

Life On a Star I Family Conference  
August 11-18  
Jenn and Aram Khavari



Take a good long deep breath, then think about all that you are letting go as you slowly exhale. Join us as we actively explore the world we breathe in-and-out every day. Our discussions and activities will cover the spectrum of the scientific to the spiritual and the musical to the magical.

Dear LOAS I Conferees,

Welcome to Life On A Star I Conference 2018!

We will see you with smiles and cheers on the Star Island Pier on August 11th! We've planned workshops, starbursts, and activities with our theme of the week in mind and plan to explore the way we think about and interact with each other and world around us.

The goal of this week on Star is to relax & rejuvenate and rewind & restart. We are thrilled to have Sam Kean as our theme speaker and John Gibbons as our Minister for the week. We would also like to thank all the volunteers without whom the conference would not be possible. Below we provide a summary of the program we have planned for this week (note, times and places subject to change) and the important information you will need to read in order to prepare for the conference. You can find greater detail and updates on the conference activities on the LOAS web site at: [www.lifeonastar.org](http://www.lifeonastar.org).

See you soon!  
Jenn, Aram, Mia and Milles  
[loas12018@gmail.com](mailto:loas12018@gmail.com)



# Room and Registration Logistics

## Important Note from the Conference Registrar

If you, or anyone in your group registered with you, is either arriving after the conference begins and/or leaving before the 18th and you have not notified conference registrar, Patti Emmons, of the dates and times, please email or call her at [patti@emmons.org](mailto:patti@emmons.org). If you are planning to arrive or depart on the Uncle Oscar you must make your own reservations (which is not necessary if you are traveling on the Lughton).

## Accommodations and Registrations

In general, virtually all questions related to accommodations and registrations, can be answered by the LOAS registrar:

Patti Emmons

[patti@emmons.org](mailto:patti@emmons.org)

(484) 467-9017 (cell)

## Room assignments

If you feel you really need to change a room, contact Patti Emmons, but be aware that it is generally difficult to accommodate such requests. Any roommate requests not included on your registration form should be communicated to Patti immediately (a list of conferees is on the LOAS web site). If you change rooms without authorization, necessitating extra housekeeping services and linen expense, you will be charged an additional \$25 per night of use. Also, LOAS I is required to reimburse Star Island for damages beyond normal wear and tear. The responsible conferees will be charged by LOAS I.

**My friends want to come overnight or I want to stay an extra night.  
What do I do?**

Contact Patti ASAP!

# Arrivals and Departures

## Directions to the Dock

The Isle of Shoals Steamship Company dock is located at:

315 Market Street  
Portsmouth NH 03801

- From the South:

I-95 North to Exit 7 (Market Street). Take a right off the ramp and the dock is a half a mile down the street on the left across from the Sheraton Harborside Hotel. Please plan for extra travel time on Saturday as weekend travel on I-95 in the summer months is often very congested.

- From the West: (From Route 4 and/or Route 16 East)

Proceed East on Route 16 until arriving at the I-95/Route 1 split. Bear left towards the Portsmouth Traffic Circle. Once at the traffic circle take the route 95 North exit heading towards Maine. Take Route 95 North to exit 7 (Market Street). Take a right off the ramp and the dock is a half a mile down the street on the left across from the Sheraton Harborside Hotel.

- From the North:

I-95 South to NH Exit 7. LEFT at lights. Drive 1/2 mile down Market Street and the dock is on the left across from the Sheraton Harborside Hotel.

Remember to allow yourself plenty of time as traffic getting to Portsmouth can be heavy.

This year car keys will be collected and secured at the parking area to facilitate the movement of vehicles in case of unexpected departures or emergencies.

## Boat Information

On Saturday August 11<sup>th</sup>, we will be departing from Portsmouth, New Hampshire on the Thomas Loughton, which is operated by the [Isles of Shoals Steamship Company](#). Even if it is a hot day, please remember to bring a jacket or sweater on the boat to withstand the always-brisk ocean breeze.

Our checked luggage is going out on the island workboat. Please plan to arrive at the dock between 11:00 am and 1:00 pm to drop off your checked luggage. Luggage checked after 1:00 pm may not make it to the Island with you. Feel free to spend some time in downtown Portsmouth, which is a short walk from the boat dock.

