BMR WISDOM

FOR THE CHAPEL UNDER THE STARS

Table of Contents

4 A Friend is Worth...

5 The Gift of Friendship

6 The Golden Rule

7 The Only Way to Have a Friend

9 The Wise Old Owl

11 Minutes of Gold

12 A Friendly Smile

13 There's Sunshine in a Smile

15 The Optimist Creed

17 Sermons We See

19 Somebody

21 The Guy in the Glass

22 Rules of the Game

23 Do It with Class

24 It Couldn't Be Done

27 It's Up to You

28 I Wish to Reach

31 I'll Dream with You

33 25 Things You'll Need to Know After High School

34 May 3, 1990

36 My Summer at Blue Mountain Ranch: What BMR Means to Me

38 Eternity

39 Sunlight

40 A Bit O' Sun

43 Everything I Know, I Learned at Blue Mountain Ranch

44 The One Thing that Keeps You Going

45 A Memoir

46 Letter from a camper: 03/04/1999

47 One Friend

A friend is worth a mountain made of gold.

The Gift of Friendship

Helen Steiner Rice

Friendship is a priceless gift
That can't be bought or sold,
But its value is far greater
Than a mountain made of gold.

For gold is cold and lifeless,
It cannot see nor hear,
And in your times of trouble,
It is powerless to cheer.

It has no ears to listen,
No heart to understand.
It cannot bring you comfort
Or reach out a helping hand.

So when you ask God for a gift,
Be thankful that he sends,
Not diamonds, pearls, or riches,
But the love of a real, true friend.

The Golden Rule

Do unto others as you would have them do unto you.

The Only Way to Have A Friend

The only way to have a friend
Is to be one yourself;
The only way to keep a friend
Is to give from that wealth

For friendship must be double fold,
Each one must give his share
Of feelings true if he would reap
The blessings that are there.

If you would say, "He is my friend,"
Then nothing else will do
But you must say, "I am his friend,"
And prove that fact be true.

Try listening.

Coach Allen

The Wise Old Owl

Edward H. Richards

A wise old owl lived in an oak,
The more he saw the less he spoke,
The less he spoke the more he heard.
Why can't we all be like that wise old bird?

Don't be judgemental.

