

ELDERFLOWER WOMENSPIRIT FESTIVAL

2008 – 20th Annual

Thank you for your Registration. This packet contains information you need to know before you depart for the festival. If you have further questions, visit the website or contact us by email or phone. We are all looking forward to seeing each other. This festival is gonna be good!.

Main Ritual: This year, we return to our roots in honor of the 20th annual festival. We will plan the ritual at the festival. Our theme will be Health and Abundance. More about that in the program and online. **Opening and Closing Rituals:** Leslie Ramirez will lead the opening and closing rituals.

Finances: The 2008 Core committee has been working to put the festival on good financial footing. Despite the increase in cost of food, we don't think we will need to raise the cost for next year. We still have room for more registrations, so tell your friends to contact us and register!

Core Committee: The Core committee wants to thank Lisa Gray for her efforts on the Core this year, she was unable to continue due to personal reasons. Cynthia Larsen decided to change her focus from Core to Public Relations and has been doing a good job of getting the word out. We are looking for 2-3 women to come forward to take on a core position for 2009. We are still working to finish the Elderflower organizing handbook and ideally would like to spend next year doing that rather than organizing the festival. We would remain in an advisory capacity, as needed.

Early Registration for 2009: Please consider registering early for next year. **2009 will be our 21st - the 20th anniversary!** If you register at the festival and make a down payment of at least \$50, you can get \$10. off the lowest 2008 rate of \$260. for 2009. That means you can register for \$250.00.

Volunteer: The festival needs volunteers to contribute up to 40 hours each during the year to help with flyer distribution and community rituals and gatherings. We want to increase flyer publicity for the 2009 festival. We are also hoping to find a people person to be our Volunteer Coordinator. We have some great ideas of how to have fun with that. **Samhain:** Does anyone want to help Naomi plan an Elderflower community Samhain ritual?

Silent Auction – Please donate items: The Silent Auction has been so much fun that we are bringing it back to festival again this year. We will showcase magical, mystical, and otherwise wonderful items. Help Elderflower by donating your artwork or crafts, magical tools, books, or services.

When you Arrive:

Arrival & Parking: The Camp Two Bridge: has not been widened. Cones have been put out to assist in lining up for the approach. Please approach the turn with caution, especially if you are arriving after dark. The space in front of the dining hall may be used as a temporary loading/unloading zone. Once you have registered and unloaded your car, please park in authorized parking spaces as soon as possible so that others may also use the space to unload. There are parking spaces in front of the dining hall reserved for the merchants and the disabled. Community volunteers are available to help those with mobility problems get their belongings to their cabins. If you are disabled, please check in at the registration table for assistance. If you are not a merchant or disabled, please check the map for available parking areas.

Camp registration begins at 10:00 am on Thursday. Please register as soon as you arrive. The registration desk is set up inside the dining hall, or outside near the entrance. For those arriving on Wednesday, please check in to get your cabin assignments and register on Thursday morning. You will receive your cabin assignment when you check in and be asked to sign a waiver form. You will also be asked to sign up for a community service job. Performing community service is important to the Festival's operation, as well as a way to serve the Goddess, and help your Elderflower sisters. Deli trays will be provided for Wednesday's pre-festival dinner, because the catering staff needs to be in the kitchen that night to set-up for breakfast. The first meal provided by Elderflower is Thursday breakfast. Opening Ritual will start at 4:00pm on Thursday.

DEPARTURE: Checkout time is 12:00 noon on Sunday.

No exceptions. Please read about checkout in the program

What to Bring

Essential

warm sleeping bag
warm jacket
clothes for 45° - 85° temps
walking shoes
towel
toilet articles, soap, etc.
flashlight, fresh batteries
non-aerosol bug repellent
personal medications

Useful

tent – if camping
air mattress or pad
sunscreen
watch/clock
money for shopping
extra blankets
folding chair or cushion*
pillow
propane or battery lamp**

Optional

items for Silent Auction
drums and musical instruments
swimsuit
pajamas
water bottle
notebook, camera
tape or CD player
altar items, ritual tools
ritual clothing

* Some of the workshops take place in the woods, on the ground.

** Cabins are under a canopy of trees, and do not have lighting.

Reminder: There are no drugstores nearby, so bring all the soap, shampoo, toothpaste, menstrual supplies, and toiletries that you will need for the duration of the Festival.

PLEASE DO NOT BRING PETS: Pets are forbidden by the Menocino Woodlands & state law.

