

# **All Souls Weekend on the Bay, June 3-5, 2011 Program Guide**

## **About The Program Guide**

This is the final revision of the WOB Program Guide, as of 5/24/2011. Check at the Camp Tockwogh Welcoming Table to find out if there have been last-minute changes.

## **About Camp Tockwogh**

Camp Tockwogh is a YMCA camp for kids, so where ever you stay you may be roughing it. The beds are single mattresses on wood, so you may want to add cushioning. There are brooms in all lodging – use them to brush away cobwebs when you arrive and before you leave!

## **Alcohol and Pets**

No alcohol; no pets; but you'll still have fun.

## **New This Year**

We are adding Workshops on Friday afternoon at 4:00pm. Sneak out of work early to get more time at Camp Tockwogh!

## **Not Available This Year**

In the past, Camp Tockwogh offered sailboat rides and waterskiing. Alas, these activities will not be available this year.

## **Facebook and the List serve**

Find us on Facebook at "ASC Weekend on the Bay", plus you can join the WOB list serve at: [http://groups.yahoo.com/group/WOB\\_allsouls/](http://groups.yahoo.com/group/WOB_allsouls/)

## **About Your Cell Phones**

Nearest cell phone coverage might be 12 miles away, in Chestertown. For emergencies, the Camp Tockwogh phone is 410-348-6000.

## **Refund Policy**

Full refunds before May 22; no refunds after May 22 (when we pay Camp Tockwogh).

## **What to Bring Checklist**

- Bedding (sheets & blankets/sleeping bag, pillow) to cover a single bed. *The camp has no bedding.*
- A refillable water bottle.
- A portable sports chair. There are just a few chairs in the camp.
- Snacks. Keep your snacks sealed to keep away non-humans.
- Flashlight, to get around camp after dark.
- Bath towels, toiletries, and shower shoes.
- Clothing for cool and hot weather – jacket or sweatshirt, swimsuits, beach towels.
- Sunscreen!
- Musical instruments for impromptu songs.
- Mosquito and insect/tick repellent.
- For the talent show: Costumes, musical accompaniment, props, et cetera.
- Favorite reading material; your journal.
- Any medication that you need.
- For folks with special food needs, bring what you need. Camp Tockwogh will have some food for Vegans and Vegetarians – but don't depend on that food. If you need refrigerator access, place your food in a clearly-labeled bag or box, and ask the camp staff to place your food in a Sharp Hall refrigerator, retrievable between 7am and 7pm (when kitchen staff is on duty).

## **Questions?**

For general questions, contact Eric Hoy at [WOBallsouls@gmail.com](mailto:WOBallsouls@gmail.com) or at 202-905-3469. For registration questions, contact Wendy Carter at [wendyjudithcarter@gmail.com](mailto:wendyjudithcarter@gmail.com). Or visit the WOB table near Pierce Hall after each Sunday service in April and May.

## **If You Mail Your Registration ...**

Please confirm your registration at the WOB table near Pierce Hall after any Sunday service.

## The Schedule

Friday, June 3		
3:00 - 10:00	Check-in	Sharp Hall lobby
3:00 - 5:15	Tubing Rides	Waterfront
4:00 - 5:30	Workshops, Session 1	Various Locations
5:30 - 7:00	Pizza Dinner ( <i>note: if you're driving through Chestertown after 6:30pm, get dinner there!</i> )	Sharp Hall cafeteria
7:30 - 8:30	Campfire s'mores, singing, and other activities	Amphitheater
9:00 - 9:30	Vespers Service	Recreation Hall
9:30 - 10:30	Star Party	Athletic Field
Saturday, June 4		
8:00 - 8:30	Breakfast ( <i>coffee &amp; tea 7:00; waiters call at 7:45</i> )	Sharp Hall cafeteria
8:00 - 8:45	Check-in	Sharp Hall lobby
9:00 - 10:30	Workshops, Session 2	Various Locations
10:45 - 12:15	Workshops, Session 3	Various Locations
12:30 - 1:00	Lunch ( <i>waiters call at 12:15</i> )	Sharp Hall cafeteria
1:30 - 3:00	Workshops, Session 4	Various Locations
3:00 - 3:45	Watch the model rockets go off	Athletic Field
5:00 - 5:15	Water balloon toss	Sharp Hall lawn
5:30 - 6:00	Dinner ( <i>waiters call at 5:15</i> )	Sharp Hall cafeteria
6:30 - 7:00	Meet our church ancestors – through pictures	Recreation Hall
7:00 - 8:00	Talent Show	Recreation Hall
8:30 - 11:00	DJ Dance for All Ages – Mostly 80s Music	Sharp Hall
8:30 - 11:00	Bridge	Tickwogh Conf. Center
Sunday, June 5		
7:15 - 8:00	5K Fun Run ( <i>stretching at 7:15; run at 7:30</i> )	Sharp Hall flagpole
8:00 - 8:30	Breakfast ( <i>coffee &amp; tea 7:00; waiters call at 7:45</i> )	Sharp Hall cafeteria
10:15 - 11:00	Sunday Worship Service	Chapel on the Bay
11:30 - Noon	BBQ Lunch ( <i>waiters call at 11:15</i> )	Sharp Hall cafeteria