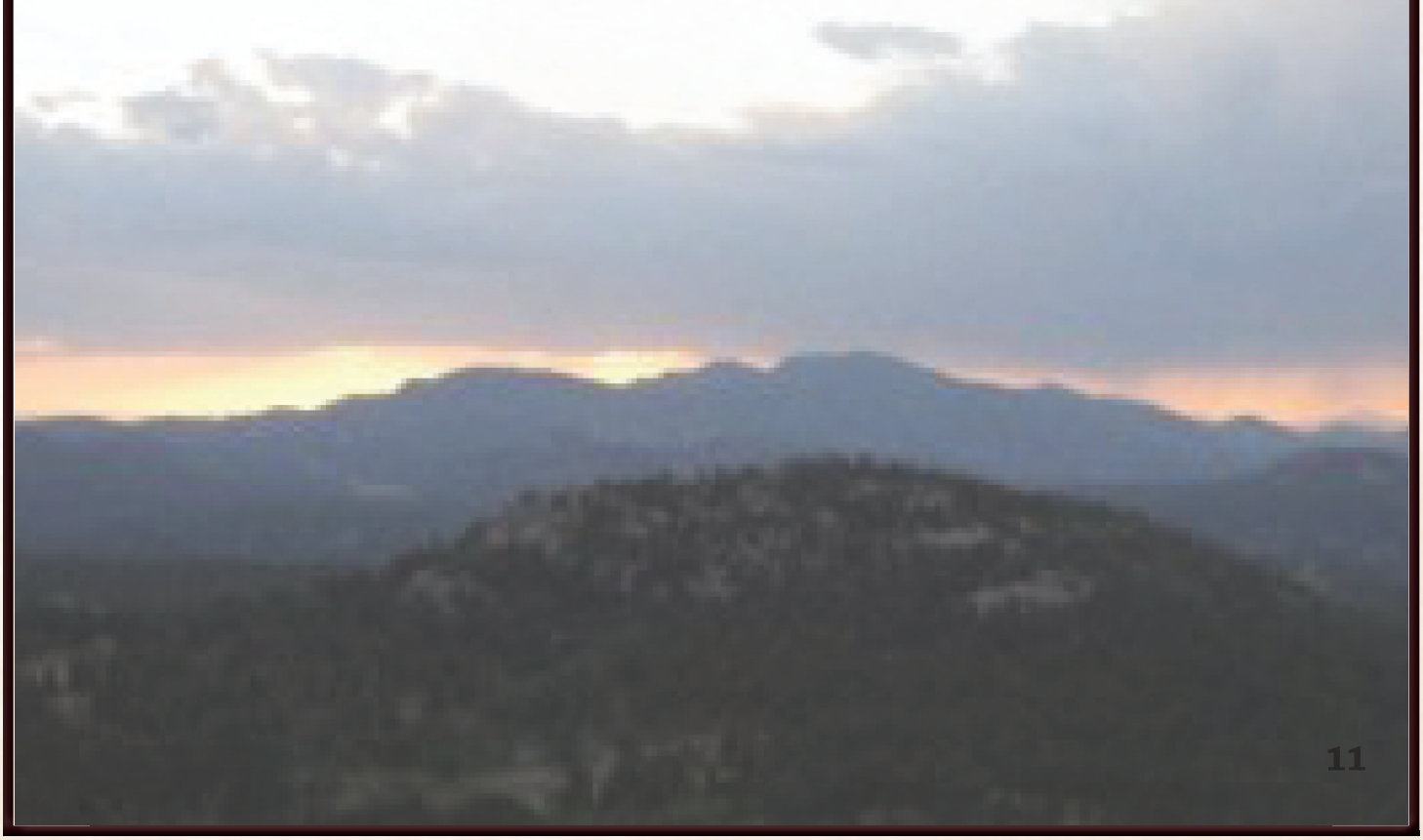
Coach Allen

Accept people as they are.

Coach Allen

Minutes of Gold

Two or three minutes, two or three hours
What do they mean in this life of ours?
Not very much if but counted as time,
But minutes of gold and hours sublime
If we'll use them once in a while
To make someone happy—make someone smile.
A minute may dry a little lad's tears.
An hour, sweep aside troubles of years.
Minutes of my time may bring to an end
Hopelessness somewhere, and bring me a friend.



