



FALL 2019

MAIL CALL

SKYLAND'S INK-AND-PAPER NEWSLETTER



Director's Corner

Hi Skyland Alumnae –

As we prepare for summer 2020 (Skyland's 104th summer!!), we are grateful for so much. We are grateful for each of you, who make up the entire Skyland community. The love and passion you feel for your beloved summer camp is palpable. We feel it when we hear your stories when you come back for Alumnae Volunteer Work Weekend or the summer Alumnae Open House, and we feel it when we read your comments, updates, cards, and emails. Thank you. You are a vital part of Skyland's continued success. Simply by sharing your passion, you are sharing what Bunny calls the spirit of Skyland.

For many years now, I have viewed my role during this lifetime as a shepherd of Skyland. When decisions need to be made, I strive to think of how that decision will affect Skyland in 5, 10 and even 50 years. I think about what Skyland will be long after our generations pass. I'm sure that Hempy and Frances also had those considerations. My life-goal is to ensure that Skyland will continue to thrive as a place for girls to find their voices, build their confidence, and make lifelong friendships ... long after we all are gone.

To that end, you'll hear updates from time to time about what's happening around Skyland. Those of you who have been back in the past 15 years have noticed the physical changes to Skyland (barn, heated pool, tennis courts, new bathrooms/showers, landscaping and more). Every decision is made with a focus on the future of our beloved Skyland. This year, we've replaced very outdated sewer lines, renovated Cabin 5 to serve as a cabin for LEAD participants (formerly CITs) and house people for the Fall programs, made renovations to the barn and are currently getting quotes to resurface the now 15-years-old tennis court. As always, we are juggling some pretty cool long-term projects that will have a positive impact on Skyland for decades to come. More on those projects will be shared as they unfold.

AND ... did you know that part of Skyland's year-round strategy ALSO includes spending time studying, learning, and honing our youth development and leadership skills? Our senior leadership team has decades of combined business and leadership experience which we believe is one of many ways that we differ from other camps. Many of our staff work in schools, have worked in corporate leadership development, have served as school counselors, and are continuing their own education outside of the summer Skyland programs.

I am committed to making Skyland a premier youth-serving organization where campers want to be, where parents love to send their girls, and where summer staff realize their potential and THRIVE on Skyland Hill. We are intentional about Skyland's programming, about staff training activities, and about communication that is shared with the Skyland community.

We so love your continued support, involvement, and engagement and hope we will see you at our new Alumnae Open House on Bridge Day between summer sessions, during one of our retreat offerings or at the Alumnae Volunteer Work Weekend. Please reach out to me if you have questions or would like to learn more about what's happening on our beloved Skyland Hill!

Here's to White and Green Girls,



Sherry Brown
Executive Director

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Stories From Around the Campfire

In 1943, a first year camper, by the name of Carol, traveled by train from Jacksonville to Skyland Camp for Girls. Upon arriving at Skyland, she was welcomed by her counselor, **Lizzie Poole**, and settled herself into the Big House quickly. As she put her things away, she learned there were five other "Carols" in the Big House with her! Dinner time arrived and she was sitting at a table with Lizzie and several of the other campers called Carol, when Lizzie declared, "This won't work, having all you Carols in the rooms upstairs!" So with Lizzie's help the girls went around the table deciding what their nicknames would be. Our Carol had a big pile of carrots on her plate that she was happily enjoying when they got to her. Lizzie looked at the carrots, then at Carol and they all decided her name should be "Bunny", and she has been Skyland's very own Bunny, ever since!

- **Bunny (Carol) Brown** (1943)



Duckett's Farm Stand is just down the road from Skyland, and camp kitchen staff buy much of our fresh fruits and vegetables from Duckett's each summer. One of the retired owners at Duckett's shared a memory of Skyland with us this past summer:

Bob tells us that as a young man his family lived on Chambers Mountain. One hot summer day, he was out in the yard working when he saw a group of girls come by riding horses and noticed some were wearing shirts with "Skyland" on them. He remembers their laughter and conversation as they headed up the mountain, and over the next few hours, as he worked, he could occasionally hear them whooping and calling to each other far off in the distance. He was finishing up his chores when those same girls came back down the mountain, still chatting and laughing. As they came by, he noticed they had odd streaks on their faces and clothes, and he realized they had used summer berries up the mountain to decorate their faces and the juice had thoroughly stained their skin and clothes. He still remembers how happy those Skyland girls were in the summer sunshine with their berry-stained faces, riding off into the distance back to camp.



