

VERMONT
WILDERNESS
SCHOOL
P.O. BOX 2585
BRATTLEBORO
VERMONT 05303

802-257-8570



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September 2010

GREETINGS and WELCOME!

Thank you for registering for the Vermont Wilderness School's 5-Day Art of Mentoring Workshop on September 22-26, 2010 being held near Brattleboro, Vermont. Every year the Art of Mentoring and Regional Network grows and evolves. Over the last year, Art of Mentoring workshops have occurred in the Virgin Islands, United Kingdom (London), and Ontario (Toronto) with many of our staff involved in organizing and leading those Art of Mentorings. Our team is drawing from the cross-cultural learnings shared at those Art of Mentorings in putting together this year's Vermont Art of Mentoring and we are happy to welcome 4 folks from the United Kingdom—three staff members and a Ring 2 participant. These include Gerry Brady from Ireland who will be sharing fifty years experience of music and storytelling. Mark Morey, Dan Gardoqui, Saskia Vanderhoop and Amy Hyatt are our main facilitators this year with the support of a stellar staff listed below. (For a full listing of Teen Rendezvous, Youth Programming, and Kitchen staff see our website).

We are also excited to welcome the many groups who are signed up for the Art of Mentoring this year including large contingents from Wild Earth in New York, CircusYoga, Sassafras Earth Education, and EarthArts as well as representatives from EarthWalk Vermont, Farm & Wilderness, Two Coyotes Wilderness Programs, White Pine Programs and the United Kingdom. Additionally, you will see many returning staff members as well as new staff members in the various programs ready to create a memorable learning experience for all the participants ages 3 to 83!

Included in this packet is information that you will need to make your travel plans and prepare for this program. Please read through it carefully.

If you have any further questions regarding registration, children's programs, facility, or special food needs, please contact Vermont Wilderness School at 802-257-8570. We are looking forward to meeting all of you new folks and also working with familiar faces again. Safe travels to you all.

On the trail,

Amy Hyatt

Program Coordinators:

Evan McGown
Miriam Dror
Dan Hansche
Angella Gibbons
Walker Korby
Becca Martenson
Krista Oarcea
Will Flanders
Jill Wallace

Kitchen Head Cooks:

Zena Nason
Beth Generalli

Adult Workshop:

Connor Stedman
Cara Tresize
Ernie Hansche
Peter Bettmann-Kerson
Caren Vigneault
Maeve Gavin
Feathers
Heidi Wilson

Art of Mentoring Elders:

Helen Armstrong
Cara Benedetto
Wilton Duckworth
Joan Ewing
Judy Hyde
Mary Magnant
Bill Sydor
Paul Tobin
Hank Wolcott

~The Vermont Art of Mentoring Logistics~

When: We will be starting with dinner at 5:30pm on Wednesday evening, September 22nd with Opening Ceremony and Welcome following. Please arrive between 3:00 – 5:00 pm in the afternoon for registration and to set up your accommodations. Dinner will be served at 5:30pm. Our Opening Ceremony and Welcome starts at approx. 7:00pm. Plan your travel time so as to allow for a relaxed arrival.

Please do not arrive before 3:00 pm Wednesday.

Where: The program is being held at the beautiful **Camp Neringa**, a summer camp for youth, in the town of Marlboro, Vermont. A map with specific directions is included with this packet. For more information, go to www.neringa.org.

The number for loved ones to call at Neringa is 802-254-9819.

How to Get There:

If you are flying, the nearest and most convenient airport is Hartford/Springfield – Bradley International. (approx 1.5hrs away) From there, you can rent a car or pay for a shuttle. To reserve a shuttle, call Thomas Transportation 800-526-8143 or go to www.thomastransportation.com. You should plan your airport arrival time for 1:30pm at the latest on Wednesday the 22nd; and departure time for no earlier than 3:30pm on Sunday the 26th.

Facilities: Accommodations are unheated cabins (9 max per cabin). The cabins are furnished with mattresses, but you will need to bring your own blankets, linens, pillows, towels, and/or sleeping bag. Limited shower use is available. If you feel the need for privacy a tent is recommended. As part of participating in the workshop, everyone is asked to spend the entire time at Camp Neringa.

Weather: It can be rainy and cold in the 30's and 40's and as warm as 80's in September. The average high temperature is between 65 – 80 degrees while the average low is around 50 degrees. Plan for sitting outside in the worst of it and you'll be fine.

Food: Meals are provided starting with dinner on Wednesday the 22nd, and finishing with breakfast on Sunday the 26th with take home food available after the workshop finishes around noon. Expect basic, delicious and healthy food. If you have any dietary needs/restrictions (including vegetarian, vegan, gluten-free), allergies or special food concerns, please call us ASAP at 802-257-8570 to see if we are able to accommodate and so our kitchen crew can plan accordingly.

