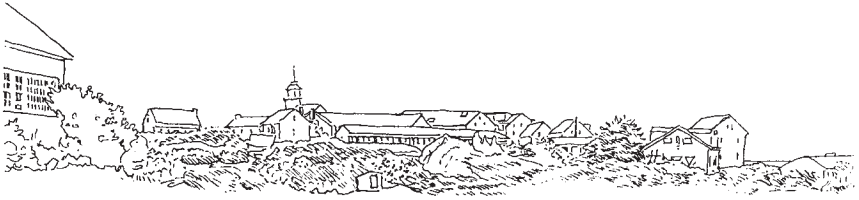


STAR ISLAND



★ 2008 CONFERENCES ★

First Edition



2008 Star Island “Blue Book” Table of Contents

Contact Information	4
About Star Island	5–8
Summer Conferences and Events.	5
Geography, Geology and Nature	5
Island Preservation	6
Buildings and Amenities.	6
Special Accomodations	7
The People Who Work for Star Island.	7
Supporting Star Island	8
Conference Listings by Date	9–35
Conference on the Arts	9
<i>Saturday, June 14 through Saturday, June 21</i>	
Young Adults Conference	10
<i>Saturday, June 14 through Wednesday, June 18 or Saturday, June 21</i>	
Findhorn Retreat	11
<i>Wednesday, June 18 through Saturday, June 21</i>	
Isles of Shoals Historical & Research Assoc. (ISHRA) June	11
<i>Saturday, June 21 through Wednesday, June 25</i>	
Natural History Conference	12
<i>Saturday, June 21 through Saturday, June 28</i>	
Young Religious Unitarian Universalists (YRUU).	13
<i>Saturday, June 21 through Saturday, June 28</i>	
All Star I Family Conference	14
<i>Saturday, June 28 through Saturday, July 5</i>	
All Star II Family Conference.	15
<i>Saturday, July 5 through Saturday, July 12</i>	
Lifespan Religious Education Conference.	16
<i>Saturday, July 12 through Saturday, July 19</i>	
Meditation Retreat	17
<i>Saturday, July 12 through Saturday, July 19</i>	
International Affairs Conference.	18
<i>Saturday, July 19 through Saturday, July 26</i>	
Institute on Religion in an Age of Science.	19
<i>Saturday, July 26 through Saturday, August 2</i>	
Star Gathering I Family & Youth Conferences (formerly UCC).	21
<i>Sunday, August 3 through Saturday, August 10</i>	

Dover Yoga Rasa Yoga Teacher Training 23
Sunday, August 3 through Friday, August 8

Dover Yoga Childlight Yoga Teacher Training 24
Friday, August 8 through Sunday, August 10

Star Digital Photography Workshop 24
Sunday, August 10 through Saturday, August 16

Star Gathering II Family & Youth Conferences (formerly UCC) 22–23
Sunday, August 10 through Saturday, August 16

Life on a Star Family Conference I 25
Saturday, August 16 through Saturday, August 23

Life on a Star Family Conference II 25
Saturday, August 23 through Saturday, August 30

Pelican Reunion Conference 26
Saturday, August 30 through Monday, September 1

Weekend Conference of the Laity 27
Saturday, August 30 through Monday, September 1

Granite State College: Courses on Star Island 28
Monday, September 1 through Thursday, September 4

Midweek Conference I 29
Monday, September 1 through Friday, September 5

Elderhostel 29
Monday, September 1 through Sunday, September 7

Worcester Art Museum 30
Tuesday, September 2 through Thursday, September 4

Writers in the Round 31
Thursday, September 4 through Sunday, September 7

Isles of Shoals Historical & Research Assoc. (ISHRA) September 31
Friday, September 5 through Sunday, September 7

WriteLines Creative Writing Workshop 32
Monday, September 8 through Friday, September 12

Midweek Conference II 32
Monday, September 8 through Friday, September 12

Women’s Gather of Renewal (Star Women) 33
Full Week: Wednesday, September 10 to Sunday, September 14 or
Midweek: Wednesday, September 12 to Friday, September 12 or
Weekend: Friday, September 12 to Sunday, September 14

Dover Yoga & Pilates Weekend 34
Thursday, September 11 through Sunday, September 14

Star Island Photography Retreat 34
Thursday, September 11 through Sunday, September 14

Star Hampshire Traditional Music & Dance 35
Friday, September 12 through Sunday, September 14

Star Guilford 35
Friday, September 12 through Sunday, September 14

Registration 36–39
 Registration Instructions and Deadlines 36
 Housing Preferences 36
 Room Classifications 36
 Room and Board Deposit & Cancellation Policies 37
 Conference Registration Fee 37
 Evening Child Monitoring. 37
 Minor Medical Release Form 37
2008 Room and Board Rates 38
 Important Information on Rate Increases. 38
 Notes Pertaining to Room and Board Rates 38
 Credit Card Information 38
 Rate Chart. 39
Information for Registered Conferees 40–43
 Mandatory Orientation Session 40
 Policies 40–41
 Medical Information. 41–42
 Leisure Activities 42
 Boat, Parking and Luggage Information. 42
 Directions to Rye Harbor 43
 Portsmouth Area Accommodations 43

Contact Information

YEAR-ROUND AT OUR PORTSMOUTH OFFICE:

Phone (603) 430-6272
 Fax. (603) 430-6270
 Email office@starisland.org

DURING THE CONFERENCE SEASON:

Island Front Desk Phone (603) 601-0832
 Island Emergency Phone (603) 964-7252
 Island Email frontdesk@starisland.org

There are no fax services on-island. Phone access is very limited.

