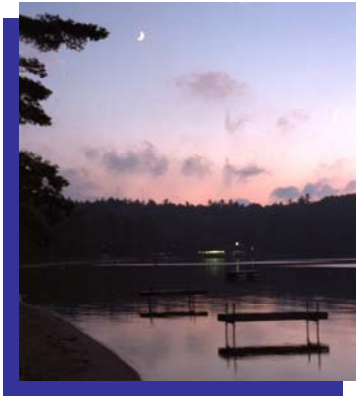




## PRACTICAL TIPS TO LIVING AT UMBS



Welcome to the BART program! As you prepare for your 9-week cornerstone experience at the University of Michigan Biological Station (UMBS), you will find this list helpful in planning for your stay. All first-year participants in BART will be contacted by their second-year mentor to help answer any questions about the summer experience. In addition, feel free to contact the BART office with any questions you may have.

**UMBS Office:** Upon arriving to the Biological Station please check in with the main office in the center of camp to obtain housing assignment, parking assignments and other information. Office hours are 8:30 to 4:30 Monday thru Friday and until 2:30 on Saturdays. If you arrive when the office is closed, housing assignments are posted on either the wall next to the office or the outside door of the office. You may park in the guest parking spot on Lower Road until you can get your assigned parking space from the office. UMBS requests that residents not drive their vehicles in camp other than when they need to load or unload their vehicle.

**Dining Hall:** Meals are served cafeteria-style in the Dining Hall (breakfast 7-8 a.m. with coffee and cold breakfast ongoing, lunch 11:30-12:30, dinner 6-7 p.m., Sunday brunch 10:30-11:30 a.m.). Arrangements can also be made for individual sack lunches for the field. Both vegetarian and meat options are available during each meal. If you have special dietary needs, please talk to the kitchen staff so that they can help to accommodate you. The bell rings at the beginning of mealtimes, and residents gather in line any time during the hour. The kitchen staff likes to clean up shortly after the close of mealtime, but the Hall remains open for conversations, extra cups of coffee, and the like. You're welcome to stop in to refill your cup between meals if the doors are unlocked.

**Alumni Room Rules:** Many BART IGERT courses and workshops are held in the Alumni Room, located above the Lecture Hall in central camp. Food and drink are generally prohibited, but drinks in closed containers are being allowed on a trial basis. Closed containers—such as mugs with lids—are available for purchase in the camp store or bring your own. No spills or crumbs!

**Phones:** The proliferation of cell phone service has meant the elimination of pay phones on-site, but also the introduction of “courtesy phones” due to poor cellular coverage. If you have a cell phone, most people have the best luck placing calls near the beach in central camp, in front of the Dorm, or along Lower Drive. Please do not use your cell phone in front of other people's cabins.



You might also try the “courtesy phones,” which are located in Lakeside Lab, at the base of the Dining Hall stairs, and in the alcove between the Dorm Lounge and rooms. These phones accept long-distance calls with phone cards, credit cards, etc. Phone cards can be purchased in the camp store.



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The BART Office also has a “land line” for personal emergencies and professional business, (231) 539-8406. Let us know if we can help. Messages may be called into the main admin office at (231) 539-8408 and messages will be put into your mailbox.

**Mail:** UMBS has daily pickup/delivery of US Mail. If you are expecting mail, please have it sent to: **Your Name, UMBS, 9008 Biological Rd, Pellston MI 49769**. Both FedEx and UPS also deliver to the Station. Each student has a mailbox located in the mailroom. The majority of ordered supplies and equipment will be delivered to the mailroom, and a “package note” will be left in your mail box. For larger freight orders talk to Tony Sutterley to arrange delivery. To order equipment and supplies with BART funds please fill out the *Equipment and Supplies Order Form* on the *BART Student Resources* section of the website. For all equipment ordered through BART funds, the packing slips/invoices need to be signed and dated and then returned to the BART office.

**Computers and Lab Space:** Two offices in Lakeside Lab are provided as workspace for BART students. BART has a few desktops and printers that can be used by students. However, most students bring their own laptops. Ethernet connections, as well as wireless are available in Lakeside Lab. To use the wireless or ethernet connection, an IP address needs to be set up by Bob Vande Kopple (office in Lakeside Lab). Any questions about space usage in Lakeside Lab should be addressed to the BART Staff. Research space is also available at the Prophet Facility. A separate user fee, \$100 a week, is charged for use of the Prophet Facility. Student supply/equipment funds can be used towards this user fee.



