



## *Around the Rocks*

As always, the off-season is a surprisingly busy time of year even though there are no campers about. Not only do we have programs for school groups that run in the spring and fall, but an empty camp is the one opportunity we have for making changes for upcoming summers. This year was no exception with the lowering of the lake for improvements around the shoreline. Fishermen will now have a much expanded dock to work from as well as an increased shoreline that will open new areas that have never before been accessible! Although the lake level was dropped, a sizeable body of water remained for our fish population to eek out a living until the lake began to fill once more. There was even a search for Scarface and the Great White Snapping Turtle, but both remained highly elusive true to their reputation. We have also been gathering old Christmas trees to create more structure for the fish to inhabit. They will be tied to an anchor and sunk so that the main bundle of trees is around 8 to 12 feet under water, an optimum depth for fish habitat.

Our facility maintenance crew, composed of Danny Stewart, Zach Nichols, Will Johnson, and Austin Chambers, finished on the waterfront and began knocking out projects all over camp. Wind-swept cabin has now completed its vision of an extended roof over the porch to ensure its place as a summer rainstorm hangout. The clothesline is now covered and the porch's weather protection has been tested in several fierce winter storms. It will be a remarkable place to enjoy a book, the view, or whitecaps on the lake as



*The lake at a 30-year low. All kinds of treasures were discovered as was the site of the original Regatta!*

you sit high and dry! The bathrooms in Holiday Inn II and III got a great makeover that's been a long time coming. Previously, a sudden move could set the whole shower in alarming motion but now counselors will be greeted by an unexpectedly sound structure this summer. Removing the fight-or-flight

stress from their morning routine is just another way we show our appreciation for all their hard work throughout camp.

### **Camp Going Green**

The need for intelligent use of energy is becoming increasingly clear and we continue to work in that direction. After the installation of geo-thermal heating and air for the Gray House proved such a huge success (and boon on staff nights!) we began looking

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## *55th Anniversary Weekend*

This past fall marked the 55th year of Camp High Rocks and alumni came from all across the country to mark the occasion. We had generations of alumni, from the first summer of camp in 1958 up to the present, gather to enjoy many traditional camp activities. The beautiful September weekend saw nearly one hundred and fifty former campers and staff return to Cedar Mountain for canoeing, climbing, hiking, music, and the always exciting ropes course! It wouldn't have been a true High Rocks event without plenty of delicious food. Saturday night we enjoyed a BBQ dinner that was smoked all day by David Williams and accompanied by his new, and now famous, blackberry sauce before staying up late over several campfires. Huge thanks go out to Martin Schmidt for his massive collection of pictures through the decades, facilitating many walks down memory lane. The sight of multiple generations of campers sharing songs and stories from their own experiences was a warming one and showed the High Rocks spirit was as strong as ever. If you missed this weekend we would love to host you next time and for all those that made it up to the mountain, we will see you again soon!



*The 55th reunion was a huge success! Jane Williams (camp founder) and John Gildersleeve are looking forward to seeing you at the next alumni weekend!*

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## *Campership Fund is Thriving*

The gift of camp is not just weeks of fun, adventure, and companionship but can create independence, confidence, leadership, and a sense of community. This scholarship fund was created in memory of camp founder Sumner M. Williams and has helped continue his vision of young men experiencing a summer at camp. If you would like to make a tax-deductible donation, please send a check to:

**Community Foundation of Western North Carolina  
4 Vanderbilt Park Drive, Suite 300  
Asheville, NC 28803**

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! You have given a lasting gift to camp and some incredible young men so far.

