



Audubon Center of the North Woods

May 24, 2019

Experience Your Environment

Dear Alumni and Donors,

We are planning a wonderful weekend of reunion, remembrance, reflection, and recreation, and I am so glad that you will be back to celebrate our 50th Anniversary with us! Please read through the attached information and return all forms to us by Friday, June 7. The tentative schedule is as follows:

Friday, June 14

- 5:00-9:00 Check-In
- 5:00-9:00 Welcome, Evening Social with Drinks and Appetizers (no dinner will be served this evening)
- Campfire (weather permitting)

Saturday, June 15

- 7:30-8:30 Breakfast

OPEN HOUSE DAY FOR EVERYONE

- Activities: High Ropes, Canoeing, Archery, Climbing Wall, Campus Tour, Forestry Hike, Open Barn
- 11:00-1:00 Lunch (available for purchase if not registered for a weekend package)
- Activities: High Ropes, Canoeing, Archery, Climbing Wall, Campus Tour, Forestry Hike, Open Barn
- 2:30-4:00 Alumni Circle Sharing Time

DINNER AT THE LAKE AND PRESENTATION

- 5:00-6:00 Social Hour and Appetizers
- 6:00-7:00 Dinner
- 7:00-8:00 Presentation: **ACNW AT 50 YEARS**
- 8:00 Evening Social Continues
- Campfire (weather permitting)

Sunday, June 16:

- 6:30-8:00 Bird Hike
- 8:00-9:00 Breakfast
- 9:00-11:00 Outing to Banning State Park (taking bag lunches)
- 9:00-11:00 Self-led activities at ACNW: canoeing, hiking
- Check out by 11:00

I look forward to seeing you again!

Safe travels,

Bryan Wood
Executive Director

#ACNW50

#ExperienceYourEnvironment



ACNW 50th Anniversary Weekend

June 14-16, 2019

To participate in ACNW 50th Anniversary Weekend, please complete the following required forms:

- **Participant Info and Linens Request form**
- **Health & Liability Forms** (fill out one for each member of your family/group)

Please return completed forms to us no later than June 7, 2019

Email: audubon1@audubon-center.org

Fax: 320-245-5272

Mail: ACNW, PO Box 530 Sandstone, MN 55072

Arrival: Plan to arrive at the Center between 4-6 pm, Friday, June 14. Please note: if you arrive before 5 pm, you may not have access to your lodging room yet, but will be welcome to hike the trails or explore our property. See map and driving directions below.

Departure: The weekend ends after lunch on Sunday, June 16. Check out by 11:00 pm. Please see the tentative Schedule of Activities in the cover letter.

Travel by Bus: Groome Transportation shuttle service picks up at the airports of MSP and Duluth - check with www.groometransportation.com (tel. 218-724-4676) for the schedule, and disembark at Victory Gas Station in Sandstone. We can arrange to pick you up at Sandstone but you must let us know your arrival/departure times to/from Sandstone no later than Tuesday, June 11, 2019 so we can arrange pick up/drop off.

Directions to the Audubon Center from the Twin Cities and Duluth:



Audubon Center of the North Woods

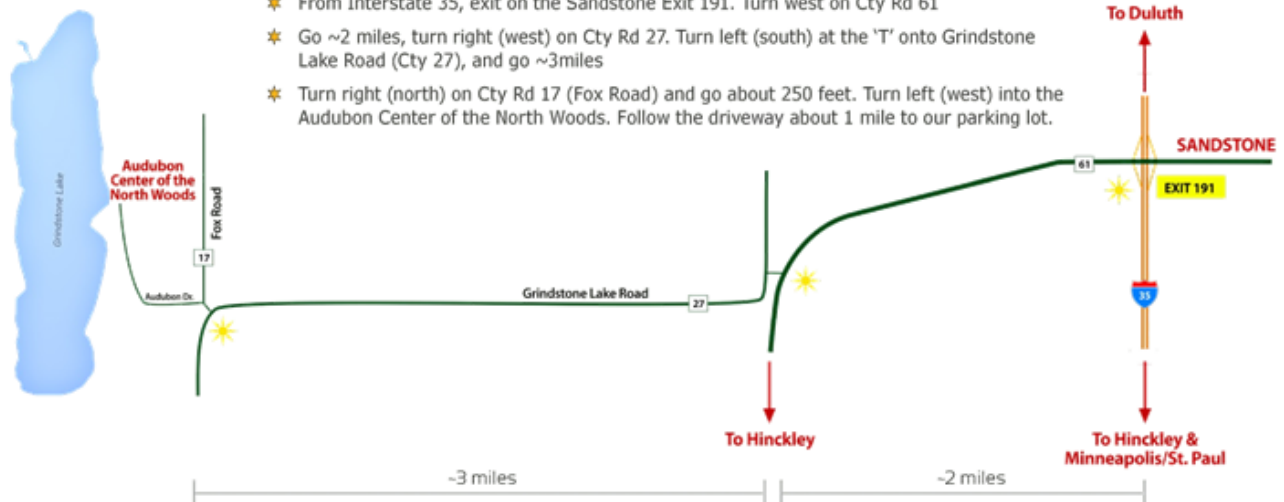
Address:
54165 Audubon Drive
Sandstone, MN 55072

