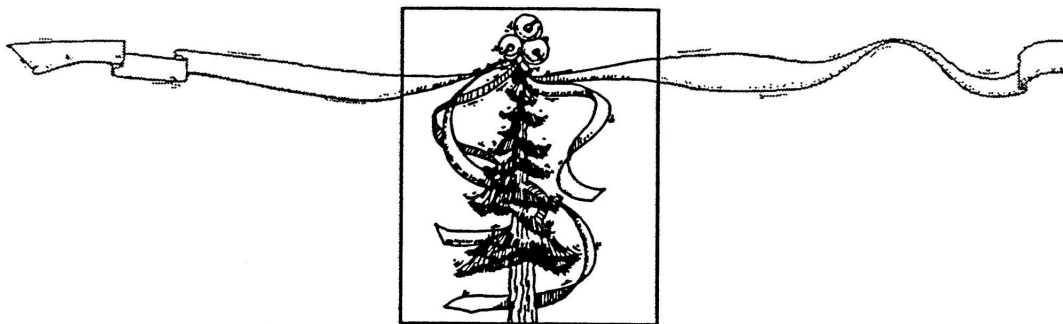


# BACDS ENGLISH WEEK



## The Official April 2008 Camper Packet!

Welcome to English Dance and Music Week 2008 at the Mendocino Woodlands. Here is the information to help you plan your travels and camp experience and surveys to help us meet your needs. Contents of the packet include:

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We’ll send you a second packet in June with more details about getting to camp, things to bring, special events, and more. In the meantime, please contact us with questions, ideas for parties, or anything else to make this year’s English Week one to remember!

Tom Colton, camp manager  
Denis Thalsen, registrar  
... and the entire English Week Committee

## General Camp Information

### Preparing – what you should do now.

1. Submit your **camper chore questionnaire** and **program questionnaire** on-line at our web site, <http://bacds.org/camps/eweek2008> (scroll to the bottom of the page to see the links), *or* fill out paper versions at the end of this packet and mail each to the address at the bottom of the form no later than June 2.
2. Print out the payment and cabin selection form (last page of this document) and send it with any payment due to registrar Denis Thalson at the address on the form no later than June 2.

### Payment and Cancellation Information

**Cancellations:** While we hope this won't happen, if you find you must cancel, please notify the registrar, Denis Thalson (510-704-9561, [dtholson@earthlink.net](mailto:dtholson@earthlink.net)), as soon as possible. If we have a waiting list at that time, your cancellation may allow someone else to come to camp. Your cancellation is not confirmed until Denis has spoken with you or replied to your email. Please note that the \$150 deposit is non-refundable through June 2. Starting June 3, we will retain \$400 if we are unable to fill your place from a waiting list, \$150 if we are able. The full fee is non-refundable after July 3

**Payments:** Full payment of any registration fee balance (as stated in the acceptance e-mail or letter you received) is due by June 2. Print out the form on the last page of this packet and send it with your check made out to BACDS to registrar Denis Thalson.

### Camp Overview

- **Camp will open at 4:00 p.m. on Saturday, July 12.** Dinner will be served that evening and will be followed by an introductory meeting, staff introductions, and a dance. The week will close at 10 a.m., after breakfast on **Saturday, July 19.**
- **Accommodations** are rustic cabins shared by two persons, and have **no electricity.** There are no laundry facilities at camp, so bring plenty of clean, dry clothes for warm and cool weather.
- We will provide fragrance-free soap, shampoo, conditioner, and body lotion for all campers to use. Please see the **fragrance-free** information below for fragrance-free personal items to bring.
- Your **camper chore** assignment, description, and instructions will be in your welcome packet at camp. To get an assignment that meets your needs, remember to submit your questionnaire right away.

### Contact Information:

**Registration or cancellation questions.** Contact Denis Thalson, (510) 704-9561 or [dtholson@earthlink.net](mailto:dtholson@earthlink.net).

**Rides to and from camp.** If you need or can offer a ride to camp, contact Rides Coordinator Alan Winston at [winston@ssrl.slac.stanford.edu](mailto:winston@ssrl.slac.stanford.edu) or (650) 365-2913. If you indicated on the registration form that you need a ride, Alan knows who you are, but you will need to contact him with the particulars.

**Program questions.** Contact our programmer Brooke Friendly, [friendsack@opendoor.com](mailto:friendsack@opendoor.com) or (541) 482-9586.