Some recent contributors are:

**Mr. and Mrs. Jim McDonough**  
**Ms. Mary Grace Brennan**  
**Mrs. Elise Haskell**  
**Mr. James Lanier**  
**Mr. Bill Parsons**  
**Mr. Alexander Macauley**  
**Mr. Steve Cox**  
**Mr. and Mrs. Miles and Jane Foy**  
**Mrs. Caro Carter**  
**Mr. Ross Bluestone**  
**Mr. John Gildersleeve**  
**Mrs. Judith Vanderver**  
**Ms. Sarah Thompson**  
**Ms. Anne Nelson**  
**Mr. Jack McCallie**  
**Ms. Terrell Garrard**  
**Ms. Alston Kirk**  
**Mrs. Ann Young Fairmen**  
**Mrs. Nancy Swanson Hettinger**  
**Ms. Alice Chalmers**  
**Ms. Mary Ellis**  
**Mrs. Beth Keyserling**  
**Mr. Steve Jamme**  
**Mrs. Julie Leake**



## *Around the Rocks* (cont from page 1)

at some other ideas around camp. One obvious energy consumer is the Dining Hall as it feeds the hungry hordes all season. The addition of a solar panel system will immediately help the energy consumed in our kitchen and the flat roof is the perfect platform. With so many buildings across camp, light bulbs are another simple change that can have a large impact when spread over even a single year. The newer versions of LED bulbs promise increased savings, longer lifespan, and produce a much more natural light than in the past. Avoiding any of the CFL downsides, look for them to be in every cabin this summer; just watch out during those heated in-cabin basketball matches!

### **Blaire's Barn**

We have two new additions to our camp herd. Roxy is a stout paint with a bit of draft horse in her family tree. She looks like she will be able to carry all sizes of camper and has a gentle giant attitude to match, making her a delight to work with. Shiloh will be joining us soon and is another gorgeous paint with experience teaching children. Another big change that riders will notice is a complete reworking of the small paddocks by the lower barn. There has been a lot of heavy machinery moving dirt around and grading new paddocks and entrances to the rings. There are 147 new fence posts placed and lots and lots of fence rails to boot. The area was then seeded and the new grass is driving our small herd of horses crazy to get at it. The cut through to the Round Ring is now a big thoroughfare and Blaire is busy adding flowers to finish out the new look. Blaire also adds that she is already creating the 2013 Cross Country course which proved so popular last year and is excited to get her riders back down to the barn!

### **S.U.P. Program**

Stand Up Paddle boarding is a newer sport that has seen a meteoric rise in popularity over the last ten years. Starting in Hawaiian waters as a spin off from surfing, it has spread to many different geographical areas and now has made its way into the mountains and to High Rocks! The 2013 summer will see SUP boarding as an addition to our sailing program allowing for some wind-independent fun as well. An exciting element to the new activity will be opportunities for trips out of camp to nearby rivers. SUP boards are already being modified for use on some fairly serious whitewater and while that is beyond our scope; the fun we have had in our "quality control tests" has convinced us this will be a hit. I am excited to see some new watercraft on the High Rocks lake this summer!

### **Down at the Docks**

High Rocks paddlers will be treated to a very similar staff this year and can look

forward to some changes in our fleet of boats. Any tandem canoeing fans of our Caption will be excited to hear about several more adding to the fleet to really push our open boat skills out on the river. There will be a new Spark as well, a high performance sl-

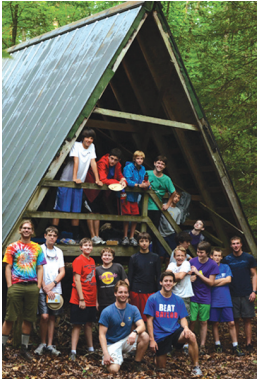


*Two of our paddling staff members, pose with our new boards in anticipation of watery fun to come.*

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## *Around the Rocks* (cont from page 2)

lom solo boat that will prove a rowdy member of the docks, and best of all it is camouflage! Will Johnson also had an experience when responding to an ad for boats on sale in Tennessee. Upon arrival, he was treated to a huge workshop filled with boats, gear, material for outfitting, etc. He ended up spending four hours happily



*Cabin overnights at our Rocky Springs shelter, the closest shelter to Conservancy land, will happily continue as a place of escape for campers.*

hunting through a lifetime's accumulation of boating supplies and history. The result being camp now has a plastic Hydra C-2 which will be indestructible and totally river worthy for interested campers along with a new Atom C-1 for all single-bladers. Some classic whitewater canoe paddles, bundles of mini-cell, and a whole library of historic paddling films completed the haul.

