

Welcoming Our WWOOFers in 2007!

Welcome to FBC - thank you for choosing Falls Brook Centre as a WWOOF destination. We are glad you are here! Living at Falls Brook can be a wonderful experience. Being in a rural area means tranquil nights with beautiful stars, hearing the birds in the spring, a forest just outside your doorstep, and people who always wave from their cars as you bike by. It also means major services being a half hour drive away and a lack of movie theatres, bars, and coffee shops. With 5 to 20 people living and working together there is always something going on - food preparation, outdoor activities, music, conversations and more. We look forward to meeting you and having you join us! The following is some important information to help you feel as comfortable as possible during your stay. Please feel free to ask your WWOOF coordinator any questions that may arise.



Contacting Us:

Jean Arnold, the Executive Director at FBC is the current WWOOF contact for FBC. Please get in touch with her by e-mail: ja@fallsbrookcentre.ca or phone (506) 375-8143. If you are calling, please try to do so during regular office hours (Monday to Friday, 9-5).

We encourage WWOOFers to contact us well in advance of their possible arrival on-site. Many times we are limited in available accommodations, and we have lots of people that want to visit. Please do not just "show up" without contacting us first!

Generally we welcome WWOOFers for 1-2 week stays at first. This is a good length of time to become familiar with the centre and what we do, while getting to know the FBC staff better. At the end of this initial period, we sometimes are able to extend WWOOFer visits if there is space and jobs to do.

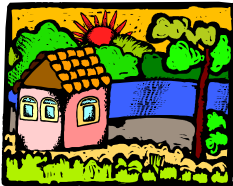
Getting Here:

Please plan to arrive between Monday and Thursday. This allows enough orientation time for new WWOOFers to become familiar with the site before we close down for the weekend.

For drivers and bikers: FBC has good written directions on our website, so please refer to them.
For bus travellers: We can pick you up from either the Hartland or Florenceville bus stations. Please let us know at least 24 hours before you arrive of your arrival location and time.

Accommodation:

Upon your arrival, you will be shown to a room in one of our buildings (unless you have chosen to camp while here). Bedding is changed with each visitor, and clean towels and extra bedding can be provided upon your request. If you find yourself living in one of the renewable energy powered (solar or wind) homes – ask how the system works.



Washing facilities are in the Green House (sinks, mirrors, shower, composting toilets), the Cheerio (shower, sink) or the rain barrel beside the Bunkhouse. Our water supply comes from a gravity-fed spring up the hill, which means it is very pure, but also limited. Please limit your time in the shower and other water uses. There is an outdoor shower in the back of the outdoor cookhouse where the water is heated by the sun warming up black pipes. It is preferable to use this on sunny summer days.

Everyone is responsible for keeping the houses clean. We take off our shoes inside and try to keep the kitchens free of dirty dishes and mess. We try to reduce our energy use as much as we can. Please turn off lights when you're not using them and unplug appliances that are not in use.

Potty Talk:

Please try to use the outhouses as much as possible as opposed to the composting toilet. They tend to deal with liquid waste much better than the composting toilet, which is a real “treat” to clean out! Finish your act with a scoop of ash or sawdust. If the ash/sawdust bucket is empty, don't be shy head on over to the nearest wood stove or saw dust sack and fill em up. No ash or sawdust to be found? It's time for a road trip to 'Robert the Carpenters' for a sawdust gathering fest – not to be missed out on.



Meals:

From Monday to Friday, breakfast and lunch will be served to you in the main house. Breakfast is between 8 and 8:30, lunch is at noon. Interns also eat at the main house, but usually prepare a separate lunch for themselves. Vegetarian diets can be accommodated.



Evening and weekend meals will take place in the outdoor kitchen, shared by those who are living on site. If you want snacks and nibble in between meals, we ask that you provide this yourself. The on-site “household” usually make a cooking schedule with a different person in charge of organizing supper each night, and WWOOFers are welcomed and encouraged to participate. We normally cook vegetarian meals. Bulk food items are stored in the cookhouse and Cheerio, and are shared in our food co-op. People who do not live on site also participate in the co-op, so please be considerate when using these items to prepare meals, leaving enough for all.

