



The Capon Weekly

VOLUME XXXIII, ISSUE 8

Saturday, July 31, 2010

CAPON SPRINGS, WV

Front Porch Chatter:

Early risers are the norm this week as many guests are up and about by 7:00am. Those walkers, swimmers, fishponders were rewarded with some of coolest weather of the summer. Even the early front porch book readers enjoyed the temperatures in the 60s at that time of the day. The evening living room sitters were soothed into curfew with folk tunes by Michael Gallaway and Douglas Imbrogno on guitar.

Like many guests, Catherine Marco headed for Capon on Sunday. However, her trip here from Toledo, OH, was cut short and she only made it as far as Pittsburgh, PA. That's when she got the call that her daughter Christina was going into labor. So her family dropped her off at the airport and she flew to Washington state. Catherine made it an hour before her first grandchild, Brayden Nashif entered the world. Catherine rejoined her Capon family reunion on Wednesday after catching the "red-eye" back from the west coast.



Without Abby Schutzman and Sarah Kenner to lead the way, the Capon book club had to take a year off from their annual literary review. So Laura Wolpert brought her own story, "The Doggie Beach Tale"- a children's book she wrote and illustrated. It features her favorite place to take her dog on the Jersey Shore. She read her book and shared a craft with the Friday morning Kids' Kamp program.



Tuesday night Grant Meeker had his own tale to tell. And a packed room of Capon guests joined him as he retold the winter adventures of his school trip to Israel. As a prerequisite for his Duke University course, "Archeology of the Holy Land", Grant was required to go on a two week trip during his Christmas break. Along with other students, Grant visited over two dozen sites, including the Church of the Holy Sepulchre, believed to be the burial tomb of Jesus.

Andy Foerster traveled the farthest to join his family for their annual reunion- China. He returns right after his Capon stay for at least another year. Two young dancers took advantage of Tuesday night's front porch boogie fest to show off their moves. Sarah Fuller won the "Twist" contest while her "twin" Courtney Follweiler was the champion for "Dancing Queen".

July 1910 is the date inscribed on the tombstone located at the beginning of the hike to White Cliff. That means this week concludes the 100th anniversary marking Little Jack's death. Guests on the Saturday morning nature walk took a few moments to pause and reflect on the local landmark and all 10 decades of guests who have walked by this final resting place. The historical record of this ancient site is shrouded in mystery, but legend holds that Little Jack probably was the dog of Charles & Laura Nelson, the last proprietors of the Mountain House. They lived in what is now the Fairfax which corresponds to the gravesite location. *Historical Footnote: Laura Nelson led the wet blanket brigade that saved the Main Building from the 1911 fire that destroyed the Mountain House. Early next May, when the Main Building Phase II is completed, a rededication will take place to honor both events.*



Dancing with YOU as the Stars!

Come **October 24-28** for a 4-night special with morning dance instruction and live bands at night. Sunday night will feature "Super-Bingo" with fabulous giveaways including a free night's stay. Join us for this "adults only" experience!



EASTER AT CAPON??

Come April 22-24, 2011 and join in all the Easter time celebrations. If enough folks are interested, we will open up for lots of festivities. So sign up at the Front Desk and plan for an exciting start to next year's season!



BASKET TIME I



Without any rainy weather to drive people indoors, the 9th year of basket making had to compete with all the outside activities. Still, chief crafter Debbi Zvanut kept her following of creative guests busy with 4 different projects from Tuesday to Friday. Among the types offered was the first ever divided condiment basket. New decorations included ceramic tie and slip-ons.

Guests also piled into room #3 of the Meeting House for "Cattails"- an oval and round style holder with a wooden base, as well as a "Seagrass Beanpot" with a wire handle. The final day basket makers put together a circular basket. About 30 crafters joined the fun, including first time participant Claire Zimmeck, who used her recovery time from a broken foot to create her first weaved treasure. Debbi, who teaches weaving to girl scouts and the YMCA, has made 129 baskets this year, giving her 778 career completed projects.

Guest Celebrations

BIRTHDAYS

7/26 Gary Nolan- 50th!

7/28 Scott Cornell

7/29 Steve Beckman

7/31 Caroline Walters

8/1 Reed Landry- 30th!

8/1 Linda McKenzie

8/1 Sheri Robertson



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STAGE SHOW SENSATIONS

Five mornings of practice paid off for the Capon Chorus as they presented their three songs at the beginning of Friday night's talent show. Directed by choirmaster Patty Austin, young voices sang out hits such as "It's A Small World" to fill the auditorium with their angelic tones.



Then the dancers and tumblers took center stage as Alexandra & Julia Strouse offered their own choreographed moves. Soon Emily McKenzie provided some gymnastic stunts. More voices came forward as Delaney Dunigan, Lily Wolpert, Jonah Ensign and Felicity Moffett each shared their vocal gifts. Lily Wolpert and Katie Bellingham provided a last minute silly animal skit. Later, instruments took over as pianists Violet Bishop and Genevieve Moffett brought their own brand of ivory playing. Julia Mosby also came forward with an inspiring violin tune. Blake Ensign didn't need anything other than his own face to create music as his trio of "cheeky" tunes provided amusement for the gathered crowd. By gently slapping his face while opening his mouth, he could change notes and tones.



