



# The Capon Weekly

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Saturday, July 4, 2009

CAPON SPRINGS, WV

## *Independence Day Celebrations:*

Even though the fireworks didn't



line up with the 4th, for the first time in awhile all the meals stayed the same this year. That is except for Tuesday dinner which has been different all season long. The meal that was made popular this week two years ago, has become the new featured course on Tuesday night: oven roasted potatoes complemented the moist and juicy meatloaf served with stewed tomatoes. A blackberry cobbler "ala mode" finished off the meal.



Dinner on Friday still featured fried chicken but was served half an hour early to give plenty of time for the evening fun on the Hill. Dirk Markley was well prepared for kids games such as inflatables, bubbles, parachute and the featured event- water balloons. Though the cool evening was more suited for some warmer activities so Clark Baker brought out his records and helped guests form squares and lines for some dancing. After the flag was lowered, the fireworks bedazzled the guests as they snuggled under sweatshirts and blankets.

On Saturday morning, July 4th, everyone showed up in their red, white and blue colored outfits to liven up the Independence Day activities. The kids' parade from the Meeting House to the Main Building brought the flag to the assembly of family and friends gathered on the Main porch. Once "Old Glory" was secured, Bill Offutt clanged a bell provided by Bob Boyle in 2006 and then read some inspiring excerpts from the Declaration of Independence from his perch on the second floor porch of the Main Building. After his remarks concluded, everyone turned toward the flag and sang the National Anthem, complete with rockets bursting in air. Bring your musical instruments and your singing voices to the traditional campfire sing-a-long after dinner Saturday and enjoy a special "glowing" experience!

### **Caring for Cookie**

Everyone at Capon sends healing thoughts and prayers to Cookie Ingraham, who went to the Winchester medical center on Thursday after suffering a stroke. We look forward to her speedy recovery so she can be home with her family soon.

### **Pastime turns patriotic**



Atlee Wampler IV of Atlanta, GA, fulfilled his lifetime dream of representing the US in international competition in a USA vs. Canada rugby match last weekend. "There is nothing like representing your country and wearing the red, white and blue while hearing the National Anthem play," commented Atlee. Although he has reached national status in both tae kwon do and rugby in his youth, this is the first time he has been selected to be part of international competition.

Over the past few years as Atlee has grown his reputation as a chiropractic doctor, he has remained active in the sport by serving as team doctor for the national rugby team. During training last year, the athletes teased him about coming off the sidelines and trying out for the travel squad himself. He thought, why not? And he impressed the coaches enough to make the team. And although he had kept up a basic fitness level, he had just four months to get into international competitive shape. "The coaches said I stood out during the match but I got more than a little beat up from the action. Thank goodness for the Capon pool. It is helping me recover from all the inflammation", reported Atlee.

# BINGO BASH

Hank Robinson was the first to score a prize in Wednesday night's traditional Bingo Bash. Since Nancy Taymans took this year off from all the crazy throwing toys, caller Jonathan Bellingham tried to maintain the excitement surrounding his favorite number O-70. Guests didn't have to wait long before the long winded action started and they responded with some table drumming of their own.



During the melee, Jonathan displayed an oversized card designed by Capon guest John Emory. Used as a Halloween costume in 2008, the hand drawn card featured such taglines as "Guaranteed not to win" and "The Second Worst Card Ever". Katie Bellingham added her own brand of amusement with her own number calling and side comments about her father's silly antics.

When it came to winning, DJ Duffy and Carolyn Francis showed up to collect prizes two times. Annemarie Boyle became the "honeycomb kid" by getting the free space surrounded in the first special game of the night. Later that evening, in her mom Gail treated the assembly to her bingo calling skills by hosting the traditional screwball game. Like many others that evening, Jonathan Bellingham needed only one more number to win on Gail's card. Face with a choice between the surprise



box and the postcards, Buzz Dow considered taking the safe choice before opting for the mystery. Good decision— he won the new Capon backpack! Other winners included, Louis Baker, Cole Sears, Jessica Dow, Diane Hamis, Marty Martin and Peggy Richardson. Tom Watson proved to be the best at getting the "X" when he won the last game and took home the coveted bag of homemade cookies.

## Capon cardroom:

Clark Baker was busy himself and helping others enjoy games again this week. This year's favorite was called "Pandemic". It is the latest cooperative play adventure in which everyone works together to save the earth. On Thursday, Lizzy Pepper and Hannah Pender worked hard to stop the disease. Another favorite was "Dominion". Unlike the other conquest games, this one could be done in under 30 minutes, something Clark's daughter Eva appreciated after spending way too much time in one match years ago.

## Caponchase 2009:

The July 4th gang usually kicks off the summer activities and the Caponchase adventure was no exception. Six teams gathered for their pre-game instructions right after lunch on Wednesday. Unlike the coin challenge last year, this season's code cracking fun focused on dates, historical figures and unique locations. And instead of an open ended start and finish, this contest pushed guests to reach the final answer in under 4 hours. Because it was much tougher than last year, gamemaster Jonathan Bellingham was available at the half way point to help teams confirm they were on the right path or help them get unstuck. Most teams took advantage of this assistance as there were differing interpretations of the clues and rhyming verses.

Buoyed by this encouragement and inside scoop, teams spirits weren't dampened by the heavenly rainfall during the last hour of the chase. Using creative problem solving the Seiler family repeated their effort from 2008 and were the first to solve the puzzle. The edged out the Peper family who had solved all the clues but failed to reach the final answer. Props go to last year's random drawing winners, Team Boylepomerender, who worked the hardest but in doing so made the journey that much more difficult.