FIRE: Woodlands has rules about open flames: Candles & oil lamps are not allowed in cabins. Cookfires and campstoves are not allowed. Read more about these rules in the Festival Program.

Other Important Information

Scholarship Fund Treasure Sale: The Treasure Table is a tradition at Elderflower. Bring your stuff. One woman's junk may be another's treasure. More information will be in the festival program.

Massages, Bodywork, Energy Work, and Psychic Readings: Are you interested in offering massage, bodywork, energy work, psychic readings or any other kind of divination at the festival? If so, please contact info@elderflower.org and we will put you in touch with the massage coordinator – Phyllis G..

Open Air Market: Bring your shopping spree funds and take home wonderful and unusual delights from the Merchants' Open Air Market. You will see things you cannot find anywhere else. If you would like to sell something at the Festival and have not made arrangements to do so, please contact Leona Reber by phone at 916-645-1865, or by email at paganart@jps.net.

Climate: It gets chilly at night. You will need a warm jacket and a warm sleeping bag or extra blankets. Daytime temperatures range from cool to mid-eighties. There is plenty of shade.

Accommodations: There are two-person and four-person rustic cabins with screened windows and cupboards, as well as four-person tent cabins (canvas covers on platforms). Cabins contain metal cots with bed boards and 2" thick mattresses. You may want to bring a foam pad to help soften the mattress. There is also plenty of space to pitch tents. There is a 24-hour Silent Area and a Clean and Sober Area.

Restrictions on Tent Camping: The Woodlands has a few requests with regards to setting up tents at the festival. First, there is to be no camping in the floodplain of the creek. Second, due to damage to the redwood trees, they ask that we refrain from setting up tents at the base of redwoods. Redwood trees have a very shallow root system that is designed to collect water that drip down from the fog-drenched leaves. They are susceptible to damage when the earth above them is compacted from walking or sleeping on the ground above them.

Disability Information: Elderflower strives to be a place where differently-abled women can participate fully. If you have any questions or concerns, please contact the Core by phone 510-848-1460, option 1. If you are disabled, there will be women available to help you move into your cabin. Let the women at the registration desk know you would like assistance.

Water: Currently filtered water is being provided for drinking. The camp is equipped with flush toilets in separate buildings up the hill from the cabins. There are shower facilities in the bathroom above the dining hall. These facilities are on a septic system, so please take short showers. A small creek runs through camp. There is a swimming hole about a 10-20 minute walk from the dining hall.

Meals: There are three catered meals per day. Because some women have requested special dietary needs, please be considerate and stay with the food choice indicated on your registration form. If you have specific dietary restrictions or special needs, consider bringing some supplemental food. **A wheat-free sharing community is being organized by Xela, contact xexe808@gmail.com for information.** A small amount of refrigerator space is available for those with dietary needs. Contact the Core before the festival to make arrangements by phone: 510-848-1460, option 1 or by email: info@elderflower.org. Meals are 8:00-10:00am breakfast, 12:00-1:00pm lunch and 6:00-7:00pm dinner. Saturday Dinner is early due to the main ritual. Bring snacks if the meal times are not right for you. **Please store all snacks overnight in your car. Food stored in cabins or tents will attract skunks, civet cats, bears, and raccoons.**

Health Concerns: Health staff is on call throughout the festival for first aid and emergency needs. The nearest hospital is an hour away in Fort Bragg. **It is essential that women with specific medical conditions check in with the Medical Services Coordinator,** to let her know about possible medical problems. Please call us and we will put you in touch with the coordinator. This ensures that our staff is prepared to meet your needs case of an emergency. Examples of conditions we need to know about are diabetes, bee sting allergy, epilepsy, and mood-altering medications. **REMEMBER TO BRING YOUR MEDICATIONS!**

Lyme Disease: Lyme disease, which can have serious and lasting effects, has been reported in Mendocino County. In CA, it is transmitted by the bite of some Western black legged ticks.

2008 Elderflower Workshops – What to Bring

This is a short list of workshops where the leader has suggested that you may want to bring certain supplies with you. Check the website for a more complete list of most workshops.

Usui Reiki I & II – MoonRhaven: Still room for 3 more students for Reiki I. Please contact MoonRhaven to register at (760) 922-3740 or (928) 776-8192 before the end of July. **Reiki I** Fri. AM session 8:30–12:00. PM session 1:00 – 4:30. **Reiki II** class limit is 6, preference to Reiki I students. One session: Sat. AM 8:30–12:00. Students are asked to make a \$40.00 donation to Elderflower as an energy exchange.

