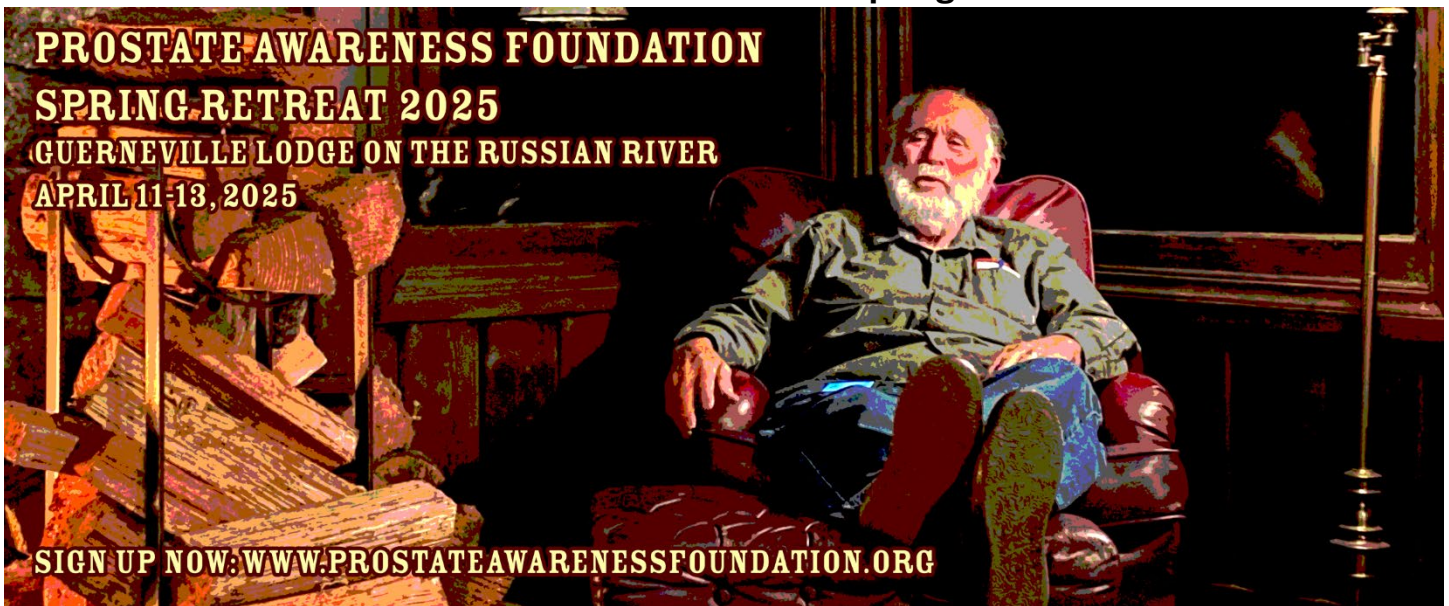


Prostate Awareness Foundation – Spring Retreat 2025



All-inclusive Cost: \$600 to stay in the Lodge; Add \$100 per night for a spouse.

Our home base is Guerneville Lodge located on the river with beautiful grounds and within easy walking distance to downtown Guerneville. Check in time is 3pm. The lodge is a rustic gem built in the 1930's with twelve rooms all with private bathrooms. We will cook prostate-friendly food together, go on hikes, hear a guest speaker, relax in a guided meditation, play in a drum circle, have a lot of fun with hoola hoopers and local musicians and howl at the full moon!

Friday, April 11th at 11:00am

Meet at Pomo Canyon on the Sonoma Coast

MODERATE TO STRENUOUS

3- 4 hours, 700' - 1,700' elevation gain, up to 7 miles

For many of PAF's regular hikers the **Pomo Canyon Trail** is a favorite. Spectacular coastal and river views, redwoods and wildflowers galore! This is an out and back hike that can be shortened. It can be a strenuous one if you choose to go over **Red Hill Trail** on the way back.

Hikers will **meet at the parking lot at Shell Beach on Hwy # 101** – parking is free. To reach the Shell Beach parking lot: drive along Highway 1 about 7 miles north of the town of Bodega Bay, or a few miles south from Highway 116. The Shell Beach parking lot is on the ocean side of Highway 1. We will hike inland into the Redwoods. Those going over Red Hill Trail for extra cardio will hike an extra hour, with additional elevation gain. **Note the 11am start time for this hike. Please be on time.** Wear layered clothing, bring plenty of water, and a snack and or lunch. Hiking poles are helpful on this one.

****Contact Ken Malik no later than 5pm on Thursday to let us know you plan to hike at 1-415-407-3961 or send an email to kamalik@prostateawarenessfoundation.org**

3:00pm – Check in to Guerneville Lodge, 15905 River Road, Guerneville, CA 95446

5:00pm – Hors d’oeuvres & oysters on the half shell. – shucked by The MotherShucker

5:30pm - Drum Circle by Sahar Pinkham with some sing-a-long.

6:30pm - Dinner – Thai Coconut Curry Veggie Stir Fry. Vegan or Pescatarian with Prawns.

