

WELCOME TO LIBERATION PARK

*Orientation Manual - Please Take a Moment
to Familiarize Yourself*

Have a Pleasant Stay....

2011 Spring Alert

The entire disturbed hillside area south of the shed & septic tank, east of the farm road, and west of the power line, as well as the front yard of the cabin, have been planted with native species and a cover crop. Please do not walk on these areas as they are currently fragile. You can distinguish these areas because the grass is uniform, sparse, and looks different than all the other vegetated areas at LP. The area in front of the root cellar can be walked on. It has a cover crop, but no native species.

Parking

Our parking area is small at the moment. Do what you can to park inside the fenced off area in a spot that does not block the horse trailer. If all spots are taken, park along the road. Please do not park inside the main boundary fence on the grass or dirt, or anywhere on the farm road, including up by the shed and picnic area. If it rains you will have a difficult time getting out. If the road is dry and your vehicle has good clearance you may drive up to the shed area to unload your belongings and then return it to the parking area.

Close all Gates and Doors.

If you find a fence gate deliberately secured in the open position, leave it open. Otherwise please close all gates and doors behind you *even if you think you are coming right back*. Because of the many domestic and wild critters we live with, it is important to keep everyone in their proper homes: horses in the pasture, raccoon, skunks, squirrels & woodchucks out of the shed, etc. ***The most important doors to close are inside and around the barn:*** horses will overeat on certain things such as grain in the tack room or duck house, or apples in the orchard, resulting in crippling illness or death. A barn door or gate left open can quickly have tragic results.

Tent & Tipi Care

The tents and tipi each have instruction sheets in them - please help us keep them in good shape for a long time to come. Please use your own bedding, or the sleeping bag liners and sleeping bags provided. Using the liner is important so the bag is in good, clean shape for the next camper.

Outhouse

The outhouse is a composting toilet located just west of tent #1 as you walk down the farm road towards the back of the valley. Instructions on its use and care are on the wall. No sanitary pads or tampons in the toilet. Please wrap or bag these items and put them in the garbage. Feel free to urinate in the woods

Property Boundaries & Roads

On the final page is a map of LP boundaries Please don't stray onto neighboring property. The boundary fences are marked in blue. All the fences which separate the horse pasture from our south neighbors have electric wire on them, and the jolt can be quite painful - careful not to touch!

Sometimes there is no other option, but **whenever possible, go through gates, and not over fences.**

You are welcome to take walks or bike rides on area roads. There is one road we ask guests to avoid, and it is the triangle shaped road that goes around our north neighbor's property (Kimono). In order to respect their privacy we ask that you stay on the main road (Kendall), and not take the scenic tour around their house.

Intoxicants

We ask that no intoxicants (aside from caffeine and necessary medications) be used while staying at LP. Smoking is not allowed on the property. Thank you for your understanding.

Quiet

The front community areas near the shed, garden, cabin and barn are considered the more social areas of Liberation Park. Once you near the first tent heading towards the back of the property, we ask that you observe a respectful quiet for the sake of the valley and for the sake of those who have come for the meditative quiet.

Water

The well water is tested yearly in June for nitrates (fertilizer), coliforms (septic contamination) & pesticides. There is an outdoor spigot on the front of the root cellar, as well as a laundry sink in the cabin under construction. Either can be used to fill water bottles or obtain water for cooking, washing and bathing. There are also two hydrants: one near the garage, and one near the barn. Please do not drink from the springs or stream, as the water safety of surface water is unknown.

Showers

The shower is a rustic enclosure west of the cabin, with a hanger for solar shower bags. If you wish to use the solar showers, fill up a bag in the morning and leave it in the sun for several hours. Take to the shower and enjoy. You may also use the shower at the apartment in town.

Cooking, Food Storage, & Composting

Store all food in the refrigerator, coolers, or mouse-proof rubber maid containers. Cooking can be done on the camp fire, or on the propane burners in the cook tent. There are no food items allowed in the tents - the raccoons and skunks quickly identify sources of food and become rather pesky neighbors. Please use the composting pile in the fenced garden for food scraps. Help yourself to anything growing in the garden. For the most part we ask that a vegetarian diet be observed while visiting Liberation Park.

Biodegradable Soaps

Please use only non-toxic and biodegradable soaps for bathing, laundry and dishes. All of your waste water goes directly into the environment and quickly finds its way to the stream and the groundwater. There are containers of castille soap provided at all needed locations and you are welcome to use this if you are unsure whether your soap is biodegradable.

Propane Lamps

If you are at all uncertain in using the propane lamps, be sure to ask for a demonstration. They are safe and very useful. *It is very important not to touch the mantle when lighting!* They are fragile and will disintegrate with contact. ***Keep away from tent canvas and fabrics. Put out before falling asleep.***

Cell Phones and Computers

You may carry a cell phone if you feel you need it for safety or necessary communication with family, but please refrain from using it for discretionary conversation. Please leave your computer at home or in your car. Cell phones can be charged in the shed.

Bike trail, Kickapoo Valley Reserve, Wildcat, Necedah

If you brought a bike, or if you want to take a break from meditating and go for a hike or canoe, please ask us for more information about how to find the bike trail, the Kickapoo River, or the one of several parks and reserves.

