



# Shared Adventures Foundation

## MILITARY WOMENS ADIRONDACK WEEKEND

### The Haven at Star Lake

## Women Veterans, Active & Inactive Duty Military

September 29-October 1, 2017

### General Overview

The purpose for this weekend is to thank you for serving us. We are offering a weekend of relaxation, adventure and the beauty of Mother Nature.

### Pre-requisites:

Be a woman - Veteran, current Military or Reservist and be willing to meet new friends who served or are serving America. We seek people open to getting away and leaving many of the “distractions” back home to enjoy the sights and sounds of nature. This will be a non-sectarian, apolitical, everyone-is-included, get away where we ask you to help create a peaceful experience for all. Please do not bring alcohol or non-prescription drugs, cell phones (out of sight and sound); battery and electrical powered music. Even head phones can detract from the experience we offer. Stringed instruments for the camp fire would be wonderful. We encourage you to take pictures and only leave footprints. Pay the fee and complete the Application and Waiver.

### COST: We ask for a minimum fee of \$50 per person to attend.

Our costs are greater than \$200 per person. Any donations help us cover the greater weekend costs and allow more women to attend. We currently are not receiving government or foundation funding. Your donations may be tax deductible. Our 501c3 not for profit EIN is 16-1256980.

### **APPLICATION DEADLINE: July 31, 2017**

(We may open extra spots for sisters & mothers of participants, if space is available after 8/1/17.)

### Directions:

- Drive 81 North. Past Watertown to Exit 48A /Ft. Drum, turn Right on Rt. 342 East, drive to end, turn Left onto Route 3
- Turn Left onto 3A (by passes Carthage) to end
- Turn Left onto Route 3
- Drive 3 North/East to Star lake
- Arrive Star Lake, proceed to Nice and Easy Gas Station, at this intersection turn Right onto Youngs Rd, turn Right onto Lake Rd, turn Right onto Campus Road, drive to end and you are at the HAVEN☺.

# Schedule

## **ARRIVE: Friday, Sept. 29**

3 PM check-in time (early arrivals can be accommodated on a case by case basis.)

Welcome, find your bed at the Lodge (2, 4 and 6-person rooms), explore the camp, waterfront, pavilion & start unwinding.

Introductions

Receive weekend agenda (based upon SURVEY responses), meal times (please bus your tables), proposed & optional adventures.

Trip Philosophy - relaxation, safety, inclusion, listen/view nature, sounds and smells. Minimal structure can be selected to help you achieve the ultimate enjoyment and relaxation.

Welcome, dinner and ice-breaker activity

## **Saturday, Sept. 30**

Meal Times: Breakfast, Lunch, Dinner tba

Saturday options include, not limited to: canoeing, kayaking, hiking, fishing, swimming (no lifeguards), horse shoes, corn hole, billiards, tennis, ball field, volleyball court, pontoon boat rides, lounge chairs, sunbathing, or just simple relaxing. There are a few openings for an optional trail maintenance project.

Night bonfire with s'mores

OR choose no agenda. You can lounge, relax, wander and enjoy the surrounding calm.

Meals will be structured...the rest is up to you.

Grand finale for some – a limited number of people can take an early morning boat ride and hike on Sunday.

## **Sunday, Oct. 1**

Sunday breakfast. Pack-up, and help clean up.

Optional EARLY start, half-day long, pontoon ride on cranberry lake and hike to Cat Mountain.

Local church services are available. We are pleased to recommend churches and times for services.

Final camp exit will be before 12 noon so our wonderful Haven friends can set-up the Lodge and prepare the next group adventure.

**CONTACT:** Shared Adventures Foundation, Kent Winchester, Executive Director

**SEND application materials & checks to our Rochester Office:** **Shared Adventures Foundation**, 1044 University Avenue, Rochester, NY 14607, 585-244-9377, 585-442-5483 fax, [www.sharedadventuresfoundation.net](http://www.sharedadventuresfoundation.net), [create@sharedadventuresfoundation.net](mailto:create@sharedadventuresfoundation.net)

**Adirondack Home and Office:** The Winchesters, 32 Eddy Rd, Wanakena, NY 13695, cabin number with answering machine, 315-848-2890. Cell phone 585-750-4796. Ginny Winchester, Kent's wife, will have a copy of this plan.

I accept the philosophy and terms for this weekend.