### **Rich Mountain Conservancy**

Great news! The Rich Mountain Conservancy has negotiated a purchase agreement for the 5 acres at the summit of Rich Mountain. The Conservation Fund has made a generous offer and through the efforts of our donors the necessary funds have been raised! Rich Mountain, which now cannot be developed, is highly visible from most of the

High Rocks property and any development would have had an enormous impact at the heart of camp. The purchase of the summit will secure the last piece for future generations to enjoy an unspoiled mountain paradise.



*The view of Rich Mountain looking over High Rocks has been the focus of campfire crowds for fifty-five years.*

### **High Rocks 2.0**

Many of you have already noticed a difference in the Camp High Rocks website this year. We decided it was time for a fresh look and with the help of Ronningen Design, came up with a sharp new online presence. Let us know what you think! One major new feature is the ability for camper families and staff to do most of the form work and payments online; making the process faster and easier for everyone. For example, with our camper medical forms our hope is to have this information available for future use so you can just make updates to the existing form from year to year. We love hearing the good reviews from current and prospective

families and encourage you to take a look if you have not already seen the changes.

A cool new gadget, the Camp High Rocks App, is a great little tool to get to everything in just one click! Features include quick links to summer pictures, the ever-important dates for sessions, payment options, the latest news and many other features. You can download the app for iOS or Android, meaning you can put it on just about any phone or tablet. You can scan one of the QR codes below or just search for the app using "Camp High Rocks" in Google Play or iTunes.

*Android Devices*

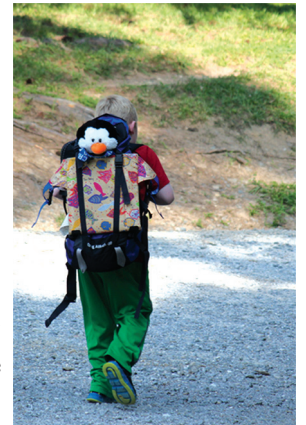


*Apple Devices*



## *Considering High Rocks?*

This time of year we frequently talk to parents trying to decide what session would be right for their first time camper. At High Rocks, we have two sessions designed for young guys new to camping. Our one week is the most basic experience and provides a short snapshot of what camp is all about. The cabin groups and their counselors move through the day together; getting a taste of most of our activities and being pushed outside their comfort zones in a beginner lesson plan. This session is a sampler plate of what camp has to offer. Since their time at camp is so brief, the full days with their cabin group still allow the boys to make strong friendships which they can carry over to a longer session the next year.



Our Two Week session from July 29-August 10 has long been a first experience for new or young campers. Major differences are that all campers are here for the same amount of time and campers create their own schedules with activities they choose, laying the foundation for personal growth and independence. While the program is geared towards beginner skills, there are trips out of camp and a progression in each activity. The longer session also gives campers time to work through the normal feelings of homesickness and really settle into enjoying camp with enough time to make it a lasting impression. In many ways, this provides the perfect blend of an introduction to camp and a formative residential experience. Please call for more information about availability.



## Staff News

We love hearing from current and past staff, wherever their ventures may take them. Here is what some of our High Rocks family has been up to in their off-time. Will Brechter has touched base all the way from the West Coast where he is in a Masters of Architecture degree at the University of Oregon. His school schedule is on the quarter system and will allow him a break during the second part of the summer to return to the East Coast so who knows, we may even get him back up here for a stretch this year! Scott and Katharine Kollins sent us this picture of their new daughter, Evelyn,

who joined the family last July. She is sprouting quickly in more recent photos and will soon be keeping her older brother Grayson on his toes! Stuart and Katie Dodson are expecting their second daughter soon and young Wylie is excited about the prospect of having a younger sister. During the process of choosing names, Wylie apparently decided on "Cup" and has been adamant about her choice!

Chelsea Naughton has checked in with us from her new home in Washington, DC where she moved this winter. She has just begun an internship working with abused women and has found the work challenging but very rewarding so far. After spending her school years in Ohio, she is also enjoying the change of pace to a big city and has had fellow High Rocks staff come visit already. Keep the stories coming!



