

2019 Cape Cod Weekend Information

Cape Cod weekend is almost here! Arrive in time for lunch on Saturday, depart after breakfast on Monday. Most families with children have been placed in cabins closer to the dining hall or the heated cabin on request. Please be sure to welcome our first-time Follen campers and help them learn the ropes!

THINGS TO PACK

Sheets, blankets and/or sleeping bag, flashlight, soap, shampoo, beach towels, bicycles, bug spray, snacks and drinks to share and serving dishes, games to share, sports equipment, camera, binoculars, layered clothing (nights can be cool), musical instruments, ear plugs for non-snorers, Sunscreen, sun hat. (The camp provides a bottom sheet and a pillow with pillow case.)

DIRECTIONS TO CAPE COD SEA CAMPS

3057 Main Street, Brewster, MA From Metro Boston, take 3 South or 495 South to Route 6, crossing either the Sagamore or Bourne bridge. Bridge repairs have recently been completed. Follow Route 6 to Route 124 (Exit 10). Take Route 124 North to its end in Brewster. Turn right on Route 6A. The Sea Camp is on the left after three miles. Look for the Cape Cod Sea Camps sign. Once you turn into the camp driveway, signs will direct you to the check-in area at the dining hall. The camp telephone number is 508-896-3451.

Activity Leaders Welcome!

Please consider helping to coordinate or contribute your skills to an activity. An informational signboard will be available in the dining hall. Past activities have included soccer or softball, yoga on the beach, swing dancing, nature walks, worship service on the beach, and sand castle building. There will be Games Night on Saturday and Sunday evenings in the Art Center. Sand castle construction will start after breakfast on Sunday due to the timing of the tides.

A Call for Performers in Follen's Talent Show—Sunday Evening!

Be a part of Follen's light-hearted talent show during Cape Cod Weekend! Can you sing? Can you kinda sing? Do you have the dance moves or do you have two left feet? Either way, you can be part of the festivities. We are looking for short acts to continue the annual tradition of Follen revelry. Yes, we want the 'truly talented' but we also are looking for unusual "mini-acts" as well. (Who could forget one year's show-stopping spectacular of the apple that was eaten in two bites or the lightening-speed Rubik's cube mastery?) Other acts have included juggling, shaggy dog stories, and youth skits. If you've got talent (or a semi-talent), come share it (it is the UU thing to do). Karen Gray Carruthers is emcee and talent coordinator—please see Karen for sign up forms during mealtimes.

Camp Rules, Meal Information, and Follen Contacts

Follen Church has attended Cape Cod Sea Camps for many years, but the future of this relationship depends on our cooperation with camp rules. It is up to each person and family to take responsibility for being familiar with and abiding by the camp rules. These rules also apply to Follen visitors while on the sea camp property. Note that we usually share the camp with one or two other visiting groups.

- 1) Cars must not be parked next to cabins. Cars may pull up temporarily near cabins, for unloading or loading of luggage, but must then be removed and parked in the front of the camp (between the main building and the ball fields).
- 2) Parents are in charge of their children at all times. Small children must never be left unattended. **The camp has reminded us that children are not permitted to play in the outdoor theater without parental supervision.**
- 3) Meal service: Meals are typically served for a period of 45 minutes, starting at the posted times. **Campers who arrive an hour after the posted start of mealtime cannot expect to be served.**
- 4) Normally, alcohol consumption on the campground is forbidden. However, because of its long and positive association with Cape Cod Sea Camps, Follen has been granted a special waiver for alcohol consumption in the Art Center. There will be a "Happy Hour" on both days from 5-6pm at the Art Center. In addition, Games Night, along with an extended Happy Hour, will take place on both nights after dinner at the Art Center. **No alcohol may be consumed outdoors or in the dining hall, or by minors.**
- 5) Proper attire (i.e. no pajamas or bare feet!) must be worn in the cafeteria at all times.
- 6) Check out time on Monday is 10:00am. Prior to checking out, please clean and sweep the cabins, bring all garbage to the dumpster, and strip all sheets off the beds, leaving them in a pile on the cabin floor. (Even beds that have not been used should be stripped.)

MEAL TIMES:

Breakfast	8:30 AM
Lunch	12:30 PM
Dinner	6:15 PM

If you have questions, please ask a member of the Social Events Committee who is present at Cape Cod weekend: Bob Halliday, Jenny Marshall, Marlene Stone, and Heather Ryan.

Camp Schedule

Time	Saturday	Sunday	Monday
8:30 AM		Breakfast	Breakfast
9:00 AM		Beach open from 9AM – 5PM	
9:30 AM			Clean out cabin
10:00 AM		Service on the beach	Check out Time
10:00 AM - 11:00 AM		Sand Castles Contest on the Beach	
11:30 AM	Arrive at Cape Cod Sea Camps		
12:00– 2:30 PM		Lobster Bike Ride, sponsored by Karen Gray Carruthers	
12:30 PM	Lunch	Lunch	
1:00 PM	Beach open from 1:00 PM – 5:00 PM		
2:30 – 3:30 PM			
3:00 – 4:00 PM		Pool open for swimming	
4:00 – 5:00 PM			
4:00 – 5:00 PM			
5:00 PM	End of Swimming at the Beach	End of Swimming at the Beach	
5:00 PM – 6:00 PM	Happy Hour at the Art Center	Happy Hour at the Art Center	
6:15 PM	Dinner	Dinner	
7:30 PM – 11:00 PM	Games Night and Extended Happy Hour in the Art Center		
7:30 PM – 8:30 PM		Talent Show in the Cafeteria.	
8:30 PM – 11:00 PM		Games Night and Extended Happy Hour in the Art Center	