

Welcome to the 35th Annual



August 7-11, 2024

We are delighted to welcome over 60 women to the beautiful Mendocino Woodlands this year! We are looking forward to the blessings of your presence, your energy, your talents and knowledge. It is the *women* who participate in the festival, women of many different spiritual paths, that make it the magical event that it is. Some activities and traditions are tried-and-true favorites, some may be new experiences; let us all meet together with respect, open hearts, and kindness.

This document is jam-packed full of important and useful information! We have received your registration, and we want to give you some pointers to help you prepare for a wonderful experience at the festival. Please peruse carefully, and familiarize yourself with the guidelines, rules, and suggestions. If you are making payments and are not sure of your balance due, please contact our Treasurer/Bookkeeper, Stacey, 415-244-4230. Payments mailed **must** be received no later than August 1. Any payments made at the door must be CASH ONLY.

Registration Check-in is available **FROM 3:00 PM to 8:00 PM** on Wednesday,
and from 9:00 AM to 8:00 pm on Thursday.

If you will be later, please make arrangements to spend the night in town (either Mendocino or Fort Bragg), and head in to camp first thing in the morning.

PLEASE NOTE: There is no phone, cell service or internet access in the campground.

See page 8 for **emergency** contact info.

Before you leave home/ what to bring

Essential

warm sleeping bag	walking shoes	non-aerosol bug repellent
warm jacket	towel	personal medication
clothes for 45¢ - 85¢	toilet articles, soap, etc.	Pillow
bedding for cabin	flashlight, fresh batteries	

Useful

tent – if camping	sunscreen	***cash / checks for shopping, donations, body work, etc.
air mattress or pad	watch/clock	Notebook/Journal
extra blankets	ear plugs	water bottle
*folding chair or cushion	shower shoes	
**battery operated lamp	extra COVID tests	

Optional

drums	Photos or mementos for Ancestor Altar	Books to share for the “Pearls of Wisdom” table
musical instruments	Treasure Table donation	stuff for workshops (see descriptions)
camera	Silent Auction donation	altar items, ritual tools
yoga mat	Special items for the Elemental Shrines	ritual clothing
tape or CD player	Special items for the Dining Hall Altar	Wine to share
swimsuit		
pajamas		

* Some of the workshops take place in the woods, on the ground.

** Cabins are under a canopy of trees, and do not have lighting. No electricity is available in the camping areas.

*** There is no internet access, no Paypal, Venmo or Zelle. Please bring cash for massage, treasure table, silent auction, and vendors.

Reminder: There are no drug stores nearby, so bring all the soap, shampoo, toothpaste, menstrual supplies, and toiletries that you will need for the duration of the festival. Also, check out the workshop descriptions to see if you need to bring something special.

Before you leave home, we highly suggest that you take a COVID test. Everyone will be tested upon arrival, and we would hate for someone to take the drive, only to be turned away due to a positive test. More about this below.

Getting To Mendocino

From San Francisco/Santa Rosa to Mendocino: (4-5 hours) Take Hwy 101 North to Hwy 20 in Willits. Turn left [west] onto Hwy 20, take the 20 to Hwy 1. Take Hwy 1 South to Mendocino.

OR

Some people think the safer route is: 101 North to Cloverdale, just north of Cloverdale, take Hwy 128 West. Hwy 128 West ends at the junction with Hwy 1 North, which goes into Mendocino without any turns.

From Sacramento to Mendocino: Go North on I-5 to Hwy 20 (near Williams). Go West on Hwy 20 to Hwy 101. Take Hwy 101 North to Cloverdale. Take Hwy 128 West. Hwy 128 ends at the junction with Hwy 1 North, which goes into Mendocino without any turns.

From Eureka area: Take Hwy 101 south to either Hwy 1 or Hwy 20. When you get to Fort Bragg, follow Hwy 1 south to Mendocino.

