

## 2010 Essential Conference, Mancos

### Food, Lodging and Transportation Information and Registration Packet from Deer Hill



Welcome to the Essential Conference 2010, from the Waldorf Educational Association of Southwest Colorado, Eugene Schwartz, and all of us at Deer Hill. We are honored to once again be hosting this conference, and look forward to welcoming the delegates and staff to our beautiful Basecamp, and sharing in the unique atmosphere of this event. We hope that you will join us this summer to reinvigorate your teaching practice while savoring the inspiring energy, fresh air and beautiful scenery at Deer Hill Basecamp.

We have made every effort to make this document comprehensive. It should contain everything you need to know to book and prepare for traveling to Southwest Colorado. However, if you have a question related to food, lodging, or transportation that is not answered, please contact Suzanne Strazza, our Essential Conference coordinator, at 970-533-7492.

Please print and complete the registration form and the Assumption of Risk, and send, along with payment in full, to the following address:

ATTN: Suzanne Strazza, Essential Conference Liaison  
Deer Hill Expeditions, P.O. Box 180, Mancos, CO 81328

*Please make your check payable to Deer Hill Expeditions.*

We would appreciate it if you would direct questions regarding conference content, scheduling, presenters, supply needs, etc, to Miriam Barton, Coordinator, Essential Conferences. Contact her at [miriamacquired@hotmail.com](mailto:miriamacquired@hotmail.com), cell phone: 970-560-8753.

### **Costs**

The fee for lodging, food, and facility use in 2010 is \$660 for six nights, starting with dinner on Monday, July 5<sup>th</sup>, and ending with breakfast on Sunday, July 11<sup>th</sup>. This includes:

- All meals, morning and afternoon snacks, coffee and tea
- Facility and site use (Deer Hill's 128-acre Basecamp)
- Cabin or tent accommodation, and bedding
- Lodging in single gender cabin or personal tent

Airport shuttles must be paid for at the time of registration and are \$25 each way (see "Transportation" below).

## **Lodging**

Conference participants have two lodging options:

1. Stay in our comfortable, but modest, cabins. You will sleep in a simple single bed or bunk, sharing cabin space with other conference attendees of the same gender. The cabins are a short walking distance from showers and restrooms.
2. You may prefer to camp out under the stars. If you have a tent that works for you, please bring it. Or, we can provide one for you, in which case please indicate on your registration form that you require a tent.

Please note that the cost is the same for cabin and tent accommodations. Whichever lodging option you choose, we will provide you with a sleeping bag and pad. We suggest that you bring a small flashlight or headlamp for nighttime reading and navigation. Since we are far from big towns, our nights are wonderfully dark!

## **Meals**

We serve conference attendees three meals a day, plus morning and afternoon snacks and hot drinks, including organic coffees. Our food is home-cooked, wholesome, plentiful and delicious. There will be a vegetarian option for each meal. Within reason, we can cater to other medical dietary restrictions (e.g. lactose intolerance). If you need to supplement the meals provided, there is an excellent natural food store in nearby Mancos. Within reason, we will have refrigerator space and dry storage space available for personal food items.

## **Transportation**

If you are traveling to the conference by air, please make sure to book your flight into Durango-La Plata airport (DRO). The airport is a scenic 45-mile drive from the Deer Hill Basecamp. Three major airlines service Durango airport: United connects through Denver; Frontier connects through Denver; and US Air/America West flies through Phoenix. If possible, use one of these airlines as your primary carrier, since airlines prioritize reserved seating for their own passengers before passengers of other airlines.

We will run two shuttles for conference participants on both the arrival and departure day, at a cost of \$25 each way. On Monday July 5th, the first shuttle will run late in the morning or early afternoon. The second shuttle will run mid-to-late afternoon. Please try to schedule your flight to arrive between 11:00 a.m. and 4:00 p.m. On Sunday July 11th, please schedule your flight out of Durango no later than 2:00 p.m. Depending on your flight and our shuttle schedule, you may have to wait a short while for your ride to Basecamp. Travel arrangements beyond these parameters will incur additional costs.

Please note that there are no public transportation options between the Durango airport and the Deer Hill Basecamp. If you plan to arrive by air, you must reserve and pay for shuttle transportation at the time of registration. Please check the relevant box on the registration form and include the shuttle fee with your payment. If you later change your travel arrangements and no longer require a shuttle, we will refund your fee.

If you are driving to Deer Hill, please try to arrive in the afternoon of Monday July 5<sup>th</sup>. You will find a map to Basecamp at the back of this packet. Please take care and drive slowly at Basecamp, as there are always pedestrians, children and animals around.

