



The Capon Weekly

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Saturday, August 8, 2009

CAPON SPRINGS, WV

DECADES OF VACATIONS

Last week's poll about the history of Capon regulars was repeated for this week's crowd. The results? These folks first ventured to Capon more than 50 years ago: Gary Burton, Sally Geary, John Fuller, Phil Nielson, Toni Pepe, Jan Snook and Bob Welch. A special sheet cake was on display Friday before dinner to honor those half-centurions. After dinner, Bob and Peg Nunnally feasted on their own 50th anniversary cake in the presence of their daughters, who surprised them by arriving earlier in the day to honor their wedding a half a century ago.

Another subset of guests reported that they were getting close to the magic mark of 5 decades of Capon visits. Sam Beardsley, Mara Bishop, Adam Kenner, Bob & Peggy Nunnally, Peggy O'Connor Kelley, Ann Sanders, Larry Shulman and Stan Shulman all came at least 40 years ago. Missing from the list of guests this week, but still in our hearts were George Ferraro, Gene Snook and Tom Roan who all passed away since their last Capon visit.

Updated clue chase



With feedback gleaned from earlier summer action, game master Jonathan Bellingham revised the clues and rules for this week's code crackers. Besides not being able to use your vehicle to travel to clue locations, teams were not permitted access to Capon's history book. Still, that didn't stop teams from using all the markers, plaques and signs around the grounds to provide them with enough information to get the job done. At 4:00pm, each team showed up for their few minutes of assistance before taking the final steps in the challenge. As in previous weeks, three teams bunched up near the front and finished within 20 minutes of each other. But it was team 4PASS (named for the four first initials of team members, Philip, Adam & Sarah Kenner and Stephen Hott-Bellingham) which turned in the final answer before the rest. Team "Already Behind" stayed in that position the whole way, finally given in to the 4-hour time constraint.

Front Porch chatter....



This Capon week usually features specialty haircuts involving the Walen and Kattermann families. However, neither Ben Walen nor his Aunt Tracey needed a trimming when they arrived Sunday with their bristle length scalps. His fashion was to beat the summer heat, but hers was in keeping with her recent Buddhist Zen priest ordination. As a practicing Buddhist for 11 years, Tracey now resides in an Oregon monastery. She led a 10-minute meditation, as well as a Buddhism 101 discussion Tuesday night. This quiet time offered guests an opportunity to be still and to focus on their breathing and the sounds of Capon. The exercise fits well with Capon founder Lou Austin's concept of "Breathe out Ego, Breathe in God" as you participate in the moment by moment exchange of air.

(Hugh Ward and Dylan Butler finally got their "unusual do" Friday night!)

On Monday morning, Erin Rosenfeld found a different kind of rock other than Eagle at the top of Great North Mountain: **a diamond**. When long time boyfriend Todd Perdue asked her to hold his camera so a photo could be taken, the next question out of his mouth was, "Will you marry me?" Seeing Todd down on one knee with the scenic overlook as a backdrop, was enough inspiration for Erin to say, "Yes!" The newly engaged couple enjoyed a celebratory cake Tuesday.



Peg O'Connor and Bill Kelley know about creating unexpected relationship events. Instead of turning the engagement into a surprise, they decided to make the wedding an unannounced affair. Last September, during one of their choir retreats, they had an impromptu wedding performed by their pastor. Since they met each other while singing, they figured it would be the perfect setting to seal the deal. This week they shared a hard covered book full of photos of their wedding day.

Water Water everywhere!

Since Capon water is truly everywhere, the plastic bottles were removed from guest rooms this week in an ongoing effort to "Go Green". You can continue to enjoy refreshing Capon water right from any faucet.



Tee Talk



On Tuesday morning in the best ball golf tourney, all the fivesomes finished under par. But it was the team that made the putts that took home the apple butter. Mike Durrwachter, Joseph Curtis, Roy Burrows, Phil Nielson and Kim Ruppert scored six birdies, including their last three holes, to post a 28. Two teams tied as runners up: Don Espach, Joe Spruill, Craig McDainiel, Eric Schlar & Erika Maynard and Josh Brooks, Keegan Johnson, Pete Oettinger, Ben Walen & Sandy Butler.

On Friday's cool morning, the scores were hot as well. Mike Durrwachter's team returned to the winner's circle once more. Their 6 birdie game was helped by starting and finishing strong with birdies. The last birdie proved crucial because that one stroke proved the difference in victory. Kelly Perdue, Dan LaFon, Matt Trasatti and Peggy Ward joined Mike for the win. Meanwhile, Billy Brooks, Keegan Johnson, Dan Slattery, Matt Heim & Rose Trasatti ended up in second.