**Work-Scholarships.** Rosemary Murphree can answer questions about scholarship worker duties. Contact her at [waltzer@sonic.net](mailto:waltzer@sonic.net) or (510) 524-7990.

**Anything else.** Contact our camp manager, Tom Colton at [tcolson@berkeley.edu](mailto:tcolson@berkeley.edu) or (510) 528-7953.

## **Bookstore**

The English Dance Week camp bookstore has a wide variety of offerings by staff members, and hundreds of additional items from the CDSS national store. This is probably the best selection west of the Mississippi for English and American traditional dance books, music, CDs, t-shirts, and great gift items. Shop early—many items are very limited! The bookstore accepts cash or checks; *we cannot process credit or debit card sales.*

## **Auctions**

We have both a live and a silent auction during camp. Start thinking now about goods or services you can **donate** to make the auction a success. Auction items may be intangible. Services such as private music or dance lessons are always welcome. Consider offering unique events, such as serenades or concerts, offering custom-written dances or tunes, or catering a breakfast in bed. Desirable tangible items have included hard-to-find books, original artwork, handmade comestibles, and vintage dance clothing. Auction income augments camp fees, helping to make camp financially more accessible to everyone. After expenses, remaining funds support all BACDS activities, including future camps.

Please realize that for the Live Auction to be exciting and successful, we need **bidders** as well as goods. Rather than purchasing an item to donate, consider saving your money to spend directly at the auction! Remember, small bids on group purchases are welcome as well.

## **Ladies Chain Dress Shop (and Men's Shirts too!)**

The dress shop has become a fun place to hang out and pick out new-to-you clothing for the dance floor at great prices. An American Week camper provides the seed stock for this amazing operation, but you can donate here too. Bring the good condition (clean) dresses, skirts, and dance shirts you are tired of, and buy someone else's. Most clothing donated for the auction will be sold through the store at flat rates (usually \$10 per dress and \$5 per shirt). All of the proceeds benefit English Week.

## **A Plea For Help Loading the Truck!**

We need a few volunteers to help load the truck in San Anselmo (Marin Co.) on Friday afternoon, July 4. English Week campers are asked to help load before American Week, and American Week campers will help unload after English Week. Please be one of these blessed helpers! Let Rosemary Murphree know that you will be available, and she will contact you with details when we know them. **We could also use a few people to help load the truck about 10 am on the last day of camp.** Even with the help of our work-scholarship campers, it is a major task to vacate camp by noon to avoid stiff late fees. With many helpers the job is much easier.

## A Safe Fragrance-Free Environment

### The Health Issue

A significant number of us suffer from heightened sensitivity to solvents and petroleum products commonly found in perfumed and fragranced commercial products. Exposure to even small amounts of these troublesome chemicals can cause debilitating symptoms, since they can act as respiratory irritants, cardiac stimulants (skyrocketing blood pressure and palpitations), and neurotoxins (causing blurred vision, loss of equilibrium, and mental confusion). Unfortunately, these chemicals are used in many of our daily care and personal hygiene products. Extreme chemical sensitivity results from continued exposure to these products. Even small amounts of fragranced or scented products used in our camp environment will compound to intolerable levels for our most sensitive community members. **Please work with us in creating an environment that can be enjoyed fully by all members of our community.**

### Our Contribution

- 1) BACDS will supply all hand-washing locations with fragrance-free soap.
- 2) All bathhouses will be stocked with fragrance-free body wash, lotion, shampoo, and hair conditioner.
- 3) Mint-based insect repellent and soy-based *Bite Blocker* will be available. Mendocino Woodlands will be deploying *Mosquito Magnets*, which have proved effective in keeping mosquitoes away.

### Your Contribution

- 1) Please bring fragrance-free deodorant, powder, body oil, and sun block.
- 2) Please leave your perfume or aftershave lotion, hair spray, dandruff shampoo or hand sanitizers at home.
- 3) Please launder your clothing in unscented laundry detergent, avoiding fabric softener.
- 4) Please completely air out clothing that has been dry-cleaned and avoid clothing that has been stored in mothballs. If you can, wash sweaters, outdoor garments and dressy clothes, too. (These may have picked up fragrance during previous wearings).
- 5) Please be aware that products containing the insect repellents **DEET** or **citronella** can pose a significant problem for chemically-sensitive people, especially in enclosed environments. If you need to use *Bite Blocker* when spending time outdoors, please wash and change into clean clothes before returning to enclosed camp environments.