### **Personal Gear and Clothing**

If you need any clothing or gear for your stay with us, or for your Field Studies Day, our “Store” has fleece, rain gear, sunscreen, hats, sunglasses, and much more, for rent and/or purchase. See the included Store Price List for details.

### **More About Deer Hill**

Deer Hill lies at 7,000 feet above sea level, in the foothills of the La Plata range of the San Juan Mountains. There are some important things to bear in mind when planning a trip to this environment. Days are warm and sunny (80’s), so sunscreen is essential, and nights are cool (50’s), so you will need a warm layer. Humidity is very low here, and therefore it is important to drink lots of water. If you live at sea level, the elevation here may leave you a little short of breath, at first, especially when walking uphill. If you have a severe respiratory or cardiac condition, you may want to consult with your doctor before you book your trip.

### **Last but not least**

Please be aware that in the summer months Deer Hill provides wilderness programs for 7-12 graders. At times, you will have the opportunity to share our Basecamp with some wonderful young people who have also traveled far to experience the tranquility of Basecamp and the dramatic landscapes of the Southwest.

### **What to Bring**

To help you prepare, here are a few items you may not think of as you pack for your visit to Southwest Colorado.

- Pillow (bring your own)
- Rain jacket and pants (bring your own, or rent from our outfitting store)
- Swimsuit – it is lovely to cool off in our swimming pond after a long day of workshops
- Day Pack – a small, lightweight backpack works well on your Field Studies Day
- Sunglasses and sun hat
- Headlamp or flashlight – bring extra batteries
- Sunscreen – We recommend a high-factor, 30 or better, with UVA and UVB protection
- Moisturizing lotion and lip balm – the climate is dry
- Water bottle

Remember, if you intend to camp during the conference, you may choose to bring your own tent, sleeping bag, and sleeping pad, or we can provide everything for you.

# Essential Conference 2010 Registration Form

Please complete this form and send to Deer Hill with your payment and signed Assumption of Risk. We will confirm your registration by email.

## Personal Information

Name: \_\_\_\_\_ School: \_\_\_\_\_

School Phone: \_\_\_\_\_

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

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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

## Food and lodging

Please select a lodging option (please circle one)      Cabin      Tent

If you plan to camp, do you need a tent from us?      Yes      No

Please tell us about any food reactions or allergies you suffer from:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tell us about any health issues you have, if you think it will help us to serve you better:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Payment (Please make checks payable to Deer Hill Expeditions)

	Amount
Food, Lodging and Site Usage:	<u>\$660</u>
Round trip transportation to Durango airport (\$50)	_____
Total enclosed	_____

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Refund policy: If for any reason you need to cancel your attendance at the Essential Conference, our policy is as follows. If you cancel 30 days or more before the beginning of the conference, we will refund the full food, lodging and site usage fee, and any shuttle fees paid, less a \$75 administration fee. If you cancel 30 days or less before the start date of the conference, we will refund the full food, lodging and site usage fee, and any shuttle fees paid, less a \$150 administration fee.

# **ACKNOWLEDGMENT AND ASSUMPTION OF RISKS & RELEASE AGREEMENT**

## **INTRODUCTION**

Please read this entire Document (hereafter, 'Document') carefully before signing. This Document informs you about your responsibilities and assumption of risks, and includes a release of liability and surrender of certain legal rights.

In consideration of the services of Deer Hill, Inc., dba Deer Hill Expeditions, and its agents, owners, officers, employees, representatives, volunteers, independent contractors and all other persons or entities associated with it (collectively referred to in this Document as 'DHE'), the Waldorf Education Association of Southwest Colorado(WEASC), and workshop participants and coordinators, agree as follows:

## **ACKNOWLEDGMENT AND ASSUMPTION OF RISKS**

The DHE Basecamp facility is primarily a logistical support headquarters for wilderness camping programs. The DHE Basecamp facility is located in a very rural setting, and is rustic in design and nature. Some, but not all, of the risks which one may encounter at the Basecamp facility include:

- **Risks present in an indoor or outdoor environment.** These risks include high altitude, uneven and non-paved surfaces, lightning, strong winds, extremely hot or cold weather and/or water, snow and ice, domestic or wild animals, and other natural or man-made hazards (unmarked holes, barbed wire, etc.) Hazards may not be marked or visible. Weather is unpredictable.
- **The risk that a participant may become lost.**
- **The risk that equipment, furniture or other items used** in an activity or outside of an activity may break, fail or malfunction.
- **Participants may have free time** before, during and after the start of a program and at various other times. Unsupervised time may include free time and/or brief periods of time, stationary, or alone. **During both supervised and unsupervised activities, all participants share in the responsibility for their own safety.**
- **Risks regarding conduct.** The potential that the participant, other participant(s) or third parties may act carelessly or recklessly.
- **Other risks, hazards and dangers generally associated with outdoor educational and/or instructional activities.**
- **These and other risks, hazards and dangers may result in participants: falling, being struck, colliding with objects or people, experiencing vehicle collision, reacting to high altitudes and weather conditions, suffering gastrointestinal complications or allergic reactions or experiencing other problems. These and other circumstances may cause hypothermia, hyperthermia, dehydration, frostbite, drowning, high altitude sickness, heart or lung complications, broken bones, paralysis, concussions or other injury, damage, death or loss.**

The participant/coordinator agrees to not hold DHE responsible for lost, stolen or damaged participant's/coordinator's equipment.

The participant/coordinator is voluntarily participating with knowledge of the risks. Therefore, the participant/coordinator assume and accept full responsibility for the inherent and other risks of attending the workshop (both known and unknown) and for any injury, damage, death or other loss suffered by participant/coordinator.

## **RELEASE AGREEMENT**

Please read carefully. This Release and Indemnity agreement contains a surrender of certain legal rights. The participant/coordinator agrees as follows:

- (1) **to release and agree not to sue DHE**, with respect to all claims, liabilities, suits or expenses (including attorneys' fees and costs) (hereafter collectively 'claim' or 'claim(s)'), in any way connected with participation in these activities, or use of DHE equipment or facilities. **It is understood that in signing this Document, participant/coordinator and anyone acting on anyone's behalf, surrender their respective rights to make a claim against DHE for any injury, damage, death or other loss suffered by participant/coordinator;**
- (2) **to defend and indemnify** ('indemnify' meaning protect by reimbursement or payment) **DHE** with respect to all claim(s):
  - (a) brought by or on behalf of me, for any injury, damage, death or other loss in any way connected with my participation in these activities, or use of DHE equipment and facilities; and
  - (b) brought by a co-participant or any other person for any injury, damage, death or other loss to the extent caused by my conduct in the course of participating in these activities, or using DHE equipment and facilities.

This Release Agreement includes any losses caused or alleged to be caused, in whole or in part, by the negligence (but not gross negligence or intentional or reckless misconduct) of DHE, and includes claims for personal injury, property damage, wrongful death, breach of contract or otherwise.

**CONCLUSION**

The participant/coordinator agrees that this Document, any dispute with DHE and all other aspects of the participants' and coordinators' relationship with DHE are governed by the substantive laws of Colorado (without regard to its conflict of laws rules), and that any mediation, suit or other proceeding must be filed or entered into only in the State of Colorado, County of Montezuma. The participant/coordinator agree to attempt to settle any dispute (that cannot be settled by discussion) through mediation before a mutually acceptable Colorado mediator. **The participant/coordinator agree to pay or reimburse DHE for all costs associated with the care and transportation of participant/coordinator in the event of accident or injury requiring medical attention.**

**Any portion of this Document deemed unlawful or unenforceable shall not affect the remaining provisions of this Document, and those remaining provisions shall continue in full force and effect.**

**The signing participant/coordinator have carefully read, understand and voluntarily sign this Document and acknowledge that it shall be effective and binding.**

\_\_\_\_\_  
Participant/coordinator signature                      Date                      Printed name

