

DNA Activations—World Peace Retreat 2010

August 25- September 1, 2010

TRAVEL & ACCOMMODATIONS

As you make your way up Tuscarora Mountain, traffic diminishes and life slows to a leisurely pace. Once inside the beckoning stone gates you encounter a pristine setting rich in beauty and splendor. With childlike glee, you grow excited as you catch your first glimpse of the lake peeking through the woods. You think to yourself, "Ah, life is good."

Sky Lake's rustic charm and comfortable surroundings await your arrival. Whether you come for a few hours or a few days, your time at Sky Lake is just that—yours! Retreat to an Adirondack chair overlooking the picturesque lake or go for a leisurely stroll on one of the trails that meander through the bountiful forest surrounding it. Plenty of windows allow for nature to inspire you even when it comes time to retreat indoors.

Rest, relaxation, and renewal are yours for the taking whether lilies or ice grace the lake. The year-round facilities available to you at Sky Lake offer the perfect setting for an intimate weeklong retreat.

Getting to Sky Lake is Easy

(The hard part is having to leave...)

By Automobile Sky Lake is conveniently located between exits 80 and 81 of Route 17/Interstate 86, approximately 6 miles east of the village of Windsor, New York.

By Air Binghamton Regional Airport (BGM) is located approximately 30 miles away. It is served by Delta Airlines, Northwest Airlines, United Airlines, and US Airways.

By Bus Greyhound Lines and Shortline/CoachUSA both provide bus service to downtown Binghamton.

By Train The nearest Amtrak station is located in Syracuse, New York, approximately two hours away.

When to Arrive at Sky Lake Retreat: Participants plan to arrive around **2:00 pm on Wednesday, August 25**. If you are coming from far away and need to arrive the night before to spin off some jet lag, we recommend you relax by staying in some of Binghamton Hotels.

How long the Retreat last: The "DNA Activations – World Peace Retreat

2010" begins at 2:00 PM on August 25th and ends after lunch (1:00 pm) on September 1st.

SKY LAKE CAMP AND RETREAT CENTER

Underwood Lodge

If it were not for the beautiful woods beckoning for you to step outside, you might otherwise not want to leave the comfort and charm found within Underwood Lodge. Completed in 1997, and located just up the hill from Founders' Lodge, Underwood offers hotel-style accommodations in a serene, wooded setting.

The seven spacious bedrooms located on the entrance level are spacious, carpeted, and have a bathroom with shower en suite. Each room is uniquely decorated and features works of art by painters and photographers from throughout the Wyoming Conference. Six rooms are furnished with three single beds, an oak table with chairs, and a comfortable futon chair—which unfolds into another single bed. To allow more room to maneuver a wheel chair, a seventh room lacks a third single bed. Linens, towels, and picturesque views of the woods, just a few yards away, are provided at no additional cost.

The lower level features a large common area, furnished home-style kitchen, an office with courtesy telephone, two restrooms, and a private entrance. Half living room, half meeting space, the common area easily adapts to the needs of your group. You will be able to have informal discussions in front of the gas fireplace, practice a choral piece around the piano, or hold a training seminar around the tables. The possibilities are only bound by your imagination.

Highlights of Underwood Lodge:

- 20 twin beds.
- Seven bedrooms with private bath in each.
- Linen and towel service included.
- Large, multipurpose room on lower level with a meeting area and a lounge area appointed with a gas fireplace and a piano.
- Self-serve kitchen located on lower level.
- Ramp and step free entrances to both levels.

Founders' Lodge

Founders' Lodge is perched upon a gentle slope rising from the eastern shore of Sky Lake. As you enter through the main doors, your eyes immediately focus on the floor-to-ceiling fireplace and the breathtaking dining room just beyond it. Completed in 2003, Founders' Lodge is more than a place to eat!

Highlights of Founders' Lodge

- **Pilgrim Dining Hall**

"Wow", "Breathtaking", and "Magnificent" are just some of the words guests have used to describe Pilgrim Dining Hall in Founders' Lodge. The floor-to-ceiling stone fireplace, the cathedral ceiling made of Cedar, exposed Southern Yellow Pine beams, and the picturesque views of the lake combine to make Pilgrim Dining Hall a memorable room in which to eat and fellowship.

- **One retreat apartment**

Kitchenette equipped with compact refrigerator, electric stove, microwave, pots and pans, utensils, and place settings.

Armoire with iron and ironing board

Queen size wall bed

Bathroom with handicap accessible shower

Oak table with seating for 6

Sitting area with This End Up furniture

Sliding glass door to covered patio

Stunning views of the lake

- **Covered porches and patios.**

Riley Lodge

Located directly next door to Founders' Lodge, Riley Lodge also offers guests a spectacular view of the lake. Built in the mid-1960s, Riley has a great deal of character and many unique traits. The main room offers an ideal place for the members of your group to listen to a fascinating lecture, put together a puzzle, chat in front of the stone fireplace, or play board games into the wee hours of the night. Also located in the central section of Riley is a meeting/recreation room on the lower level. The picture windows in this room practically allow nature to spill inside!

Guest rooms are located in the two wings located directly off the main room. The South Wing also contains two lounge areas, while the North Wing contains one. These lounges are perfect for break-away sessions and small-group studies or an afternoon spent alone reading. The upper level bedrooms have bathrooms en suite, while the lower level rooms share two bathrooms.

Riley Lodge offers a wonderful setting for youth groups, adult fellowship organizations, home schooling families, non-profit boards, outdoor organizations, church and community music ensembles, and many more to retreat, to learn, and to grow!

Highlights of Riley Lodge

- 46 single beds.
- Series of two and three person rooms with private baths.
- Optional linen and towel service.

- Stone fireplaces on both levels of the center section.
- Library with a courtesy telephone and a modest selection of reading material.

Caldwell Pavilion

Rustic retreating at its best! Caldwell Pavilion is the main hub of activities in the Sky Lake Campgrounds from May until October. However, Caldwell is a year-round facility, complete with showers, a small kitchenette, and a large common area. Staying in Caldwell is sort of like camping indoors! Groups bring their own air mattresses or cots and enjoy sleeping in front of the glowing fireplace. During the warmer months, the large doors on each side of the pavilion are able to easily be opened, allowing for a more open-air feel.

Highlights of Caldwell Pavilion

- Heated, enclosed year-round pavilion.
- Kitchenette with sink and range. (Food service available in Founders' Lodge).
- Floor space for 35 overnight guests.
- Bathrooms with showers for Caldwell and Campground Guests.

Food Service

Delicious and filling meals are served family style in Founders' Lodge. The kitchen is willing and able to accommodate special dietary needs and restrictions, if informed well in advance. The kitchen is also able to provide guests with a variety of snacks and refreshments for a nominal fee.

Oughten House Foundation, Inc.

PO Box 74

Binghamton, New York 13903

www.oughten-house.com

Toll Free: 1-800-503-8873

Local/ FAX: 607-724-2438

Email: contact@oughtenhouse.com

tours@oughtenhouse.com

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