Please return to the dock ready to board the Thomas Loughton before 2:00 pm. The boat departs promptly at 2:25 pm.

## Luggage Policy

Conferees are encouraged to carry-on luggage. There are no limits to weight or number of carry-on bags.

All checked bags must weigh 40 lbs. or less each. Multiple small bags are preferable, as are duffle bags without wheels.

Although we make every effort to handle luggage with care, be advised that Star Island Corporation and Steamship Company assume no responsibility for the handling, damage, or loss of any luggage. Conferees are urged to leave valuable items at home or to handle them personally. Belongings should be securely packed; loosely packed items run the risk of being damaged or dropped in the water during handling. Conferees are not permitted to bring alcohol aboard the Thomas Lighton (so alcohol should not be packed in carry-on baggage). Neither Star Island nor the Steamship Company has professionally trained luggage handlers. Please pack any prescription drugs in your carry-on luggage.

## What if I miss the boat?

If you miss the boat, you will have to make alternate arrangements. One alternative, the Uncle Oscar, departs from Rye, New Hampshire. Call (603) 964-6446 to arrange passage to the Island, and then call the front desk at (603) 601-0832 to let them know when you will arrive. Remember that you will have to pay your own way on the Uncle Oscar (and parking in Rye, if applicable), over and above the transportation charges that are included in your hotel bill.

## Return Trip

All conferees will return to the mainland via the Thomas Lighton on Saturday, August 18th. The boat will leave Star Island at 8:20 am and arrive at the dock in Portsmouth by 9:45 am. Please remember that unloading the luggage off the boat, packing cars and saying your goodbyes can often take some time, so you should realistically plan on being on your way by about 10:30 am.

## Conference Programming

Theme Speaker – Sam Kean

### Sam Kean

*Sam Kean is the New York Times bestselling author of [Caesar's Last Breath](#), [The Disappearing Spoon](#), [The Dueling Neurosurgeons](#), and [The Violinist's Thumb](#), all of which were named Amazon top science books of the year. [The Disappearing Spoon](#) was a runner-up for the Royal Society of London's book of the year for 2010, and [The Violinist's Thumb](#) and [The Dueling Neurosurgeons](#) were nominated for the PEN/E.O. Wilson award for literary science writing in 2013 and 2015, as well as the AAAS/Suburu prize. He is editing the 2018 edition of Best American Nature and Science Writing, and his work has appeared in *The New Yorker*, *The Atlantic Monthly*, the *New York Times Magazine*, *Psychology Today*, and *Slate*, among other publications, and he has been featured on NPR's "Radiolab," "Science Friday," "All Things Considered," and "Fresh Air." His books have been translated into seventeen languages around the world.*

Minister of the Week – John Gibbons

*John Gibbons came to Bedford in 1990 after a decade as minister to the Unitarian Congregation in Mendon and Uxbridge, MA. Ordained in 1980, he is a graduate of the Harvard Divinity School and holds an undergraduate degree in religion and political science from Tufts University. He is married to Sue Baldauf, a family therapist; and they have one son, Eric. In previous lifetimes John was a public school teacher, union organizer, counselor at a halfway house for teenage girls, apprentice to a Mexican curandera (healer-woman), and a salesman of pansies and parsley.*

*He is very involved in Bedford and metropolitan Boston, a participant in interfaith roundtables, chaplain to the Bedford Minutemen, a founding member of the Greater Boston Interfaith Organization, the Tuckerman Coalition, and the Interfaith Alliance. He also participates actively in the life of the Unitarian Universalist Association, is past president of the UU Partner Church Council, former board chair of the Unitarian Universalist Service Committee, and is current chair of UUSC's Ministerial Leadership Network. First Parish Bedford was recognized as a "breakthrough congregation" in 2012 by the UUA.*

## Workshops

### Morning (everyday)

Art with Rebecca Emerson

Music and Theatre with Tina and Phil Burns

Yoga with John Vitalli

### Afternoon (everyday)

Basket Weaving Workshop with *Patti Emmons*

Yoga with Dianna Vitalli

Music and Singing with Linnea Bardson

### Afternoon (1 day only) schedule subject to change

Monday	David Whitford reading group
Tuesday	Whole Health with the Silks
Wednesday	UU Women's Activism Emily Jones
Thursday	Pechakucha 20 slides and 20 second <a href="https://www.pechakucha.org/">https://www.pechakucha.org/</a>
Friday	Finish your art show projects

## Starbursts: Mini-Workshops to fill in your days (3:45)

Sunday	Dawn Elane Reed	Intro to Ukulele	Bring yours or Dawn will have a few for auction!
Monday	Will & Stephanie Ronco	Human Powered Water skiing	Good running shoes and an "oxen" attitude.

