



The Capon Weekly

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Saturday, July 7, 2007

CAPON SPRINGS, WV

Fantastic Fourth Festivities:



Though the meals never change at Capon, there was an unusual “switcheroo” this past Wednesday. In order to keep the evening meal on the hill, the mid day menu was transferred to the later meal slot. That meant that guests had to wait until 5:30pm for the traditional soup, salad and sandwich feast. So the real food related question of the day wasn’t: “What’s for dinner?”, but “What’s for lunch?” In the spirit of bringing back previous traditional meals at Capon to honor the 75th anniversary, meatloaf was the entrée for lunch. (A few dessert surprises showed up this week as well with coconut cream pie and coconut bars for all). The meal alterations caused a change in the recreational programming as well as the traditional Wednesday night Bingo party turned into a Tuesday affair. Still, on the morning of the fourth, everyone showed up in their red, white and blue to begin the Independence Day holiday. Strollers led the kids parade as flags were carried from the Meeting House to the Main Building, while family and friends filmed the march.

Once the flag was secured, Stephen Hott-Bellingham, perched on the second floor porch of the Main Building, clanged a bell provided by Bob Boyle last year. (The bell’s whereabouts were a mystery to the Capon staff until Bill Offutt waltzed into one of the offices and picked up the musical instrument right where he had placed it last year). Bill then read some inspiring excerpts from the Declaration of Independence. After his remarks concluded, everyone turned toward the flag and sang the National Anthem, complete with rockets bursting in air.

With the weather warming up to regular summer temperatures, most guests went to the pool or relaxed for the day in preparation for the evening events. After dinner on the golf course, guests of all ages played with frisbees, inflatable toys and parachutes. Jerry Dorsey took charge of the Dunk Tank, which returned after its last appearance at Capon’s 50th anniversary. Willing “targets” Stephen Hott-Bellingham for the 5-12 year olds and Sam Brill for the 13-21 year olds were each dropped about 10 times in 1500 gallons of Capon water. When it came time for the adults, long lines formed to see who could make Joe Romano, Steven Beckman & Donna Taymans splash down into the tank.

Meanwhile, Mike Funkhouser grouped kids by age for some fun tug of war battles. A spirited girl vs. boy match for 11-12 years ended up with the young ladies having the greater strength. A rematch produced the same results! By 8:00pm, it was water balloon time as pairs lined up for the tossing fun. The “mini-fireworks” were then launched by Eddie Brill and son, Sam. The other father/son combo of Pete & Dan Budnyk helped the maintenance crew put on the feature fireworks. The audience applauded the most when the fireworks fanned out into sparkly fountains.

DANCE PARTIES: Besides the usual fourth fun festivities, Thursday and Friday night featured evening dances. When the wet conditions cancelled the adult softball, Clark Baker took over the entertainment by calling square dancing at the Bandstand. Young and old alike joined hands and circled to the left.



On Friday, Tom & Patty hosted the first starlight dance on the Main front porch. While the younger set did the “Electric Slide”, the seasoned dancers enjoyed classic oldies like “YMCA” (AARP) and “Staying Alive”. Dave & Mary Beth Gass were moved to the dance floor when “their song” started playing.

BINGO BASH



With Bingo coming both a night earlier due to the fireworks and a half hour earlier due to rain postponement of the Par-3 tourney, Nancy Taymans was in hurry up mode for this year's event which involved inflating dozens of varied sized beach balls. As predicted, she instructed everyone to wait for the signal: the calling of the magic number: O-70! However, when she gave out beach balls before the first number was called, the temptation was too strong and most guests started tossing and playing with the inflatable toys. It wasn't until the fourth game did veteran caller Jonathan Bellingham use his long windedness to build the anticipation of O-70.

Among the prize collectors, was George Pomeroy who after going winless for 20 years has gone two years in a row with a prize. Cassie Baker needed only 5 numbers to win the four corners game. Birthday boy Keith Kimberl really wanted the postcards, but he settled for the surprise box which included a 75th anniversary token. Later in the evening, Cheryl Clark received the other token when she won a game during which O-75 was called for the first time. Kevin Pender and Kathy Norman each served as special callers. In a battle of family dynasties, Tom Watson outlasted Mickey Greene in the stand up worst card game. To end the evening, five lucky winners took home the coveted bag of homemade cookies: Clark Baker, Connor Pender, Chris Seiler, Judy Brady and Janice Gaunt.



Capon Signage....