## Camp Tockwogh Activities

	Friday 3:00 – 5:15pm	Saturday 9:00am – noon	Saturday 2:30 – 5:00pm	Sunday 9:00am – noon
Swimming Pool	open		open	open
Archery Range		open	open	open
Climbing Wall		open	open	open
Canoeing / Kayaking		open	open	open
Motorboat Rides		open	open	open
Tubing	open			
Ropes Course (\$25)		open		

The tennis court, basketball court, Frisbee golf course, and horseshoe pit are open at all times. Tubing will be available **only** on Friday afternoon, and the Ropes course (\$25 in advance; and **ages 12 and above**) will be open on Saturday morning. Sorry, there will be no sailing or water-skiing this year.

## Lodging Options

Each on-site option requires that you bring your own bed linen and pillow(s):

- ❖ Tenting: Tent sites are available next to the Cabins, and bathrooms/showers are nearby.
- ❖ Cabins: Rustic and unheated, with 8-12 single beds in each Cabin. All beds are bunk-beds ... go ahead and choose the top bunk! You'll walk through dewy grass to reach the bathroom/shower house. Bring a curtain/blanket to create two rooms in the Cabin.
- ❖ Cottages: Each Cottage has three bedrooms, a small living room with a fireplace, and a front porch. Each bedroom has three single beds, and each bedroom also has a private bathroom/shower. Couples may reserve a Cottage bedroom with an additional fee (because of the empty bed). Be advised that the Cottages will sell out early, so be sure to register in early April.
- ❖ Lodge: The Stewart Lodge has three dormitory rooms, each with 8-9 single beds. The Stewart Lodge also has a living room and four porches. Each dorm room has a bathroom with two toilets, two sinks, and two showers. The rooms are separated by partitions but are not completely private from the other rooms.
- ❖ Tickwogh: At the Tickwogh Conference Center, each bedroom has three single beds plus one or two bunk beds, plus a private bathroom with two sinks, two showers and one toilet. Doors open onto the wraparound porch (on the main floor) or to the meadow (downstairs). Tickwogh is the farthest building from the Dining Hall but is accessible, having no steps or varied levels on the main floor. A fun fact: yes, the spelling is correct for this lodging. The camp name is "Tockwogh", but the conference center name is "Tickwogh." Go figure!

I'm part of a group. What do you recommend?

- ❖ Groups of 2-3 people can get a bedroom in a Cottage or the Tickwogh Conference Center. You can also merge with another group and stay in a Cabin or at Stewart Lodge.
- ❖ Groups of 4-5 people can share a bedroom in the Tickwogh Conference Center. You can also merge with another group and stay in a Cabin or at the Stewart Lodge.
- ❖ Groups larger than 5 people should stay in a Cabin or at the Stewart Lodge.

I'm a solo traveler and I'm not bringing a tent. Can you help me?

- ❖ Of course we can help you find roommates. We will set aside a women's Cabin, a men's Cabin, a women's dorm room in Stewart Lodge, and a men's dorm room in Stewart Lodge.

Can you tell me more about the Tent Village?

