



Audubon Center of the North Woods

Experience Your Environment

January 10, 2019

Dear Winter Adventure Family,

Your family's winter weekend is right around the corner! We have a great line-up of adventures, classes, and games in store for you. In the last week we've had both wonderful and not-so-wonderful snow conditions. Our fingers are crossed for more of the WONDERFUL stuff for mid-February!

Please read through the attached information and return all forms to us by Monday, February 4. A tentative schedule is attached (subject to change, depending on weather and amount of snowfall). When you arrive, there will be class descriptions available at check-in to help you choose activities you and your family members will most enjoy.

We're excited to offer ice climbing at our local Robinson Park again this year. Numbers are limited for this activity due to the amount of equipment available. We will have sign-up sheets available after dinner on Friday evening and slots will be filled on a first-come first-served basis. **Though there is no strict age minimum for this activity, participants can only climb if they fit into the boots/crampons provided.** There may need to be sharing of equipment to ensure all participants who sign up get equipment that fits properly for their climbing experience. Spectators are welcome to come along and cheer on the climbers or hike around Robinson Park on their own.

Aside from that activity, we will have opportunities for rock climbing indoors at the center, sleigh rides, a number of ecology-based outdoor classes, crafts and quiet time activities. There will be an ice fishing option again this year. **Please remember that kids under 16 don't need a license, but anyone over 16 will be required to have a MN fishing license in order to reel in a fish.** Do you have a special talent? We'd love to have you share your talent with the group during our (very low-key) talent show. Music, dancing, and a family photo booth on Saturday evening will highlight the evening festivities. There will be a kid-free evening for adults and ample time for R&R for everyone.

Our fun and dedicated staff is working hard at planning this great weekend for you and your family. We can't wait have you here!

Warm Winter Wishes,
Connie Haugen
Program Director

#WinterFam2019

#ACNW

#ExperienceYourEnvironment



Winter Family Weekend

February 15-18, 2019

As participants of Family Camp, please fill out the necessary information on 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 February 4, 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, February 15. Please note: if you arrive before 4 pm, you will 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 Monday, February, 18. All buildings will close at 1:30 pm and equipment rentals end. You are welcome to remain on Center grounds to hike/ski/snowshoe with your own equipment and explore on your own.

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:

