received a facelift that moved its porch entrance to the lake side of the cabin so campers now sit outside enjoying the cool breeze off the water during a summer rest hour. Bathrooms, windows, and cubbies all were replaced making a practically brand new cabin.

The Dining Hall's end of windows has also been rebuilt, keeping the windows, but adding vents for those warm summer lunches. New cypress framing will accent the view, the herb garden will be back in full effect, and one of Fritz Orr's restored Old Town canoes is hung for all to admire.

Working this winter in a converted wood shop (aka Arts and Crafts); Fritz Orr has been busily restoring more of camp's Old Town canoes for use this summer. The process is painstaking with boats this old and involves stripping the paint, canvas, fiberglass from the canoes, replacing all the brittle or rotten wood one custom piece at a time, then re-covering, repainting, and varnishing the boat to a mirrored shine. Helping him with the process have been two staff members, Daniel Kreykes and Ben Little. We are lucky to have such specialized skills available here and Fritz looks forward to having campers learn from and help him during the summer.



The Barn also has a new building to boast of with the addition of changing rooms outside for the campers. Now guys on the run (as they all are) can head straight for their riding lessons with long pants and close-toed shoes in tow, without those costly detours to cabins which cut into their day and their finely balanced schedules.

Visit Us Online

www.highrocks.com

The High Rocks website is a great place to catch up on what is happening at camp. There is a load of information for campers, staff, parents, and alumni.

Our Parent Section has a lot of information to help out with your decision about camp and also resources for those already enrolled. Find missing forms, look over the parent guide, and get a list of what to pack. All of this and more can be found by clicking on the "Parent Information" link on the left side of the page.

The Staff Section is also a great resource for current staff and interested prospects. You can browse all the current job listings and even look up the current staff for the summer of 2010. There is also a great section for current staff that has resources for professional discounts, the staff manual, what to expect and even the hot spots in town.

The Alumni Section is great for those who are looking into the past. If you have information or pictures from the past, please send them our way. We would really like to get more information



up for all generations of camp, especially pictures from girls camp. Help us out by sending us your pictures, we'll get them scanned, and send you back your pictures as well as digital copies of all your old camp pictures. Just drop us a line if you are interested.

Check out our weekly Blog "Around the Rocks" for great stories about what is happening at camp as well as all of those connected to camp. Send us your pictures and stories. We would love to do a spotlight on what is going on with you. Visit www.highrocks.com/news to read all the current and past posts from "Around the Rocks."



And don't forget about our LEAP "school group" Section. This is a special area specifically designed for those interested in bringing their school to camp. The LEAP area also has special sections with information for parents and teachers who are bringing students to camp.

High Rocks can be found on **Facebook!** Check out pictures, videos, catch up with old friends, and let us know what is happening in your life. Just search Camp High Rocks on Facebook. We have a couple group pages as well as a great "fan page."



Staff News

We love to hear from past and current staff throughout the year, touching base from all over the country and globe. **Chris Dorrity** ('04-'09), coming back as our 2010 climbing head, sent us pictures from a trip to Greece and Egypt, looking good the whole trip in his camp t-shirt.



We just got the pleasure of having **Blaire Cannon** ('06-'09) visit for the weekend, she was making noise about sticking around the Brevard area after the summer. **Andrew West** ('09) is sad to say he will be missing this summer due to plans to hike the Pacific Crest Trail, we are wishing him luck and plenty of early warm weather. **Will Brechter** ('09) is back in for 2010 after spending the winter working and playing in Big Sky, Montana. In amidst all that powder, he also found time to take the GRE and has reached the decision that hotelier is not a life calling. **Josh Baggett** ('07-'09) will be returning as our Assistant Climbing Head this summer after spending a winter working at Wellspring Academy in Brevard. Often seen on TV sitting behind the Wake Forest men's basketball bench, **Scott Richardson** ('02-'09) is enjoying his freshman year at the university and is a manager for the team. While his team had the temerity to thump Carolina, at Carolina, we still would be willing

to forgive him, provided a few tickets make their way up the mountain. **Bryan Ham** ('09) has just begun a graphic design program at the Art Institute of Charleston which unfortunately runs through the summer. Knowing his eye for photography though, Ham is going to excel at whatever they throw at him. **Ashley Upchurch** ('06-'07,'09) writes in from Armenia, Columbia where she is busy teaching English to 90 students a semester. From trail rides into the jungle occupied by puma and bears, to late nights spent dancing to Salsa, Bachata, and Reggaeton, it sounds like Ashley is true to form in embracing life all around her.