**Lakeside Lab Stockroom and Other Research Resources:** The Lakeside Lab Stockroom has some equipment available to use for research purposes. To look at a partial inventory list of equipment available from the Stockroom and other research resources available at UMBS (including the Ameriflux and Prophet facilities) see: <http://www.lsa.umich.edu/umbs/research> Address any questions about Stockroom equipment to Sherry Webster, the Stockroom Manager. The BART program also has some equipment available for use. Check out the *BART Equipment Inventory* document on the *BART Student Resources* web page. Use the *BART Equipment Request Form* to request use of BART- owned equipment.

### Gas Cylinders

Many BART students use gases for their research at the Biological Station. The local supplier is Northern Michigan Welding and Supply (NMWS). Please coordinate ordering and delivery of gases with the BART office. Cylinders can be delivered to either the Prophet facility or the Maintenance Garage. If you need the cylinders moved to another location please contact Tony Sutterley. All BART cylinders from NMWS should be clearly labeled as BART. Please do not use other researchers' cylinders! Make sure that all cylinders get returned at the end of the summer to either the cages at the maintenance garage or the Prophet facility. Don't forget to inform the BART office that the cylinders have been returned.



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### BART Vehicle

The BART program has one vehicle available for check out for research and other BART program related purposes. A check out sheet can be found in the BART office in Lakeside lab. The vehicle will be found in a designated parking space and must be returned to that space. Please report any damage or maintenance issues to the BART staff. If damage is not reported, the BART program will be held financially responsible for the damage! If the vehicle is unavailable it may be possible to check out a van from a van from the UMBS van pool. However, only U of M faculty and students can drive vehicles from the van pool due to insurance reasons. To check out a vehicle a request form must be filled out and turned into the UMBS Office at least 48 hrs in advance. These forms, as well as detailed instructions on checking out a vehicle, can be found on the mailroom bulletin board.

**Camp store:** You'll find the camp store on the first floor of the Administration Building. The store provides everything from books and office supplies to UMBS gifts to stamps to toiletries and snacks. Store hours are typically after meals. The store also maintains a Lost-and-Found. You can open an account with the store with which you may charge any purchases. Please don't forget to close the account before you leave at the end of the summer!

**Laundry facilities:** Washers and dryers for laundry are available in the laundry room, behind the cabins next to the Dorm. Detergent is available from the store, as are quarters (75 cents to wash, 75 cents to dry or line dry for free!). The water at UMBS has a high iron content which could result in whites turning a slight orange color.

**Camp Health Care Cabin:** The Health care cabin is located in the center of the camp across from the dining hall and is open 24-hrs. The camp nurse is on site part time, and the facility is for First Aid purposes only. There are Urgent Care facilities and hospitals located in both Cheboygan and Petoskey for more serious medical needs. Please make sure to bring current health insurance information with you to UMBS in case you need to visit a medical facility.



**Living Quarters:** Student Cabins at UMBS are rather rustic. Residents may encounter issues with mice and chipmunks (traps are available). Most cabins are double occupancy (a few triple) and include two beds, two desks, and two closets. There is also a wood burning stove in each cabin for fires on cold nights (wood provided). Bathrooms are communal. Cabins are located close together so light sleepers may want to bring ear plugs. However, quiet hours are from 10pm to 7am and should be respected by everyone in camp! If these quiet hours are not being respected or if

there are any other problems with your living situation, please let the BART or UMBS Staff know so that we can help remedy the situation.

**UMBS's Alcohol Policy:** While moderate, legal alcohol use is accepted at UMBS the drinking of alcohol is never actively encouraged. Illegal behaviors involving alcohol (e.g., underage drinking, drinking and driving) are not acceptable. Alcohol is not to be present or consumed in



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public areas or at events (e.g. laboratories, classrooms, vehicles, boats, streets, beach, ball field, etc..). Legal consumption is allowed within (not outside) residence cabins.