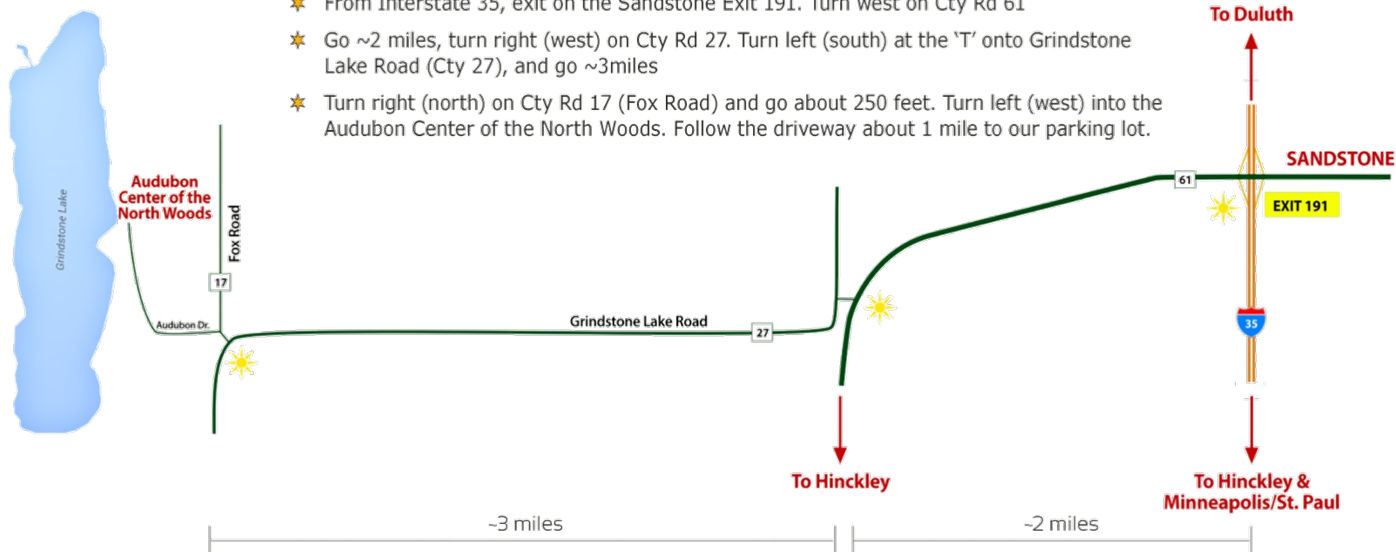
46.117186384284004
-92.99793720245361

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 ~3miles
- ★ 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.



Winter Family Weekend

February 15-18, 2019

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.

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), can accept voice messages. Messages received between 8:00 am - 4:00 pm can be delivered to you that day; after hours messages will be delivered to you the next morning. 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 directions on the previous page).

Accommodations:

Families will be housed in either Crosby or Lowry Lodges - each dorm-style room has bunk beds with twin-size mattresses; the rooms are very basic - **no tv, radio or clocks.**

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

Clothing and equipment note:


Many of the classes will involve time outdoors and walking to various class locations, so watch the weather before hand and pack accordingly. Please read through the attached packing list for suggestions on what to pack for cold weather - **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.

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 email or call us at 320-245-2648 or audubon1@audubon-center.org.


WINTER FAMILY WEEKEND SNOW SCHEDULE

Activities may be adjusted depending upon snow level and weather conditions. Children under 13 must be accompanied by an adult unless specified otherwise. Child-free option marked with *, Parent-free option marked with **.

<h2 style="text-align: center;">Friday, Feb 15</h2>

<p>DH=Inside Dining Hall Crosby=Outside Crosby front door Barn=Outside Entry= Outside dining hall front door Lounge=Crosby Lounge</p>
<p>4:00-6:00 – Check-In</p> <p>4:00-6:00</p> <ul style="list-style-type: none"> • Open Barn • Quinzhee and Snow Zoo Building
<p>Dinner – 6:00</p>
<p>7:00-8:00</p> <ul style="list-style-type: none"> • Orientation and Introductions-DH • Course Sign Ups-DH <p>8:00-9:00</p> <ul style="list-style-type: none"> • Campfire, S'mores

<h2 style="text-align: center;">Saturday, Feb 16</h2>
<p style="text-align: center;">Coffee-7:00 Equipment checkout-7:00 Breakfast – 8:00</p>
<p>8:30-10:30 Behind the Scenes Barn Chores (age 10+) -Barn</p> <p>9:00-12:00</p> <ul style="list-style-type: none"> • Ice Climbing-Entry • Explore Banning State Park-Crosby <p>9:00-10:20</p> <ul style="list-style-type: none"> • Predator Prey-Barn • Raptor Stories-DH <p>9:45-11:45 Sleigh Ride-Entry</p> <p>10:00-11:00 Snacks Available in Dining Hall</p> <p>10:40-12:00</p> <ul style="list-style-type: none"> • Survivor-Crosby • Nature Journaling-Crosby • Leap Creep Slither-Barn
<p>Lunch – 12:15</p>
<p>1:00-3:00 Sleigh Ride-Entry</p> <p>1:15-4:15 Ice Climbing-Entry</p> <p>1:15-2:45</p> <ul style="list-style-type: none"> • Animal Signs-Barn • Beginners XC Skiing-Entry • Climbing Wall-Barn <p>3:00-4:00 Snacks Available in Dining Hall</p> <p>3:00-4:15</p> <ul style="list-style-type: none"> • Capture the Flag-Crosby • Barn Tour-Barn • Snow Shoe Hike-Entry • Bird Crafts-DH <p>3:30-5:30 Sleigh Ride-Entry</p> <p>4:15-5:15 North Woods Niches-Barn</p>
<p>Dinner – 5:45</p>
<p>7:00-9:00 Snow-Ball and Talent Show-DH</p>

