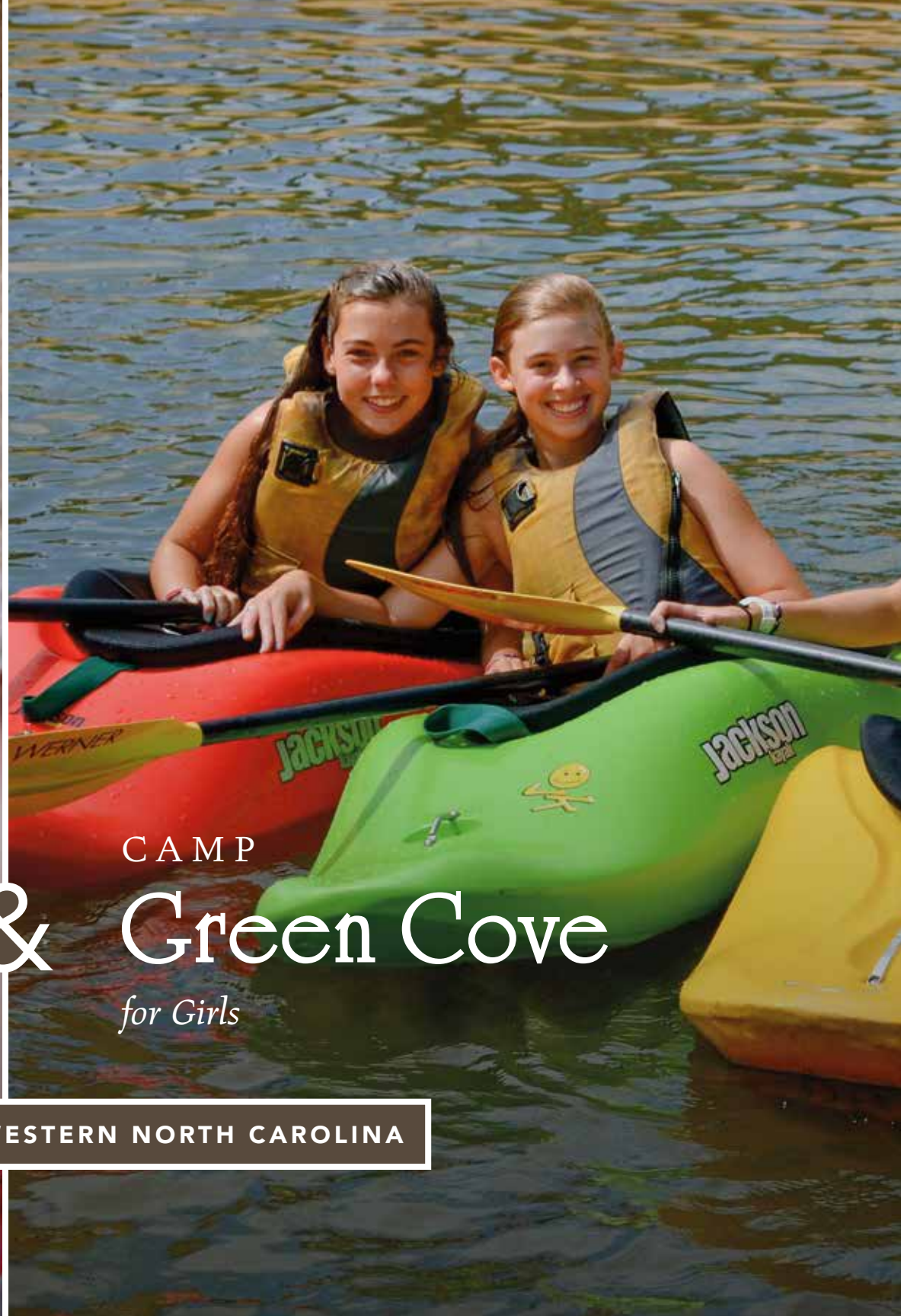



CAMP
MONDAMIN
for Boys

&



CAMP
Green Cove
for Girls

IN THE MOUNTAINS OF WESTERN NORTH CAROLINA

A detailed topographic map of a mountainous region, likely in the Appalachian area, showing contour lines, rivers, and various geographical features. The map is in a light beige tone, serving as a background for the text.

To Parents:

A good camp experience is an investment in your child's future — the skills, attitudes, and values learned there can, and often do, last a lifetime.

Our program focuses on outdoor skilled activities. We offer longer sessions and more instruction than most camps. While we are teaching hard skills such as how to paddle a kayak or ride a bike down a trail, we are really teaching life skills. We offer community living that can't be found at home and the opportunity to earn the rewards of hard work. These experiences teach self-motivation, time management, and lead to greater self-confidence. These are the experiences that are most valuable.

