
Experience **The Mountain!**



PROGRAM CALENDAR SPRING — FALL 2002

THE MOUNTAIN RETREAT & LEARNING CENTERS, INC.



Retreat Center Programs

Register today by using the registration form on page 11 or by calling **The Mountain Office** at (828) 526-5838.

REGISTER NOW to get **Early Bird Discount Rates** — see **Fees Tables** on page 10 for details.

Dinner & A Movie

A Convergence of Food & Film – Italian/American February 1 - 3, 2002

Recently, there has been a great deal of discussion regarding portrayals of Italian Americans in the media due to the hit show, "The Sopranos."

Spend a special weekend at The Mountain watching and discussing two different films, from different eras, that touch on how Italian Americans are viewed—especially through the prism of food.

And then, since most of us begin our understanding of Italians and Italian Americans with food, we will further underline our discussion by going beyond spaghetti and meatballs to learn true Italian country cooking.



9th Annual Lesbian Retreat Weekend — Staying Power April 19 - 21, 2002

*...intimacy...loyalty...common interests...communication
— all the things that make up long-term partnerships and
long-term friendships —*



Join lesbian women of all ages for a weekend exploring "Staying Power." Enjoy spirited fun, laughter, exploration, companionship and dancing at The Mountain during this special time together in community. Revel in the splendor of the Blue Ridge Mountains at a place where

you will feel welcomed and appreciated.

Our 9th annual event will feature **Susan Johnson, Ph.D.**, author of *Staying Power: Long-Term Lesbian Couples*. Susan will lead programs examining relationships, with insights on maintaining long term relationships—whether between partners or friends. Susan is a warm, safe, irreverent woman who speaks the truth with kindness and humor.

Mother/Daughter Spring Retreat May 3 - 5, 2002

"Do you remember when just you and me...?" We know mother/daughter bonds are strengthened through special times together playing and sharing; yet, the pace of everyday life can make quality one-to-one time hard to come by. This weekend for mothers and their daughters, age 11-15, is an opportunity to take time out to make a "just you and me" memory. Be nurtured by spring in the mountains while you get to know each other better through games and laughter, singing and dancing, and creating a family heirloom together to take home.



Members & Donors Weekend Memorial Day 2002, May 24 - 27, 2002 Annual Meeting May 25, 2002 7:30 p.m.

Calling all Mountain members and donors! Plan to join us for this very special Memorial Day Weekend. Together we'll experience music, nature, visions of the future, work projects, art, crafts, worship and the Annual Meeting. As always you'll enjoy wonderful food and lots of Mountain family fellowship. Saturday we'll meet at the base of the Mountain for

a Saturday afternoon barbecue with all the fixins' and fun of a picnic. Art programs and craft projects will



be offered for youth and others wanting to create a memory of the Mountain to take home. On Sunday, the annual early morning memorial service will be held in the Memorial Garden honoring Life Members who have died during the past

year. Following breakfast we'll join together for worship. Plus you'll get an update on the Mountain's vision for the future. Two- and three-night options available—see the April issue of *Mountain Matters* for more details or call The Mountain Office for more information.

MountainScape Flyfishing Weekend **June 14 – 16, 2002**

Spend a weekend with avid fly fisherman and instructor, **Carl Hammond-Beyer**. For those with some fly fishing experience, refine your skills and way of thinking about the sport while casting and catching fish in nearby rivers. Topics include fishing strategies, casting skills, reading the streams, fly selection, and of course *catching fish*.



Since Sunday is Father's Day, consider a gift for dear old Dad—the opportunity to explore some of the available fishin' holes in the area with a special son or daughter. A North Carolina license is required and is available nearby; instructions for obtaining a license will be in your confirmation materials. The group will practice catch and release. Some equipment will be available to borrow.

Grandparent and Grandchild Week **June 23 - 28, 2002**

Spend quality time with your grandchildren (ages 8-12) experiencing the riches of The Mountain and the surrounding area. Come to camp and enjoy crafts, music, campfire with marshmallows, hiking, and white-water rafting or tubing, join in on putting together a skit, and maybe even an outdoor



overnight for the grandchildren. Certified in first aid, CPR, and life guarding, **Darcy Hammond-Ross** will lead programs that are both fun and safe. **Lee Knight** will sing and tell stories of the Appalachian Mountains. **Margo Whitcomb** will lead arts and crafts. **Emily Green**, our minister for the week, will lead vespers and a workshop for grandparents. What better way to spend a week during the summer vacation time!