The outdoor cookhouse has a wood stove, which only takes about a half hour to warm up, and does not really require a lot of wood. Please ask a member of your household to show you how to use the stoves to their best efficiency. Kindling and wood logs are stored in bins and in the woodshed attached to the cookhouse. The person in charge of supper clean-up makes sure the compost bin is emptied out after supper, so raccoons and squirrels are not attracted to it. Dirty dishes and open food should not be left out, and those who don't cook do da dishes!

There are recycling boxes in the outdoor cookhouse where we sort our paper, tin cans, plastics, glass, and returnables. There is a recycling depot near Florenceville where we take the recycling every few weeks.

Workday:

The workday at Falls Brook Centre starts at 9 am. Please meet on the back porch of the main house by the WWOOFer job board at that time to discuss the day's events with the coordinator. Lunch is served at noon, and the workday ends at 5 pm. Tasks you will be invited to do can range from rock picking and weeding to shingling houses to artistic design!

Amenities:

There are doctors, a pharmacy, a hospital, a dentist, a Bank of Nova Scotia, and a bus station in the Florenceville area which is a 30-minute drive from the Centre. There is a post-office and convenience store in Glassville which is a 15-minute drive, 45-minute bike ride away. Some staff and interns have their own vehicles; others participate in a car co-op. Car space can be limited at times so not everyone is always able to participate in all activities, although we make a grand effort to include everyone. If you find yourself travelling in the car co-op or one of the staff member's cars, expect to chip in for mileage costs. WWOOFers are not permitted to drive the co-op car however, due to insurance restrictions.



If you need to do some laundry while here, there is a washing machine inside the Green House, please ask your coordinator or someone in your household how to use it. On a hot day there is a

drying line beside the conference centre. On a wet day, there is a drying rack above the washing machine that can be lowered for use.

Phone/E-mail:

Phones and computer/internet access is available here, but on a limited basis. Please limit your use of the computer and phone lines to after the workday (between 6 and 10 pm) and on weekends. Staff or interns that are using the lines for business purposes have priority to these services, so please check that the lines are free first.

FBC provides a phone for you to use primarily to arrange your next WWOOFing location. We can cover up to 2 long distance calls for this purpose, but for more calls outside of our local area, please use a calling card. For long distance calls, please use the record sheet in the Cheerio to write down your name, the number dialled, and date (this isn't necessary if using a calling card). For more long distance calling, please use a calling card (available from the bookkeeper at FBC).

Internet access is available in the Bunkhouse. Again, please limit your use to after work hours and on weekends. Please notify staff or interns if you are experiencing computer troubles.

Saying Goodbye:

When your time with us comes to an end, please be sure to bring your bedding and towels down to the main house for laundry. We like to keep track of all the hard work our WWOOFers do by completing "in-kind forms". This form documents our volunteer contributions, helping us track the value of work donated. Your WWOOFing coordinator will make this form available for you before you leave. Please complete it and hand back before you go. Make sure you sign our guest book!

The Final Word:



Living and working communally, we often participate in many social events and gatherings together. Spontaneous music jams, hikes to the "pinnacle" lookout, bike rides to Howard Brook, swimming at Flemming's on the Shikatehawk River, and everything in between are regular occurrences at Falls Brook Centre. Please feel invited to participate in or organize something with others if you wish, but also take advantage of the secluded hiking trails and the sunset views from the pasture for solitary time. Although we don't want our lives to be governed by schedules – there are a number of community living tasks that need to

be done to keep things running smoothly. A cooking schedule will be posted in the outdoor kitchen along with a list of on-going and one-time chores that need to be completed. It's very satisfying taking charge, getting the job done, and crossing that pesky chore off the list.

So thanks again for visiting Falls Brook Centre. We hope you feel comfortable during your stay, and will let us know if there is anything we can do to make your experience here better. We hope you will keep us in mind if you are ever through this part of New Brunswick again – visit and let us know how you're doing!