

Welcome to Winter Chrysalis 2024!!!

We are so pleased to confirm your registration and look forward to seeing you **February 23 - 25** at Clearwater Forest. This information will help you in your preparations.

A few dates to remember:

If you have requested a specific roommate, please be sure to have her register by **February 10**. After that date, we will release that bed in your room and make it available to someone else. The sooner your roommate registers, the better—especially in winter, we have been filling up all our bedrooms.

If you have requested a single room, they are available as space allows, and we will let you know after **February 10** if we will honor your request. You will be reimbursed the cost difference if you paid for a single room, and we weren't able to give you one.

If you have not chosen your workshops yet, you may do that when you arrive at camp. We will have any open workshop slots available for signup, as well as slots for activities such as massages. Some workshops have limited attendance.

Is this your first time coming to Chrysalis? If so, you may be eligible for a discount! The first 5 people who register as newcomers will receive \$50 off the total cost. Talk with Hannah in the Clearwater Office to determine your payment. (218) 678-2325

Photo of Yourself

Please bring a small one, which we will post for the weekend so that campers can match names to faces. You will be able to take it home when camp is over.



For You to Purchase

We are offering two new Chrysalis hoodies this session. Other past Chrysalis gear will be available for purchase. Also, Chrysalis notecards will be for sale. They are gorgeous pictures of quilts taken in Clearwater Forest!

Please bring cash or your check book—sorry, we cannot take credit cards for these.

Arrival

Please check in at Hallett Hall before you go to the lodges. The room assignment list will be in Hallett (the dining hall). For everyone, check in is Friday between 4:30-5:30 PM in Hallett at which time you will get your folder and other information. You are welcome to arrive before this time to settle in and take a winter walk before the sun sets. If you will be arriving late, please advise the Clearwater Forest office so we can know when to expect you.

The Grounds

Feel free to walk the grounds, and especially take advantage of the roads and marked trails. Keep an eye out for the trail signs. There are trail maps available. If you want to take a walk alone, it is always best to tell someone else where you are going. Or head out with a friend anytime—the great, beautiful winter outdoors is waiting for you at camp. Bring your boots and warm clothes & enjoy. Chrysalis has purchased 4 new sets of snowshoes for anyone to use. Please sign out the snowshoes so all will know when they are available.

Newcomers and Small Group Facilitators

If this is your first time coming to Chrysalis, we invite you to come to a newcomer's meeting in Eagle Lodge at 5:00 on Friday. At this same time, those who have agreed to be small group facilitators will be meeting in Leaning Tree Lodge, also at 5:00.

Small Groups

We feel these are important to camp, and strongly encourage you to make it a priority to be at each session and on time. It will be worth it. You will be told which group you are in before dinner Friday and will eat that meal with your small group. During small group times, please respect the spaces that are being used for small groups and keep other noise or activity to a minimum.

Massage

Our massage staff is ready to relax and pamper you throughout the weekend for a reasonable cost: \$60 one-hour full body massage; \$35 1/2 hour massage. Consider giving yourself or a friend this special treat. Sign up during check-in, and we might also have times Friday afternoon for early arrivals. Look for the sheet in Hallett. Again, if possible, cash is best.

Drop In Crafts

Throughout camp there will be options for creative self-guided crafts complete with instructions and all supplies for a minimal cost. You may wish to bring a few dollars to pay for these. You're welcome to sit down and work at your leisure.

Stretch and Praise

A wonderful way to start the day – 10 – 15 minutes of balance exercises followed by a short time of music and reading. Come join us in the lower level of Leaning Tree Lodge.

Lights Out and Quiet

While we do not have a "lights out" time at camp, we ask that you keep any noise and activity to a minimum after most have gone to bed. The common area of Leaning Tree in particular carries noise very easily. Our full schedule and the fresh outdoor air usually mean we are all tired and want a good night's sleep! Thanks for your consideration.

Reminders

Smoking is prohibited in all buildings at Clearwater Forest, and there is to be no alcohol use during Chrysalis. If you must smoke, please do it away from the buildings, usually in your car.

For the courtesy of others, we ask that you do not use the TV's in the buildings. They should only be used for program purposes. Also, please, whenever possible, make your cell phone calls in your room. All cell phones, computers and other devices should be completely turned off during the presentations. Thank you!

Enjoy your time with us at camp – remember, you are welcome to do as much or as little as you wish. It's YOUR time!

Please call or email Barb or Betsy if you have any questions.

Looking forward to seeing you at Chrysalis!

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*And the Chrysalis Steering Committee - Betsy Rock-Zutz, Ann Bemboom, Marguerite Austin
Genette Carlton, Kathy Dobovsky, Shelly Chambers, Kathy O'Brien, Lori Folkers, Therese Blim, Terry VanAllen*

