**TVSBA Women’s Retreat**

**April 11-13, 2025**

**BE – Prepared – Bold – Strong . . . in love**

1 Corinthians 16:13-14 “ Be alert, stand firm in the faith, be courageous, be strong. Do everything in love.”

**Early Bird Cost: $170** (Due Sunday, Feb 16th to church coordinator.)

**On-Time Registration: $190** (Due Sunday, March 16th to church coordinator.)

No Church Coordinator? Mail in your form to reach Michele Ring by

**Feb 21st (early bird) or March 21st (regular)**

**ABOUT YOU: *PLEASE FILL ALL BLANKS, use N/A for fields not applicable.***

Name:

Mailing Address:   
*(Address, city, state, zip)*

*My Birthday is: Month\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Day\_\_\_\_\_\_\_*

Home Phone Number: Cell Phone:

Email Address:

Church you’re attending with:

Please fill out the following questionnaire as this helps us and the camp serve you better this weekend.

**General Questions:**

1. I have food allergies or dietary needs: Yes No
   1. If yes, please explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. The camp will not accommodate Paleo, Keto, etc. but does allow for allergies.
2. I have an allergy/medical condition: Yes No
   1. If yes, please explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. I can be a translator: Yes No
4. I need a translator: Yes No
5. I am bringing a dessert for Friday Night Yes No
6. My contact information can be in the retreat booklet: Yes No
7. My age range is: 20s 30s 40s 50s 60+
8. I would like a T-Shirt ($18) Yes No
   1. Size (Unisex) XS S M L XL 2XL 3XL 4XL
   2. In order to receive your T-shirt, your $18 **must** be included with your registration.
9. I have another request/need: Yes No
   1. Please explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Housing Questions/Information:** We have 3 different options for housing this year. Please prioritize your preferred sleeping arrangement below. (top pick 1, etc.)

**Cottages:** Small houses with 4-6 rooms, 2 floors, rooms have bunkbeds and a queen bed, most rooms have their own bathroom, each cottage has a full kitchen and living room. No parking available.

**Dorm:** Downstairs in the conference center, handicap accessible, an elevator is available, bunkbeds only, 1 large bathroom with dorm-like showers, and 1 fridge for medical use only.

**Lodge**: 4 dorm-like rooms, bunkbeds only, 2 rooms share a bathroom with multiple toilets and showers, large multi-use room upstairs (no elevator), mini-fridge for medical use only. Can hear other rooms and upstairs, parking is available.

**Please place me according to my: Sleeping Needs Friends/Church**

Friends/Church\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you pick friends/church, we will choose sleeping arrangements based on the group needs.

We will do our best to accommodate each person's needs and desires.

1. Stairs are an issue for me: Yes No
2. I need a bottom bunk: Yes No
3. I need a queen bed Yes No
4. I am willing to share a queen bed Yes No
   1. With: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. I need to be near an outlet: Yes No
6. I snore: Yes No
7. I can sleep with those who snore: Yes No
8. My preferred quiet time is: 10 pm 11 pm 12 am Late

**Payment and Mailing Instructions**

**$170 by 2/16 ~ $190 by 3/16**

Don’t forget to add the **$18** if ordering a T-shirt

Make checks payable to: **Treasure Valley SBA**

Give all money and registration forms (pages 1 & 2) to your Church Coordinator

If you don’t have a church coordinator please mail to:

**TVSBA Women’s Retreat**

**c/o Michele Ring**

**1690 E 11th North**

**Mountain Home, ID 83647**

Questions? Talk with your church coordinator or contact Michele Ring at 208-442-4448, [tvsbaoffice.mring@gmail.com](mailto:tvsbaoffice.mring@gmail.com).

**Did you miss both deadlines? CALL Michele, there may still be room.**

Please feel free to contact Michele for a partial scholarship.

Office use: Check # \_\_\_\_\_\_\_\_\_\_\_\_\_ Amt. \_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

* **Please Keep the Following Pages –**

TVSBA Women’s Retreat Information April 11-13, 2025

Trinity Pines, 349 Cabarton Rd., Cascade, Idaho

**Please plan to arrive between 4 pm & 7 pm on April 11th.**

**Your first stop needs to be the conference center dining room.**

Your room information, schedule, and more will be there.

The registration table will be open from 4 pm to 7:15 pm.

The Retreat Committee will provide dinner Friday night between 5 pm and 7 pm in the Dining Room. (Soups, salad, & bread)

**Things to Bring:**

**\*\*\*\* FRAGRANCE FREE WEEKEND!!\*\*\*\***

Due to severe allergies, please DO NOT wear or bring scented perfumes,

or lotions, or use essential oils while at retreat;

**it is a serious health issue for several women.**

1. Bedding – sleeping bag, sheets, pillow,
   1. Many of the bunkbed mattresses are reversible. One side is harder, the other is softer.
   2. Feel free to bring a mattress topper for comfort as well.
2. Toiletries
   1. Don’t forget your toothbrush, toothpaste, and shower items (including towel and washcloth)
3. Clothes
   1. Please remember the weather; Cascade’s average high in April is 50° and the low is 27°. There can be snow; check the weather conditions before leaving home.
   2. You will need good walking boots or shoes as there is a hike if you are in the cottages or lodge.
   3. Swimsuit and towel if going to Gold Fork Hot Springs.
4. A flashlight as it can get dark
5. Snacks and soda for yourself – the dining hall has vending machines if necessary
6. Dessert for Friday night
7. Money for:
   1. Gold Fork Hot Springs - $10 (cash only)
   2. Optional shopping Saturday
   3. Dinner Friday night and Sunday afternoon
   4. Our “New to You” table.
8. Games for Friday and Saturday night free times
9. Bible, pen, and pencil

… most important…AN OPEN HEART!

**Things to Know:**

1. **Trinity Pines is a camp, not a hotel**. As part of our agreement with them, we must leave the camp clean, and ready for the next guests. As a result, our cleaning time is built into the schedule. Plan to stay for that cleaning. There will be a cabin/room “Mom” for each cabin and large rooms in the dorm and lodge. Please make sure you do not leave until you check in with them.
2. **There is a “New to You” table**, where there will be used books, and gift-type items for sale. **Please feel free to bring gently used or new items to donate.** The money earned from this sale will go into our scholarship fund for next year. Please be ready to take home your unsold items.
3. **Feel free to attend as many or as few sessions as you’d like**; if you need time to process or rest, please take it!
4. **We try our best to accommodate your needs and wants**. Please forgive us if we err! Talk to us at the registration table if you need anything or need to change anything.
5. **We may not be able to give you a refund if you cancel at the last minute**. The camp will charge us for the number we’ve given them. We really do try to give refunds if possible.

**Emergency Contact Numbers:**

**You may leave these numbers with your family so they can contact you if you don’t have a cell phone. WARNING: Trinity Pines has spotty cell phone coverage.**

**Lisa Leach: 208-573-2425**

**Ginny: 208-999-8958**

**Trinity Pines 208-382-6200.** This is only to be used in emergencies.