



WOMEN'S WELLNESS WEEKEND

January 25-27th, 2019

Welcome to Women's Wellness Weekend 2019 – we are so happy that you're here. We know your life is full, busy, beautiful and at times crazy, so we are honored that you've chosen to spend some of your rare and valuable free time here, with us. Take advantage of this weekend as some well-deserved "me time" for yourself. We hope you leave this space feeling healthy with some new tools, knowledge and friends. Rest, relax, relate, rejuvenate!

Some things to remember:

- In a non-emergency situation in which you require assistance between the hours of 8:00am-10:00pm, you can reach Kayleigh: **(603) 454-4189**
- In a non-emergency in which you require assistance between the hours of 10:00pm-8:00am, or if you cannot reach Kayleigh call Sammy on the BOC Host Phone: **(413) 464-3230**
- In an emergency, **dial 911** followed by the BOC Emergency Phone Number: **(413) 679-1088** . Keep ringing until someone answers.
- Additional maps, schedules and other information are available on the registration table, in the dining hall, all weekend long.
- The store will be open during dinner if you would like to peruse BOC gear, or, purchase the official Women's Wellness fleece!



FRIDAY EVENING

5:30- 7:00pm **Registration Table is Open** at the Chimney Corners Dining Hall. See Nicole and the BOC Staff for your schedule, and to learn more about the weekend!

5:30 - 7:00 pm **Women who DID NOT pre-register for a massage may sign up for a time slot now!** Massages will be in the Administration building.

6:30- 7:30pm **Dinner** at the Chimney Corners Dining Hall.

7:00- 8:00pm **Sign ups** open for classes with a “cap”- make sure you grab a spot!

8:00- 9:30pm **Friday Evening Activities!** We couldn’t wait to get the party started!

Session Title	Location	Presenter	Description
Sauna	Waterfront	BOC Staff	Join us in the sauna to drink in the warmth, sweat out some toxins and watch the steam rise from each others shoulders in the moonlight. Drinking water and layers for in and out of the sauna are a must!
Night Experience	Meet outside the North Room	BOC Staff	Experience the night like never before! This guided hike will explore how humans and animals have adapted to survive in the dark, and will also include some awesome science experiments and star gazing. Dress warmly!
Campfire Style Concert	North Room, Dining Hall	Erica Wheeler	Enjoy a concert that is a mix of songs, stories and readings which will evoke that feeling of a cozy campfire. Take time to celebrate the season and the nature that is all around us. Hear songs from Erica’s CD’s and songs you know. Relax and reflect on your own special place memories and hear about Erica’s adventures with the National Park Service across the country. Come just to listen or to join in! Songbook provided. Concert ends at 9:00pm, and Erica will be available for conversation and questions until 9:30pm.
Late Night Tube	Meet At Entrance of Dining Hall	BOC Staff	Join in the fun tubing down our hill under the lights. Wear warm clothes that will provide padding just in case you fly off your tube into the snow!
Sit n’ Gab	Anywhere	Everyone	You don’t <i>have to</i> do a class at any point in the weekend! If you want to chat with a friend, read a book or write a letter, you should!



9:15-10:15pm Women's Wellness Late Night:

Session Title	Location	Presenter	Description
Women's Wellness Trivia	Main Dining Hall	BOC Staff	Bring yourself and up to four other friends to tackle the Women's Wellness Trivia 2019 Showdown. This three round event is sure to cause some serious noggin scratchin'. All skill levels and experience welcome.
Sauna	Waterfront	BOC Staff	Join us in the sauna to drink in the warmth, sweat out some toxins and watch the steam rise from each others' shoulders in the moonlight. Drinking water and layers for in and out of the sauna are a must!