EMAIL FOR CONFEREES:

Emails can be sent to conferees via message@starisland.org with “CONFEREE: first & last name” in the Subject line. Staff will print the message to post on the conferee message board; email responses are not possible.

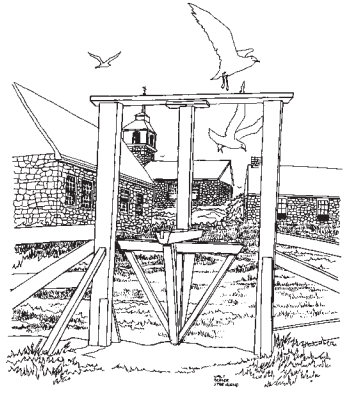
MAIL FOR CONFEREES:

To facilitate prompt delivery, mail to conferees should clearly indicate their first & last names and the conference they are attending, and be addressed to the Portsmouth office address. It is best to allow two days to reach the island, once delivered to the office; however, we cannot guarantee the timeframe of delivery.

About Star Island

Summer Conferences and Events

The nonprofit Star Island Corporation has owned and operated Star Island since 1916, providing affordable individual and family retreat. While Star Island is founded on the liberal spiritual ideals of Unitarian-Universalism and the United Church of Christ, people representing a variety of beliefs attend conferences regularly. Each of the Star Island conferences or events is self-administered, arranging for speakers, workshops, and childcare as well as registering participants. Art, music, natural history, world affairs, science, and spirituality are common threads. Most of the weeklong conferences have some scholarship assistance for those with clear need. The amounts vary, as do the application processes. This “Blue Book” should provide you with everything you need to know about attending a conference or visiting Star.



Geography, Geology & Nature

Life on Star Island, second largest of the group of nine rocky islands lying nearly ten miles southeast of the mouth of the Piscataqua River, is much like life on a boat. On every side one sees and hears the sea. The shores of New England are visible to the west and north, but to the east and south are only sky and sea. The boundary line between Maine and New Hampshire passes through the islands and ledges so that five of the islands, Appledore, Cedar, Duck, Malaga, and Smuttynose, lie within the State of Maine while four of the islands, Lunging, Seavey, Star, and White, lie within New Hampshire. Star Island is in the Town of Rye Historic District and on the National and State of New Hampshire Historic Registers.

Fisherman are believed to have stopped here from before the time John Smith arrived in 1614 and mapped the seacoast, naming these island, now known as the Isles of Shoals, “Smyth’s Isles” and opening up New England to settlement. Probably named for the “shoaling” or schooling of fish, the Isles of Shoals became the busiest commercial port on this side of the ocean and dominated the fish market, indeed setting the price, for a century and a half.

The islands are primarily composed of igneous rocks, especially granite and pegmatite. Traces remain of older metamorphic rocks, which were uplifted by the intruding granite and were largely eroded away. The Isles of Shoals reveal numerous traces of the great ice age, which ended some 10,000 years ago and marked the islands with erratic boulders and a rounding off of the rock masses and scouring of the soil.

Life—aquatic and terrestrial—is abundant. While essentially all the soil for the islands is post glacial, and the thin earth and cold winter winds have kept trees and woody plants to a small number, more than 250 land plant species have been identified on the islands. A checklist of the marine flora and fauna of the Isles of Shoals, compiled by the staff of the Cornell University Shoals Marine Lab on Appledore, included 256 species of invertebrates,

139 species of algae, 49 species of fish and 145 species of birds.

The natural world is unavoidable on Star Island. Early risers enjoy the sunrise from East Rock, and everyone enjoys the beautiful view from the lobby porch as the sun sets behind the summer house, site of the old Fort Star. Astronomer and poet alike find inspiration in the unbroken skies. During the light of day, interesting geological formations (trap dikes, a glacial pothole, and “erratics”) become apparent. Well over 100 native plants have been identified. Numerous species of birds have been sighted, including bald eagles on Appledore and Smuttynose Islands, snowy owls, and nesting colonies of cormorants, snowy egrets, and black guillemots (the southernmost on record). Whales and dolphins can be seen in the Shoals area, and harbor seals have been sighted swimming in Gosport Harbor and sunbathing on Star’s rocky shoreline.

Island Preservation

Star Island is a fragile ecosystem, and we take our obligation as stewards of the island seriously. We work hard to protect this natural environment while bringing thousands of Shoalers each summer to enjoy the island. Ten miles out to sea, we must provide our own utilities, including electricity, water, waste treatment, and garbage disposal. We handle the largest amount of compost in the State of New Hampshire, and grow our own flowers to display throughout the hotel and dining hall. We treat all of our wastewater at our permitted wastewater treatment facility to comply with all pertinent state and federal guidelines and regulations. Maintaining and preserving our historic buildings is at the forefront of our operation.

Buildings and Amenities

Over one-hundred years old, the **OCEANIC HOUSE** is the largest structure on Star Island and its main lobby, writing room, Pink Parlor, and dining hall provide a glimpse into the life of the Grand Hotel Era, when Star Island attracted such notable artists and writers as Childe Hassam and Nathaniel Hawthorne. Star Island prides itself on its unique, family style food service in the Oceanic Hotel’s historic dining room. Ample, fresh, and healthy food is provided at each meal, and second and third helpings are available. Low-sodium, supplemental-protein, and vegetarian meals are available if requested in advance (see the 2006 Registration Form at the center of this brochure). Individual dietary requests such as salt-free, dairy-free, or wheat-free diets cannot be accommodated.