- ❖ Sure! You can pitch a tent anywhere among the Cabins. Rumor has it that the folks in the Tent Village will have a late-night bonfire and may bring guitars for pickin' and singin'.

This all sounds perfectly dreadful. Can I stay in a hotel?

- ❖ There are hotels and B&Bs in Chestertown, Maryland, 12.5 miles away. When you register for the Weekend on the Bay, chose the Off-siter Lodging Code. Use the miracle of the Internet to find your lodging. If you want to stay in a B&B, book as early as possible.

I'm arriving on Friday night after 10:00pm. How do I check-in?

- ❖ Contact registrar Wendy Carter at [wendyjudithcarter@gmail.com](mailto:wendyjudithcarter@gmail.com) to get your lodging assignment, and please check in when you arrive on Saturday morning.

# **Volunteers Needed**

## **Help Make It Happen**

When you arrive at Camp Tockwogh, ask at the Welcoming Table on Friday how you can help.

## **To Volunteer**

Coordinator Eric Hoy ([WOBallsouls@gmail.com](mailto:WOBallsouls@gmail.com)) is looking for many volunteers, to:

- Help with Saturday morning KidsZone and CampCare activities, for youth under age 13.
- Answer questions at the Weekend on the Bay table, near Pierce Hall, after each Sunday service in April and May
- Make sure that everyone knows the mealtime process (see the info to the right).
- Prepare for the special events, such as the Friday afternoon tubing rides, Friday night bonfire, Saturday afternoon water-balloon toss, Saturday night gathering, Sunday morning 5K Fun Run.

## **Community-Building**

You may be sharing lodging with All Souls folks that you've never met before. Please embrace the opportunity to get to know someone new. And at mealtimes, sit with folks you've never met before!

## **Waitering at Meals**

Meal Times are an extremely busy half hour for Camp Tockwogh staff. The camp kitchen staff works very hard to prepare meals.

Meals are served "Family Style." During each meal, 1-2 people from every table will serve as **Waiters**. Waiters are responsible for the following things:

**Setting Tables:** Waiters should arrive 15 minutes before each meal to set the tables. Beverages, plates, cutlery, cups, and condiments should be set in advance. Milk will be available for breakfast and dinner in the metal refrigerators.

**Serving Food:** Once the meal begins, one person should bring one serving tray to the table, unload the tray and return the tray to the rack. Take just **one** serving tray per table. Otherwise, another table will not get their food. If you run out of food, take the empty platters to the breezeway to get filled.

**Clearing the Table:** Scrape off plates into the trash and stack all plates. Separate cutleries by type and place them into a cup. Put the flatware into the proper bin by the dish window. Place your cups upside down in the cup tray in the dish room. Return serving utensils, bowls, and platters to the rack where you got them. Place beverages on the beverage racks in the breezeway. Leave salt, pepper, and napkins at the table. Wipe the table with a rag, stack the chairs, and sweep the floor under your table.

**Say Thank You:** Your hard-working Camp Tockwogh activity staff is also your dining hall staff, so assist them and say thanks!

## Special Community Gatherings

On Friday night at 7:30pm we will have a **Bonfire** at the amphitheatre, with s'mores and songs. Bring your flashlight, your voice and/or an instrument for some classic campfire singalongs. Your Bonfire hosts will be Melanie Stegman and Stacy Gilbert, with plenty of other help.

Rev. Rob Hardies will lead the **Vespers Service** Friday night at 9:00pm in the Recreation Hall. (Bring a flashlight so you can find your way after the service.)

After the Vespers Service, Jane Rigby and Andrea Leistra will host a **Star Party** in the Athletic Field. Jane and Andrea will bring binoculars, star charts, and a big 8" telescope. We'll enjoy the setting crescent moon, pockmarked with craters. We'll then turn our gaze to gorgeous Saturn, high overhead. Finally, we'll explore our home galaxy, the Milky Way, and talk about our place within it, and learn how to find the brightest constellations and stars in the summer sky. Participants should bring bug spray, lawn chairs, flashlights, & binoculars. (If we don't have clear skies on Friday night, we'll try again on Saturday night.)

