

Fees

The cost is \$330/ couple for the weekend. This includes accommodations, meals, snacks and all fees.

Please note -- \$60 of your deposit is non-refundable after March 14

Financial Assistance

Past participants have donated towards this workshop and some subsidies are available.

If the cost of the workshop is a problem for you, please ask about a subsidy. We will do our best to see that suitable financial arrangements can be made for you.

Tasks

We would be glad to help with the following:

- Menu planning (6 meals plus snacks)
- Shopping
- Cooking some dishes in advance
- Picking Fran and Tony up at the train
- Taking Fran and Tony to the train

We need to confirm the space so please send your registration by March 10 to Signy Fridriksson at 233-8438 or email signy@fick.ca (please put "CE" in the subject line)

We request a \$100 deposit payable to Ottawa Monthly Meeting
91A Fourth Avenue
Ottawa K1S2L1

FACILITIES

The workshop will take place at **Wanaki** Bed & Breakfast and Retreat Centre, a quiet location on the Ottawa River near Luskville, Quebec. There is a lounge and fully equipped kitchen.

For your enjoyment, there are beautiful walking trails on the country roads or along the river, and a nearby pond for skating (weather permitting). Guests are welcome to use the hot tub/spa (bring your bathing suits!).

Couples will stay here or at a near-by B&B.

Wanaki has three private rooms with shared bath and one hide-a-bed in the lounge.
<http://www.bbcanada.com/612.html>

Les 4 Vents is two doors over. There are three rooms with private baths.
<http://www.bbcanada.com/655.html>

-- Rooms at these B&Bs have already been booked for the workshop.

Driving directions from Ottawa to Wanaki:

- *Cross the Champlain Bridge. Turn left at ch. Aylmer. (#148)
- *Go 6.4 km to Eardley Rd (also #148). (2nd lights after Tim Horton's) Turn right on Eardley Rd.
- *Go 16.4 km. to Le Spot (chip stand on right) and Bienvenue Restaurant (french fry motif - yellow 2x4s in boxes on left). Turn left here, at ch. des Dominicains.
- *Go 2.0 km. Turn left at ch. de la Sapinière. (see signs to Les 4 Vents & Wanaki)
- *Go 1.6 km. Turn right on ave. des Plages and go to end. Entrance off circle.

SCHEDULE

Friday, March 24

- 5:30 - 7:00 Registration, settling in, soup and sandwich supper
- 7:00 - 9:00 Workshop

Saturday, March 25

- 8:00 - 9:00 Breakfast
- 9:00 - 12:30 Workshop
- 12:30 - 2:00 Lunch, free time
- 2:00 - 5:00 Workshop
- 5:00 - 7:00 Dinner, free time
- 7:00 - 9:00 Workshop

Sunday, March 26

- 8:00 - 9:00 Breakfast
- 9:00 - 11:30 Workshop
- 11:30 - 1:00 Lunch
- 1:00 - 3:00 Workshop wrap-up

FOOD

Special diets can be accommodated.

Your fees will include all meals from Friday dinner to Sunday lunch. A food coordinator will set up a menu, shop and do some initial cooking. In order to keep costs at a minimum, everyone will be asked to help with meal preparation and clean-up.

There will be the opportunity to help with menu planning, shopping and/or cooking in exchange for reduced costs.

See you there!

Don't forget your bathing suits!