Modern amenities inside the Oceanic House include a **SNACK BAR** providing bagels, fruit, lobster rolls, ice cream, pretzels, soda, hot dogs, candy, and other snacks for sale every day. The **LOBBY STORE** stocks items such as toiletries, film and batteries, and a messenger service to Portsmouth is available for a modest fee. The **BOOKSTORE** offers a variety of reading material, including popular fiction and nonfiction, material written or recommended by conference speakers, and histories of Star Island and the Isles of Shoals. Postcards, note cards and prints are also available. A **GIFT SHOP**, sponsored by the Isles of Shoals Association (Unitarian-Universalist), Inc., offers clothing, jewelry, cards, toys and novelties. Income from the store enables the ISA (U-U), Inc. to provide valuable support to the island.

In addition to the hotel's guest rooms, a number of small cottages and stone buildings provide accommodations and conference meeting rooms. Life is comfortable, but not modern. While living quarters are equipped with shared toilet facilities for each floor, there are no baths. Showers are normally available twice a week.

The **STONE CHAPEL** is one of Star Island's most prominent features, a simple stone meeting-house built in 1800 on the highest point of land. Candlelight chapel services are a cherished Star Island tradition. At the close of each day, Shoalers gather at the foot of the hill and form a procession, carrying candle lanterns as the villagers of long ago carried their whale-oil lamps up the same winding path to the meeting house. Inside the chapel, the candle lanterns are hung on brackets from the walls, providing the only source of light.

The **VAUGHN-THAXTER MEMORIAL COTTAGE** houses a library and reading room, as well as the Thaxter Collection of art and artifacts from the days of island poet and artist Celia Thaxter and her family, and early records of Gosport Village history. A curator is on duty during regularly scheduled hours to answer questions and share island lore and legend.

The **RUTLEDGE MARINE LABORATORY** overlooks Gosport Harbor, and serves as the focal point for those who wish to see the island habitat through the eyes of science. Inside, salt water tanks and sea tables provide near-natural habitats for a variety of aquatic creatures collected from the harbor and surrounding waters by the island's naturalists. Terrariums allow visitors to observe and identify island flora and fauna. The marine lab staff is available during regularly scheduled hours to share information and answer questions. They also conduct narrated walks focusing on birds, flowers, geology, and inter-tidal biology.

Special Accommodations

Special accommodations consist of limited facilities for mobility-impaired individuals. Cottage A has a wheelchair accessible room, with private toilet and basin, which can accommodate two adult individuals. The main lobby, dining room and pathways to several cottages and decks are also wheelchair accessible. Adjacent to the lobby is a specially equipped restroom, including a shower stall. Additionally, the rugged yet comfortable "Vic's Vehicle" is available, as needed, to transport guests who are unable to make it on foot from the dock to the hotel and back.

Although we have these limited facilities, most sleeping quarters and a few conference meeting rooms can only be reached by walking up at least one flight of stairs or over a rocky path. If you have accessibility concerns, we suggest that you check with the conference chairperson or registrar to see if our facilities will accommodate your personal needs.

The People Who Work for Star Island

Every job on the island—including docking boats and handling freight; cooking and serving food; maintaining the grounds, buildings, power plant, and wastewater treatment facility; and providing all hospitality services—is staffed by a "Pelican," an affectionate term for the nearly 100 young people who work on Star, often returning year after year to what Yankee Magazine called "one of the top ten summer jobs in New England." Staff members are now paid as salaried employees; therefore gratuity is no longer accepted. However, specials funds

have been created to honor the Pelicans by providing special services and comforts—for details, please see the Development Director.

Star Island Corporation is a membership organization, comprised of about 400 members and governed by a board of directors under the direction of Irene Bush, President. Amy Lockwood is Executive Director of Star Island. There are nine full-time staff members who work from both the Portsmouth office and the island, and four seasonal staff members who work on-island.

We are so grateful for the many volunteers who so generously give their time and energy to work for the island. Their contributions include administrative help, housekeeping, painting, gardening, chair-caning, all manner of maintenance and repair work and valuable expertise from an array of professions. The Star Island spirit is especially reflected in the countless efforts of these individuals.

Supporting Star Island

Star Island Annual Fund

The Star Island Annual Fund provides essential support needed to meet the demands of maintaining and preserving these historic facilities, and we encourage the participation of all in supporting the fund. Tax-deductible contributions, made payable to “Star Island Annual Fund,” are gratefully accepted and can be mailed to the Portsmouth office at any time during the year, included in your island bill, or presented separately on-island during the season.

Star Island welcomes your support in passing on the Star experience to future generations through a bequest. If you would like more information about supporting Star Island, please contact our Development Director through the Portsmouth office.