Monday	Kurt & Val	Screen Printing	Bring your Tie Dye shirts to print the official LOAS 1 2018 Logo
Tuesday	Sam Francis and Gail Henry	Origami Boxes	Origami Boxes! Turn those too-beautiful-to-toss greeting cards into delightful little boxes. They'll still be too beautiful to toss, but now can serve an additional purpose. Bring old cards (and calendar pages) or use some that Sam & Gail provide. Folding for fun and function—so fabulous!
Wednesday	Bill Crane	guided meditation using breath awareness	<a href="mailto:cranequilts@yahoo.com">cranequilts@yahoo.com</a> 617-999-3510
Thursday			
Friday			

## Volunteers

Thank you to all who have already stepped forward to help. This is week is special because of you, and each job is important! While on island there will be opportunities to help with the art show, auction, child-care during social hour, serving at social hour, talent show, etc. Please check out the list of volunteer positions on our web site at [www.lifeonastar.org](http://www.lifeonastar.org). We appreciate any way you are able to contribute, no matter how small. Thank you!

## Youth Groups and Conference Policies and Guidelines

We have over 80 children and youth who will be participating in our youth program. Your children will be receiving letters from their youth group leaders soon. If you have any questions about the youth program, please direct them to the youth coordinator, Kristin Tlili at [kristintlili@yahoo.com](mailto:kristintlili@yahoo.com).

Youth Coordinator:	Kristin Tlili
Floater:	Mark Povinelli
Malaga – Ages 0- Pre K <b>Louise's Barn</b>	Jacki Shapiro, Maddie Emers and Grace Gordon
Lunging – Grades K-1 <b>Kiddie Barn</b>	Amy McAvoy and Steve Goodman
Cedar – Grades 2-4 <b>Lawrence</b>	Anne McPherson and Ellie Emers
Duck – Grades 5-6 <b>Parker</b>	Madeline Bergstrom and Hop Hopkins
Smuttynose – Grades 7-8 <b>Brookfield</b>	David Garvoille and Hope Griffin-Ortiz
Appledore – Grades 9-12 <b>Marshman</b>	Ken Keech and Hillary Andrew Kensly

As a family conference, we strive to follow the mantra "Be kind and be safe." We ask that you respect youth group assignments and work with your children, especially before the conference and during the first day or two, to encourage successful experiences in their groups. There are lots of opportunities to socialize with friends outside of youth group time! Of course, parents and guardians should bring any questions or concerns to Youth Program Coordinator Kristin Tlili ([kristintlili@yahoo.com](mailto:kristintlili@yahoo.com)).

Youth Programs are designed to engage children and youth during their time on Star Island, and to enhance community connections. These groups are led by volunteers who are also on vacation. Please be respectful of their time and commitment by picking up your children on time, notifying youth leaders and the Youth Program Coordinator if your child will not be attending a session, and lend them your support as they work with a diverse group of children. If your child receives special accommodations or services at school, or has special needs that we should be aware of, please contact the Youth Program Coordinator so we can best support your child's full engagement in our program.

All parents/guardians and children/youth participating in our program are required to attend the Youth Orientation (Saturday at 5:15pm in Elliott) and sign the Contract between Minors and Star Island.

Although parents and children look forward to more freedom from day-to-day concerns

on Star, certain responsibilities never take a vacation. Please be aware of the following Policies:

- All children must either attend youth groups or be physically with their parents/guardians during youth group times. If your child will not be at youth group, please let the youth group leaders know!
- At all other times parents/guardians are responsible for their children in planned or spontaneous intergenerational, recreational, and individual activities. We try to watch out for each other at Star, but **parents are always responsible for their children when they are not in youth group.**
- Parents/guardians should not leave the island (e.g., to Appledore or Smuttynose) without notifying the Youth Coordinator and/or Chairs about where they will be and designating another adult to look out for their children. (Of course you should also communicate this information to your children and the other adult!) There is a form to complete if you do leave the island for any reason, which will be explained at the Family Orientation.