SATURDAY

6:30-7:45am Pre-Breakfast Saturday:

Session Title	Location	Presenter	Description
Morning Climb	South End of Dining Hall	BOC Staff	Rock climbing is one of the best exercises you can do to support cardiovascular health and well as strength conditioning. Join our certified, friendly staff and try climbing on our indoor wall. Start your day with a fabulous cardio workout.=
Sunrise Sauna	Waterfront	BOC Staff	Make your way to the sauna in the dark, feel the warmth seep down into your core and stand steaming in the early light as the sun rises over camp – a start to a day you won't soon forget. Drinking water and layers for in and out of the sauna are a must!
Morning Yoga	Dance Studio	Kim Conley	Come explore the ways in which the ancient practice of Hatha Yoga can enhance your wellbeing! This class is designed for beginners and seasoned yoga practitioners alike around the principle of "less is more" and includes instruction in deep breathing, soft flowing movement, help postures, meditation, relaxation and yoga philosophy. Wear clothes for movement, a warm indoor layer and bring water.

8:15-9:00am

Breakfast is served!



9:00-10:30am Saturday BLOCK A

Session Title	Location	Presenter	Description
Valentine Decor	Arts Center Classroom 1	Melinda Burri	This is an easy, fun and relaxing craft class - projects may include valentine's wreaths, coasters, heart shaped boxes. Techniques include paper rolling, decoupage, wrapping, folding and other easy methods.
Mindful Yoga	Arts Center, Dance Studio	Tracy Foster	In this yoga class, we will invite the body, mind, breath and spirit to settle in together as we experience slow movements to warm the body and release muscular tension, breathing techniques to calm the nervous system, and postures to build stability, strength and balance. We will pause for brief meditation moments, practicing here and now awareness and gratitude, and close class with Sivasana rest pose. Modifications will be given so that beginners and seasoned practitioners can participate. Please wear clothes suitable for movement. Bring a yoga mat, blocks and blanket or beach towel, if you have them.
Winter Ecology, Tree ID and Wildlife Tracking Trek	Meet outside North Room	Aimee Gelinis	Explore the woods on snowshoes and learn how to identify both evergreen and deciduous trees in winter by needles, bark, buds and ecological zones. Along the way we will stop to observe animal tracks and learn how to categorize them into 4 different movement types so you can practice at home! Wear warm layers and bring water for during or after.
Alpine Tower	Meet Outside South Room	BOC Staff	Test your limits and challenge yourself to brave the elements and the heights of the Chimney Corner's Alpine Tower. Wear warm clothes that you can move in and put a climbing harness over. No experience necessary, all levels of climbers and daredevils welcome!
Unglue Your Stuck Spots: Self Massage With Yoga Tune Up® Therapy Balls	Arts Center Main Room	Meredith Hutter Chamorro	Calling all bodies! Whether you play sports or practice yoga, or you sit at a computer, play an instrument or cook, come out and empower your health and wellbeing with this innovative tool for self-care. Yoga Tune Up® techniques will improve your posture, increase your range of motion, prevent injuries, reduce pain and tension, and improve performance in any area of your life. You know you "knead" it! Everyone is invited to this workshop: no prior yoga experience is necessary. Sign up required. Limit 20.



10:45am - 12:15pm Saturday BLOCK B:

Session Title	Location	Presenter	Description
Giant Swing	Meet Outside South Room	BOC Staff	Feel like a bird flying through the sky, try something exhilarating and come on down to our Giant Swing. You are able to choose how high or low you would like to fly. Join our certified, friendly staff and try our swing.
Unglue Your Stuck Spots: Self Massage With Yoga Tune Up® Therapy Balls	Arts Center Main Room	Meredith Hutter Chamorro	Calling all bodies! Whether you play sports or practice yoga, or you sit at a computer, play an instrument or cook, come out and empower your health and wellbeing with this innovative tool for self-care. Yoga Tune Up® techniques will improve your posture, increase your range of motion, prevent injuries, reduce pain and tension, and improve performance in any area of your life. You know you "knead" it! Everyone is invited to this workshop: no prior yoga experience is necessary. Sign up required. Limit 20.
You Put the Lime in the Coconut ~Sugar Scrub	Lower Arts Center, Room 1	Diane Burke	You Put the Lime in the Coconut Come make a jar of Coconut Lime Salt Scrub. When you go home you will have this aromatic scrub to remind you of our great weekend together. \$3 Materials Fee. Sign up required. Limit 11.
Outdoor Cooking	Meet Outside North Room	BOC Staff	Turn up the heat with this winter camp cooking class! Gain hands-on experience with camp cooking gear and techniques to make (and eat) a delicious meal.
Archery	Archery Range	BOC Staff	Let your inner Katniss, Merida or Hawkey out and shoot some targets at the Chimney Corners Archery Range. Dress warmly
Zumba	Arts Center, Dance Studio	Kim Conley	Zumba is an exhilarating and effective Latin-inspired dance fitness class designed so anyone -- dancers and non-dancers alike -- can do it! Using moves from Salsa, Merengue, Cumbia, Reggaeton and other dance forms, this class integrates the basic fitness principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. It's a blast! Come join the party!