Friends of Star Island

Two organizations, descended from the original Isles of Shoals Summer Meetings Association organized by Thomas H. Elliott, provide ongoing contributions that enrich the equipment, facilities, and visibility of Star Island. **The Isles of Shoals Association (Unitarian-Universalist), Inc.** supports conferences and special projects and operates the Star Island Gift Shop. **The Star Island United Church of Christ, Inc.** administers the UCC conference weeks, distributes scholarship funds, and promotes the island among UCC constituencies. Anyone is welcome to join these organizations; denominational affiliation is not necessary. For more information, contact:

Joanne Bulley, President

Isles of Shoals Association (U-U), Inc.
P.O. Box 1409
Portsmouth, NH 03802

Mark Woolley, President

Star Island UCC, Inc.
24 Evergreen Valley Drive
Dover, NH 03820

ChildLight Yoga Teacher Training

Friday, August 8 to Sunday, August 10

ChildLight Yoga Teacher Training with Lisa Flynn, Director of ChildLight Yoga

The ChildLight Yoga Teacher Training is an incredibly fun, interactive and educational experience! A passion for yoga and a love for children is at the core of this training. It is designed to provide serious yogis (at least 1+ yrs. of study of asanas, pranayama & basic yogic philosophy) with the tools and knowledge needed to share the gifts of yoga with children. Training addresses teaching yoga to children ages 2–Teens, with a concentration on ages 3–11. Whether you are seeking to incorporate what you learn into your current work with children, or whether you are looking to teach yoga to children as a career, this training will give you the information necessary to begin doing so immediately.

REGISTRATION: Contact lisa@childlightyoga.com or visit www.childlightyoga.com

Star Digital Photography Workshop

Sunday, August 10 to Saturday, August 16

Join professional and long-time Isles of Shoals photographer Peter Randall for a weeklong workshop devoted to helping you make better photographs. Digital photography eliminates the need to send out film for processing so we can review your work daily and see each other's work using LCD projectors. Daily assignments and critiques will help participants sharpen their creative vision. We'll discuss cameras and printers, raw vs. jpegs, and setting up your camera to help you make better images. We will be able to make prints and have our own exhibit at the end of the week. This is not a beginner's program so participants must have some experience with photography, be open to trying new approaches to making images, and be familiar with their digital cameras. If you have them, bring a laptop, storage device, tripod, or other accessories that you normally use. The registration fee covers the cost of ink and paper for making prints. More detailed information will be sent to those who register. Limited to 20 participants.

CHAIR AND REGISTRAR: Peter E. Randall, 377 Goodwin Road, Eliot, ME 03903; (207) 451-9457, peter@perpublisher.com.

REGISTRATION: A room and board deposit of \$150/person and registration fee of \$225 per person are due with registration. Please mail **ONE CHECK**, payable to "Peter E. Randall," completed registration form to Peter Randall (address above). Registration begins March 10. Completed registrations postmarked before then may be treated as if postmarked on March 10. Registrations postmarked after March 10 may be accepted, space available, according to postmark date. Room and board deposit and registration fee refundable until May 27.

ROOM AND BOARD: Please see 6–night conference rates, page 39.

BOAT SCHEDULE: Depart Rye Sunday August 10, 2:00 and 3:30 p.m. Depart Star Saturday, August 16, 8:15 and 10:15 a.m. Schedule subject to change; confirm with registrar before traveling. For more on boats and parking, see page 42.

communications are issued electronically. The room and board deposit and registration fee are refundable until August 27. **SCHOLARSHIPS:** Limited assistance is available; please contact the registrar.

ROOM AND BOARD: Please see conference rates on page 39.

BOAT SCHEDULE: Depart Rye Wednesday, September 10 or Friday, September 12, 5:00 p.m. Depart Star Friday, September 12, 2:00 pm or Sunday, September 14, 4:00 pm. For more on boats and parking, see page 42.

Dover Yoga & Dover Pilates Weekend

Thursday, September 11 to Sunday, September 14

Every September Dover Yoga & Dover Pilates host their much anticipated annual retreat to Star Island. This weekend excursion will give you the opportunity to escape from reality, finding some quiet personal time to either simply sit back and relax or to develop your yoga or pilates practice in the company of others. Building upon previous years, this tradition has continued to grow and develop and has become a welcome escape for the attendants who return year after year.

Dover Yoga & Dover Pilates will sponsor various styles of yoga, pilates, and meditation classes for all levels of practitioners, from beginner to advanced. Attendance in classes is not required, allowing you to move through the weekend at your own pace.

WEB SITE: www.doveryoga.com or www.doverpilates.com

CONFERENCE SERVICES: See note, page 27.

REGISTRATION/ROOM AND BOARD: The cost of the retreat includes lodging, meals and transportation to and from the island. Single, double, and triple occupancy rooms are available. This retreat fills very quickly, so we encourage you to sign up promptly. For any questions or for rate information, please contact The Dover Yoga/ Dover Pilates at (603)740-9700, or browse our Web site, www.doveryoga.com or www.doverpilates.com

BOAT SCHEDULE: Depart Rye Thursday, September 13, 5:00 p.m. Depart Star Sunday, September 16, 2:00 p.m. For more on boats and parking, see page 42.

Star Island Photography Retreat

Thursday, September 11 through Sunday, September 14

Join members of the New Hampshire Society of Photographs Artists for this 11th annual four-day immersion in fine art photography. Not a workshop, this is an opportunity to share your images with other experienced photographers, to view presentations of various photography techniques, and to be inspired to expand your creative vision. Special guest photographer makes presentation, leads field program. Limited to 35 participants.

WEB SITE: More details available at <http://www.nhsa.org/sio8/sio8.shtml>

CONFERENCE SERVICES: See note, page 27.

CHAIR AND REGISTRAR: Peter E. Randall, 377 Goodwin Road, Eliot, ME 03903. (207) 451-9457. peter@perpublisher.com.

