

The Annual FUSF Retreat at Ferry Beach is Almost Here !!! May 21 to May 23, 2010

Now that you have registered, it's time to plan for what we hope will be a fun-filled, relaxing time. Here is your packing list, and information for our FUSF Ferry Beach weekend.

Suggestions for packing:

<ul style="list-style-type: none"> • Warm clothing (Layers are always good) • Sleeping bags or blankets & twin sheets, (each room has bunk beds with dormitory mattresses) • Pillows • Personal toiletries, bath towels • Shower shoes • Extra shoes, boots, or rain shoes • Extra clothes for Kids • Rain gear (just in case) • Musical instruments • First aid supplies • Flashlights 	<ul style="list-style-type: none"> • Coolers to keep items cold (no refrigerator will be available for personal use) • Board games, puzzles, kites • Sports balls (volley/basket/tennis/Frisbees, etc) • Sun gear (sunscreen, swimsuit, hat, sunglasses) • Beach towels, sand toys, Beach chairs • Props for talent show • Reading material • Horseshoes, tennis racket • Rollerblades, bicycles and helmets • Insect repellent • Armful of any extra firewood for our fireplace
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Set Your GPS! Address to Ferry Beach Quillen Hall: 21 Ferry Park Ave. Saco Maine 04072

Ferry Beach Telephone Number: Anyone trying to reach you on the weekend can call the Quillen courtesy phone at 207-286-9098.

Ferry Beach Coordinators Cell Phone Numbers: Pam & Maddy will have their cell phones with them throughout the weekend. Please feel free to provide our contact numbers as another emergency contact: Pam's cell: 508-498-0370; Maddy 508-344-8752.

Arrival Friday 5/21/09:

Arrival is anytime after 5 PM on Friday evening.

Friday night meal is on your own. Some ideas include stopping at a restaurant on the ride up to Ferry Beach, bringing a dish and sharing an informal potluck in the Quillen cafeteria, or going to one of the two nearby seafood restaurants (Huots and Wormwood). Hannaford supermarket is also right off the Saco exit if you just want to pick up something to eat in the dining hall.

Have a safe journey to Saco.

As soon as you arrive, check in at the Quillen lobby to confirm your chores and room assignment. Quillen is a large, light green building with a porch. It's the last one on the right as you drive up Ferry Park Avenue. If you arrive after 10 PM on Friday, please check in after 7 AM on Saturday.

After you are settled into your room, please join us at Quillen for socializing and our ice cream social. Be sure to take a look at the *Chores*, *Activities*, and *Dining* schedules posted in Quillen lobby.

For newcomers, personal tour and orientation will be provided upon your arrival.

For those families staying off site, if you arrive early enough please stop by Quillen to say hello & let us know you arrived safely. If you get in late, get a good night sleep and join us for early coffee at 7 AM or breakfast 8 - 9 AM

Saturday 5/22/10:

Check the *Activities* poster in Quillen lobby for a list of all the fun offerings today and listen for announcements at breakfast and lunch. The Ferry Beach store is usually open for a short time Saturday afternoon. Items for sale include warm Ferry Beach logo sweatshirts, T-shirts, and hats.

Group Picture will take place on Saturday Afternoon at 2 PM - Beach or Porch TBA

**** Saturday night** we hold the **wildly popular Talent Show** in the Rowland auditorium. FUSF members of all ages entertain us in many different ways. *So bring your juggling balls, banjo, harmonica, best magic tricks, jokes or anything (G-rated of course) that you want to share with a supportive and enthusiastic group. All entertainers are heartily applauded. A piano is available for your use.*

Check-out is Sunday 2:00pm 5/23/10:

Please have your rooms cleared out and all chores completed by 2:00pm.

Please vacate your rooms by 2 pm leaving them as you found it.

Your coordinators (Pam & Maddy) will need to do a walk through with FB coordinator at 2 pm.

Closing circle will take place on the beach after lunch. Feel free to stay and enjoy the beach after closing circle. (Please use only Quillen lobby bathrooms after lunchtime)

Have a safe ride home and we look forward to seeing you on the beach next year!

Please feel free to check out the ferry beach website for general information <http://www.ferrybeach.org/>

If you have any questions or concerns please feel free to contact Pam or Maddy Rivera-Bellino at 508-533-5067, or e-mail Pambellino@aol.com, maddybell@aol.com