12:30-1:30 pm Lunch is served at the Chimney Corners Dining Hall



1:45 – 3:15pm Saturday BLOCK C:

Session Title	Location	Presenter	Description
Sense of Place Discovery and Reflection	South Room	Erica Wheeler	Awaken your creative voice, uncover stories and find connections that help you make more sense of your life through the lens of place. Erica's simple yet powerful approach evokes memories, stories and meaning that you never knew had inside or had long forgotten. Enjoy a journey through nature, history and place. Gain a fresh perspective on your past, present and future. For all levels of experience, from the perpetually curious to the published author. Bring a journal, pen and shoes to step outside for a quick reflective practice.
Introspective Improv	Main Arts Center	Susan Blauner	Susan Blauner joined an improvisational acting group one year ago and finds delight in the freedom, laughter, creativity, teamwork and general mayhem improv can bring to a room. She's excited to share this experience with you.
Science on Tap The science of music and what sounds good	North Room	Simon Schreier	Why do we like what we like? Is there some innate quality of music that determines what sounds good and what doesn't? Together with Naturalist Simon Schreier, we will explore the world of sound, from the simplest sine wave to the complexity of a symphony. In this interactive, engaging presentation you will ride a sound wave, analyze our vocal fingerprint, and answer the age-old question: what's the similarity between the Beatles and a whale?
Cross Country Skiing for Beginners	Lower Arts Center, Room 2	BOC Staff	If you have never Nordic Skied before and want to try out this ancient and graceful snow sport, come on out for a lesson with our skiing queens!
Nature Poetry	ELC	BOC Staff	We will explore poetic devices and themes in classic nature poems from around the world. Then, using the world outside our window as inspiration, we will work on our own nature poems. At the end, if there is interest, we may share what we have written, and collect feedback
Broomball	Big Top outside DH	BOC Staff	Its brooms and a ball and snow! How could that not be a ball of laughs! Get ready to move and play hard out in the snow!

3:15pm Snacks available in the Dining Hall



3:30 – 5:00pm Saturday BLOCK D:

Session Title	Location	Presenter	Description
"How I Stayed Alive When My Brain Was Trying to Kill Me"	North Room	Susan Blauner	Susan Blauner, MSW, LCSW, is the author of "How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention." She presents seminars designed to destigmatize mental illness and empower individuals and families affected by mental disease. Susan trains healthcare practitioners, emergency personnel, teachers and VA providers about patient-centered care and the nuances of living with mental disease and suicidal ideation. Susan's Book will be available for purchase in the Dining Hall Saturday after Dinner
Aerial Yoga for All Levels	Main Dining Hall	Jill Fleming	Suspension Supported AERIAL YOGA combines traditional yoga poses done on the floor with a fabric "swing" suspended from above. In aerial yoga, the body weight is distributed between the hammock shaped swing and the floor. Many practitioners enjoy working with the hammock because it relieves pressure on the joints, especially the spine. Hanging in the swing also increases core strength and introduces an element of play. Transitioning in and out of yoga postures with the use of a swing prop improves balance and increases overall strength. Inversions are accessed safely and easily. Resting in the yoga hammock heightens relaxation for an overall balanced effect. * Please read contraindications to inverting before participating.* Sign up Required. Limit 8.
Winter Tree Elixirs & Sachets ~ Evergreen Wild Crafting	South Room	Dan of Tamarack Hollow	Participants will learn how to identify Balsam Fir and Red Spruce collected at Tamarack Hollow Nature & Cultural Center and will wildcraft White Pine and Eastern Hemlock outside at the workshop. Learn how to make and take evergreen sachets, wildcrafted herbal tea and spruce tip sugar and salt! Sign up Required. Limit 15.
Strength and Balance	Arts Center, Dance Studio	Kim Conley	Using the principle of resistance, body sculpting helps to strengthen muscles, bones and joints, important for overall physical health and well-being. This is a balanced workout that targets upper body, lower body and core. Diverse modifications help each students of all fitness levels achieve results.
Minute-To-Win-It	ELC	BOC Staff	Come deep belly laugh and be silly. With short outrageous activities that are quick to participate in and hilarious to watch. Bring a friend and have a blast!



