A Day for Men

9am to 4:30pm, Sunday, November 1, 202
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's **A Day For Men** on Sunday, November 1, 2026. Below are a few reminders and tips as we near the event.

****Remember to set your clock back the night before.** Daylight savings ends early morning on November 1, so while you'll get an extra hour of sleep the night before the event, you could end up at the event an hour EARLY if you forget to turn your clock back.

Please remember to bring with you:

- **A journal / writing materials and a writing implement.** These will be needed during the day and will be helpful in bringing home your learnings and explorations from the event.
- **Clothes.** Layered clothing is probably a good idea. While the main activities will be inside where it's warm, we will most likely (weather permitting) begin outside with the ritual calling in of the ancestors. As of Monday, October 26, predicted temp is 50 degrees at the start of the event, with a high of 70 degrees.
- **Drums and musical instruments.** This is a perfection-free zone, so bring an instrument if you like. All skill levels are welcome.
- **Objects for our Ancestor Altar**: please bring photographs or objects that help celebrate and honor those who have come before us. Flowers are encouraged.

Logistics:
Check-in begins at **9:00 AM** and the **activities start promptly at 9:30am**. We will conclude at 4:30pm. *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 Saturday. Lunch is included, but feel free to bring a snack to have during morning and afternoon breaks if you like. Water, tea and coffee will also be available at the event.

Cell reception and WiFi:
We encourage you to leave your phone behind so you can remain centered and present during the day.

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.

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 one day 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. Use the Redwoodmen Google group (you have been automatically signed up for it with your registration) to ask for or offer a ride.

Location and Directions:
The CYO Retreat Center is only 15 minutes from downtown Sebastopol! Address is 2136 Bohemian Hwy, Occidental, CA 95465 between Occidental and Freestone on the Bohemian Hwy. 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 left into the entrance driveway at the CYO Camp sign. Driveway is narrow so watch for cars coming down from the camp.
4. There is adequate parking in the basketball court area, both on the courts and around them.

We are looking forward to coming together in community with you.

- The RMC Planning Committee