Croning Ritual: Tracks of the CAT - Lisa Yount and Leona Reber: This year we will celebrate all side of our Catly nature in a ritual that honors the feline Egyptian Goddesses Bast and Sekhmet. If you wish bring symbols of these Goddesses, or of cats in general for the altar.

Mother Crowning Ritual - Tina Nettleton: Basic Material provided. Please bring: fresh/dry flowers, foliage, feathers, ribbon, other creative decorations, and special symbolic/personal item(s) to weave into your crown.

Way of The Amazon Warrior: Self-Defense Workshop – Artemis Passionfire: Wear loose-fitting clothing – as for a workout.

Bringing Forth the Presence of a Beloved Ancestor – Nancy Redden: There will be an altar set up at the Grandmother tree. You may leave keepsakes there during the festival if you wish

Shamanic Journey – Naomi Tilsen: Bring something to lie on; something warm to cover yourself with; a journal & pen to write your journey down, and if you wish, a drum or rattle.

Tarot for Self-Development – Lisa Yount: Bring a notebook/something to write on, a pen, and your own Tarot deck if you have one.

Creating a Dream Catcher - Cynthia Larsen: All needed materials provided, but if you have something special that you would like to weave into your dream catcher, please feel free to bring it.

Writing Goddess Poems/Songs/Prayers - Rita Losch: Bring: pencil/pen & paper, cushion or blanket to sit on an inspiring poem/song/prayer (if you have one).

Fun with Collage – Lisa Yount and Joyce Wermont will supply lots of pictures, glue, backing boards and. some scissors will be available. Please bring your own scissors if you can.

ANNOUNCEMENT: Body Adornment Table

Leona Reber would like to pass on the body Adornment items, as she doesn't have the ability to bring them with her and organize the table every year. She is looking for someone to take them at the end of this year's festival, so that this wonderful part of the festival doesn't fade away.

Getting There

Mendocino Woodlands Phone numbers

Main Office: 707-937-5755

Festival site / Camp Two pay phone: 707-937-2928

From San Francisco/Santa Rosa to Mendocino: (4-5 hours) Take Hwy 101 North to Hwy 20 in Willits. Turn left [west] onto Hwy 20, take the 20 to Hwy 1. Take Hwy 1 South to Mendocino. Because Hwy 20 near Fort Bragg has construction happening, you may want to take this alternate and somewhat safer route: 101 North to Cloverdale, just north of Cloverdale, take Hwy 128 West. Hwy 128 West ends at the junction with Hwy 1 North, which goes into Mendocino without any turns.

From Sacramento to Mendocino: Go North on I-5 to Hwy 20 (near Williams). Go West on Hwy 20 to Hwy 101. Take Hwy 101 North to Willits. Then, turn left (west) onto Hwy 20 to Fort Bragg. Go South on Hwy 1 to Mendocino.

From Eureka area: Take Hwy 101 south to either Hwy 1 or Hwy 20. When you get to Fort Bragg, follow Hwy 1 south to Mendocino.

From Clearlake and Williams area: Take Hwy 20 west to Hwy 101. Go north on 101 to Willits, then left (west) on Hwy 20 until it dead ends at Hwy 1. Turn left on Hwy 1 south until you get to Mendocino.

From Mendocino to Camp: (30 minutes) From Hwy 1, turn (East) onto Little Lake Road/Hwy 408, there is a stop light at that intersection. Drive 6.2 miles on the paved road. Go past the intersection with Hwy 409. Look for a "Y" intersection. Bear right onto the dirt road at the Y intersection and drive about 3.3 miles to the entrance to the Woodlands (on the left). Be patient - it takes longer than you might think. From the Woodlands entrance, follow the signs to Camp Two, about 2.8 miles. Please drive slowly. This is the **last** camp, **past** Camp Three. There is a total of about 6.1 miles of dirt road. We will try to place "EWF" or Goddess symbol signs along the way if possible. See you there!

Public Transportation/Carpooling: There is no public transportation to the site. Let's consider the environmental health of the Woodlands and carpool among friends where possible. We will try to help match those with cars and space with those who are looking for a ride. The number of rides available is limited. Please call as soon as possible to make carpool arrangements. If you need a ride, or can offer a ride to someone, please contact the core committee 510-848-1460, choose option 1.

Note: If you have a map of Northern California, especially Mendocino and Sonoma Counties, bring it! It can be very helpful on the drive up.



Map is not to scale

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Please Remember:

No checks accepted at the door.

**If you owe money when you arrive at the festival,
plan to pay in cash.**