David Bell & Calla Bell Williamson
DIRECTORS

Roots & Wings

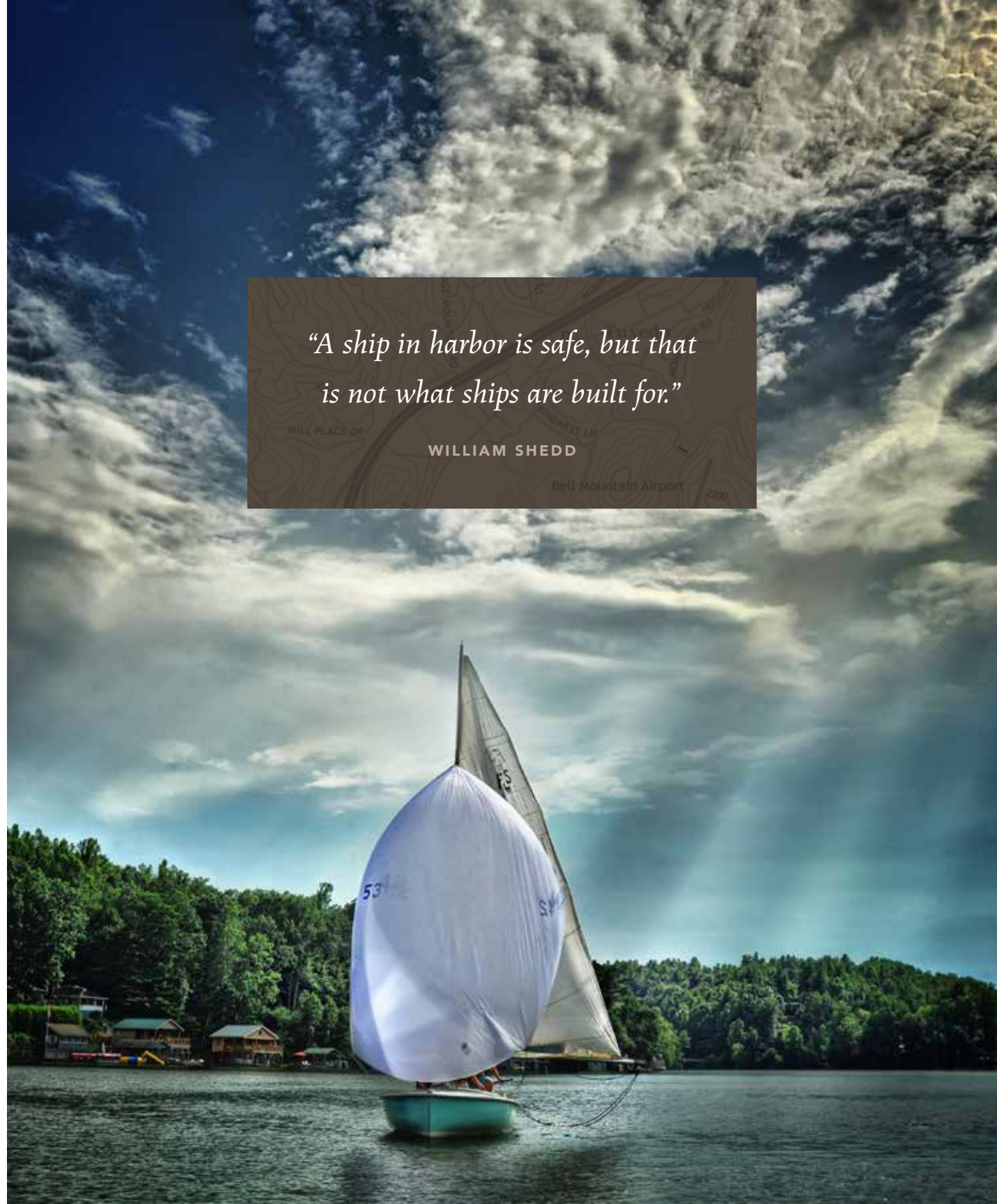
Since 1922, the Bell family has operated summer camps for young people. We believe that a big part of a child's education occurs outside the classroom. We also believe that young people need roots as well as wings, and that neither is much good without the other. Self-esteem, independent thinking, initiative, the ability to function in a group other than one's own family, lifetime skills, lifelong friends... all are very important factors in the educational, maturing process. These are the very things a good camp should help foster. Being a citizen in a camp community instead of a child in a home can be a valuable and gratifying adventure.

We believe that it is not necessary to inflict a defeat in order to win a victory; we believe effort and reward are related, and that the reward is sweeter when it is earned. We believe in taking the time to teach real skills which may be challenging to learn, but can last a lifetime. We also believe in going for a wild goose chase now and then — for the fun of it.

Our camp program has evolved from and reflects those beliefs. Many youngsters have found camp a second home, spending five, ten, fifteen summers here; today nearly 20 other camps are being operated by former Mondamin or Green Cove campers or counselors.

We are not the right spot for everyone, no one place is. But if you are with us this far, we invite you to look closer. Read this booklet, give us a call, talk to others who have been here. We look forward to speaking with you.

.....
PHOTO: Mondamin campers sail on Lake Summit. »→



*"A ship in harbor is safe, but that
is not what ships are built for."*

WILLIAM SHEDD

Choosing the Right Summer Camp

Camps' programs and philosophies vary in many ways. You'll find specialized programs, different session lengths (some with split sessions), emphasis (or de-emphasis) on competition, different ideas on how much freedom of choice in activities to allow, camps for boys, camps for girls, coed camps...the possibilities are endless.

Decide on what sort of experience you and your child want, then look for the camp which can offer it. Look for quality, and a good fit between camp and camper; look for the essentials behind the veneer. It should be a lot of fun, of course! But, it should be much more. A good camp experience can be one of the wisest investments in your child's future you will ever make.