GPS:
46.117186384284004
-92.99793720245361

Phone:
888-404-7743 or
320-245-ACNW

ACNW is about 5 miles west of the freeway, 90 miles north of the Twin Cities

- ★ From Interstate 35, exit on the Sandstone Exit 191. Turn west on Cty Rd 61
- ★ Go ~2 miles, turn right (west) on Cty Rd 27. Turn left (south) at the 'T' onto Grindstone Lake Road (Cty 27), and go ~3 miles
- ★ Turn right (north) on Cty Rd 17 (Fox Road) and go about 250 feet. Turn left (west) into the Audubon Center of the North Woods. Follow the driveway about 1 mile to our parking lot.



ACNW 50th Anniversary Weekend

June 14-16, 2019

General information

Meals: Meals are served in the dining hall. We make every attempt to offer and identify vegetarian, vegan and gluten-free menu options at each meal. If you have severe food restrictions or specialized dietary needs, please indicate those on your health form.

Phones: Cell phones have spotty reception at our location – text messages usually go through but cellphone calls can be problematic in some locations, depending on your carrier. There is a phone in the lodging buildings and the dining hall. You must use a credit card or call collect for long distance outgoing calls. The fax number for the center is (320) 245-5272.

Internet: There is wireless internet access in all of our lodging buildings and main dining hall.

Cigarette smoking and vaping: Smoking and vaping are not allowed in any of the buildings; please use designated areas, away from building entrances.

Location of ACNW: The Audubon Center of the North Woods is located about 90 miles north of the Minneapolis/St. Paul metropolitan area and about 70 miles south of Duluth. The center is situated on 780 acres on the east shore of Grindstone Lake, approximately six miles west of Sandstone, Minnesota. (See driving and shuttle directions on the previous page).

Accommodations:

Unless you are camping, you will be housed in either Crosby or Lowry Lodge - each dorm-style room has bunk beds with twin-size mattresses; the rooms are very basic - **no tv, radio or clocks**. If you are camping, you may use the bathrooms on the lower level in Lowry Lodge.

There is a washer and dryer available in Crosby Lodge. Wash= \$1.50, dry = \$1.00, in quarters.

Packing notes:

Most of the events will take place in various outside locations, so watch the weather beforehand, and pack accordingly. **Don't forget to bring your own towels, bedding, pillow, and toiletries** (soap, shampoo, toothpaste, and medications). If you'd like to use our bedding and towels (\$10/set), please return the Linens Request Form along with your other forms. You know how we are blessed by mosquitos and ticks in June, so please also bring appropriate bug repellent.

Gift store: We have a small gift store where some toiletry items can be bought, as well as cards, books, and other gift items.

If you have any further questions, please call us at 320-245-2648 or email audubon1@audubon-center.org.

ACNW 50th Anniversary Weekend

June 14-16, 2019

Participant Information & Linens Request Form *(required)*

Please return this completed form to us no later than June 7, 2019

Email: audubon1@audubon-center.org

Fax: 320-245-5272

Mail: ACNW, PO Box 530 Sandstone, MN 55072

Please fill out the following information for all the members of your family attending ACNW 50th Anniversary Weekend.

NAME OF ADULT PARTICIPANT(S):

NUMBER OF CHILDREN ATTENDING: _____

NAME: _____ AGE: _____

NAME: _____ AGE: _____

NAME: _____ AGE: _____

NAME: _____ AGE: _____

NAME: _____ AGE: _____

NAME: _____ AGE: _____

Home Phone #: _____

Cell Phone #: _____

E-mail: _____

Linens Request – (\$10.00 person)

_____ **NO**, we will not need linens – we will be bringing our own sleeping bags or blankets and sheets, pillows, and towels.

_____ **YES**, we would like sheets, blankets, pillows and towels during our stay and understand there is a \$10 per person charge.

_____ **Total number** of people needing linens

\$_____ **Total cost** for linens. If not already paid, please enclose a check to ACNW for this amount (or you may call in your credit card payment).