Capon players Philip Kenner, along with his cousin Violet Bishop and friends Kathryn Lambiotte, Michael Bacot and Julia Mosby provided a singing skit about what F-U-N means at Capon. Then Lucas McKeown got the young adults to sing along with his rendition of "Wagonwheel". His aunt (aka Barrelhouse Bonni), brought the blues out of everyone with her piano and voice. The final act needed make up and a wardrobe change as Grant Meeker, Michael Gallaway and Bob Mosby transformed into Nikki, Mickey and Bobbi for a trio performance. As the show ended with the photo/musical montage, Scott Foerster shared his piano playing. But not before Michael Gallaway on guitar shared his original "Made at Capon" song, with Grant and Bob providing back up singing.

Word of Mouth Tradition continues...

So far this season, guests have made a variety of connections with those who would appreciate Capon, but who hadn't yet heard about us. One person is bringing her quilting group; another his strategic planning leadership team. Several are bringing neighborhood friends or families. The president of a credit union is sharing the Capon DVD with regional leaders of other credit unions. Others are introducing their churches for retreats this fall.

A Columbia University department head is hoping to bring his Washington, DC counterparts for an offsite conference. Painting groups, military reunions and choirs are all finding out about Capon from current guests.

Jonathan will be having conversations all season long about which groups might be a good fit. Share your ideas!

Free Throw Masters

So far this year, there has only been one person able to shoot 90% during Friday's Free Throw contest. Last year three of this week's guests hit that almost perfect mark. However, in 2010, only Jack McKenzie shot 9 for 10 to win first place in the most competitive free throw tournament of the season. Second place was a little harder to determine because 5 people shot 8 for 10 from the free throw line. Those 5 people were the following: Mark Dunigan, Gray Lambiotte, Jimmy Evans, Matt Gordon, and Keith Huffman. The runner up was to be determined by a best of five shoot-out. The overtime effort had to be perfect and Keith sank all five to take the solo runner up spot.

The Mile Club



With last year's male and female champions unaccounted for at the start (Stephen Hughes not here this week and Claire Zimneck on the injured list with a broken foot), the field of 40+ runners all had a shot at running glory. At the last minute, one relay team showed up to maintain the baton passing antics tradition (Andy & Kim Foerster). The overall winner was also a race start add-on. Trevor Price used his element of surprise to sprint past Adam Gordon in the final meters to win in 5:21. The female front runners also battled it out to the end, when Julia Mosby's kick in 6:40 kept her just ahead of fast charging Allison Ensign. Age group winners included: Luke Ensign, Matt Gordon, Adam Gordon, Carl Zvanut, Kathryn Lambiotte, Joanna Marco and Allison Ensign. The best effort award was given to the youngest finisher in the history of the Capon mile. Two year old Brandon Kark ran the whole way with his uncle Mike Singer.

Code cracking teams

The largest field of teams to date (11) crowded the front desk at 9:15am Thursday. With such tough competition, gamemaster Tom Austin set tough rules. You only had one chance to turn in the final answer- so you had to be 100% sure of your solution. Several teams tried early on but were unsuccessful. Eventually, the analytical skills of Adam & Philip Kenner, aided by their trusty guide, Stephen Hott-Bellingham and clue scouts Michael Bacot, Jenna Gordon & Julia Mosby were up to the task of conquering the 24 clues quiz.

Birdie Ballistics



Glaring sun and sudden gusts of wind made Friday's Pot Luck Badminton Tourney a challenge for all. Even more so for Sam Marco who has been in the winner's circle the first two year's of this competition. Though it would not be an easy road, he found himself vying for the championship once more, this time with the youngest entrant, 10 year old Peyton Walters. They needed an overtime win in the semis to get past Jim Evans and Michael Bacot.

Meanwhile, on the other side of the bracket, Keith Holbrook and Julia Mosby easily won their early rounds to advance to the top. In the finals, Sam and Peyton tried there hardest, but this time a new champion team was crowned. They were no match for the speed and precision of Keith and Julia who won 11 to 7.

Golf Digest

In Tuesday's Pot Luck Best Ball Golf Tourney, two groups of four edged ahead of everyone else to take the two top spots. The team of Grant Meeker, Bill Offutt II, Kevin Price, and Karen Holbrook took first place with a five under par score of 29. They each received a jar of Pearle's Apple Butter. The team of Adam Kenner, George Keller, Ed Dressel, and Joan DeMoss were only two strokes behind the winners with a score of 31. The runners-up team was also two strokes ahead of the rest of the competition, and they all received a Capon logo golf ball.