Family MountainCamp **June 30 – July 5, 2002**

Go to camp together! Designed for families with children



who are 1-11 years old, your family will experience typical camp activities—boating and swimming on the lake; non-competitive games, arts and crafts; folk dancing, hiking, nature study and much more. **The Rev. Bill Gupton** from Columbus, Ohio, our minister for the week, will lead vespers and a workshop for parents. **Margo Whitcomb**, professional elementary art teacher will lead crafts. **Lee Knight** will sing and tell stories of the Appalachian Mountains. Enjoy water play, nature study and more. Childcare will be available during the workshop time and possibly other times with the help from parents co-oping. Beat the heat and take time out this summer to enjoy your family—Mountain style.

MountainScape Paddling & Hiking Adventure in the Appalachians! **July 14 - 19, 2002**

Hold on to your hats...and paddles, too! This week provides non-stop fun for a group of adventurers on area rivers, lakes and trails. Led by The



Continued on page 4

Retreat Center Programs – Continued from page 3

Mountain's outdoor educators, you'll receive instruction prior to the activities. Previous canoeing and rafting experience not necessary, but you do need to bring a sense of humor and the spirit of adventure. Activities include: canoeing; "ducky" the scenic Nantahala River (rubber kayaks); raft the Chattooga River; hike the Appalachian Trail; and evening programming.

Awakening the Storyteller: Building a Storytelling Tradition in Your Family August 23 - 25, 2002

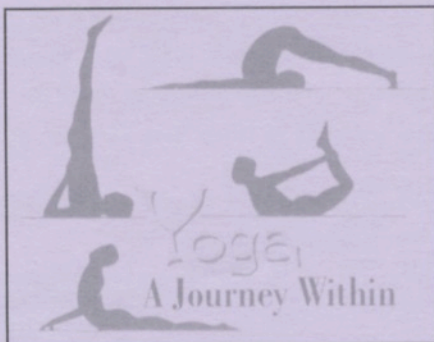
There is a natural storyteller inside each of us. Sharing and listening to stories develops our connection with others. In the "good ole days," family ties were nourished when the clan came together to laugh at tall tales, pass on ancestral history, and learn about life by swapping



stories. Have fun and enjoy the beauty of the southern mountains while you discover and practice tools for building a storytelling tradition in your family.

Yoga – A Journey Within August 30 - September 1, 2002

Are you curious about yoga and how it is used as a spiritual practice? This may be just the time to explore this ancient science. Certified Kripalu yoga instructor, **Rocky Beeland** will lead us gently into the postures and teach us how to use breath and body awareness to see ourselves in a different way. This is not a class that will teach you to stand on your head, but rather will help you stand tall on your own two feet. There will be plenty of time for reflection and walks on the beautiful mountain trails for



which The Mountain is famous. All levels are welcome from beginners to buddhas. No experience is necessary. Just bring an open mind, loose comfortable clothes and a yoga mat if you have one.

The Retreat You Don't Have to Plan II October 4 - 6, 2002



Thinking about having a church retreat, but you just don't have time to plan all the activities, recruit the workshop leaders and other volunteers? Let The Mountain do the work for you!



Join UUs from around the region for our second annual "Retreat You Don't Have to Plan." Hike in the fall colors; enjoy outdoor and indoor activities, music and dance and community. The weekend will feature *The Footnotes* and their special brand of intergenerational music, movement and dance that *everyone* can do—including those who believe they have two left feet! Just pull together a group from your church to come and enjoy this special weekend! *Discounts are available for UU congregations that have not come to The Mountain in the last three years.* Contact **Carol Hamilton**, carol.hamilton@mountaincenters.org or call (828) 526-5838, ext. 265 for more information about discounts.

Milestone Learning Center Programs

Register today by using the registration form on page 11 or by calling **The Mountain Office** at (828) 526-5838. See **Fees Tables** on pages 9 and 10 for details.

Body, Mind, and Spirit — Theme Weekend **May 24 - 26, 2002** **7th-9th Graders**

Move from fabulous cooperative physical feats to intensely personal introspection in this weekend of movement and body awareness. We will be flying and tumbling across the Mountain, testing our assumptions about strength and gender, and exploring contemplation and spirituality through our bodies. No movement experience required. Contact **Mike Hodapp** at mike.hodapp@mountaincenters.org or (828) 526-5838, ext. 238 for additional information.