# Golfer Delight



For Tuesday's best ball golf tourney, the team of Casey Duffy, Dan Pomeroy, Cheryl Clark, Rodney Heiligmann, and Aidan Pender won with closest pin settling the tie at 4 under par 30. They will receive the prize of a jar of Pearle's apple butter. Their were two teams tied for the runners-up spot. The teams consisted of Keith Kimberl, Paul Hill, George Pomeroy, Leigh Atkins, Austin Martin, Jason Clark, Steve Bowser, Donna Taymans, Dave Gass, and Bruno Joachim.

In Friday's regular best ball tournament there was a three way tie for first. Since tourney plan didn't end until the lunch bell rang, all three teams were declared tri-champions and received the prize of homemade apple butter. The members of the teams were as follows: Casey Duffy, Bob Clark, Michael Kostrub, Bob Boyle, Chad Meyers, Carolyn Offutt I; Steve Shear, Bill Bowser, Ann Wiltbank, Dave Gass, Brent, Quiggle, Shirley Berry; Ron Sears, Dennis Cotter, Aidan Pender, Joe Romano, George Pomeroy, Peggy Richardson. Congratulation to all those who participated in both the Tuesday's and Friday's golf contest.

## WORDS TO LIVE BY:

"You learn that your Partner will give you the strength and poise to bear your joys and sorrows lightly; to make your love fruitful in service; never to disown the poor or bend the knee before mortal might, but rather to raise your mind high above daily trifles and lovingly to surrender your strength to His will". Lou Austin  
*"You Are Greater Than You Know" P. 133*

# Capon Mile



A modest showing in Tuesday's one mile trek proved useful for Lizzy Peper who ran unopposed to victory in 6:25. Robby Shaver closed the gap, but ran out of real estate finishing second with a time of 6:45. Third place went to Deborah Kostrub completing the youth sweep of all the top spots. Age group winners included: Brittainy Tomichek, Dennis Richardson, Angela Shaver, Chris Seiler, and Alex Sogegian. This weeks honorable mention goes to Gabe Tippin who was a lot like the little engine that could and kept right on running to the end.

## NOT NET NOW...

Only half the number of teams required (8) signed up for the mixed doubles tourney on Wednesday. So unlike the resurgence of the last two years, 2009 will pass by without the organized net play. Bring your rackets and we will see what happens in 2010!



## GUEST CELEBRATIONS

### BIRTHDAYS

7/2 Annmarie Boyle  
 7/3 Keith Kimberl  
 7/4 Kevin Berry  
 7/5 Gail Boyle and Evelyn Ripsom



### ANNIVERSARIES

6/30 Jason & Cheryl Clark  
 7/1 Atlee & Susan Wampler  
 7/4 George & Eleanor Pomeroy  
 7/4 Al & Sara Jane Steadley- 50th



## PONG-A-THON

A total of 39 people vied for the title of King Pong in Thursday afternoon's table tennis match up. The cut off for the adult tourney was 16 years of age. For the youth, last years champion Laine Shear cheerfully beat most of her opponents with a huge smile on her face. Everything went according to plan for her until the final match. That's when the youthful 12 year old Robby Shaver unseated the champ, 21 to 15 to take away her crown.

In the adult league, there were many extremely talented ping-pong players. Every match grew more and more intense as the competition became better and better. One of the most captivating matches was in the semi-finals between Louis Baker and Caleb Heidel (who both had beaten some fierce player to get that far). Caleb eventually won, and went on to play last years champion Greg Norman. Although it was a extremely close match, Caleb followed Robby Shaver's example and dethroned the past king.

## Shuffling Along...



This week kids shuffleboarding event almost never happened. Thanks to some last minute "Great Me" entrants, there was just enough for all to participate. After some intense matches, one team fell after another. Left standing were Max Joachim and William Howe versus JJ Pender and Amber Richardson. Max and Will started out with a big lead of 15 to 0, but that lead was short lived. In the second round, JJ and Amber scored 22 and knocked Max and Will's score down to 5. The next round wasn't any kinder on Max and Will- another 10 off! JJ and Amber used their great skills to move on for a fantastic victory!


Meanwhile, just like the kids, the adults barely fielded a full bracket for the tourney. And then it took until Friday afternoon for defending champions Greg Norman and Taylor Shear to play their first match. Steve & Carla Bowser used the delay to their advantage and knocked them off before falling to Gary & Amanda Brady who will play for the title. On the other side of the bracket, 2008 runners up, Dave & Mary Beth Gass breezed through their early rounds until they ran into Kyle Zentz and Nicole Gregory who knocked them out in two games to advance to the final. See the exciting conclusion after dinner Saturday.

## Badminton Pairs



The roster was perfectly full with 32 people playing in this week's court challenge. The pot luck twosome tourney featured mostly combinations of adult/child or male/female variations. There were many close matches, but the final was a battle of the Mikes: Peper vs. Kostrub. Mike Peper ganged up with Luke Vogelgesang while Michael Kostrub worked well with last minute alternate Gracie Heidel. It started off birdie for birdie, but Mike Peper's height advantage proved too tough so he and Luke volleyed to victory.

## End of summer deal:

Since you have already made at LEAST one visit this year, just return anytime between **Sunday, August 23 and Friday, September 4** when all rooms with private bath are just **\$99** per person per night. Prefer the Main Building? Then rates are only **\$79** per person. You are welcome to include any of your family and friends when you make the reservations  for them to join you!

New to Kids Kamp this week: YOGA!  
Just ask Gabe Tippin about his cross-legged meditation pose!

### *The Capon Weekly,*

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