



# Audubon Center of the North Woods

*Experience Your Environment*

Dear Volunteer Work Weekender,

Our upcoming Spring Volunteer Work Weekend is just around the corner. On the following pages you'll find driving directions (for those of you who have not been here before), general information, and Medical and Liability forms (please complete these and email or fax them back at your earliest convenience).

***Please bring:***

- Your own sleeping bag/bedding (twin sized), pillow and towels... if you'd like to use ours, let us know right away (888-404-7743 or audubon1@audubon-center.org) so we can make sure to have them ready for you (there is a \$10 per person fee for linens).
- Old clothes (or coverups) that you don't mind getting dirty (or even paint splattered), including long pants and sturdy shoes (required for some projects)
- A water bottle and travel coffee mug (if you are a coffee drinker)
- Appropriate clothing for outside weather conditions (work will go on rain or shine).

*We can supply work gloves or feel free to bring your own.*

The Nitty Gritty:

***A partial list of tasks includes interior painting & exterior staining, roofing, fence repair, trail maintenance, carpentry, firewood hauling, gardening, digging, invasive species removal, etc. If you have any favorite tools you like to use to complete tasks such as these, please bring those along – that would be very helpful!***

**Friday, May 31** – Arrive any time during the evening; there is no dinner service on Friday, so eat dinner before you come. Go directly to Crosby Lodge (next door to our Main Office, at the end of the driveway). Your name will be on the door of your assigned room. You are free to enjoy the evening and group campfire (weather permitting).

**Saturday, June 1** – (note: if arriving Saturday, please try to arrive before 8:00 a.m.) During breakfast at 8:00 a.m., in the Dining Hall, there will be a brief welcome and orientation, as well as task assignments/selections. Work teams will head out for the morning's tasks at 9:00, break for lunch at noon, then regroup after lunch for another round of afternoon tasks from 1:00 to 5:00. Then evening free time, with dinner served at 6:00 p.m. Canoes are available in the evening. Evening campfire (weather permitting).

**Sunday, June 2** – Breakfast at 8:00 a.m., lunch at noon. On Sunday, work will end at lunchtime. Thereafter, you are welcome to enjoy hiking on our 7 miles of trails, canoe on beautiful Grindstone Lake, go swimming or fishing, or just sit back and soak up the nature here at the Center. You are free to stay and enjoy the Center as long as you'd like on Sunday.

Please don't hesitate to give us a call if you have any questions. We thank you for your willingness to volunteer your time and talents, and look forward to seeing you soon!

Safe travels,

Bryan Wood  
Executive Director

# Volunteer Work Weekend

## **General information**

**Meals:** Meals are served buffet-style 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 or email [audubon1@audubon-center.org](mailto:audubon1@audubon-center.org) as soon as possible.

**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 Center's main phone, which is located in the office (320-245-2648, ext 101), can accept voice messages. The fax number for the center is (320) 245-5272.

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

**Cigarette smoking and vaping:** 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. A map is enclosed.

### **Accommodations:**

- Participants will be housed in dorm-style rooms; these rooms are very basic - **no tv, radio or clocks.**
- There will be name signs on your assigned doors. You may be sharing with other volunteers.

### **Clothing and equipment:**

Since there are a number of outdoor as well as indoor tasks, we suggest you watch the weather forecast beforehand, and pack accordingly. We would encourage you to bring layers to be comfy in both warm and cool weather, boots/sturdy shoes for walking in the woods, plenty of sunscreen and insect repellent, and a rain coat or poncho. **Please bring your own towels, bedding, pillow and toiletries (soap, shampoo, toothpaste) and medications.**

**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 questions, please email or call us at 320-245-2648 ext 101, or [audubon1@audubon-center.org](mailto:audubon1@audubon-center.org).**