<h2 style="text-align: center;">Sunday, Feb 17</h2>
<p style="text-align: center;">Coffee-7:00 Breakfast – 8:00</p>
<p>8:30-10:30 Behind the Scenes Barn Chores (age 10+) -Barn</p> <p>9:00-12:00</p> <ul style="list-style-type: none"> • Ice Climbing-Entry • Explore Banning State Park-Entry <p>9:00-10:20</p> <ul style="list-style-type: none"> • Bird Crafts-DH • Orienteering (age 8+) -Crosby • High Ropes (age 10+) -Crosby <p>10:00-11:00 Snacks Available in Dining Hall</p> <p>10:40-12:00</p> <ul style="list-style-type: none"> • Broomball-Entry • Wolf Ecology-Crosby • High Ropes (age 10+) -Crosby
<p>Lunch – 12:15</p>
<p>1:15-4:15 Ice Climbing-Entry</p> <p>1:15-3:00</p> <ul style="list-style-type: none"> • Winter Wonders** -DH • Snowshoe Hike-Crosby • Ice Fishing (age 10+) -Entry • High Ropes (age 10+) -Crosby <p>3:00-4:00 Snacks Available in Dining Hall</p> <p>3:15-4:15 Spike Walk-DH</p> <p>3:15-5:15</p> <ul style="list-style-type: none"> • Intermediate XC Skiing-Entry • Ice Fishing (age 10+) -Crosby • High Ropes (age 10+) -Crosby <p>4:15-5:15 Poppy-Palooza*** -DH</p>
<p>Dinner – 5:45</p>
<p>7:00-9:00</p> <ul style="list-style-type: none"> • Adult Paint Night* -DH • Kid's Night** -Lounge

<h2 style="text-align: center;">Monday, Feb 18</h2>
<p style="text-align: center;">Coffee-7:00 Breakfast – 8:00</p>
<p>8:30-10:30 Behind the Scenes Barn Chores (age 10+) -Barn</p> <p>9:00-10:30</p> <ul style="list-style-type: none"> • Orienteering (age 8+) -Entry • Climbing Wall-Barn • Reptile Handling-Barn • Parachute Playtime** -DH <p>10:00-11:00 Snacks Available in Dining Hall</p> <p>10:30-12:00</p> <ul style="list-style-type: none"> • Room Check-Out • Equipment Check-In
<p>Lunch – 12:00</p>
<p style="text-align: center;">You are welcome to enjoy the trails as long as you like!</p> <p style="text-align: center;">Safe Travels!</p> <p style="text-align: center;">-The Audubon Center Team</p>


WINTER FAMILY WEEKEND NO SNOW SCHEDULE

Children under 13 must be accompanied by an adult unless specified otherwise. *Child-free option marked with **, *Parent-free option marked with ***.

Activities may be adjusted depending upon snow level and weather conditions.