3:30 – 5:00pm Saturday BLOCK D cont.:

Session Title	Location	Presenter	Description
Breathe In, Bliss Out: A Workshop in Conscious Relaxation	Manor Lounge	Meredith Hutter-Chamarro	<p>Loaded with adrenaline and stress, most of us can easily accelerate from 0-60 in a heartbeat, but do you know how to decelerate from 60-0 effectively without crashing? Skillful recovery makes a lasting impression on your performance-driven body. Recovery is maximized by uncovering and re-patterning chronic stress in your diaphragm and respiratory muscles. This experiential workshop breaks down the mechanics of down-regulation before your body has a breakdown. Explore simple, effective, and innovative techniques for "hacking" your nervous system to improve resilience and create conditions for deep healing. You will unbind muscular tension, relieve anxiety, and master the art of "Blissing Out." encouraging self-reflection. One's sankalpa will permeate through every inch of the body through some very gentle movement, breathing, and meditation. Harmonize your body, mind, and spirit to find more meaning in your life.</p> <p>All levels truly welcomed and accommodated. No experience with yoga necessary.</p>
Extended Snowshoe hike to Camp Becket	Meet in Lower Arts Center classroom 4	BOC Staff	<p>Throw on some shoes, snowshoes that is! Join in an invigorating hike (a little over 1 mile each way) over the inter-camp trail to Camp Becket. Check out frozen Rudd Pond and the majesty of an untouched area in the winter at the historic boy's camp.</p>

5:30 – 6:30pm

Golden hour! Relax, take a hot shower, have a siesta **OR.....**



5:30-6:30pm Golden Hour Activities:

Session Title	Location	Presenter	Description
I'm ready for spring, how about you? Lets Craft!	Lower Arts Center, Room 3	Diane Burke	Come make a Speckled Robin's Egg Mason Jar. We will paint a jar and speckle! It will remind us that spring is sort of around the corner. The finishing touch of Baby's Breath on the rim will have you thinking of April and May. \$5 Materials Fee. Sign up required. Limit 11.
Extended Snowshoe hike to Camp Becket (Continued)	Meet in Lower Arts Center classroom 4	BOC Staff	Throw on some shoes, snowshoes that is! Join in an invigorating hike (a little over 1 mile each way) over the inter-camp trail to Camp Becket. Check out frozen Rudd Pond and the majesty of an untouched area in the winter at the historic boy's camp.
Sauna	Sauna	BOC Staff	Take the opportunity to sit in the warmth and relax your muscles and your mind after a long day of doing and learning.

6:30pm Women's Wellness Banquet Dinner- Feel free to dress up or not while you enjoy a fabulous dinner with new and old friends!

7:30-7:45pm January 2019 Women's Wellness Group Photo in Dining Hall

7:30 – 8:30pm Post-dinner programming:

Session Title	Location	Presenter	Description
Sauna	Sauna	BOC Staff	Relax after dinner in the warmth of the sauna. Bring your own towel, full water bottle and layers for in and out of sauna!