A Friendly Smile

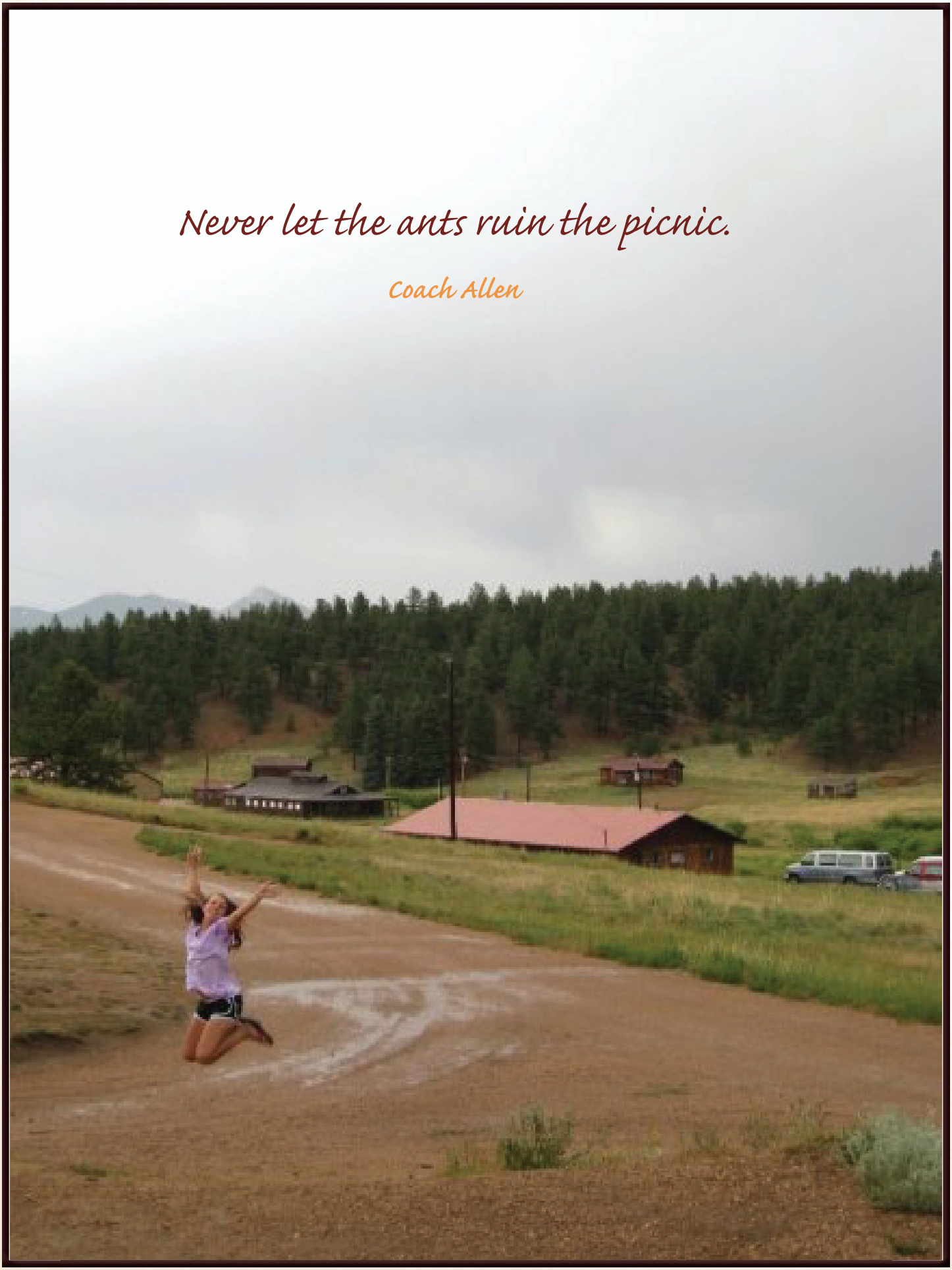
Anonymous

Everything's gone wrong today
No one reacts to anything you say
No matter how much you scream and cry,
the world seems to be passing you by.
No one seems to notice or care,
that you are trying to be heard over your despair.
But on one face a smile shines through,
a smile that knows and cares about you.
A smile with love to lend,
on a face you recognize as a friend.

There's Sunshine in a Smile

Helen Steiner Rice

Life is a mixture of sunshine and rain,
Laughter and pleasure, teardrops and pain.
All days can't be bright, but it's certainly true,
there was never a cloud, the sun didn't shine through--
So just keep on smiling, whatever betides you,
secure in the knowledge, I am always beside you,
and you'll find when you smile, your day will be brighter,
and all of your burdens, will seem so much lighter.
For each time you smile, you will find that it's true,
somebody, somewhere will smile back at you,
and nothing on earth, makes life more worthwhile,
than the sunshine and warmth, of a beautiful smile.


Never let the ants ruin the picnic.
Coach Allen

The Optimist Creed

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

What you believe is more important than what you possess,
What you live is more important than what you profess,
What you inspire is more significant than who you impress.

We are all teachers— teach attitude.

Coach Allen

Sermons We See

Edgar Guest

I'd rather see a sermon than hear one any day;
I'd rather one should walk with me than merely tell the way.
The eye's a better pupil and more willing than the ear,
Fine counsel is confusing, but example's always clear;
And the best of all the preachers are the men who live their creeds,
For to see good put in action is what everybody needs.