Besides the no-smoking signs in all the guest rooms and public outdoor spaces, large dark green signs with white lettering now direct guests to all the buildings as well as to where the tennis courts and golf course are located. The signs were ordered during the off-season by Ginny Brill to help new guests be able to better navigate the grounds. Megan Brill and Renee Conneway spent many hours painting them and they were installed by new maintenance supervisor, Bub Brill and his crew. However, a new sign for one of the buildings is missing, can you find it? (Hint: it shares it's name with a manager!)

Games Guy:

Clark Baker began playing board games when he was a kid. His return to Capon, 11 years ago, reignited his interest in games. He enjoys "mild strategy" games, which are a blend of quick thought and action. While his "favorite" game changes from time to time, his current pick is called Puerto Rico. Clark actually brought over twenty games with him to Capon this year, including his favorite game and the game Settlers, which features multiple expansion packs. He tries to play a separate game everyday with his wife, parents, and other kids in the game room. "Games are like movies", Clark reminded, "they come and they go". While old favorites are still popular today, current games that happen to catch on generate the most popularity. Clark has a website listing his favorite games.



This week in Capon history...

Twenty years ago, during the festive 4th of July week at Capon, Joe Romano Jr. scorched the field in the mile run with an impressive 5:20. Also, guests are warned to look for the "red, white, and blue ALL over Tom Austin" (a tradition which still continues today!). Bob Garamella took home first prize in the popular Scotch Beauty Title.

This year, there was great anticipation of bringing back the early tradition of men having to dress up as women to complete the "Scotch Foursome". Both Randy Heiligmann and Racquel Witkin contributed their organizational skills to make it happen, but they did not receive the hoped for participation. As Randy put in an email prior to his arrival: "Frankly, the modern day Beauties has always been about friendship and family. Each generation develops its own relationships—perhaps the Beauties will not be among this generations." Marshall Baker remembers playing on a Scotch Foursome at Capon back in 1942, although he did not have to dress up as a woman. "The losing foursome had to serve the winning foursome lunch", recalled Marshall.

75th anniversary honorees here this week...

Emery & Nancye Bogardy, Bob & Gail Boyle, Penny Hill, Jay Moody, Bill & Carolyn Offutt, Jan Rosenberg, Pete & Pat Roushakes

POSTCARD MAGIC

Returned post cards are no rarity at Capon Springs, as many often contain incorrect addresses or zip-codes. However, the date on the post card that arrived at Capon last week shocked everyone: June 1965. A four-cent stamp marked the forty-plus year relic, which shows an old picture of the Main House. The first name, Elaine, gives the only vague clue to the card's sender. The recent death of a local postal worker revealed a garage full of undelivered mail, perhaps explaining the forty-two year hiatus of the early postcard.



Golfer Delight



The team of Shaun Sherman, Dan Curless, Cheryl Clark, Rodney Heilgmann, and Bill Toll got off to a fast start with three birdies on their first four holes then birdied number nine to seal the deal in taking first prize in Tuesday's golf tournament. Second place honors were shared by two teams consisting of Charlie Martin, Dave Witkin, Cathy Romano, Patrick McFall, Greg Norman, Mike Gregory, Bob Clark, George Pomeroy, Mike Rosenberg, and Penny Sullivan. The members of the winning team each get a 75th anniversary hat and the ten runners up sweeten their week with a honey bear.

Prep course tourney chairs Lynn Heiligmann & Cookie Ingraham urged "safety first" when they called off the golf event after a dinner rainstorm dampened the course. To their dismay, sunshine soon took hold after dinner. "There is always next year", chimed Lynn.

In Friday's regular best ball tournament, a team of Casey Duffy, Robert Ingraham, Rob Shaver, Lauren Davis, and Whitney Groseclose fired a bogey-free round of 30 to take home the 75th anniversary hat. A trio of teams, including one of Mike Gregory, Howard Allen, Mary Ellen Pender, Joe Romano, and Greg Norman; one of Keith Kimberl, Steve Bowser, Mike Rosenberg, Pat Roushakes, Donna Taymans; and one of Joe Agruso, Dan Curless, Pete Roushakes, Daniel Pomeroy, and Jocelyn Quiggle tied for runner up title and the honey bear prize.

CELEBRATING 50 YEARS

THE BOOK : THE LITTLE ME AND THE GREAT ME

"Sometimes you hear secrets you are not supposed to tell. But the secrets I've told you, you are supposed to tell. You tell these secrets just by *being* THE GREAT ME. Lou Austin

"The Little Me and the Great Me" P. 41

Cool Runnings

Unseasonably cool weather and a little breeze made for a nice day to run for the 25 guests who took on the Capon Mile this week. Louis Baker led all runners with a time of 5:25, followed by the first place lady, Christine Whitley with a time of 6:01. Defending champion Greg Norman joined Bill Whitley & Robby Shaver as male age group winners. Deborah Kostrub, Lizzy Peper and Joyce Korab were the age group winners in the ladies race. The youngest finisher, Chris Seiler age 7, won the best effort award.