### Suggestions

Fragrance-free products are readily available from natural food and body care retailers and from well-stocked drugstores and supermarkets.

- Deodorant: Tom's of Maine, Le Stick, Jason, The Crystal, Liken, Almay, Mennen Unscented
- Hair Gel: Magick Botanicals, KMS, AloeVera 80
- Fragrance-Free Shaving Cream: Noxzema, Kiss My Face, English Leather

## BACDS Mendocino English Dance and Music Week 2008

- Bar Soap: Pure & Natural Unscented Glycerin Soap
- Laundry Soap: Arm & Hammer Fragrance Free, All Free & Clear, Trader Joe SoapWorks, Planet, Country Save
- Body Powder: baking soda and/or cornstarch
- Lip Balm: beeswax-based varieties
- Sun Block: Nature's Gate, Neutrogena for Sensitive Skin (Fragrance Free)

Thank you for your active cooperation in making camp welcoming for all.

### Local Dances Before and After Camp

While you are in Northern California, we encourage you to attend some of our local dances:

**Sunday, July 6, 2008 – 2:00 pm**

Sebastopol English Dance (NBCDS)

TBA

Wischemann Hall, 460 Eddie Ln, Sebastopol

**Wednesday, July 9, 2008 – 8:00pm**

Berkeley English Dance (BACDS)

TBA

2138 Cedar St, Berkeley

**Friday, July 11, 2008 – 8:00 pm**

Mendocino English

Bruce Hamilton, Take a Dance Orchestra

Caspar Community Center, Caspar

**Sunday, July 20, 2008 – 2:00 pm**

Sebastopol English Dance (NBCDS)

TBA

Wischemann Hall, 460 Eddie Ln, Sebastopol

**Wednesday, July 23, 2008 – 8:00pm**

Berkeley English Dance (BACDS)

TBA

2138 Cedar St, Berkeley

**Saturday, July 26, 2008 – 8:00pm**

Berkeley Exper. English Dance (BACDS)

TBA

2138 Cedar St, Berkeley

## Class Descriptions

Welcome aboard! We've got a wonderful week of music and dancing planned for you. Here's a description of the classes being offered. Please look it over, mark your probable choices on the Program Questionnaire (on the web at <http://bacds.org/camps/eweek2008/>, or print out the form below to mail in), and submit to Brooke Friendly by June 2, 2008.

### Class 1

- Scottish Country Dance—Joanna. Get a gentle introduction to this cousin of ECD or to dance in a relaxed setting if it's already in your dance repertoire. Experience the strength and elegance of Scottish strathspeys and the high energy and sense of flight of the jigs and reels. You'll learn the basic footwork and styling to get you moving (without a lot of drill) and dance, dance, dance.
- Border Morris—Alistair. Explore a boisterous and energetic dance form from the border area of England and Wales. These are primarily stick dances, relying to a great extent on the impact of the performance. The dancers may cover their faces with colored make-up and wear costumes decorated with many ribbons or strips of material. Learn some of the newer dances that are popular among teams dancing Border Morris in England and a couple of the traditional ones as well.
- Caller's Workshop—Bruce. Make the shift from teaching dances to teaching people. If you're already there you can get useful feedback and hone your skills. Some topics include: giving and receiving feedback (many say this is the most valuable aspect), the psychology of groups (how can you be in charge when the dancers are the customers?), brevity, working with a band (how to keep them happy and be comfortable yourself), and what callers need to know about dance music. You'll also get practice with forgiving dancers.

### Class 2

- Longsword—Judy. "In the Good Old Way" is an English style dance for six dancers to a vigorous hymn tune. Using a running drop step, it includes a chorus figure, and has a variety of linked and unlinked figures. Moderately aerobic, it does not include any human pretzel moves (such as double overs). If you've never done longsword, this will be a great introduction. If you are on a team, here's a chance to learn from the best. Come experience this inventive choreographer and fabulous teacher. Open to all. Wear sticky shoes.
- ECD for Performance—Joanna. Take a look at transforming English country dance from a social dance form into a performance piece. Explore figures and dances that show well in various settings, what audiences like, and what patterns they can see. Perfect some dances for performance and create some fun and entertaining dance medleys.
- Band Class—Peter. Get a hands-on investigation of the many tools available to spice up, tighten, vary, arrange, improvise, harmonize, and generally have fun with traditional dance music in a group setting. All levels of players welcome. We'll cover

such things as beginnings and endings, dynamics, phrasing and harmony.

