

WELCOME TO SANDY-SAULTEAUX SPIRITUAL CENTRE

GENERAL

- All our buildings are NO-SMOKING. If you do smoke, please do so outdoors and dispose of your cigarette butts in the disposal containers provided outside.
- The center is an alcohol and drug-free site.
- Pets are not allowed.
- Please use the blue re-cycling bins for paper, cardboard, juice boxes and soft drink cans.
- DRINKING WATER is provided in the water dispensers on the front counter in each cabin. A red glass for water is in your room.
- Un-occupied room doors are closed in each cabin.
- HEAT: Each room is equipped with its own baseboard heater for your comfort. Adjust as necessary, but please return the temperature to 17 degrees before leaving.
- WASHROOMS: please do not deposit any feminine products in the toilets. This will always cause a backup in our septic system and the toilet will overflow.
- CONSERVE WATER: Our site is served by a well. Please conserve water when possible.
- DOORS: Please do not prop the cabin or hall doors open. Keep them closed to keep flies and bugs out.
- CHECK-OUT time in the cabins is 10am. Please have all personal items out of the cabins by that time.
- HALL INDOOR SHOES: Please bring a pair of clean in-door shoes, slippers or moccasins to wear in our main hall area.

OUTDOORS

- There is to be no paper or garbage put in the outdoor fire pit.
- You are welcome to sit in the tipi, but please do not leave any garbage in the fire pit within the tipi.
- Be BEAR AWARE: Do not leave food, drink, or garbage outside.
- You are welcome to walk on our trails that weave through trees and follow the Brokenhead River. Be aware of wood-ticks and poison ivy. A site map is available.
- Please respect the sweat lodge sacred area. No photographs please

AT THE END OF YOUR STAY – BEDDING AND TOWELS

- Please deposit all towels, facecloths, top pillowcase, flat and fitted white sheets into the designated laundry bin in your cabin. (the laundry bins are located in the hallway between the two washrooms). They are labelled: one is for towels, and one is for sheets and pillow cases.
- Leave the mattress pad on the bed.
- Leave the fleece blanket and comforter folded on the bed or desk.

MEALS

- Meals are served in the dining-room during the scheduled one-hour meal times. Please check times with your group leader. Any un-claimed meals will be placed in the refrigerator in the hall for the guest to enjoy at a later time.

OVERNIGHT

- The kitchen/dining-room area is closed overnight.
- The Main Hall will remain open. A coffee/tea station, microwave and kettle are available there. Milk/Cream for Coffee is in the hall fridge. Please put dirty dishes/cups in the grey tub provided.

ENJOY YOUR STAY!