REGISTRATION: A room & board deposit of \$75/person and registration fee of \$75/person (includes \$25 dues for non-members, for a couple add \$10) are due with registration. Please mail **ONE CHECK**, payable to “NHSPA,” and completed registration form to Peter Randall (address above). The room & board deposit and registration fee are refundable until July 31.

ROOM AND BOARD: Please see conference rates, page 39.

BOAT SCHEDULE: Depart Rye Thursday, September 11, 5:00 p.m. Depart Star Sunday, September 14, 2:30 p.m. For more on boats and parking, see page 42.

Star Hampshire Traditional Music and Dance

Friday, September 12 through Sunday, September 14

Star Hampshire is a small and friendly music and dance weekend, with no more than 80 participants. The main focus is American contra dances, with square dances and couple dances included as well. There is usually a secondary dance theme; in the past this has included workshops in English country dance, Balkan dance, vintage ballroom dance, tango, and waltz.

On the dance floor, you'll find experienced dancers and those who are newer enthusiasts. You need not come with a partner. You'll learn that many folks return year after year, drawn by the magic of dancing in this special place.

Highlights of the weekend include evening dance parties, morning workshops, singing sessions, and an afternoon concert by staff. There's an early morning wake-up waltz session in the lobby of the historic Oceanic Hotel. Top-notch callers and musicians will keep your feet moving and your face smiling. Versatile leaders will provide opportunities to join in the singing.

Sunday afternoon, the fun concludes with the annual dance on the deck. Other conference's participants frequently join in this informal session, a great opportunity to share the joy of dance with others who have yet to discover it.

REGISTRATION: For registration information, please visit starisland.org.

Star Guilford: Rethinking the Small Church Choir

Friday, September 14 to Sunday, September 16

Peter Amidon, Tony Barrand, and Andy Davis are co-choir-directors of the Guilford Community Church United Church of Christ in Guilford, VT. They will teach four-part SATB songs from their choir repertoire, much of which they have arranged themselves.

This will be a weekend particularly for choir directors and singers in small church choirs who are looking for ideas to revitalize their music ministry. Music reading ability is recommended, but not absolutely necessary. All singers are welcome for a stimulating weekend of group singing in harmony.

The leaders are all well known as professional singers, music educators, and dance leaders in New England with extensive recordings and publications.

CHAIR/REGISTRAR: Tony Barrand, (802) 254-8684, tbarrand@comcast.net.

REGISTRATION: Contact Tony Barrand for more information.

Registration

Registration Instructions and Deadlines

Remove and carefully complete **BOTH SIDES** of the registration form, which can be found in the center of this brochure. Mail your completed registration form, **ONE CHECK** (payable as directed in your conference listing, totaling the room and board deposit and registration fee for everyone listed on your form), and a business-sized SASE to the conference registrar, as directed in the conference listing.

Each regular season (June-August) conference sets its own registration policy and acceptance criteria, though it is generally true that the registration process begins March 10. Registrations postmarked before then will be treated as if postmarked on March 10. Registrations postmarked after March 10 will be accepted, space available, according to postmark date. We recommend that you have your envelope hand-canceled at the post office to ensure that the postmark is legible.

There's always a place for you on Star. Registrations for many conferences remain open up until the day before the conference begins. If you have any interest in a conference, contact the registrar to see if there is space available—even if you think it's too late.

Housing Preferences

While every attempt will be made to accommodate room preferences, no request can be guaranteed. When requesting a room, please keep the following in mind:

- ∴ Conferees are billed according to the accommodations assigned and occupied, regardless of housing requested, with the following exceptions:
 - ♦ persons who requested not to be housed in motel units but had to be assigned to them anyway
 - ♦ persons who requested double occupancy but were assigned single occupancy
 - ♦ minors assigned to motel units at the conference center's discretion.
- ∴ Families with children under eight years of age will be housed together, most likely on the second floor of the main building, to facilitate our childcare services.
- ∴ If you need accommodations on the first floor or near a rest room, or require an electrical outlet for an approved medical device, please indicate such in the "Roommate Preference/Add'l Needs" column of the registration form.
- ∴ It is important for parents to designate which children/adolescents may or may not share the same room with each other or with their parents. Also, please state when adjacent or connecting rooms are desired. Attach an extra sheet to your registration form, if necessary.

Room Classifications

- ∴ Single rooms are limited in number; single motel units are extremely limited and are charged accordingly.
- ∴ Double, full-sized beds are limited in number. Most double rooms have twin beds.

- ~ Triple occupancy is possible, but limited. If chosen, please be sure to indicate roommate preferences in the column provided on the registration form.
- ~ Motel units (private toilets, wash basins and twin beds) are reserved for adults.
- ~ Manager's Cottage (near the path to the Chapel) has three sleeping rooms, a sitting room and a bathroom. Groups of conferees may request to be housed there together. The rates for Manager's Cottage rooms are the same as motel units. Childcare is not provided in Manager's Cottage.
- ~ Rooms accommodating four persons are charged at the triple room rate.

Room and Board Deposit & Cancellation Policies

The Star Island Corporation requires a deposit toward room and board for each person age two and over. The amount of this deposit is \$150 for conferences five days or more in length and \$75 for conferences four days or less in length. The deposit is due at the time of registration and is refundable up to six weeks prior to the conference start date. If registration is cancelled less than six weeks prior to the start date of the conference, Star Island Corporation will retain the room and board deposit. For cancellations less than two weeks prior to the start date, you will be charged the entire room and board bill. Exceptions to these policies resulting from extreme circumstances are made at the sole discretion of the Star Island Corporation; inquire directly to the Island Registrar.