Drumming for Wellness!	South Room of Dining Hall	Aimee Gelinias	Experience ancient drumming from Africa, the Caribbean and beyond with traditional instruments such as the djembe, conga, and shekere. Learn traditional rhythms and chants that honor the natural world and have fun making music together in this joyful community experience
Night Experience	Meet Outside the North Side	BOC Staff	Experience the night like never before! This guided hike will explore how humans and animals have adapted to survive in the dark, and will also include some awesome science experiments and star gazing. Dress warmly!
Indoor Climbing Wall	South End of Dining Hall	BOC Staff	Rock climbing is one of the best exercises you can do to support cardiovascular health and well as strength conditioning. Join our certified, friendly staff and try climbing on our indoor wall.
Ruth Bader Ginsburg Documentary Showing	North Room	BOC Staff	Come cuddle up on the couches with popcorn and explore how Ruth's early legal battles changed the world for women. <i>"What makes it memorable is its portrait of a woman with an exceptional intellect, to be sure, but also a lifelong capacity for staggering amounts of minutely detailed, unswervingly purposeful work."</i> Joe Morgenstern - Wall Street Journal

8:30~10:00pm

Session Title	Location	Presenter	Description
Contra Dance	Main Arts Center	Dela Murphy and Band	1.5 hours of social dancing taught with live music! Participants should wear soft-soled shoes, clothing they can sweat in, and a full water bottle.
Bonfire	Chimney Amphitheatre	BOC Staff	Sit under the stars by the fire; enjoy the company of old and new friends, Singing, story-telling and general merriment is encouraged. S'mores ingredients and hot cocoa will be provided.
Sauna	Sauna	None	Sauna is available but no one will be tending it. You may use it, stoke it but please close the door to the stove and to the sauna building when you leave for the night.

11pm – 6am

Quiet hours in Lodges



SUNDAY

6:30-7:45am Pre-Breakfast Sunday:

Session Title	Location	Presenter	Description
Reflective Snowshoe Hike	Lower Art Center, Classroom 4	BOC Staff	Experience your thoughts and the sights and sounds of Smith Pond in quiet during our Reflective Hike. As you travel into the forest, take this rare opportunity of quiet to reflect on your goals for the weekend, appreciate the natural world, and contemplate the way noise and talking affect our everyday emotions.
Morning Sauna	Waterfront	BOC Staff	Start your day the Finnish way! Come out of the cold and into the fragrant warmth of our cedar sauna on Smith Pond as the sun peeks over the pines.
Wake Up with Cardio	Dance Studio	Liz Saunders	Fitness Class "Challenge Accepted" is a mix of cardio and strength focus using body weight and Tabata or interval style training and dancing - this class is for ACTIVE people. Of course any age or level can attend and modifications can be made but I am putting an emphasis on the <i>busy style</i> of the class - there is A LOT of moving!!

8:15am Breakfast! Eat up – we still have a big half-day ahead

9:00 – 10:30am Sunday BLOCK E:

Session Title	Location	Presenter	Description
Aerial Yoga for All Levels	Main Dining Hall	Jill Fleming	<p>Suspension Supported AERIAL YOGA combines traditional yoga poses done on the floor with a fabric "swing" suspended from above. In aerial yoga, the body weight is distributed between the hammock shaped swing and the floor. Many practitioners enjoy working with the hammock because it relieves pressure on the joints, especially the spine. Hanging in the swing also increases core strength and introduces an element of play. Transitioning in and out of yoga postures with the use of a swing prop improves balance and increases overall strength. Inversions are accessed safely and easily. Resting in the yoga hammock heightens relaxation for an overall balanced effect. *</p> <p>Please read contraindications to inverting before participating.*</p> <p style="text-align: center;">Sign up Required. Limit 8.</p>