Look carefully at:

- *Location, Facilities, and Equipment: Are they safe? Adequate (one horse does not make a riding program)?*
- *Program: What activities are offered? How much variety? Flexibility? Is it regimented? What opportunity is there for individual instruction? For trips?*
- *Philosophy: What is the camp's purpose? What are its goals? How does it attempt to accomplish them?*
- *Staff: Ratio to campers? Average age? Experience? Qualifications? Minimum age and schooling? How many return each year? Look especially at the experience level of the head counselors.*
- *Length of Session: Is it long enough to accomplish its goals?*
- *References: Ask for the names of current and former campers, and check with them.*





*"Now I see the secret
of the making of the
best persons. It is to
grow in the open air,
and to eat and sleep
with the earth."*

WALT WHITMAN



Growth & Education Through Fun & Adventure

How do we, as parents, teach our children to become competent, responsible, happy, secure adults?

How do we teach self-confidence, self-discipline, freedom from fears and addictions that cripple? How do we help our children grow toward effective adult lives? In short, how do we educate?

There are three things, at least, that we as parents must give our children: love, protection, exposure...

The first two come naturally for us; the third... sometimes doesn't. As a child is ready, he or she reaches out for exposure to new and different people, experiences, and ideas. We must encourage this independence, while providing adult perspective, guidance, and boundaries. Controlled exposure then becomes fun and adventure, and a tremendously educational experience.





Adventure is activity on a personal frontier

Being a citizen in a camp community instead of a child in a home can be a valuable and gratifying adventure.

Our goal is to encourage growth and foster education through adventure.

We know that children are ready for varying degrees of exposure at different ages and maturity levels. Adventure to an eight year old might be a first, carefully supervised riding lesson at a walk... or to a 15 year old, a five day canoeing trip down a fastwater river. Camp is a place for learning things, making friends, and expanding horizons. Because most things are more fun, more rewarding and safer if we do them well, the emphasis is on learning skills and enjoying being able to do things well.

To outgrow special privileges, to develop confidence in relationships with peers and adults, to learn community give and take is adventure and growth. To begin to direct one's self, with help, but also with the freedom to make some mistakes, is an adventure.

← PHOTO: Girls at Camp Green Cove prepare to leave camp for a whitewater kayaking expedition.

Our Goal

Our goal is to encourage growth and foster education through adventure in a program that is structured, but not regimented and that is non-competitive.

Teaching self-direction and independence is a little like teaching a child to walk; first you set him on his feet, then you let him go. When he falls, you pick him up again, get him started, and let him go. The letting go is just as important as the picking up.

We try to allow as much freedom as a child can wisely use. She will have the opportunity for choice, along with guidance in making those choices. Learning to make decisions takes practice and will surely mean some mistakes. The camp atmosphere is a safe place to take some risks, fail, and try again. It is a place where the consequences of a bad decision are temporary and not calamitous.

A counselor/camper ratio of better than one to four, with cabin groups of five to six campers in each cabin, permits a great deal of individual attention. Many children, especially younger ones, need guidance to make the most of a non-regimented program. But most respond well to encouragement toward initiative and self-direction.

Because most things are more fun, more rewarding and safer if we do them well, the emphasis is on learning and enjoying the activities at camp, rather than on beating someone else. Young people are more apt to participate in an activity if they're not worried about being compared to others. We like breadth of interest rather than specialization. Each camper progresses individually at his or her own rate with emphasis on growth and participation.



Typical Day at Camp

At camp, we have a regular daily routine that includes about seven hours of activity time, divided into morning, afternoon, and evening periods. We do a lot of teaching during this time, but we also have loads of fun and play games often.

Meals are eaten family style, usually with your cabin group. There's an hour of rest time after lunch during which we return to cabins; you can read or write letters if you're not catching up on your zzzzz.

SAMPLE SCHEDULE

When you're not on a trip, most days look like this:

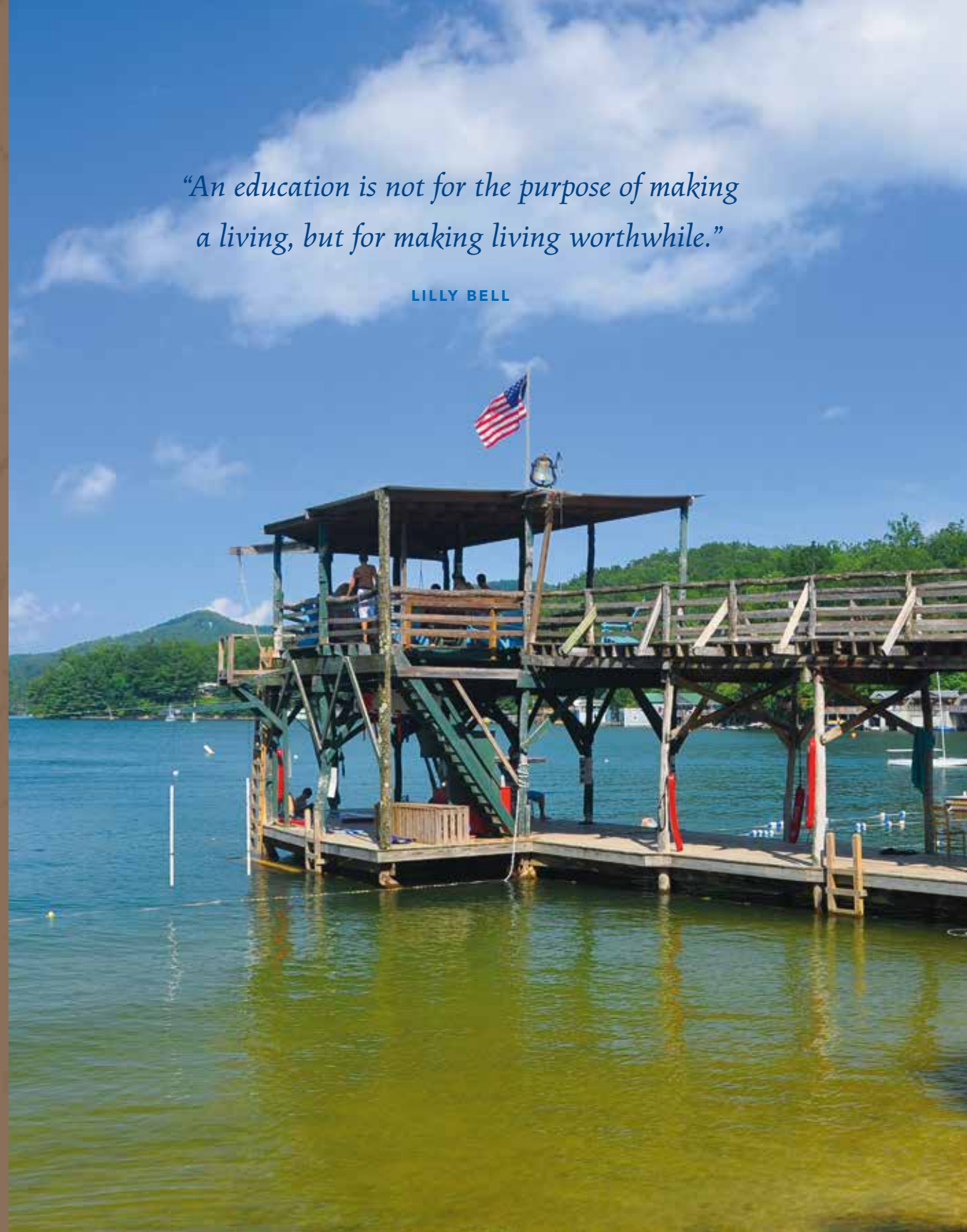
- 7:45 Wake-up
- 8:30 Breakfast
- 9:00 Assembly
- 9:30 Activities
- 1:00 Lunch
- 1:45 Rest Hour
- 3:00 Activities
- 6:30 Dinner
- 7:30 Evening Program
- 9:30 Junior Lights Out
- 10:00 Lights Out

CAMPER CHOICE

As a camper, you have a lot of choices in what you do. You can choose canoeing over horseback riding, tennis over sailing, etc. We emphasize setting goals and working toward them — but you set the goals. You also set your own pace. In every activity, there are lessons as well as fun trips for even the most inexperienced young camper (the only exceptions are canoeing, kayaking, and sailing, where we must insist that you swim well).

“An education is not for the purpose of making a living, but for making living worthwhile.”

LILLY BELL



Camp Mondamin

Our waterfront is our most obvious asset — a 350 acre lake surrounded by mountains and often blessed with interesting winds for sailing. Mondamin is also conveniently located with respect to forests and rivers.

We own about 800 acres of woodland, shared with our girls' camp Green Cove, and have easy access to hundreds of square miles of Pisgah National Forest and the Smoky Mountain National Park.

Much of our program, therefore, centers around water and woods, rather than traditional school-type athletics. In-camp facilities, besides the waterfront, include two tennis courts, a barn and three riding rings, a craft shop, a 60 foot climbing tower, an indoor rifle range, a gymnasium with an indoor climbing wall, a ballfield, and a Boat Shop in which boys learn the hands on art of building wooden canoes.



Camp Green Cove

Green Cove is located at the upper end of Lake Summit, surrounded by mountains and forests — and many miles of trails. A beautiful cove of Lake Summit is dammed off to form a private, stream-fed lake for swimming and canoeing. Green Cove also uses the main lake for swimming, canoeing, and sailing.

We own about 800 acres of woodland, shared with our boys' camp Camp Mondamin, and have easy access to hundreds of square miles of Pisgah National Forest and the Smoky Mountain National Park.

Cabins and a climbing tower are on one side of the lake, along with the main building, which includes dining room, lounges, offices, and craft shops. The barn and four riding rings are on the opposite side of the cove. Four tennis courts and a ball field with a pavilion border the lake. Four tennis courts and a ball field with a pavilion border the lake.



