

# **Woods Mill Bend**



**Instruction Manual - 2024**

**Welcome:**

Welcome to Woods Mill Bend. We're excited to have you as our guest, and we hope that you'll enjoy your stay. Enclosed in this User Manuel, you'll find some important (and some not-so-important) information about your rental, check-in and check-out procedures, house rules, and local amenities.

**Address:**

The property's address is 97 Woods Mill Bend Drive; Siler City, NC; 27344.

**Check In and Check Out:**

- Check in time is after 3pm and check out time is before 11am.
- The key to the front door is located on a lockbox. I'll provide you with the code to the lockbox prior to your arrival.
- Prior to check-out, please do the following:
  1. Bag your trash and recycling and put them in the two metal bins by the shed near the driveway. Be sure to close the lids tight or critters will get in there.
  2. Put all used dishes in the dishwasher and run it.
  3. Put all towels, rags, or other used linens in the laundry hamper in the downstairs bathroom.
  4. Clear the fridge and shelves of any food or drinks you brought with you.
  5. Be sure to leave the key in the lockbox where you found it.

**Cell Service:**

I use AT&T and generally get very bad cell service at the property. There is a land line and two phones available at the Main House. Prior to arriving, however, you may want to ensure that wifi calling is enabled on your phone. In order to do this on an iPhone, go to Settings > Phone > Wi-Fi Calling and make sure that Wi-Fi Calling is turned on. Then restart your phone.

**WiFi:**

Network Name: Interweb5000

Password: cheese grits

Note that there are three internet accounts generating wifi signal (each has the same network name and password): one from the Main House, one from the Log Cabin, and one from the Farm House. The Farm House wifi typically will reach to the Dance Hall.

**Emergency Contacts:**

In case you have any issues, please feel free to try these numbers:

- Buster Black - 336.254.0313
- Caroline Black - 919.824.7102

**Hashtag:**

If you are inclined to tag a photo online: #woodsmillbend

**Appliances and Equipment:**

The kitchen is fully equipped with a refrigerator, stove, oven, microwave, and dishwasher. There is also a washer and dryer located in the bathroom of the first floor.

**Television:**

The living room has a tv with an Apple TV connected. The Apple TV has movies we've bought for ourselves and our kids that you're welcome to watch. If you use any of the streaming services, please be sure to log in using your own account. Also, there is a YouTubeTV app on the Apple TV that has live tv channels.

**Fires:**

There is a fireplace in the Den of the Main House. Prior to starting a fire, ensure that the flue is open. If you need additional wood, there should be dry, seasoned wood on the front porch. There are also firepits available in the front field, between the Main House and Dance Hall. Never leave an active fire unattended.

**Record Player:**

There is a record player in the den with bluetooth connectivity. Please be gentle with our records, and if you're not familiar with how to properly handle vinyl, please stick to the bluetooth.

**Baby / Kid Stuff:**

There are child items at the property that are available upon request, including a high chair, baby monitor, changing pad, and a gate for the top of the stairs. Please feel free to use any of the toys in the kids room or office.

**Books:**

There are number of books at the property. Feel free to enjoy them but please don't take them with you. We like our books.

**Swimming Pool:**

There is a chlorinated swimming pool behind the Main House. Children must be attended at all times while near the pool. There is no lifeguard on duty. No Diving. Swim at your own risk.

**Dance Hall:**

The Dance Hall can be used for yoga, ping pong, or gathering with friends. There is also a projector available with an Apple TV for watching movies.

**Mudroom:**

In the mudroom, you'll usually find flashlights, bug spray, sunscreen, outdoor games, boots in case it's muddy, shoes for walking in the river, and some old fishing poles and tackle. Enjoy.

**Ticks:**

Ticks are common in these woods, and we sometimes find them on ourselves and our children. Luckily, Lyme Disease is less prevalent in NC than in some other areas of the country. However, tick-borne illness can be serious, so please do regular tick checks. I'm not a doctor, but if you find a tick, there are usually tweezers above the shelf to the left of the kitchen sink that you can use to grab it at the base and pull it off.

