



# The Capon Weekly

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Sunday , May 24, 2009

CAPON SPRINGS, WV

## Family Reunions

Among the three generations gathering this weekend are the Borland, Burton, Brazell, Gubbins, Lindeman, Lindner, Larson, Livaudais, Maddox, Moore, Paxton, Staren & Stewart families. The Eckroths have **4** generations here.

The first time Capon gathering of the Burtons brought family from the most far flung places: Georgia, California, Ohio, Massachusetts, Maryland, Virginia, Florida & Oregon.

**Memorial Day** is a United States federal holiday observed on the last Monday of May. Formerly known as **Decoration Day**, it commemorates U.S. men and women who died while in the military service. First enacted to honor Union soldiers of the American Civil War (it is celebrated near the day of reunification after the civil war), it was expanded after World War I to include American casualties of any war or military action.



## Capon's facility improvements



To finish up the list of ambitious guest lodge "redos", this past winter and spring Capon's maintenance crews transformed the interior and back of the eight room Austin Cottage located next to the Hygeia spa. To prepare for the renovation, construction teams dug out the back hill to make room for the extension. Not only did all rooms get completely remodeled and refurbished, they were significantly enlarged. The back rooms facing the spa in particular, received extra big bathrooms to improve accessibility for guests with limited mobility. Still, the **question** remains: How will long time guests adjust to these changes? **Answer:** The Borland and Paxton families (who are enjoying the Austin this weekend) immediately signed up for next year's Memorial Day weekend to keep their spot in 2010. *(Not to be outdone, the Greenburgs signed up for next year even before they signed in for this year!)*

Since the hillside between the Austin and Poe was completely torn up during the process, grounds crews are still working on the access route between the two buildings. Please observe safety fences and grass seedings as we regenerate the site for this season's guests.

With the last of the major lodging facilities getting the necessary upgrade, the sights are set for expansion and improvement to the Main Building common areas. Currently being considered is a two-year project that would enlarge the card room, living room and library, stretching the Main building out toward the flag pole. In conjunction with these improvements, the office area might be switched from the current glassed in "zoo" in the buffet room, to where the ladies room is now located. This will allow for better traffic flows into the dining room during buffet lunches and meals during busy summer weeks. Also under consideration is adding some handicapped accessible guest rooms, which might include an elevator to the third floor.

Another possible change caused by this rearrangement will be the relocation of the Kiddie Corner to a more convenient spot next to the playground. That opens up the opportunity for some great new play spots for kids as well as a dedicated Kids Kamp area. Let us know your thoughts as we plan for the next generation of guests!



# Capon Summers!

Patriotically enough, summer at Capon begins on June 14th, Flag Day. Both of the last two weeks of



June are as busy as any July or August week with recreational activities such as sporting tournaments and Kids Kamp. Daily playyard attendants and lifeguards return to their posts. While weekend space remains a premium until after August 23rd, week day openings exist throughout June and July. In particular, the weeks starting July 12th and 19th still have a variety of accommodations to choose from. And for those whose schools do not reopen until after Labor Day, Sept. 7th, excellent offerings are available from 8/23 through the holiday weekend.

In fact, because there is are two full weeks of summer openings at the end of August, we are looking for special programs/activities/events to offer at this time. Some ideas generated so far include:

- 1) Grandparent/grandkid gatherings—offerings for sharing heritage and legacies into the next generation.
- 2) Nature program/outdoor skill development for young and old alike
- 3) Kid friendly variation of the pre-opening mayhem mystery weekend



**What ideas do you have?**

**We would love to hear them— just stop by the front desk and help us experiment with some**

**new kind of Capon adventure!**

## GROUPS GATHERS, COUPLES WED



Word is getting out that Capon is a great place to meet, retreat and get married. Opening weekend started with a golfing group that celebrated their 60th straight year of both spring and fall visits. Women and men's church groups came back in May, as well as an engineering firm based in Charlottesville, VA. Making their first trip to Capon were West Virginia 4-H leaders, a Campus Crusade for Christ training session and an American Woodmark corporate team building workshop. In early June, a military training group will hold their first Capon day meeting.

A record number of destination weddings are scheduled for the 2009 season: so far six! And, unlike most of the weddings in which the bride has the Capon connection, this time around most were inspired by the groom! Here is the line-up:

<i>May 16th</i>	<i>Zimmerman/Kolick</i>
<i>May 30th</i>	<i>Danner/Chaudhry</i>
<i>June 6th</i>	<i>Richey/Feldmann</i>
<i>June 13th</i>	<i>Brill/Purdy</i>
<i>September 26th</i>	<i>Toll/Tritch</i>
<i>October 3rd</i>	<i>Krautwurst/Kirk</i>



**Any other engaged couples want to keep the record going? Celebrate with us Aug. 28-30 or Labor Day weekend Sept. 4-7.**

**Upcoming Capon events...** Starting Monday, May 25, enjoy a whole week of craft making, plus the Big Band dance on Tuesday night! To finish out the weekday programs, watercolor painting starts June 1st, while golf instruction begins the next week, June 8th.



**HDTV?** Remember the old TV in Room #4 of the Meeting House? You know, the one you had to use a light switch mechanism to turn it on? Well, it went the way of the local fire sale and now guests are watching sports, news and their favorites shows in HD on the new 52" LCD flat screen.