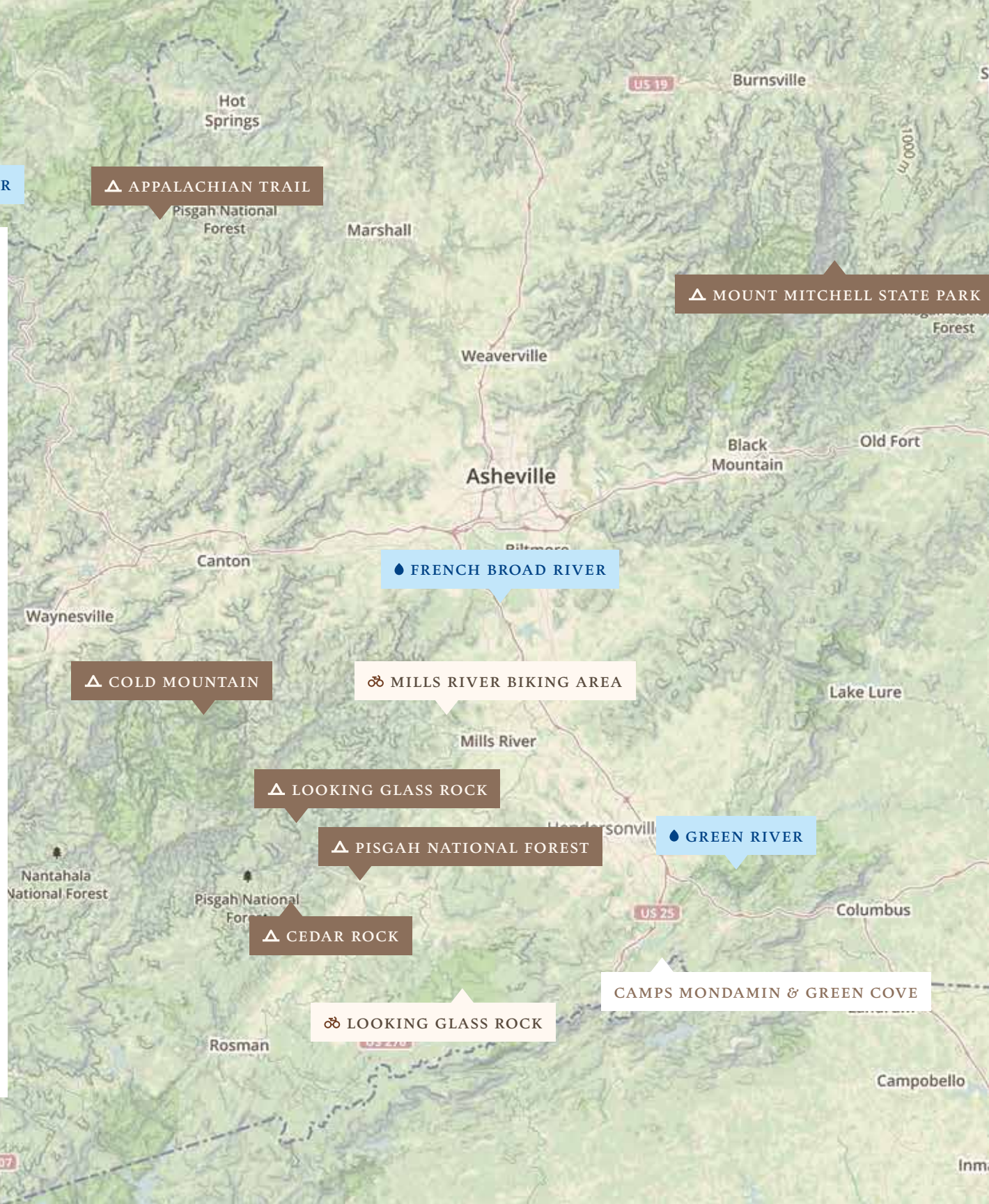
The Tripping Program

Back in the 1920's, Mondamin's horseback and hiking trips explored the mountain trails with only primitive gear and keen judgment. Paddlers explored rivers by wooden canoe. In 1933, a group of campers and staff trucked canoes just four miles from camp, across the eastern Continental Divide, to put in on Mud Creek in Hendersonville... and paddled to the French Broad, down that to the Tennessee, on that to the Ohio, and finally to the confluence of the Ohio with the Mississippi River at Cairo, Illinois. The trip took three weeks. A few years later, another group put in on the Green River, on our own side of the divide, and paddled to the Atlantic Ocean.

Frank Bell, Sr., who founded the camp, even has a rapid on the French Broad named after him, as a result of... well it's a long story, but he was probably the first to run that particular section. In a wooden boat, of course.

Mondamin and Green Cove focus on outdoor skill-oriented activities. We build basic skills in camp with the goal of using them on the local trails and rivers.

We build on those skills while doing the activities on out of camp trips. There is a great sense of accomplishment in achieving advanced levels of outdoor skilled activities.



A Trip Schedule From a Recent Summer

(In addition to all of the in-camp activities!)

MONDAY

A one-day beginning level rock climbing trip went to Gilbert's Rock; a six-day advanced level Linville Gorge hiking/climbing expedition left; a backpacking group went out with them, planning to spend five days hiking from Linville to Mt. Mitchell; a Down Green whitewater canoeing trip went out on a day trip; and a mountain biking trip left for a three day ride in Pisgah.