BIRTHDAYS

8/5 Bill Marin
8/6 Dan Slattery
8/6 Carol LaFon
8/8 Laura Trasatti
8/9 Chase Bowman



ANNIVERSARIES

8/2 Joe & Cora Sue Spruill
8/6 Larry & Bobbi Shulman
8/7 Bob & Peggy Nunally—
50th celebration

Retro Rates and Fall Updates

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. You are welcome to include any of your family and friends when you make the reservations for them to join you! (Main Building rooms are just \$79 per person per night!)



Autumn announcements: Labor Day weekend, September 4-7 still has some excellent room openings for 2 and 3 night reservations. If you can only join us for one night over a weekend, consider these **Saturdays**. Come **September 12th OR 19th** and enjoy the Spring tour, campfire sing-a-long & doggie roast and Sunday morning sticky buns. Looking for just a **Sunday** night? Come **October 11** and enjoy the annual Film Festival.

WORDS TO LIVE BY



"BE STILL AND KNOW that I, your Maker and Sustainer, am with you. From your beginning to your end. I am as much a part of you as your own Self.

Even more than your own Self, if you will analyze both your contribution and mine to our Partnership.

You are never alone even when by yourself.

My spirit, with its love and wisdom and power are always with you.

This illimitable love and wisdom and power are always available to you.

This is the highest revelation that can come to anyone."

Lou Austin, Capon co-founder from *An LLA Anthology*, pg 234.

Shuttlecock Sensations



There were so many badminton players in Friday afternoon's mixed doubles pot luck tourney that several had to play a preliminary round just to make it into the top 16 spots. One side of the bracket went quickly, while the other took considerably longer. That meant one semi was done before the other quarter-finalists emerged. So Owen Tumperi and Sam Ward took a nice break after ousting Owen's sister Lindsey and Stephen Hott-Bellingham.

Finally, the young team of Nathan Tumperi and Chris Oettinger reached the semis against Matt Burke and Anna Luff. Youth prevailed as Nathan and Chris advanced to play Sam & Owen. The game started off very close and stayed that way until it was 8 to 8. Having enough of the close match, Sam and Owen decided to put it away by scoring three more to end it 11 to 8.

Softball sensations



Once again Thursday's softball game was filled with antics and chaos, but it was all in fun. One of the most eccentric players was Dylan Butler, who had a creative opinion about everything. The young team started off with a commanding 5 to 1 lead, but the oldies came back and tied it up 8 to 8. In the bottom of the 9th, the young team scored the winning run to win it all.

Catch the big one

After a little friendly fishing competition from two early teen



teams on Monday, the next night produced one of the biggest catfish catches from the Main pond in recent memories. Hugh Ward snagged the giant with a dough ball made with Capon bread. "It was a team effort", explained Hugh, indicating Dylan Butler, Marshall Tumperi and Matt Trasatti helped haul the "Big Bubba" to shore. From start to finish they had the beast netted in under a minute for fear of breaking the line. (Hugh's reel was so tangled from the encounter, that it took until Friday to straighten out the mess). Since Dylan also hauled in a decent-sized catfish that same evening, the next morning was a feast that took 4 families to finish.

Capon's Got Talent

To start the Friday evening show off right, Violet Bishop and Sarah Kenner played the National Anthem on their violins. Then last minute entry, Andrea Miller played the flute before joining friends Madison Oglesby, Alexandra Fotos and Hannah Green with their gymnastic routine of cartwheels and round-offs. **And then the music and dancing began!** After being inspired by Christie Brooks's rendition of an old Bruce Springsteen song last year, four year old Reilly Pablo shared his best impression of "The Boss". Next, brother combo Dylan and Kole Butler shook their booties to "Tunak Tunak Tum". Since Carly Collette brought her tap shoes and her "Carlettes" dancing trio, they did a fancy footwork tribute to "I've Got Rhythm". (Dominic Barrera added his own kicks to the musical number!)



Even though this was the first year without "Ghosty and Panter", Gatsby Rider, Stephen Hott-Bellingham and Benjamin Helbert paid tribute to all things scary with a skit about hot dog eating zombies. Later, Gatsby and Stephen joined forces with Philip Kenner, Peyton Helbert and Ellen Ward for a skit about poor food service at the "Nopac Diner".

