



The Capon Weekly

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Sunday, May 25, 2008

CAPON SPRINGS, WV

Run on Rainbows



Ben Livaudais didn't waste any time before making big catches at the main fish pond this weekend. He reeled in three trout on Friday but one flopped back into the pond. That meant only two were cleaned and cooked for breakfast the next day. On Saturday, Ben and his brother Joseph hauled in six more trout and one catfish. His secret: *He found a spot where the fish were biting halfway between the dock and the curve around to the left of the pond.*

Ty Brazell used the same location to land his large rainbow trout right before lunch. Feeling lucky he went back in the afternoon and hauled in 5 more! Jackson Hutchison had his own success hooking two rainbows and a catfish for his family. Seeing the catching was good, Mike and Charlie Maddox brought in two trout each. The result: a new Capon daily record of 23 fish for night man Ronnie LaFollette to clean so the cooks could have them ready for Sunday breakfast.

What's New at Capon in 2008

This winter saw the completion of the phased-in bathroom and heater renovations in the Fairfax. Now all the rooms have tubs and baseboard heaters. Plus, half the building received new bedding, furniture and draperies. Next year, the remainder of the rooms will receive the same improvements.

On Sunday night, at the traditional Bingo party, many guests got their first look at the changes to the MEETING HOUSE.



The area behind the stage, as well as the stage itself, were completely gutted and rebuilt. Excavation behind the Meeting House provided the necessary space to construct a large conference room with a modern multi-media system, kitchenette and handicapped accessible bathrooms. Along with the new stage, the auditorium will also receive a new multi-media system.

The sunny weather allowed guests to enjoy the newly transformed badminton court. The new all-weather surface was opened for play on Friday. Next week the crews return to finish the top surface with court lines. Summer guests can look forward to tournaments ushering in the new era of "shuttlecock shenanigans".



Meanwhile, golfers and fish pond "enthusiasts" will have new places to rest while enjoying their favorite activities.



The Deaton family and friends generously donated the funds to construct a hexagonal shelter reminiscent of the original "half way house" near the 6th tee on the golf course. Meanwhile, the Howe family children, in honor of their parents, decided on a similar shaped structure. Look for this cozy gazebo under construction at the Main fishpond across from the dock. Both these additions celebrate Capon family memories and provide a quiet respite from a day's exertion.

Family Reunions

Among the three generations gathering this weekend are the Borland, Blacker, Brazell, Brown, Cuddihy, Dixon, Fanning, Finagin, Johnson, Lindeman, Lindner, Livaudais, Kuzio, Maddox, Moore, Parry, Paxton, Raysor, Staren and Suter families. The Eckroths have FOUR generations here.

Coming to a DVD near you!



Have you seen the introduction to Capon's new video? It has been posted on the Capon website since late March. For those who have been patiently waiting for the rest of the DVD, look for an early June release date. Anyone interested in reserving a complimentary copy in advance, can leave their name at the Main Front Desk. The Capon family is grateful for all the photos and willing contributors to this major motion picture.

The final version will feature three options to choose from the Main menu: PLAY MOVIE, GROUPS AND SPECIAL EVENTS and BONUS FEATURES. The PLAY MOVIE button will take you to the two minute introduction followed immediately by approximately five minutes of life at Capon. The GROUPS and SPECIAL EVENTS button will take you to another menu which will allow you to choose between these two functions. (Special events include special birthday and anniversary celebrations, graduation parties and weddings).



The BONUS FEATURES button brings you to another menu that gives you three options: TESTIMONIALS, TRADITIONS and HISTORICAL FOOTAGE. The TESTIMONIAL section features guests sharing their favorite things about Capon and includes some amazing aerial footage of Capon. The TRADITIONS section highlights Fourth of July, Apple Butter making and Halloween as they can only be experienced at Capon. The HISTORICAL FOOTAGE button leads you to another menu that allows you to decide between Lou Austin's "This I Believe" radio excerpt, the miracle water cure footage and 10 minutes of a combination black and white and color video of guests enjoy Capon in the "early years". Highlights include shots of the old log cabin, driving across the Capon river before the bridge was built, the old lodge up on the hill, and a trip around the golf course when the trees were very small.



Capon Summers!

This year, June 15th, Father's Day, kicks off the summer activities such as sporting tournaments and kids kamp. Daily playyard attendants return to their posts. While weekend space remains a premium until after Labor Day weekend, week day openings exist throughout June and July. In particular, the week starting July 6th still has a variety of accommodations to choose from. And for those whose schools do not reopen until September 1st, excellent offerings are available August 24-29. Don't hesitate to call us with all reservation requests!



HYGEIA HAPPENINGS

We are excited to start our second full season at the Hygeia. To celebrate, we are offering complimentary splash pool (swimspa) session— your first one is on us! Call or come up to the spa to schedule an appointment time. (If you have already enjoyed the swimspa— don't worry! You still are entitled to a free session!)



Other Hygeia happenings... We've consulted with the original architects about ways to expand the building, hired several new spa attendants and massage therapists, and added a new "all natural" product line!

Upcoming Capon events... Starting Monday, May 26, local artisan Susan Feller will provide guests with instruction on the traditional craft of rug making.
Want to have Capon all to yourselves for a Saturday night?
 Reserve Saturday, September 13, and enjoy your own private gathering at Capon over a weekend night! Wedding anyone?

NEW June 1st Open House:

Who wouldn't enjoy a Sunday outing to Capon Springs? Spend a beautiful Spring day up on Capon's golf course... Pamper yourself at the Hygeia Bath House & Spa... Hike one of the woodland trails... Get in a game of tennis or try out the newly-surfaced badminton court... And there is always the "refreshing" spring-fed pool!



