

Get Ready . . . for *MountainCamp 2003!*

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 an open and loving environment. Campers learn about and encourage spiritual growth in one another; balance freedom and responsibility; and model their belief in the inherent worth and dignity of every person. At MountainCamp your child will



participate in outdoor adventures; crafts and other arts; get in touch with and care for the environment; practice conflict management and ownership of community standards. Spirituality and worship spring from our Unitarian Universalist heritage, and we welcome and include children of all faith backgrounds. Committed to providing meaningful, high-quality experiences for all youth, MountainCamp offers a variety of programs.

MountainCamp At A Glance

Sunday, June 8 - Friday, July 12	ASCENDERS	\$833
Sunday, June 8 - Saturday, July 26	Counselors-In-Training	\$986
Sunday, June 15 - Friday, June 27	Junior High Camp	\$880
Sunday, June 15 - Friday, June 27	Work & Adventure I—Paddling	\$1238
Sunday, June 29 - Saturday, July 5	Beginning Camp	\$459
Sunday, June 29 - Friday, July 11	Elementary Camp	\$874
Sunday, June 29 - Friday, July 11	Work & Adventure II—Hiking	\$1042
Sunday, July 13 - Saturday, July 26	Senior High Camp	\$944
Sunday, July 13 - Saturday, July 26	Work & Adventure III—Climbing	\$1085
Sunday, July 27 - Saturday, August 2	LSSJ I-Art and Revolution	\$475
Saturday, August 9 - Friday, August 15	LSSJ II-Art and Revolution	\$475



THE MOUNTAIN RETREAT & LEARNING CENTERS, INC.
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ASCENDERS

All Summer Campers Exploring Nature's Delights & Experiencing Re-Creation

Sunday, June 8 – Friday, July 12

\$833

Rising 11th through 12th graders

Interested in being part of a fun and life-changing community experience that will give you tools and skills that will last forever?! ASCENDER Mountain-

Camp gives youth hands-on work experience through rotations in a variety of Mountain departments. ASCENDERS live with two mentors and become acquainted with what it takes to run The Mountain. ASCENDER mentors, with guidance from the ASCENDERS themselves, create a dynamic program that may include hiking, rock climbing,

planning evening programs for Camp, conflict management, religious values, etc.

Counselor-In-Training

Sunday, June 8 – Saturday, July 26

\$986

Rising 12th through 2003 Graduates

The Mountain's Counselor-In-Training program is an exciting way to enhance your leadership capacity, providing opportunities to work effectively with youth and also develop other great skills. In each camp session, CIT's responsibilities include assisting counselors with cabin activities, spending one night in the cabin with campers and counselors and helping facilitate Family Councils. CITs also plan Field Day, co-facilitate a camp workshop and design and lead an evening program. Each week, CITs have 1 day off; they'll also have 1 training and education day in adventure skills, youth development and other areas of interest.

Beginning Camp

Sunday, June 29 – Saturday, July 5

\$459

Rising 1st through 3rd Graders

A loving atmosphere is created for our youngest campers, many of whom are away from home for the first time. Beginning camp allows children to "get their feet wet" in the fun and adventure of camp, and may be the beginning of a life-long relationship with The Mountain and its values — not to mention the new friends made here! Campers have the opportunity to explore nature and develop an understanding of their place in nature with lots of outdoor activities that are fun and educational. This is a very special place for children to experience their first camp.

Elementary Camp

Sunday, June 29 – Friday, July 11

\$874

Rising 3rd through 6th Graders

For new campers and Beginning Camp "graduates" alike, Elementary camp gives children the chance to choose a number of their own activities — workshops and trips — and to participate in creating evening worship services

with their cabin. This year, all campers will get to be part of an overnight "camp out" at the base of The Mountain; there will also be other adventures such as tubing and lake rafting. One morning will be devoted to on-site community service projects that affirm the importance of giving to others — and, of course, evening programs, field play and arts and crafts are an

important part of the camp experience.

Junior High Camp

Sunday, June 15 – Friday, June 27

\$880

Rising 7th through 9th Graders

Campers are now old enough to choose more skill and age-based adventures than younger children — such as canoeing, river rafting, overnight camping and the low and high challenge courses. Youth are encouraged to explore their feelings and learn to express them with respect and care for others. One day will be devoted to on and off-site Community Service projects that promote awareness of individual responsibility in the greater community. As always, campers enjoy just being together. There is no such thing as "that awkward teenager stage" at MountainCamp!