**Useful Things to bring for life at UMBS:** Please keep in mind that the temperature can fluctuate greatly during the summer in Northern Michigan. Please remember to bring some warmer items such as, a sweatshirt, light jacket, and long pants, in addition to clothes for warmer weather. The following are additional items that you may want to bring to help make your stay more enjoyable at UMBS:



- Rainwear
- Swimwear
- Towels – beach, bath, and hand towels
- Soap, Shampoo and other toiletries (bathrooms are communal so you may want to bring something to tote your toiletries in)
- Flip Flops and Bathrobe – for use in the bathroom
- Clothes hangers – there are often clothes hangers left in cabins, but not always.
- Back pack - to tote your possessions around in the field
- Laundry bag/basket –Laundry soap is available at the store, but you may want to bring your own favorite laundry soap.
- Flashlight with extra batteries
- Insect repellent and sun lotion (repellent can not be used at some research sites)
- Sheets, blankets and pillow and/or a sleeping bag **-mandatory**
- An alarm clock
- Ear plugs (for light sleepers)
- Fan
- Water bottle and Travel Mug
- Laptop and USB memory stick (for transferring files for presentations)
- Bike – Many people use their bikes to get around the Bio Station, though nothing is a far walk. UMBS also owns several bicycles that are available for intermittent use. Comfort and trail bikes with wider tires work best on the dirt roads and trails around the station.



**Recreational Opportunities:** UMBS and the surrounding areas provide many recreational opportunities that you may want to take advantage of in your down time. These opportunities include:

- *Volleyball*– One of the favorite recreational opportunities at UMBS.
- *Swimming*– In Douglas Lake, Lake Michigan, or any of the other numerous lakes in the area. Sturgeon Bay is a favorite Lake Michigan beach located about 30 minutes from camp.
- *Hiking and Trail Running*- There are several trails around UMBS property as well as in several nearby State Parks that have hiking trails. Several sections of the North Country Trail are within a quick drive of the station



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- *Mountain Biking*– The Station has two mountain bike trails (5 miles and less) both of these trails are two-track and are a bit sandy. Other nearby areas includes Boyne Mountain (Near Petoskey) and sections of the North Country Trail.
- *Road Biking*– While most roads do not have wide shoulders in Northern Michigan, traffic is not that heavy on the roads around the Station. Group weekend rides are often coordinated throughout the summer.
- *Canoeing, Kayaking, and Sailing*–UMBS has several canoes available for use at the Station. Many individuals also bring their own canoes, kayaks, or small sailboats for use on Douglas Lake.
- *Camping*– There are several State Parks and State Forest Campgrounds around the area as well as in the Upper Peninsula. In the past students have coordinated weekend camping trips into the Upper Peninsula.
- *Fishing*–Many visitors to the area enjoy fishing in the Great Lakes or nearby streams and rivers. A fishing license must be obtained and will cost between \$15-\$42. Check out [www.michigan.gov/dnr](http://www.michigan.gov/dnr) for information on how to obtain a fishing license as well as a list of State rules and regulations.



**Nearby Towns and Shopping:** The closest larger towns to the Station are Cheboygan (13 miles) and Petoskey (25 miles). Both towns have grocery stores, Wal-Mart, K-Mart, and several eateries. You will find more variety in stores as well as better options in restaurants in Petoskey. You can find more information about each of these towns at the following websites: Cheboygan - <http://www.cheboygan.org> and Petoskey - <http://www.petoskey.com>. For any hardware needs, there is a locally-owned hardware store in Pellston.

**Accommodating Visitors at UMBS:** Arrangements can be made to help accommodate visitors that you may have during your stay at UMBS. Visitors are generally housed in the dorm building. Due to an increasing summer population at UMBS, visitors may be required to have double occupancy in the dorms. Room rates for short-term visitors to UMBS are \$36 a day for housing (linen service included) and \$22 a day for meals. Alternatively, you can pay for guests on a meal-by-meal basis with meal tickets that can be purchased from the store.

Due to the fact that accommodations are limited, please arrange for accommodations as soon as possible. In general, UMBS encourages short term guests to keep their stay on campus to a week or less. If accommodations are full on campus, or if more private accommodations are desired there are several area hotels (please see the *Pellston area Hotels* document on the *BART Student Resources Section of the web page*. There are also several area campgrounds.

*Welcome to the UMBS Community!*  
*-The BART Staff*

