

28th Annual UU WEEKEND at Silver Bay Oct 15-17, 2021

Schedule as of Feb 19, 2021

FRIDAY

- 3 - 4 Early arrivers enjoy porch and grounds! Families bring Frisbee or lawn items for kids to play
- 3 - 8 Porch Greeters: 3-4:30 Rita & Adam Bortz; 4:30-6:15: Felice Best & Jon Newell; 6:45-7:30: Darnell Rohrbaugh & Colton Hickman; 7:30-8:30: _____
- 3 - 9 Shuttles from Parking lot available from Alice & Robert. Ask at Inn Desk after you unload car.
- 3 - 6 Apples and more available Inn Lobby
- 3 - 8 Gift Shop Open Coffee and tea for sale Boyd Center
- 3-6, 7-9 Silent Auction Drop Off with Barb Manning, Susan Kushner, Barb Metz, Ann D'Attilio, Elizabeth Berberian, Sigrin Newell Conference Desk
- 4 - 10 One Stop Check in: full payment required before arrival Inn Desk
call 518- 543-8833 x 0 before 9 pm if arriving later to arrange check in)
- 4 - 10 Advance sign up for Silver Spirit boat tours; limited to __; \$22/adult, \$11/6-17 Inn Desk
- 4 - 6 Tattoo Parlor (temporary) 4-5: Tom Mercer & Amy Lent; 5-6: Meredith Andrews Inn Lobby
& Barb Metz
- 5 - 6 Tarot Card Readings with Philomena Moriarty Inn Lobby
- 6:15-7 Dinner: brief welcome, updates and changes announced. DINNER ENDS AT 7 PM Dining Room
- 7:15-8:45 Family Movie: hosted by Morse
- 7:30-9 Sing-a-long hosted by Debbie Reep MacLeod and David MacLeod Watson
- 8:30 Snacks available including cider donuts and apples; bring your own water bottle Gullen
Hosted by:
- 8:45-10:15 Campfire Music Fest with The Walkers hosted by Sam Trumbore Boathouse
Come join us in the heated Boathouse over looking the lake and night sky. Enjoy the roaring and crackling fire. Enjoy the musical talents of the Walkers who were with us last Oct.
- 10:00 Check In ends. (call 518- 543-8833 x 0 before 9 pm if arriving later to arrange check in)
- 11:00 Quiet Hours - be considerate of your neighbors.

SATURDAY

- 7-8:15 Let Your Yoga Dance with Anny Lapinski Boathouse
We are all dancers! Let Your Yoga Dance is a program of movement that addresses the health of your Body, brain, heart and soul. You can start your day by moving at any pace that works for you and enjoy the fun and spirit of being a dancer.
- 7:15-8:15 Bird Walk with Andrea Ricard, Patti Haynes & Ann D'Attilio Meet Inn South Porch
Come join us for a leisurely walk on the Silver Bay Campus looking for our feathered friends. Bring Binoculars if you have them.
- 8-10 Advance sign up for Silver Spirit boat tours; limited to __; \$22/adult, \$1/6-17 Inn Desk
- 8:15 - 9 Breakfast Dining Room
- 9 - 5:00 Gift Shop open. Coffee and tea for sale Boyd Center
- 9 - 12:30 Shuttles to and from Inn and Programs available, call Alice 646-269-7229
- 9 - 12 Archery, Boathouse (kayaks, canoes), Disc Golf, Shuffleboard, Tennis, Outdoor Labyrinth Walk
- 9:15-10:30 Magic for All Ages with Magician Jim Snack Host Morse
Be prepared for an exciting presentation filled with magic and laughter with a professional magician for over 40 years. He has performed for national associations, corporate audiences, school groups and others from Maine to Florida. He was our Keynote Speaker for Oct 2020 UU Weekend.
- Affirming Female Sexuality with Sigrin Newell Boyd Board Room
We are surrounded by negative images of female sexuality, from Black Velvet selling alcohol to the angry victims of #Me Too. For our own sexual and emotional health, it is essential to find better ways to think about female sexuality. For years I have been collecting poems, songs, stories and cartoons that portray female sexuality in a positive way.
- Photography Workshop and Stroll with Bob Franklin Boathouse

Description coming

Civic Action with Gay Canough

Watson

A hands-on Walkin' the Talk. Do you really want to DO something about what is going on with our government? Attend the Civil Action Bootcamp workshop to find out how! Learn about: Who are your representative: Local, State and Federal. Which reps should you talk to about what issues? What is the most effective way to communicate? How to research an issue. How to find out what legislative bills are in play. We'll look over a couple of them. We'll focus on health care since there are bills in play at the federal and state levels.

9:30-10:30 Silver Spirit boat tour Advance sign up required

Main Dock

10:30-12:15 27th Annual Hike to Sunrise Mountain with the Mannings Meet near the Flag Pole in front of Inn
2 mile moderate/difficult hike has an elevation change of about 900 feet with pretty continual ascent and the last part is almost a "scramble. Bring water bottle, masks, camera and personal snack.