I soon can learn to do it if you'll let me see it done;
I can watch your hands in action, but your tongue too fast may run.
And the lecture you deliver may be very wise and true,
But I'd rather get my lessons by observing what you do;
For I might misunderstand you and the high advice you give,
But there's no misunderstanding how you act and how you live.

When I see a deed of kindness, I am eager to be kind.
When a weaker brother stumbles and a strong man stays behind
Just to see if he can help him, then the wish grows strong in me
To become as big and thoughtful as I know that friend to be.
And all travelers can witness that the best of guides today
Is not the one who tells them, but the one who shows the way.

Heroes are who we become.

Coach Allen

Somebody

Anonymous

Somebody did a golden deed;
Somebody proved a friend in need;
Somebody sang a beautiful song;
Somebody smiled the whole day long;
Somebody thought, “Tis sweet to live”;
Somebody said, “I’m glad to give”;
Somebody fought a valiant fight;
Somebody lived to shield the right;
Was the “somebody” you?

I have a high opinion of myself—
I expect nothing but the best of myself.

Coach Allen

The Guy in the Glass

When you get what you want in your struggle for pelf,
And the world makes you King for a day,
Then go in the mirror and look at yourself,
And see what that guy has to say.

For it isn't your Father, Mother, or Wife,
Who judgment upon you must pass.
The feller whose verdict counts most in your life
Is the guy staring back from the glass.

He's the feller to please, never mind all the rest,
For he's with you to clear up to the end,
And you've passed your most dangerous, difficult test
If the guy in the glass is your friend.

You may be like Jack Horner and "chisel" a plum,
And think you're a wonderful guy,
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

You can fool the whole world down the pathway of years,
And get pats on the back as you pass,
But your final reward will be heartaches and tears
If you've cheated the guy in the glass.

*pelf means wealth

The Rules of the Game

Aiken A. Brown

I'm giving you the ball, Son, and naming you quarterback for your team in the game of life. It is a long game with no timeouts and no substitutions. You'll have a great backfield with great reputations. They are named Faith, Hope, and Love. You'll work behind a truly powerful line. End to end, it consists of honesty, loyalty, devotion to duty, self-respect, study, cleanliness, and good behavior. The goal posts are the Gates of Heaven. God is the referee and sole official. There are ten rules. You know them as the Ten Commandments. The ball, it is your immortal soul. Hold on to it. Now, son, get in there and see what you can do with it!

Do It with Class!

Jim Wacker

Class is respect for others. It is a deep and genuine respect for every human being, regardless of his status in life.

Class is having manners. It is always saying “thank you” and “please”. It is complimenting people for any and every task that was done well.

Class is treating every other person as you want them to treat you in a similar situation.

Class never makes excuses for one’s own shortcomings, but it always helps the other person to bounce back from their mistakes.

Class never brags or boasts about one’s own accomplishments, and never tears down or diminishes the achievements of another person.

Class does not depend on money, status, success, or ancestry. The wealthy aristocrat may not even know the meaning of the word, yet the poorest man in town may radiate class in everything he does.

If you have class, everyone will know it and you will have self-respect. If you are without class-good luck, because no matter what you accomplish, it will never have meaning.

It Couldn't Be Done

Edgar Guest

Somebody said that it couldn't be done,
But he, with a chuckle, replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;
At least no one has done it";
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you one by one,
The dangers that wait to assail you.
But just buckle it in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "couldn't be done," and you'll do it.

There is no such thing as failure—
degrees of success.

Coach Allen

Problems— solve them.

Coach Allen

It's Up to You

I can tell you about the facts of life but I cannot change them for you.

I can tell you how to live but I cannot live your life for you.

I can advise you to let it go but it cannot make you forgive.

I can advise you to move on but I cannot stop you from living in the past.

I can assure you that everything will be fine but I cannot make you agree.

I can assure you that you can do it but I cannot force you to do it.

I can give you directions but I cannot always be there to lead you.

I can give you guidance but I cannot compel you to accept.