Come on your own.. Or bring family and friends. This is also a great opportunity to introduce someone new to Capon! A "Wednesday-style" lunch will be served in the dining room from 12:30-1:30pm for \$10 per person. Mark your calendars and plan to be with us for this wonderful way to start the month of June.

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

Guest Celebrations

BIRTHDAYS

5/26 Bannon Brazell
5/26 John Lindeman
5/26 Joan McKenzie



ANNIVERSARIES

5/23 Jim & Brenda Wells
5/24 Tad & Mary Jean Lindner
5/24 Joe & Cathy Romano
5/24 Robert & Cynthia Suter
5/25 Neal & Ellie Blacker- 53rd
5/26 Roy & Marge Richey- 57th



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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).

What's new at Capon Food Shop?

There are a few new items that have made it to the shelves already this year. Joining our Capon bear is a Capon pig! (Hog Heaven is still empty... the pigs won't arrive until mid-June. They need to get a little bigger!) We have a 2009 Capon calendar—thanks to all the talented photographers who shared their photos with us. If you want there to be a 2010 calendar--- please send us your pictures! For those of you who aren't sure how to pronounce "Capon", we have a t-shirt to help you out! We also have plaid flannel sleep pants and shorts, and some new sweatshirts! We're still working on a few new suggestions from you and hope to have them available in the next few weeks -- including a t-shirt designed by a Capon guest!



CAPON FAMILY: NEXT GENERATIONS

Greetings! Megan Brill here (daughter of Eddie and Ginny—Lou Austin's great-granddaughter) reporting on the happenings of the fourth and fifth generations of the Austin family.

Lou Kirkland (my cousin and daughter of Bonni McKeown) and her husband, Ben Gilmore were married at Capon at the Sunset Lodge last fall and enjoyed a honeymoon cruise to the Mediterranean. Both Lou and Ben are traveling physical therapists and were on rotation this winter in Prescott, Arizona. After doing some travel and exploration on the west coast, they moved back to this neck of the woods in February, just in time to celebrate their daughter Mia's first birthday. They also happily announced that they are expecting an addition to their family in the beginning of August! The three (soon four!) of them now live near Ben's family in Parkersburg, WV.



My cousin Dan Budnyk, son of Pete and Carolyn, continues to work in the hospitality field at the Marriott. He currently works in the Reservation Projections Department for the Crystal Gateway Marriott, Crystal City Marriott, and the Key Bridge Marriott. He makes periodic appearances at Capon (for his favorite meals in particular) so you might be lucky enough to run into him some this season.

His sister, Emily Budnyk-Putt and her husband Jerry will soon be celebrating the fifth birthday of their twins, Lainie and Brennon on June 6th. Their youngest, Sophia, will be turning three in the fall. This is Emily's eighth year teaching at Daniel Morgan Middle School in Winchester, VA. She also continues to fulfill her passion for running as the track coach at Handley High School. Jerry is a Physics teacher at Handley High School as well as a referee for college basketball in the region.



Mary Beth Schweigert, Emily and Dan's sister, and her husband, Keith, are living in Lancaster, PA and continue to work as writers for the Lancaster paper (Mary Beth for the Lifestyle section and Keith is a sports editor). They are also kept very busy by their two kids, Wil (who will be six in June) and Caroline (who will be three in late June).

Chris Dorsey (my cousin and son of Robin and John Dorsey) and his wife Lisa are now living and working in Arlington, VA. Chris is an associate at Pillsbury Law Firm and a member of Pillsbury's Intellectual Property Group. He practices Intellectual Property, Patent Prosecution, and IP & Technology Litigation law. Lisa is currently working for an interior design firm that focuses primarily on

designing for businesses in the area.

Chris's brother, Jerry, will be a senior at the College of William and Mary this fall where he is double majoring in Psychology and Anthropology. Along with putting in some part-time work here this summer, Jerry will be volunteering for the Winchester Exchange Child-Parent Center which works to prevent child abuse and neglect in the Northern Shenandoah Valley.

Meanwhile, as an active 12 year old, my cousin Stephen Hott-Bellingham has maintained his straight A average through sixth grade. He took up the saxophone and has played in several school programs. In his fourth year with little league, he has taken a leadership position covering the key positions of short stop and pitcher. On Thursday, he finished third in the 800 meters run as part of the National Hershey Track and Field program.



Stephen's almost five year old sister Katie finished up her second year of pre-school last week and now stays busy most days in the playyard or with her favorite computer games.

Although my brother Sam lives and works here at Capon he keeps so busy I rarely ever see him! Sam puts in his working hours at Capon down at our River Meadow Farm. This winter he renovated an old apartment building on Capon property where he now lives and is currently renovating an adjacent apartment for a Capon guest that will soon be working here with us as a waitress. Sam also works part time at Advance Auto Parts in Stephen City, VA.



As for me, I am very happy to say that I am newly engaged to Brian James (a long-time Capon guest... this year is his nineteenth year coming to Capon!). Brian proposed while we were on a cruise in the Caribbean in the beginning of May. Also, I am very excited to be heading back to school this fall to James Madison University in Harrisonburg, VA for my Masters in Counseling. In addition to my studies, I will hold a graduate assistantship in the Women's Resource Center as the Sexual Assault Prevention Coordinator. In the meantime, you can usually find me up at the Hygeia Bath House & Spa. I welcome those of you who have not yet ventured up to come take a look around. I will be more than happy to give you a tour or to help you schedule an appointment.