TUESDAY

Today an intermediate level sailing group from Green Cove left for a 3-day trip to Lake Keowee and will exchange gear with a Mondamin trip on Thursday. A beginner group of paddlers left right after breakfast for a 3-day lake trip to Lake Tugaloo on the Georgia/SC border and a 3-day climbing trip left for Looking Glass. The Nature Lab took a field trip, and a tubing trip went for an afternoon on the Green River.

WEDNESDAY

Mid-week, the Nature Lab took an outing for stream exploration; a 3-day hiking trip left for Panthertown; a group of beginning whitewater kayakers headed off for the lower Green River; an intermediate paddling group left for a three-day on the Toe River in Tennessee. A group who wanted to fish packed up for an overnight beside a nearby stream and another biking group exchanged with the one that left Monday.

THURSDAY

Today there was a climbing trip to Cedar Rock for more experienced climbers; the fishing trip came in; the Mondamin sailors switched out with the Green Cove group on Lake Keowee. A "Mystery River Recon" (for advanced paddlers) left later in the morning for a 3-day trip, destination unknown (to the campers, at least). An intermediate level group of bikers went to Dupont State Forest for a day trip.



FRIDAY

Another Down Green canoeing trip left, and the Mt. Mitchell backpacking trip was picked up. The Looking Glass climbing trip was picked up (along with a Green Cove Smokies hiking trip). A one-day Nantahala kayaking trip left right after breakfast. A group of horseback riders took the six horse trailer to DuPont State Forest for a day of trail riding.

SATURDAY

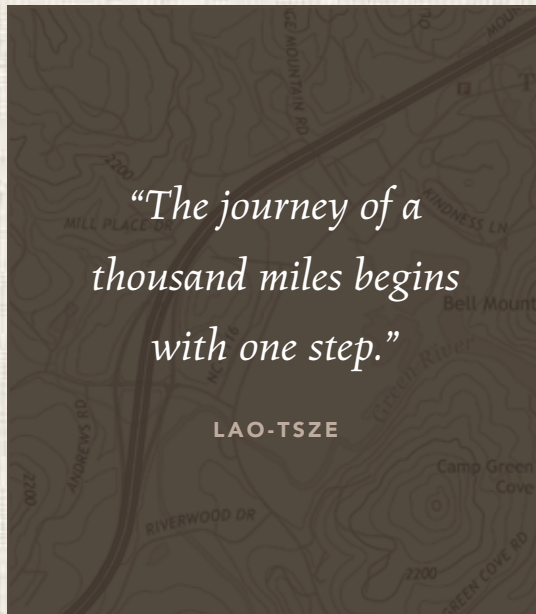
Everyone comes back to camp for the end of the week. The "Mystery River" trip came back with lots of stories. A group of advanced climbers went to Looking Glass for the day for some multi-pitch experience. The next group of paddlers went to the Down Green for their first taste of whitewater. A group of hikers challenged the John's Rock trail in a day and the 4-day point-to-point biking trip met to plan the route and divide supplies.



Activities

On the water side, we do a lot with swimming, canoeing, kayaking, and sailing. In the woods, we travel by foot, mountain bike, and horse. We also love to rock climb. These are the major activities. There's also a tennis program, nature, and of course, crafts. Age is not a requirement for any activity or trip. Each camper progresses at his own rate, participating in the activities that he finds most stimulating, and is not tied to a cabin or age group.

Activity lessons are based on skill and choice. We build skills through a progression, not just in the session, but also year to year. We offer activities at all skill levels in most sessions.



Camp Activities

(In addition to all of the summer trips!)

SWIMMING

Swimming is basic to safety on the waterfront, we want all campers to be at least at an intermediate level; those who are not take lessons at least once a day. Since ours is a non-competitive program, the emphasis is on form and endurance — not on speed. All swimming is supervised by lifeguards.



CANOEING & KAYAKING

We begin on the lake where we work on safety and basic strokes. When ready, campers take river trips, training at first on easy Class I and II rivers, then move up in difficulty and challenge as they are able. We take easy river and lake trips for the inexperienced paddlers, and one to five day trips on Class III and IV rivers for those ready. We spend a lot of time teaching how to read water, ferry, catch eddies, and play in the river's many waves and hydraulics. We especially emphasize river safety and judgment.

MOUNTAIN BIKING

Mountain Biking is a wonderful way to cover a lot of rugged country quickly and lends itself to our trail system beautifully. We have 800 acres of woodland, with many miles of easy to difficult trails. Most children bring basic skills from home and can apply them to our environment quickly. We take a lot of day trips, and quite a few overnights as well. There are also BMX bikes for those not ready for 21 speeds.

SAILING

The fleet includes Flying Scots, Snipes, Lidos, Lasers and Optis — many of the same boats a local sailing club is likely to use. We like a variety of boats, that way, you learn to manage different rigs and different handling characteristics. Experienced sailors often take a couple of the boats to other, larger lakes (like 9,000 acre Lake Jocassee) to sail and camp for several days.



HORSEBACK RIDING

Riding begins with a good string of school horses, good facilities and systematic instruction. We own almost all of our horses, and have trained many of them. This enables us to maintain a good balance of mounts suitable for the needs

of beginning, intermediate and advanced level riders. Facilities include rings of varying sizes, fields equipped for intermediate to advanced instruction, and many trails. We teach forward seat, English riding.