I can cheer you up but I cannot lift your self-esteem.

I can praise you but I cannot stop you from feeling inferior.

I can stand by you but I cannot make you stand on your own feet.

I can teach you new things but I cannot make you learn.

I can teach you right from wrong but I cannot decide for you.

I can teach you to share but I cannot make you unselfish.

I can teach you kindness but I cannot force you to be kind.

I can teach you to be a friend but I cannot make you one.

I can advise you about friends but I cannot choose them for you.

I can warn you about drugs but I cannot prevent you from using them.

I can help you to set goals but I cannot achieve them for you.

I can love you like a daughter but I cannot promise you a happy family.

I can keep the list going but I cannot change your life the way you can.

It's up to you!

I Wish to Reach

I wish to reach the mountain peak
But oh—it's much too high.
I'll never reach the goal I seek
No matter how I try.
But then—a wise one answers me—

"Take one step at a time
Just set each goal beyond a goal
You'll reach the goal sublime
And when you find no goal in sight
Look backward,
If you will;
You'll find you've climbed the mountain's height
Instead of just a hill."

Life is learning, learning is life.

Coach Allen

Being a human being is hard.

Coach Allen

I'll Dream with You

I cannot live your life for you
I cannot try new things for you
I cannot make mistakes for you
I cannot live with God for you
I cannot fight your battles for you
I cannot make new friends for you
I cannot fulfill all your dreams

But.

Give me a tune and I'll play for you
Give me a poem and I'll read for you
Give me a song and I'll sing for you
Give me a task and I'll do it for you
Give me a dream and I'll dream for you
Give me a prayer and I'll pray with you

Humor is important.

Coach Allen

Life isn't fair— so what?

Coach Allen

25 Things You'll Need to Know After High School

Ann Landers

1. Don't sweat the small stuff, and remember, most stuff is small.
2. The most boring word in any language is "I."
3. Nobody is indispensible, especially you.
4. Life is full of surprises. Just say "never" and you'll see.
5. People are more important than things.
6. Persistence will get you almost anything eventually.
7. Nobody can make you happy. Most folks are about as happy as they make up their minds to be.
8. There's so much bad in the best of us and so much good in the worst of us that it doesn't behoove any of us to talk about the rest of us.
9. Live by what you trust, not by what you fear.
10. Character counts. Family matters.
11. Eating out with small children isn't worth it, even if someone else is buying.
12. If you wait to have kids until you can afford them, you probably never will.
13. Baby kittens don't begin to open their eyes for six weeks after birth. Men generally take about 26 years.
14. The world would run a lot smoother if more men knew how to dance.
15. Television ruins more minds than drugs.
16. Sometimes there is more to gain in being wrong than right.
17. Life is so much simpler when you tell the truth.
18. People who do the world's real work don't usually wear neckties.
19. A good joke beats a pill for a lot of ailments.
20. There are no substitutes for fresh air, sunshine, and exercise.
21. A smile is the cheapest way to improve your looks, even if your teeth are crooked.
22. May you live your life so that there is standing room only at your funeral.
23. Mothers always best, but fathers sometimes know, too.
24. Forgive yourself, your friends and your enemies. You're all only human.
25. If you don't do anything else in life, love someone and let someone love you.

May 3, 1990

Pamela B. Wilder

I was eleven years old the first time my parents took me to Blue Mountain Ranch. When we drove through the gate, I was surprised and couldn't believe my good fortune that I would be spending the next four weeks in such a beautiful place. I was a little scared at first but soon forgot this feeling as I was overwhelmed with excitement and the joy of having fun. This was just the beginning for me. I fell in love.

I found great happiness growing up with Blue Mountain Ranch. I was taught good values, learned the meaning of friendship as well as the significance of honesty can love. Camp became very important to me not just due to such things as climbing my first mountain, or seeing my first falling star, but because of something deeper. We all found the best in ourselves. We became a family.

