

*Osteo~Blast! 2010 FAQ – revised June 30th, 2010

Please note: all questions pertaining to the Barbara C. Harris Center should be addressed to Cici Runge, our liaison and point person, at cici6083@aol.com . . . To streamline their responses, and work effectively, the Barbara C. Harris Center requests that we channel all our requests through Cici, who will be the only one from our conference group to contact them directly.

WHO? WHAT? WHEN? WHERE? WHY?

What is the Osteo~Blast! ?

The Osteo~Blast! is an international Bones for Life[®] conference, the first of what we hope will be many annual get-togethers of the Bones for Life[®] community to share ideas and exchange experiences among our growing global community. This year we celebrate Bones for Life[®] creator Ruthy Alon's 80th year — and on the last evening of the conference we will host a party in her honor.

Ruthy will be teaching mornings throughout the conference, with afternoons reserved for presentations and workshops given by you and your colleagues; panel discussions are scheduled for the evenings.

We will update this FAQ with more information — including details about opening night keynote address, as well as other intra-conference events — when it becomes available. We encourage you to re-download this document from the Osteo~Blast! webpage when you see a new revision date.

Who is invited?

The 2010 Osteo~Blast! conference is open to all, including Bones for Life[®] professionals and students, Feldenkrais practitioners, and members of the public.

The Barbara C. Harris facilities can accommodate approximately 100 resident attendees (living onsite) at the Conference Center, as well as a maximum of 40 commuters (living offsite) at any given time.

When is the conference?

Check in time is 3 pm, Wednesday, Oct 20, 2010. Check out is at 2 pm, Sunday October 24, 2010.

Where is it? How do I get there?

The Center is at 108 Wally Stone Lane, Greenfield, NH, 03047. *Please see the following boxed Q & A:*

I want to attend the Osteo~Blast! but would like information about the location to assist me with flight arrangements to New Hampshire. Can you please assist me so that I begin travel reservations: nearest airport, nearest town if commute...so I can check out nearby hotels, rental cars, etc. OR, will someone arrange pickup at the airport should I manage to make arrangements to share a cabin?

Nearest airport: Manchester, N.H., but one can also fly into Boston, Logan Airport, and get a better deal on renting a car if one wishes to have a car locally.

Nearest town if you commute: Greenfield, N.H., but Peterborough, N.H. is larger and has more interesting choices of architecture, historical society, hotels, etc. As I remember Greenfield is a 2-mile, 5-minute drive. Peterborough is about 10 miles away, a 20–25 minute drive.

We won't be arranging any pick-up at the airport, but I know in the past we have used a local taxi service there, and have been satisfied with them. For those arriving by plane, and flying into Manchester, New Hampshire, the Center is approximately 45 minutes away from the airport by car. **Taxi service** is provided by Francistown Livery. Before we called Jerry to reserve service at: (603) 396-7134. The charge last year was \$60 per one way and he can comfortably take 3 people in a car. Jerry will coordinate pick-ups. The rate can be shared with 3 to a taxi, and it usually works with people arriving within an hour of each other. I will be contacting Francistown Livery to get current prices and information. I have rented a car and driven from Boston and it was about a 1 and 1/2 hour drive. It was a bit difficult to follow the directions. Be sure if you do this to use the directions from the Barbara C. Harris Center.

Directions to the Barbara C. Harris Center
<http://www.bchcenter.org/about/directions.htm>

Bus service from Boston to Manchester:
<http://www.bostonexpressbus.com/i-93-weekday-schedule.html>

HOUSING

What are the accommodations?

We have reserved 23 Double Rooms [in St John's and St. Mark's lodges] and 11 five-person Cabins. Please see the Barbara C. Harris website for pictures and more information:

<http://www.bchcenter.org/conference/lodging.html>

If you decide to stay in a *Double Room*, you may specify a roommate on the Registration Form.