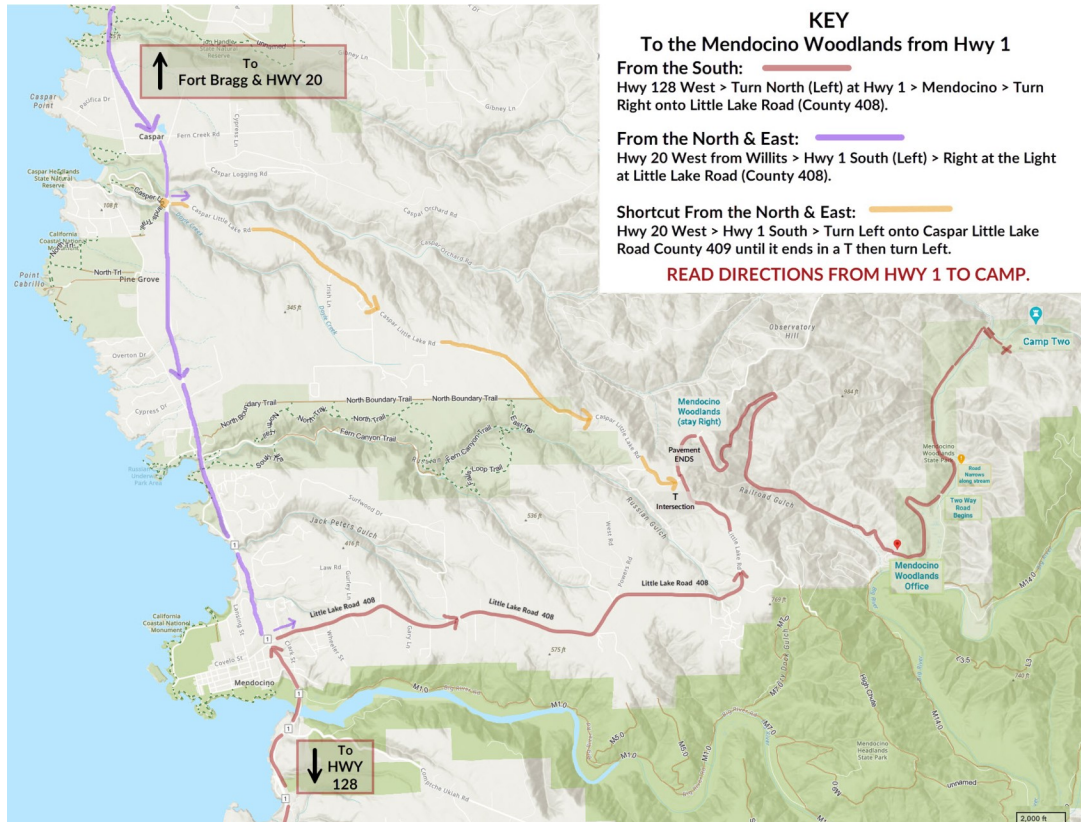
From Clearlake and Williams area: take Hwy 20 west to Hwy 101. Go north on 101 to Willits, then left (west) on Hwy 20 until it dead ends at Hwy 1. Turn left on Hwy 1 South, proceed to Mendocino.

Public Transportation/Carpooling: There is no public transportation to the site. Let's consider the environmental health of the Woodlands and carpool among friends where possible. You can also request and offer rides on the Elderflower face book page.



Getting to Camp

New this year: We have a map! Special thanks to Naomi Copperjet!



For a larger, printable version, please go to <https://elderflower.org/map-to-woodlands>

From Mendocino to Camp: (at least 30 minutes) From Hwy 1, turn (East) onto Little Lake Road/County 408, there is a stop light at that intersection. Drive 6.2 miles on the paved road. You will pass a T intersection with County 409 (Caspar Little Lake Road). The pavement ends about .5 miles after that intersection. Shortly after that look for a "Y" intersection. There is a sign pointing to the Woodlands. See below for Directions from 408 to Camp Two.