Just when you thought all the dancing was over, all the female Heim grandkids took center stage. They shared their version of "So You Think You Can Dance?" In their skit, the judges are so inspired by the contestants that they get into the act. The last performer, John Ward, brought his guitar for a sing-a-long trio of fun tunes, including a tribute to Capon guests who serve our country in the military. Just before the show ended with the popular sight and sound montage "Capon: It's You!" (produced by Patty Austin in only 3 days), the family of George & Joan Ferraro shared a DVD memoriam tribute.



Table tennis repeats



Just like last year's ping pong tourney, since there were so many up and coming players, the age cut-off was 13. Mikey Durrwachter showed some early progress, but in the semi-finals Chris Oettinger proved that he was determined to go all the way by winning 21 to 13. In the other semi-final, it was the battle of the Tumperis as Nathan defeated his brother Owen. In the title game, Chris came out strong and kept it up all the way with a dominant 21 to 12 victory over Nathan.

No brother Burke rivalry this year meant an open field for the 14 and over division. Eric Tumperi was determined to fill the void by blazing through the competition. In his semis, he had a good warm-up against Paulette Shulman. On the other side of the bracket, Joseph Baker played a very close match against Paddy Burke. In the end, Joe still took the victory for a chance at the top spot. In the finals, both Joe and Eric agreed to play a best 2 out of 3 to determine the grand champion. Too bad for Joe, he won the first game 21 to 17, and could have been the undisputed winner. Instead, he lost to Eric in the second match, and in the third, Eric kept his momentum and won it all.

Tennis Triumphs



Even teams split most of the games in Wednesday's tennis tournament. Three flights of four battled to make it to the semis. After the flight winners were determined by 2 games or less, the fourth team needed a tie breaker to advance. Thinking they were eliminated because they lost their flight, Mike Golden and sister in law Katie Kattermann had returned to the Main Building to shower and change. After getting redressed in tennis gear, they edged out Gregg & Alison Espach for the last spot in the semis. Once there, they used their momentum to rally past Bill & Judy Marin to advance to the finals.

Meanwhile, defending champs, Thomas & Jennifer Pablo were forced to play a tie-breaker in their semi. Zach & Kim Ruppert came from behind to win that match and advance to the championship contest. With plenty of time to spare before lunch, the two best teams decided to play a full set. After some great back and forth action, Zach and Kim took the title 6-3.

Hoop News



Twenty-seven talented people participated in the free throw contest this week. There were many who had trouble finding the hole, but there were also a couple of amazing shooters. Chris Burke for one, who easily took home the title with an outstanding 9 out of 10. Matt Heim and Marshall Tumperi were both tied with a very good 7 out of 10 for the runner up position. Matt ended up taking the second spot by sinking 4 out of 5 in the tie breaker round. Chris is one of only five people this year who has hit the 9 out 10 mark in Capon's Friday Basketball challenge

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Runners Road Race



This week 48 runners turned out for a scorching hot one mile race. This number was fewer than the last two weeks, but still a large number of competitors. It was an exciting race with even the littlest ones finishing within 12 minutes. Sam Ward and Chad Perdue were competing very closely for first place. Sam managed to stay 2 seconds ahead of Chad and finished with a time of 5:24. The fastest female this week was Chad's wife Mandy who finished with a time of 6:04. The eight age group winners were as follows: Dominic Kazzi, Nathan Tumperi, Matt Trasatti, Chad Perdue, John Ward, Gracie Heim, Natalie Durrwachter, and Catherine Novak.

Pushing pucks



In kids' shuffleboarding this week, eight teams perfectly filled up the bracket. In the first round of competition, all the courts were full, but they cleared quickly as the playing field was reduced to four at the end of the round. In the first semi-finals match, Mikey Durrwachter and Gracie Heim defeated Peyton Helbert and Erin Heim in a close competition. In the other semi-final match, Owen Tumperi and Pauline Ferraro conquered Owen's brother Nathan and his partner Benjamin Helbert. In the finals, Pauline and Owen played a solid game leading from start to finish to out shuffle Mikey & Grace, 32 to 14 points.

In adult action, a solid but not overflowing line-up of court pushers signed up for some cement court action. When the 2008 champions retired and the runners up decided to leave a day early, everyone had their eye on the top prize, including some 13-year olds joining the adult tourney for the first time. Past champion Sandy Butler returned to her form of old, this time with Capon freshman Thomas Keeling. After being eliminated early last year, mother/son combo Peggy Kelley and Joe Baker and cousins Erika Maynard & Chase Bowman brought their A-game to advance to the semis. Shuffling newbies Mara Bishop and Stephen Hott-Bellingham rounded out the top four. But by Saturday at 2:30pm, only Sandy & Thomas and Joe & Peggy remained to duke it out in the finals. Come see the exciting conclusion after dinner!