Coach and Mrs. Allen welcomed us into their lives with open arms. They had a true interest in each one of us as individuals and opened their home to us for anything we needed. This gave us all a sense of security. Suzie Graf was a counselor then. We all thought she was the "coolest." I can speak only for the girls' side of camp, but Suzie was our favorite because she too, had an honest interest in us. We loved her. Now she, along with her husband Bob Graf, continues in the same caring manner as they direct the camp.

This summer marks my fifth year as a counselor. My desire to keep returning stems from the belief I have in Blue Mountain Ranch and for what it stands. Coach always talks about the "Golden Rule" and this is what we follow here. Each night after activities we gather as a whole, holding hands, singing the song "Green Trees". In the song, it says, "friends all around us in a world filled with love". That is the spirit of Blue Mountain Ranch and what keeps so many coming back year after year.

My Summer at Blue Mountain Ranch: What BMR Means to Me

Shawn Bryan

It's two bright yellow buses, bursting at the seams with kids.

It's watching the amazement in the eyes of a child as the giant metallic skyscrapers melt away into swaying pine trees.

It's a clean star-filled sky above, and a warm, roaring fire below.

It's eleven, pre-pubescent boys giggling about what girls they are going to dance with.

It's a family environment where nobody feels like a stranger.

It's driving through the gate at midnight and seeing the powerful stallions and mares galloping across the grounds in the silvery shadow of a full moon.

It's looking out the cabin door at dawn into the cool tranquility of a lake as the early morning sun skips off the emerald waves.

It's years of hard work, for the feeling of "being a kid" once more.

It's the friends that, in only a month, feel like family and make parting a tearful time.

It's the warm feeling of a home tucked away in the quiet beauty of the mountains.

Eternity

Juck Hives

Eternity is in the mountains,
The open sky,
And the forever trees
Of the high country.
It blooms
In the meadows
And flows down arroyos.
And from the hands of the old ones
To those of the young
It is passed along.

Sunlight

Lesie Linde

The sun came out
Just for me today
It reached out from behind the grey sweatshirt cloth of sky and
Smiled down on me as I sat alone by the lake.
Then it generously poured itself through the trees,
Dripping slowly off the leaves like sparkling yellow molasses.
And onto the water, sending scintillating showers through
the ripples.
"Goodbye," said the sun, "I must go."
And as it left it took with it the beauty I called my own
for seconds,
I am alone again.

A Bit O' Sun

From an Old English Inn

Give us Lord, a bit o' sun,
A bit o' work, and a bit o' fun;
Give us all in the struggle and splutter,
Our daily bread and a bit o' butter.

Give us, Lord, a chance to be
Our goodly best, brave, wise, and free
Our goodly best for ourselves and others
'Till all men learn to live as brothers

Count your blessings.

Coach Allen

Everything I Know, I Learned at Blue Mountain Ranch

I've learned that the world is a better place when viewed from the back of a friendly horse. And that you're never too old for cartwheels.

I've learned that starlight and moonlight are more beautiful than any stained glass windows and that God is alive in the forest more than in any building of stone.

I've learned that childhood is more important than you realize because once you grow up it's gone, and you're expected to be grown up.

I've learned that home isn't necessarily the place where you live year-round and that a story has a new meaning every time you listen to it.

I've learned that winning isn't important… it's being able to play that is. And that a warm sleeping bag pulled tightly over your head keeps you safe from all of the monsters in the dark.

I've learned that kids know as much about life as adults do, and that I can learn a lot from listening to them. And that working with young people keeps me young at heart, too.

I've learned that singing is good for the soul and it does make me happy, HAPPY!

And when my time is here is over—even though the tears inevitably come—I will keep this place in my heart all year long because the reason it is so precious is because our time here is so short.

I've learned that friendships can withstand time and distance and that there is nothing like the sound of laughter echoing off the tallest green trees.

At Blue Mountain Ranch, I have learned that who I am is simply whoever I would like to be.