Leadership School for Social Justice — **Summer Week** **July 27 - August 2, 2002** **Rising 10th graders through 2002 HS graduates ***

The weeklong LSSJ is a great opportunity to gain skills, knowledge, and tools that will expand your leadership capacity in your local school, congregation, or community organization. Through outdoor adventures, experiential workshops, arts, and service activities you'll be able to explore your own values, learn about important social justice issues and community organizing, find ways to put your ideas into action, and network with other youth by working together around issues that are important to you.

Individuals are welcome to sign up or come with a few friends from your community.

** If a congregation sends three youth, the fourth youth is free, but this offer is only open to the first five congregations that sign up.*



Celebrating Labor Day – Mountain "Regatta" Style! **August 30 - September 2, 2002** **Intergenerational 3-Night Event!**

Families, immediate or extended, will want to share Labor Day weekend together in the glorious setting of The Mountain. **Lee Knight** will teach us more about the meaning of Labor Day through his magical stories and songs of historic labor movements. We'll create artistic representations of meaningful work, and have time for youth and adults to swap memories and hopes about what work they've done or want to do in the world. Through it all, we'll look at what Labor Day means and how we want to honor it now and in the future. And we will "labor" on a project together—a fun activity we've never done here before, but which will culminate in the first annual "MOUNTAIN REGATTA"—hard to picture? JOIN US! This first-time event is specially priced at low-season rates, so y'all come!

Youth and Young Adult Sunday **Leadership School for Social Justice** **Any weekend in October at your congregation** **Junior / Senior High Youth of any UU Congregation** **\$700 plus expenses per congregation**

The UUA is promoting a Youth and Young Adult Sunday in October to celebrate and support our growing youth, campus and young adult ministries. Milestone is offering congregations the chance to have a Leadership School for Social Justice *at your congregation*. On the weekend of your congregation's chosen Youth and Young Adult Sunday, the youth of your congregation will explore their values, learn about important social justice issues and make plans for local action. The youth will then take part in the service, presenting their ideas and skills learned from the training and their commitment to being social justice leaders in their congregation and community. This is an excellent opportunity for your congregations to show support for your young people. Contact **Samantha Ellis** at samantha.ellis@mountaincenters.org or (828) 526-5838, ext. 241 for more information.

Are You Ready for MountainCamp 2002?



Get geared up for MountainCamp 2002! It's one of the most valuable and fun experiences a young person can have. Your camper will come away with memories that last a lifetime. MountainCamp fosters belonging and acceptance in a truly safe environment. Committed to providing meaningful, quality experiences for all youth, MountainCamp offers a variety of programs. Whether you are looking for two weeks of adventure or a summer-long experience in leadership training, you'll find your niche at The Mountain.

Request a MountainCamp brochure by emailing your mailing address to youth.programs@mountaincenters.org or calling The Mountain Office at (828) 526-5838 and requesting a copy. Details about MountainCamp are also available on our website at www.mountaincenters.org/youthcamp.html.

MountainCamp 2002 Dates

Camp	Ages	Dates	Rates
Beginning Camp	Rising 1st thru 3rd Graders	June 30 – July 6	\$419
Elementary Camp	Rising 3rd thru 6th Graders	June 30 – July 13	\$884
Junior High Camp	Rising 7th thru 9th Graders	June 16 – 29	\$899
Work and Adventure Camp	Rising 8th thru 12th Graders	June 30 – July 13	\$799
Senior High Camp	Rising 10th Thru 2002 Graduates	July 14 – 27	\$899
Backcountry Adventure Camp – Sr. High	Rising 10th Thru 2002 Graduates	June 16 – 29	\$899
Backcountry Adventure Camp – Jr. High	Rising 7th thru 9th Graders	July 14 – 27	\$899
CITs (Counselors in Training)	Rising 12th thru 2002 Graduates	June 9 – July 27	\$939
ASCENDERS	Rising 11th thru 12th Graders	June 9 – July 13	\$794

Give Yourself the Gift of The Mountain

Create your personal retreat today. The Mountain is a place to heal, reflect and just be. Sit. Rock. Take in the view. Nourish yourself. Nourish your soul. Call The Mountain Office (828-526-5838) for information about "dropping in."