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Recommended Gear List

We recommend that you bring the following personal equipment and supplies with you to the program. They will help you be all the more comfortable during the program. Also plan your gear keeping in mind that one night of the program you might choose to spend the night outside.

- Prepare for the weather – we will be in and out of doors
- Please bring layers, a warm hat, and rain gear and boots
- Appropriate outdoor clothing (you may get dirty)
- Appropriate footwear, including a pair to tromp in dirt, mud and water
- Sleeping bag and/or linens, blankets, pillow (Be prepared for 30 degree nights).
- Towel
- Toiletries
- Flashlight
- Water Bottle
- Notebook and pen/pencil
- Journals (personal or for nature/tracking studies)
- Musical Instrument
- Tape measure or ruler
- Any personal medication you take

Optional:

- Camera
- Tape recorders and tapes
- Crazy Creek chair or seat cushion
- Insulated cup
- Special dietary snacks/food as necessary

Note: Camp Neringa and Vermont Wilderness School Programs are drug- and alcohol-free. We ask that you leave alcohol and illegal drugs at home. If you are found in possession or under the influence, you will be asked to leave the program without a refund.

Directions to Camp Neringa: (802-254-9819)

Brattleboro, Vermont is located in beautiful southeastern Vermont along the Interstate 91 corridor. Camp Neringa is in the town of Marlboro approximately 7 miles west along Route 9.

From I-91 Northbound or Southbound

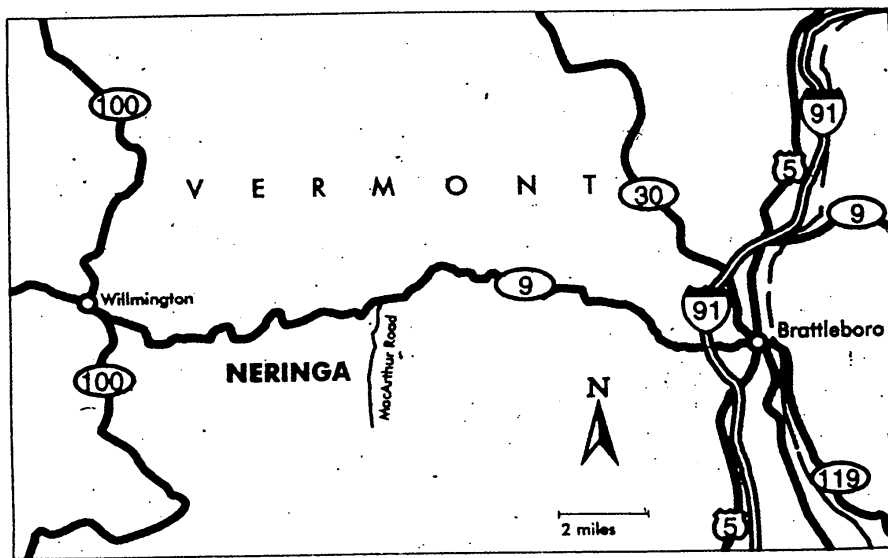
- ❑ Take I-91 Exit 2
- ❑ Right at the end of the ramp onto Route 9 West.
- ❑ Head west into the foothills of the Green Mountains on Route 9 for about 7 miles.
- ❑ On the north (right) side of the road, you will see a sign for Camp Neringa. Soon after this sign *turn left* onto MacArthur road.
- ❑ Go 1/2 mile, *turn right* at the sign for Camp Neringa. This road dead-ends at the camp.

From New Paltz, NY area

- ❑ I-87 north to exit 21A
- ❑ I-90 east to Mass Pike exit 4
- ❑ I-91 north to Vermont exit 2 (about 8 miles from the border).
- ❑ Right at the end of the ramp onto Route 9 west.
- ❑ Head west into the foothills of the Green Mountains on Route 9 for about 7 miles.
- ❑ On the north (right) side of the road, you will see a sign for Camp Neringa. Soon after this sign turn left onto MacArthur road.
- ❑ Go 1/2 mile, turn right at the sign for Camp Neringa. This road dead-ends at the camp.

From Albany, NY and points west

- ❑ I-87 north to exit NY-7/Troy/Cohoes onto NY-7E.
- ❑ Follow NY-7E to Troy, NY and Bennington, VT.
- ❑ Follow NY-7 east to the Vermont Border
- ❑ NY-7 becomes Vermont Route 9. Continue on VT 9 through Bennington, VT, and Wilmington, VT.
Do not turn onto U.S. Route 7 in downtown Bennington!
- ❑ About 12 miles past Wilmington, you will see a sign for Camp Neringa on the south (right) side of the road. Turn right on MacArthur road about 100 yards from the sign. There is an Exxon Station (Sweet Briar Store) on the left about 1 mile before the sign.
- ❑ Go 1/2 mile, turn right at the sign for Camp Neringa. This road dead-ends at the camp.



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