- Voice Capers: Rounds, Ballads and Madrigals—Shira. Explore a variety of English rounds, ballads and not-difficult-yet-beautiful madrigals. All who like to sing are welcome. You will get pointers on how to sing well and improve the performance of individual pieces as well as history of the music, all delivered with Shira's wonderful sense of humor.

### **Class 3**

- Advanced English Country Dance: Impropriety—Brooke. If you are completely comfortable with all the basic ECD figures and familiar with many of the unusual ones, if you learn dances quickly without needing them called after the first few times through, you'll enjoy this challenging class focusing on the more complicated dances from Impropriety Volumes 1 and 2, dances by Brooke Friendly and Chris Sackett.
- ECD Fundamentals—Bruce. Get a solid grasp of the basics -- musical rhythms, figures and steps -- using simple, popular dances. A great introduction to English country dancing, a chance to go back and learn thoroughly things you have picked up, or just a fun way to get questions answered.
- Scottish Hard Shoe Step Dance—Judy. Learn "The King of Sweden," a Scottish stepdance in a hardshoe version. Originally notated as a ladies' step dance (soft shoes), it clearly has elements of the older hardshoe styles. Judy's hardshoe version has adjustments of some of the steps to reflect hardshoe styling. This will be a good introduction to hardshoe stepping as the steps range from basic to technically challenging. It has a lovely tune with a great story. Open to all dancers. Hard soled shoes preferable (no taps, please). It can also be done in ghillies (but then you would miss all that cool hardshoe stuff!)

### **Class 4**

- ECD: Becoming a Dancer—Bruce. Focus on developing good skills and habits, rather than on new dances. We'll explore listening and responding to music, seeing the other dancers as people, dealing with mistakes (yours and others'), carrying yourself lightly and moving with grace and power, and finding perfection in simple figures. These are big subjects, so the class will merely open the door to these. Exploring the territory beyond is your challenge for the next decade!
- Rapper Sword—Alistair. This is a great opportunity to learn or review the magical sword dances of the Northeast of England. If you've never done rapper before and never thought they could, Alistair will get up and dancing – you'll amaze yourself and your friends. Experienced rapper sword dancers will have loads of fun as well. The dance will be in the Newbiggen tradition and open to all dancers.
- Beyond Melody—Jon. The original title of this class was "What To Do When It's A Triple Minor That's Gone On For Twenty Minutes Already And The Caller Shows No Signs Of Stopping It Any Time Soon" but we thought that was a little too long. If you want to learn and practice all sorts of tricks for harmonizing, melodic improvisation, and more, this class promises to be loads of fun.
- Playing Backup—Debbie. Learn how to play innovative back up styling for English

Country Dance music. We'll experiment with various approaches to over 25 traditional and new tunes that make our rhythm playing become 'one with the dance'. All keyboard, guitar and other non-melody players welcome.

**Class 5** (will be hosted by a variety of staff and campers and does not meet on Wednesday or Friday)

- English Country Dance (and beyond) Grab Bag. May include Cape Breton, Judy teaching ECD as she teaches longsword, and ECD for all.
- Morris (and beyond) Grab Bag. Spend Sunday-Tuesday working up dances (whatever display dances the group is up for) for the Wednesday Morris tour. Bring a jig if you have one! Thursday will depend on the interests of campers.
- Music Grab Bag. Sunday Lisa Scott and Earl Gaddis will give a lecture/demonstration on how to play for Scottish country dance and the similarities and differences between playing for ECD and SCD. Monday and Tuesday you will have a chance for slow jams to learn Campers' Night tunes as well as coaching and individual feedback for camper bands. Thursday will depend on the needs of the camper musicians.
- Singing Grab Bag. Available for a variety of singing-swap rounds, Balkan, Shape Note, singing circle...

Musicians – bring red and blue Barnes (they will also available for purchase at the bookstore).

### **And there's more!**

- Camper-led warm-ups each morning. Wear loose clothing and bring a towel to sit and lie on.
- Back Porch Gathering prior to lunch. Bring a song, tune, story, joke, silly trick, poem... to share.
- Scottish Sing-a-long with Alistair after lunch.
- Camper's night and Morris tour / pub sing.
- Late night dancing, singing, socializing, and special events such as pub night/ceilidh and auction.

