

COMPANIONS OF THE STONE
1997 Autumn Retreat

The following is a very approximate schedule of the work planned for the autumn retreat. The first two entries (assembly and departure for Chinook) and the last one (departure from Chinook) are firm, but the rest are best-guess figures open to infinite adjustment. The most this schedule hopes to do is to give the Companions some idea of what they're getting into and when things will be going on.

Saturday AM

7:45 - assemble at Northwest Montessori
8:00 - departure
10:00 - approximate arrival at Chinook
10:30 - opening ritual of the retreat
11:00 - opening ritual and meditation of black stage

Saturday PM

12:00 - break for lunch
1:00 - omen walk/watch (outdoors)
2:00 - omen walk/watch discussion
3:00 - opening ritual and meditation of white phase
4:00 on - unscheduled time
7:00 - dinner
10:00 or thereabouts - dreamwork preparation

Sunday

8:00 - opening ritual and working of red phase
9:00 - breakfast, followed by unscheduled time
12:00 - closing ritual of the retreat
1:00 - lunch
2:00 - departure

WELCOME TO CHINOOK!

In addition to the land, we have offices at the Clinton Union Building in Clinton, where the Whidbey Cybercafe and Bookstore are also located.

Farmhouse * (360) 341-3153 *
For personal retreat and land information.

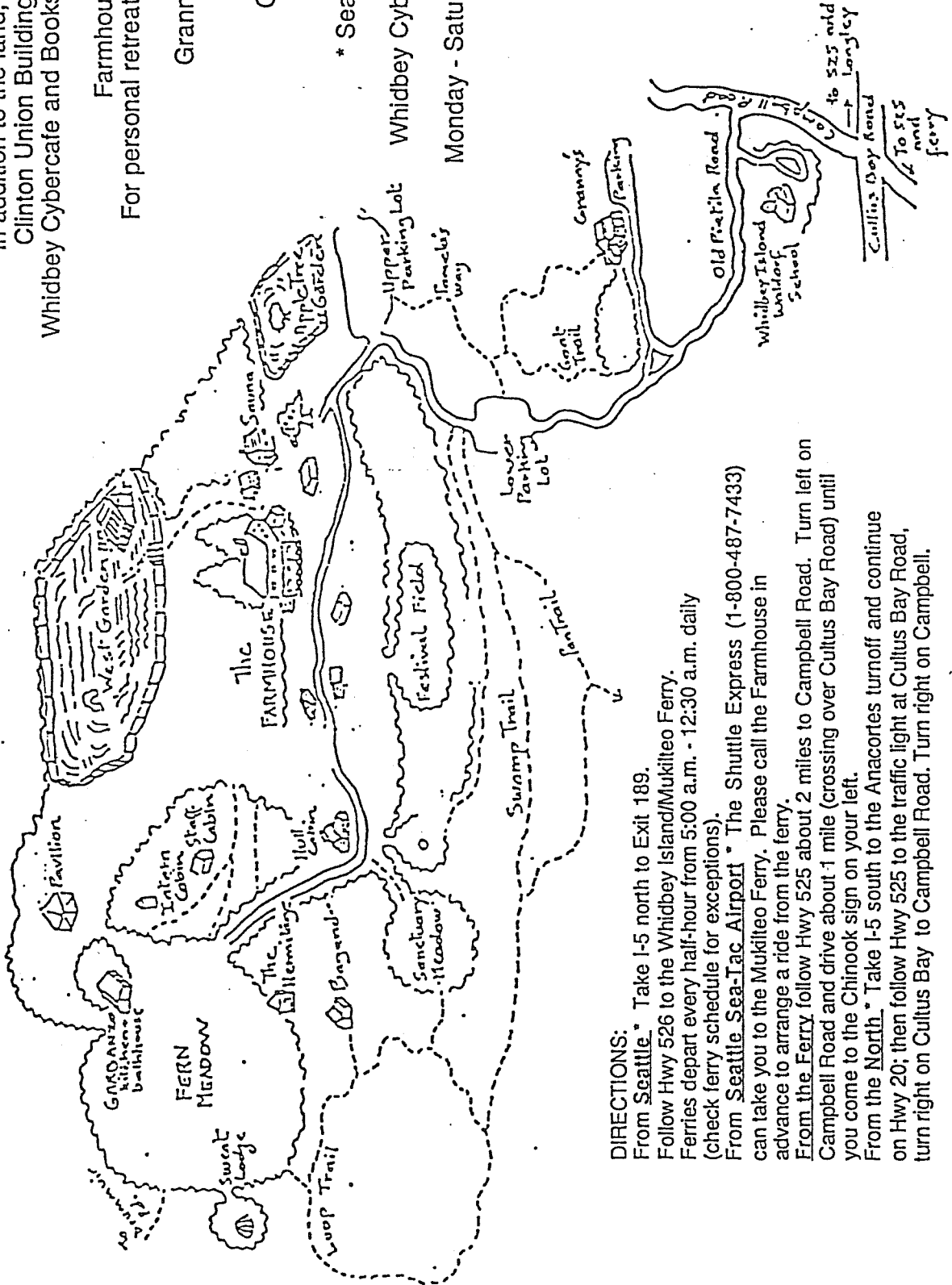
Granny's * (360) 341-7104*

Whidbey Institute,
Clinton Union Building
M - F, 9 a.m. to 5 p.m.
* (360) 341-1884*