Alternate (shorter) Route when coming from the North via Fort Bragg or Hwy 20: After the intersection and signal at Hwy 20 and Hwy 1, travel South (left) on Hwy 1 for about 2.25 miles. After the Caspar turn off, watch for a short bridge (Caspar Creek) and just after that, you'll see the sign to County Rd. 409, turn left onto 409 (Caspar Little Lake Road). (Note if you miss the turn off just travel a few more miles south to Mendocino and turn Left onto County 408 - Little Lake Road.) Follow 409 until it dead ends at Little Lake Road (County Rd 408). Turn Left on 408. After that the directions from 408 to Camp Two are below.

From 408 to Camp Two: The pavement ends about .5 miles after the T intersection of 409 and 408. Shortly after that look for a "Y" intersection. There is a sign pointing to the Woodlands, bear right onto the dirt road and drive about 3.3 miles to the entrance to the Woodlands. Be patient - it takes longer than you might think to travel those 3 miles. You'll see the office on the left and turn in there. From the Woodlands entrance, follow the signs to Camp Two, about 2.8 miles. The road through the campgrounds is a one lane dirt road. Drive very slowly and carefully. There may be campers in Camp One or Camp Three and driving slowly helps keep the dust down. The road before Camp Three narrows due to recent erosion (2024). Camp Two is at the end of the road. Watch for the Dumpsters on the right. Just after that is a right turn onto a narrow wooden bridge over the creek. Stop at the first building and park temporarily to take the COVID test before entering Camp Two.

Be prepared for a total of about 6 miles of dirt road. There will be Goddess-inspired breadcrumbs visible as you drive.

After you arrive at the Gatehouse / COVID Policy:

Please arrive **after 3pm on Wednesday** to allow previous campers to exit, as well as camp setup.

In hopes of having a completely healthy festival, our COVID policy is fairly strict. Stop at the Gatehouse , after you have navigated to Camp Two, and take a COVID test. Please do not hug anyone until you receive your test results. If you test positive, you may not stay, and you will be asked to leave immediately. You will be refunded your monies after the festival. If you have extra COVID tests you can donate to the festival, please contact Suzanne (510-331-7095 or suzanne@usabilityinsights.com), and thank you for your graciousness!

Check-in and Community Service

After you pass the COVID-19 test with flying colors, one of the Official Parking Fairies will help you to park (temporarily if needed), so that we are not all haphazard, and so we can maximize the use of our parking allotment. After you park, you head towards the Check-in tent, which will be located in front of the Dining Hall.

Before you go into the Check-in tent, you will need to sign up for your Community Service. The On-Site Community Service Coordinator will help you sign up for a task best suited to your abilities and available times. We will have the big printed schedule there, so you'll have a chance to see what workshops are happening when, before you decide on your Community Service task and time slot. There are lots of things to do! The CS Coordinator (and team) will be there to explain what each job entails, again, from Wednesday afternoon until everyone has arrived.

After you have signed up for Community Service, you will go into the Check-in tent, where there will be two trained volunteers. Please have your car license plate number for check-in. You will sign a couple of release forms, and you will receive your Program, your cabin assignment, a map of the camp, and much love and enthusiasm.

After you have checked in, it's time to unload. The space in front of the dining hall may be used as a **temporary loading/unloading zone**. Once you have checked in and unloaded your car, please park in authorized parking spaces as soon as possible so that others may also use the space to unload. Fire regulations require that no one park on the road, and all cars must park facing outward. The parking Fairies will help you! The parking spaces in front of the dining hall are reserved for the merchants and the disabled. Community volunteers are available to help those with mobility challenges get their belongings to their cabins.

Accommodation and Camping Facilities Information

Accommodations: the Woodlands cabins, famous for their rustic charm, contain metal cots with bed boards and 2" thick mattresses. You may want to bring a foam pad or air mattress to help soften the bed, in addition to your sleeping bag and/or sheets and blankets. The cabins also have cedar lined closet space, which makes all your ritual clothes smell terrific. Many women let the Goddess inspire them, and decorate their cabins, both inside and out. Nothing permanent, please! This year, we are pleased to announce that we will have the first annual Cabin Decorating Contest!