## Curfews and Quiet Times

LOAS curfews are instituted for several reasons. They help our young people settle in for the night, help young and old alike get restful sleep, and promote the overall health of our youth program. Youth-staff work hard to provide terrific programming; getting enough sleep helps youth participate fully, improving the experience for all. All youth will have curfews.

They are as follows:

- Malaga 8pm
- Lunging 9pm
- Duck 9:30pm
- Smuttynose 11pm
- Appledore 12 midnight

Parents have the option of setting earlier curfews, but we ask that you discuss curfew with your children before arriving on island. After curfew, children and youth should be in their own rooms (and quiet!) or with their parents/guardians.

Quiet times offer respite for adults and children of all ages. Designated Quiet times (across the island!) are the hour immediately after lunch, and from 10:00 p.m. until 7:00 a.m.

## Babies and Toddlers

- Infants must sleep in the parents' room—cribs with plastic-covered mattresses are provided.
- Disposable diapers are recommended. Bring enough for 10 days, just in case. Collection pails are in Louise's Barn, the Children's Barn and on the second floor of the Oceanic Hotel.

- High chairs are available in the Dining Room.
- Dry cereal and milk are available at every meal. Yogurt is usually available at the Snack Bar.
- Bring canned baby food and formula if you wish. For a small fee—and a 24-hour turnaround—you can order supplies through the Lobby Store
- Bring a food grinder, if you wish, and you may refrigerate a small amount of food in the kitchen. There is also a small communal refrigerator available to parents with young children on the 2nd floor of the Oceanic Hotel.
- Bottles can be washed by the dish room staff at every meal.

## Hall Monitoring of Children in the Evening

Families with children under eight years old are housed on the second floor of Oceanic. Pelicans monitor this floor only, from 8 -11 pm. Monitoring is a group service, not babysitting. Pelicans are unable to entertain, change, or put individual kids to bed. Pels are stationed in the corridors to listen, to maintain safety, and to notify a parent if a child is in need. If parents/guardians plan to be away from their room between 8 and 11 they should greet the monitors each evening to share any concerns before leaving children in their rooms.

Hall monitors:

- Watch when children go to the bathroom and then go back to their rooms.
- Watch to make sure a child does not leave the area being monitored.
- Look in on children from time to time but do not stay with individual children.
- Send word to the parents through the front desk if a child needs a parent.
- Summon a nurse or physician if a health emergency arises.
- Check the children just before 11:00 and—unless there is a problem—leave the hall even if a parent or guardian has not returned!

## Policies and Procedures Addressing Possible Child Abuse.

LOAS Conferences have developed policies and procedures to facilitate an appropriate response should any child abuse be suspected or occur during the conference. You will receive a more detailed email with the attached policy about 10 days before the conference starts. The policy can be obtained on the island from the Youth Coordinator or the Chairs. In addition, NH law mandates that if you know of or suspect child abuse, you are to report the abuse to the State. At the LOAS Conferences, the way to start this process is to go directly to the Star Island Grievance Officer who will be introduced during the Fire and Water Mandatory Meeting and whose picture will be displayed in the lobby.

LOAS 1 2018 Youth Staff: The youth staff will be sending letters to the children participating in the conference. If you have any questions you may reach them directly.