MOUNTAINEERING

For us, mountaineering includes backpacking and rock climbing — sometimes separately, sometimes hiking and climbing on the same trip. It also includes a climbing tower. We like to teach young people to be at home in the woods, rain or shine, on the trail or off. Pisgah Forest, the Great Smokies National Park and a number of other wilderness areas are nearby.

BACKPACKING

Backpacking is an activity that teaches a lot — but requires little skill to begin. Most trips go out for one to five nights. You carry everything you need with you, cook as a group, set up your own shelter, help find the trail and the campsite.

CLIMBING

Climbing might begin at our 60 foot Climbing Tower, with challenges for all levels and progress to nearby areas such as Linville Gorge, Looking Glass, and many other less well-known areas. There are one day trips to nearby climbing sites, as well as week-long advanced expeditions to more remote areas. The Climbing Tower is an incredible builder of self-confidence as well as being a wonderful place to cheer on your friends.

A NATURE PROGRAM

Our "Nature Lab" aims to teach awareness and appreciation of the environment. The program bases its activities at the Nature Lab where we keep animals such as chickens, reptiles & amphibians, insects & spiders... but spends quite a bit of time out of camp as well, observing, collecting, and learning.



TENNIS

We like tennis for its long-term value — it's a game for young and old. Lessons are offered daily. We play mixed doubles occasionally with each other.

MINOR ACTIVITIES

Minor activities include crafts, archery, riflery, and a variety of ball games. We are not a sports camp though; these activities are offered on a limited basis.



ADVANCED ACTIVITIES

More advanced levels of major activities (like advanced whitewater canoeing and kayaking, extended rock climbing trips, etc) are normally attainable only in the longer Main Session... and it may require more than one summer to fully experience these more advanced adventures. However, even the shortest session packs a lot of adventure and we believe, gives kids a great opportunity to develop some skill.



*"God gives every bird
his food, but he does not
throw it into the nest."*

JOSIAH GILBERT HOLLAND



Staff

If (for some strange reason) you could only consider one factor in your choice of camps, you should look at the camp's staff. Their qualifications and experience will dictate the quality of care and instruction a camper will receive, as well as the level of safety which can be maintained.

We are fortunate to have a highly experienced group of counselors, many of whom return year after year. The average age is about 25. The youngest is 18, and has completed a year of college. Most young counselors will have been campers with us in previous years. The overall camper-to-counselor ratio (not including maintenance, kitchen, administrative, etc.) is better than four to one, which gives us a superb opportunity for individual attention.

Camp is a community of people who live, work and play together, and this is one of its greatest assets. Most counselors live in a cabin with five to six campers and teach an activity during activity periods. (Some counselors who are out of camp on trips a great deal do not have cabins.) The camp experience is one wherein adults have ample time to spend with youngsters, time to develop meaningful relationships, to talk, to listen, and to teach.





Quality Leadership

The great teachers of the world have been those, like Jesus and Socrates, who had time to sit on a log, a mountain, by a lake or sea — and talk with their fellow. Our aim is to have stimulating counselors with time to explore and swap ideas with growing, curious campers. A real university can indeed be a log with a child on one end, and an adult on the other. We know that the effectiveness of our camps depends on the quality and availability of our leaders.



*“A leader is a person with
a magnet in his heart and
a compass in his head.”*

UNKNOWN

Spirituality, Health & Safety

SPIRITUALITY

In each camp, there is an attempt to quietly foster a spiritual atmosphere, and to encourage time for thought and reflection. We have a simple, non-denominational service at camp on Sunday mornings, which emphasizes ethics, morals, and friendship, rather than formalized religion. It includes nothing ritualistic or intrusive.

Campfire on Sunday evenings, pictured here, is also a time for thought and reflection. We sing songs and tell stories... kids report on trips they took the previous week, often inspiring others to follow in their footsteps.

HEALTH

Mondamin and Green Cove have consistently held a grade "A" rating from the North Carolina State Board of Health. We have an infirmary at each camp with two registered nurses in residence; a doctor in residence serves both Mondamin and Green Cove. There is a hospital 10 minutes away. Regular health checks are made daily (showers, brushed teeth, etc...)

COMMUNICATION

You will receive a weekly letter from your child's counselor describing what is going on at camp and with your child. You will also have access to our online photos, taken almost everyday at camp and on trips. Parents can send a letter to their camper via email and campers can send a good ole' handwritten letter back. In fact, we will use ice cream to encourage those letters home. Please note that we do not allow packages to be sent to camp.

SAFETY

Safety is stressed at all times. We ride horses, climb rocks, canoe whitewater, take long backpacking trips — and teach safety as a primary consideration. We follow a number of self-imposed guidelines, including specific and individual approval of

lifeguards, drivers, and trip leaders. A high level of instructor qualification, along with ongoing training and supervision, is another key to an excellent safety record.

GOOD JUDGMENT

Being safe has a great deal to do with using good judgment. As a parent, you wouldn't teach water safety by keeping a child away from the water; you'd teach him to swim. But most importantly, you'd teach the art of judgment: knowing when to attempt something and when to retreat.

SELF-CONFIDENCE

Self-confidence goes hand in hand with good judgment — and is dangerous without it. We endeavor to develop the pioneer spirit in our campers, the spirit of adventure and discovery, and of confidence in one's self, while at the same time teaching them to prepare thoroughly and carefully for any undertaking.