<p>Friday, Feb 15</p>	<p>Saturday, Feb 16</p>	<p>Sunday, Feb 17</p>	<p>Monday, Feb 18</p>
<p>8:30-10:30 Behind the Scenes Barn Chores (age 10+) -Barn 9:00-12:00 <ul style="list-style-type: none"> Ice Climbing-Entry Explore Banning State Park-Crosby 9:00-10:20 <ul style="list-style-type: none"> Predator Prey-Barn Raptor Stories-DH 9:45-11:45 Hay Ride-Entry 10:00-11:00 Snacks Available in Dining Hall 10:40-12:00 <ul style="list-style-type: none"> Survivor-Crosby Nature Journaling-Crosby Leap Creep Slither-Barn </p>	<p>Coffee-7:00 Breakfast – 8:00</p>	<p>Coffee-7:00 Breakfast – 8:00</p>	<p>Coffee-7:00 Breakfast – 8:00</p>
<p>DH=Inside Dining Hall Crosby=Outside Crosby front door Barn=Outside barn Entry= Outside dining hall front door Lounge=Crosby Lounge</p>	<p>8:30-10:30 Behind the Scenes Barn Chores (age 10+) -Barn 9:00-12:00 <ul style="list-style-type: none"> Ice Climbing-Entry Explore Banning State Park-Crosby 9:00-10:20 <ul style="list-style-type: none"> Predator Prey-Barn Raptor Stories-DH 9:45-11:45 Hay Ride-Entry 10:00-11:00 Snacks Available in Dining Hall 10:40-12:00 <ul style="list-style-type: none"> Survivor-Crosby Nature Journaling-Crosby Leap Creep Slither-Barn </p>	<p>8:30-10:30 Behind the Scenes Barn Chores (age 10+) -Barn 9:00-12:00 <ul style="list-style-type: none"> Ice Climbing-Entry Explore Banning State Park-Entry 9:00-10:20 <ul style="list-style-type: none"> Bird Crafts-DH Orienteering (age 8+)-Crosby High Ropes (age 10+)-Entry 10:00-11:00 Snacks Available in Dining Hall 10:40-12:00 <ul style="list-style-type: none"> Broomball-Entry Wolf Ecology-Crosby High Ropes (age 10+)-Entry </p>	<p>8:30-10:30 -Behind the Scenes Barn Chores (age 10+) -Barn 9:00-10:30 <ul style="list-style-type: none"> Orienteering (age 8+)-Entry Climbing Wall-Barn Reptile Handling-Barn Parachute Playtime**-DH 10:00-11:00 Snacks Available in Dining Hall 10:30-12:00 <ul style="list-style-type: none"> Room Check-Out Equipment Check-in </p>
<p>4:00-6:00 – Check-In 4:00-6:00 <ul style="list-style-type: none"> Open Barn Ultimate Frisbee </p>	<p>1:00-3:00 Hay Ride-Entry 1:15-4:15 Ice Climbing-Entry 1:15-2:45 <ul style="list-style-type: none"> Animal Signs-Barn Aerobic Hike-Crosby Climbing Wall-Barn 3:00-4:00 Snacks Available in Dining Hall 3:00-4:15 <ul style="list-style-type: none"> Capture the Flag-Crosby Barn Tour-Barn Bird Crafts-DH 3:30-5:30 Hay Ride-Entry 4:15-5:15 North Woods Niches-Barn</p>	<p>1:15-3:00 <ul style="list-style-type: none"> Winter Wonders**-DH Naturalist Hike-Crosby Ice Fishing (age 10+)-Entry High Ropes (age 10+)-Entry 3:00-4:00 Snacks Available in Dining Hall 3:15-4:15 Spike Walk-DH 3:15-5:15 <ul style="list-style-type: none"> Birding Hike-Entry Ice Fishing (age 10+)-Crosby High Ropes (age 10+)-Entry 4:15-5:15 Poppy-Palooza**-DH 1:15-4:15 Ice Climbing-Entry</p>	<p>1:15-3:00 -Behind the Scenes Barn Chores (age 10+) -Barn 9:00-10:30 <ul style="list-style-type: none"> Orienteering (age 8+)-Entry Climbing Wall-Barn Reptile Handling-Barn Parachute Playtime**-DH 10:00-11:00 Snacks Available in Dining Hall 10:30-12:00 <ul style="list-style-type: none"> Room Check-Out Equipment Check-in </p>
<p>7:00-8:00 <ul style="list-style-type: none"> Orientation and Introductions-DH Course Sign Ups-DH 8:00-9:00 <ul style="list-style-type: none"> Campfire, S'mores </p>	<p>Dinner – 5:45</p>	<p>Dinner – 5:45</p>	<p>Dinner – 5:45</p>
<p>7:00-9:00 -Snow-Ball and Talent Show-DH</p>	<p>7:00-9:00 -Snow-Ball and Talent Show-DH</p>	<p>7:00-9:00 <ul style="list-style-type: none"> Adult Paint Night*-DH Kid's Night**-Lounge </p>	<p>7:00-9:00 <ul style="list-style-type: none"> Adult Paint Night*-DH Kid's Night**-Lounge </p>

