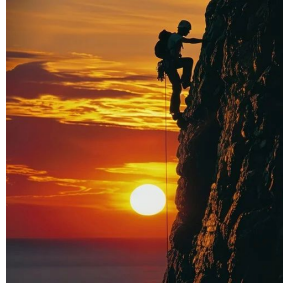


33rd Redwood Men's Center Conference



Courage

Late afternoon, Thursday June 4
through lunch Sunday, June 7, 2026

CYO Retreat Center
2136 Bohemian Hwy, Occidental, CA 95465
between Occidental and Freestone on the Bohemian Hwy

Dear Brothers,

Welcome to the Redwood Men's Center 33rd Men's Conference hosted this year at the CYO Retreat Center close to Occidental, California (in Sonoma County). This letter confirms your registration and includes additional information about what to bring and some of the activities within the Conference – please read it thoroughly and carefully. There is also a form at the end that requires your signature, that you will need to bring to the Conference.

What to bring:

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

Please remember to bring with you:

- **A journal and writing materials.**
- **Clothes.** The night-time temperatures are expected to be right around 50 degrees, while daytime highs are predicted to be in the mid 70s to low 80s. We are anticipating being able to use the Center's swimming pool for one hour on Saturday, so bring swimming attire if you like (note - there will be NO swimming in the buff.) In general, bring clothes that will work for you.
- **Sleeping bag, linen, or other bedding, including a pillow if desired.**

- **Towel and toiletries**, including **soap**.
- **Flashlight / electric 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 well ventilated. You are welcome to 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, and that's fine. 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.

Whether it's personal or global, whether you're carrying sorrow, anger, regret, or numbness, this time of sharing our grief is a potent response to the isolation and anonymity of our times. We invite and encourage you to now begin tilling this soil, considering what it is you're grieving or what needs your attention during our time together.

Starting Friday morning, we will communally be building an altar to support our work, and you are strongly encouraged to bring items that represent what it is you are grieving personally or culturally. You are also invited and encouraged to bring photos and other objects that speak to those you relate to as ancestors. This could include direct lineage ancestors, places that informed and held you in your life, or persons who inspired and nourished your calling.

We will be asking for their support as we do the work, and offering our support to those who have come before and to those yet to come. This brings us close to the timeless dimension of the sacred.

The altar items may include images, photos or objects, flowers, greens, stones, candles in glass to protect from wind, colored cloths, sacred items, and anything that helps you hold your focus. We are creating something beautiful, so please bring flowers if you are able.

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.

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 with everyone on Saturday night. Consider how you might do this.

Logistics:

Check-in begins at **4:00 PM** on Thursday, **June 4**. 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 no more than six people per cabin, although each cabin can accommodate more. All cabins have electricity, and beds consist of mattresses on frames (no linens – bring your own or a sleeping bag).

For those who prefer to bring a tent, camping is available at Coyote Field. Showers and heated washrooms are located near the cabins.

Cell reception and WiFi:

There is cell coverage at the camp; we do 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.**Questions?**

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:*

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

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

Location:

2136 Bohemian Hwy, Occidental, CA 95465 between Occidental and Freestone on the Bohemian Hwy

Directions:

The CYO Retreat Center is only 15 minutes from downtown Sebastopol! Google Maps will get you there just fine, but for those who prefer printed directions, here they are:

1. Starting at the corner of N. Main Street and Bodega Ave in Sebastopol, head west-southwest on Bodega Ave toward Edman Way
2. In 5.6 miles, turn right onto Bohemian Hwy
3. In 2.2 miles, make a sharp left into the entrance driveway **just past** the CYO Camp sign. Do not go in the exit driveway.

Parking:

There is adequate parking but be looking for men to guide 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 33rd Men's Conference June 4th through June 7th, 2026
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: _____