



THE MOUNTAIN MEMO

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TRY A BONFIRE OR A BAR-B-QUE ON THE MOUNTAIN BUT DO IT SAFELY



BUILDING A ROCK GARDEN

If summer brings a lull to your gardening activity, perhaps you'll have time to build a rock garden.

Select a location that has at least a half-day of sun - more is better if you want to make a show of flowering plants.

A steep slope or the vicinity of a rock outcrop is good, but if that's unavailable, place the rock garden in a corner, off to the side, next to a foundation or bordering steps.

If the area is level, change the grade. Shovel out the soil a foot to 18 inches and slope it, perhaps, making two hills with a valley in between. Then put in a 6 inch layer of stones or gravel for drainage. On this foundation replace the soil, mixing in sand or gravel to improve drainage. Add some peat.

Then develop the contour, with lowest or largest stones embedded to make them look as though they have always been there. Then add your next layer with the spaces between filled with the mixture or medium for the plants to grow in.

Place rocks horizontally and in a line so they appear to be part of a bed or layer.

Avoid "dragon's teeth," or pointed sharp rocks standing up.
Rock Garden cont. on pg. 3

AT YOUR LEISURE

Taking time to be leisurely is not a sin. It's a necessity. Your body, your mind need this kind of time.

If you use your leisure time to work, you short change yourself.

You court mental fatigue when you spend your leisure working overtime or poring over office paperwork. If your mind is tired, your thoughts are tired.

Some workaholics, however, do not become fatigued at work. Instead, they derive personal satisfaction from their jobs and feel invigorated by their accomplishments. Still, they are shortchanging themselves if they do not develop other interests during their leisure time.

People work because they want money, self-worth, prestige, social exchange, challenge, and something to do with their time.

Leisure time serves all the same purposes, except financial reward. Leisure also allows the development of skills in self-expression and individuality.

Workaholics experience problems once they get to retirement age because they find that leaving the job means leaving their source of self-worth and prestige. Also.
Leisure cont. on pg. 3

BOARD AND COMMITTEE ACTIVITIES



FROM THE TOP

The 3th Annual Meeting of the Cacapon Highlands Property Owners Association was held May 6, 1989 at the Appalacian Inn in Berkeley Springs. The following items were discussed:

* 1989 Budget- The budget for the new year was passed out at the meeting,

* Roads and Maintenance- The roads made it through the winter in pretty good shape. Some repairs to Hill road will be made after the spring rains. Also, the section of Ridge Road (south of Hill Road) is scheduled to be graveled in the near future.

* Security- No break-ins were reported for the past winter season. Mr and Mrs Whitacre (our security team) attended the luncheon prior to the meeting and received a warm welcome when introduced.

* Gypsy Moth Spraying- The mountain was included in this year's spraying program. It was determined that we have 680 acres in our development instead of the 1000 as we originally thought. The spraying was delayed by the spring rains but should be completed by the mailing of this Newsletter.

* Nominations- There were three openings on the Board. Shirley DePaolis was nominated and re-elected to the Board. (Special thanks to Shirley for the fine job she continues to do for the Board)

Barbara Skillman and Bud Wyman were also nominated and elected to the Board. Their fresh insight and interest in the mountain should prove to be strong assets for the Board.

* Appreciation- The efforts of the following individuals are especially appreciated:

- Gerri Suznevich for her contributions as a member of the Board.

- Kay Roach for her contributions to the Board and for the outstanding job of setting up this years annual meeting.

- Tom Thompson for the excellent Newsletter that he publishes quarterly.

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Rock Garden from pg. 1

Use one kind of stone, not a collection, and mica-infested rocks are quite gaudy.

Continue building to a reasonable height, then place a few stones to tie in the main groupings in the garden. You can move them around until you get the right effect, then imbed the rocks into the soil.

Finally, place your plants. A narrow hand trowel is handy to dig between the rocks.

Select low, creeping plants, not border flowers. Consider alyssum, aubrietias, low pinks, armerias, creeping phlox, miniatures, spring and fall crocus, snowdrops and other low-growing varieties.

You don't have to weed often. Water, weed or loosen soil when necessary.

INTERESTED IN BIKING?

If you are interested in biking, there are a number of places to ride which are close to our mountain. One of the best is the C&O canal along the Potomac River. It is flat, easy to get to, and is very scenic. You can start at Paw Paw and head towards Cumberland or Hancock. The canal is marked every mile with a marker. You choose how far you want to travel. Have a good ride!

Ken Kisting



Leisure from pg. 1

friends found on the job will be left at the job.

Because workaholics invest little time in leisure activities, they can be miserable in retirement years.

During the elder years, leisure can become a full time occupation. But you need to invest some of your time preparing for an enjoyable, useful life after retirement. Instead of "all-work-and-no-play," view your leisure-time and work-time budgets as two separate accounts. Just as you would make a spending plan for your income, determine objectives for spending your leisure. Then, set aside definite times for leisure activities.

You might undertake a leisure activity that helps your protect your body from job related stress. Painting a picture takes the office manager's mind away from personnel; a game of squash captures all the attention writer.

Leisure could be used to strenghten powers of observation and appreciation. A banker can appreciate abstract art; a machinist can enjoy Beethoven.

You can refresh the brain by applying it to something else. So, take up a hobby unrelated to your field. A railroad dispatcher might study art; a farm manager might photograph county courthouses.

You also can enlarge your circle of friends through leisure activities. Not only can you enjoy their company now, but you also can enjoy the camaraderie of leisure-time friends after retirement.

Leisure cont. on pg. 4