**WMB History:**

Finding reliable sources of information about the property and the adjacent mill has been difficult. The information gathered in the following paragraph has been cobbled together from internet research and conversations with people who may or may not know what they're talking about - take it with a grain of salt.

The oldest structure on the property is the Farm House, which was built in the mid 1800's. The property is identified on Captain Ramsey's map from 1870 as Dixon's Mill. Across the bridge behind the Main House and to the right is a wagon crossing over the Rocky River. The large ditch on the south side of the property is a mill race that was used to feed the mill on east side of the property. There is a grave stone near the Farm House for Nora Mae Doresett who is reported to have lived in the area during the 1940's. Around 1976, William McCabe Coolidge renovated and rebuilt the Farm House, which had been abandoned and brought the two tobacco barns to the property. He created Recompense Retreat Center for parents who had lost children after losing his daughter to Cystic Fibrosis at the age of six. McCabe also cleared the front field and created a community farm. The property was later used by a group of people from Raleigh, who continued to operate the retreat for various purposes. This group of people built the Main House and the Dance Hall in the 1980's. We purchased the property in 2017 and have been renovating various aspects of it since then.



**Sauna Haus at WMB:**

The small log cabin in the middle of the property was recently renovated and now includes an electric sauna and two cold plunge tubs on the back porch.

**Sauna Haus Operation:**

In order to start the sauna, turn the dial on the black control panel to the left of the front door to the desired temperature. If you're new to the sauna, 160 degrees is a good place to start. Once you've chosen a temp, push the dial to start the heater and let the room heat up. The sauna will typically take about an hour to get up to temperature. Once you enter the sauna room, you can use the wooden vent on the walls to control air flow. Please be sure to sit on towels while inside the sauna. Feel free to use the green or yellow pool towels, which can be found either in the Sauna House or the closet next to the downstairs bathroom (Main House). The cold plunge tubs can be filled with a hose from the well (located near the Farm House).

Finish your sauna by removing towels, closing vents if you have opened them, turning off the stove by pushing the dial again, and leaving the door closed (the heat will cook off any remaining bacteria). Windows and doors should be opened after a few hours or the following day to air out the room.

**Basic Sauna Etiquette and Safety:**

- Always ask the other bathers permission before adding water to the rocks
- Always close the door behind you as quickly as possible to maintain sauna room temperature
- Be mindful of the stove when entering and exiting. The metal case and rocks can reach over 350 degrees
- Please wipe your feet before entering sauna
- If you ever feel light headed, dizzy or nauseous, exit sauna immediately, sit or lie down, and rehydrate. Do not re-enter sauna.
- Mind your hand and arm while pouring water on the rocks to avoid the steam
- Never enter sauna when intoxicated

**Baseline Routine for Sauna and Cold Plunge:**

This is just a place to start if you are new to sauna or looking for general instruction. You get to make the rules based on your body and what you want from the experience.

1. Enter the sauna and stay inside for approximately 10 minutes to let your body adjust
2. Exit the sauna, take a cold shower and/or cold plunge in a tub for 1-3 minutes. Rest and rehydrate with water or electrolytes for 5-10 minutes. (You are waiting for your internal body temperature to drop before re-entering the sauna, not just the temperature of your skin.)
3. Re-enter the sauna for 10-15 minutes. Add one scoop of water to the rocks for steam, as often as you choose.
4. Exit and repeat cold plunge, rest and rehydrate for 5-10 minutes.

5. Repeat these steps for as long as you want, but usually a minimum of 3 full rounds is considered a full session.
6. Once you're done, take a hot shower to rinse off any residual toxins in the sweat, hydrate, and moisturize your skin.



