



# PAF SPRING RETREAT

## RUSSIAN RIVER, CALIFORNIA

APRIL 26-28, 2024

**TRAVERSE THE JENNER HEADLANDS**  
**EXPLORE THE CEDARS OF CAZADERO**  
**HIKE IN ARMSTRONG WOODS & VISIT POND FARM**  
**GUEST CHEF \* GUEST SPEAKER \* MUSICAL GUESTS**

### Overview:

The Spring Retreat begins on Friday, April 26 at the **Jenner Headlands Preserve** with its unparalleled vista views, wildlife, and natural beauty. On Saturday we have the opportunity to hike through **The Cedars Preserve** with noted botanist and horticulturist, Roger Raiche. The Cedars is a hidden treasure of ultramafic geology, unique flora and sweeping vistas at the headwaters of Austin Creek. On Sunday we will be treated to a special docent-lead tour of **Pond Farm** at **Armstrong Redwoods State Preserve** followed by a hike in the woods. Other things to do include winetasting at some of the many area wineries and tasting rooms and visiting shops and art galleries.

Our home base is **Guerneville Lodge** located on the river with beautiful grounds and within easy walking distance to downtown Guerneville. The Lodge is a rustic gem built in the 1930's with twelve rooms all with private bathrooms. For the slightly more outdoorsy, campsites are available near the river. With easy access to hot showers and bathrooms located conveniently in the lower lodge. We will have a 3-time cancer survivor as a guest speaker and some local musicians plan to drop by to entertain.

## ITINERARY



**Friday, April 26<sup>th</sup>: 11:00 Meet-up at the Jenner Headlands Preserve.** (12001 CA Hwy #1, Jenner CA 95450). We will hike south along the coast on the Raptor Ridge Trail, do the Wildflower trail loop, visit Hawk Hill and return on the Sea to Sky Trail.

This is a moderate hike of about six miles and will take about three to four hours. Less aggressive hikers can meet at the trailhead and do an easier version. Or if you do not want to hike, **Check in time at the Guerneville Lodge is 3pm. (15905 River Road, Guerneville, CA 95446.)**

After the hike there will be an opportunity to stop and explore the old logging village of Duncans Mills with its quaint shops & restaurants, a bakery, and a general store with a pretty good selection of local wine. Many of the original buildings in Duncans Mills were lost in the aftermath of 1906 earthquake that caused damage throughout the Bay Area. The buildings that remain have been lovingly restored and are quite charming. The Blue Heron tavern dates to the time of the railroads in the late 1800's and is worth a visit. Or you may choose to check in at the Lodge and then walk into town to explore wineries, shops & galleries in downtown Guerneville before dinner. Guerneville has a thriving art scene!

**Dinner will be at 7pm** at the Guerneville Lodge and will feature a tasty prostate-friendly vegan-pescatarian menu. The Lodge has a grand piano and a fireplace. We are arranging for some musicians to stop by the Lodge to entertain. We're planning some fun and games after dinner, and we know some guests will want to relax by the fire or visit the hot tub.



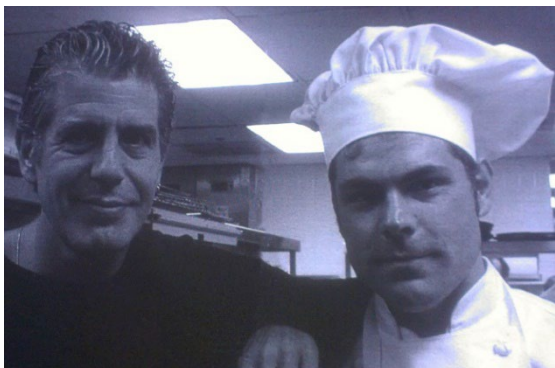


**Saturday, April 27<sup>th</sup>:** Very early breakfast from 7 to 8:00. Make your own lunch for the day then head to Cazadero for a hike and a low impact tour of The Cedars, an ecological preserve, "Concealed deep within the heart of Sonoma County, out of sight and hard to find, is The Cedars — a mysterious, unearthly region still known to only a few. Located north of Cazadero at the headwaters of Austin Creek, to access The Cedars requires seven creek crossings in a high clearance vehicle. But with risk comes reward and this journey brings the sojourner to an unexpected new world — a world of deep serpentine canyons, strange, mineralized formations, Mars-like terrain, and rare and unusual plants." There is a 15-person maximum for this hike. Those not hiking will pursue other activities like Pee Wee golf, wine-tasting at **Porter-Bass & Korbel**. Read more: <https://www.planethorticulture.com/TheCedars2023-small.pdf>