## Driving directions to

**Audubon Center of the North Woods**  
54165 Audubon Dr., Sandstone, MN 55072  
320-245-2648

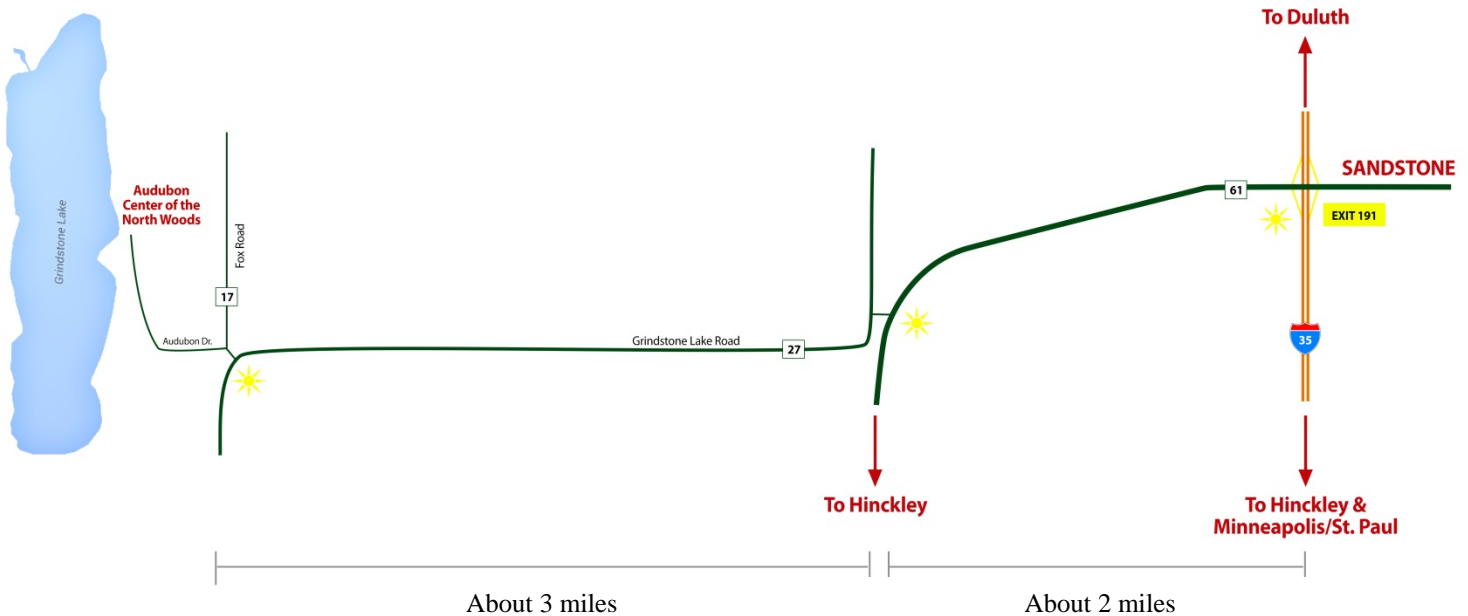
*If searching for our location online, use [maps.google.com](https://maps.google.com)*

### Audubon Center GPS coordinates

(46.117186384284004, -92.99793720245361)

### Driving directions to the Audubon Center From the Twin Cities and Duluth:

1. From Interstate 35, exit on the Sandstone **Exit 191**.
2. Go west on Hwy 61 just over two miles.
3. Take a right on County Road 27, cross the Munger bike trail, turn left at the 'T' (Grindstone Lake Road) and go just over three miles.
4. Take a right on County Road 17 (Fox Road) and go about 100 feet.
5. Turn left between the stone pillars (Audubon Road – our driveway).
6. **PROCEED directly to main office/dining hall for check-in** – just follow our mile-long driveway all the way until it ends at the parking lot and the office.





**Audubon Center  
of the North Woods**

Volunteer Work Weekend 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 \_\_\_\_\_

| <u>Emergency Contact</u> |
|--------------------------|
| _____                    |
| Name _____               |
| Relationship _____       |
| Daytime Phone _____      |
| Evening Phone _____      |

| <u>Primary Physician (s)</u> |
|------------------------------|
| _____                        |
| Name _____                   |
| Phone _____                  |
| _____                        |
| Name _____                   |
| Phone _____                  |

| <u>Insurance Information</u> |
|------------------------------|
| _____                        |
| Carrier _____                |
| Policy # _____               |
| Group # _____                |
| Phone _____                  |

- Do you have any of the following conditions?  
 Epilepsy/seizures     bleeding/clotting disorder     heart disease     Asthma/emphysema  
 high blood pressure     diabetes    OTHER: \_\_\_\_\_
- Allergies (food, environmental, medication): \_\_\_\_\_  No known allergies
- 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 – we will post the weekend's menu online approximately 1-1/2 weeks prior to the event to help in your planning.  
 \_\_\_\_\_
- List any medications taken on a daily basis (or attach separate sheet): \_\_\_\_\_  Do not take any medications
- Do any medications require refrigeration?     Yes     No
- Do you have any other Medical Condition of which the Center should be aware? (describe below)  
 \_\_\_\_\_
- 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 \_\_\_\_\_



**Audubon Center  
of the North Woods**

# Liability Release 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 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)