"I wanted to share the story of a simple quote from a staff member that means so much to me in retrospect. I served as an archery counselor in the summer of 2013 while I was in college. I had absolutely no idea where I wanted to go in life or what I was even capable of achieving. **Madi Weisberg**, camp director at the time, turned to me and said she had no doubt I'd be working at the State Department or something else cool in a few years. I was struck by the confidence she had in me- more confidence than I even had in myself. Turns out she was 100% right and I'm on my 4th year with the Department of State! I don't think I would be here today if I hadn't spent that summer surrounded by the love and support of fellow camp staff like Madi."

- **Lori Lawson-Dischner** (2013)

Photo Descriptions

Top: Lizzie Poole as a camper; Middle: Young Bunny Brown top row, second from the left; Right: From Lori: "This photo is from a hike with the campers in 2013. It was the hardest hike I had completed at that time (and I may have even cried a little when I finally got to the top...)"



Alumnae Open House

At Skyland Camp for Girls, we love to welcome home alumnae for visits and tours, and know many wish they could play again at camp even if for just one day. Well now we all can! This summer, we opened the camp to alumnae from across the country so they could experience their Skyland days once more at the first Alumnae Open House.

On the “bridge day” between first and second sessions, we held an Alumnae Open House. In the morning, camp activities were opened up for all to enjoy. Skylanders of all ages were riding horses, hitting bullseyes, walking the Nature Trail, and making dream catchers on the side porch of the Clubhouse. Alumna **Beth Zimmerman** found a new calling in archery, even though she never liked it as a camper!

After a delicious picnic, we donned our team colors and hit the Lower Games Court for some friendly T&T competition in Newcomb, Volleyball, and Ring Tennis. After the dust settled, we wiped away our green and white paint to come together in the Clubhouse to sing camp songs. Even after years away from The Hill, the words and memories came flooding back, and generations of Skylanders were singing and laughing together under the twinkling lights hanging from the rafters as we wrapped up our first Alumnae Open House event.

Join us next summer on Saturday, July 11th from 10am - 4pm for Alumnae Open House. Registration is already open, so be sure to save your spot on the porch and we'll see you there!



*Top: Isabella Smythe playing Ring Tennis during T&T
Middle: Beth with her bullseyes
Bottom: Skylanders of all ages singing camp songs in the Clubhouse*

2020 SEASON

SAVE THE DATE

ALUMNAE VOLUNTEER WORK WEEKEND

MAY 22-25

Join us to get Skyland ready for the summer and reconnect with fellow alumnae. Guests (21+) are welcome!

ALUMNAE OPEN HOUSE

JULY 11

Enjoy your favorite Skyland activities and reconnect with old friends during this special day in the summer. Guests of all ages are welcome!

skylandcamp.com/alumnae

MOTHER-DAUGHTER WEEKEND

JUNE 5-7

This popular weekend of mother-daughter bonding and trying out camp is ideal for moms and their rising K-6th grade daughters.

skylandcamp.com/mother-daughter-weekend

TRADITIONAL & STARTER CAMP SESSIONS

SESSION 1: JUNE 21- JULY 10
SESSION 2: JULY 12- JULY 31

STARTER 1: JUNE 21- JUNE 29
STARTER 2: JULY 12- JULY 20

Skyland's traditional summer camp sessions are for rising K-10th graders. Starter camp is for rising K-4th graders.

skylandcamp.com/dates-and-rates

Staff Spotlight: Suzanne Tinsley

We've often heard that "the kitchen is the heart of the home" and that certainly holds true at Skyland Camp for Girls. Our kitchen team touches the hearts of our campers and staff through their home-cooked meals, laughter and jokes at the serving window, and offering culinary arts classes each session. If the kitchen is the heart of our camp, then Suzanne Tinsley is the heart of our kitchen.

Suzanne Tinsley first connected with Skyland in 1974, when her college friend, **Patty Johnson**, joined camp herself as an archery counselor and told her about this amazing place for young women. Although Suzanne grew up locally, she had no idea there was a camp "on a hill not far from Clyde"! After visiting Skyland in 1974, Suzanne then connected with Bunny through her work with the Hart Theater. Suzanne would help with performance tickets for Skyland campers. To this day, Suzanne is still involved with the Hart Theater and holds a deep love for drama and music, perhaps explaining the fabulous tunes she is always singing, which never fail to spread joy and laughter.