Learning Center for Leadership Registration Details

Conflict Management for Interventionists

All members of the UUA Field Staff are pre-approved. Participants who are not members of the Field Staff must contact Helen Bishop, 510-758-6065 prior to registration.

Leadership School for Religious Educators

Call the Mountain Office to register, 828-526-5838, or print a Registration Form from our website at www.mountaincenters.org/l sre.html.

Mountain School for Congregational Leadership

Registrations by phone will not be accepted. Request a Registration Form from Mountain Office or print from our website at www.mountaincenters.org/conglead.html.

Learning Center for Leadership Programs

See **Fees Tables** on page 10 for rates and page 6 for registration details.

Conflict Management for Interventionists March 15 – 17, 2002

"Conflict Management for Interventionists" is an intensive program designed for people who will be doing conflict management for congregations, groups and organizations. The program will include:

- levels and types of conflict
- group processes and facilitation
- theology and conflict management
- issues likely to generate conflict
- when and how to find additional resources

Case studies, experiential exercises, lectures and small group work will all be used. Interested participants who are not members of the UUA field staff need approval of the program leader. Please contact **Helen Bishop**, helen.bishop@mountaincenters.org for more information.

Leadership School for Religious Educators July 7 - 13, 2002 Limited to 40 students

Expand your professional skills with religious education colleagues at The Mountain. Leadership School provides opportunities to explore your own leadership style, gain interpersonal and organizational skills, deepen your spiritual life, and network with people from small, mid-size and large Unitarian Universalist congregations.

"This is the most positive RE experience I have had in terms of trainings. It fulfilled my expectations, forced to be introspective about my own leadership style, preferences and conflict management style."

2001 participant

Faculty: The Rev. Alice Syltie, Dean; The Rev. Lena Breen, The Rev. Judy Tomlinson; Helen Bishop; Laurel Amabile; Susan Smith; The Rev. Harvey Manchester; Bob Fox, Karen LoBracco; and Nancy Combs Morgan.



The Mountain School for Congregational Leadership July 21 - 27, 2002 Limited to 40 Students

Come to The Mountain for an opportunity to expand your skills as a congregational leader. The School for Congregational Leadership provides opportunities to explore your own leadership style, gain interpersonal and organizational skills, deepen your spiritual life, and network with people from small, mid-size and large Unitarian Universalist congregations in the Southeast.

Faculty: Glenn Reider, Dean; The Rev. Gregory Ward; The Rev. Lori S. Bernard; Helen Bishop; Laurel Amabile; Jason Shelton; Robert E. Smith; Sheryl Daniel; Shannon Jones; and Scott Dillard.

"It was a week filled with learning, laughter and natural beauty...I left...with a renewed sense of potential and desire to share that with my congregation."

2001 participant

Leadership School Areas of Focus

- Temperaments and styles
- Small group dynamics
- Organizational development for UU congregations
- Systems thinking
- Size dynamics
- Professional standards
- Working with volunteers & staff
- Conflict management
- UU heritage and values
- Worship



Adventures in Lifelong Learning Elderhostel at The Mountain

A part of our programming since 1983, Elderhostel weeks at The Mountain offer extraordinary opportunities to expand your physical and mental horizons and meet new friends.

Elderhostel features programs for adults age 55 and older that combine an educational and travel experience rolled into six days and five nights. Program weeks typically offer three courses on various topics, covering a range of subjects – see the list below. Depending on your course of study, you will likely have classroom sessions combined with field trips and programs each evening. For more information about the programs listed below, call The Mountain office for an Elderhostel brochure or check out The Mountain website: www.mountaincenters.org/elderhostel.html. Registration for Elderhostel programs at The Mountain must go through Elderhostel. To register, call Elderhostel toll free at (877) 426-8056 or go online to www.elderhostel.org.