On Saturday afternoon at 5:00pm, Denise Woods and Allison Yorra will lead the **Water Balloon Toss**, just outside Sharp Hall and a just before dinner-time.

On Saturday evening at 6:30pm, we will have a special treat in the Recreation Hall. Bob and Molly Freeman (with help from Ron Swanda) will narrate a collection of pictures (enlarged into slides) rescued from the dank and dusty corners of the All Souls' archives, in a program called "**Meet Our Church Ancestors - through Pictures.**" You may be surprised about our Church's distinguished history - and our connection with U.S. history. Preview what's planned for All Souls' anniversary celebration this fall. Count the number of times you say, "Look at those hats!"

Immediately following the slide show at around 7:00pm, Bob Freeman will host the Second Annual **Weekend on the Bay Talent Show**. Everyone has a talent – let's see yours! This event was a big hit last year ... let's do it again!

On Saturday evening at 8:30pm, we will have two competing events. In Sharp Hall we will have a **DJ Dance for All Ages**. Per DJ Stephen Landberg, there will be 80s music with a 10-minute GaGa Dance Break in the middle. At the Tickwogh Conference Center, we will have a **Bridge** game hosted by John Miller and Marilynn Schuyler – bring a partner, or we'll help you find one.

On Sunday morning at 7:15am, we will have a **5K Fun Run**, led by Susan Kelnberger. Bring shoes that are appropriate for running on pavement, gravel, grass, and through the woods.

Rev. Louise Green will lead the **Sunday Worship Service** at the Bay Chapel, at 10:15am.

And of course ... we will gather together for six meals. Try to sit with folks you've never met before, and be especially friendly to those who are new to All Souls Church! This year, you will have plenty of chances to get to know your fellow congregants.

## **Childcare on Saturday Morning**

If you have kids under age 13, please sign up for KidsZone / CampCare when you register for the Weekend on the Bay. The registration form has a column where you can write Y/N for each child. We would like this information in advance so we can plan activities for all the kids.

We'd like to give the parents a break on Saturday morning so they can enjoy the workshops. If you love children (and especially other people's children), come help us with the KidsZone or CampCare activities. Contact Nikevia Thomas at [NThomas@allsouls.ws](mailto:NThomas@allsouls.ws) for more information.

Please note that there will be child care services on Saturday morning **only**.

**Volunteers are needed** to support child care activities, for both the CampCare and the KidsZone. Please consider signing up to help out during the early morning workshop (Saturday from 8:45am – 10:40am) or the mid-morning workshop (Saturday 10:35am – 12:15pm.) To volunteer, contact Nikevia Thomas at [NThomas@allsouls.ws](mailto:NThomas@allsouls.ws).

### **CampCare (under age 5)**

Campcare will be offered from 8:45am until 12:15pm in the Stewart Lodge.

Some potential Campcare activities are:

- Parachute games
- Bubbles – big ones and small ones
- Exploring with magnifying glasses
- Singing and dancing
- Reading stories and acting them out
- Art galore
- Inside games & activities
- Tenting and going on a hike

Please bring the following for your children:

- Diapers and wipes, if necessary.
- Juice, water, or milk (we will provide wee snacks).
- Rocking seats and pacifiers.
- Transitional objects to reduce separation anxiety.

### **KidsZone (ages 5-12)**

Camp Tockwogh staff will help us with the KidsZone. All children must be registered in advance (by May 22) and all parents must fill out the Camp Tockwogh waiver form at the Welcoming Table on Friday, June 3.

Kids should meet at the Sharp Hall flagpole after the Saturday breakfast, at 8:45am. The Kidszone program will continue until 12:15pm.

## Workshops

**Please** sign up for workshops when you arrive at Camp Tockwogh on Friday afternoon. Some workshops work best when participation levels do not exceed the maximum limit.

Workshop times, locations, and topics are subject to change.