Laundry

There are laundromats in Sparta and Wilton. See us if you want directions to them. You are also welcome to hand wash in a bucket or basin and hang to dry near your tent. Laundry facilities on site will be coming soon

Local Clinic/medical care: Scenic Bluffs, Hospitals, Warrens Walk in clinic

If you need medical care, please first let us know (unless it is an emergency). We can direct you to the most appropriate facility. There is a very good community clinic in Norwalk (Scenic Bluffs), two hospitals in the near vicinity (Sparta & Tomah), and a walk in clinic in Warrens, about 25 miles away, with more liberal hours than the one in Norwalk.

Ticks & Lyme disease

Deer ticks live in our area. If you visit LP, please be aware of the possibility of contracting lyme disease, which is a tick born illness. Like most of the midwest, the northeast, and increasingly the northwest United States, Lyme disease and other tick born illnesses are endemic here. Encountering ticks is one of our facts of life at LP and we are learning to live with nature's creatures and rules.

Fortunately Lyme disease is both preventable & treatable. By following these precautions you can be reasonably certain that you will not contract the disease.

Precautions & prevention

- Wear light colored clothing & use insect repellent (we can recommend some good, non-toxic brands, samples of which can be found in the shed).
- Familiarize yourself with what a deer tick looks like. There is an identification card in the shed.
- Check yourself thoroughly -- full body inspection -- once a day. Have someone check your back, or use the mirrors provided in the shed. It is thought that ticks must be attached for longer than 24 hours to transmit the spirochete responsible for Lyme disease.
- Remove imbedded ticks with pointy tweezers. Get the head not the body! Tweezers are in the shed by the mirrors.
- A single dose of doxycycline is effective in preventing Lyme disease if taken at the time an embedded tick is removed (available locally for those who are certain they do not have allergies to any antibiotics).
- If bitten, be mindful of any rash or flu-like symptoms over the next several weeks. Prompt treatment (usually 2- 4 weeks of twice daily antibiotic depending on length of

time symptoms have been present) will eradicate the disease and prevent long term sequelae.

- There are also herbal immune boosters which can help prevent contracting tick borne illnesses if taken daily, and homeopathic remedies to take at the time of a bite. We can provide those interested with further information.

Wild Cats & Other Animals

Bobcats are shy but if you are lucky you may see one. We believe there is at least one living in the valley and she has been spotted near the tipi.

Cougars have occasionally been seen in the region, but generally try very hard to avoid people. The DNR reports that breeding adults and kittens have not been reported this far south. The solitary adults that have been encountered are thought to be only passing through. If you should encounter a large cat it is important not to run as that can make one look a little like a cat toy. You may walk away quietly, or if the cat shows an interest in you, make yourself as large and noisy as possible. Please tell us if you encounter a cat at LP.

Black bears and wolves have been spotted South of I-90 very rarely. Neither should bother humans, but please report any sightings. Coyotes are common and are more often heard than seen.

Please don't hesitate to ask us for information or help.

Thank you for visiting and please enjoy your stay!

Norwalk Apartment: 608-823-7141

Jo Marie Cell Phone: 608-799-9375

Santikaro Cell Phone: 608-780-0481

Jo Marie Work Phone: 608-343-1329

Local Farmer's Markets, Stores & Restaurants

Northwood Country Market - Hiway 16, just west of the intersection with Hiwy 27 in Sparta, South side of the street. Local veggies, some organics, juice, cereals, almond milk, cheese, tea. Closed on Sundays

Troyer Family - 23993 Cty Hwy XU. Take 71 towards Sparta. Take first left on Landmark Ave. Go up the steep hill to the end of Landmark at XU. The Troyer farm will be directly in front of you. They have organic veggies, eggs, jellies and baked goods. Closed on Sundays.

La Tienda – basic Mexican staples

Wilton General Store - on Wilton Main St across from Country Thyme restaurant. Funky little old fashioned general store. Some bulk items. Hit or miss.

Burnstads in Tomah – medium size organic and bulk section

Sparta Farmer's Market - Wed 2-5pm, Sat 8-12am; State Bank parking lot on Water Street. Sometimes not well attended. 5/28 - 10/27.

Tomah Farmer's Market - Wed 4-6pm, Sat 7-1am; Gillett Park on E. Holton; June-Oct.

Onalaska Farmer's Market - Sun 7-1pm; 1260 Crossing Meadows; June - Oct.

LaCrosse Farmer's Market - Wed 8 - sellout; Bridgeview Plaza; June - Oct

Fri 4-8 pm; King St between 4th & 5th; May - Oct

Sat 6-1 pm; between 3rd & 4th & Vine & State; June - Oct

Cashton may have an organic Farmer's Market this summer - details pending.

Viroqua and La Crosse both have Co-Ops with a large selection. We are happy to shop for people when we go in to town.

Los Tres Garcias - excellent, low cost Mexican restaurant on Main Street in Norwalk.

Lil's Corner Bar - though we ask you not to imbibe the alcohol if you are to return to LP, Kevin the bartender/owner makes a mean pizza.

Trailside - in the building by the bike trail. Hours are sporadic, but food is good. They have veggie burgers.

The Place - good greasy spoon breakfasts at a low cost. Don't take the big table in the center in the morning - it's the local retired guys coffee klatch table and you'll get the evil eye if you get to it first.

Country Thyme on Main street in Wilton - Great soup/sandwich/salad food. Great atmosphere.

Ginny's on Water Street in Sparta - best coffee to be found in the area. Soup/sandwich/salads.