There is also plenty of space to pitch tents. The Woodlands has a few requests with regards to setting up tents at the festival. First, there is to be no camping in the floodplain of the creek. Second, **due to damage to the redwood trees, they ask that we refrain from setting up tents at the base of redwoods.** Stay clear 6' from base of trees. Redwood trees have a very shallow root system that is designed to collect water that drips down from the fog-drenched leaves. They are susceptible to damage when the earth above them is compacted from walking or sleeping on the ground above them.

Water/Bathroom Facilities: Currently filtered water is being provided for drinking. The camp is equipped with flush toilets in separate buildings up the hill from the cabins. There are shower facilities in the bathroom above the dining hall. These facilities are on a septic system, so please take short showers. There is a portable toilet available for those with mobility issues. **If you are able to walk up the hill, DO NOT use the portable toilet due to its limited capacity.**

Fire Safety: Due to the danger of fire, there are restrictions on open flames. Cook fires/stoves, **candles**, and non-battery powered lanterns are not allowed in the campground or cabins. No smoking of any kind is allowed in the cabin/camp area.

Smoking: The smoking area is next to the Gatehouse. If you smoke for medicinal reasons, please be considerate of our Clean and Sober sisters. This includes vaping or electronic cigarettes or pens.

Climate: It gets chilly at night. You will need a warm jacket, a warm sleeping bag and/or extra blankets. During the day, however, things can be quite tropical. Best thing is to bring layers.

Pets: Pets are forbidden by the Mendocino Woodlands and state law. The only exception is for service animals. Please notify us in advance if you will be bringing a service animal. We also suggest bringing documentation, to avoid any potential misunderstandings.

Swimming: A small creek runs through camp, but is usually too shallow for swimming. There is a swimming hole about a 10-20 minute walk from the dining hall. No lifeguard is on duty.

Lyme Disease: Lyme Disease is a serious disease which can have lasting effects. It is transmitted by the bite of some ticks. Bring insect repellent, and long pants for hiking.



Phone Service: There is NO cell phone service in the campground. The numbers below may be given to family/friends, in the event they need to contact you:

Mendocino Woodlands Main Office: 707-937-5755

[weekdays 9:00 AM – 4:00 PM, weekends – closed]

Emergencies only – Camp Two Kitchen: (707) 937-2928

Breaking Bread Together

Meals: There are three catered meals per day. There are three meal plans: Vegan, Vegetarian and Omnivore. Our cooks will accommodate for Gluten and Dairy free meals for those with allergies. If you did not make a note on your registration form, please contact the council immediately at info@Elderflower.org and let us know. If you have specific dietary restrictions or special needs, bring some supplemental food. A small amount of refrigerator space is available for those with special dietary needs. There is no place for cooking so bring prepared food.

Approximate meal times: breakfast 8:00 – 9:30 AM, lunch 12:30 – 1:00 PM, and dinner 6:00 – 7:00 PM. After 9:30AM, there is no hot breakfast; a cold buffet will be available. Bring snacks if the meal times are not right for you. The Woodlands policy is that no food may be stored in cabins or tents or vehicles, due to wild animals including skunks, civet cats, bears, and raccoons. Extra food can be stored in the Dining Hall and Refrigerators. EWF is not liable for any damage to your car caused by stampeding bears.

Friday Dinner is early due to the main ritual. A light repast will be set out in the late evening, for women who would like a snack before bed.

Elderflower Specific Activities and Information

Community Meeting: Our annual Community Meeting will be held on Thursday evening in the Dining Hall, at 7:00. We encourage everyone to attend – this is your chance to speak out and provide ideas and feedback. We want everyone's voice to be heard, and this is a great way for everyone to be part of the community.

12 Step Meetings: 12 Step meetings will be held daily 9:15 AM to 9:50 AM (excepting Sunday) on the porch of cabin #8 behind the dining hall. Books and pamphlets will be available. You are welcome to bring a chair otherwise mats are provided. The porch is also available for impromptu 12 step discussions and support.