10:45-12:15 Family Kite Making, Decorating and Flying with Karyn Doke, Mike Stratton, Ann Gullen
D'Attilio, Mary Cady

Playground Fun with , Josh Satin,

Children's Playground

Come join us on the Playground at the Children's Pavilion for outdoor fun.

Drumming Circle with Lois Porter

Watson

Lois will lead a facilitated drumming circle for ages 8 and older. No drumming experience necessary. Drums will be provided to the first 9 people who arrive. Individuals are invited to bring their own body drums rather than frame drums. Let's have fun and make music together.

Beatles and Spirituality with Tom Mercer

Boathouse

Many of the Beatle's songs were inspired by their individual and collective spiritual quests. They studied at an Indian Ashram, experimented with psychedelics, and learned to meditate. The background and spiritual context for a selection of Beatle's songs will be explored in this auditory workshop.

Annual Talk with Betsey Miller & Reese Satin

Morse

Description coming

Book Discussion with Lois Bailey

Boyd Board Room

Come enjoy a relaxing discussion two books. Participants can read either or both. *Lab Girl* and *Braiding Sweetgrass*.

12 -12:45 Give an Animal a Home with

Gullen

Mike Levi has made wooden cut out animals that kids might especially like. You can name and take home; decorating optional. Stop by and get one while quantities last.

12:15-12:45 Tarot Card Readings with Philomena Moriarty

Inn Lobby

Tattoo Parlor (temporary) with Jill Peckenpaugh and Linda Veraska

Inn Lobby

12:45-1:30 Lunch

Dining Room

1- 5 Archery, Boathouse (kayaks, canoes), Disc Golf, Shuffleboard, Tennis, Outdoor Labyrinth Walk

1:30-3:15 Shuttles to and from Inn and Programs available, call Robert at 239-877-2652.

1:30-2:10 Silver Spirit boat tour Advance sign up required

Main Dock

1:30-2:30 Star Island Bead Making with Darnell Rohrbaugh and Josh Satin,

Boathouse

A tradition from Star Island using strips of paper and melted wax to create beads you can string.

Capture the Flag with Matt Lesniak,

meet near shuffleboard court

Involves two teams each with a FLAG. Object is to capture the other team's flag from their base and bring it safely back to your base without being tagged and going to jail until freed by a team member.

1:45-3:15 Keynote Speaker: Dr. Stephen Birchak Host: Betsey Miller

Morse

The Happiness Code: The 5 Active Reflections of Really Really Happy People!

How can we stay positive after surviving a pandemic? How do we re-energize when the past year seems to have drained us? In today's political and social climate, can we rise above the bitterness to create positive attitude change? Dr. Bird has spent nearly 4 decades as a college professor researching and teaching positive psychology and the effects of tension, stress and change in our culture. He uses research, theory, humor and reflection to explain and clarify the critical influences on happiness in our lives. He offers strategies and functional skills for dealing with toxic people, attitude change and

stressful situations. He uses stories, humor and fun to examine how we can find joy and use simple techniques to build on it. In this day and age of hostility and tension, we could all use a little more serenity and Dr. Bird leaves every audience with new essential skills as well as inspiration. The 5 active reflections not only change lives, they often save them as well.

“Dr. Bird”, author, professor, counseling psychologist, is a nationally recognized speaker on issues of positive psychology and has presented to over a half million people. He has written five books including the *Jerk Whisperer*. www.docbird.com

- 2:30-3:15 Yoga for Children 4-10 years old with Arlana Young Boathouse
Yoga with young children is done with games, stories and activities that introduce the concepts of yoga: breathing deeply; quieting the body and mind; stretching and flexibility.
- 2:30-3:15 Twister and Limbo for Kids Lead by with Josh Satin, Watson
3:30-4:30 Silver Spirit boat tour Advance sign up required Main Dock
3:30-5 The New Auction with Barb Manning, Barb Metz, Susan Kushner, Ann Boyd Conference Room
D’Attilio, Sigrin Newell, Elizabeth Berberian
- 3:30-5:30 Not Too Social Social Music with the Oldies but Goodies 5 piece Band Boyd Conference Room
Four instrumentalist and singer organized by Doc Levi. Beer, wine, non-alcohol beverages and snacks.
Coordinated by Meredith Andrews with 3:30-4:14: Betsey Miller 4:15-5: 5-5:30: Linda Way
- 5:30-6:15 Volunteers Change over the Boyd Room so ready for evenings entertainment.
Coordinated by David Metz with Ray Andrews, Reese Satin, Bob Franklin,
- 6:15-7 Dinner Dining Room
7:15-8:45 Singing and Rhythm Games for Everyone with Roberta of BeWellSing Boyd Conference Room
Hosted by Sigrin Newell
Roberta Kirn is a singer, percussionist and dancer who believes that everyone can sing and that singing together brings us into deeper connection with each other. Roberta shares easy to learn songs, dances and rhythm games from around the world. Her playful spirit creates fun for children and adults.
- 8:30 Snacks available; bring your own water bottle Gullen
8:45-9:45 Open Mic with Host David MacLeod Morse
Come share your talents. Fun and entertainment for all ages. Sign up ahead of time or on the spot.
Additional description potentially added.
- 9:45-10:15 Star Gazing Potential Program weather permitting with..... Shuffleboard Courts
Description.....
- 9:45-11:00 Campfire with Entertainment by Jesse Rawson of Morris Code; hosted by.... Boathouse
Come join us in the heated Boathouse overlooking the lake and night sky. Enjoy the roaring and crackling fire. Enjoy the musical talents of the
- 11:00 Quiet Hours - be considerate of your neighbors.