Conference Registration Fee

The registration fee covers the cost of conference programs (such as conference staff and food for social events). Each conference determines this amount and approves expenditures independently of Star Island Corporation. Most registration fees are refundable up to the same date as the room & board deposit. Fees, payment information & exceptions to the above refund procedure are described in each conference's listing, pages 9–35).

Evening Child Monitoring

Until September, island staff provides evening child monitoring every evening from 8 to 11 p.m. To facilitate this service, families with children under eight will be housed together, most likely in the main building. All families with one or more children under the age of eight are charged. The cost for childcare—\$46/family (\$20 for 4-day YAC families)—is added to the room and board bill, which is payable on-island.

During scheduled adult activities, most conferences plan a full children's program, including childcare for those under three. Details of each conference's children's program may be found in these conference pages (9–35) or by calling the conference registrar.

Minor Medical Release Form

Any person under 18 years of age who is attending a conference without a parent or legal guardian is **REQUIRED** to have a **Minor Medical Release Form** completed, signed by a parent or legal guardian, and returned to the conference registrar before the application can be accepted. This form is available from your conference registrar, or on the official Star Island Web site, www.starisland.org.

2008 Room & Board Rates

Important Information on Rate Increases

The 2008 room and board rates include a 20% increase over last year. After careful deliberation and consideration of multiple perspectives, the Star Island Corporation Board of Directors passed a rate that strives to realize two competing goals – affordable family and individual retreat on the one hand and properly funding our operation on the other. The increase will go directly to enhancing operations, ensuring life safety, properly funding general maintenance and capital projects, and expanding our professional staff and services. The increase does not go to restoring revenue lost resulting from the conference center opening late in 2007.

If paying at the full rate would preclude you and your family from attending a conference, please inform your conference registrar. Although aid cannot be promised, many conferences have established scholarship programs to help in cases of hardship. If you wish to support your conference's scholarship fund, please contact your registrar, too.

If you would like more information about the ways in which we are committed to being good financial stewards of Star Island, please contact our Portsmouth office.

Notes Pertaining to Room and Board Rates

- ∴ **The balance of room and board bills, boat fares, and parking fees are to be paid in full on-island during your conference week.** Personal and travelers' checks are welcome. We cannot accept foreign currency, though Canadian checks payable in U.S. funds are accepted. There is a **\$25 service charge for returned checks** and a **\$25 fee for failure to pay on-island.**
- ∴ The rates listed do not include conference registration and program fees, which are specified on the individual conference pages.
- ∴ Rates listed are per person and apply to ages as of a conference's start date.
- ∴ Occupancy refers to the number of adults occupying a room; children's rates are determined by age. When children and adults are housed in the same room, adults are charged for double occupancy and children are charged by age.
- ∴ Children living in motel units at a parent's request will be charged adult rates.
- ∴ Please review all charges on your bill before payment. We strongly encourage that any issues be resolved before you leave.
- ∴ Persons attending for less than the full conference period will be charged at a daily guest rate, not to exceed the full conference rate.

Credit Cards on Star Island

Beginning this year, we are able to accept Visa and MasterCard on Star Island for room and board bill payment in addition to cash, checks, money orders and travelers' checks. We ask that those who are able to pay their bills via cash or check please do so to defray our costs. Important: credit cards will not be accepted at the bookstore, lobby store, gift shop and snack bar, so don't forget to bring your checkbook or some cash to the island!

2008 Room and Board Rates

WE NOW ACCEPT VISA & MASTERCARD ON-ISLAND FOR BILL PAYMENTS!

SEE NOTE ON CREDIT CARDS, PREVIOUS PAGE.

BOOKSTORE, LOBBY STORE, GIFTSHOP & SNACKBAR PAYMENTS MAY ONLY BE MADE VIA CASH, CHECK, MONEY ORDER OR TRAVELER'S CHECK.

Adult rates are determined by room type. Youth rates are determined by age on the first day of the conference, regardless of room type.

Adult (18+ years)	Triple	Double	Single	Motel/Managers	
				Double	Single
7-night conferences	\$683	\$730	\$883	\$778	\$1291
6-night conferences	\$591	\$633	\$766	\$709	\$1175
Rasa Yoga	\$469	\$501	\$607	\$534	\$887
YAC (4-night), ISHRA June .	\$377	\$403	\$489	\$430	\$714
Findhorn	\$286	\$306	\$370	\$326	\$542
Childlight Yoga	\$226	\$242	\$292	\$257	\$427

Youth	Under 2	2-5 Yrs	6-11 Yrs	12-17 Yrs
7-night conferences . . .	\$149	\$344	\$452	\$581
6-night conferences . . .	\$129	\$299	\$392	\$503
YAC (4-night).	\$82	\$190	\$249	\$321

September Adult (18+)	Triple	Double	Single	Motel/Managers	
				Double	Single
Pel Reunion	\$.223	\$238	\$291	\$252	\$420
Elderhostel	\$.504	\$539	\$653	\$575	\$954
'Women' Full Week	\$.368	\$393	\$476	\$418	\$696
'Women' Mdwk/Wknd	\$.203	\$217	\$263	\$232	\$384
Midweek I/II, Writelines	\$.368	\$393	\$476	\$418	\$696
Writers in the Round	\$.312	\$334	\$404	\$357	\$591
Photo, Dover Yoga.	\$.285	\$305	\$369	\$325	\$541
Granite State College	\$.257	\$275	\$333	\$294	\$488
Laity, Worcester Art.	\$.231	\$246	\$299	\$262	\$436
ISHRA Sept, Guilford, Hampshire . .	\$.203	\$217	\$263	\$232	\$384

September Youth	Under 2	2-5 Yrs	6-11 Yrs	12-17 Yrs
Pel Reunion	\$.51	\$114	\$152	\$189
Laity.	\$.50	\$116	\$152	\$195

If you don't see your conference listed, visit starisland.org for the latest update or contact you conference's registrar.