### **Why do we Even Do Hot / Cold Therapy:**

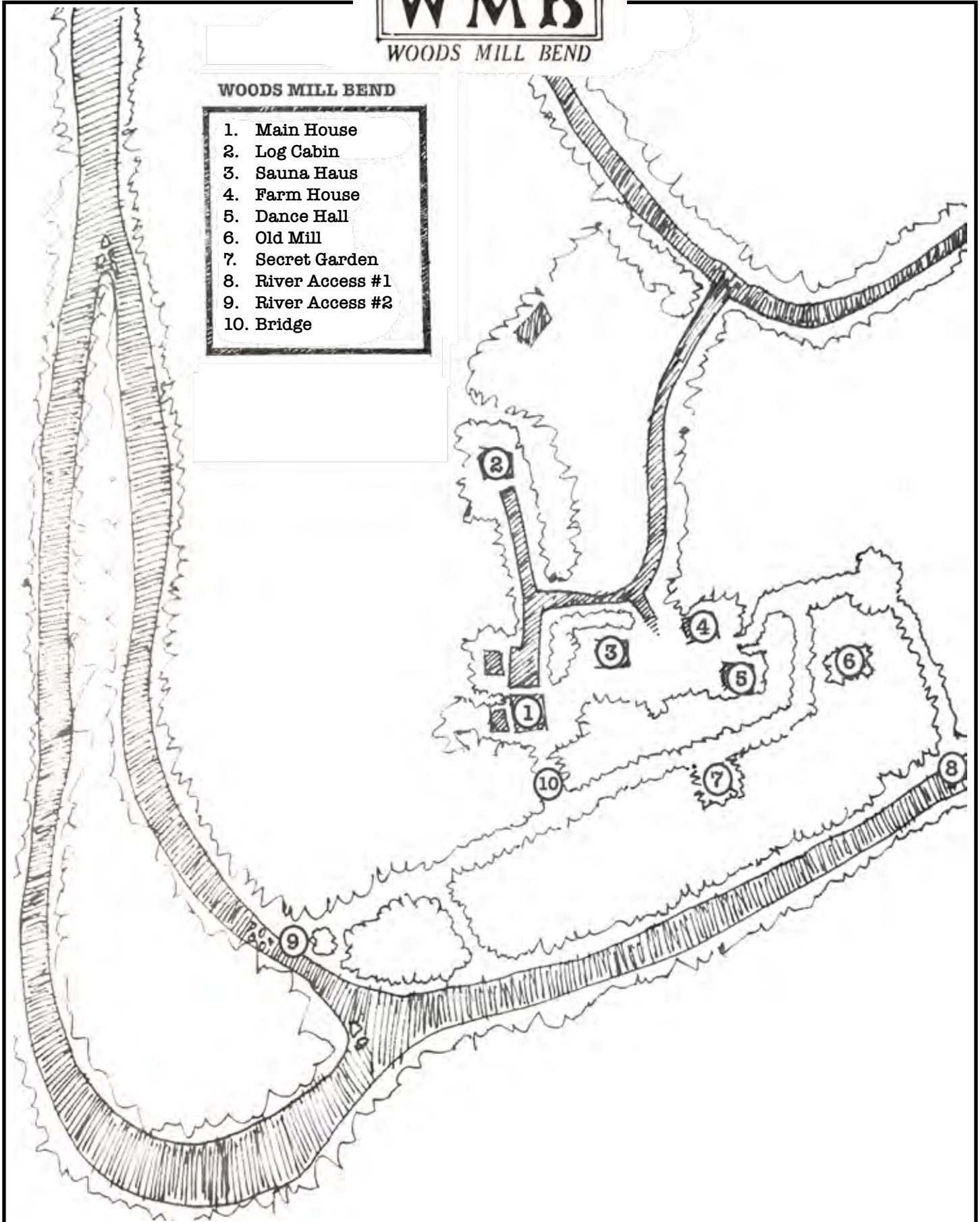
Extreme changes in temperature causes our blood vessels to expand (in heat) and contract (in cold). Vasodilation (expansion of blood vessels from heat) increases blood flow to the surface of our skin and deeper tissues. This promotes relaxation, loosens muscles and helps to flush out toxins and metabolic waste. Vasoconstriction (the contraction of blood vessels from cold) reduces blood flow to the skin and muscles. This causes a numbing effect and helps decrease inflammation and swelling. By alternating between the two, we create a pumping effect in the body, where blood rapidly circulates between the surface and deeper tissues, flushing waste and delivering fresh oxygen and nutrients to the muscles. This practice can reduce inflammation, reduce soreness of muscles, improve cardiovascular health, stimulate circulation, promote tissue repair, reduce pain and arthritis, reduce stress, improve sleep, invigorate your mind and be a mood enhancer, just to name a few things. Sauna is an excellent tool on it's own, but the real "sauna glow" is best achieved when cycling between the sauna and the cold plunge.