Alcohol: To support our Clean and Sober sisters, no alcohol of any kind is allowed in the Dining Hall. A separate tent will be set up, so those who wish to imbibe (alcohol only, please) may do so. Sharing is encouraged but not required.

Photography: If you bring a camera, **please make sure you have permission prior to taking pictures of other festival attendees.** Also, photos are taken during the festival for use in our publicity materials. At check-in, you will be asked to complete an Image Use Authorization Form; the purpose of this form is to document whether or not we have permission to use your picture.

The Ancestor Altar: is a long-standing Elderflower Festival tradition. Under a grand redwood, we spread a blanket and place pictures and mementos, so that our departed loved ones (of any gender) may be honored at the festival. The altar will be curated this year by Alice and Christine, and will be located near the bridge on way to the Main Meadow. Bang the gong! The ancestors will hear you.

Open Air Market: Bring your shopping spree funds and take home wonderful and unusual delights from the Merchants' Open Air Market. You will see things you cannot find anywhere else. Remember, bring cash or checks. We still have room for women who want to set up a table! Just send a message to info@elderflower.org. **Vending will close on Saturday at 7pm. All vendors must be packed up by 9am Sunday.**

The Isis Pavilion / The Red Tent: this is a really comfy spot to gather, hang out, and chat. We will provide the tent, floor covering, a few hangings, and some cushions, but would love more sarongs and scarves and pillows ... and someone to set up the inside! Please let Kathleen know if you are willing to take on this task. It's a great gift to the community!

Talent Show: On Saturday night, we gather in the dining room to enjoy the unique talents of our sisters. If you have a song to sing, a poem to read, a skit to dazzle and delight, we are your captive audience! Listen for the announcement about signing up.



Fundraising: We have two fundraising opportunities during the festival, both of which benefit the Scholarship Fund and other Festival costs.

- **Silent Auction:** We would love your kind donations of new or like-new items, such as artwork, craft items, ritual clothing or tools, books, jewelry, or services such as massage or readings. Items may be dropped off in the dining hall upon your arrival at Festival. There is a form to be filled out for each item, including the retail value of each donation. The Silent Auction starts Thursday, and ends Saturday after lunch. Items must be paid for and picked up by Saturday dinnertime. Unsold items should be reclaimed by their donors.
- **Treasure Table:** our camp “yard sale”! Bring your unwanted but usable items, such as clothing, costumes, books, cd’s, costume jewelry, knick-knacks, etc. – one woman's junk may be another woman's treasure. Items will be placed on a table outside; when you find an item you like, place a donation in the collection box. To be clear – this is not a “swap meet” situation. Please kindly make a donation, if you find a treasure that you wish to keep. *NOTE: If your Treasure Table donations are not sold by the end of the festival, please take them home with you.*

New for 2024: Several new activities to enjoy!

The Resource Sharing Table: this is an opportunity for everyone to share pieces of wisdom, inspirational messages, magic tips, and experience with their sisters. We will set up a table outside the Dining Hall, with a big bulletin board and some index cards. This is where we will share books (to show and tell, not to give away), items, cards, memes, etc. The cards may have more recommendations of more books, music, even movies, crafts or rituals. The goal is to let other women see what has helped each of us on our magical journey.

Suggestion / Feedback box: outside the Dining Hall; just what it says it is! A locking wooden box, with cards to write on. Please feel free to submit your suggestions or feedback. You may put your name on the card, or remain anonymous. The box will be locked, and checked twice a day.

Elemental Shrines: at each of the Cardinal points, around the main gathering place in front of the Dining Hall, we will place elemental altars. These will be accessible to all, and you may visit with friends or by yourself. Each altar will have items pertaining to their Cardinal direction. For EWF purposes: East = Air, South = Fire, West = Water, and North = Earth. Please feel free to place your own sacred items around or on each of these altars – just make sure you pick them up again before Closing Ritual on Sunday!

