

Discovery

Summer of Awakening!

by Cathy Stackpole

Homemade cinnamon rolls for breakfast put smiles on the faces of the youngest to the oldest in the dining room. A busy conference coming to its last morning is electrifying if you have ever observed one. The porch and tables in and out of the dining room are full of chattering, happy and engaging people. The coordinators at a breakfast table are busy mapping out who will help take on next year's task of lining up workshops and creating events, an assignment made easier by a successful week!

In the kitchen the cook just went over to start on dishes with the Executive Director who noticed an unusual pile at the dish window. A quick check of the schedule shows that someone didn't show up for their shift. Several other staff reach out to help. Housekeeping can't start on rooms till 10am so they volunteer to carve into the mountain of dishes, which will free the cook to start lunch.

On the DeWolfe porch art projects with the finishing touches now in place will either be left here to hang up or proudly taken home from a week at "camp." The last "all" conference gathering has started in the Grove and young and old alike will go to their final workshops before lunch and before next year.

As a conference ends, there is an air of faith that next year will come. The "see you next year" smiles and hugs fill the porches, the driveways, tent sites, meeting rooms and hallways. The pandemic changed that for some of us. We are all hopeful, amidst the drumbeat of climate catastrophe's that warn like a bell weather of the years to come. The floods in Vermont, the heat in the southwest, the odd, wet spring and early summer we have been experiencing all remind us that the future is not as sure as the love we are feeling as a conference ends.

Awake means, we will celebrate our love for one another no matter what. A conference ends and we are grateful for our good fortune to have been here, to have shared this time. We will take our awaken-ness and our rest and seed new ideas and new thoughts for a better future, everywhere we go.

IN THIS DISCOVERY

- ① Summer of Awakening!
- ② Join us in the Summer of 2024
- ③ What I love about Ferry Beach
- ④ Community Dinners are Back!
- ⑤ Meet our Newest Staff Members

AND MORE!



2023 Memories



JOIN US IN THE SUMMER 2024 SCHEDULE



- June 7-16 **Profound Treasury**
- June 23-29 **Youth Camp**
- June 29-July 6 **Family Fun Week**
- July 6-12 **RE Week**
- July 13-19 **ChoralFest**
- July 13-20 **GAYLA**
- July 27-August 3 **Family & Friends**
- August 3-9 **Circles of Life**
- August 9-11 **Maine AFG Al-Anon Convention**
- August 11-17 **In the Company of Women**
- August 11-17 **Circle of Music**
- August 18-23 **Sacred Circle Dance Camp**
- August 23-30 **Quilting by the Bay**
- August 25-28 **The Beach Getaway**
- August 31-September 2 **Labor Day Weekend**

Register for 2024 Now!

If you are thinking of coming to Ferry Beach next summer, we encourage you to make your deposits now as summer program registration is open! Call **207-282-4489x1 to register!**



ferrybeach.org/2024

View from an Outsider

“Oh, my god, it is so beautiful here. All the families who have come with their parents and grandparents and relatives. You can’t tell who is new because everyone welcomes everyone, and it is so inspiring.”

“Last night’s full moon, I couldn’t believe it. I came out to the beach to watch the fireworks and then this big light (on the horizon), it was amazing to watch it change colors as it rose in the sky.”

“This is such an inspiring place.”

“I am so grateful you told me about this place.”

“I haven’t been here in about 15 years, I am amazed at all the wonderful things you have done, it is just spectacular. The workshops this week have been so fun, we are here with our grandchildren, and they are having a blast. We will come back next year.”

“I didn’t know about this place and I have lived here all my life. What a fantastic place. I will be back.”

These are just some of the comments about our new Family Conference centered around the July 4th holiday. More than 52 people signed up for our new conference and more than half were new to Ferry Beach this year.

Offerings focused on the natural world, climate change, as well as music and our own internal life. Jam sessions and music lessons were shared by the phenomenal Rudy Gabrielson. Robi Altamari led yoga as well as a cadre of people who provided nature walks and an exploration of the natural environment. Gina Tesoriero brought some new internal exploration workshops. The overall event started with a cookout and live music by the band Onward open to day trippers. Even the rain could not dim the spirits of the guests this week. While the event will shift slightly each year based upon July 4th, we hope to have some version of our new family camp each year for this holiday!

Another Perspective

“I had been clinging to the loss of my daughter and viewing my current life through the lens of her loss. This retreat allowed me to honor her, appreciate how she is entwined in our everyday lives and full engage with the unique and immediate joys my current family offers that I had been taking for granted” -Jodi (Open to Healing Retreat)

“I love that you don’t forget those who are vegan and gluten free!! Your food is wonderful!”

What I Love About Ferry Beach

(Youth Camper’s Perspective)



“I love the food”



“I loved meeting new people”



“Beauty Everywhere”



“WARNING: Extreme Fun!”