Senior High Camp

Sunday, July 13 – Saturday, July 26

\$944

Rising 10th through 12th Graders

Whether senior high youth are "veterans" or new to MountainCamp, community and friendship always appear as highlights in camp evaluations. Campers experience many of the same adventure and community components as Junior High . . . but there are also new elements incorporated into the program. These include the 24-hour hike experience, more freedom and responsibility, more in-depth focus on social justice, values clarification and personal growth. Senior High Camp Theme and evening programs are designed and led by Spirits (camper peers). Senior High Camp is about discovery, deepening, and absolute magic!



Work & Adventure (see dates and prices below)
Rising 8th through 12th Graders

For the first time ever, MountainCamp offers three consecutive and uniquely focused Work & Adventure Camps. Combining exciting outdoor experiences and educational, environmental work service projects, the camps' first week will be dedicated to a work service project with an environmental focus, as well as some preparation for the big adventure during the second week. Choose one, two or all three 2003 Work & Adventure Camps — Paddling, Hiking, or Climbing! Sign up today — there are only 8 spaces available per camp.

If you were going on an adventure, what would it look like?

Work & Adventure I: Paddle
Sunday, June 15 – Friday, June 27
\$1238

How about whitewater paddling (and swimming!) on rivers that swim wild and free over rocks worn smooth by ages of water . . . you'll learn how to move around these rivers with a canoe and a paddle. You'll master the basic skills and then progress to more fun and advanced maneuvers. You'll become one with the river, your boat and your paddle and through this connection, experience grace, power, and mystery.

Work & Adventure II: Hike
Sunday, June 29 – Friday, July 11
\$1042

Or maybe you'd like to go backpacking over the oldest mountains in the world. You'll be carrying everything you need: food, shelter, water, pots, pans, and stoves. Your fellow adventurers will be a small, fully functioning community out in the woods where you'll experience nature as few people have the opportunity to do these days.

Work & Adventure III: Climb
Sunday, July 23–Saturday, July 26
\$1085

Or you can go rock climbing on tall cliffs of granite and gneiss, learning to notice the imperfections in the stone that make climbing possible, the rough faces that you wedge your foot against and small ledges you can stand on with relative ease. You'll feel the warmth of the stone on your hands as you reach for the next hold. As you reach the top of the climb you'll look out over the valley while the warm air blows and the falcons dance on thermals above your head.



Art & Revolution! Leadership School for Social Justice (LSSJ)
Week I: Sunday, July 27 – Saturday, August 2 ■ Week II: Saturday, August 9 – Friday, August 15
TWO Opportunities for Rising 10th through 12th Graders — \$475 each

Spend a week at The Mountain exploring self-expression and activism through the Arts — including music, dance, puppetry, theatre, and the visual arts. Have fun living, eating, and playing together with fellow revolutionists. Delve deeply into intense dialogue and introspection about identity and communities. You'll discover ways to use the Arts to enrich your activism, sustain yourself, and move people with your

creativity and energy. Small ensembles will work throughout the week to create pieces for a final performance and gallery. And remember you don't have to consider yourself "talented" or "experienced" to do something positive with the creativity we all possess. LSSJ is open to anyone with a vision for a better world. Above all, this program will be safe and non-judgmental.



NEW in 2003!

Many of our camps will end on a Friday this year. This will help keep the costs down while giving counselors the much-needed rest to re-energize **for your camper!** In addition, this gives campers who attend more than one camp session some time to relax by signing up for our camper stay-over program.

For a full description of all our MountainCamp 2003 camps, see The Mountain's website www.mountaincenters.org or contact our Guest Services office toll free at 888-593-3959, ext. 0 or **Kim Ingram**, ext. 234, kim.ingram@mountaincenters.org.

Summer Staff Opportunities Available

Are you at least 18 years of age and want to be a part of a community who devotes their summer to be a positive influence in youth's lives? Then apply for a Summer Staff position at The Mountain! If applicants are under 21, they must have previous CIT or counselor experience or significant experience working with youth. For information and applications, see our website www.mountaincenters.org/mountaincamp.html or contact Kim Ingram toll free at 888-593-3959, ext 234, email kim.ingram@mountaincenters.org.

The Mountain's Mission is "to embrace the diversity of life, creating an environment to energize people to work for positive change."

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