



# welcome

Visitors have asked us for a quick & easy guide to the norms we live by at Eagle Rock. So, here are a few:

- ⊙ **Leave this place better than you found it!** We have no housekeeping staff in our community; we take care of ourselves and take pride in the beauty of our campus. Please help us.
- ⊙ **Take all you want, but eat all you take!** Eagle Rock acts upon its commitment to the environment by not wasting food. Go through the line a second time if you are still hungry, but please do not throw away food.
- ⊙ **You have no right to no opinion!** Don't expect to just observe at Eagle Rock. Dive in, get involved, and participate.
- ⊙ **Find a need and fill it!** We believe in service and asset based community development at Eagle Rock. What can you do to be of service during your stay? What talents can you share?
- ⊙ **They don't call it the daily struggle for nothing.** Students and staff work really hard at Eagle Rock. Although all students and staff recognize the importance of the professional development center to Honda's vision for Eagle Rock, please be sensitive to our labors.

*Thank you for observing our customs at Eagle Rock. We hope you have a productive and pleasant visit!*

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*Additional information about visiting Eagle Rock School & Professional Development Center:*

**Altitude.** At Eagle Rock's altitude of 7,522 feet, oxygen is about 45% less dense, and there is 50-80 percent less humidity in the air. Most people will notice a shortness of breath; some may experience dizziness, headaches and nausea. Most people will adjust to the altitude within a few days. Tips for the first few days include: eat lightly, drink plenty of water, get plenty of rest, keep physical exertions to a minimum and avoid any intake of alcohol. You will want to pack a refillable water bottle.

**Parking.** After checking in at the Professional Development Center, please move your car from the upper to the lower parking lot. Do not park in the upper parking lot for longer than a few minutes to check in and unload your belongings.

**House Rules.** Eagle Rock is a tobacco, alcohol and drug-free campus. We ask that guests respect our commitment to a healthy lifestyle. Guests need to be considerate of others' need for quiet.

**Clothing.** Dress informally and comfortably and in layers for the sudden changes in temperature typical of Colorado mountain towns. Bring clothing for the recreational activities you like.

**Responsibilities.** Eagle Rock does not have a cleaning service. Guests are asked to be responsible for their own areas. Instructions can be found in the Bunkhouse and Casitas. Green check out forms can be found at the door of the Bunkhouse. We ask that meeting room furniture in the Professional Development Center be put back in its original place if you have moved it.



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**Meals.** We eat well! Our lead chef is a graduate of the Culinary Institute of America, and we have healthy, nutritious meals, prepared with organic ingredients when possible. Each meal features several entrees, including a vegetarian options and a full salad/fruit bar. Meals incur a minimal charge of \$2.50 for breakfast, \$5.00 for lunch and \$7.50 for dinner and occur in our Lodge with students and staff at designated dining times.

**Accommodations.** The Bunkhouse sleeps 16, eight of each gender in separate wings. Two bathrooms, one in each wing, contain two toilets, two sinks, and two showers each. A living room features beautiful views, a couch, four comfortable chairs, a table with chairs, and a bench seating area. A kitchen area provides a refrigerator, microwave and coffee maker. Two Casitas each sleep up to four. Two couches make up as twin beds, and a queen-size sleeper sofa provides two more sleeping spaces. A rocking chair and reading lamp make the room quite pleasant. Each casita's bathroom contains a toilet, sink and shower. You do not need to bring sheets, pillowcases or towels; these are provided for a small laundry charge (\$7.50/person). Eagle Rock also provides pillows, blankets, and comforters. You will want to pack soap and shampoo as we do not provide these items.

**Computer Use.** Guests are encouraged to use the eMac with internet access in the reception area of the Professional Development Center. Wireless internet access may also be found in the Professional Development Center.

**Telephone Use.** Our Lodging Bunkhouse and Casitas do not have telephone access. If you are using our meeting space in the Professional Development Center feel free to use the telephones in those meeting rooms to make local calls. We ask that you use a phone card if you need to make long distance calls.

**Mail.** We're happy to mail postage paid items for you. Simply drop your outgoing mail with Susan at the front desk. If you are mailing materials to yourself at Eagle Rock in advance of your visit (workshop materials, etc.) please reach Susan at x1000 so she can keep an eye out for your item(s) so that delivery isn't refused.

**Copy & Fax service.** Guests to the Professional Development Center can utilize the Professional Development Center Copy machine for a nominal fee. Please reach the PDC Staff member working with your group to coordinate. Incoming faxes may be sent to the number at the bottom of this page.

**Lost & Found.** We lose and find a lot of things at Eagle Rock. If you have lost something while you're at Eagle Rock please make an announcement at our "Morning Gathering" or ask a staff member in the PDC to show you our Lost & Found area.

**Pets.** During your stay we cannot accommodate your pet on campus due to issues of liability. We encourage you to make boarding arrangements at one of the following facilities in Estes Park (Several staff members use these boarders and recommend them): The Pet Lodge – 970.586.6898 or Animal House Boarding – 970.586.4703.

**Wildlife.** We hope that you enjoy viewing the wildlife that allows us to share the campus with them. We ask that you do not approach or feed the wildlife since they are wild animals and can be dangerous. Feeding wildlife causes them to become dependent on handouts, which compromises their ability to find food and survive during the winter months.

**Recreation.** For recreation, plan on utilizing our Human Performance Center by swimming in our pool, using our exercise equipment, playing basketball, using the climbing wall, etc.

**Graduate Higher Education Fund.** If you enjoyed your stay and wish to make a donation to Graduate Higher Education Fund, supporting each Eagle Rock graduate with up to \$5,500 for college/university tuition. It may be addressed to "Graduate Higher Education Fund" and sent to the address at the bottom of this page.