Cross Country Skiing	Lower Arts Center Classroom 2	BOC Staff	If you have never Nordic Skied before or if you grew up kicking and gliding, come on out for a ski around our beautiful Campus.
Sugar, Cravings, and Emotional Eating! Can You Relate?	Manor Lounge	Nicole Aganos	This is an eye-opening workshop where each participant will have the opportunity to assess which areas of their life may be contributing to unhealthy eating habits or weight gain! You will learn about why other aspects of your life (and not just your food) may be the cause of your weight gain. You will leave our workshop with realistic individual goals to start making simple but powerful changes today! This is a fun and interactive experience for all.
Mindful Minute Meditations: A Sampler of Five Meditation Techniques	North Room	Tracy Foster	Do you want to experience less stress and more ease? Would you like to feel more grounded and balanced? If so, come learn five different one-minute meditations. In just 60 seconds of mindfulness practice, you begin to cultivate a more connected, clear, easeful and calm presence. Please bring a journal and pen, if you have them.
Nature Poetry	South Room	BOC Staff	We will explore poetic devices and themes in classic nature poems from around the world. Then, using the world outside our window as inspiration, we will work on our own nature poems. At the end, if there is interest, we may share what we have written, and collect feedback

10:45am – 12:15pm Sunday BLOCK F:

Session Title	Location	Presenter	Description
Mat Pilates	Art Center, Main Room	Kim Conley	Mat Pilates is a method of building muscular strength, flexibility and coordination through low impact exercises designed to move the body through all planes of motion using the muscles of core stabilization – aka the Powerhouse muscles – to generate movement. This is a full body workout which is challenging, but fun, with diverse modifications so students of all fitness levels can feel successful.
Giant Swing	Meet Outside South Room	BOC Staff	Brave the cold and the heights and challenge yourself on a fun element of the Chimney Corners Ropes Course. Come at the beginning of the session for a safety briefing and bring your friends because they are the ones that haul you up to the top of the swing!



Easy Morning Relaxation with Jazz	North Room	Liz Saunders	Come enjoy a warm fire, bring a book, a cup of tea or something to knit while listening to the vocals of Liz Saunders. Her versatile voice can capture the original artist styles of Jazz, Country, Broadway, The Big Band Era and Pop.
Ice Fishing	Meet at Entrance of Dining Hall	BOC Staff	Come join us on the ice with a warm fire, hot drinks as we learn how to cut ice, set lines and catch some fish in Smith Pond! Bring warm layers

10:45am – 12:15pm Sunday BLOCK F cont.:

Yoga Tune Up® Therapy: Upper Body Tension Tamer	Arts Center, Dance Studio	Meredith Hutter Chamarro	<p>Using a combination of self-massage with Yoga Tune Up® Therapy Balls, corrective exercises, and gentle yoga, you will learn to dissolve the habitual tension you carry in your upper back, neck, shoulders, and arms. Correct your posture while eradicating pain and feel years younger! Every BODY welcome, appropriate for all levels of fitness and experience.</p> <p>Please dress in comfortable, form-fitting clothing, such as you would wear for yoga class!</p> <p>Yoga Therapy Balls will be on sale after this workshop.</p> <p>Sign up required. Limit 20.</p>
Is Stress Making You Sick?	Manor Lounge	Nicole Anagnos	<p>It is now believed that 80-90% of all disease is stress related. We are stressing our bodies every day and not even realizing it! In this workshop participants will discover simple ways to decrease stress in the body, as well as wellness techniques to prevent illness. This is a fun class and you will leave with a new perspective and the tools you need to be proactive in your health!</p>

12:30pm Lunch! Enjoy your final feast with us.

1:15–1:45pm Store is open! Last chance to grab some Berkshire Outdoor Center apparel to commemorate your favorite weekend of the year! Credit cards, checks or exact change only, please.



**1:45-
3:00pm**

Final Activity Block: If you want to hang out just a little bit longer, our staff will be offering the following activities:

Session Title	Location	Presenter	Description
Tubing	Tubing Hill Behind Apple Blossom Ranch	BOC Staff	Join in the fun tubing down our hill for some good ole' fashioned fun! Wear warm clothes that
Indoor Climbing Wall	South End of Dining Hall	BOC Staff	Rock climbing is one of the best exercises you can do to support cardiovascular health and well as strength conditioning. Join our certified, friendly staff and try climbing on our indoor wall.