Youth Groups LOAS 1 2018

Malaga	Jackie Shapiro (1/3) jackietrimbleshapiro@gmail.com	Madeleine Emers (1/3) MJE03040@castleton.edu	Grace Gordon (1/3) Grace Gordon <gracegordonofficial@gmail.com>
Lunging	Amy McAvoy <a href="mailto:mackers72.am@gmail.com">mackers72.am@gmail.com</a>	Steve Goodman sgoodman@evc.org	
Cedar	Ellie Emers eemers@mail.smcvt.edu	Ann McPherson anniemcem@yahoo.com	
Duck	Madeleine Bergstrom madberg@vermontel.net	Hop Bergstrom	
Smuttynose	David Garvoille davidgarvoille@gmail.com	Hope Griffin-Ortiz Hego1227@gmail.com	
Appledore	Ken Keech Ken.keech@gmail.com	Andrew Kensley amkbean@gmail.com	
Floater	Mark Povinelli	mjpovinelli@gmail.com	

# Essential Information for Shoalers Both Old and New

## New Shoaler Orientation

New Shoaler orientation has been scheduled for Saturday. New Shoalers should meet Becky Friedkin at 4:00 pm on the front porch. There will be a short introduction to the Island, and a brief tour so you can get your bearings and will have you back at Elliott Hall by 4:30 am in time for the Fire and Water Meeting (Island Orientation).

## New Shoalers and Shoalmates

If you notice someone with a star on his or her nametag, you will know the person is new to Star or LOAS I (or both). Introduce yourself and do whatever you can to ensure our new Shoalers feel welcome and comfortable. If you are an Old Shoaler who would like to be a Shoalmate to a New Shoaler, please email Becky Freidkin [becky.friedkin@gmail.com](mailto:becky.friedkin@gmail.com) and Carolynn Sears [carolynnsears@me.com](mailto:carolynnsears@me.com) . If you are new, Becky and Carolynn will contact you soon.

## Community Life on Star

Star is a place where we build on existing friendships and create new ones. It takes everyone to establish the culture that sustains and nourishes this community and family feeling.

If this is your first time on Star Island, you are a “New Shoaler” with a unique experience in store. The LOAS website has a [section](#) just for you. Pay particular attention to [“What to bring”](#) and [“What not to bring.”](#) Star’s weather is variable and may be hot or cold, with sun or storms. Layers work best. Sneakers are a must and flip-flops are good for the showers. Bring some cash for incidentals (please note that there is no ATM on the island).

There is only one thing that you HAVE to do on Star, and it occurs shortly after we get there. Everyone must attend the “Island Orientation” at 4:30 pm on Saturday, even those who’ve been coming for decades. You’ll learn essential information on how to stay safe on our rocky island 10 miles out in the wild Atlantic. There’s always something new to learn! This meeting is mandatory and for your safety.

There will also be a brief parent/youth group meeting immediately following the Island orientation. Youth leaders will be able to introduce themselves to their groups and set a plan for the week.

- Sunday morning there will be a “Conference Orientation” The youth groups and youth leaders will participate and then dismissed to their areas to begin their week. We will then outline the activities for the week and introduce the Conference Staff. Each day offers a wealth of things to do – too much for one person. The options are there so that everyone can find something to enjoy. Resist the urge to do everything. It’s no fun if you wear yourself out and get sick, so pace yourself – use sunscreen, wear a hat, and feel free to ditch your plans and take a nap if that’s what you need to stay happy and well.

The chalkboard in the Oceanic Hotel lobby shows the schedule each day. Please remember that everything is optional but a typical day may include:

6:30 am	Morning meditation	3:45 pm	Starbursts
7:00 am	Polar Bear dip	5:30 pm	Social hour
8:00 am	Buffet breakfast	6:30 pm	Dinner
8:45 am	Morning chapel	7:30 pm	Entertainment
9:15 am	Youth Groups	9:30 pm	Evening chapel
9:20 am	Theme talk	10:00 pm	Stargazing
10:40 am	Morning workshops	10:00 pm	Starlight Café (Sunday, Tuesday and Thursday)
12:30 pm	Lunch		
1:00 pm	Quiet time		
2:10 pm	Afternoon workshops		

Youth Programs run every day from 9:15 –11:45 in the morning and from 2:00–3:30 in the afternoon. Also, we need volunteers to supervise children during the adult social hour from 5:30–6:15 pm. Please contact Liz Kennedy at [eckenned@hotmail.com](mailto:eckenned@hotmail.com) for the sign-up sheet. Pelican-staffed hall monitors (not babysitters) are on duty in the Oceanic Hotel from 8–11 pm.

