

WHIDBEY INSTITUTE

Welcome To the Whidbey

Institute at Chinook!

In order to make your Chinook experience as pleasant and rejuvenating as possible, here are a few suggestions:

What To Bring

- **Flashlight** (It's very dark here at night!)
- Water bottle (to use throughout your stay~our fresh well water is wonderful right from the tap)!
- Good walking shoes
- Shoes that slip on and off easily (no shoes are worn in the Sanctuary)
- Rainwear
- Sunscreen
- Casual clothing
- Personal toiletries (including soap)
- Alarm clock (if needed)
- Phone card for long-distance calls
- Headphones for any personal DVD or CD players

What NOT To Bring

- Pets ~ We have a longstanding no pet policy. The Chinook lands provide a sanctuary for wild animals, and even dogs on leashes can disturb the natural habitat we strive to maintain.
- Perfumes or strongly scented toiletries
- Incense, Candles ~ Please do not burn candles or incense individually in any of the rooms or cabins. We also request that no incense be burned in the Sanctuary. Candles may be burned during group gatherings only, with the permission of facilitator- Please, never leave candles unattended.
- Consider leaving your cell phone at home! Coverage on the Chinook lands is generally poor. Bringing a long distance phone card will assure you of access to this service while you're here.

When You Arrive

Parking: As we have a very limited number of parking spaces, we strongly recommend that you carpool whenever possible. If you choose to drive, please observe these restrictions:

- We have three parking lots: the upper, lower, and outer lots. The upper lot is at the end of the driveway, closest to Thomas Berry Hall. The lower lot is located at the bottom of the hill before you reach the Hall. The outer lot is to the right just as you enter the gravel driveway on the way to Chinook, approximately 1/3 of a mile from the center.
- You may park in the upper lot to unload your luggage into carts to be carried to your cabin or the Farmhouse. If you are an overnight visitor, you are then requested to park your car in the lower lot for the duration of your stay.
- Granny's guests may park their cars in the Granny's parking lot next to the house.
- Please do not double park the upper lot so emergency vehicles may have access. You may double park in the lower lot, but please leave your keys in your car so it can be moved if necessary. If there is no room, you may park in the outer lot and shuttle onto the property.
- Because of fire regulations, parking on the side of the road is absolutely against the law and we must warn that you may be towed. Please park only in the parking lots.
- The *Reserved* spaces in the upper parking lot are strictly for staff and caterers. Please respect these spaces.

Luggage/Tents: If you have luggage or camping supplies to take to the Farmhouse, cabins, or Fern Meadow camping area, please park temporarily in the upper lot and use the carts provided to haul it in. The only exceptions are for catering vehicles and transportation for the disabled.

Camping: To preserve the natural quality of our lawns and meadows, only tent campers may stay overnight in Fern Meadow. Vehicle camping is prohibited.

Commonly Asked Questions

Will I be able to use my cell phone? Probably not! The terrain of Whidbey Island and the location of cell towers make it difficult (at best) to connect and sustain a call on the Chinook land. We suggest you turn off the cell phone when you arrive and enjoy a quiet, peaceful, uninterrupted visit!

Where can I make local or long distance phone calls? You will find a pay phone near the restrooms in Thomas Berry Hall. Phones are also located in the Farmhouse and at Granny's. A phone card must be used for long distance calls. Cabins do not have phone service and cell phone coverage, as we mentioned above, is spotty at best.

How can I send or receive faxes? The fax number at the Center is 360-341-3405. The fax machine is located in the Guest Services office at the bottom of the stairs in Thomas Berry Hall.

If someone wants to leave a message for me, what number should they use, and how will I get the message? Remember that cell phones usually do not work on the Chinook lands, so have an alternate plan for receiving messages from home. Calls may be received in both Granny's (360-341-7104) and Farmhouse (360=341-0969). Messages may be left on the answering machine in the Farmhouse. The Guest Services number at Chinook is 360-341-3404. The office is not always staffed and messages are not checked frequently after business hours. An alternate number during the day is the kitchen since there are normally staff members there during programs. This number is 360-341-3403. Emergency calls after hours may be referred to our 24 hour Resident Caretaker at 360-341-3153.

Can I send or receive email? There is a Macintosh computer located under the stairs in Thomas Berry Hall for guests to access the web. It is available for use during normal business hours. Thomas Berry Hall has wireless internet access in most areas of the building. If you have a laptop, the internet is accessible if you have a wireless notebook adapter card. The access code is mail.whidbey.com. Please do not ask friends or associates to send you messages via the Institute's email address. With our small staff we simply cannot take on this additional activity. Thanks for respecting this request.

Can I access a phone line if I brought my laptop? There are phones located in the Farmhouse and Granny's, however they are blocked to long-distance calls. Long distance dial-ups are permitted only with phone cards.

Is smoking allowed at Chinook? Smoking is allowed outdoors only.

Can I listen to music in my room? We love music here and include it in most of our programs. However, most visitors come to Chinook for the peace and quiet of being close to nature. Out of respect for this intention, please use headphones at all times – indoors or outdoors. Thank you.

Are children welcome? We welcome children to the Chinook lands but we ask that you designate an adult to be responsible for them at all times so they do not injure themselves or damage the property.