Shrine for The Goddess: in one of the fireplaces in the Dining Hall, we will set up a permanent altar, dedicated to the Goddess, for the duration of the Festival. As with the Elemental Shrines, feel free to bring your own sacred items to add to this sacred space; please retrieve them before Closing Ritual. You may visit by yourself, for quiet time with Her, or with friends for group blessings.

Elderflower Womenspirit Festival Service

EWF is an all-volunteer organization, in service to the Goddess and to the community. The success and growth of that community depend on the time and efforts of the women who participate. There are a multitude of tasks, both large and small, that need to be done to put the festival on every year. All the cool kids are volunteering! Come join in the fun, and be an important cog in this amazing wheel.

We are also looking for two women to join the Council. This is a year-round commitment, and we focus on all the things, large and small, that need to happen to present the festival, and to make it better every year. Bear and Suzanne will be retiring from the Council at the end of this year's festival. **If you are interested in joining the Council, please let a council member know.**

2024 Council: Bear, Suzanne, CopperJet, Stacey, and Kathleen
Special invaluable individuals: Nancy W., J. Joy, Shanda,
and many more not mentioned....

Massages, Bodywork, Energy Work, and Psychic Readings: We are blessed to have FIVE bodyworkers and THREE energy workers with us this year! They will be setting up their stations outside the Dining Hall. Make sure to bring cash or checks, and speak with them directly about booking time.

Rituals

All ritual priestesses at Elderflower donate their time and energy. They are not paid to present; it is their gift to the community and their calling in service to the Goddess. All the Priestesses have worked very hard to design the rituals for us to all attend, so please be respectful of the Priestesses, your sisters, and the Sacred Space we will create together. *If you are interested in presenting a ritual at future Festivals, please let a Council Member know of your intentions.*

~Main Ritual~

Friday Evening

The Priestesses for the Main Ritual will be Coco and Rosesharon

“Our focus for the main ritual this year is collective healing and liberation. We will be invoking Lillith and her story of rebellion as well as Yemaya, mother of all Orishas, for both her fierce warrior energy and her gentle healing energy. Together we will raise powerful energy to send out to the world. We need each other now more than ever. “

~Croning Ritual~

Friday Afternoon

The Priestess for the Crones is Willowbrook

Crones are women of wisdom, age, and power. They embody all the wisdom gained through their experiences of the three phases of womanhood – Maiden, Mother and Crone. We will each progress into Cronehood as our lives continue. At Elderflower, any woman 56 years old (or older) who chooses to claim her status as a Crone is invited to attend a pre-Croning workshop in preparation for declaring herself a Crone at the Croning Ritual. The Ritual marks the beginning of a woman’s transformation into Cronehood, into the beauty and expression of her inner Crone wisdom and her deeper Crone understanding. The Crones also home a Gathering workshop (please see the Pocket Schedule for times and locations).

~Mother Ritual~

Friday afternoon

The Priestess for the Mothers is Christina S.

Mother Ritual of the Heart

Mother is not only a parent for a child, it is more broadly a stage of life that all women pass through as we transition between Maidenhood and the Crone years. This ritual honors the middle phase, where our power is somewhat developed and our creations are manifesting in the world. Our focus will be on the heart, a source of nurturance for our growing projects, ideas, children, and to bring holding and healing for ourselves and others. We will take this intention down to the river to make our offerings to Goddess. Let's remember the importance of what the heart offers, both gentle and strong, to carry us through all the roles that we play in life.

~Amazon Ritual~

Thursday afternoon

The Priestess for the Amazons is Donna

If you plan to participate in this ritual, please check in with Donna when you arrive at the Festival. More information will be in your Program.

~A Gathering of Maidens~

The Coordinator for the Maidens is Ashe

Ashe has several fun activities planned for the Maidens of Elderflower. Please check in with her when you arrive at the Festival.

~Opening and Closing Ritual~

Thursday afternoon and Sunday morning

The priestess for the Opening and Closing Ritual is Grace

In this opening and closing ritual, led by high priestess Firebird – Grace Walcott, we will be welcoming newcomers, exploring our connection to each other, and creating a container to call in goddess, ancestors, and other spirits we would like to welcome into our sacred space.