\_\_\_\_\_  
Street Address

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

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

\_\_\_\_\_  
Institution/School

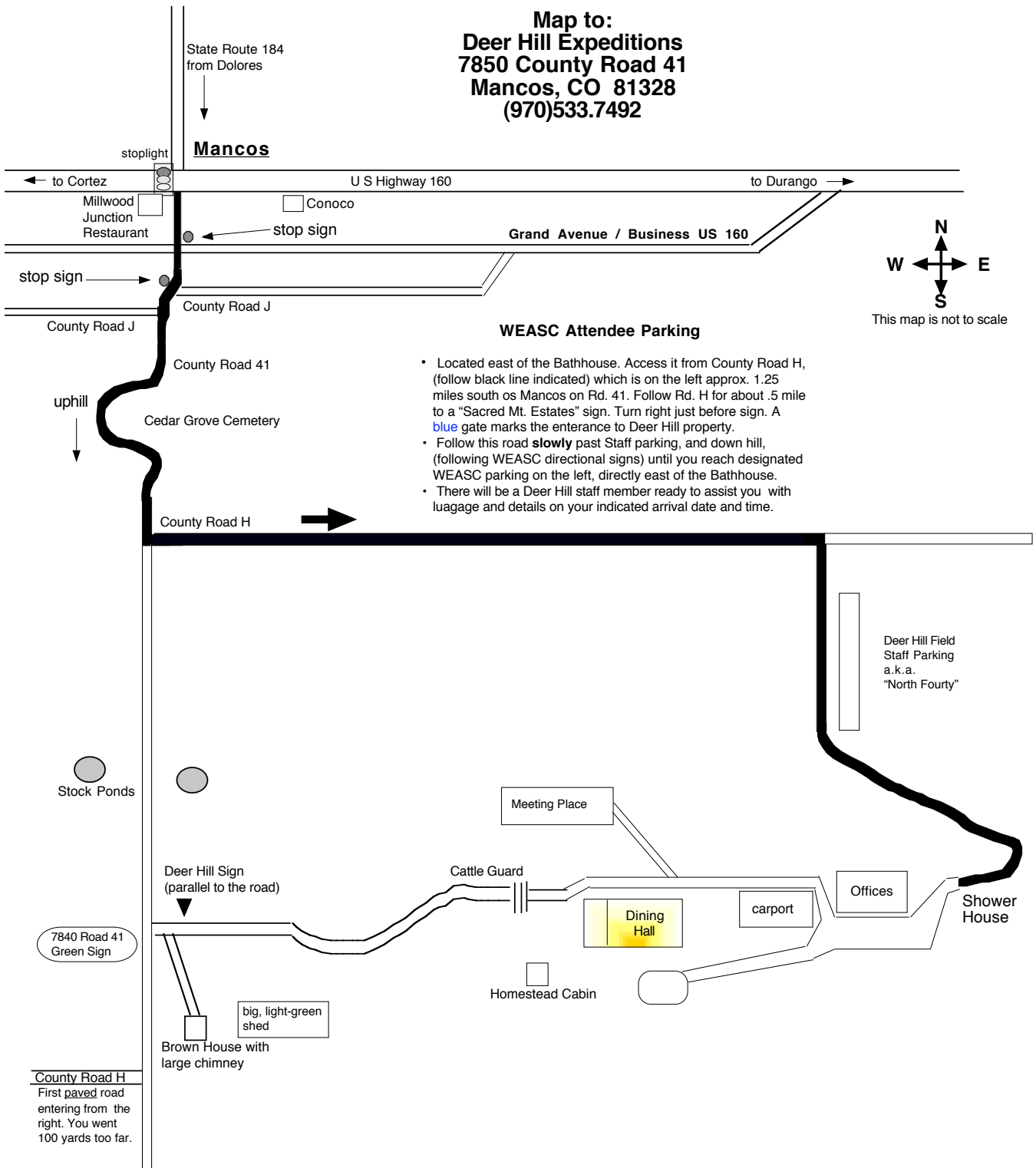
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Institution/School City, State, Zip

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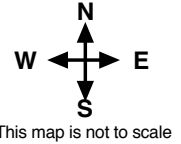
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Institution/School email

**Map to:  
Deer Hill Expeditions  
7850 County Road 41  
Mancos, CO 81328  
(970)533.7492**



**WEASC Attendee Parking**

- Located east of the Bathhouse. Access it from County Road H, (follow black line indicated) which is on the left approx. 1.25 miles south of Mancos on Rd. 41. Follow Rd. H for about .5 mile to a "Sacred Mt. Estates" sign. Turn right just before sign. A blue gate marks the entrance to Deer Hill property.
- Follow this road **slowly** past Staff parking, and down hill, (following WEASC directional signs) until you reach designated WEASC parking on the left, directly east of the Bathhouse.
- There will be a Deer Hill staff member ready to assist you with luggage and details on your indicated arrival date and time.



**County Road H**  
First paved road entering from the right. You went 100 yards too far.

Deer Hill Field Staff Parking  
a.k.a.  
"North Forty"

7840 Road 41  
Green Sign

Deer Hill Sign  
(parallel to the road)