### **6:00pm Guest Speaker & Presentation:**

#### **Beware False Cancer Gods - how to lead your healing path.**

After her third cancer recurrence, our speaker finally decided to look beyond the standard of care and take charge of her own health. She is in full remission and thriving now after battling three types of cancer. Our speaker is an avid researcher and writer who draws from her own experience as well as her list of



cancer resources. "I call them my true north list because they cut through the misinformation out there on cancer and health. I share my approach to integrative cancer wellness as well as my true north resources to help fellow cancer fighters beat the odds."

**7:00pm: "Chopped" dinner with Private Chef Tim Bates**



LORE RADDEN of New York has been at Pond Farm most of the summer assisting Trude Guernonprez, the instructor of weaving. Here Miss Radden is working on a free composition using different techniques.



SOME OF THE WOMEN are working at the potter's wheel and others are putting finishing touches on their work in the pottery workshop. The students experiment with form, surface treatment, color, density, warpage

and plasticity. Pottery is a creative craft and a means of expression for the student's characteristic sense of color, form and method of working.  
(Staff photos by John LeBaron)



MARIE WILSON of Oakland is working at the potter's wheel in the pottery workshop which is under the direction of Marguerite Wildenhain. In front of Miss Wilson are flower pots that were done for practice work.

**Sunday, April 28<sup>th</sup>:** Breakfast from 7-9. Then make a lunch, pack up and checkout before we head to the redwood park (about 2.4. miles).

**9:30 – 11:30: Tour of the *Pond Farm Historic Property* and lunch at the park.**

Pond Farm consists of three original buildings, the Barn/Studio, Wildenhain's house, and a guesthouse and an 8-acre garden and landscape. The Barn/Studio



retains the small, Bauhaus-style potters' kick-wheels, which are still in operable condition.

**Pond Farm Pottery** is associated with the mid-20th century American Studio Pottery Movement and represents the life, work, and personal philosophy of renowned Bauhaus trained master potter **Marguerite Wildenhain**. Between her arrival at Pond Farm in 1942 and her retirement in 1980, she contributed artistically, philosophically, and pedagogically to the Studio Pottery Movement. In the ceramics field, Marguerite Wildenhain is a master, central to the understanding of 20th

century pottery as Walter Gropius is to 20th century architecture. Wildenhain was a major figure during the American Studio Pottery Movement's formative years, providing a voice for American pottery on an international stage alongside the leading figures. It was while living and working at Pond Farm that Wildenhain produced the bulk of her work, shaped the movement's discourse, and taught students in her intensive and widely renowned "summer sessions," which were important in introducing Bauhaus principles of form, technique, and artistry into American ceramics.





**After lunch** we will hike in **Armstrong Redwoods State Park** on the Eastside trail. Moderate to Strenuous depending on the group.

Some of the guests who will be camping are planning to stay a third night and will be enjoying an early dinner at **Trillium Winebar & Taproom** in downtown Guerneville (16222 Main Street). Trillium offers small plates, boards & seasonal cuisine with an emphasis on seafood and raw or roasted oysters. Trillium's tap offers seven beers and a hard cider. The wine list is a delight with selections from around the world. Everyone is welcome to join us, but *we will need to get a commitment ahead of time to get a reservation*. Chef Greg Barnes will adapt the menu as needed to be even more prostate-friendly. We will have extra tents available for anyone from the Lodge wanting to camp on Sunday.

This itinerary will be updated as more details are confirmed. We will consider adding a third night in the Lodge if enough people want to stay. Please let us know if this is of interest to you when you sign up.

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**HOW TO SIGNUP FOR THE SPRING RETREAT: Fill out the signup sheet and return it via email to [kamalik@ProstateAwarenessFoundation.org](mailto:kamalik@ProstateAwarenessFoundation.org) and then pay the deposit by check or with PayPal using the link on the form. Contact Ken Malik at 415-407-3961 if you have questions or concerns.**

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