

N.O.R.M.A.L.

National Organization of Register Mentors And Leaders

BUILDING A BETTER TOMORROW



ONE CHILD*ONE COMMUNITY*ONE DAY AT A TIME

N.O.R.M.A.L. Goes to Mifflin Classic 2-26 to 2-28

We are only several weeks away from the Lewistown competition! As things near we will need to firm up our plans. For now – here is what we do know.

We will be leaving the Karate School around 5:00 p.m. on the 26th. We should arrive at Raystown around 7:00. We will have dinner at the cabin and then prepare for departure in the morning. Kids bath at night so adults can bath in the morning. We have two full bathrooms with separate hot water heaters but it is still a strain to get everyone ready. (Any adult that wants to bath at night may also do so.) No hot tub activity for the kids on Friday night however if they wish to use it responsibly on Sat night they may. Adults may use the hot tub either night! Please bring towels for the hot tub if you are planning on using it.(and a bathing Suit)

You do not need to bring your own bath towels or bed linens. The beds will be cleanly dressed and we will have plenty of towels for showers on hand. The basics are all at the cabin. It is fully heated and has most comforts of home.

We will leave out on Sat morning around 7:30 for the tournament – around a 45 min drive. Breakfast will be sandwiches to go, oj, coffee etc. Lunch you are on your own at the tournament. You may pack a lunch but you can not eat it in the gym – you would have to go to your car or something to eat and it is usually very cold!

After the tournament (it varies in length) we will travel back to the cabin for dinner and finally relax. If anyone wants to take movies there are DVD players and tv's in most rooms. Please also take games, cards, music etc.

Sunday we will have full breakfast and then can venture to the dam and overlook if it is open and the weather permits. We will clean up and head out by mid afternoon. This weekend is fun and also a lot of work because of the no of people that stay. Please bring your sense of humor and a little patience.

You will need to also bring your own drinks for the weekend (excluding bottled water, milk, coffee, oj, and tea). Also if there is something you particularly like to snack on feel free to bring it as well. We eat well and often so it is lots of fun. It is difficult to get dinner ready fast enough Sat night because of the tournament so a quick snack when we first get home is sometimes needed. I will take some snack food but you may want something particular.

Menu: I like to let you know what we are eating incase you particularly do not like something or are allergic to something. I will not be offended if there is something you do not like. I cook from scratch so nothing but the brownie mix comes from a box.

Friday Dinner: Pork BBQ sandwiches
Baked Mac and Cheese
Cole Slaw
Cookies or something sweet

Sat Morning: Bacon, egg, cheese sandwiches or any combo of
Sausage, egg, cheese sandwiches or any combo of
Oj, milk, coffee, tea

Sat Lunch – you are on your own

Sat Dinner: turkey breast
Roast Beef
Roasted Potatoes
Roasted Veggies
Salad and rolls
Ice Cream Brownies

Sunday Breakfast: French Toast
Eggs
Ham
Coffee cake or monkey bread

Well for now I guess that is all I can tell you! Hopefully this gives you some idea of what you can expect! Any questions let us know. This is our 6th year of our retreat this weekend!

Tracy and Garry