Wimbledon West

After a several summer hiatus, the tennis tournament was once again a part of the first week of July program thanks to the recruiting efforts of a very good sport: Katy Sears. The A team on each court, the Korabs and the Richardsons, each posted 11-1 records in the preliminary round to move into the semi-finals. Harry and Joyce Korab topped Keith Kimberl and Katy Sears in one semi-final while Dennis and Peggy Richardson defeated Rob and Cynthia Shaver in the other semi-final. The finalists agreed to forego the four game final in favor of an eight game pro set. The Korab's moved out to a 5-1 lead but the Richardson's stormed back to pull within 7-6. The Korab's used Harry's service game to close out the match and claim the cookies.



GUEST CELEBRATIONS

BIRTHDAYS

7/2 Annmarie Boyle 7/2 Margaret Kelly
7/3 Keith Kimberl 7/5 Gail Boyle

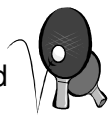
ANNIVERSARIES

7/3 Mark & Eileen Beckman-50th celebration
7/4 George & Eleanor Pomeroy
7/4 Marty & Mimi Mayfield
7/6 Joe & Jane Lynch-50th celebration



Table Tennis Triumph

Standard operating procedure for a young ping pong champion who moves up to the older tournament is for that player to pay his or her dues for a couple years before challenging the past champions. Someone forgot to fill Greg Norman in on the **s.o.p.** Last year's defending champion from the younger tournament rolled through the older tournament Thursday into a finals collision with his dad, Don Norman. Don defeated Clark Baker, Barb Beckman and Nicole Gregory on his way to the finals. Greg made the finals besting Mark Beckman, Louis Baker, and Tom Wright. Greg took an early lead on his dad and held on for a 21-15 win.



In the younger tournament, Laine Shear held off a furious rally by Michael Kostrub to win a semi-final match 21-19, which placed her in the finals opposite Cassie Baker. Laine jumped out to a commanding lead and took a 21-14 victory. The game of the day featured a comeback by Nicole Gregory who crawled out of a 20-13 hole to pull out a 23-21 win over Rob Shaver in a quarterfinal game.

FREE THROWS



A tough first round in Friday's free throw contest ended with Will Peper taking first place, sinking 5 of 10 shots, but left a logjam for the runner-up distinction. Aidan Pender, Bernie Calonge, Nick Seiler, and Page Groseclose all faced off in a shootout for second place. Page Groseclose and Nick Seiler emerged to tangle in yet another faceoff, with Page walking off with the victory, sinking 2 of 5 shots.

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Shuffling Along...



Overnight rain made for tough sledding on the kid's shuffleboard courts. Early round slugfests resulted in the team of Sami Blatz and Stephen Hott-Bellingham and partners Nick Seiler and Calvin Heidel surviving to reach the finals. Scoring surges dominated the final, with Stephen and Sami using a 16 point outburst to nail down the cookies and end a hotly contested championship.

In adult shuffling action, once again only 12 teams signed up, over half of them containing members of the Greene family. Therefore, it was no surprise that three of the four semi-finalists were from their extended family. Only Mike & Nancy Peper survived out of the quarterfinals, and they did that by jeopardizing their friendship with Ken & Karen Seiler when they eliminated them in the first match. At press time, other survivors included: Rob & Anna Kimberl, Keith Kimberl & Kathy Norman and Patrick Rasmussen & Lori Zentz.

Summer Getaways at Capon!

Is it still possible for your family and friends to enjoy a few days summer vacation at Capon in **July and August**? Of course it is! If you can come during the week, **Sunday to Wednesday** nights in July are open in a variety of locations. Weekly spots still exist beginning **July 15, 22 and 29th**. Can only come **on weekends**? No problem. There are a few openings each of the **next four Friday & Saturday nights!** Not going **back to school until after Labor Day**? Get your choice of prime Capon locations anytime **August 26-31**.

Hygeia Happenings...

Until recently, soaking baths at the spa meant just you and pure Capon Water. Now you can accentuate your experience with aromatherapy scents like: rose, eucalypts, evergreen, lavender, and chamomile. In the Wellness Room, exercise balls and yoga mats are now available. On Friday morning, guest Catherine Graber offered her professional skills as a yoga instructor, and 14 people showed up to improve their stretching and breathing.