Candlelight Chapel Services are held each evening in the 200-year-old chapel. We observe silence on the way up, during the service, and while returning from the chapel. Services are led by different conferees each night. An Intergenerational Chapel Service will provide an opportunity for younger Shoalers to share in an earlier service, complete with lanterns. As part of ongoing efforts to improve accessibility, the island staff installed a video feed system that can broadcast chapel services to the screen in Elliott Hall.

Saturday 8/11	Dave & Lindy Anderson and Jimmy & Joyce Pickel
Sunday 8/12	Rebecca Emerson and John Brown
Monday 8/13	Cathy Modica and Henry Kaempf
Tuesday 8/14	Anna Berkenblit and Geri Sheehan
Wednesday 8/15 intergen Wednesday 8/15	Dupree Family Katherine Schneider
Thursday 8/16	Senior High
Friday 8/17	Jenn, Aram, Mia and Miles Khavari

The Talent Show is a wild and wonderful time for skits, beginning musicians, jokes, and all kinds of creative fun. Please come prepared to “audition” to be placed in a slot.

The Musicale presents the talents of the many musicians among us. Sign up sheets will be available after orientation. Please join this LOAS 1 tradition!

The sign-up sheets for both the Talent Show and Musicale are located at the writing desk located in the lobby of the Oceanic Hotel.

In the spirit of our community, we will also enjoy an Intergenerational Dance, Bingo and a Marshmallow Roast.

## Silent Auction for the Lee Reid Scholarship Fund and SIC Donation

The Silent Auction will be organized by Joy Nygren and Barb Crane. Your donations of auction items, such as paintings, jewelry, photographs, quilts and other crafts (items with a Star connection or theme are always popular!) and Items or experiences that would be available off island, such as event tickets, special dinners, or services, are welcomed and encouraged. We would be grateful for any item you feel is appropriate -- small to large, very inexpensive (\$5) to expensive (\$400+). We will appreciate your suggestions for a "minimum bid" on what you contribute and will try to honor your suggestions if practical.

It is possible that more valuable or unusual items might be offered in a live auction late in the week -- stay tuned! All auction items will be on display in the back room of Newton continuously from the time setup is complete (TBA) until the end of Social Hour on Thursday, when the Silent Auction will be concluded.

This year 1/2 of the proceeds will go towards the Lee Reid Scholarship Fund and 1/2 of the proceeds will go to the Racial Justice Task Force.

Please email Joy if you plan to contribute something. She can be reached at:  
[j.nygren@northportny.gov](mailto:j.nygren@northportny.gov)

## Showers

6:00 a.m. to 11:00 p.m. (closed 10:30-1 and 6-7:30 for cleaning) Monday, Wednesday and Friday.

Location: Men's and women's shower rooms, beneath the lobby

If enough water is available, conferee shower days occur three times a week. Most showerheads have spring-loaded handles to conserve water. Shower towels and soap are available outside the shower rooms. Accessible restrooms with showers are located just off the lobby and in Cottage A available for those who have difficulty with stairs or walking distances. There is also a rinse-off shower located at the end of the pier for conferees wishing to rinse off after a swim.

## Gracious Dining at Star

Meals in the Dining Room are an opportunity for enjoyment with family and friends. You can meet your new best friend by joining someone you don't know for a meal.

These guidelines will help to ensure pleasant dining for all:

- Children often prefer to sit with their friends. When groups of children under 13 choose to eat together, at least one adult (ideally more) should join them at their table. Please be sure to touch base with your kids at each meal.
- Please remember that the Kitchen Staff prepare almost a thousand meals a day for conferees and island staff, and are not equipped to accommodate special diets, including wheat-free or lactose-free, for individuals. There will be vegetarian or vegan options at every meal. However, you may bring food and store it in a kitchen refrigerator. The food can be accessed, (and heated in a microwave if needed), only at regular mealtimes and only by a Waitrae or other servers.
- Two percent milk will be served in the dining room. Skim milk will be available upon request.
- The ingredients for peanut butter and jelly sandwiches are available at all meals.

## Medical Information and Policies

There will be a nurse and doctor on island during LOAS I. There is a small co-pay for visiting the nurse or doctor. However, it is important to recognize that Star's medical facilities are really just a first aid room, and that it is not equipped to handle chronic problems. Pregnant women in their last trimester should only visit Star with permission from their physician; they should not visit Star within three weeks of the due date.