If you are staying in a *Cabin*, you may similarly specify roommates. Contrary to the information on the Barbara C. Harris website, your Osteo~Blast! conference fee does include linens and towels. But you may also wish to bring along an extra blanket, or sleeping bag.

In the event the conference books up early, we will start a waiting list from which to fill cancellations.

If I choose to live off campus, what options do I have for finding housing?

You may contact the Chamber of Commerce to find local accommodations in the nearby towns of Peterborough and Greenfield.

<http://www.greater-peterborough-chamber.com/new-hampshire-lodging.php>

<http://www.greater-peterborough-chamber.com/new-hampshire-events.php>

<http://www.jaffreychamber.com/visitors/jaffreylodging.cfm>

<http://www.jaffreychamber.com/visitors/jaffreylodging.cfm>

Remember: October is leaf-peeping season in New England, and rooms fill up quickly, so book early!

COMMUNICATION

How can I communicate with the outside world while I am attending the Conference?

Free wireless internet access is available in the main lodge and dining center.

Cellphone access is sporadic, due to the surrounding mountains

Public telephones are available in the main lodge, residential lodges; outgoing local, and toll free, and calling card calls can be made from these phones

If someone outside needs to contact you in an emergency, they should call (603) 547-3400 and the Barbara C. Harris center will relay the message you.

THINGS TO BRING

What should I bring with me?

Bring along any Bones Wraps you have; a few extra Wraps will also be available.

Bring along any instruments you play, for impromptu music making. There is a piano on campus, but it is neither in good condition nor easily accessible; we are hoping to obtain a digital keyboard and have it available for use.

You may also wish to bring with you an umbrella; a flashlight; hiking shoes; and an extra blanket, towel or mat for lying down on.

Also — to share with others — any pamphlets, flyers, or brochures that you use to market/advertise your teaching practice and classes.

MEALS

Your Conference fee includes dinner Wednesday afternoon, through lunch Sunday afternoon

Meal times are: 8 am — Breakfast / 12 pm — Lunch / 6 pm — Dinner

I have food allergies, what should I do? Are special diets accommodated?

The Barbara C. Harris is sensitive to, and can accommodate, the following three food requirements: Vegetarian / Gluten Free / Vegan — just let us know in advance by checking off the appropriate selection on your Registration Form. And please also let us know on the Registration Form if you have any severe food allergies of which we should be aware.

Can I have alcohol (wine, beer) with dinner?

Responsible use of alcohol is permitted at the conference. Barbara C. Harris asks that it be “consumed in the location where it is served and not be carried from building to building.” Because they serve multiple groups, they also ask that alcohol “not be consumed in shared spaces, including the dining hall and outdoors.”

What about smoking?

Smoking is only permitted outdoors, away from building doors and windows. Tobacco products are to be disposed of in trash receptacles, in order to help keep the grounds clean.

SCHEDULE / PROGRAM GUIDE

What will the Daily Schedule be?

A Program Guide will be made available to you upon your arrival

I wish to advertise in the Program Guide. What are the rates? Whom do I contact?

TBA For current information, Contact Deborah Lotus at deborahelizabeth.lotus@gmail.com

REGISTRATION

How do I Register?

The deadline for Early Bird registration is July 1st; the Regular Deadline is August 15.

To take advantage of the “Combo Discount” [Early Bird + FMI Member 10%-off] we must also receive your payment by July 1st.

If you are coming from outside North America (outside the US & Canada) you may apply a 20% International Discount to the Basic rate; if you are an international FMI member, you may find it more cost-effective to take advantage of the combination [Early Bird + FMI Member 10%-off] discount.

Please consult the announcement, on the Osteo~Blast! page (which you can download as a flyer) for specific rate information. <http://movementintelligence.org/OsteoBlast.html>

To register: download, complete, and mail us the Registration Form — along with your check, payable to “FMI Events”— from this same page.

How do I pay?