In 2012, Suzanne was asked to use her culinary talents to create a menu for Skyland's first retreat. After that opportunity to see behind the scenes of camp, she fell in love with Skyland and wanted to spend more time on The Hill. When she found out camp needed dish help, Suzanne leapt at the chance to be at camp, and every Monday she would come out to do dishes in the kitchen. Suzanne says she never realized how much she liked washing dishes. She recalls standing at the dishwasher on the screened-in kitchen porch and gazing out at the archery range, enjoying the "dappled sunlight making patterns on the lawn and the squirrels that would come right up and talk to you". Suzanne has always had a love/hate relationship with Skyland squirrels and often relates stories of skirmishes to keep the squirrels at bay, as well as being stared at through the dish



room screens by the bold of the squirrels. Anyone familiar with the kitchen knows the first breeze that hits the Lodge comes through the dish room, and it was a restorative place for Suzanne.

Along with leading the kitchen staff, Suzanne began the extremely popular Culinary Arts activity, teaching Skyland campers the joys of cooking and baking. She enjoys being involved with the girls and has even put on musicals with fellow kitchen staff for the campers at times. One aspect she loves about Skyland's culture is that unlike other places, the kitchen is considered as much a part of camp as games or archery. Often the food campers create during culinary arts is served for dinner or supper so all of camp can enjoy the delicious results of their activity. This allows campers to showcase their skills, as well as share in being part of the "heart of camp".

Over her time with us, Suzanne has grown to love the strong feminine vibe of camp and the wonderful women who care for each other so much. She describes her experience working with Skyland as "being wrapped in love". Suzanne relates, "When I am at Skyland, I feel capable and smart and needed", which is how we hope Skyland makes our campers feel as well. Suzanne tells us that Skyland represents, "how strong traditions and women and girls working together can make for a wonderful future." Suzanne believes that, "It's everybody's stories that make Skyland, whether she is there for just one summer or whether she starts when she's 6 years old and is a counselor until she's 25, and I'm so glad that my story is now part of Skyland's history and hopefully has enriched it."



What We're Learning

TRANSFORMING STRESS FOR TEENS: THE HEARTMATH® SOLUTION FOR STAYING COOL UNDER PRESSURE

Today's girls face some of the most challenging stressors in recent history; feelings of being left out, homework overload, bullying, and the fear of not being "good enough", all of which are amplified by the public glare of social media. Positively, there is an increasing awareness of how toxic this stress can be for teenagers in addition to more attention from mental health professionals on how to combat this trend.

In *Transforming Stress for Teens*, scientists at the HeartMath Institute in California describe tools they have developed, based on 28 years of research, to help teens manage stress more effectively. What struck us as particularly interesting about this book is that HeartMath Techniques are simple, easy to use, and are backed by reams of scientific data proving they make a difference. If there are great techniques that are *proven* to reduce cortisol production, increase DHEA and reduce stress on a physiological level, we're all in!

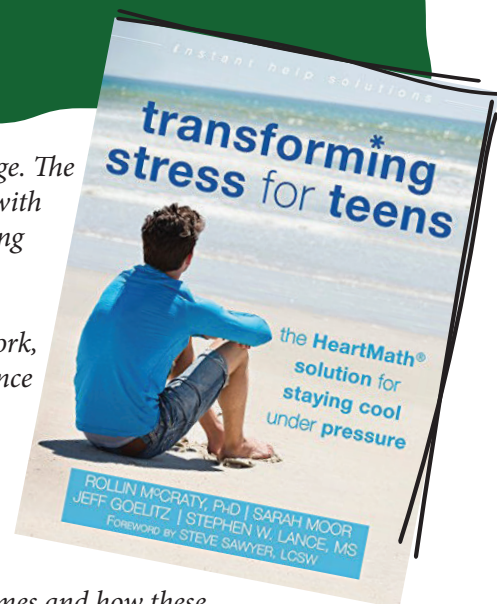
This is groundbreaking work, and we are delighted to share the following book review from the HeartMath® website (heartmath.com):

Teens are experiencing harmful, life-diminishing and draining stress at school and home, yet thousands are thriving with the widely acclaimed solutions in HeartMath's book, Transforming Stress for Teens. They're enjoying life more than ever after learning powerful techniques for tapping into the uplifting and renewing emotions of hope, appreciation, joy,

confidence, and courage. The authors have worked with thousands of teens using these same techniques to improve personal relationships, schoolwork, and athletic performance and communication.