2002 Program Dates

Dates	Program	Price
March 10-15	Mark Twain; The World of Emily Dickinson; and T'ai Chi Chih	\$402
March 24-29	Mountain People; Cherokee History, Culture/Traditions; and The Civil War	\$412
April 7-12	Southern Appalachian Culture; Southern Mountains; William Bartram's Appalachia	\$446
April 14-19	Mountain People; The Civil War in the Mountains; and T'ai Chi	\$426
April 21-26	Southern Appalachian People and Culture; Outdoor Photography Techniques	\$446
April 28-May 3	Appalachian Culture and Natural History	\$446
May 5-10	Spring in the Mountains; and Culture Through Stories and The Oral Tradition	\$446
May 12-17	Appalachian Fun—An Adventure for Active Women	\$496
May 19-24	Wildflower Walks; Appalachian Culture; and The Roots of the Scotch-Irish	\$446
May 26-31	Hiking in the Southern Appalachians	\$486
June 2-7	Appalachian Outdoor Adventure	\$496
June 9-14	Appalachian Whitewater and Hiking Adventure	\$556
June 17-20	Three-Day Appalachian Adventure	\$350
June 28-July 2	Mountain Adventure for Grandparents and Grandchildren	Grandparents \$506
		Grandchildren \$435
August 5-8	Three-Day Appalachian Adventure	\$350
August 11-16	Appalachian Hiking and Whitewater Adventure	\$556
August 18-23	Appalachian Outdoor Adventure	\$496
August 25-30	Appalachian Home: Music & Stories of the Mountain People & Natural History	\$446
September 1-6	Exploring the Southern Appalachians On Foot	\$486
September 8-13	Hiking Adventure in the Southern Appalachians	\$486
September 15-18	Three-Day Appalachian Sampler	\$350
September 22-27	Women's Hiking Adventure	\$486
Sept. 29-Oct. 4	Wealth of the Appalachian	\$456
October 6-11	Heritage and Traditions of the Appalachian People & Homesteaders; Folk Music	\$446
October 13-18	Mountain People; Natural History and Fall Splendor; Roots of the The Scots-Irish	\$446
October 20-25	Beautiful Blue Ridge; Designer Genes; America's History Through Folk Music	\$456
Oct. 27-Nov. 1	Mountain People, Yesterday and Today; Cherokee History; Civil War in the Mountains	\$446

Registration Process

Please indicate your preference between double occupancy housing and multiple occupancy housing. Multiple occupancy is defined as 3 or more adults sharing a bathroom. There is a per night surcharge for private rooms when requested. Private rooms are dependent upon availability. Full payment of program fees is due at time of registration. Early bird discount rates are valid until the dates indicated in the fee table. Registration must be received by The Mountain by the early bird deadline to qualify. When full payment for your registration is received, you will receive a confirmation packet that includes your housing assignment.



Mountain staff are ready to greet you!

Cancellation Policies

If you cancel 30+ days before the program, 50% of your fees will be refunded; if you cancel 15-29 days before the program, 25% of your fees will be refunded; and if you cancel 14 days or less before the program, no fees will be refunded. All cancellations requesting a refund must be made in writing.

Staying at The Mountain

Accommodations

Guests are housed either in our Lodge or our rustic cabins. Linens, blankets, pillows, and towels are provided. Each living space is heated and includes a bathroom. There are no phones or TVs in living accommodations by design, but phones are available on our campus. No pets are allowed at The Mountain.



Meeting Space

Programs are held in various locations on the campus, including the Lodge and the REC Hall. A small Library

Reference Center located in the Lodge is available for reading and book check-out.

Special Needs

Wheelchair accessible rooms and cabins (with specially-equipped bathrooms) are available. All primary meeting spaces are accessible.

Dining Hall

Delicious meals with both vegetarian and meat offerings are served buffet style each day in our community Dining Hall, just a short walk from the Lodge and cabins. Due to the volume of food that we prepare, we cannot create individual meals for our guests with special dietary needs. You may need to bring your own food items for special needs. Social Time occurs each evening before dinner in Heritage Hall, adjacent to the Dining Hall.

All meeting spaces, lodging and dining are connected by paved trails.

Fees Tables

Youth Programs

Program	Dates	Program Number	Age Range	Fees
Body, Mind and Spirit	May 24 - 26, 2002	2052450	7th - 9th Graders	\$85
Leadership School for Social Justice Summer Week	July 27 - August 2, 2002	2072750	Rising 10th Graders through 2002 HS graduates	\$451*

* If a congregation sends 3 youth, the 4th youth is free, but this offer is only open to the first 5 congregations that sign up.

Continued on page 10

Fees Tables

Adult Programs

REGISTER SOON
for Early Bird
Discounts!