Make out a check, in US dollars, payable to “FMI Events” and send it to FMI’s Post Office Box in Portland, Maine [the full address is on the Registration Form] along with a copy of your Registration Form. Your check will be deposited in our separate “FMI Events” account which has expressly been set up for the Osteo~Blast!

If you prefer, you may also directly wire your registration fee into the “FMI Events” account. Please advise us if you are paying via wire transfer by sending an email to OsteoBlast2010@gmail.com, attaching a copy of your completed Registration Form. **Please add an additional \$10 to cover fees.**

Here is the information you need to send both Domestic and International wire transfers:

Domestic Wire Transfer:

After June 30th, please add an additional \$10 to cover fees.

- FMI’s account number: 2426133986
- The account title: “FMI Events”
- FMI’s physical address: 87 Pine St., Portland, ME 04102
- Our bank [TD Bank]’s routing number: 211274450
- Our Bank’s physical address: TD Bank, One Portland Square, Portland, ME 04101

You may contact TD Bank’s Wire Department at 1-800-547-3375 with questions, or to confirm your transfer.

International Wire Transfer [in US Dollars]: **After June 30th, please add an additional \$10 to cover fees.**

Use Swift code: TDOMCATTOR

TD BANK, Toronto, Ontario, Canada

Wire to: TD Bank, N.A. Wilmington, Delaware
ABA# 0311-0126-6

For Further Credit to: TD Bank, NA.
TD Bank, One Portland Square, Portland, Maine, United States 04101

In favor of Beneficiary: “FMI Events”
87 Pine St., Portland, Maine, United States 04102
Account Number: 2426133986

PRESENTATIONS

How do I submit a Proposal for presentation?

Visit the FMI website’s Osteo~Blast! page <http://movementintelligence.org/OsteoBlast.html> from where you can download and read the *Call for Proposals*, and the *Proposal Form*. Complete the *Proposal Form* (in MS Word format) filling in the blanks, and email your proposal to OsteoBlast2010@gmail.com by April 30th. The Program Committee will schedule an eclectic array of presenters, and will announce their selections in mid-May.

If my proposal is accepted for presentation, will I be paid?

Modest cash honorariums will be offered to all presenters. If you choose, you also have the opportunity to donate all or a portion of your honorarium back into the Osteo~Blast! Scholarship Fund, or to deploy it to enhance the overall quality of the conference.

Update: *Presentations have been chosen. Download schedule and descriptions from the FMI website*

SCHOLARSHIPS

Is there any Scholarship money available, to help defray the cost of my attendance?

In structuring this event, we attempted to make it as affordable as possible to as many people as possible. However, in the shadow of the recent global recession, we realize that a little extra helping hand would be appreciated by some, who really wish to participate, but would otherwise not be able to afford to attend.

Recognizing this economic reality, the FMI Board established a Scholarship Fund to assist those in the worldwide BFL community who wish to attend the Osteo~Blast!, but are in need of financial assistance to help defray their conference costs.

In accordance with IRS guidelines, such donations must remain anonymous, but of course should you wish to contribute for this purpose, your donation will be entirely tax-deductible.

If you wish to apply for a scholarship, please download the scholarship application form from the FMI website's Osteo~Blast! page: <http://movementintelligence.org/OsteoBlast.html>

Applications will be reviewed and considered in the order in which they are received.

Members of the conference committee, including one FMI Board Member, will read and select scholarship awardees.

Decisions regarding awards will be made by June 15th, in order for recipients to take advantage of the Early Bird deadline.

Please direct any questions you have for the Scholarship Committee to the Osteo~Blast! e-mailbox: OsteoBlast2010@gmail.com

If you wish to make a contribution to the Scholarship Fund, you may add your donation with your payment for the conference, but please indicate the specific amount intended for the Scholarship Fund, and remember to check off the appropriate box on the Registration Form.

CREDIT

How do I apply for and receive Mentoring credit?

15 hours of mentoring credits are available to Teachers-in-Training for attending the entire conference. Enter these hours into your Mentoring Log.

How do I apply for and receive Trainer Continuing Education credit?