Throughout the book, teens describe in their own words how stress affects them at school and in their homes and how these techniques helped them transform it. Each chapter contains an action plan and exercises for achieving a variety of positive outcomes. Transforming Stress for Teens is research-based work that incorporates the many years of combined experience at the HeartMath Institute and the Youth Learning Institute of Clemson University.

"Although you may not be able to change your stressors, you can learn to change how you respond to them. It all begins with you taking charge of your emotions and how you respond in situations," write the authors of *Transforming Stress for Teens: HeartMath Solutions for Staying Cool Under Pressure*. These techniques work for teens and adults, making this a worthwhile read for anyone open to healthier ways to combat stress.



INTRODUCING THE Skyland Yearbook

Beautifully designed, this yearbook will take your camper right back to her summer days on Skyland Hill. The photos will bring back memories, generate laughter and prompt her to share stories about her "best summer ever!"

Your camper will be able to go to her session and see photos of her friends, read lyrics of her favorite camp songs, and even see a secret recipe or two. Also included are the Tallyho vs. Trossach results, including which team won Session 1, Session 2, and the Season.

Yearbooks available in softcover, hardcover, and e-format at www.skylandcamp.picaboo.com.



Empowering Girls:

THE SKYLAND CAMBERSHIP FUND

Skyland has been a uniquely supportive community for girls and women for more than 103 years, encouraging girls to “Come as you are” and leave “Better than you ever imagined”. Campers gain confidence, make life-long friends and discover the power and magic within themselves. It is a wonderfully fun and transformative experience that empowers girls to be their very best selves. As Skyland alumnae, we all grew in amazing ways at camp. In fact, some alumnae tell us that they “are who they are” because of their Skyland summers.

Every summer there are girls whose lives are just waiting to be transformed by a Skyland summer, but whose parents aren't able to afford the full tuition. Some families are experiencing unexpected medical bills, others have been temporarily laid off and others are foster parents who are giving everything they can to their girls, and know that a Skyland experience will help them in becoming their best selves.

Please join us in supporting Skyland's efforts to help families give their girls that same magical Skyland experience that we all enjoyed.

Who Are Our Campership Fund Recipients?

Each recipient has her own unique story to tell- that's the beauty of the Fund. The camper you support may be a girl from your state or from the opposite coast. It may be her first summer camp experience or the summer she gets to be in Cabin 3. Campership funds help support new campers as well as established Skyland families who have suffered a financial setback that prohibits them from sending their daughters back to camp.

Key Things You Should Know about the Campership Fund:

- The Skyland Campership Fund is under the umbrella of the American Camp Association's nonprofit status. Funds you donate are 100% tax-deductible and will be sent directly to the Skyland Campership Fund.
- Funds can be donated to the Campership Fund through monthly recurring payments, annual gifts, or endowments.
- Contributions can be made by check or credit card through a secure online site. Visit SkylandCamp.com/the-campership-fund for all the details OR to make a donation.

We appreciate each and every gift as it has the power to change a girl's life through a Skyland summer.

Join us in changing the world one conversation,
one experience, one camper at a time!

Alumnae Updates

*Skyland Alumna
Jane Chadbourne visiting
Bunny on Skyland Hill
over the summer.*

Sally Lynch Zabel (1993-1997 camper, 2000 counselor) and her husband, Matt, welcomed a baby boy, Duncan Edwin, on July 31, 2019. He joins big sister (and future Tallyho) Quinn! Duncan is the grandson of **Ann Gretton Lynch** (camper in 1960s) and great-grandson of **Ann Johnson MacMillan** (camper in 1930s).

Emily Rountree (2003-2010) is engaged and will be getting married on October 17, 2020! One of her best friends from Skyland, **Raegan Padgett** (2003-2010), will be a bridesmaid.

Annie Padgett (2002-2012) graduated from the University of Tennessee, Knoxville in May 2019 with a B.S. in Chemistry with a minor in Biological Sciences and a concentration in Biochemistry and Molecular Biology. She is loving her PharmD program and everything Knoxville has to offer! Her sister, **Reagan Padgett** (2003-2010), is living in Blacksburg, VA and recently started a new job. Even though the sisters live more than 600 miles apart they still manage to meet up in Knoxville for some fun sister time!

*Annie taking a "first day of school"
photo for her first day of
Pharmacy School*



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