



The Capon Weekly

VOLUME XXX, ISSUE 2

Saturday, June 16, 2007

CAPON SPRINGS, WV

Family Gatherings

Among the three generational family gatherings this weekend are the Becklers, Bowers, Caesars, Freunds, Marshes, Mizells, Philips and O'Days. The Wilson family is four generations strong.



Know a family that would like to try Capon this summer? We still have space the rest of this month, even just for a few days. Weekly reservations are also available July 15-22 in locations such the Pavilion.

Can't stay for a whole week? Try anytime Sunday to Wednesday in July. And with some schools now starting back after Labor Day, if you can come beginning August 26, you will be able to sneak in an end of summer visit to Capon.

If you are looking for exclusive use of Capon, come just before Halloween. Your private experience can be arranged anytime between October 21 and 25.

Looking for new and creative ways to share Capon?

Try one of these ideas used recently by Capon guests:

- Host a neighborhood house party or seniors luncheon inviting Jonathan to present the "Capon Road Show" with fabulous Capon goodie giveaways
- Offer a treatment at the new Hygeia Bath House & Spa at your school, church or civic auction fundraisers
- Invite your friends to join you for an outdoor meal while you are staying at Capon
- Try a Spring or Fall weekday outing for a tour, meal and even a golf or spa experience



75TH ANNIVERSARY: 1932-2007

Enjoy Capon's celebration all season long with:

- Special Bingo prizes with commemorative Capon gear such as hats, shirts and collectibles.
- "75" related activities such as anyone turning 75 during 2007 will receive a special commemorative item during their Capon visit.

• Look for menu tweaks and surprises in honor of Capon's 75th Anniversary! Here come coconut bars, brownies and coconut cream pie!



- Go on a treasure hunt for one of the 75th Anniversary tokens hidden all around Capon. When you find one, redeemed it for various Capon treats, such as - 75th anniversary T-shirts, bags of cookies, ringing the Capon bell, golf course greens fees, treatments at the spa or even a free night's stay! See the front desk for details.

Spa time at the Hygeia*

Since its dedication on September 17, 2006, the Hygeia Bath House & Spa has become a popular place to be while at Capon. With soothing massage, reflexology and facial sessions, guests are treated to a whole other level of relaxation. Soaking baths and swim spa appointments allow the healing properties of Capon water to work its magic. Tours are provided daily and reservations in advance are recommended.



*This name refers to the Greek goddess of Health, which was the name of the Fairfax building until the early 1950s.

Holiday Celebrations



Earlier this week on Wednesday, June 14th, guests gathered around the flag at Capon for a special flag raising ceremony, which included the Pledge of Allegiance. Among the participating crowd was a bus group of 26 people led by Mike & Ellen Stover of Palmyra, PA. Later that night, guests enjoyed a special video presentation on the history of the flag and its development into today's version.



Sunday, in honor of Father's Day, guests can make crafts and participate in a contest to win their dad fabulous Food Shop prizes. Come to the Meeting House Room #2 at 10:00 am Sunday to make something special for dad.

Wednesday, June 20th, will be West Virginia's 144th birthday. A traditional trivia quiz will feature both current and historical questions about the Mountain State.

Community Events:

The annual Wardensville Carnival begins this Wednesday, June 20. With rides, raffles, crafts and games, guests and community alike can enjoy this local tradition. All proceeds benefit the Capon Valley Volunteer Fire Department.

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Nature notes:

If you are feeling hardy this weekend, then think of 70+ year old Don Younginger of Pittsburgh, PA. Earlier in the week with two "new" knees, he climbed to the Pinnacle, the 2400 foot summit 3 1/2 miles up the Red Trail. On Saturday, Capon's new naturalist Trish Bartholomew took a dozen guests along the Blue trail.

Guest Celebrations



BIRTHDAYS

6/15 Carol Caesar 6/16 Ellen Sundra
6/17 Cade Dickinson

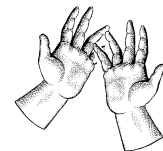
ANNIVERSARIES

6/15 Bob & Claire Beckler
6/16 Paul & Nancy O'Day
6/18 Minter & Hope Wilson

Helping Hands

Please welcome these new (and returning from long ago) co-workers to our 2007 season. Others will join their ranks as the full summer season begins.

They join our capable staff of about 130 co-workers.



WAITRESSES: Liscia Hurst, Carolyn Hodges, Shanda Larson, Sarah Lewis, Kaitlyn Miller, Samantha Drake, Rowan Weiblen, Kayla Quarles, Courtney LaFollette, Danielle Mitchell

HOUSEKEEPING: Martha Combs, Donna Hall, Carla Fink, Janice Largent, Constance Baber, Teresa Largent

KITCHEN WORKER: Susan Richardson, Betty Hinkle, Teresa Smith, Brian Thompson

RECREATION: Katelynn Wright, Dirk Markley, Heather Reid, Rosemary Miller, Trish Bartholomew

SPA: Alicia LaFollette, Charlotte Lehigh, Mary McKechnie-Harless

MAINTENANCE: Bryan Helsley, Stephen Cooper, Alan Anderson