**Audubon Center
of the North Woods**

ACNW 50th Anniversary Weekend June 14 - 16, 2019

Health/Medical Form

Please mail, email or fax to:
Audubon Center of the North Woods
PO Box 530, Sandstone, MN 55072
Fax: 320-245-5272; Email: audubon1@audubon-center.org

Please complete this form for each participant in your party

Guest's Name _____

Mailing Address _____

City, State Zip _____

Cell or Home Phone _____ E-mail Address _____

Date of Birth _____

Emergency Contact

Name

Relationship

Daytime Phone

Evening Phone

Primary Physician (s)

Name

Phone

Name

Phone

Insurance Information

Carrier

Policy #

Group #

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. Allergies (food, environmental, medication): _____ ☐ No known allergies

3. Dietary preferences or restrictions (e.g., vegetarian, vegan, gluten-free, etc.). Note: We make every attempt to offer and identify vegetarian and gluten-free menu options at each meal. If you have severe food restrictions or specialized dietary needs, you may need to bring supplemental food.

4. List any medications taken on a daily basis (or attach separate sheet): ☐ Do not take any medications

5. Do any medications require refrigeration? ☐ Yes ☐ No

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

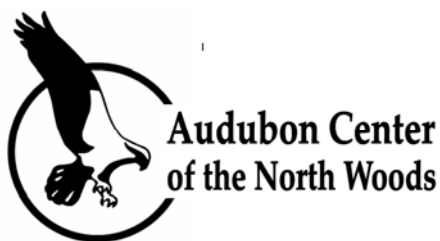
7. Will you have any special Medical requirements during this event? ☐ Yes ☐ No

I hereby release the above information for use of the Audubon Center of the North Woods and/or any other Medical personnel who might need to provide care to me during this event.

In the event of an emergency, I authorize treatment by emergency medical personnel.

Signature _____

Date _____



Liability Release Form

Please mail or fax to:

Audubon Center of the North Woods, PO Box 530, Sandstone, MN 55072

Fax: 320-245-5272

Email: audubon1@audubon-center.org

*Please complete and sign this form for each participant
in your party - required before program participation*

Assumption of Risk and Liability Release

Participant Name _____

☐ I will be participating / ☐ I authorize the above-named participant to participate in the program at the Audubon Center of the North Woods. I acknowledge and am aware that this program involves certain inherent risks which I expressly accept and assume. These risks may include (but are not limited to) physical injury, emotional injury, paralysis, permanent disability, illness, death or property damage due to inclement weather; walking on uneven trails; canoeing; cross country skiing; snowshoeing; rock climbing and belaying on an indoor climbing wall; a high ropes course activity; field trips to non-Audubon Center sites; and other peoples' actions. Following appropriate medical consultation, I have determined that my child's/my health is adequate to participate safely in this program (except as indicated on the Student or Adult Health Form). In the event of an emergency, I authorize treatment by emergency medical personnel.

Accordingly, I hereby voluntarily release and forever discharge the Audubon Center of the North Woods, including all of their personnel, agents, affiliates, staff and directors, from any and all liabilities to me with respect to injury, sickness, disease, loss or damage. This release applies to any and all liabilities to me or my estate of any description, whether arising from ordinary negligence or otherwise, and whether involving fees and expenses of any kind. In the event that some other person or entity seeks compensation for these released liabilities, I or my estate will indemnify and hold harmless the Audubon Center of the North Woods for all sums reasonably incurred in response to that claim. This release is to be interpreted and enforced under Minnesota law.

By signing this document, I understand and agree that if I am hurt or if my property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being release on the basis of any claim for negligence. I have had enough time to read this agreement and consult with legal counsel if I so chose to do so. I understand that this activity may not be made available to me if I were to choose not to sign this release. I have read and understood this document and I agree to be bound by its terms.

Parent/Guardian or Participating Adult Signature (required) _____

Address _____

City _____ State _____ Zip _____

Date _____

I am a (please check one of the following):

- | | |
|--|---|
| <input type="checkbox"/> Participant of legal age/adult. | <input type="checkbox"/> Parent/Guardian/Chaperone who will attend the Audubon Center program. |
| <input type="checkbox"/> Parent/Guardian who will not be attending the Audubon Center program. | <input type="checkbox"/> Teacher/Staff Member of the participating school/group who will attend the Audubon Center program. |

Select one below (required):

- | | |
|---|--|
| <input type="checkbox"/> Yes, I authorize the Audubon Center to use any photos taken during the visit in publicity materials for the Center and understand my/my child's name will not be used. | <input type="checkbox"/> No, I do not authorize the Audubon Center to use any photos taken during the visit in publicity materials |
|---|--|

_____ (Parent/Guardian or Participating Adult Signature required)