Signed: \_\_\_\_\_

Shared Adventures Foundation Liability Waiver - Fall Weekend, 2017

**Women Veterans, Active and Inactive Duty Military - THANK YOU! This weekend is a small token of our gratitude. If you are applying to attend the September 29-October 1, 2017 Adirondack outdoor adventure weekend, this waiver must be filled out COMPLETELY, NEATLY & LEGIBLY. July 31, 2017 deadline for registration and payment.**

In consideration of my being able to attend this lodge, fishing, flatwater kayaking and canoeing, pontoon boating, hiking, optional trail maintenance weekend... I agree to the following waiver and release. I the undersigned user agree to INDEMNIFY AND HOLD HARMLESS RockVentures LLC, Shared Adventures Foundation, Inc., The Haven at Star Lake organizations and owners, the organizer (s), instructors, volunteers, insurance company and associated institutions and I make the following representations:

I acknowledge the inherent extreme risks in driving to and from this location, lodge sleeping, hiking, swimming/boating/kayaking/canoeing on/near Star Lake, Oswegatchie River (mild flat water) and Cranberry Lake. I acknowledge and agree that those risks include & not limited to:

Some of us may hike on potentially wet, slippery, steep trails. We may be pontoon boating, swimming, fishing, using kayaks, canoes. Possibility of thunder and lightning storms.

Dangers, include:

- a. Possible bug bites b. Severe heat or cold c. Hypothermia possibility d. Constant rain is possible e. bears
- b. Slippery trails can lead to sprains and broken bones c. Swimming or boating can lead to drowning. A Personal Floatation Device (PFD) is offered to me and I am strongly encouraged to wear it ALWAYS while in or on the water.

I further acknowledge that the above in no way limits the extent or reach of this release and covenant not to sue. I have fully read and understand the above.

I agree to assume all risk of personal injury, including but not limited to broken bones, paralysis, and death that may occur while I am on the lodge sleeping and adventure weekend. I hereby release RockVentures, Shared Adventures Foundation, The Haven at Star Lake, its owners, officers, employees, family members, lessors, insurers, and agents, harmless from all liability for any personal injury that may incur.

This release applies to and binds my personal representatives, executors, heirs and family.

I am physically fit and know of no medical or health reason why I should not participate in the activities that take place at RockVentures or on the Shared Adventures Foundation weekend. If there is any pre-existing disability, or medical need, please bring it to our attention, and we will make every reasonable effort to accommodate you in our facility.

**Medical Insurance:** I, the participant, do have current medical insurance to cover all injuries that may occur on the camping weekend. I am willing to cover all expenses, including co-pays if an injury does occur. I realize I may be subject to injury from this activity and that no form of preplanning can remove all of the danger to which I am exposing myself.

**Picture Release:** I approve pictures or video of myself to be used for marketing, websites, future promotions and other Shared Adventures Foundation purposes

**ALL LINES MUST BE LEGIBLE AND COMPLETED!**

Today's Date \_\_\_\_\_ Participant's Name (PRINT clearly) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Participant's SIGNATURE \_\_\_\_\_

Participant's Address \_\_\_\_\_ phone # \_\_\_\_\_

e-mail address (for newsletter) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**ROCHESTER, NY ADDRESS:**

Shared Adventures Foundation, 1044 University Avenue, Rochester, NY 14607, 585-244-9377, 585-442-5483 fax

[www.sharedadventuresfoundation.net](http://www.sharedadventuresfoundation.net), [create@sharedadventuresfoundation.net](mailto:create@sharedadventuresfoundation.net)

**ADIRONDACK ADDRESS:**

The Winchesters, 32 Eddy Rd. Wanakena, NY 13695, land-line 315-848-2890.

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# Women Veterans, Active & Inactive Duty Military Weekend

## Application and Medical History (PRINT NEATLY) Today's Date: \_\_\_\_\_

Full Legal Name Print \_\_\_\_\_ Age: \_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Phone Other \_\_\_\_\_

Email Address: \_\_\_\_\_

Health/ Medical Insurance Company \_\_\_\_\_ Health Card # \_\_\_\_\_

Person to Contact in Emergency: \_\_\_\_\_ Relationship \_\_\_\_\_ Phone: \_\_\_\_\_

Would your primary doctor approve of your attending this trip? Yes \_\_\_\_ No \_\_\_\_

What specific cautions would primary doctor have for your attending this trip:

When were you in the service, if applicable? \_\_\_\_\_ Branch of Service: \_\_\_\_\_

Were you deployed, when and where \_\_\_\_\_

Current Military Yes \_\_\_\_ No \_\_\_\_ Branch \_\_\_\_\_ Current Reservist? Yes \_\_\_\_ No \_\_\_\_ Branch \_\_\_\_\_

Are you experiencing Post Traumatic Stress? YES \_\_\_\_ NO \_\_\_\_ If so, what are the side effects

What might "trigger" a PTS "attack" on this outdoor living, paddling weekend?