### **Workshop Session 1: Friday 4:00pm – 5:30pm**

<p><b>Starting at 3:00pm</b>, the swimming pool will be <b>open</b>, or you take a tubing ride at the waterfront.          Fair Warning: This is the only time during the weekend that you can take a tubing ride.</p>	
<p><b>The First UU Principle</b>          Leader: Rev. Dr. Susan Newman          Meets at: Sharp Hall Auxiliary Room          For: All ages          Max People: No maximum</p>	<p>Member congregations of the Unitarian Universalist Association, including All Souls, covenant to affirm and promote seven principles – the first being: The inherent worth and dignity of every person. Join us for a discussion of the first UU principle.</p>
<p><b>Scrabble for Young and Old</b>          Leader: Nancy Simon          Meets at: Sharp Hall          For: All ages          Max People: 10</p>	<p>Children’s Scrabble for elementary school students and adult Scrabble for others. <b>Bring</b> your Scrabble game from home.</p>
<p><b>Zen Poetry Frisbee Golf</b>          Leader: Eric Hoy          Meets at: Sharp Hall Flagpole (we will then move to the Disc Golf Course)          For: All ages          Max People: No maximum</p>	<p>Zen Poetry Frisbee Golf has a rich, varied tradition befitting its moniker, the “Sport of Kings.” Before each hole, we will read a short poem to guide our Frisbees long and true. <b>Bring</b> your favorite Frisbee and short poetry.</p>
<p><b>Tie-Dye-Time</b>          Leader: Jennifer Abercrombie          Meets at: Sharp Hall Front Porch          For: All ages          Max People: No maximum</p>	<p>Add color to your wardrobe! <b>Bring</b> your 100% white cotton items (socks won’t be 100% cotton, but can usually be dyed anyway) to make colorful creations. You’ll take away your dyed items in secured plastic bags to sit overnight and wash out back at home. Note: Children should be accompanied by an adult, as these dyes are permanent. Your skin will return to its original color, but the clothes you wear will not.</p>
<p><b>Seventh Principle Solar Cooking</b>          Leader: Stacey Gilbert          Meets at: Sharp Hall Front Porch          For: All ages          Max People: 6 (to make your own solar oven), but everyone is invited to watch.</p>	<p>Hands-on demonstration to learn how to use the sun to cook. We’ll build our own basic solar cookers, and if the sun is out on Saturday, we’ll also put them to use! If it’s sunny, we’ll be able to share the delicious results of our efforts with our fellow WOBBers, including fresh, solar-made apple butter for breakfast on Saturday and/or Sunday!</p>
<p><b>Finding Magic: Poetry as a Spiritual Practice</b>          Leader: Mary Beth Hatem          Meets at: Stewart Lodge          For: Adults          Max People: 20</p>	<p>We’ll draw on our own spiritual practices, our prayers and poets who speak directly to our hearts (such as Rumi, Mary Oliver, Thomas Merton, Rilke, Thich Nhat Hahn, Jane Hirschfield, and Wendell Berry). We’ll learn about local poets and discover some new favorites. We’ll also create a collaborative work.</p>

