Cacapon State Park 818 Cacapon Lodge Dr, Berkeley Springs, WV 25411 VISTA Fall Training November 7, 8, 9, 2017

Pam Dugan cell: 304-661-1460, Harlee Marsh cell: 304-616-2645

Directions:

<u>From the West</u> – I-68 East to Berkeley Springs, Take exit 82A-82B to merge onto US-522 S toward Hancock/Winchester- (15.3 mi) turn right onto Cacapon Lodge Dr/Park Rd 801

<u>From the East</u> - Take WV-9 West to Berkeley Springs, Turn left onto US-522 S/S Washington St. Continue to follow US-522 S – (9.2 mi) turn right onto Cacapon Lodge Dr/Park Rd 801

Dress Code: Casual. Please dress for the weather, layering is best! On the first day – November 7th we will be visiting two Promise VISTA Sites & Berkeley Springs State Park to wade in the 74.3 degrees Natural Spring Water, so wear easy on/off comfy shoes or boots, and bring a towel to dry your legs and feet.

Bring: A laptop & your flash drive for Serving Your Best Service Workshop, Towel for wading in Natural Springs, and a Journal/Notebook, Yoga Mat or Blanket for Relaxation Yoga & Reflection Workshop.

Workshop.	
Tuesday	November 7, 2017
12:00 – 1:30 p.m.	Lunch, Cabin 23
1:30 – 2:00 p.m.	Welcome, Review Agenda, Cabin Assignment, Arrange Site visit Car-Pooling
2:00 – 2:15 p.m.	Travel to Sites
2:15 – 5:30 p.m.	Site visits; Morgan County After 3, BlackCat Music Cooperation &
	Berkeley Springs State Park; Wade in Natural Spring Water 74.3 degrees
5:30 – 5:45 p.m.	Travel back to Cabin 23; Check into your Cabins
<mark>6:00 -</mark>	Dinner, Cabin 23 & Networking
Wednesday	November 8, 2017
7:30 – 9:00 a.m.	Breakfast, Cabin 23
9:00 – 10:00 a.m.	Story Slam; Icebreakers, Teambuilding, Networking, VISTA Gear, Group Pic
10:00 – 11:00 a.m.	VISTA Leader Harlee Marsh- SMART Goals
11:00 – 12 noon p.m.	Dana Bryant- Your Elevator Speech
12 noon – 1:00 p.m.	Lunch, Cabin 23
1:00 – 2:00 p.m.	VISTA Megumi Swann- Behind Closed Doors
2:00 – 3:00 p.m.	Dana Bryant- Relaxation Yoga, Reflection Activity-bring Journal/Notebook &
	Yoga Mat or blanket.
3:00 p.m. – 4:00 p.m.	VISTAs Terry White & Jean Srodes- VISTA Service, Fundraising, Grant Writing
4:00 p.m. – 5:30 p.m.	VISTA Leader Harlee Marsh & Pam Dugan- Serving Your BEST Service
<mark>6:00 -</mark>	Dinner, Cabin 23& Networking
Thursday	November 9, 2017
7:30 a.m. – 9:00 a.m.	Breakfast, Cabin 23
9:00 a.m. – 10:00 a.m.	Scavenger Hunt; Volunteer Utilization, Mobilization, Recruitment
10:00 a.m. – 11:00 a.m.	Break, Check out of your Cabins, return to Cabin 23
11:00 a.m. – 12 noon	Evaluations, Group Picture, Spring Training News
12 noon – 1:00 p.m.	Lunch, Cabin 23
1:00 p.m.	Depart
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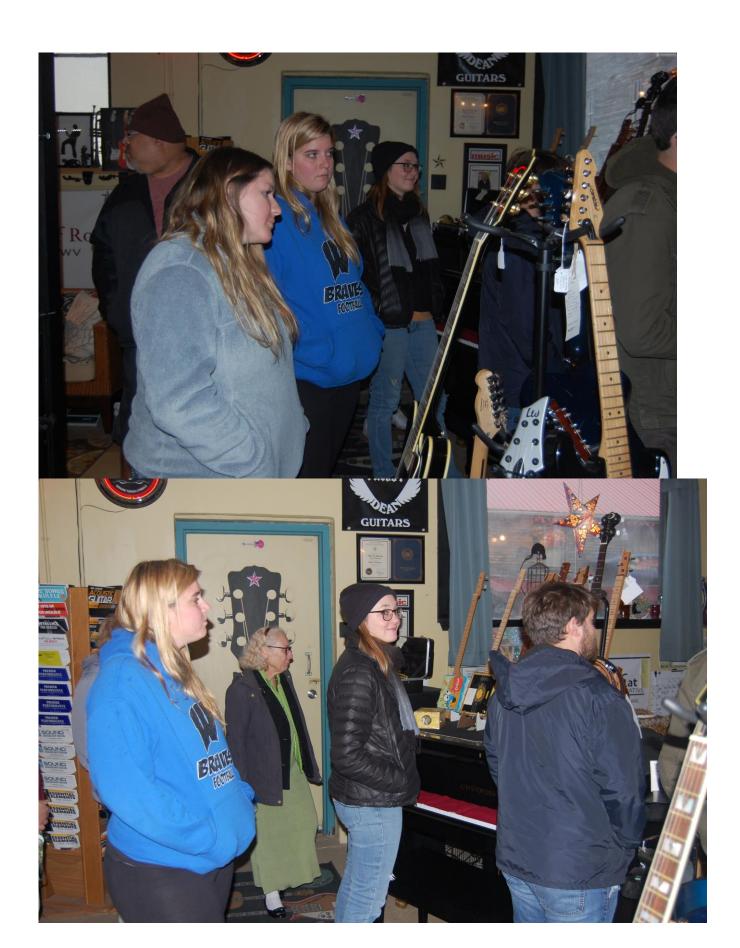