After dinner - live music: provided by the Prostatones ukelele group, then open.

Saturday, April 12th:

7-9:00am Breakfast with Oatmeal w/blue berries & Cinnamon, Granola, etc. Then make your own lunch for the day w/lots of options.

**** Library Book & Bake Sale, 10-6pm.** You’ll pass it on your way to/FROM the park!

Armstrong Redwoods East Ridge Trail Hike:

Option 1: More aggressive hikers will drive to the East Ridge Trail at **9:00am**. This is a strenuous hike with about 500’ elevation gain. A couple of miles up and then back down to the forest floor by the waterfall and picnic area.

10:30am Option # 2: Those wanting a shorter more moderate hike will drive or bike to the park around 10am and **meet** the first group on the forest floor by the picnic area and waterfall trail Between **10:30-11am** and we will hike up the Raptor Ridge Trail about 500’ and then back down to the forest floor to meet the walkers for lunch.

12pm Option # 3: More casual walkers will drive to the park at noon and meet the hikers for lunch in the picnic area on the forest floor around **1:00pm**.



1:00pm Picnic Lunch in the Redwoods

2:00pm: Sonoma County Pomo Dancers at the Armstrong Redwoods Amphitheatre

3:00pm - Group meditation by Jaene Leonard - Jaene is one of the founders of Compassionate Veterans and describes herself as a writer, Stanford Compassionaut, Certified iRest teacher. DLMFA21. iRest stands for Integrative Restoration, a meditation practice rooted in Yoga Nidra and ancient nondual teachings, designed to promote self-inquiry, self-understanding, and well-being. Via Zoom.

– Relax, enjoy the beauty of the Lodge, use the hot tub, sunbathe, sit on the expansive deck, explore Guerneville, visit a winery, take an afternoon power nap, compete in the dart competition or other games.



5pm – Hybrid lecture by Leonard Leinow (via Zoom):
“Healing without the High” – CBD, A Patient’s Guide to Medicinal Cannabis. by Leonard Leinow and Juliana Birnbaum.

Leonard will discuss his book. It is a practical, accessible guide to using CBD-dominant cannabis containing a wealth of information for both first-time explorers and experienced patients who want to know more about safely treating a number of health conditions with remarkable results and low to no psychoactivity or negative side effects. CBD (cannabidiol) is a component of cannabis that can provide relief for conditions such as seizures, pain, inflammation, anxiety, depression, arthritis, and a number of other issues. This book offers guidance on various forms of the medicine such as oil infusions, alcohol-based tinctures, capsules, and CO2 concentrated extracts. The information is organized by health condition and also by recommended CBD-rich strains, which do not produce the "high" associated with THC. With dosage suggestions, potential side effects and contraindications, and the pharmacology of the plant, this is an essential guide for both doctors and patients looking for a nontoxic alternative to opiate-based pain medications and other pharmaceuticals.

PINK FULL MOON

SUNRISE 6:25 AM
SUNSET 7:22PM



MOONRISE 5:22PM

6:00pm Live music: John E. Crash is back by popular demand.

6:30pm Dinner: Vegan sausage, vegan meatballs or shrimp with gluten free or regular penne pasta and salad. (Passover begins today).

7-8:00 PM Russian River Hoop & Flow is a hoola hoop troupe that meets up to play together on the Guerneville Plaza on Wednesdays. RRH&F will come with glow in the dark and lighted hoops for a full moon play night. Your participation is encouraged!!

Evening: relax around the fireplace next to a cozy fire in the great room and/or view the spectacular Pink Full Moon... in or out of the hot tub! Perhaps you’ll want to sit out on the dock and moongaze.

Sunday, April 13th: Pack up and be prepared to **check out by 11:00am.**

7-9:00am: Breakfast: comparable to yesterday's and then make your own lunch.

10:30am and 11:30am: VIP Tour of When Pigs Fly Ranch – Animal Rescue specializing in rescuing and rehabilitating pigs. The ranch tour can accommodate up to 8 visitors per hour, so we'll be split into groups.

The Inspiration That Started It All...

It began with one special pig named Piggy. We crossed paths with Piggy on Thanksgiving Day in 2016. It was love at first sight, and she stole our hearts right away. She spent her days alone with limited companionship, but her warmth and affection were unmistakable. After a heartfelt conversation with her owner, we made the decision to create a dedicated sanctuary where Piggy could enjoy her days, and we could extend the same care to other animals in need. And so, When Pigs Fly Ranch came to life.



What to bring: Hiking supplies – water bottle, backpack, hiking poles if you have them, hat, sunglasses, layers of weather-appropriate clothing, camp chair, sunscreen.

All-inclusive Cost*: \$600 to stay in the Lodge; \$100 per night for a spouse.

SIGNUP FOR THE SPRING RETREAT: Fill out the signup sheet and return it via email to kamalik@ProstateAwarenessFoundation.org and then pay half the amount due by check or with the PayPal link. *Call Ken Malik at 415-407-3961 to ask how you can defray the cost.

Click to pay: https://www.paypal.com/donate/?hosted_button_id=J4QWC4PLYZEJJ

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