## HOT STONE REFLEXOLOGY



Besides the usual relaxing rub down of sore feet by Hygeia reflexologist Charlotte Lehigh, try this new warming therapy for working the reflex areas of the feet.

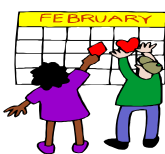
## Guest Celebrations

### Introduce Capon the first two Sundays in June: 7th & 14th

**Who wouldn't enjoy a Sunday outing to Capon Springs?** Here are your chances to spend a beautiful Spring day up on Capon's golf course... or pamper yourself at the Hygeia Bath House & Spa... Come on your own.. Or bring family and friends.



These are great opportunities to introduce someone new to Capon! Mark your calendars and plan to be with us for this wonderful way to share with those seeking the Capon experience.



*We ask that you make reservations in advance for lunch, golf and spa services by contacting us by phone or email.*

### BIRTHDAYS

5/24 Sandy Eckroth  
5/25 Thomas Barnhart  
5/26 Bannon Brazell



### ANNIVERSARIES

5/24 Tad & Mary Jean Lindner  
5/24 Joe & Cathy Romano  
5/24 Robert & Cynthia Suter  
5/26 John & Myra Fritts- 65th



### More golf or spa?



Enjoy our Spring and Fall golfing weekday trips to Capon. Come to Capon for the day and play 18 holes of golf with cart and a lunch for \$45 per person!

Not a golfer? Come for the day and enjoy spa services at regular rates. Soak in the Roman baths or receive a healing body treatment.

***(Overnight guests have first priority for appointments.)***

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## Great Capon Gifts in 2009

Several new items have already appeared on the shelves of Capon's Food and Gift Shop. The third in a series of Capon coasters/trivets features the Capon pool. A Capon magnetic sticker for your car, stainless steel water bottles, willow green ladies fleece jackets and black sleeveless vests have been popular items. A tan/black windshirt, a ladies three-quarter sleeved pink/brown t-shirt as well as poppy-colored sweatshirts for kids and adults have also been spotted on several guests! And in the early stages of production: Capon walking sticks! Keep the suggestions coming!



## Canada to Capon connection

A family of Canada geese returned once again to Capon's Main pond to raise their family. Six goslings can be seen scampering back and forth with their mom and dad from the waterway across the main road to the grassy park.



While their babies are growing, the parents lose their flying feathers so none of them are able to leave the area. At about nine weeks, when their young are big enough to venture off on their own, they regrow their feathers and prepare to fly off to greener pastures on a family vacation. That means they will be with us until at least the end of June.

While they are visiting Capon, we ask that you respect their life processes and not approach them. Like human moms and dads, the parents are very protective of their young and will defend them against all dangers. **So please don't try to feed them or get close to them.**

*During their stay, Patty Austin has volunteered to be their custodian as well as clean up after their messes.*

Also enjoying the natural beauty of Capon's pond are a pair of Mallard ducks. They are currently building a nest for their young ones so we ask that you respect their privacy as well.

## Nature notes!

Guests coming over the mountain road from Route 55 noticed a few trees missing from the left hand side of the road near the Hawk Road turnoff. With years of gypsy moth damage combined with the maturing growth of select hardwoods, it was time to cull the woodland area to keep the forest healthy. For those who venture along the Yellow Trail, it means a great view both towards the golf course and looking back over Bear Ridge toward great North Mountain.



What's the purple bag hanging from the elm tree on the left hand side of the road down toward the Fish Pond? It's an elm bore trap posted last Fall by the West Virginia Department of Agriculture to monitor the pesky bugs that damage those stately trees. No word yet on the results.

## Growing Down on the Farm

The weather this spring has made "putting a garden in" pretty difficult. The cooler temperatures and wet weather meant a later than usual start to plowing time--let alone planting time! But this week with its sunny days and mild temperatures saw the farm crew hard at it. By the end of the day on Friday, Carlin Brill, Sam Brill and Caleb Smith had mowed and plowed and tilled and planted and caught the planting schedule up! In the ground now.....tomatoes, cucumbers, zucchini, squash, carrots, potatoes, cantaloupe, watermelon, sweet corn, ornamental corn, lettuce and spring onions.



Still to go: peppers, pumpkins and gourds for Halloween, and then several more weeks of staggered plantings of sweet corn, lettuce, cucumbers, squash and zucchini. And although the rhubarb is coming to an end, we will soon be enjoying fresh strawberries!

This spring even affected the arrival of Capon's animals! Although the calves have arrived at Hog Heaven (and brought some of their friends and family) there is still no sign of the pigs. 145 chickens have just settled in at Rivermeadow Farm - and their late arrival means not a lot of eggs for a while....they are still too young.

Carlin reported collecting 2 eggs on Thursday, so it won't be too long!



## Lets Face it!

After seeing how much fun guests were having connecting on Facebook, Jonathan Bellingham launched the **Capon Fun Page** to both share



information about Capon events and get ideas for new ones. Haven't joined yet? Just go online and ask to be a friend! *(We are currently looking for ideas for our end of summer programs-- see article page 2)*