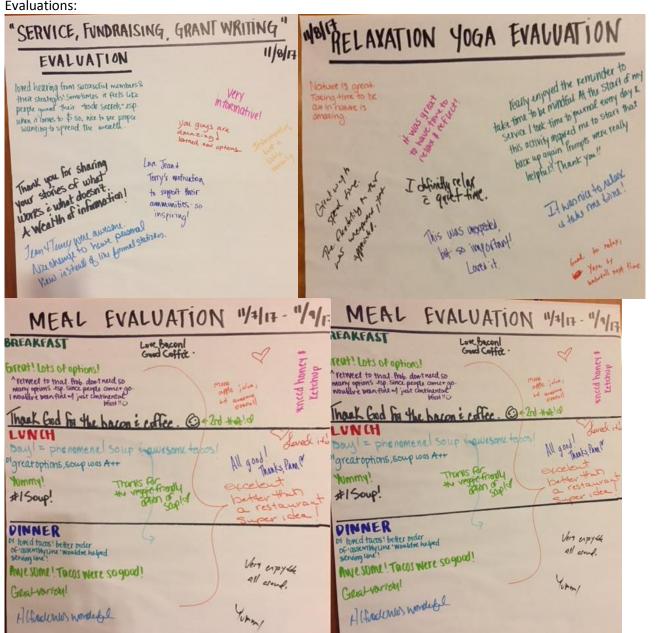


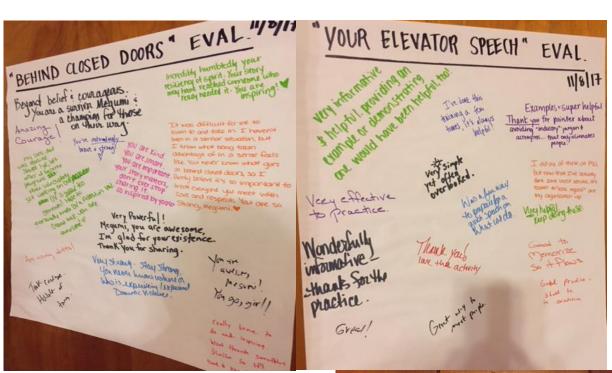


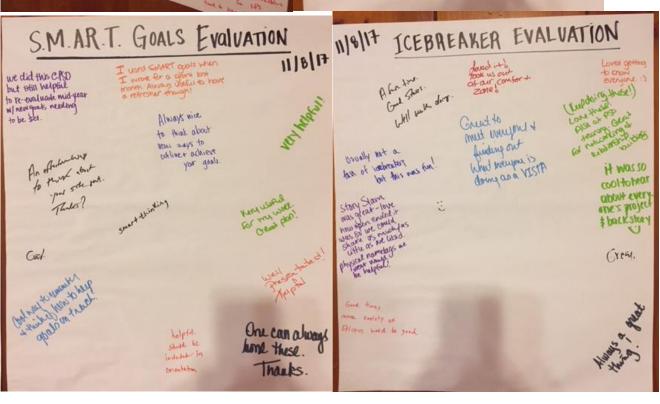


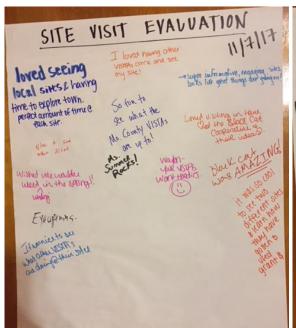
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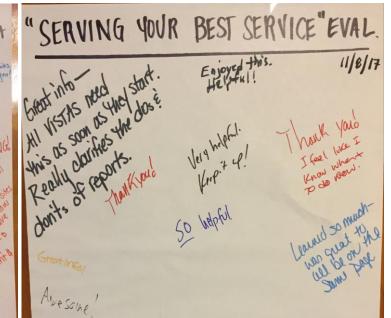
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CABIN 13

- -Lychel (D)
- Jean
- -Terry

CABIN 14

- Christina C. Alex
- Shaylyn
- Angelina

CABIN 15

- Chris N.(D)
- Erin

CABIN 17

- Megumi(D)
- Amber

CABIN 22

- Roberto
- William
- Jere my