

SR-7A GW/Jeff TrailCrew Fall 2010

hosted by Shenandoah Lodge 258

Friday, October 15, 2010 - Sunday, October 17, 2010

Matthews Park in Clifton Forge, Virginia

\$25 per person

Name:		DOE	3:		
Address:		Unit	::		
City:	State:	Zip Code:			
Phone Number:	Email:		Circle One: Male	Fer	male
_odge Name:			Circle One:	В	٧

ORDER OF THE ARROW

Details on

SR-7A GW/Jeff TrailCrew Fall 2010

hosted by Shenandoah Lodge 258



When?

October 15-17, 2010

Registration begins at 5:00 pm on Friday; event ends approximately 2:00 pm on Sunday.

Where?

We will be camping at Matthews Park in Clifton Forge, VA. From there, we will travel to the work site on Saturday and Sunday mornings.

How much does it cost?

The fee for the weekend is \$25 per person which covers food (Fri. & Sat. crackerbarrels, Sat. & Sun. breakfast, Sat. & Sun. lunch, Sat. dinner), insurance, and a patch. You can sign up using the registration form enclosed. Additionally, each participant needs to complete and submit the health history form which is also enclosed.

Who can attend?

Any Arrowmen in good standing from Nawakwa, Tutelo, Shenandoah, Shenshawpotoo, Wahunsenakah, and Blue Heron lodges. We hope that all six lodges will be represented. Additional registration forms can be downloaded from www.shenandoahlodge.org.

Why?

"...to help other people at all times..." Plus, there was some trail work still to be done after Arrow-Corps5 in 2008 and section SR-7A made a commitment to help complete the trail work.

How should I pack?

Each Arrowman should plan on providing their own tent and sleeping bag. Pack as you would for a regular camping trip. We will be camping at Matthews Park in Clifton Forge, VA which does have water and bathrooms. Food for the weekend is included in the cost.

What additional tools should I bring?

Each Arrowman needs to bring work boots, leather gloves, long sleeve shirt and pants (for working) and water bottles. We recommend you bring a day pack as we will be eating lunch on Saturday and Sunday along the trail. The tool of choice is reported to be the *mattocks*, so if you have one to bring along, please do so! Additional tools and the required bump hats and eye protection will be provided.

What is our goal?

The goal of the weekend's work is to complete a section of trail for the US Forest Service. The trail has been roughed in, but the finishing work is what we will be completing.

What if I have questions?

Contact Shane Eppard at 434-825-5460 or <seppard@cfw.com>.

How do I register?

All registrations are being handled by Shenandoah Lodge (Stonewall Jackson Area Council) so that they may properly plan for food and supplies. To register, simply complete the enclosed registration form, health history form, and submit your registration fee to the Stonewall Jackson Area Council; Attn: GW/Jeff TrailCrew Fall 2010; PO Box 813; Waynesboro, VA 22980.

Class 1 Personal Health & Medical History

To be filled out <u>annually</u> by parent, guardian, or adult participant. Please print in ink.

Please include this completed form with your registration. All participants must complete a health history.

Identification:

Name				Date of Birth			AgeS	Sex	
Name of parent or guardia					Telephone				
Home address		_City			State2	Z ip			
If person named above is	not ava	ilable in th	ne event of a	n emergency	, noti	fy			
Name		Relationship			Telephone				
Name				Relationship			Telephone		
Name of personal physicia	an						Telephone		
Personal health/accident in	nsuranc	ce carrier_					Policy No		
Check all that apply, past	or pres	ent, to you	ur health his	tory. Explain	any "Y	'es" ans	wers.		
Allergies: Food, medicines	s, insect	ts, plants	Yes □	No 🗖	Ex	plain:_			
General Information : ADHD (Attention-Deficit	Yes	No			Yes	No		Yes	No
Hyperactivity Disorder	. 🗖		Convulsion	ons/seizures			Hemophilia		
Asthma			Diabetes				High blood pres	ssure 🗖	
Cancer/leukemia			Heart tro	uble			Kidney disease		
List any medications to be List any physical or behav long distances, or playing	<i>i</i> ioral co	onditions t	that may aff	ect or limit f	ull par	ticipatio	on in swimming, b	ackpacking	ı, hiki
List equipment needed su	ch as w	heelchair,	braces, glas	sses, contact	lense	s, etc.:_			
Immunizations: (Give date	of last	inoculatio	n)						
Tetanus toxoid			Measles				Polio		
Diphtheria			Mumps						
Pertussis			Rubella						
r el tussis									
I give permission for full particles of emergency, I under or next of kin). In the ever selected by the adult leader injections of medication for	nderstar nt I can er in cha	nd that even not be rea arge to se	A programs, ery effort will ached, I here cure proper	be made to by give my p treatment, in	conta ermis cludir	ct me (i sion to	f participant is an the licensed health	-care pract	itione

SR-7A GW/Jeff TrailCrew Fall 2010 Directions to Camping Area

Matthews Park 501 Alleghany Street Clifton Forge, VA 24422

- Travel west on I-64.
- Take exit 24 (U.S. 60 Bus E/U.S. 220 Bus S) towards Clifton Forge.
- At the end of the exit ramp, turn left onto West Ridgeway Street and travel approximately ³/₄ of a mile.
- Turn left onto 5th Street then turn left into Alleghany Street.
- Arrive at Matthews Park located at 501 Alleghany Street.



Approximate Travel Time to Matthews Park in Clifton Forge:

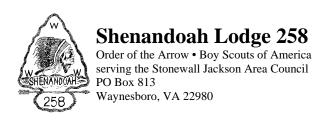
From:

• Newport News: 4.25 hours

Richmond: 3 hoursRoanoke: 1.5 hours

Virginia Beach: 4.75 hours

Waynesboro: 1.5 hoursWinchester: 2.75 hours



NON-PROFIT ORG. U.S. POSTAGE PAID Permit #56 Waynesboro, VA 22980

