

Friday, August 22, 2008

5:00 p.m. - 6:00 p.m.	Set up and personal time	
6:00 p.m. - 7:00 p.m.	Dinner	
7:00 p.m. - 8:00 p.m.	Dinner	
8:00 p.m. - 9:00 p.m.	Set up and personal time	
9:00 p.m. - 10:00 p.m.	Set up and personal time	

Activity***Alternate Activity****Saturday, August 23, 2008**

8:00 a.m. - 9:00 a.m.	Breakfast	
9:00 a.m. - 10:00 a.m.	Set up and personal time	
10:00 a.m. - 11:00 a.m.	Set up and personal time	Capture the flag
11:00 a.m. - 12:00 p.m.	Set up and personal time	Capture the flag
12:00 p.m. - 1:00 p.m.	Lunch	
1:00 p.m. - 2:00 p.m.	H. Pianko, Welcome to the retreat and VegMichigan Information	
2:00 p.m. - 3:00 p.m.	C. Tibbitts, Good Living in Hard Times	D. Trombley, Children's Activity
3:00 p.m. - 4:00 p.m.	R. Sikora, Brilliant Chickens and Einstein Squids - Who are these non-human family members we share our earth home with?	D. Trombley, Children's Activity
	True stories, interactive and good for all ages	
4:00 p.m. - 5:00 p.m.	C. Lenard, Food Demonstration - black bean burgers	D. Trombley, Children's Activity
5:00 p.m. - 6:00 p.m.	Capture the flag and other games	
6:00 p.m. - 7:00 p.m.	Dinner	
7:00 p.m. - 8:00 p.m.	J. Flowers, Living the Vegan Ideal	
8:00 p.m. - 9:00 p.m.	J. Corcoran, Easy Things Anyone Can Do to Become an Activist	
9:00 p.m. - 10:00 p.m.	S'mores and bon fire	

Sunday, August 24, 2008

8:00 a.m. - 9:00 a.m.	Breakfast	
9:00 a.m. - 10:00 a.m.	D. Fields, Raw food demonstration	
10:00 a.m. - 11:00 a.m.	D. Fields, Our Sponsors	
11:00 a.m. - 12:00 p.m.	H. Pianko, Closing Remarks	
12:00 p.m. - 1:00 p.m.	Lunch for those who remain	Pack up and depart
1:00 p.m. - 2:00 p.m.	Pack up and depart	

*Games, cards, hiking, and other activities may be happening in parallel with these activities.