The One Thing That Keeps You Going

A BMR Camper

There is a place that means so much to me
A place I will always be
At least in heart and mind
There is none other like it in the world
I can become hurt, scared, or angry
But this place and these people always seem to help
It is where I am able to find love and happiness
And if I ever feel so down, it keeps me going
The one thing that keeps you going throughout the year,
knowledge that there is a place like BMR
Where you can come for the summer and be free.

A Memoir

Julia Teitelbaum, 2005

As I sat chained to my desk in a dingy classroom I thought again and again I wish I was at camp! I wish I was at BMR! But camp was over and school textbooks weighed me down again. I yearned for the lightness and freedom of camp, for the pleasant din in the mess hall and the brightness of the sun, and the shining stars in the Meadow. As the teacher's voice droned on my mind wandered...

It was the day before Parent's Day and my friends had packed to leave. Light from the campfire flickered over a roughly hewn cross and Star of David side by side and cast shadows over the circle of logs and evergreens around teary campers. Suzie was giving her end-of term-speech.

"My favorite time of camp is the Sunday worship services. They are a time when we are all together in a beautiful and quiet place. During them we have the opportunity to share the thoughts and ideas that are closest to us. At camp we work to provide an atmosphere where kids are away from the everyday hectic pace of school, athletics and social pressure. During these evenings, we talk about just those things and about how to react to different situations.

Here we have an environment where kids feel safe and able to share their problems, as well as their hopes and dreams, and where you recognize this type of comfort. All of us here hope that the campers will bring this "Blue Mountain Spirit" home with them and remember it when they are faced with uncertainty."

More people spoke about what camp meant to them and friends they had made yet Suzie's words resounded in my mind. My eyes watered, so did Tamara's and Alexa's and Hunter's and Jameson's and Tanya's and everyone else in our BMR family. I knew- we all knew why we were crying- because it was hard. It was hard to leave our friends. It was hard to go home to the fast pace of life we could barely keep up with. It was hard that at home we would have to support ourselves.

But everyone there knew that we could do it. That though it would be hard we would overcome the challenges just as we had overcome the high ropes course, and hiking up a fourteen thousand foot mountain. We'd use our momentum from the good times to get through the bad ones and be lifted up by the knowledge that if we needed to talk we had a camp family who would listen and be a shoulder to cry on even if they and their shoulder weren't actually there.

I faded back into reality. I still knew that I could and needed to take the spirit of camp home. I couldn't forget that. I knew that I would survive the pressures and keep up with the mile-a-minute speed of life. If I can do that at camp, I can at least try to do it at home. Like Bob says- it's not life's challenges that determine who you are its how you deal with them. And life is much to short to spend it being miserable.

March 4, 1999

Letter from a camper

Dear Suzie, Bob, Dorothy, and Bill,

Blue Mountain has been a second home to me for the past 6 years. I was unfortunate to have a schedule this year which did not allow me to return for a seventh summer. I wish so much that I could be with you and all my friends right now! All I can do is write this letter and tell you all how much you mean to me and how deeply you have touched my life. The friendships I have made at Blue Mountain Ranch are bonds that have given me the strength to be the person I am today. Without the unconditional love of those friends, I know I would be lost. Suzie, your smiling face and open arms were always there to cheer me up. You taught me how important each and every person is in making up the Blue Mountain family. Bob, your wonderful sense of humor always reminded me to find the fun in life. You taught me to never take myself too seriously. Dorothy, you were always the sweetest person to me...

One Friend (lyrics)

Dan Seals

I always thought you were the best
I guess I always will.
I always thought that we were blessed
And I feel that way still.
Sometimes we took the hard road
But we always saw it through.

If I had only one friend left
I'd want it to be you.

Sometimes the world was on our side
Sometimes it wasn't fair.
Sometimes it gave a helping hand
Sometimes we didn't care.
'Cause when we were together
It made the dream come true.

If I had only one friend left
I'd want it to be you.

Someone who understands me
And knows me inside out.
Helps keep me together
And believes without a doubt,
That I could move a mountain
Someone to tell it to.

If I had only one friend left
I'd want it to be you.

Someone who understands me
And knows me inside out.
Helps keep me together
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