Program & Dates	Program Number	Rate Type	Registration Deadline Date	Double Occupancy	Multiple Occupancy
Dinner & A Movie February 1 - 3, 2002	2020130	Early Bird Regular	On or before 01/04/02 On or after 01/05/02	\$140 \$165	\$130 \$155
Conflict Management for Interventionists March 15 - 17, 2002	2031590		See page 6 for details.		\$600
Lesbian Retreat Weekend: Staying Power April 19 - 21, 2002	2041930	Early Bird Regular Late	On or before 02/28/02 Between 03/01 and 04/05/02 On or after 04/06/02	\$170 \$195 \$220	\$155 \$180 \$205
MountainScape Flyfishing Weekend June 14 - 16, 2002	2061430	Early Bird Regular	On or before 05/15/02 On or after 05/16/02		\$325 \$375
Leadership School for Religious Educators July 7 - 13, 2002	2070790	Early Bird Regular	On or before 05/06/02 Between 05/07 and 06/07/02; No registrations accepted after 06/07/02. See page 6 for details.		\$450 \$525
MountainScape Paddling & Hiking July 14 - 19, 2002	2071430	Early Bird Regular	On or before 06/14/02 On or after 06/15/02		\$450 \$500
Mountain School for Congregational Leadership July 21 - 27, 2002	2072190	Early Bird Regular	On or before 05/22/02 Between 05/23 and 06/22/02; no registrations accepted after 6/22/02. See page 6 for details.		\$610 \$685
Yoga – A Journey Within August 30 - September 1, 2002	2083030	Early Bird Regular	On or before 07/30/02 On or after 07/31/02	\$195 \$220	\$181 \$206

Intergenerational Programs

Program & Dates	Program Number	Rate Type	Registration Deadline Date	Occupancy		Per Day Rate *	Youth 12-17	Children 4-11**
				Double	Multiple			
Mother/Daughter Spring Retreat May 3 - 5, 2002	2050330	Early Bird Regular	On or before 04/03/02 On or after 04/04/02	\$160 \$185	\$146 \$171	N/A N/A	\$83 \$98	\$50 \$65
Members & Donors Weekend Memorial Day 2002 May 24 - 27, 2002	2052430	Early Bird Regular	On or before 04/24/02 On or after 04/25/02	\$198 \$223	\$184 \$209	\$70 \$75	\$118 \$133	\$65 \$80
Grandparent/Grandchild Week June 23 - 28, 2002	2062330	Early Bird Regular	On or before 05/23/02 On or after 05/24/02	\$445 \$495	\$410 \$460	\$95 \$100	\$251 \$276	\$158 \$183
Family MountainCamp June 30 - July 5, 2002	2063030	Early Bird Regular	On or before 05/30/02 On or after 05/31/02	\$430 \$465	\$380 \$410	\$90 \$95	\$215 \$240	\$105 \$130
Awakening the Storyteller August 23 - 25, 2002	2082330	Early Bird Regular	On or before 07/23/02 On or after 07/24/02	\$160 \$185	\$146 \$171	N/A N/A	\$83 \$98	\$50 \$65
Celebrating Labor Day Mountain "Regatta" Style! August 30 - September 2, 2002	2083050	Early Bird Regular	On or before 07/30/02 On or after 07/31/02		\$166 \$191	N/A N/A	\$91 \$106	\$31 \$46
Retreat You Don't Have to Plan II October 4 - 6, 2002	2100430	Early Bird Regular	On or before 09/04/02 On or after 09/05/02	\$150 \$175	\$136 \$161	N/A N/A	\$73 \$88	\$40 \$55

* Two night minimum. Preference will be given to those registering for the entire program.

** Children through 3 years of age attend for FREE



REGISTRATION FORM

Program Name: _____

Dates: _____

Registrant: _____

Address: _____

City: _____ State: _____ Zip: _____

Evening Phone: (_____) _____ Day Phone: (_____) _____

E-mail Address: _____

Enter names of ALL registrants as you want them to appear on namelists:

Adults	Gender	Fees	Life Member?	Youth, children, infants	Age	Gender	Fees
Total Fees				Total Fees			

Lodging Preference: Indicate 1st and 2nd choices: _____ Double Occupancy _____ Multiple Occupancy

◆ Housing preferences are not guaranteed but honored by date registration is received. Prices include lodging, programs, and meals. Multiple occupancy is defined as 3 or more adults sharing a bathroom. We will assign you a roommate if you do not come with one, or request one. There is a \$32 surcharge per night for private single room, if available.