Can I pick the garden flowers or produce? We hope you will enjoy the flower and vegetable gardens as we do, but please check with a staff person before picking anything. Some flowers are too rare to pick.

Can I recycle cans, bottles, etc? We do recycle as much as we can, but it requires your cooperation to do it well. Please make use of the designated recycling container near the dishwashing room after meals. Recycling bins can also be found in the kitchens of Granny's and Farmhouse.

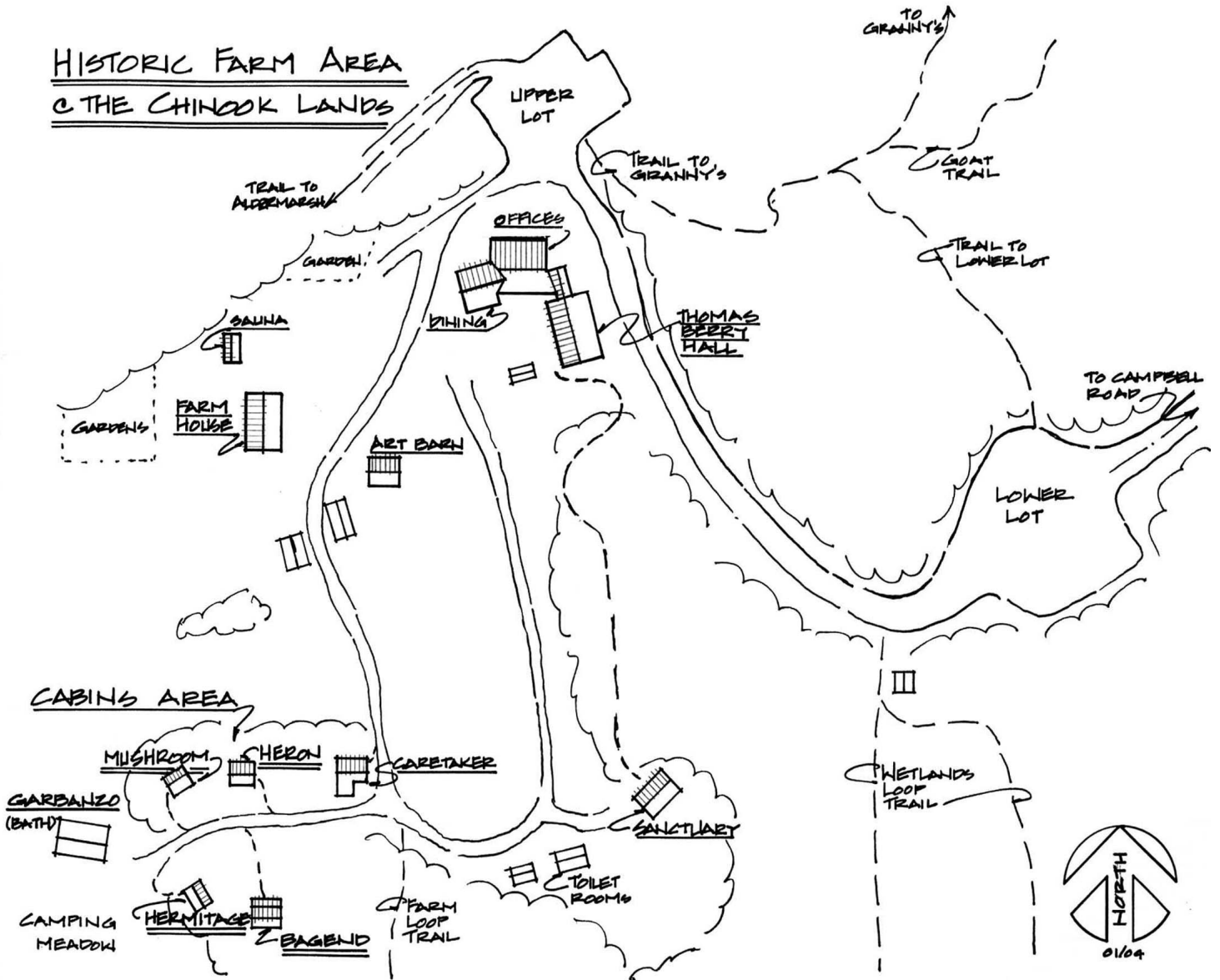
Are festive decorations ok? Please check with staff before hanging decorations on the buildings, particularly in dangerous places. We care about both our appearance and your safety.

What should I do if I have a medical emergency? First Aid kits are located in every kitchen. To request emergency medical response, dial 911 and explain that you are at Chinook Center. Emergency information cards are located by each phone.

A few more things... We'd like you to know that your help is appreciated in keeping the Chinook facilities clean and ready for the next group of visitors. Please pick-up any litter you might see on the land or in the buildings. Before leaving your room, please check well to be sure that no personal belongings are left behind. Please dispose of anything you do not wish to take with you.

Finally, we invite you to do us one last **BIG** favor: please change the sheets and pillow cases on your bed and put the dirty linens and dirty towels in the locations described in the cards found on your beds. This will save us a lot of time in preparing rooms for new arrivals. Thank you in advance.

HISTORIC FARM AREA
& THE CHINOOK LANDS



WHIDBEY
INSTITUTE