*Young Evelyn Kollins already relaxed in her new setting.*

### Camp Weddings!!

Camp's history includes many happy couples that either met at camp or tested their relationship by working a summer together! This past year, however, something must have been in the water as we have seen an extraordinary number of people getting engaged or hitched. It



*Woody and Ren posing at the site of the ceremony on the High Rocks lake shore.*

is just another testament to the strong community that forms here in a season and the level of attachment our staff and alumni form with this place. Ben Colston and Allyson Shank tied the knot this spring and we could not be happier for the pair. Both were wonderful counselors at High Rocks and now live near family in Ohio. Ben surprised his fiance with a trip to NC which included a sunrise visit to Pretty Place Chapel just down the



*Ben and Allyson during the proposal! Ben was able to convince some bystanders to secretly capture the moment. He is off to an excellent start!*



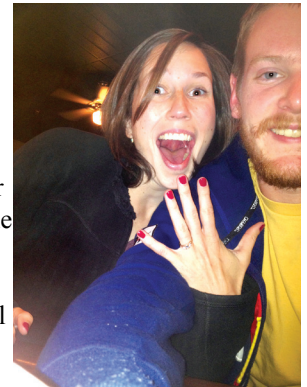
*Alex and Emily Taylor*

road from camp. Congratulations you two! Woody Noland (88-95, 03-12) and Ren Uriarte were wed at the end of August right here at Camp High Rocks. With family and friends coming from all over, they decided to run the event like a small camp session to allow people plenty of time spent with each other in such a beautiful venue. Guests spent days in the lake, on the ropes course, playing tennis, and eating tons of good food. With all the great help, the wedding was a success despite a surprise rainstorm wrapping up the outdoor ceremony in no uncertain terms! Alex Taylor (99-06, 08) and Emily Sutton were married this past winter in Raleigh, NC and there were several High Rocks staff in attendance. Perfect for this couple, there was a Disney theme and a lot of light hearted fun with dancing enough to tire everyone out. Ben Little (99-03, 05-11) and Crystal Clusiau sent us the happy news that they got engaged this fall on another of their cross country trips, this time biking in CO. They are settled in Charlotte, enjoying the big city life, and close enough for visits!

Andrew West and Abi Wilson were married this past fall in Abi's hometown of Hillsboro, NC. The event had a sizeable contingent of High Rocks alumni and staff present. It was a beautiful celebration and party replete with delicious food, a "pie" contribution from every guest, and some serious dancing to live music. We are lucky to be getting the happy couple back this summer with Andrew as an assistant head of climbing and Abi running our hiking program.

Blaire Cannon and Zach Nichols kept the good news coming when they got engaged this past summer during camp! Representing the leadership for our riding and paddling programs, not to mention everything else they bring to camp, we consider ourselves lucky to have them and cannot wait for the wedding. An office pool is underway about which of her horses Blaire will be riding down the aisle.

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*Ben and Crystal subtly sharing the happy news of the engagement*



*Andrew and Abi getting some serious style points with their vehicle of choice!*



*Zach, Blaire, and their whole crew about to become a family!*

# Alumni News

With 55 years of camp, we have accumulated a long span of alumni who remain connected to camp and remember their years here fondly. It is not uncommon for a camper from the 60's to drive up with their spouse in tow for an impromptu tour of the property! Here is some news from alum old and new: John (03-10) and Paul (03-11) Kendall will be returning to High Rocks this summer as full counselors after a long camper career. John is a freshman at Princeton University where he is a member of the soccer team and is excited about heading to Barcelona soon for a week of soccer,



*The family Barnes enjoying quality time in the outdoors.*

both playing and watching some professional matches. Paul is in his first year at Colgate University where he rowed crew and is becoming involved in the Outdoor Program. Both brothers are excited to get back to Cedar Mountain! The Barnes family, shown supporting Ben's (08-13) love of whitewater kayaking even in the middle of winter. All three guys have spent time at High Rocks with father Bradley first finding us as a staff member and it has been wonderful watching the second generation of their family grow up here during the summers. Massey (00-04, 07-08) and Troy (00-05, 07-11) Ziemen both are doing well. Troy lives in Charlotte now having successfully lobbied for a new branch in his environmental consulting firm. This puts him in the enviable position of being a couple of hours from great kayaking and he regularly connects with our boaters in town. Massey could not ignore the call for another winter spent in Jackson, WY and who can blame him? He has, however, decided to return to High Rocks this summer in a move back east and we are excited to have him back on the docks! Lewis (95-99, 03-06) and Maggie Lovett sent us this wonderful picture of their daughter Ellie Kate and are excited to welcome a second baby to the family this May! After years away, the Lovett family made an appearance this past summer and Lewis offered excellent perspectives for our incoming staff during orientation. The continuity from camper to counselor is one of our strengths and we love having alumni stay