* Seattle toll-free 467-0384

Whidbey Cybercafe and Bookstore
* (360) 341-5922
Monday - Saturday * 10 a.m. - 9 p.m.

La Paz Restaurant
* (360) 341-5767
Tuesday - Saturday *
8 a.m. - 5 p.m.



DIRECTIONS:
From Seattle * Take I-5 north to Exit 189.
Follow Hwy 526 to the Whidbey Island/Mukilteo Ferry.
Ferries depart every half-hour from 5:00 a.m. - 12:30 a.m. daily
(check ferry schedule for exceptions).
From Seattle Sea-Tac Airport * The Shuttle Express (1-800-487-7433) can take you to the Mukilteo Ferry. Please call the Farmhouse in advance to arrange a ride from the ferry.
From the Ferry follow Hwy 525 about 2 miles to Campbell Road. Turn left on Campbell Road and drive about 1 mile (crossing over Cultus Bay Road) until you come to the Chinook sign on your left.
From the North * Take I-5 south to the Anacortes turnoff and continue on Hwy 20; then follow Hwy 525 to the traffic light at Cultus Bay Road, turn right on Cultus Bay to Campbell Road. Turn right on Campbell.

WELCOME to WHIDBEY INSTITUTE'S Chinook land...

We're glad to have you here and hope your stay is an enjoyable one. The following information will help insure that your stay is most comfortable.

WHAT TO BRING:

- *Slippers/heavy socks for use in "shoeless" areas indoors;
- *Warm clothes (layers) in the cooler months;
- *Shoes suitable for trails and wet grass;
- *Personal toiletries--bath soap, shampoo, etc;
- *Insect repellents;
- *Flashlight.

Linens, including blankets, towels, and washcloths are provided. The kitchens in Granny's, the Farmhouse, and Garbanzo are equipped with almost all items you'll need (except food) for cooking and eating, including 10-cup coffee makers.

PHONE USE:

The phones at the Center are restricted to local calls; use a calling card or call collect for long distance. If you need to leave an emergency number at home, use 360-341-3153 (the Farmhouse).

FIRE CAUTION:

Candles may be used in meetings and meditations only. Please don't leave these candles burning unattended or burn candles in your bedroom.

Use the woodburning stoves in the Farmhouse and Bagend as directed by the caretaker; the woodburning stove in Granny's is used, at this time, only in the event of a power outage.

SCENTS AND INCENSE:

Many folk are allergic/sensitive to perfume ingredients. Please keep this in mind in regard to your use of scented products, whether personal or ceremonial, while at Chinook.

PARKING:

Park only in designated lots. When the upper lot is full, you may need to park in the lower lot (100 yds. back down the road). There are carts for transporting belongings from the upper lot before parking in the lower lot. At Granny's, parking space close to the house is limited (5-6 cars). Park front end in, in the area just to the north of the house. The road needs to be kept open to the neighbors for emergency vehicles, so please do not park alongside the shed or the lawn areas. There is additional parking near the Granny's turnoff, or at the lower lot closer to the Farmhouse.

Do not double park anywhere, unless under the direction of a staff person.

TRAILS AND CEREMONIAL AREAS:

Feel free to walk our beautiful trails or to make meditative use of the ceremonial spaces. Please respect the sanctity of ceremony and the privacy of the individuals involved if these spaces should be in use when you come upon them.

JUST VISITING?

It isn't necessary to make an appointment to visit the land or to walk the trails. Some groups and guests require more privacy than others, however; so we ask that you respect occupied spaces, especially around the cabins where privacy is more easily--though unconsciously--invaded. If you wish to be certain of the opportunity to see the various indoor spaces, you need to call ahead to be sure they are unoccupied. Calling ahead will also insure that someone could be available to answer questions.

Whidbey Institute at Chinook

Box 57 - Clinton, WA 98236 - (360) 341-1884 - Seattle Line (206) 467-0384

The Whidbey Institute welcomes you to Chinook. We hope that you will feel genuinely at home here. Over the years, many people have come to love and care for this special place. Because we are committed to living simply and keeping costs low, we do not have a large staff. Many who care for the land and facilities are volunteers and we rely on the good will of our guests. So we invite you to walk lightly on the land, to treat your surroundings with the respect that you would give to a friend's home, and to try to leave things even nicer than you found them. During your stay we hope that you will see why so many people value the Chinook land as a homeplace for the soul. May your time here lead you more deeply to the place of your own belonging.