ADVENTURE

Adventure — and the pioneer spirit — can happen at any level, from an afternoon creek stomp to an epic five-day adventure. In everything, and at all levels, safety, preparation, and judgment are not only practiced but taught as a part of skill development. This approach helps children carry over an attitude of safety into activities well beyond camp. The art of discipline is as important a part of any skill as the skill itself.



PHOTO: Camp Mondamin gathers around the Sunday campfire. Camp Green Cove assembles around a very similar campfire ring.

How Long Should the Camp Experience Be?

5 DAYS

Early June Camp is a very introductory 5-day session. We do activities around camp and take one overnight camping trip. It will be small (about 50 campers), and will be a good way for children to get a small taste of camp life. For 6 to 10 year olds (through at least the first grade).

3 WEEKS

In the 3 week session we do a variety of activities, make some new acquaintances, and have a lot of fun. Our June Camp program allows a camper to begin progressing in all of our activities and take many overnight or even 3-day trips. We can practice independence, work on self-reliance, and build such skills and friendships as time permits. For ages 7 to 13.

5 WEEKS

The five week period is for those who want a big bite of skills, pioneer experiences, and stimulating contacts. A camper who has coordination and industry can learn to take a horse over a fence, to guide a canoe down a rapid, to handle him or herself in a variety of sometimes challenging situations. Wilderness trips as long as six days

are possible. Even more importantly, there is a tremendous opportunity for forging durable friendships among peers and adults which can, and often do, last a lifetime. Main Camp is the session of choice for those campers wishing the greatest exposure and opportunity for building friends and skills, and taking wilderness trips. For ages 8 to 17.

1 WEEK

August Camp is a great introductory session. We will do all of the activities around camp and get a taste of overnight camping. It is a good way for children not quite ready for a longer session to get a taste of camp life. For ages 6 to 11 (through at least the first grade).

A good camp experience is very definitively a community experience. We therefore do not break our sessions into shorter periods. Splitting a session disrupts the progression of skills and the community that are so important at Mondamin and Green Cove.



.....
PHOTO: *The Bell family today.*



History

Mondamin was founded in 1922 by Frank Bell, Sr. (usually known as “Chief”). He then founded Green Cove in 1945.

The Beginning

The idea first dawned in Chief’s mind in March of ’22, and construction started on the dining room in April. Camp opened about the end of June with a very inexperienced director and an equally inexperienced staff of about six. There were 31 campers. Activities were hiking, riding, swimming, and canoeing. There were no buildings except the simple dining room and a wood stove kitchen. Campers and staff lived in tents. The eight-week fee was \$150.

During the depression of the ’30s, survival hung by a thread. “Chief” taught school, acted as the local postmaster, ran a country store, and traded in land. Camp Green Cove started in 1945 at Camp Rockbrook in Brevard, and operated there under the direction of Pat Bell, Chief’s daughter. In 1949, Green Cove moved to its present location, and in 1952 Calla Bell became director. Their daughter, Nancy Bell, took over in 1980 and their granddaughter Calla Bell Williamson has directed Green Cove since 2020. “Chief” directed Mondamin through 1972, when his son, Frank Bell, Jr., became director until 2013. Andrew Bell, Chief’s grandson, was the director until 2023, and David Bell, also Chief’s grandson, is now the director of Mondamin.

Fourth generation campers are now attending Mondamin and Green Cove. The two camps have a capacity of 190 each. Every



summer 35 to 40 states and seven to 12 other countries are represented among the campers at Mondamin and Green Cove.

What is Education?

If education is not a diploma, then what is it? What is its goal? How is it achieved?

Is it just to make a living, or to make living worth while?

Some confuse education with graduation. One gets the required number of credits, graduates, and is educated. His diploma so attests. Some teachers teach text instead of people, facts instead of values, knowledge instead of wisdom. The student ingests, regurgitates, passes, graduates.

If education is instead a series of continuing experiences that build the knowledge, the skills, the habits, the appreciations, the attitudes, the values, and ultimately and hopefully the wisdom that enriches living, then we need to go far beyond the classroom. That’s why we love the wilderness — it’s a magnificent playground and a great university.

CHIEF BELL, FOUNDER



Camp Mondamin (828) 693-7446
& Green Cove (828) 692-6355
Tuxedo, NC

*"From the Master of Life descending,
I, the friend of man, Mondamin,
Come to warn you and instruct you,
How by struggle and by labor
You shall gain what you have prayed for.
Rise up from your bed of branches,
Rise, O youth, and wrestle with me!"*

LONGFELLOW'S HIAWATHA

CAMP MONDAMIN

for Boys • Founded 1922

(828) 693 – 7446

mondamin@mondamin.com
mondamin.com

&

*"I want to wake up in the morning
Where the rhododendron grow,
Where the sun comes peepin' into where I'm sleeping
And the song birds sing hello.
Want to wander on the mountain
Where the rippling waters flow,
And stay right here at Green Cove
Where the rhododendron grow"*

THE RHODODENDRON SONG

CAMP Green Cove

for Girls • Founded 1945

(828) 692 – 6355

greencove@greencove.com
greencove.com