If you are a Bones for Life® Trainer, Continuing Education (required every 5 years for re-certification) will be credited in full for your attendance. Documentation of your attendance should be sent to your country's Bones for Life® Director. [In the US and Canada, send your documentation to the FMI office].

MISCELLANEOUS

What if I need to cancel?

The registration cancellation deadline is 9/1/2010. If you cancel by this deadline, a \$75 processing fee will be deducted from any refund issued. For cancellations received after 9/1/2010, requests for refunds will be considered on a case-by-case basis.

Please submit a written note or email documenting the circumstances along with your request.

For cancellations received after 9/1/2010, a \$150 refund processing fee will be deducted from any refund issued.

What is the Community Outreach Program?

We are still evolving our ideas on this portion of the conference. At present we plan to invite the neighboring Peterborough community at large to participate in the conference. For our Saturday evening party Deborah Lotus is planning a musical entertainment that will involve New England based musicians and other performers.

What is the nightly "Wrap-Up" mentioned on the Osteo~Blast! announcement flyer?

As a conference participant, you are invited to a brief informal evening closing discussion, during which you are also welcome to share innovative ways of using the Bones Wrap [how about a "Puppeteer" process?] with your peers. A fun way to conclude the day, before wrapping yourself under the sheets! Bring your ideas; learn from others.

Will the Osteo~Blast! event be recorded? (and available for future purchase?)

Stay tuned! This is an option we are considering. If interested in helping create an audio/visual record of this event, please let us know: Contact us at OsteoBlast2010@gmail.com

Where do I direct questions about Payment, Volunteering, and the Barbara C. Harris Center?

- for Payment: OsteoBlast2010@gmail.com [use subject line: “Payment”]
- for Volunteering: OsteoBlast2010@gmail.com [use subject line: “Volunteering”]
- for the Barbara C. Harris Center: Cici Runge at cici6083@aol.com

VOLUNTEERISM

This all sounds fantastic! (And a lot of work to put together!) Do you need any help? How can I get involved in some of the behind-the-scenes work?

Our intent is to keep costs as low as possible, to maximize attendance. This is our first, and we’d like to establish a precedent in conservative budgeting and community support through volunteerism, making the event accessible and affordable to as many people as would like to come. We are in need of volunteers to lend a helping hand, both prior to the conference, as well as onsite. If you’d like to get more involved, please contact the event coordinator, Cathy Wright (832) 314-8103, or email OsteoBlast2010@gmail.com for further information. We have numerous task-oriented groups [see list below] and numerous opportunities for you to share your enthusiasm by pitching in. . . . If it takes a village to raise a child, it at least takes some teamwork to build an Osteo~Blast!

Come join us!

Projects we are engaged in, and in which you can help out:

Osteo-Blast! 2010 Committees, Chairs, and Committee Members

Steering — Cathy Wright, Chair; Cici Runge, Doug Boltson, Carolyn Sue Albin, Linda Howell, Anna Haltrecht, Registration Chair, Finance Chair

Research — Linda Howell, Chair

International Outreach Support — Deborah Lotus, Chair

Program Committee — Anna Haltrecht, Chair; Marcia Giudice, Cynthia Allen

Conference Brochure — Petra Riedel-Willems, Chair

Site Liaison — Cici Runge, Chair

Local Coordination – June LaPointe, Chair; Deborah Lotus, Olivia Cheever

Publicity —

Website — Doug Boltson

Budget and Finance —

Fundraising/Sponsorships — Catherine Wright, Linda Howell

Volunteer Coordinator —

Registration — Cynthia Allen

Hospitality —

Ruthy’s Party — Neeru Poddhar, Chair; Gretchen Langer, Carolyn Sue Albin

Onsite Technical Support —

Recording —

Conference Evaluation —

Scholarship — Linda Howell, Deborah Lotus, Julie Friedman

Gratitude — *all above people to be listed in Program Guide, and acknowledged/thanked!*