in touch and continue to have an impact. Jake (08-13) and Fletcher (07-13) Keeley will both be returning this summer. Fletcher is just finishing up his freshman year at Colorado Mountain College and is excited about spending an entire year solely in mountains. Bond (10-13) and Ben (11-13) Magevney send their greetings to the CHR family. While they are loving the beach, both boys are ready for June to get here already! Louis Wooten (08-13) will be back at camp for the 4 Week session and his brother George (09-12) is a four year veteran. Scott Richardson (02-06, 08-13) is wrapping up his college experience at Wake Forest this spring and, while sad to be leaving school, is excited about returning to the High Rocks staff this summer. During his time at Wake, Scott was a manager for the basketball team and has been suffering this year following the team to events like the Paradise Jam, a week long tourney in St. Thomas! Woody (69-70, 76-81) and Martha McKay, along with their three children, touched base from Boone, NC where they live just blocks from the university. Martha is a physician at Appalachian State's student health center and Woody is teaching and coaching soccer at Watauga High School in town. They report that they live just down the street from Mark Murray who was a counselor next door to Woody during one of his summers here on staff! We love to hear what all of our High Rocks family has been up to over the years. Please send us stories, pictures, and updates to let us know where you are and what you are doing. And of course, check our *Three generations of High Rocks paddling staff* section of the website to connect with old friends!



*The little Lovett, center of attention in the pumpkin patch. We will see if she has her father's ability to command attention with volume too!*



*The Brothers Keeley, here all but invisible except for dashing good looks and Jake's High Rocks t-shirt peeking through his hunting gear.*



*The Wooten boys seen flanking their sister Maddison and looking good for the camera.*

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*Scott, with his parents, receiving acknowledgement on Senior Night for his four years with the team.*



*The McKay family enjoying the holidays in remarkably uniform fashion.*



*Back Row from left: Steve Cox (75-77, 78-86), Jaime Lanier (69-70, 75), Alexander Macaulay (79-82, 84-88)  
Front Row from left: Jack McCallie (69, 75-80), Will Leverette (66-70, 75-77, 00-01), Mike Stevenson (61-66, 75-77), David Williams (lifelong, son of founders)*

# High Rocks

PO Box 210  
Cedar Mountain, NC 28718  
[www.highrocks.com](http://www.highrocks.com)

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Address Label Here

## *From the Trail*

### **Oatmeal-Peanut Butter Trail Bars**

½ Cup	Whole Wheat Flour
1 tsp	Cinnamon
½ tsp	Baking Soda
1/8 tsp	Salt
½ Cup	Peanut Butter (or Soy/Sunflower for allergies)
½ Cup	Packed Brown Sugar
1/3 Cup	Honey
1	Large Egg
2	Large Egg Whites
2 Tbls	Canola Oil
2 tsp	Vanilla Extract
2 Cups	Old-Fashioned Rolled Oats
1 Cup	Dried Cranberries
½ Cup	Coarse Chopped Nuts - Almonds or Walnuts
½ Cup	Semi-Sweet Chocolate Chips



1. Preheat to 350°F. Nonstick spray a 9x13 baking pan.
2. Whisk flour, cinnamon, baking soda, and salt in medium bowl. Beat peanut butter, sugar, and honey in a large mixing bowl. Blend egg and egg whites with a fork in a small bowl. Add to the peanut butter mixture, along with oil and vanilla. Beat until smooth. Add flour mixture and hand stir together. Mix in oats, dried cranberries, nuts, and chocolate chips. Scrape batter into baking pan. Use a piece of plastic wrap or rubber spatula to press batter into even layer.
3. Bake bars until light brown and firm to the touch, 20-25 minutes. Allow to cool in pan completely before cutting into pieces. Enjoy!