This picture is of her and a friend riding in a WWII era Willys jeep which is so popular in Columbia, they have an entire parade, El Yipao, based around the vehicle. The point of the parade is to load your jeep to its maximum capacity, hopefully even tipping it onto its back two tires and driving it down the street as you walk beside. **Crystal Clusiau** ('05-'09) and **Ben Little** ('99-'09) have spent the past year living in Brevard. Crystal is working full time here at High Rocks and is loving the chance to see camp in all seasons, especially this winter. Ben worked through the fall with LEAP, is learning the art of building wooden canoes with Fritz, and has still found time to squeeze in some snowboarding trips and visits to friends in New Hampshire. **Finn Althoff** ('01-'09) hails us from Hamburg, Germany where he is swamped with school finals, college decisions, and a possible year-long stint in the military. While it sounds like

his head is buzzing, he consoles himself with hopefully being back this summer, and with an upcoming vacation to Puerto Rico. **Leslie Hefner** ('02-'08) writes in from Portland where she is beginning her second year of West Coast living. Plans right now include trying her hand at some snowshoeing around Mt. Hood, some snowboarding (put that health insurance to work!) and raising chickens in the spring. **John Carpenter** ('06-'08) took a little time out of paradise to call us in a snowstorm here at camp. He was sharing stories from his snorkel tour he led that morning in Wailuku, HI (Thanks John!) John has been making noise about heading back to the NC mountains for a while now, but somehow volcanoes, surfing, fresh seafood, and birds of paradise have maintained their hold. **Kimbrough Charbonneau** ('04-'07) is living out in Arlington, WA. Kimbrough is working for North Star Farm, a training and sales facility for a sport horse breeding company. She spends her days working with top notch horses, preparing them for dressage, hunting, and jumping. **Zach Hallum** ('06-'09) has returned to Little Rock, AR where he has taken a full-time position as 4H Programs Assistant for the University of Arkansas Youth Development ExCEL Program. His main gig is working groups through high and low ropes courses, climbing towers, and a giant's ladder. Anyone who knows Zach knows that wouldn't be enough to occupy him, recently he has also been working on a hydrogen generator, a 9'x14' cargo net, and trying to catch flying squirrels. We wish him well in all his ventures.

Alumni News

Will Medford ('85-'91, '94-'95, '98, '04) sends news from Cambridge, MA of his daughter who is growing fast and keeping him on his toes. Here is a picture of Will, his wife Amy, and their beautiful little chick, Lucy Medford



Franklin Sames ('94-'96, '00) and his wife Thea are excited about their most recent son, Peter Symonds Sames, who is just over a year old now. Here is father and son saying hello.

Harold Gertner ('87-'02) is finishing up his graduate program in Appropriate Technology and is working as a graduate assistant for the WNC Renewable Energy Initiative. **Katie Crawford** ('98-'02, '05) and **Stuart Dodson** ('92-'01) have a new addition to their household. Wylie Skye was born last summer and she has been



keeping her parents so busy that even in Brevard we don't run across them nearly as often as we should. Already she is looking more like her mom every day, and Katie is getting that soccer ball ready. **Chris Bankoff** ('89-'04) caught up with a load of High Rockers out in Colorado for a week of skiing, snowboarding, and midnight sledding. He is living in Santa Monica, CA working for Method Studios in

visual effects. After resisting the gravitational pull of LA for years, Chris has settled in to the West Coast lifestyle and has worked on Super Bowl commercials, the movie W, and helps make all that cool Gatorade sweat. **Pat Baker** ('00-'02) has just signed on to the Georgia State football team for its inaugural season as a kicker. In his senior of high school, Pat kicked a 50 yard field goal and was rated the nation's No. 31 prospect for the class of