# WMB

WOODS MILL BEND

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1. Main House
2. Log Cabin
3. Sauna Haus
4. Farm House
5. Dance Hall
6. Old Mill
7. Secret Garden
8. River Access #1
9. River Access #2
10. Bridge







### **Main House**

The Main House includes four bedrooms (five individual beds), two bathrooms, a pool, and is used for short term rentals and as the primary residence at Woods Mill Bend.



### **Dance Hall**

The Dance Hall is a large, open, stand-alone room that looks out over the Rocky River and can be used for yoga (mats and blocks included), ping pong, movies (projector on site), or gathering with friends.



### **Farm House**

The Farm House is currently being renovated but includes four bedrooms and one bathroom. It is used as a workspace for friends and family.



### **Sauna Haus**

The Sauna Haus was recently renovated and includes an electric sauna room and two large tubs on the back porch that can be used for cold plunge. Instructions for operating the sauna can be found in this book.



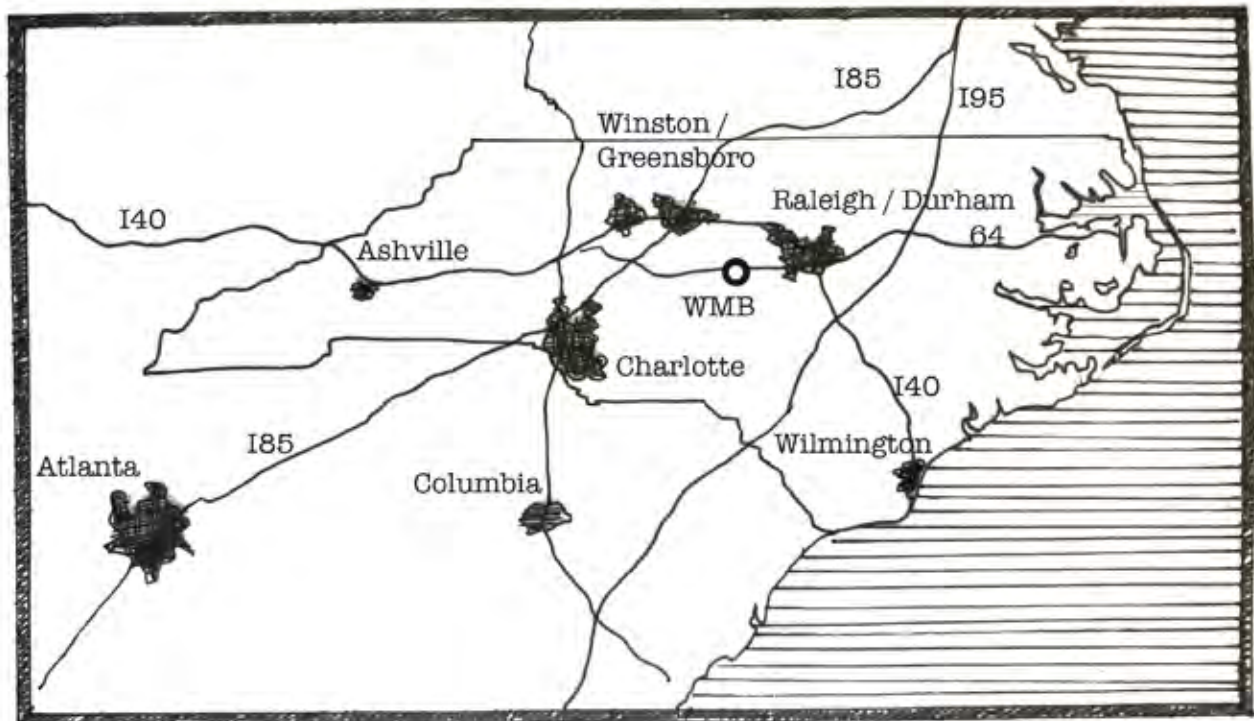
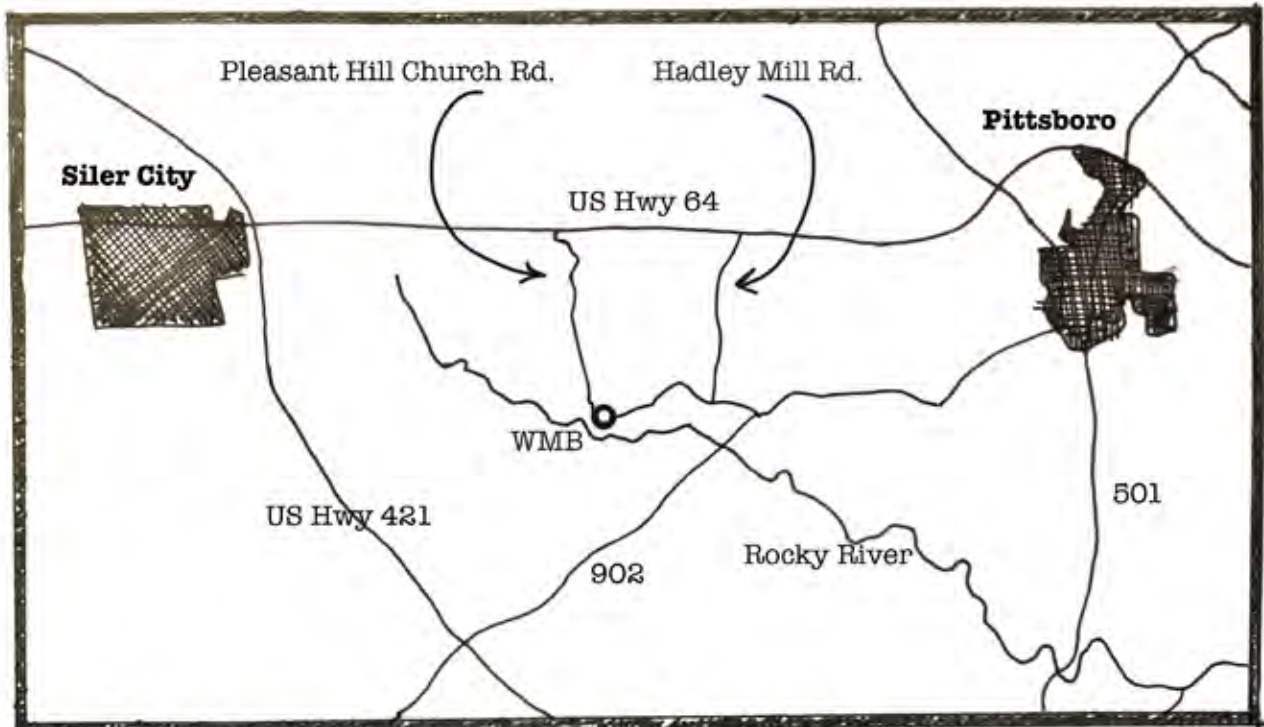
### **Log Cabin**

The Log Cabin includes one bedroom and is available for short term and long term rentals.



# WMB

WOODS MILL BEND





### **Local Amenities:**

**Pittsboro:** Pittsboro is located approximately 12 minutes east of Woods Mill Bend and is our preferred location for shopping, food, and goofing around. It is the county seat and has a population of around 4,000 people. The town was established in 1785 and is known for its historic downtown area, which features a number of preserved 19th-century buildings, including the Chatham County Courthouse, which dates back to 1881. The town also has a strong arts and culture scene, with several galleries and studios showcasing the work of local artists.