SUNDAY

- 7-8:15 Chair Yoga with Arlana Young Morse
A gentle beginner’s class in which we use the chair for support through all poses, either standing next to the chair or sitting on it. Emphasis is on exploring range of motion; breathing exercises; and developing greater flexibility. No mat needed, just comfortable, stretch clothing. An excellent class for those with injuries, stiffness, or decreased mobility due to surgery, this class can be done in a wheelchair or seated for entire class. Options and suggestions are given so participants can make the class more or less challenging as they desire. Bring a yoga block and strap if you have them.
- 7-8 Campus Walk with meet on Inn Front Porch
8-10 Advance sign up for Silver Spirit boat tours; limited to __; \$22/adult, \$1/6-17 Inn Desk
8:15 - 9 Breakfast Dining Room
9:00-12 Archery, Boathouse (kayaks, canoes), Disc Golf, Shuffleboard, Tennis, Outdoor Labyrinth Walk
9-1:30 Gift Shop Open Coffee and Tea for sale Boyd Center
9-10:30 Shuttles to and from Inn and Programs available, call Alice 646-269-7229

- 9:15-10:30 Hike to Inspiration Point with Elizabeth Berberian meet at Flag Pole
Join us for a hike to Inspiration Point. A gorgeous panoramic view after a short and easy hike.
Kid friendly. Memories to last all winter long! Bring water bottle, masks, camera and personal snack.
Children's Songs from around the World with Roberta Kirn assistants: Sigrin Newell Morse
Josh Satin,
Roberta Kirn has traveled around the world singing and dancing with thousands of children. In Kenya, Haiti, Zambia, Germany and other countries Roberta learned the children's songs and taught them hers. There's a special magic when Roberta shares her love of music with children. Join us.
Theater Style Charades with Robert Knepp and friends Gullen
Kids and adults can act out in this theatrical form of charades. Fun and laughter for all.
From Global Warming to Climate Emergency: what we can do now with Paul Fisk Watson
Presentation and discussion on the causes, effects and solutions to the climate crisis. We'll use materials developed by Al Gore and his Climate Reality Project plus Climate Interactive's policy simulation computer model En-ROADS, co-developed with MIT Sloan Sustainability Initiative, where you can test out your favorite solutions. Science-based, eye-opening and hopeful.
Swinging & Swaying to the Music with Felice Best Boathouse
Learn to do some basic steps of the East Coast Swing. Swing and Sway by yourself or with a partner doing the rock-step and turns.
Practicing Empathy with Philomena Moriarty LCSW Boyd Board Room
Let's break out of our bubbles. Listening to others and being listening to is a muscle that needs to be exercised. Distinguish between empathy and non-empathy and really get to know someone.
Compassionate communication tells us "everyone is beautiful in their own way".
9:30-10:30 Silver Spirit boat tour Advance sign up required Main Dock
10:45-12 Unique Mind Games for challenging the minds of kids and adults with Robert Boathouse
Knepp, Alice Ottah, Ayal Kushner, Mike D'Attilio, Mackenzie Cady cp
Kids and adults will learn over twelve games that will seem like magic tricks or telepathic exercises. Maybe they can teach you to read minds.
God/Goddess Eye Making Craft lead by with Josh Satin, , Watson
Create a God/Goddess Eye craft with a couple of sticks and yarn by weaving the yarn to create interesting and beautiful ornaments or wall hangings. Also known as Ojo de Dios and Eye of God.
10:45-12:30 Golden Era Recorded Music Project with Sally Strasser Bayview
The GERM project is a weekly one-hour listening program featuring music recorded on LP records From 1948-1988. We listen to music from every culture on the planet in the original analog LP.
11-12 Service: with Rev Tricia Hart, Senior Minister FUUS of Burlington VT; Chapel
Service Leader: Rita Boitz
Description coming
11-12:30 Shuttles to parking lot available with Alice. Ask at the Inn Desk
12:45-1:30 Lunch and Evaluations Bring cell phone to do evaluation with Jaye Holly, Sigrin Dining Room
Newell, Linda Veraska
1:15- 2 Shuttles to parking lot available with Robert. Ask at the Inn Desk

Schedule subject to change; this is a work in progress.

HAVE A SAFE TRIP HOME

MARK YOUR CALENDAR: 29th annual UU Weekend at Silver Bay Oct 14-16, 2022