2010. His first college football season will be capped off with a game against the defending National Champions, Alabama. **Massie Ritsch** ('87-'91, '94-'95) who is living in Washington, DC also has added a new member to his family. Here is Malcolm Edmund "Mac" Ritsch weighing in at an impressive 10lbs 9oz. **Majorie Terburgh Muller** ('03) writes in from Columbus, MO where she is



busy with her two children, Majorie and Brett, teaching tennis lessons, and dreaming of returning to the college tennis scene soon. **Fletcher Keeley** ('07-'09) has been enjoying an amaz-

ing sophomore year in high school. He was invited in the fall on a two week junior ambassador trip to India experiencing food, culture, governance, and seeing the sights. Over Christmas he went to Chile for three weeks with the Alzar School, and it looks like he paddled every single river they came across in their travels. He is now spending the a semester of his year at the Eagle's Nest Outdoor Academy here in Brevard, what a year.

This past fall, four High Rocks paddlers hit up the Lower Gauley, putting their camp-learned skills to practice as they negotiated the big water river in West Virginia. **John Kraynik** ('03-'09), **John Kendall** ('03-'09), **Paul Kendall** ('03-'09), and **Fletcher Keeley** spent several days play-



ing hard and freezing cold. Sounded like a great trip!

Rich Mountain Conservancy

Rich Mountain, rising above the lake at High Rocks, helps form the heart of camp as a focal point in pictures, a beautiful backdrop to the many waterfront activities, and a spot of reflection on Sunday mornings. As the headwaters of the Little River, Rich also has huge influence over its watershed and directly affects the camp lake and our well system.

In January 2007 the Rich Mountain Conservancy was formed as a non-profit corporation to purchase and manage the Rich Mountain property. The mission of the Conservancy is to protect and preserve this area as a responsibly managed forestland. One year ago, the Rich Mountain Conservancy signed an option to purchase the property (with a conservation easement in place) to ensure the future protection of the property.

This past June, the Rich Mountain property was transferred to the Rich Mountain Conservancy, subject to a note for \$80,000. The community support was very encouraging since most of the funds for the purchase were raised during a year of severe economic struggle for our country. The generous support from High Rocks alumni in both donations, and in service as board



members, has been vital to the Conservancy's efforts.

Since each donation is still matched by an anonymous donor, the Conservancy needs to raise only \$40,000 more to pay off the \$80,000 note!

Please consider any donation you can offer to help support the Conservancy's efforts. To make a tax deductible donation, make checks payable to:

**Rich Mountain Conservancy
PO Box 127
Cedar Mountain, NC, 28718**



RMC President, Macon Patton, and Treasurer, Hank Birdsong sign the transfer papers for Rich Mountain.

Visit
www.highrocks.com/news
for our weekly blog posts on
all things High Rocks

Give us a call for 2010
session availability
828-885-2153

High Rocks

PO Box 210
Cedar Mountain, NC 28718
www.highrocks.com

ADDRESS SERVICE REQUESTED

Address Label Here

From the Kitchen

High Rocks Granola

- 6 C Old fashioned oats
- ¼ C Sesame seeds
- ½ C Sunflower seeds
- 4 oz Sliced Almonds
- 4 oz Pecans
- 4 oz Cashews
- ½ C Wheat Germ

Mix and Add

- ½ C Oil
- 1 ½ C Real Maple Syrup or Honey
- 2 tsp Vanilla
- 2 tsp Cinnamon
- 1 tsp Nutmeg
- ¼ tsp Salt

Bake at 325° for 30 min on a non-stick pan, turn off and let sit for 10 min.

After baking, add 1 ½ C dried fruit of choice (raisins, apricots, cranberries, cherries, etc).