LOCAL ATTRACTIONS: Per popular request, we've included a short list of area attractions if you are interested in exploring the local Berkshires!

Canterbury Farm 1986 Fred Snow Road, Becket, MA

Canterbury Farm, located just 5 minutes from Chimney Corners is open to the public and offers options for more advanced Nordic skiing as well as rentals and grooming for skate skiing. Women's Wellness has a deal where you can ski for free when you mention that you are a participant in our Women's Wellness Weekend program! Bring your own gear or borrow from BOC or pay for rentals at Canterbury. Sign-in at the main office when you get there!

Becket General Store 3235 Main Street, Becket, MA 01223

In need of a newspaper, Advil, or wine re-stock? Looking for some basic groceries to tide you over until dinner? Do you need an ATM to get cash out? This local hot-spot offer general convenience items, as well as hot grill and pizza options if you're in need of a mid-day snack!

Lee Premium Outlets 17 Premium Outlet Blvd, Lee, MA 01238

The Lee Outlets is home to over 60 retail stores.

Moe's Tavern 10 Railroad St, Lee, MA 01238

This bar offers a wide range of high quality, unusual beers, as well as a local package store where you can pick up a 6 pack of your new favorite beer to bring back to Women's Wellness!

Red Lion Inn 30 Main St, Stockbridge, MA 01262

In operation for over 240 years, the Red Lion Inn offers lunch and dinner menus, as well as guest lodging for visitors in the Berkshires.

Norman Rockwell Museum 9 MA-183, Stockbridge, MA 01262

Home to the largest collection of Norman Rockwell art, including paints from the *Saturday Evening Post* and *The Four Freedoms*. Museum also includes visiting exhibitions of other artists.

Mass MOCA 87 Marshall St, North Adams, MA 01247

The Massachusetts Museum of Contemporary Arts is host to numerous exhibits of visual and performing arts.

Ski Butternut 380 State Road, Route 23, Great Barrington, MA 01230

Ski Butternut offers 110 acres of skiing over 22 downhill skiing and snowboarding trails



BERKSHIRE OUTDOOR CENTER

SAFETY ORIENTATION & EMERGENCY PROCEDURES

EMERGENCY - CALL 911

- Give your location to the 911 operator (Chimney Corners Camp)
- Call **BOC EMERGENCY PHONE: (413) 679-1088**
- If no one answers the emergency phone, do not leave a message. Keep calling until someone answers.

URGENT (NON-EMERGENCY) - CALL STAFF

- **DAY:** Between 8:00 AM - 10:00 PM, dial your host **Kayleigh - (603) 454-4189**
- **NIGHT:** Between 10:00 PM - 8:00 AM, dial our **Overnight Host - (413) 464-3230**
- If the Overnight Host is unavailable, please call **Kayleigh - (603) 454-4189**

SIRENS - GO TO THE DINING HALL

- Siren means a large-scale emergency – including severe weather or a missing person
- Go to Dining Hall immediately
- Take attendance and report full attendance or absences to staff
- Wait for instructions; do not leave Dining Hall

AIR-HORN- SEEK DESIGNATED TORNADO SHELTER

- Air-horn means a tornado warning has been issued
- Go to one of the following buildings immediately: Dining Hall basement, Arts Center basement, or any washhouse

- Remain in shelter until your group's leader has been contact by a Berkshire Outdoor Center staff

THUNDER - SEEK SHELTER INDOORS

- Go inside the nearest building immediately
- Start timing. Do not leave the building unless 20 minutes pass without thunder
- If thunder occurs within 20 minutes, the timer must be reset for another 20 minutes
- Stay away from windows, electric devices, telephones and water

OTHER INFORMATION

- No unauthorized use of Restricted Access Areas – Challenge Course, Waterfront/Boating, Archery
- Smoking is not permitted
- Children must be supervised at all times
- We do not provide medical care. Our staff carry Band-aids and basic supplies only

PARKING AND BOUNDARIES

- Camp boundaries and RAA are indicated on the attached map
- Park in designated parking areas only (map attached)
- Cars are not permitted on internal camp roads