Please list the medications you currently take and for what reasons:

Do you need regular injections to help relieve or maintain health conditions? If yes, what, why?

If yes, when did you have last injection?

Seizure history? Yes \_\_\_\_ No \_\_\_\_ If yes, when did you have last seizure \_\_\_\_\_

Do you have any food allergies? If so, what \_\_\_\_\_

List other allergies here \_\_\_\_\_

Name of your Primary Physician? \_\_\_\_\_

Physician's Phone # \_\_\_\_\_

Is there additional health information you can provide us ...so we can better protect you and plan for your safety?

Need a ride? Yes \_\_\_\_ No \_\_\_\_ Have space to drive others? Yes \_\_\_\_ No \_\_\_\_ If so, how much space?

Would you like to attend an orientation meeting on a week night, just before this weekend? Yes \_\_\_\_ No \_\_\_\_

What is your preferred week night to meet just before this weekend?

Would you use a FREE Membership to RockVentures Climbing Gym to be used from time of reservation until

October 1, 2017)? Yes \_\_\_\_ No \_\_\_\_ (RockVentures is separate from Shared Adventures Foundation & owned by Kent Winchester.)

What size sweat shirt do you wear? \_\_\_\_\_

# Recommended Clothing & Gear

Bring linen, blanket or sleeping bag, pillow

Rain gear/tops and bottoms/wind breaker

Loose pants

Cold, wet weather pants

Winter coat

Fleece or wool shirt

Wool socks

Wool Cap

Light Gloves

Rain and sun hat

Flash light, extra batteries

Personal Meds

Hiking Boots

Sneakers

Extra socks, wool best

Water shoes or sneakers

Bathing suit

Handkerchief

Shorts

Sun glasses

Sun screen

Bug repellent

Personal medications

Personal hygiene items

## OPTIONAL

Bicycle (a few are available)

Helmet

Fishing Pole

Fishing License

Kayak, canoe, paddle, PFD (some are available already)

Hiking Poles

Day Pack

# Survey:

My expected arrival time on Friday is: \_\_\_\_\_

I would be interested in:

\_\_\_ using flatwater kayaks or flatwater canoes

\_\_\_ hiking on property

\_\_\_ hiking in other areas

\_\_\_ going on a walking tour of Wanakena (historic village nearby)

\_\_\_ going on a pontoon boat ride (days, times to be determined)

\_\_\_ Friday, 11 am-2 pm, Town of Wanakena

\_\_\_ Saturday, 11 am – 2 pm, Town of Wanakena

\_\_\_ Sunday, 10 am – 1 pm, Town of Wanakena

\_\_\_ playing volleyball

\_\_\_ playing softball

\_\_\_ joining a rigorous trail maintenance project (long-day on Saturday, with possible wind, rain, slippery mud, heat, cold, bugs). Limited spots are available

\_\_\_ going to a local Sunday morning Church service. Preference listed here \_\_\_\_\_

\_\_\_ going on an early Sunday morning boat ride, hike to Cat Mountain (7 am – mid-afternoon or so)

\_\_\_ I prefer a less-structured weekend, I just want to hangout and relax

\_\_\_ I recommend other activities including: \_\_\_\_\_

\_\_\_ My preferred exit time on Sunday is \_\_\_\_\_

\_\_\_ I would appreciate a ride to and from this women's weekend.

\_\_\_ I can give a ride for # \_\_\_\_\_ other person (s) to and from this weekend Retreat.

\_\_\_ You can give my name, contact information to others, to help with ride coordination

\_\_\_ I realize there are rooms at the Lodge which include: 2-person, 4-person, 6-person rooms. These bedrooms include: bunk, queen, double and king beds.

\_\_\_ My room, roommate, bed preference is \_\_\_\_\_

\_\_\_ I am willing to share a bed with another person.

\_\_\_ The Haven Lodge staff will work with us to determine room assignments prior to check-in.

\_\_\_ I do not have the \$50 minimum payment, can I apply for a scholarship?

\_\_\_ I am able to donate more money so additional women can attend

My name is \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_