“You are loved at Ferry Beach”

“I love listening to the waves”

The Cost of Food

by Cathy Stackpole

Each time we meet with our compatriots in the hospitality industry, we hear about the challenges with food and labor costs. Industry standards say that whatever amount you are charging for food, 30% of the total is actual food, 70% is labor and utilities (have you looked at your utility bill lately?)

For us our challenges include the cost of food, labor, utilities, and maintenance. We have been upgrading or repairing much of our equipment in the last year, putting in a generator in 2023. In the last year, food cost increases in restaurants have averaged 6.7% per month since COVID.

What is driving costs? Supply chain issues are still a part of the problem, along with increases in fuel costs which drive up the cost of preparing and distributing food. Labor costs have increased tremendously, with the average starting summer wage at \$14-15 here at Ferry Beach.

While food prices generally increased about 2% in prior years, they increased about 11% from 2021 to 2022. Some categories are facing specific issues that could see very high food prices continue through 2023 — including eggs, largely due to the avian flu, and wheat and oils due to Russia’s invasion of Ukraine and the impact of sanctions.

Coffee and wheat are up 20%; eggs up 40% from last year. Our utilities in Maine are up. Rate hikes for utilities in Maine were approved to go up by 24% this year. Next year the average rate payer will pay about 30% more than what they are paying now.

To offset the costs this year, we will be cutting down on single serve packaging (think chips, cookies, snacks) as well as extra breakfast items. We are also doing away with single serve items for sustainability and the environment. Fresh fruit might not be every day, nor yogurt. We will look at other ways to save money while not affecting quality. A salad bar this year, post COVID will give people more variety and to serve themselves.

While we had hoped not to go up too much in food charges for 2024, we may be forced to do something to offset the challenges we are seeing. Thanks for your patience as we work to provide a wonderful experience.



It's that time of year... community dinners are back!



Join us for an evening of delicious food, the opportunity to meet and mingle with your friends, family and neighbors while hearing from a guest speaker on an interesting topic!

Our community dinners are just \$20 per person. Meals are served cafeteria style and include various appetizers, entrees, salads, beverages and desserts.

Save the Dates:

- Wednesday, September 13
- Thursday, October 26
- Tuesday, November 14

Visit fbch.me/dinner for details!

Meet Our Newest Staff Members

As you may have noticed during your stay this summer or are just learning today, we have a few unfamiliar faces on our year-round team. Over the last few months in early spring and summer we had the opportunity to expand our team throughout the various departments of registration, marketing and the kitchen!

Talia is our new marketing assistant, she's been working hard this summer on our summer conference marketing materials, and taking photos of all the amazing things happening around campus as you might have seen on the screens or on social media!



We've recently added two additional staff members to our registration team, Kristie is our new registration coordinator and Susan is our registration & program support. They both have been working extremely hard from helping Ferry Beachers register for their stay, to making sure everything is ready upon arrival to greeting you at the front desk!

Our kitchen department also welcomed two new very talented chefs, Mike is our executive chef and Ben is our executive sous chef! Mike and Ben have been working diligently to provide great tasting meals all summer long! They are currently working on creating spectacular and delicious menu items for the upcoming community dinners.

In addition to the new talented members of our year-round team we have been very fortunate to have an amazing large group of summer crew members! They have been instrumental, from jumping in to help when the dishwasher broke to assisting housekeeping on turnover days. Our team has worked tirelessly to help make your stay here at Ferry Beach this summer a positive and fun one! We are so grateful for everyone's hardwork and dedication!



Talia



Kristie



Susan



Mike



Ben



We have had a member of the Circles of Life conference generously offer to **MATCH up to \$20,000** towards rebuilding the back washhouse!

LET'S MAKE THIS DREAM A REALITY!

Estimates to replace the wash house are around \$150,000. We have **two additional donors** from other conferences who have already pledged a total of \$45,000 towards this project. If we can come up with \$20,000 together we will be well on our way to making this happen!

To donate, visit ferrybeach.org/give (be sure to select the Grove Washhouse Fund")

Discovery

AUGUST 2023



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Ferry Beach Retreat & Conference Center is a 501(C)3 non-profit organization with a mission to awaken hearts to explore, grow and renew the spirit of universal love.



In Need of a New Roof

Our Underwood building is in need of a new roof after years of wear and tear from the harsh winter coastal storms. A new roof will cost upwards of \$15,000, but together we can all make a difference. No donation is too small, any amount will greatly help and is so appreciated!

If you love Underwood or want to support Ferry Beach in this renovation please use the link below to donate.

ferrybeach.org/giving

Select "Give a One Time Gift", then fill out the necessary information. Be sure to select "Underwood Roof" under where you want to support.