## Workshop Session 2: Saturday 9:00am – 10:30am

<p>During this time, Camp Tockwogh will <b>open</b> the archery range, climbing wall, and the waterfront (for canoeing, kayaking, and motorboat rides). The swimming pool will be <b>closed</b>. The ropes course is <b>open</b> for participants ages 12 and above who have paid \$25 in advance.</p>	
<p><b>Finding your Still-Point with Moving and Sitting Meditation</b>            Leader: Peter Mosher            Meets at: Recreation Hall            For: Ages 12 and above if willing to sit still for extended time            Max People: No maximum</p>	<p>An <i>Ahimsa</i> Practices Program draws from Taoista and Buddhist traditions to cultivate mindfulness and serenity. We will develop the ability to go within and find our quiet center. The program begun in 2000 at ASC draws from yoga, t'ai chi, qigong and meditation to promote <i>Ahimsa</i>, a concept of non-harm and an attitude of well-being for one's self and all beings.  <b>Note:</b> workshop repeats at 10:45am.</p>
<p><b>Writing from Your Soul</b>            Leader: Brenda Barbour            Meets at: Tickwogh Conference Center            For: Adults            Max People: 6</p>	<p>Come quiet your mind so you can draw forth stories that have been marinating in your subconscious. During this workshop, you will listen to writing prompts, write without censoring yourself, and listen to others' stories with supportive ears.</p>
<p><b>Designing our own Memorial Service</b>            Leader: Margaret Albamonte            Meets at: Chapel            For: Teenagers and above            Max People: No maximum</p>	<p>A playful, joyful exercise in wishful thinking around the inevitable. We will review some unusual ideas, as well as sharing thoughts and wishes.</p>
<p><b>Walking as a Spiritual Practice</b>            Leader: Rev. Rob Hardies            Meets at: Start at Sharp Hall Porch            For: All ages            Max People: 20</p>	<p>After a short spiritual discussion, we will explore the camp. <b>Bring</b> your walking shoes.</p>
<p><b>Seventh Principle Papermaking</b>            Leader: Stacey Gilbert            Meets at: Sharp Hall            For: Age 12 or older            Max People: 6</p>	<p>We'll transform unwanted paper into parchment you'll want to touch and treasure. <b>Bring</b> unwanted paper (junk mail, bills, etc.) or meaningful paper that you don't mind tearing up to recycle and transform. We will have calligraphy pens and an old-fashioned feather quill pen for writing on this gorgeous paper.</p>
<p><b>Seventh Principle Strawberry Picking</b>            Leader: Libbie Buchele            Meets at: Dining Hall Porch (we will then drive to strawberry patch)            For: All ages            Max People: No maximum  <b>Special Note:</b> Most participants will plan to return to Tockwogh at 12 noon.</p>	<p>We will travel to a nearby field to pick strawberries (or blueberries or cherries, depending on season) while thinking about how eating locally connects us with the seasons and the earth. <b>Bring</b> sunscreen and a hat. To reduce our "carbon footprint," we will carpool to the site. If you have a car, bring it to the Sharp Hall parking lot by 8:45am. Drive separately if you must return for a 10:45am workshop.</p>
<p><b>Learn to Windsurf</b>            Leader: Jane Rigby            Meets at: Waterfront            For: Age 13 or older            Max People: 4  <b>Special Note:</b> This session will last until 12:15pm.</p>	<p>Windsurfing is the most elemental form of sailing. It does not require special strength or balance – just a positive attitude. <b>Bring</b> a hat, towel, bathing suit or wetsuit, sunscreen, water shoes (rubber sandals, old sneakers, booties), and cheap sunglasses. Bringing your own life jacket is highly recommended, or borrow a Camp Tockwogh life jacket. If glasses must be worn, bring good eyeglass retainers ("croakies").</p>

## Workshop Session 3: Saturday 10:45am – 12:15pm

<p>During this time, Camp Tockwogh will <b>open</b> the archery range, climbing wall, and the waterfront (for canoeing, kayaking, and motorboat rides). The swimming pool will be <b>closed</b>.</p>	
<p><b>Bay Worship Choir Rehearsal</b>            Leader: Lenard Starks            Meets at: Sharp Hall Auxiliary Room (south side)            For: All ages            Max People: 40</p>	<p>Have fun singing songs that accentuate how great it is to be together in a wonderful outdoor setting. We will sing two or three of our songs for the camp worship service on Sunday morning.</p>
<p><b>Flow/Vinyasa Yoga</b>            Leader: Rev. Louise Green            Meets at: Tickwogh Conference Room            For: Age 12 and above            Max People: 20</p>	<p>This popular Vinyasa yoga session will be at a gentle-to-moderate level. <b>Bring</b> comfortable clothes and a yoga mat (if you have one).</p>
<p><b>Shared Ministry</b>            Leader: Sarah Raymond            Meets at: Chapel            For: Adults            Max People: 30</p>	<p>Explore your connection with ministry at All Souls through dialogue, guided reflection and fun activities. What is shared ministry? Where and how do you experience it? What gifts do you bring to our community that are your ministry or might become your ministry? What are some ways that you might highlight or deepen your involvement with ministry?</p>
<p><b>Energy Boost</b>            Leader: Beth Allgood            Meets at: Sharp Hall Flagpole (and moving elsewhere in the camp)            For: Age 12 and above            Max People: 10</p>	<p>You will do an assessment to determine your biggest energy sappers and learn to incorporate energizing physical, emotional and spiritual activities into your routine. You will take home recipes, exercises, and tips that will boost your energy right away and over the long term. No special requirements but an open mind!</p>
<p><b>Coming Out as a Unitarian Universalist</b>            Leader: Amy Mulry Wesolek            Meets at: Sharp Hall Flagpole (and moving elsewhere in the camp)            For: Age 12 and above            Max People: 10</p>	<p>This is not an occurrence that happens once, but is something you are called to do repeatedly. How do you find the strength and pride to say you are Unitarian Universalist in a world where most don't know what that means, and some that don't like it?</p>
<p><b>Finding your Still-Point with Moving and Sitting Meditation</b>            Leader: Peter Mosher            Meets at: Recreation Hall            For: Ages 12 and above if willing to sit still for extended time            Max People: No maximum</p>	<p>An <i>Ahimsa</i> Practices Program draws from Taoista and Buddhist traditions to cultivate mindfulness and serenity. We will develop the ability to go within and find our quiet center. The program begun in 2000 at ASC draws from yoga, t'ai chi, qigong and meditation to promote <i>Ahimsa</i>, a concept of non-harm and an attitude of well-being for one's self and all beings.  <b>Note:</b> earlier workshop also at 9:00am.</p>

