



*Field-based Natural History Courses In and About the Klamath Siskiyou*

Dear Siskiyou Field Institute Participant:

You are registered to participate in **The Healing Forest** with Nancy Foster and Erin McKinsey. Please arrive to sign in and meet your instructor by **9:00 a.m. Saturday, April 4** at Deer Creek Center/SFI. Class will conclude at 3:00 p.m.

**Your balance due is \$ \_\_\_\_\_**

**Tentative course agenda\*:**

9:00 a.m. – Meet in the classroom for instructor/student introductions and a brief orientation on forest bathing and its benefits.

9:30 a.m. – 12:30 p.m.

Guided walk in the SFI forest. Each student will also have ample opportunity to experience the forest alone, as a group, and to enjoy some hot tea brewed on site.

12:30 – 1:00 p.m. Post-hike discussion and lunch. Bring a sack lunch or purchase from the local Ray's market.

1:00 – 3:00 p.m. Learn how to create tinctures from tree bark in the SFI kitchen

*\*Please note: Times are approximate and subject to change.*

**Appropriate attire and supplies:**

Sturdy Shoes

Hat

Lunch

First Aid Kit

Field Clothes

Pruners

Water

Sun Screen

Trekking Poles

Small Backpack

Pocket or paring knife

**Suggested reading:** We will provide a forest bathing resource list when the class meets.

**You are responsible for your own safety** and should **bring necessary medications** (such as allergy medications, bee sting or insulin kits, sugar, etc.) you might need during this course. We suggest you tell other participants of a condition with which you might need their assistance (diabetes, allergic reaction, etc.).

**Directions:**

**SFI is located at 1241 Illinois River Road in Selma, OR.**

From Grants Pass – Take Hwy 199 (Redwood Highway) south to Selma (approximately 20 miles). Turn right at the blinking light in Selma onto Illinois River Rd. There is a 76 gas station on the corner. DCC is on the left approximately 1.5 miles up Illinois River Rd.

From Cave Junction - Take Hwy 199 (Redwood Highway) north to Selma (approximately 9 miles). Turn left at the blinking light onto Illinois River Rd. There is a 76 gas station on the corner. DCC is on the left approximately 1.5 miles up Illinois River Rd.

**Note about carpooling:** Most SFI courses require at least some driving. Students often opt to carpool to course sites to minimize environmental impacts to the area. Please be aware, however, that there will be no liability on the on the part of Siskiyou Field Institute for carpooling activities. Carpooling is a voluntary action of the participants.

**Accommodations:** SFI invites you to stay at SFI during your course, and we offer discounted rates to those attending our classes. **To reserve your space, call us or visit [siskiyoufieldinstitute.org](http://siskiyoufieldinstitute.org).** Check-in time at SFI is 4 p.m.; check-out time is 11 a.m. If you plan to arrive later when the office is closed, please call and make prior arrangements. Our caretaker, Lillie Hazelton’s number is 541-787-5303 (you might want to call from the highway – cell phone reception at SFI is sketchy). Lillie’s number is also posted on the doors of Kendeda House.

- **Camping:** \$12/night per person (campsite, camper van, RV w/ no hookups)
- **Yurts #1:** (bunk bed in a shared room, with electricity) \$18/night per person
- **Yurt #2:** (bunk bed in a shared room, no electricity) \$18/night per person
- **Dorm:** (bunk bed in a shared room in house) \$24/night per person
- **Private room with bath:** \$55/night for one, \$13 for each additional person.

**SFI is a pet-free and smoke-free facility. Thanks in advance for your cooperation!**

**Meals** are *not* provided in the course tuition. Please arrange to supply food for yourself. There is a restaurant and a grocery store in Selma. If you are staying in SFI’s ranch house (private room or dorm spaces) you will have access to the kitchen for food preparation. If you are camping (yurts or tent camping), there is a covered pavilion with picnic tables where you may set up your camp stove.

**Environmental Precautions:** To prevent the spread of **sudden oak death, Port Orford cedar disease** and **noxious weeds**, the Forest Service requests that participants **wash the undercarriage and wheels of their vehicles** before driving on public lands. Those coming from California (especially Marin, Sonoma, Napa, San Mateo, Santa Clara, Santa Cruz, and Monterey counties) should pay particular attention to such cleaning. Please tend to it before class time. Forest Service permit guidelines require that you **wash the soles of your boots/shoes**. We will have a boot washing station onsite at registration.

**Payment Policy:**

30 or more days before course	\$25 or 25% of tuition, whichever is greater, to reserve space
29-15 days before course	50% tuition due
14 days before course	Balance due* (or space not guaranteed)

## **Cancellation Policy:**

30 or more days before course	Full refund minus \$25 administrative fee
29-15 days before course	50% refund
Less than 14 days before course	No refund

We look forward to seeing you. Please contact us if you have questions or concerns.

The Siskiyou Field Institute Staff

## **WE THANK OUR 2020 BUSINESS SPONSORS:**

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