

Dear Brothers,

Welcome to our 32nd Annual Men's Conference hosted this year at the CYO Retreat Center. This letter confirms your registration—please read it thoroughly and carefully. **Be sure to print and sign the Release Form at the end of this letter, and bring it with you to the Conference.**

Moving Forward

Thursday May 29th - June 1, 2025

Here is a list of items to bring and information about the Conference. You can find the same information on the RMC website, redwoodmen.org — along with Hari Meyers' fascinating history of our first two decades together.

Please note that carpooling is essential—it supports the experience, reduces the use of cars, and eases the limited parking spaces at the camp.

As always, we will witness and acknowledge each other, challenge each other, and get to know each other. We will break bread together. We will laugh, cry, be elated, and sometimes uncomfortable, but leave refreshed and inspired by our efforts. We invite you to bring the fullness of your one wild and precious life! It is a chance to show up for yourself.

Please remember to bring with you:

- **A journal and writing materials.**
- **Clothes.** The night-time temperatures can be around 50 degrees, while daytime highs are predicted to be in the mid 70s. Bring clothes that will work for you.
- **Sleeping bag**, linen, or other bedding, including a pillow if desired.
- **Towel and toiletries**, including **soap**
- **Flashlight/lantern**—no candles, no liquid gas lanterns or heaters
- **Drums and musical instruments**
- **Sitting pad for wooden benches**
- **Tennis shoes or hiking boots**
- **Poems and stories**
- **Objects for our Ancestor Altar** that are important, sacred, or evocative for you, to name and honor our darkness, our gratitude and our gifts. It will serve as the symbolic container for our weekend. Bring photographs, letters, or notes that celebrate, honor, or memorialize lost loved ones or items that may symbolize for you other kinds of significant losses—lost dreams, lost relationships, lost pets, lost aspects of yourself, for example.

Health protocols: The rooms are very well ventilated. Wear a mask if that makes you feel more comfortable. Of course, to protect our community, do not come if you are not feeling well.

Personal Workshops: There will be a three-hour slot on Saturday afternoon for individuals to offer workshops and share their area of interest or specialty with appropriate materials.

Grief Ritual: We will conduct our annual grief ritual on Friday night, and we understand that some men may prefer not to participate. There's no judgment. But this year you can play an important role, especially if you are an elder, by welcoming the men when they return. Please let Barry know if you'd like to participate in this way.

Sharing your passions and gifts Saturday night: If you are moved to share something like a song, poem, or beloved hobby let us know when you get to camp. We will make an announcement for sign-ups as well.

There will be an opportunity to celebrate and share your passion and your gifts. Consider how you might do this.

Logistics:

Check-in begins at **4:00 PM** on Thursday, **May 29th**. Please arrive and get settled between 4 pm and 5:45 pm. Dinner is at 6:00 and our first gathering starts at 7:15. If you need to arrive late, please let us know ahead of time. Likewise, if you need to leave early please let us know. You can leave a message for Conrad Larkin at 707-478-3228 before 1:30 on Friday. The Conference will end after lunch on Sunday.

Lodging and meals:

Three nights of lodging and all meals from Thursday dinner through Sunday lunch are included with your registration.

The lodging is comfortable. We plan to arrange for three to four people per cabin, although each cabin can accommodate more. All cabins have electricity, and beds consist of mattresses on metal frames.

For those who prefer to bring a tent, camping is available at Coyote Field.

Showers and washrooms are located near the cabins.

Cell reception and Wifi

There is cell coverage at the camp; we will encourage you to leave your phone behind if that is possible.

Emergency number: 1-707-874-0200

In the case of an emergency, your loved ones can get a hold of the camp at the number above.

Release of Liability:

Please complete and bring the enclosed Consent form (on the last page) - we will have copies at the registration table when you arrive as well. ***All participants must sign this form and submit it at check-in.*** Those of you accompanying a youth under 18 years old also need to provide **consent for medical treatment** signed by the young man's parent or guardian.

This is an alcohol and drug-free event.

If you have any questions, please call Conrad Larkin at 707-478-3228 .

We still have space available, and some scholarship funds for those who need financial assistance. Please spread the word to those who might benefit from this wonderful weekend event.

Transportation: *Carpooling is strongly recommended:*

- 1) Use the Redwoodmen Google group (you have been automatically signed up for it with your registration); please make arrangements there; or
- 2) Call Conrad Larkin at 707-478-3228 to find other men attending from your area.

Location:

CYO Camp, 2136 Bohemian Hwy, Occidental, CA 95465 between Occidental and Freestone on the Bohemian Hwy. Only 15 minutes from downtown Sebastopol.

Parking

There is adequate parking – but be watching for men to guide you to appropriate parking spaces for the weekend.

Please read and initial each paragraph and sign at the bottom. Be sure to bring this signed form with you to the Conference.

Redwood Men's Center 32nd Annual Men's Conference May 29th through June 1st, 2025 Agreement, Waiver and Release of Liability

I understand that the Redwood Men's Center Conference includes activities, exercises and ceremonies that may be of a hazardous nature and may include physical and/or psychologically stressful activity; and that accidents could occur during such activities, therefore I hereby assume liability for any and all risks of injury or death and I release and hold harmless the Redwood Men's Center, who, through negligence, carelessness or any other acts of omission might otherwise be liable to me.

Initials: _____

I further agree to indemnify and to hold the Redwood Men's Center, its officers, employees and agents, free and harmless from any loss, liability, damage, cost or expense which may be incurred as a result of any injury and/or property damage that I may sustain while participating in said activities. This agreement is also binding on my heirs and assigns.

Initials: _____

I have carefully read this document and fully understand its contents and I sign it of my own free will.

Date: _____

Print name: _____

Signature: _____

Telephone: _____