## Workshop Session 4: Saturday 1:30pm – 3:00pm

<p><b>Starting at 2:30pm</b>, Camp Tockwogh will <b>open</b> the swimming pool, archery range, climbing wall, and the waterfront (for canoeing, kayaking, and motorboat rides). <b>Workshops begin at 1:30pm!</b></p>	
<p><b>Romance, Commitment, and Marriage: Finding Our Way</b>  Leader: Louise Green  Meets at: Tickwogh Conference Center  For: Adults (<b>please</b> no children)  Max People: 30</p>	<p>Are you dating, engaged, married or contemplating a commitment framework and understanding with a love interest or potential spouse? A discussion about seeking partners and finding them, and the dialogue inherent in every relationship. Each relationship requires time for intentional growth, genuine listening, and mutual care. This conversation will include experiences from those in the room, and the offering of resources and proposed guidelines. Content will be different from last year's workshop.</p>
<p><b>Honoring the Inner Goddess</b>  Leader: Nikevia Thomas  Meets at: Recreation Hall  For: For women only, ages 13 and above. Participants under age 18 are required to have completed Our Whole Lives (OWL).  Max People: 20</p>	<p>Bellydance is an ancient folk dance founded in Egypt by women used to mimic daily life and to celebrate and revere the ultimate manifestation of femininity—the female body. Join us as we connect to our inner goddess through this ancient art form. Participants should <b>bring</b> hip scarves, if possible. Nikevia will also search to find extra hip scarves.</p>
<p><b>Model Rocketry</b>  Leader: Lenard Starks  Meets at: Sharp Hall Auxiliary Room (south side), then to Athletic Field  For: Ages 8 and above (youths under age 11 will need help)  Max People: 20</p>	<p>We will reflect on how rocketry impacts our daily lives. Then we will construct flying model rockets and discuss safety concerns. Finally around 3:00pm we will move to the athletic field to launch rockets up to 1,300 feet into the air. <b>Volunteers are needed</b> who are experienced with model-building and/or with wrangling children.</p>
<p><b>Ultimate Frisbee</b>  Leader: Melanie Stegman  Meets at: Among the Cabins and Tents  For: All ages  Max People: No maximum</p>	<p>We will break into two teams for competition, exercise and fun. Please do not confuse this session with the hopelessly-boring Zen Poetry Frisbee Golf workshop. <b>Bring</b> athletic clothes and shoes.</p>
<p><b>Bridge for Rusty Players</b>  Leader: Bari Bienia  Meets at: Sharp Hall  For: All ages  Max People: 20</p>	<p>This workshop will be a practice run for folks who want to play Bridge on Saturday evening, but haven't played in a while.</p>
<p><b>Eco-Pocket Books</b>  Leader: Beverly Hilbert  Meets at: <b>TBA</b>  For: 12 and over  Max People: 10</p>	<p>In this workshop, the participants will make a small journal. There may also be time to make a small accordion scrapbook. They make great gifts. No experience is required. Participants should <b>bring</b> a pencil and a big glue stick.</p>
<p><b>Stand-up Paddleboard Surfing</b>  Leader: Allison Yorra, Jeff Tackes  Meets at: Waterfront  For: TBA  Max People: TBA</p>	<p>Stand up paddle board surfing is a fun, fit way to enjoy the water. Challenge your balance while taking in the beautiful Bay. There will be short demo followed by individual ride time. Join the latest craze in water sports! <b>This workshop starts at 2:30pm.</b></p>