Our closing ritual will be offering gratitude and a blessing for this time together and preparing to go out into the mundane world.

Blessed be and see you at the rituals!

Workshops Offerings

Descriptions and a printable schedule for all workshops may be found on the website.

The days given here are suggested only, and are subject to change.

www.elderflower.org/workshops

Orientation and reintroduction to Elderflower – the Council and Cynthia

This workshop will be offered twice: Wednesday evening and Thursday afternoon.

Whether it's your first time at Elderflower, or you have been here for 20 years, this workshop is open to you. Different members of the Core Council will introduce the various traditions and tenets of the festival, some history, and some guidelines for navigating the festival.

“What Makes a Priestess?” – Kathleen, Naomi and others – Saturday afternoon
This workshop is part of the EPN track, and is open to ALL Elderflower women.
New for 2024 – the Elderflower Priestess Network program.

This is more of a moderated discussion than a workshop. It is open to all, but geared specifically towards those women who identify as Priestesses, or Spiritual Leaders, in their own communities, inside and outside of Elderflower. This is the start (or re-start) of the Elderflower Priestess Network program, and we request and welcome input from all. Our intent is to provide a network of women all over the state, and country, who will spiritually support each other all year around. We will discuss what defines us, what we feel we need in order to be the best spiritual leaders we can be. We expect the discussion to open up many avenues of communication! Each year, starting in 2024, we will offer four workshops that will directly pertain to the program, each representing a different element of study. Please see Naomi or Kathleen for further information.



Broomsticks for Riding and Ritual – Kathleen – Friday afternoon
This workshop is part of the EPN track, and is open to ALL Elderflower women.

Creating the Wet-Your-Pants-Funny skit for the talent show – Rita – Friday afternoon

Chants for Ritual Framework – Vicki – Friday morning
This workshop is part of the EPN track, and is open to ALL Elderflower women.

Crone Pre-Ritual Preparation~ Willowbrook – Thursday afternoon

Crone Gathering – Thursday morning

Deep Chanting for Opening and Grounding – Denise – Friday afternoon

Dreams for Elderflower Women – Nancy W. – Friday afternoon, Saturday afternoon

Drum Journey Circle – Naomi Copperjet – Saturday morning

The Elements Series: Air – Naomi Copperjet – Friday afternoon
This workshop is part of the EPN track, and is open to ALL Elderflower women.

Family Constellations – Christina Shonkwiler – Thursday afternoon

JD Memorial Girls' Softball Game – Alice – Saturday afternoon

Neurographs: A Visual Art Practice for Insight, Peace and Joy – Rosesharon – Thursday morning

Ritual Crafting 101 – Kathleen – Saturday afternoon
This workshop is part of the EPN track, and is open to ALL Elderflower women.

Sacral Release – Ashe – Friday morning

Stitch and Witch – Suzanne – Friday morning

Tai Chi for Arthritis and Fall Prevention – Vicki Mae – Saturday afternoon

Trauma-Informed Magic – Grace Walcott – Friday morning

“What Do I Need Today?” – J. Joy – Thursday morning

Write and read in the Redwoods with Rita! – Thursday afternoon

Yoga for Pelvic Floor Health for Women, an introduction – Denise – Saturday morning

Yoga Nidra – Vickie Mae – Saturday afternoon

Closing Ritual and Departure

We must exit the camp by 11am on Sunday, so the camp can be cleaned and made ready for the next group of campers. **No exceptions.** Please have your belongings loaded and your cabin cleaned out **prior** to Closing Ritual at 10am. There will be fines if we do not comply! Remember to drive slowly and majestically on your way back to the paved streets, so keep the dust down for the sisters in the cars behind you.

New friends, new workshops, new programs – this is going to be a year to remember, beauties! Please drive carefully, and we will see you at Elderflower!

Elderflower Womenspirit Festival Contact Information
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