☐ Private room requested

Roommate Preference (if not registering together): _____

Bed Preference (subject to availability): Twin _____ Double (for 2) _____ Crib _____

Mobility Considerations: _____



Dietary Information:

The Mountain's Food Services serves three delicious, healthy meals (served buffet style) each day. Due to the volume of food that we prepare, we cannot create individual meals for our guests with special dietary needs. You may need to bring your own food items for special needs.

FULL PAYMENT IS DUE AT REGISTRATION. Amount Enclosed: \$ _____. Your check payable to **The Mountain** is preferred; *Visa* and *MasterCard* can be used by legibly printing your complete card number and expiration date below, and signing the space provided.

Cancellation Policies: If you cancel 30+ days before the program, 50% of your fees will be refunded; if you cancel 29-15 days before the program, 25% of your fees will be refunded; and if you cancel 14 days or less before the program, no fees will be refunded. All cancellations requesting a refund must be made in writing.

Visa/MasterCard #: _____ Expiration Date: _____

Print Name (as appears on card): _____ Amount \$ _____

Cardholder's signature: _____

201PC

Office use only:

Payment received:

Housing:

Data:

Confirmed:

Discover The Mountain

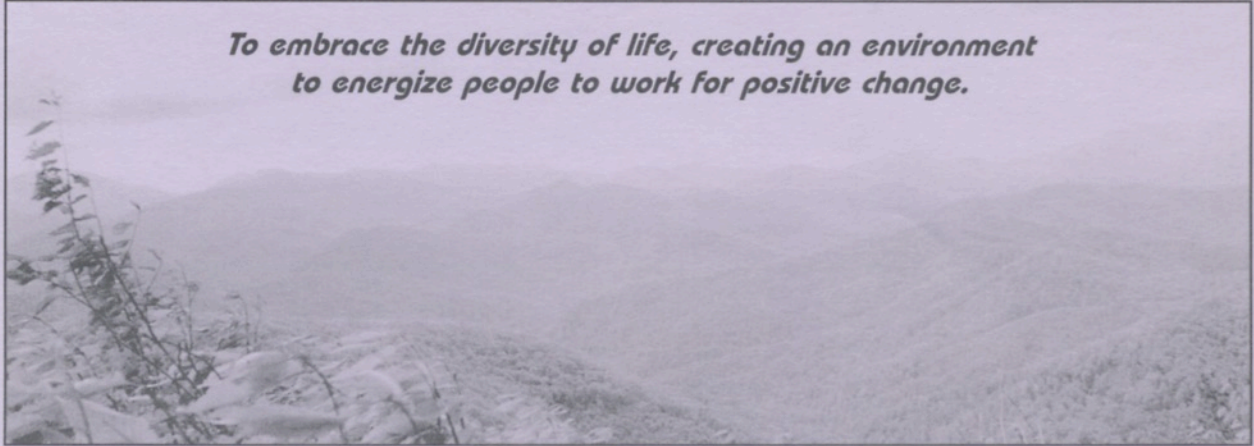
Located high in the Blue Ridge of the Southern Appalachian Mountains, The Mountain Retreat and Learning Centers is a place to expand your horizons—explore new ideas, meet new people and re-connect with yourself, community and the natural world.

Surrounded by the Nantahala National Forest, our home is Little Scaly Mountain—four miles southwest of Highlands, North Carolina. At 4200' elevation, perched atop striking granite cliffs and nestled in an ancient dwarf white oak wind

forest, our site is spectacular, with dramatic vistas, quiet places and lots to do.

Open year-round, The Mountain offers excellent programming for all ages. Inspiration mixes with renewal as you challenge yourself to grow and learn. Browse this Program Calendar to discover more about the opportunities from learning, renewal, personal growth and just plain fun that await you at The Mountain in 2002.

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



20+ YEARS OF COMMUNITY

THE MOUNTAIN

RETREAT & LEARNING CENTERS, INC.

P.O. Box 1299

Highlands, NC 28741

Address Service Requested

Register today . . . to make The Mountain part of your 2002!
See inside for exciting spring, summer and fall programs.