## Program Questionnaire

*(To save time and postage, please fill out and submit the on-line version of this form available at <http://bacds.org/camps/eweek2008/>. If that is not convenient, print this form and mail it to Brooke Friendly at the address below.)*

Name: \_\_\_\_\_

Please indicate the classes you are most likely to attend. You can change your mind later; this is to help us make initial decisions about where classes will be held.

If a class conflict is particularly painful for you, please rank your choices. Remember, we can't promise a conflict-free schedule. In fact, it's our job to make the class options as appealing and exciting as possible, and it's your job to make hard choices and to pace yourself. (Musicians, callers, display dancers, please also fill in next page.)

\_\_\_\_\_ Camper-led warm ups (see next page)

### Class 1

\_\_\_\_\_ Scottish Country Dance – Joanna  
\_\_\_\_\_ Border Morris – Alistair  
\_\_\_\_\_ Callers' Workshop – Bruce (see next page)

### Class 2

\_\_\_\_\_ Longsword – Judy  
\_\_\_\_\_ ECD for Performance - Joanna  
\_\_\_\_\_ Band Class – Peter (see next page)  
\_\_\_\_\_ Singing Workshop – Shira

### Class 3

\_\_\_\_\_ ECD Advanced: Impropropriety – Brooke  
\_\_\_\_\_ ECD Fundamentals – Bruce  
\_\_\_\_\_ Scottish Hard Shoe Step Dance (open class) – Judy

### Class 4

\_\_\_\_\_ ECD: Becoming a Dancer – Bruce  
\_\_\_\_\_ Rapper Sword – Alistair  
\_\_\_\_\_ Beyond Melody – Jon (see next page)  
\_\_\_\_\_ Playing Backup – Debbie (see next page)

### Class 5

\_\_\_\_\_ ECD and Beyond Grab Bag  
\_\_\_\_\_ Morris Grab Bag (see next page)  
\_\_\_\_\_ Music Grab Bag (see next page)  
\_\_\_\_\_ Singing Grab Bag

### Camper Warm ups:

\_\_\_\_\_ I would like to lead one or more mornings of warm-ups. (We may pick one person to do this as their work chore or it may rotate.) If you have a particular style of warm-up in mind, please indicate.

(Questionnaire continues on next page)

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(Program Questionnaire, page 2)

**Musicians:**

If you plan to attend music workshops and/or play for campers' night, please indicate below:

Instrument(s) you play:

Level of experience playing English country dance music (all levels welcome):

**Callers:**

We will set the campers' night program by Monday morning so the musicians have time to set bands, learn tunes and get coaching during 5<sup>th</sup> period music grab bag. Please come to camp prepared to list at least three choices of what you might teach. The goal for campers' night is primarily accessible and/or familiar dances and tunes (ideally in red or blue Barnes).

\_\_\_\_\_ I would like to call a dance at campers' night

**Display Dancers:**

If you have ideas for the Morris (and beyond) Grab Bag, please list them here. These can be anything from dances you'd like to share to discussion topics.

Please return this questionnaire **by June 2, 2008** to:

**Brooke Friendly**  
645 Glenwood Dr  
Ashland OR 97520  
541-482-9586  
friendsack@opendoor.com

## Camper Chores Questionnaire

Everyone at camp has a small daily chore (generally 20 to 30 minutes) to keep the camp running smoothly. *(To save time and postage, please fill out and submit the on-line version of this form available at <http://bacds.org/camps/eweek2008/>. If that is not convenient, print this form and mail it Denis Thalson at the address below by **June 2.**)*

**Questions? Contact Chore Coordinator Chrissy Howell at 415-883-1929 or [cahowell@ucdavis.edu](mailto:cahowell@ucdavis.edu)**

Name \_\_\_\_\_ Age \_\_\_\_\_

Preferred phone (\_\_\_\_\_) \_\_\_\_\_ Alternate phone (\_\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Circle your choices for the jobs you are willing and able to do. Your job assignment will come from these choices. If you have a strong preference for a certain job, please note it. If you have any limitations that make a certain chore impossible for you, please note it. **While we can't promise the chore of your dreams, we will make every effort to accommodate your preferences and limitations.**

### ***If we don't hear from you we'll assume you can do any job...***

- |   |     |    |           |
|---|-----|----|-----------|
| Will you be in camp early enough to do an early Saturday evening chore? | yes | no | if needed |
| Are you an early bird who prefers a morning job?                        | yes | no | if needed |
| Are you a night owl who likes to work late in the evening               | yes | no | if needed |

**Food Service:** The Dining Hall Manager will divide meal teams into before, during and after groups. No camper will have to be "on duty" for an entire meal.

