



You are invited to the

# 36th Womanfest Fall Retreat Sept 20~22, 2019

*Rest*

*Hike*

*Swim*

*Dance*

*Hangout*

*Canoe*

*Stretch*

*Snooze*

*Eat*

*Play*

*Frolic*

*Talk*

*Sing*

## What to look forward to:

**We relax!** Revel in the peace of the beautiful lodge and deck overlooking Lake Crescent; read, talk, think, write, and dream.

**We camp!** All sleeping accommodations are in group cabins with bunk beds. Restrooms and (hot) showers are in separate buildings. The terrain is hilly and unpaved and cabin accommodations are rustic. If you will not be comfortable in this type of setting, the Womanfest Fall Retreat may not be the right gathering for you.

**We feast!** Healthy, mostly vegetarian meals, snacks, coffee and tea, are provided.

**We play!** Hike, swim, canoe, make music, dance, and play games - in good company.

**We share!** Bring *a few* special items (books, clothing, trinkets, mugs) that you have used and loved and are now ready to pass on for another woman to enjoy.

**We create!** This year's retreat will include a featured dance / poetry performance by Mary Lou Sanelli and a fun craft activity..... Creating Dream Catchers!

Do you have a skill, or talent you'd like to share? Would you like to volunteer to organize an activity or entertainment? Let us know!



A TIME FOR  
OURSELVES



## Questions?

Ask Sandy or Sheila.

Sandy

360.941.3677

sluquilt@gmail.com

Sheila

360.461.0292

sheilam@olypen.com

[www.womanfest.org](http://www.womanfest.org)

## What to bring . . . . . .and not to bring.

### Please bring:

- ◆ Bedding (pillow, sleeping bag or sheets, blanket, etc.. Bunks have thin mattresses, but an extra sleeping pad will increase your comfort).
- ◆ Clothes for every kind of weather.
- ◆ Towel, personal grooming items, etc.
- ◆ Flashlight or headlamp.
- ◆ Any special foods you want/need.
- ◆ A mug to exchange or use.

### Optional comfort items you may want:

- ◆ A comfortable camping chair.
- ◆ Bathing suit, hiking boots, slippers
- ◆ Earplugs (we know YOU don't snore, but your cabin mates might).
- ◆ Yoga mat, dancing clothes.
- ◆ Musical instruments, drums, percussion.
- ◆ Camera, binoculars, books, games.

### Please do NOT bring:

- ◆ Pets or Alcoholic Beverages—they are not allowed at Camp David Junior.
- ◆ Merchandise for sale.

## Let's enjoy ourselves:



## Yes, count me in!

**To register**, please complete this form and mail it, with a check for \$110 to Womanfest, 403 S. Lincoln St, Suite 4 PMB 79, Port Angeles, WA, 98362. Register soon - space is limited. Registration requests must be received before September 12th. If space is still available, we will confirm your registration and send you a map and directions.

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

**Enclose your check for \$110.00 and gift yourself a wonderful weekend.**

Comments, skills, activities or talents to share?

***Please do not arrive before 3 pm or bring any alcoholic beverages.***