Brown House with large chimney

big, light-green shed

Homestead Cabin

Meeting Place

Dining Hall

carport

Offices

Shower House

Cattle Guard

Stock Ponds

Millwood Junction Restaurant

Conoco

County Road J

County Road J

County Road 41

County Road H

uphill

Cedar Grove Cemetery

to Cortez

U S Highway 160

to Durango

Grand Avenue / Business US 160

State Route 184 from Dolores

Mancos

stoplight

stop sign

stop sign

# DHE Outfitting Store Pricelist 2010

ITEM	RENTAL COSTS	SALE PRICE NEW	PRICE USED 1 SEASON	PRICE USED 2+ SEASONS
Backpack	\$5/day, \$80 maximum	\$200.00	\$170.00	\$130.00
Backpack side pockets/pair	\$10/program (free w/backpack rental)	\$27.00	\$23.00	\$18.00
Daypack	\$10/program	\$24.00	\$20.00	\$16.00
Duffel bag	\$7/program	\$15.00	\$13.00	\$11.00
Gaiters	\$7/program	\$22.00	\$19.00	\$16.00
Groundcloth	\$6/program	\$13.00	\$11.00	\$8.50
Pack cover	\$8/program	\$25.00	\$21.25	\$19.00
Pile jacket, 200 wt.	\$10/section; \$25 maximum	\$75.00	\$65.00	\$50.00
Pile pants	\$15/section; \$30 maximum	\$70.00	\$60.00	\$50.00
Pile sweater, 100 wt.	\$10/section; \$15 maximum	\$35.00	\$30.00	\$25.00
Pile vest	\$8/section; \$15 maximum	\$55.00	\$47.00	\$35.00
Rain jacket, mountain	\$15/section; \$30 maximum	\$125.00	\$110.00	\$85.00
Rain jacket, canyon	\$12/section; \$30 maximum	\$45.00	\$40.00	\$35.00
Rain pants	\$15/section; \$30 maximum	\$35.00	\$30.00	\$25.00
Sleeping bag, canyon	All sleeping bag rentals combined- \$5/day, \$90 maximum	\$95.00	\$85.00	\$70.00
Sleeping bag, mountain		\$200.00	\$170.00	\$130.00
Sleeping pad, foam	\$6/program	\$15.00	\$13.00	\$10.00
Straps, one pair	\$2/program	\$5.00	\$4.00	\$3.00
Stuff sack, compression	\$6/program (free w/sleeping bag rental)	\$24.00	\$20.00	\$15.00
Stuff sack, ditty	\$2/program	\$4.00	\$3.50	\$2.50
Stuff sack, small	\$3/program	\$4.00	\$3.50	\$2.50
Stuff sack, medium	\$3/program	\$6.00	\$5.00	\$4.00
Stuff sack, large	\$3/program	\$6.00	\$5.00	\$4.00
Stuff sack, tube	\$3/program (free w/sleeping pad rental)	\$6.00	\$5.00	\$4.00
Windbreaker	\$15/program	\$65.00	\$55.00	\$35.00

ITEMS FOR PURCHASE ONLY	PRICE	ITEMS FOR PURCHASE ONLY	PRICE
After Bite	\$3.50	Moisturizer, 1 oz.	\$2.00
Bandanna	\$1.75	Mug, DH Camp Stainless	\$10.00
Batteries: AA & AAA	\$0.75	Multitool	\$10.00
Book, SW Circle Quest	\$12.00	Nalgene container, 2 or 4 oz.	\$1.50
Bowl, Tupperware w/lid	\$5.00	Notebook, steno pad	\$2.00
Camera, flash	\$10.00	Pen/Pencil (1 count)	\$0.50
Carabiner	\$4.50	Phone cards	\$10.00
Chair, Crazy Creek	\$45.00	Poly-Pro long underwear- top or bottom	\$25.00
Clif/Luna	\$1.50	Poly-Pro short sleeve shirt	\$15.00
Compactor bags	\$1.00	Postcards (1 count)	\$0.30
DHE Cookbook	\$3.00	Soap, Castille	\$4.00
Envelope, (1 count)	\$0.05	Socks, liner Altura/ Helly	\$3.50/\$5.00
Eyeglass Retainers	\$5.00	Socks, wool	\$10.00
Gloves, polypro liner	\$10.00	Sova Organizer, sm/lg	\$6.00/\$9.00
Gloves, wool	\$13.00	Spoon	\$0.75
Gloves, work	\$5.00	Sun screen, 4 oz.	\$6.50
Hairties	\$0.25	Sunglasses	\$15.00
Baseball cap w/DHE logo	\$15.00	Toothbrush cover	\$1.00
Hat, Pile	\$18.00	Toothbrush/toothpaste	\$2.00
Headlamp	\$27.50	T-Shirt w/ DHE logo- short/long sleeve	\$15.00/\$20.00
Headnet	\$3.00	T-Shirt, Organic Logo short/long	\$20.00/\$25.00
Hooded Sweatshirt w/ DHE logo	\$50.00	Deer Hill logo Vacuum Bottle	\$22.50
Insect repellent/4 oz.	\$6.00	Water bottles w/DHE logo nalg/ Stainless	\$10.00/\$15.00
Lip balm	\$2.50	Zip loc bags (3)	\$1.00
Maps, Trails Illustrated	\$8.50		