## **About Chestertown, Maryland**

Chestertown is the last major town on the way to Camp Tockwogh, about 12 miles or 25 minutes away. If you want to stay off-site, check out the Chestertown lodging options (and book them as early as possible – *before* you register for the Weekend on the Bay) at:

<http://www.chestertown.com>

Here's some Chestertown recommendations, courtesy of Jillian Gibson, who grew up there:

- "First Fridays" is lots of fun. Friday, June 3, 5-8 pm: Meander the red-brick, tree-lined sidewalks of Historic Chestertown, while enjoying extended shop hours and arts and entertainment throughout downtown.
- Favorite place for coffee: "Play it Again, Sam's" on Cross Street in the center of town has great coffee and muffins. It also pours and sells wine for those so interested.
- Rita's on Washington Avenue heading out of town near the college is great for ice cream and other sweets.
- O'Connor's Pub which is on the northern end of High Street (near the intersection of Route 20 and 291) is a decent Irish-style pub with yummy pub fare.
- I've not been to Brooks Tavern, which is on the northern end of High Street, but I understand it's decent - closed on Sundays.
- Blue Heron - a lovely restaurant on Cannon Street just off Cross in the center of town. Closed on Sundays - very nice, excellent food. Slightly more upscale evening out.
- Imperial Hotel - excellent restaurant - the most upscale in town, I believe. It's open 7 days a week. Reservations a must. Expensive for Chestertown.
- Village Bakery and Cafe is in the little shopping center on the north end of town, very close to the turnoff that takes you to Tockwogh. Good food for breakfast or lunch. Open 7 days a week.
- On Saturday, June 4, the Prince Theatre offers bluegrass music from 4pm – 8pm, a free outdoor concert at Fountain Park from 7pm – 8:30pm, and an organ recital at Emmanuel Episcopal Church starting at 7:30pm. All of these activities will be far less exciting than the Camp Tockwogh events on Saturday evening. Find more info at: <http://www.chestertown.com/artscalendar2.php?month=June&date=2011> or at <http://www.kentcounty.com/artsentertainment/index2.php?month=June&date=2011>

In Rock Hall (24 miles / 40 minutes south-east of Camp Tockwogh, or 12 miles / 22 minutes east of Chestertown) the crabs at Waterman's are excellent. Rock Hall is also in Kent County, but it's a different community all to itself. Go to: [www.rockhallmd.com](http://www.rockhallmd.com)

## How to Get to Camp Tockwogh



The Camp Tockwogh address is:  
24370 Still Pond Neck Road  
Worton MD 21678

From Washington DC, take US-50 east to Annapolis. From Annapolis, take US-50 over the Chesapeake Bay Bridge.

After crossing the Chesapeake Bay, continue several miles, then follow the road split onto 301-North.

Exit onto Maryland 213 North. Go through Centerville and follow 213 N through Chestertown and take the first left onto Maryland 297.

Follow Maryland 297 for 3.6 miles through Worton and make a right onto Maryland 298.

Follow Maryland 298 for 1/2 mile and make the first left onto Coopers Lane.

Follow Coopers Lane for 1 mile and make the next right onto Still Pond Creek Road.

Make a left onto Still Pond Neck Road and follow 2.1 miles to the entrance of Camp Tockwogh (right side of road).

The Camp Tockwogh phone number is 410-348-6000.

**Special Friday Night Dinner Warning:** Pizza will be served until 6:59pm. Camp Tockwogh is about 30 minutes past the town of Chestertown. If you're driving past Chestertown after 6:30pm, you should get your dinner there. Don't arrive at Camp Tockwogh late and hungry!

# Camp Tockwogh Map