ADDITIONAL FEES, FOR REFERENCE

Parking	\$.10 per car per day, including partial days
Babysitting.	\$.46/family, \$20/family during Pel Reunion/YAC 4-night
Boat Fare	\$.41/youth aged 13-adult, \$28/youth aged 2-12

Important Information for Registered Conferees

Mandatory Orientation Session

All conferees are **REQUIRED** to attend a welcoming “Fire and Water” orientation session shortly after arrival in order to receive current/updated information on safety and island living, as well as information on their conference. As safety and insurance regulations change from year to year, even conferees who have attended orientation sessions in previous years are required to attend.

- ⚡ **Smoking/Open Flame:** Fire is our chief concern, and thus, **smoking and the lighting of matches, candles, incense, or any open flame are prohibited in all Star Island buildings.** Outdoor smoking is only allowed while on first floor porches and decks and on the pier, and only when combustible materials (such as propane or gas tanks) are not present. There is no smoking on the main porch wrapping around the Gosport and Oceanic buildings. Due to the danger of brush and grass fires, smoking is not permitted on the grounds on any part of the island, including the rocks. Specific exemptions to this policy for special events (such as a bonfire) or other such reasons are only permitted with prior approval of the designated island manager. Violators will be required to leave the island on the next boat. Any conferee leaving under these circumstances will be charged for the full conference period.
- ⚡ **Fire Drills & Emergencies:** If at any time you hear an electric horn or the rapid ringing of the bells, you **MUST** evacuate to the flagpole on the front lawn and await further instructions. Violators will be required to leave on the next boat and charged for the full conference period.
- ⚡ **Electrical:** We generate our own electricity on the island. Due to the limitations of the island’s electrical system, and for safety reasons, conferees are asked not to bring appliances with heating elements (e.g. heating pads, hair dryers, hot water immersion heaters). Conferees with medical equipment electrical needs (i.e. three-pronged outlets, CPAP machines) should specify these needs on their registration form.
- ⚡ **Firearms/Fireworks:** Neither are permitted on Star Island. Violators will be required to leave on the next boat and charged for the full conference period.
- ⚡ **Tobacco Products, Alcohol & Illegal Drugs:** Compliance is expected of all federal and New Hampshire State laws governing the use of alcoholic beverages by persons less than 21 years of age, use of tobacco products by persons less than 18 years of age, and the possession and/or use of illegal drugs. Consumption of alcoholic beverages is not permitted in public areas (except if specifically included as part of a conference function). Alcohol and tobacco products are not available for sale on the island, nor may they be ordered through the messenger service. Those who engage in excessive drunkenness or possess or use illegal drugs will be required to leave on the next boat and charged for the full conference period.
- ⚡ **Syringe Disposal:** All used syringes or “sharps” must be disposed of in designated con-

ainers in the Improved Access Bathroom (off of the lobby) or the first aid station. Do not dispose of sharps in guest rooms or in public trash containers. If someone is unfortunately “stuck” as a result of careless disposal, the individual responsible may be required to undergo a series of blood tests locally at his or her own expense.

- ≈ **Pets:** Conferees and guests are not permitted to have pets on Star Island. Service animals are welcomed, but we ask that you provide us with advanced notice.
- ≈ **Breakwater:** The breakwater is off limits at all times. Stay back from the water’s edge elsewhere on the island as well, since the surf and tides are unpredictable.
- ≈ **Flora/Fauna:** Island ecology is delicate—please do not pick flowers or collect any animal, plant, or soil samples.
- ≈ **Minor Children:** Parents retain full responsibility for their minor children (under age 18) at all times.
- ≈ **Outstanding Charges:** All outstanding charges must be paid in full; otherwise permission to return to the island in a subsequent season may be denied.

Star Island is private property owned and operated by the Star Island Corporation, dedicated to religious and educational activities. All conferees, guests and day visitors come to the island with permission from the Star Island Corporation. This permission may be revoked at any time if, in the sole discretion of those in charge of island operations, such action is deemed necessary because of behavior that causes disruption of a meeting, program, or activity; creates a threat to the health and safety of others; or causes damage to island property.

Medical Information

Important Notes on Medications

Everyone must bring enough of any needed medicine to cover the length of the stay **PLUS AN EXTRA FOUR DAYS**. Due to new requirements, there will not be any prescription medications kept in stock on-island. Additionally, there is no guarantee that we can get specific prescriptions filled. When we are able to send a prescription to the mainland, we must ask for payment of the full retail price as well as our messenger fee. We can provide the pharmacy’s receipt, but we cannot submit insurance reimbursement paperwork.

Star Island is a small island in a remote location with access only by boat. Although there is a first aid station on the island, it is equipped for only basic emergency and first aid treatment. The first aid station may not be staffed at all times. In addition, the travel time to an off island medical facility is a minimum of an hour and may be much longer depending upon weather and sea conditions.