Also, if between a conferee's submitting an application to Star and his or her arrival on Island, one's medical status changes to require outpatient medical treatment or physical therapy, the conferee must notify the Registrar. S/he will notify the Island's medical staff to evaluate the suitability of the conferee coming on island. Failure to notify Patti Emmons could result in the conferee being advised—once on island—to leave for his or her own well-being.

In general, please remember that the hospital is ten miles away by boat, and any condition which might make you a regular in the ER should be cause for concern about being in such a remote environment.

If you have prescription drugs and medical supplies that require refrigeration they must be kept in the First Aid Station. Conferees using syringes must dispose of them at the First Aid Station, not in wastebaskets.

Bring enough of any needed medicine to cover the length of the stay plus an extra four days. All controlled medications must be locked up at all times (lock boxes provided). No prescription medications are kept on-island and there is no guarantee that we can get specific prescriptions filled. Star is in a remote location, and there are inherent risks in traveling to and staying on Star, which cannot be eliminated. We strongly recommend not coming to Star if you suffer from any condition, which might reasonably require emergency medical response. Conferees who knowingly come to Star with such a condition and then require emergency medical evacuation will be charged for the full conference. Individuals with assisted living requirements should make arrangements to ensure the requisite level of care during their visit, which may include hiring a health aide. Guests are responsible for their own medical condition while on the island, including monitoring health conditions and ensuring that they have adequate medication to address any possible medical issues, which may arise.

## Communication

### Receiving messages while on Star

The Island recommends that non-emergency incoming messages be sent by email to [frontdesk@starisland.org](mailto:frontdesk@starisland.org). Have senders put "CONFEREE [first and last name]" in the subject line. If there is a message for you, it will be posted on the conference message board, behind and to the right of the front desk. A message may also be left, by calling 603-601-0832.

### Cell phones

Many take this rare opportunity to be away from cell phones, but some conferees may need to make or receive calls or messages. While there is signal from most carriers, the Island asks that cell phones be turned off and let voicemail take messages. If an important call is expected, set the phone to vibrate and please move to a private area to answer. If you do not have a cell phone, there is only one telephone, with a surcharge required to use it, and all calls are limited to six minutes.

Youth participating in programming may not have cell phones/lpods during this time. They will be asked to leave them in their room.

### Internet Service

Although many will relish being disconnected from the internet while on Star, the island recognizes that there are some people for whom this simply isn't possible. If you (adults) must connect to the Internet or otherwise use a computer while on Star, you may now do so in the Discreet Business Center (DBC).

The wi-fi coverage on island for mobile devices has recently been upgraded. The main

purpose of this upgrade was to facilitate better functionality for island programs. If you need wi-fi access the Business Center in Cottage D is the best place to use your laptop for wireless access. We ask that personal usage of this service be used sparingly. The business center also includes desktop computers, printers and a FAX machine for public use. Rates for services are:

Copies: \$0.10/copy; Fax: \$1.00/page.

Charges for DBC use must be paid at the Front Desk and can be added to room bills.

## Star Island Policies

### Alcohol, Tobacco Products & Illegal Drugs

The legal drinking age in New Hampshire is 21. Only adults over 21 can serve, be served or consume alcohol on Star Island. Beer and wine are available during the adult social and at the final adult party. Drinking of alcoholic beverages is only permitted in approved areas and only at conference functions.

Compliance is expected with all federal and state laws governing the use of alcoholic beverages by persons under 21 years of age, use of tobacco products or unmodified e-cigarettes by persons by persons under 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 included as part of a conference function). Alcohol and tobacco products are not available for sale on the island. Those who engage in excessive drunkenness or possess or use illegal drugs or modified e-cigarettes will be required to leave on the next boat and will be charged for the full conference period.

Beyond the obvious safety issues caused by the use of illegal drugs, most people are not aware of the significant penalties associated with transporting illegal drugs in US waters – conferees should be aware that their luggage is subject to baggage screening as per all applicable laws. People attempting to bring illegal drugs to Star Island risk significant penalties including heavy fines and long-term incarceration, and they jeopardize the Star Island Corporation in the process.

