



8,560 FEET ** 40° 15' 15.62" N 105° 48' 49.95" W

THE RETREAT AT SHADOWCLIFF

TREATMENT EDUCAT^{ION} NETWORK (TEN)

JULY 18 - 21 2024

* BODY * MIND * SPIRIT *

Thursday 18 July

2:32 am	<i>Moonset</i>
4:37am	<i>Begin nautical twilight (end astronomical twilight)</i>
5:17 am	<i>Begin civil twilight (end nautical twilight)</i>
5:49 am	<i>Sunrise (14 hours 40 minutes 'til sunset)</i>
8:34 am	<i>Moon transit</i>
1:10 pm	<i>Sun transit</i>
6:44pm	<i>Moonrise (waxing gibbous 91% illuminated)</i>
8:29 pm	<i>Sunset (begin civil twilight)</i>
9:01 pm	<i>End civil twilight (begin nautical twilight)</i>
9:40 pm	<i>End nautical twilight (begin astronomical twilight)</i>

1:00pm	Room assignments, unpack, make beds, discern agenda then relax, hang out, take a walk, enjoy the rest of the afternoon
5:00 - 6:00 pm	Meet & Greet (<i>Rempel Lodge lounge</i>)
6:00 - 6:45 pm	Dinner
6:45 - 7:15 pm	Volunteer Staff Meeting (<i>The Chapel</i>)
7:15 pm	Opening Session ... everyone must attend (<i>The Chapel</i>)
after opening	Bodywork Sign-ups (in dining room)
after sign-ups	* Board/Card Games in lodge * Stargazing*Satellites*Telescopes*

Friday 19 July

3:26 am	<i>Moonset</i>
4:38am	<i>Begin nautical twilight (end astronomical twilight)</i>
5:18 am	<i>Begin civil twilight (end nautical twilight)</i>
5:50 am	<i>Sunrise (14 hours 38 minutes 'til sunset)</i>
1:10 pm	<i>Sun transit</i>
7:44 pm	<i>Moonrise (waxing gibbous 96% illuminated)</i>
8:28 pm	<i>Sunset (begin civil twilight)</i>
9:00 pm	<i>End civil twilight (begin nautical twilight)</i>
9:39 pm	<i>End nautical twilight (begin astronomical twilight)</i>

6:15 am	Sunrise Ceremony at the Point (<i>meet in dining room at 6:10am</i>)
7:30 - 8:30 am	Breakfast Buffet (<i>help yourself at any time</i>)
8:00 - 8:30 am	Tai Chi / Qi Gong
8:35 - 9:05 am	Morning Yoga
9:20 am - til done	“Creative Visualization (Vision Boards)” (in dining room)
10:30 - 11:40 am	“The Meditation Buffet”
Noon - 12:45 pm	Lunch
2:15 pm - - 3:15pm or 4:30pm	Hike to Adam Falls (<i>short</i>) or 30 minutes more up the valley (<i>long</i>) (<i>sign-up ahead of time</i>)
3:15 - 4:00 pm	Free time for those on short hike, or those not hiking at all
4:10 - 4:25 pm	Bob & Judith “Laws of Nature” Interpretive Trail (<i>short walk</i>)
4:35 - 5:45 pm	Casual discussion of “Stigma” (dating etc) (in Rempel Lounge)
6:00 - 6:45 pm	Dinner
7:15pm	Game Night! - board & card games in the lounge and dining room (<i>or just socializing</i>)
around 7:45pm	Sunset Ceremony at the Point (<i>while games are on short hold</i>)

Saturday 20 July

12:06 am	<i>Moon transit</i>
4:31 am	<i>Moonset</i>
4:40am	<i>Begin nautical twilight (end astronomical twilight)</i>
5:19 am	<i>Begin civil twilight (end nautical twilight)</i>
5:51 am	<i>Sunrise (14 hours 37 minutes 'til sunset)</i>
1:10 pm	<i>Sun transit</i>
8:28 pm	<i>Sunset (begin civil twilight)</i>
8:34 pm	<i>Moonrise (waxing gibbous 99% illuminated)</i>
8:59 pm	<i>End civil twilight (begin nautical twilight)</i>
9:38 pm	<i>End nautical twilight (begin astronomical twilight)</i>

6:15 am Sunrise Ceremony at the Point (*meet in dining room at 6:10am*)

7:30 - 8:30 am Breakfast Buffet (*help yourself at any time*)

8:00 - 8:30 am **Tai Chi / Qi Gong**

8:35 - 9:05 am **Morning Yoga**

10:30 - 11:45 am **“TEN Hot Topics in HIV”** (*seminar*)

Noon - 12:45 pm Lunch

1:45 - 2:30 pm Boat Tour on Grand Lake “*Spirit Lake*” (Group 1) *sign-up req'd*

2:15 - 3:00 pm Boat Tour on Grand Lake “*Spirit Lake*” (Group 2) *sign-up req'd*

before, during,
and after boat ride Free Time (relax, conversation, read, check out town)

4:35 pm **Group Photo (and Pony Express kick-off) in the Chapel**

5:40 - 6:00 pm **“The Pony Express Must Get Through”**

6:15 - 7:00 pm Chuckwagon Round-Up Dinner Eee-Haw!

7:30 - 9:00 pm-ish **“Sharing Showcase”**

after Showcase
* Socializing in the lounge
* Stargazing, Satellites & Telescopes (*on balcony or at the point*)

Sunday 21 July

1:07 am	Moon transit
4:41am	Begin nautical twilight (end astronomical twilight)
5:20 am	Begin civil twilight (end nautical twilight)
5:45 am	Moonset
5:52 am	Sunrise (14 hours 35 minutes 'til sunset)
1:10 pm	Sun transit
8:27 pm	Sunset (begin civil twilight)
8:58 pm	End civil twilight (begin nautical twilight)
9:15 pm	Moonrise (full moon 100% illuminated)
9:37 pm	End nautical twilight (begin astronomical twilight)

7:30 - 8:30 am Breakfast Buffet (*help yourself at any time*)

8:00 - 8:30 am **Tai Chi / Qi Gong**

8:35 - 9:05 am **Morning Yoga**

9:05 - 9:45 am Make beds, straighten rooms, & pack

9:45 - 10:30 am **“Closing”** (*The Chapel*)

10:30 am Load cars, farewells, leave for home

Civil Twilight is defined to begin in the morning, and to end in the evening when the center of the Sun is geometrically 6 degrees below the horizon. This is the limit at which twilight illumination is sufficient, under good weather conditions, for terrestrial objects to be clearly distinguished; at the beginning of morning civil twilight, or end of evening civil twilight, the horizon is clearly defined and the brightest stars are visible under good atmospheric conditions in the absence of moonlight or other illumination. In the morning before the beginning of civil twilight and in the evening after the end of civil twilight, artificial illumination is normally required to carry on ordinary outdoor activities. Complete darkness, however, ends sometime prior to the beginning of morning civil twilight and begins sometime after the end of evening civil twilight.

Nautical Twilight is defined to begin in the morning, and to end in the evening, when the center of the sun is geometrically 12 degrees below the horizon. At the beginning or end of nautical twilight, under good atmospheric conditions and in the absence of other illumination, general outlines of ground objects may be distinguishable, but detailed outdoor operations are not possible, and the horizon is indistinct.

Astronomical Twilight is defined to begin in the morning, and to end in the evening, when the center of the sun is geometrically 18 degrees below the horizon.

The difference is not apparent to the eye, but for stargazers, it's when fainter stars & clusters are better to observe.