There are inherent risks in traveling to and staying on Star Island which cannot be eliminated, such as exposure to elements on a remote island including but not limited to inclement

weather, wildlife and unmonitored terrain and woods; the potential for others participating in conference programs to act in a negligent manner that may cause or contribute to injury, harm, or death; and lack of access to a medical facility without extensive travel by boat and motor vehicle.

The Star Island Corporation strongly recommends not participating in a conference if you suffer from any medical condition which might reasonably require emergency medical response including but not limited to heart conditions, the last trimester of pregnancy, severe allergic reactions to wildlife, illnesses which require ongoing medical treatment or monitoring and other similar conditions. Additionally, if you have had or expect to have had recent surgery, neurological problems resulting in impaired mobility, mental health issues requiring use of medications, or other similar conditions, or if you use or expect to use specialized medications, medical equipment, portable oxygen, or other similar items, the Star Island Corporation strongly recommends consulting your physician to ensure that Star Island is a suitable environment for you to visit. Guests on Star Island are responsible for their own medical condition while on the island, including monitoring of health conditions and making sure that they have adequate medication to address any possible medical issues which may arise.

Leisure Activities

A lifeguard is on duty at the dock for swimming, boating, and snorkeling. Other conference-sponsored outdoor recreation includes hikes on the rocks, fishing, tennis, basketball, volleyball, softball, and whiffleball (for small children). We have some athletic equipment, but you may want to bring your own tennis racquet or softball glove. For safety, all softball participants must use the island's bats and "low flight" softballs. Our music director is available for selected conference chapel services, choral groups, and other musical activities. In addition, the director conducts a chorus of staff who perform in the "Pelican Show" each week for the conferees.

Boat, Parking and Luggage Information

Important Notes on Luggage

Because it is necessary to transport all freight to the island via boat, **LUGGAGE LIMITS ARE STRICTLY ENFORCED, SO PLEASE PACK ACCORDINGLY.** Luggage must be limited to one small carry-on bag (a backpack or small zippered tote, including your personal items), a specialty item, such as a musical instrument, tennis racquet or easel, and one "checked" bag (a duffle bag without wheels is preferable)—limit 50 lbs. per person. **BAGS EXCEEDING 50 LBS. CANNOT BE TRANSPORTED.** There will be a scale in place at "check-in" to determine weight. Conference staff with special freight needs must make arrangements for such freight through their conference leaders ahead of time. Star Island Corporation and Captain's Fishing Parties assume no responsibility for the handling, damage, or loss of any luggage belonging to Star Island guests.

For the 2008 season, all conference boats will depart from Rye Harbor in Rye, NH (see directions, below). This dock is easily accessible, and the trip to and from Star aboard the 149 passenger vessel Captain's Lady usually takes about 30 minutes. **All conferees will receive boat assignments and instructions directly from their conference leaders as part of the conference acceptance materials.** They will have the most up-to-date information specific to your conference which may supersede information in the Blue Book.

Parking is available at Rye Harbor and will cost \$10/day (or any portion of a day). Because we use block parking, you must arrive and depart on either the early boats or the late boats only. For example, if you take the first boat to the island, you must depart from the island on the first boat to Rye. Star Island Corporation and the Pease Development Authority, Division of Ports and Harbors, assume no responsibility for the cars parked at Rye Harbor.

Parking fees and boat fares (\$41.00 for adults; \$28.00 for children 2–12; no charge for children under two) will be added to your room and board bill, payable on-island.

Overnight conference and Pelican guests may travel to Star from Rye via the 20-passenger vessel Uncle Oscar, or by private charter. Overnight conference guests must make arrangements through conference chairs, and Pel guests through the Front Desk. Uncle Oscar operates seven days a week from mid-June to mid-September, generally with three to four runs per day. Information about fares and parking are available at (603) 964-6446 or www.uncleoscar.com.

We can not accommodate larger boats on our dock due to the needs of work boats and ferries. Access to Star Island by sailing or motoring a private boat is not recommended. We have no available moorings. Private boats *can* be moored in Gosport Harbor—contact Kittery and Portsmouth Yacht Clubs for permission and information—and access to the island can be gained by rowing a dinghy to our dock.

Directions to Rye Harbor, Rye, NH

From North: From 95 South, take NH Exit 5, staying in left lane for Portsmouth Traffic Circle. Exit Circle to Rt. 1 South. Turn left onto Elwyn Road and follow until it intersects with Rt. 1A at Foyes Corner. At this 3-way stop, go straight onto Rt. 1A and follow to arrive at Rye Harbor, approx. 7 miles. **From South:** From 95 North to Exit 2 (Hampton Toll Booths), follow Rt. 101 East for 0.5 miles. Take exit 13, turning right onto Rt. 27 East. Follow to the ocean, turn left onto Rt. 1A and follow to Rye Harbor, approx. 5 miles. **From West:** From Rt. 101 East to Exit 12 (North Hampton/Rye), exit left onto Rt. 111 East and follow to end. Turn left onto Rt. 1A North and follow to Rye Harbor, approx. 3 miles. **From Downtown Portsmouth/Market Square:** Follow Congress Street (one-way road) and turn left at 2nd light onto Middle St. Follow for 0.3 miles and turn left onto Miller Ave./Rt. 1A. Follow Rt. 1A to Rye Harbor, approx. 7 miles.

Portsmouth Area Accommodations

Contact the Greater Portsmouth Chamber of Commerce, (603) 436-3988, www.portsmouthchamber.org.