Smoking and drinking is only permitted in designated areas which will be discussed at the Island Orientation Meeting.

### Electrical

Due to the limitations of the island's electrical system, and for safety reasons, conferees should not 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 notify the conference registrar. For safety reasons, conferees may not use appliances with heating elements in guest rooms. Hair dryers etc. can be used ONLY in the bathrooms in the basement of the hotel.

## Fire Drills & Emergencies

If at any time you hear the Island emergency signal, you must evacuate to the flagpole on the front lawn and await instructions. Violators will be required to leave on the next boat and charged for the full conference period. The Island conduct's weekly drills on the island. People with mobility concerns should notify the conference registrar.

## Firearms/Fireworks

Firearms and fireworks of any kind are strictly prohibited. Violators will be required to leave on the next boat and charged for the full conference period.

## Minor Children

Parents retain full responsibility for their minor children (under 18) at all times. Minors may come to Star without a legal parent or guardian unless a Minor Medical Release Form is completed and submitted to the conference registrar.

## Outstanding Charges

All outstanding charges must be paid in full or permission to return to the island will be denied.

## Pets & Service Animals

Guests are not permitted to have pets on Star Island. Service animals are welcome, but we ask that you provide us with advanced notice.

## Smoking/Open Flame

Fire is the Island's chief concern, and thus smoking is only allowed while in the presence of a red butt can. Butt cans are located in designated areas and cannot be moved. Smoking and the lighting of any open flame are prohibited in all buildings. There is no smoking where combustible materials (such as propane tanks) are present. Due to the danger of brush fires, smoking is not permitted on the grounds on any part of the island, including the rocks. Violators of this policy will be required to leave the island on the next available boat and will be charged for the full conference period.

## Syringe Disposal

All used syringes or "sharps" must be disposed of in designated containers. If someone is "stuck" as a result of careless disposal, the individual responsible may be required to undergo blood tests.

## Valuables

Guests are discouraged from bringing valuable items to Star. There is access to some secured storage if necessary. Star Island Corporation is not responsible for lost or stolen articles.

## Permission to Use Star Island

Star Island is private property, owned and operated by the Star Island Corporation, dedicated to religious and educational activities. Island conferences, as well as 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 which causes disruption of a meeting, creates a threat to the health and safety of others, or causes damage to island property.

# What should I pack?

Collective wisdom from Old Shoalers, alphabetically.

- Alarm clock - battery operated, if you need to be awakened
- Art supplies if you're working on your own and watercolor supplies if you're participating in the Art Workshop
- Artwork or other items for the Silent Auction
- Baseball glove if you're a softball player
- Bathrobe to wear on Shower Day
- Batteries for flashlight, camera and hearing aids
- Camera, for the unparalleled photo opps!
- Cash for the week. For the Snack Bar and Social Hour.  
\$100 should be adequate unless you frequent the Snack Bar a LOT.
- Chargers for cell phones and laptops.
- Checkbook to pay for your silent auction purchases, photo CD order, etc., and to pay your tabs at the Gift Shop, Bookstore, Lobby Store and your hotel bill. The hotel will cash checks for up to \$100 per week per account.
- Credit card (Visa or Mastercard) are accepted to pay your hotel bill and to make donations to the Star Island Annual Fund and the endowment.
- Clothing for cool and warm weather. Raingear. Don't forget underwear and socks (it's happened before to some very nice people).
- Directions to Portsmouth and the dock
- Dress-up (Star Island resort casual) clothes for banquet
- Fishing gear if you want to fish off the rocks
- Frillery and accessories for fun and the Talent Show
- Extra car keys, one set will be collected and kept in a secure area in Portsmouth
- Extra glasses (sun and prescription)
- Flashlight - a must for anyone staying in the cottages
- Hat(s)
- Insect repellent
- Medications, over the counter and prescription—enough for 4 extra days
- Music and musical instruments
- Plastic trash bags for packing clothing inside the luggage  
(contents can get wet in transit if it rains)
- Reading and writing materials for quiet mornings, afternoons or evenings
- Reading/book light for reading in bed
- Sunscreen
- Swimsuit and beach towels
- T-shirt (or other white cloth item) for tie-dying and screen printing
- Toiletries
- Your Star Spirit