**Restaurants:** We don't eat out very often while we're at the property, but when we do, we usually go to Pittsboro. Below are some of the ones we know about:

- The Fearrington House Restaurant - This restaurant is located in the Fearrington Village, a charming area with a variety of shops, inns, and restaurants. The Fearrington House Restaurant is known for its innovative and delicious farm-to-table cuisine and its intimate setting. The restaurant has a multi-course prix-fixe menu that changes daily based on the availability of the seasonal ingredients.
- The Root Cellar Cafe - This is a casual and cozy spot known for its locally-sourced, farm-fresh fare and its friendly, laid-back atmosphere. The menu features a variety of sandwiches, soups, and salads, as well as a selection of small plates and entrees. They also have a wine and beer selection and a variety of vegetarian and gluten-free options.
- The Blue Dot Coffee Co. - This is a cozy and casual spot that serves a variety of coffee, tea, and baked goods. The Blue Dot Coffee Co. is a great place to grab a quick breakfast or a midday pick-me-up. They also have a small selection of sandwiches, salads, and snacks.
- The Painted Plate - This is a casual and comfortable spot that serves a variety of soups, sandwiches, and entrees. The Painted Plate is known for its fresh, locally-sourced ingredients and its cozy, laid-back atmosphere. They also have a variety of vegetarian and gluten-free options and a rotating selection of local beers and wines.
- Postal Fish - This is a casual seafood spot that serves a variety of fresh seafood dishes. Postal Fish is known for its delicious and creative seafood dishes and its friendly and laid-back atmosphere. They have a great selection of fish, shellfish, and sushi, as well as a variety of sandwiches, salads, and sides.
- The Soda Shop - This is a charming, retro-style spot that serves a variety of classic American diner fare, including burgers, fries, milkshakes, and more. The Soda Shop is known for its friendly service and its delicious, hearty food. They also have a great selection of classic sodas, milkshakes, and floats.

**Jordan Lake:** Jordan Lake is located approximately 15 miles east of Pittsboro. It was created in the early 1970s by the US Army Corps of Engineers to provide a reliable water source for the surrounding area, as well as to support recreation and wildlife conservation. The lake covers approximately 14,000 acres and has over 270 miles of shoreline. It is a popular destination for activities such as boating, fishing, swimming, and camping.



There are several state parks and recreation areas located around the lake, including Jordan Lake State Recreation Area, which offers several campgrounds, picnic areas, and hiking trails. The lake is also home to a variety of fish species, making it a popular spot for anglers.

**Haw River:** The Haw River is a tributary of the Cape Fear River that runs through central North Carolina, including the area around Pittsboro. The river is approximately 110 miles long, and it is known for its natural beauty and recreational opportunities.

The Haw River is a popular spot for activities such as fishing, kayaking, and canoeing. The river is home to a variety of fish species, including bass, catfish, and trout. The river also provides opportunities for birdwatching, as it's home to a variety of bird species, including herons, egrets, and ospreys.

The Haw River State Park is located on the banks of the Haw River, just minutes from Pittsboro. The park offers several miles of hiking trails, as well as picnic areas, fishing spots, and kayak and canoe rentals. The park also offers several educational programs and events throughout the year, including guided hikes, birdwatching walks, and river cleanups.

The Haw River Trail is a 14-mile trail that follows the river from the Bynum Dam to the Jordan Lake Dam. The trail is great for hiking, biking, and birdwatching, and it offers great views of the river and the surrounding landscape.

**Groceries:** The closest grocery store to WMB is about 12 - 15 minutes away, so it's best to plan ahead. My favorite place to get groceries is Chatham Marketplace, which is a market and deli that offers a variety of locally-sourced products, including fresh produce, meats, and cheeses, as well as a selection of prepared foods, sandwiches, and baked goods. The Market is a great spot to grab a quick bite or pick up some ingredients for a homemade meal. Alternatively, there is a Lowe's Foods just north of Pittsboro on 15/501, a Food Lion in Pittsboro, and technically, the closest grocery store to the property is the Walmart SuperCenter in Siler City.







**Drawings:**