You are welcome to enjoy the trails as long as you like!

Safe Travels!

-The Audubon Center Team



Winter Family Weekend

Suggested Packing List

We want to ensure every family member is comfortable, dry and warm during this weekend. Following the basic guidelines for layering is highly recommended. In short, each layer you wear has a function: the base layer (against your skin) manages moisture; the insulating layer protects you from the cold; the shell layer (outer layer) shields you from wind and rain. You simply add or subtract layers as needed. The best winter layers are made from wool or synthetic materials. Cotton, though comfy, holds moisture (perspiration) and when that moisture is against your skin in winter temps it creates a cold, damp body. No fun.

If you are prepared to dress in multiple layers, then you can take off or add layers to adjust your temperature, depending on weather conditions and your level of activity. Dehydration also robs the body of heat, so plan to have a water bottle with you.

Clothing and Equipment suggestions:

- warm winter parka or shell
- light jacket/wool sweaters that allow for layering during outdoor recreational activities or warmer winter weather
- wool or synthetic socks are best
- gloves and/or mittens (*nylon shell to keep mittens dry*)
- stocking cap and/or balaclava
- snow/ski pants (*waterproof pants*)
- wool or polypropylene long underwear--top and bottom
- good winter boots
- slippers/casual shoes for use in dorms and classrooms
- personal daily toiletries
- water bottle for all family members
- sleeping bag or linens set including sheets and blankets
- pillow
- towels
- skis if you would like to bring them (*we have limited skis for older children and adults, but we do not have ski equipment for smaller children/toddlers*)
- snowshoes if you would like to bring them (*we have snowshoes to fit older children and adults*)
- camera/phone
- daypack
- hand/toe warmers
- musical instrument if you would like to share your talents
- binoculars (*optional*)
- flashlight/headlamp (*with spare batteries*)
- alarm clock/phone (*optional*)

If you get here and realize you forgot something-don't fret! We have boots, snow pants, coats, hats, etc, to loan out if necessary.

Winter Family Weekend

February 15-18, 2019

Participant Information & Linens Request Form *(required)*

Please return this completed form to us no later than February 4, 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 Winter Family 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. Please enclose a check to ACNW for this amount (or you may call in credit card payment



Health Form

Please send completed and signed form to:
Audubon Center of the North Woods
PO Box 530, Sandstone, MN 55072
Phone: 320-245-2648 ext.101; Fax: 320-245-5272
Email: audubon1@audubon-center.org

This Form MUST be completed for each guest.

Check here if you are a parent or guardian completing this form for a child

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 # _____
Insurance Phone _____

1. Do you have any of the following conditions?

- Epilepsy/seizures
 Bleeding/clotting disorder
 Heart
 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 – we will post the weekend's menu online approximately 1-1/2 weeks prior to the event to help in your planning.

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 or my child during this event.

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

Adult Participant or
Parent/Guardian _____
Signature

Date _____



Liability Release Form

Please send completed and signed form to:
Audubon Center of the North Woods
PO Box 530, Sandstone, MN 55072
Phone: 320-245-2648 ext.101; Fax: 320-245-5272
Email: audubon1@audubon-center.org

Form MUST be signed for each individual before program participation

It is the school's/group's responsibility to collect signed liability releases from each adult participant and from a parent/guardian of each youth participant (if applicable) and submit all releases to the Audubon Center.

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)