Friday's Pot Luck Best Ball Golf Tourney had a larger turnout so the players were split into teams of five. The first place team was the team of Perry Keller, Ed Dressel, Toni Pepe, Bernie Gordon, and Gray Lambiotte. They won it all with a 4 under par score of 31. Their team's scorecard showed four birdies and no bogeys which was good for a one shot victory over their closest rival. The team of George Grim, Jimmy Evans, Trenholm Boggs, Diane Landry, and Dan Cooper came in second with a score of 32.





Tennis Triumph

A mix of youth and experience turned out for a much cooler mixed doubles tourney Wednesday. Although a few guests switched partners, at least one of the finalists was already “preordained” to play for the bag of cookies. Gini Grim and Archie Follweiler led the Har-Tru flight by winning all 12 of their games. The other flight leaders did likewise as George Grim with Claire Zimmeck and Greg Grim with Courtney Follweiler also racked up a dozen victories.

The only undecided team to advance was for the wildcard spot. From the soft surfaced clay court, Kenny & Joanne Lambiotte edged out all contenders by taking eight games. The only games they lost were to the “steamrollers” Archie and Gini.

The semis were a Grim affair as three of the four teams were stacked with family members of the same clan. Gini’s brother George, along with his partner Claire, pushed the dominating duo to a 2-2 tie. In a close fought 7-point tie breaker, Archie & Gini advanced to the championship by a score of 7-4. Meanwhile, the underdog, Kenny & Joanne, edged past Greg & Courtney 3-1 to reach their first finals.

Since early play advanced quickly, the finals were underway before the first note of the noon music, the earliest anyone could remember. By 12:15 it was all over. Gini & Archie won the first 3 games, enough for the title and the cookies. Kenny lessened his loss by winning the fourth game with his long-armed serve.

THE FURY OF PING-PONG

A total of 47 people competed in one to the best table tennis tournaments of 2010. The break between divisions was age 16, except for the youthful Gray Lambiotte whose skill level clearly places him with the adults. Progress moved much quicker than last year which saw a 6:30 finish. A full contingent of youth kept the ralleying going as last year’s stars rose to the top of the bracket. Jimmy Evans and Matt Gordon made the most progress advancing to the title match. After the back and forth, Matt went on to win 21 –17.



For the adults, the legacy and legendry of Reed Landry continued as he arrived just after the start of the tourney with a full contingent of groupies. He blazed through the competition defeating George Grim in the quarterfinal and Sam Marco in the Semi-finals. In the finals, he was excepting to see his rival Jim Evans, whom he has faced 17 out of the last 18 years. Instead, he came face to face with the future of Capon ping pong, 15 year old Gray Lambiotte, who survived an overtime battle with Jim in his semi-final match. Gray matched paddle shots early with Reed, but the patience of experience took over as Reed took the title 21 to 13.

Shuffle Stuff



Unlike the large attendance in previous years, 2010 almost went down as the year without a kids’ shuffleboard contest. Last minute add-ins from Capon family members replaced last minute drop-outs, so 7 teams made the minimum field size possible.

The first round went slowly, but after it was done the tournament went right to the semi-finals. The team of Luke Ensign and Felicity Moffett won 30 to 15 against the team of Justin Evans and Ali Bennett. The other semi-final match went similarly, as the team of Emily Beckett and Ian Walters defeated Julia & Jonah Ensign 32 to 7. In the finals, Emily and Ian put up a good fight, but after a high scoring round, Luke and Felicity won 36 to 26.

Once again the adults filled up two brackets, plus some! While perfect weather kept play moving, the heat on Thursday pushed at least one of the shuffle matches to the morning slot.

By Friday afternoon, previous finalists Scott & Kim Foerster and Grant & Samantha Meeker had both worked their way into the semi-finals. Meanwhile, teen upstarts Gray Lambiotte with Kelsey Grim and Phil Kenner with Julia Mosby had to push past shuffling veterans Ralph & Christina Doty and Bill & Carolyn Offutt to reach the semis.

The Phil/Julia vs. Bill/Carolyn quarterfinal started right after dinner Friday. The see-saw match lasted until the talent show, when the competitors willingly agreed to put a pause on the contest. The almost 2-hour delay did not stop the excitement. When it resumed, almost all of Capon returned to the shuffleboard courts to see the dramatic conclusion. At the same time, the Gray/Kelsey vs. Scott/Adrienne semi got underway on the adjacent court. The large crowd of spectators was treated to some of the finest side by side play action ever at Capon. In the end, experience prevailed as both older sets of players advanced. The Offutts went on to face the Meektrons (Grant & Samantha) who dispatched them in two quick games. Grant & Samantha will battle Scott & Kim for the title after dinner Saturday.

Softball Switch Up



After everyone lined up by age, it was determined that the usual old versus young would not be fair. So the youth dividing principle of counting off ones and twos produced a more random distribution of players. However, the final score did not show it, when the twos hit a lot of runs winning 18 to 8.