



Dear Brother,

We welcome you to the *COMING HOME TO YOURSELF RETREAT* at the Audubon Center of the North Woods near Sandstone, MN from June 22-24, 2018.

- Please download, print this packet. It includes further information about our retreat as well as a confidential medical form we need you to complete and return prior to the retreat.
- Please arrive anytime in the afternoon (no later than 5:00 PM) to enjoy the Center. Registration and room check in will start at 3:00 PM.
- Tenting is welcome, but let us know if you are choosing to tent. Showers and bathrooms are available for tenters.

Feel free to contact me by phone at [\(612\) 275-0387](tel:6122750387) or via email at tmichaelrock@gmail.com if you have any further questions or need clarification. We look forward to seeing you and wish you blessings during your preparation and travel.

Sincerely,

T. Michael Rock

MN MALES Covener

- Please submit any travel request or information to me, no later than Monday, June 18. (page 5 of this packet)

- You may also either scan and send your medical release form or bring it to the retreat. (page 6 of this packet)

For any questions regarding scholarship information, please contact T. Michael Rock. Otherwise, please submit payment on line or bring a check with you to the event.

FREQUENTLY ASKED QUESTIONS

What are the dates?

- Registration begins at 3:00 pm Wednesday, June 22, 2018.
- The retreat begins at 5:00 PM on Wednesday, June 22, 2017, and concludes by 12:30 PM on Sunday, June 24, 2018.

Where is the Audubon Center?

- Founded in 1968, the Audubon Center is an environmental center, located on the shores of Grindstone Lake, about halfway between Duluth, MN and the Twin Cities. It is a 535 acre sanctuary, with a combination of lake shore, stream, wetlands, grassland and forest. For more information & directions visit www.audubon-center.org. Emergency #'s are 1-888-404-7743 or (320) 245-2648. **Please leave this information with people before you leave home.** Cell phone coverage is limited in this area. Consider contacting folks before you arrive on site.

What is the weather like there?

- June is pristine vacation weather in northern Minnesota. The temperature usually averages between 70-80, although some years have reached the 90s or dip into the 60s. It can be humid during this time of year, but don't worry the sleeping quarters are air-conditioned and a dip into the lake is always refreshing. The biggest concerns may be mosquitoes (be sure to pack plenty of bug repellent) and deer ticks/wood ticks (which can be a nuisance or sometimes dangerous).

What do I need to bring?

- Please see the checklist of this letter for what to bring. You may want to bring cash or a check book to purchase a MN MALES t-shirt.

What are the accommodations at the Audubon Center?

- Accommodations are in the Crosby Lodge. Bedding and towels are **NOT** provided. You must bring your own sleeping bag or sheets/blankets for a twin mattress. **(The Audubon Center has bedding available for out of State men for \$10.)** You will share a room with other men.
- Rooms will not be assigned. Simply choose a room, when you arrive.
- Each room is air-conditioned, features solid wood bunks, and has its own bathroom facilities.

How do I get to the Audubon Center?

- The Center is located only six miles from Interstate 35; 90 miles north of the Twin Cities (about 1 1/2 hours) and 60 miles south of Duluth (about 1 hour). The Audubon Center is on Grindstone Lake and is near Banning State Park. The toll free phone number of the Audubon is 888-404-7743. (See www.audubon-center.org for a map).

Driving From the Twin Cities and Duluth:

- From Interstate 35, exit on the Sandstone Exit 191. Go southwest on County Road 61 just over two miles. Take a right on County Road 27, cross the Munger bike trail, turn left (Grindstone Lake Road) and go just over three miles. Take a right on County Road 17 (Fox Road). Turn left between the stone pillars (Audubon Road). Follow this road to the office - one mile. (There will be signs the entire way) **For those interested in carpooling, please indicate your interest on the Travel Information Form. Someone will contact you about these arrangements.**

From the Minneapolis/St. Paul airport:

- Contact T. Michael Rock if you need a ride from the airport

Are there places available to stay before and/or after the Retreat?

- If you need accommodations before and/or after the Retreat, we recommend that you Google hotels near Minneapolis/St. Paul airport. There is a variety of hotels, from the inexpensive to the elaborate. Nearly all have shuttle service to/from the airport.

CHECKLIST — Things to bring

- Sleeping bag or sheets/blankets for a twin size mattress
- Pillow

(NOTE: The Audubon Center has limited bedding/towels for \$10)

- Towel
- Usual toiletry items including soap, shampoo, toothbrush, toothpaste, etc.
- Jacket
- Rain gear
- Hat (important for sun protection)
- Swimsuit
- Durable shoes appropriate for hiking and walking
- Any drum (or percussion instrument) you care to bring. No experience required. If you have an extra drum, label it and bring it for someone else to use. Other rhythm instruments are encouraged too.
- Journal/notebook with a pen or pencil
- Water bottle
- Flashlight
- Day pack
- Garbage bag or other water repellent bag to protect items within day pack
- Sunscreen
- Insect repellent
- Tweezers (to remove ticks)
- Wrist watch (You are asked not to use your cell phone to determine time)
- Check book or cash to purchase books, shirts, etc. from bookstore

TRAVEL INFORMATION (be sure to check one box)

If you are traveling with a cell phone,

please give us your cell number: _____

I would like to secure bedding for \$10

YES, I want transportation from Mpls-St. Paul airport to the Audubon Center.

Date of flight arrival: _____

Airline number: _____ **Flight Number:** _____

Arrival time: _____ AM / PM **From what city:** _____

I would like to carpool with any persons attending the MROP from my area.
(Note: someone will contact you closer to June 22 to connect you with others.)

I have a personal vehicle and will be driving to the Audubon Center. I can accommodate _____ persons to ride with me if needed.

Confidential Medical Form Summer 2018 Retreat

Retreatant's Last Name: _____

First Name _____

Phone _____

E-mail Address _____

Date of Birth _____

Emergency Contact

Name

Relationship

Daytime Phone

Evening Phone

1. Do you have any of the following conditions?

Epilepsy/seizures

Bleeding/clotting disorder

Heart disease

Asthma/emphysema

High blood pressure

Diabetes

OTHER: _____

2. Have you ever been told that your **SNORING** is serious enough that it can disturb others?

Yes

No

Comments: _____

3. Allergies (food, environmental, medication): _____

No known allergies

4. List any medications taken on a daily basis (or attach separate sheet):

 Do not currently take medications

5. Do any medications require refrigeration?

Yes

No medications require refrigeration

6. Do you have any other Medical Condition of which the MROP should be aware? (describe below)

7. Will you have any special Medical requirements during this event? (if yes, please describe)

Yes

No

I hereby release the above information for use of the Retreat, site staff, and/or any other Medical personnel who might need to provide care to me during this event.

Signature _____ Date _____