GUEST RESPONSIBILITIES

Group Representative: This is a part of your contract with the Whidbey Institute. Please copy this portion and distribute to your attendees/guests/registrants. Thank you, and enjoy your stay!

LAND AND FACILITIES CARE

Please inform your group about "walking lightly" on the Chinook land. The facilities and grounds used by your group are subject to inspection by Chinook staff as part of the financial settlement. The group is financially liable for any damages by its members. The group is responsible for cleaning up any unusual situations caused by their program or participants. A security deposit may be required in advance for groups over 20 people.

PARKING and TRANSPORTATION

Cars are not allowed on the Chinook land roads beyond the upper Farmhouse Parking lot. Gear transportation arrangements to cabins and camping areas will be made by prior arrangement with the Center Coordinator. We appreciate your cooperation to minimize the impact on the land. Your group must provide supervisors for parking and gear transporting. Absolutely no parking is permitted on any roadway; all vehicles must be parked in designated parking areas. Our parking areas will accommodate approximately 40 mid-sized vehicles.

While Chinook provides neither parking nor shuttle services, we will be happy to assist you in making such arrangements for your group. We recommend that you encourage carpooling, if possible.

CLEAN-UP

Your bed has been made by the previous guest. An extra set of sheets for your bed should be in your room; please make up the bed for the next guest before you leave. When kitchens are used, we ask you to wash and dry the dishes and wipe down the counters and stove. There will be an additional charge for such housekeeping items as making beds and doing dishes.

TRASH REMOVAL

Since we are an environmentally-sensitive facility, we recycle whenever possible; information on this is posted in the kitchens of the Farmhouse, Granny's, and Garbanzo. We are unable to recycle plastic containers on the Island. We ask that you take these items with you when you leave.

STAFFING AND SUPERVISION

The group agrees to provide its own staff, including greeter, camper shuttle, parking supervisors, and any other requisite adjunct staff.

While basic first aid supplies are available at the Center, the group is responsible for administering its own first aid. For large groups, we recommend that you bring your own first aid supplies.

COMMUNITY COURTESY

The Chinook land is surrounded by neighbors, unseen because of the forest. All drumming and loud activities must be minimized after 9:00 pm and cease between the hours of 10:00 pm and 10:00 am.

CHILDREN

Children are to be supervised at all times and under control. In groups involving children, we ask that one adult be provided for every ten children.

CAR CAMPING

Car camping is not allowed in our Use Permit. Please do not expect to be able to sleep in your car, van, motor home, etc. This would jeopardize our standing with the county, as it violates our County Use Permit. We offer tent camping in one of our beautiful meadows.

PETS

Unfortunately, we cannot allow pets on the Chinook land. Although your pet may be accustomed to spending time in your vehicle, we are not comfortable with that arrangement. We will be glad to suggest some nearby kennels which will provide quality care for your pet during your stay.

SMOKING

Smoking is not allowed in any buildings. If there are smokers in your group, please ask them to deposit their cigarette butts in a can and dispose of it properly and safely.

PHONE USE

The phones at the Center are restricted to local calls; use a calling card or call collect for long distance. If you need to leave an emergency number at home, use 360-341-3153 (the Farmhouse), which is the only number attached to an answering machine and monitored periodically. The number for Granny's is 360-341-7104.

CANDLES

Candles are not permitted in bedroom areas. Any candles used ceremonially must be attended at all times.

LOST & FOUND

We keep articles left behind or forgotten for a period of 30 days. We will mail a lost article to you at your expense.

CHINOOK STAFF

Resident staff routinely use the kitchen at the Farmhouse and/or Garbanzo, as well as working to care for the land and structures. The staff will make every attempt to avoid use when guests need privacy at the facilities, and to avoid noise when it would disturb your group. Should your group be gender-sensitive, please advise of this in advance.

CHECKING IN AND CHECKING OUT

In order to help us get ready for guests arriving after your group, we need to have individuals check out of their bedrooms by 10:00 am of the last day of your retreat. Check-out times for the rest of the facilities are as arranged in the group's contract.

OUR NOTE TO YOU:

We wish to work together to make your group's visit to Chinook successful, memorable, and pleasant. We want you to look forward to coming back and experiencing the beauty of the land again. Thank you for taking the time to read these guidelines. If you have any questions or comments, please make a note of them and leave the note on the counter at Granny's or the Farmhouse. They will be forwarded to the Group Retreats Coordinator for follow-up. We count on your feedback and appreciate your cooperation.