- |  |     |    |           |
|--|-----|----|-----------|
| Breakfast  | yes | no | if needed |
| Lunch  | yes | no | if needed |
| Dinner   | yes | no | if needed |
| Move tables and benches after breakfast (requires lifting) | yes | no | if needed |
| Move tables and benches before dinner (requires lifting)   | yes | no | if needed |

**Special events:**

- |  |     |    |           |
|--|-----|----|-----------|
| Banquet (lots of work - but only on Friday, includes moving tables [lifting], setting tables, and cleaning up afterwards, packing decorations) | yes | no | if needed |
| Late Night Events (Pub Night, Auction)   | yes | no | if needed |
| Evening snacks (after 10:30pm)   | yes | no | if needed |
| Afternoon Events (High Tea, Highland Games)  | yes | no | if needed |

(Questionnaire continues on next page)

BACDS Mendocino English Dance and Music Week 2008

(Camper Chores Questionnaire, page 2)

**Miscellaneous:**

Restock drinking water supplies (requires heavy lifting	yes	no	if needed
Tidy camp house (straighten up room, sweep floors & steps, pick up stray dishes)	yes	no	if needed
Tidy dance hall (sweep steps, pick up stray dishes, check handwashing stations)	yes	no	if needed
Maintain and organize Dress Shop Tent	yes	no	if needed
Lead warm-ups (early morning)	yes	no	if needed
Provide on-call health advice	yes	no	if needed

**If you have been to camp before, what is the “chore of your dreams”?**

**Is there anything else you’d like us to know before we assign your camper job?**

Please return this form by June 2 to: **BACDS c/o Denis Tholson  
1105 Talbot Avenue  
Albany, CA 94706-2333**

BACDS Mendocino English Dance and Music Week 2008

Name \_\_\_\_\_

**Payment and Cabin Preference Form**

**Cabin Preference:** Accommodations at Mendocino Woodlands Camp are rustic wood cabins without electricity, set among redwoods. Cabins are clustered in three groups, each with its own bathhouse with separate men’s and women’s restrooms, hot showers and electricity.

**Wooded Lower Camp = Cabins #1-16.** These cabins offer privacy and proximity to the lower parking lots and a central bathhouse. They are reasonably close to the dining hall and camp house, and are the closest cabins to the swimming hole

**Middle Camp = Cabins #17-31.** These cabins offer close proximity to a central bathhouse and to the dance hall. They are subject to late night and early morning noise because of camp activities. Parking for these cabins is sometimes more remote than for the other Camps, but still within relatively easy walking distance.

**Meadows Upper Camp = Cabins #32-46.** These cabins are grouped around a central bathhouse, a short walk from Middle Camp. They overlook Beaver Pond and The Meadow, a sunny open area. A few of the cabins have immediately adjacent parking. Tent camping is available in The Meadow, if preferred.

*Please rank your preference in order 1-3: 1=first choice, 2=second choice, 3=last choice, or leave this blank to indicate that you have no preference. We will attempt to place you in your first or second choice if possible but cannot promise.*

Lower Camp \_\_\_\_\_ Middle Camp \_\_\_\_\_ Upper Camp \_\_\_\_\_

*If you have special requirements or requests please let us know:*

**T-shirts:** This year’s camp T-shirts, featuring our tree-and-ribbon logo, come in two colors: Color 1 and Color 2. They are fine-quality 100% cotton, and all sizes cost \$15.00. To reserve a shirt, please indicate size and color and send payment with this form. We’ll have your t-shirts ready for you at the beginning of camp.

T-shirts (\$15) Pine (green) S M L XL XXL XXXL  
Maroon S M L XL XXL XXXL T-shirt total: \$\_\_\_\_\_

**Nametags:** Name as you want it to appear on your nametag: \_\_\_\_\_

\*\*\*\*\*

**Payment Summary**

Camp registration balance due: \$\_\_\_\_\_ (amount shown in the acceptance letter/e-mail)  
T-Shirt total due: \$\_\_\_\_\_  
**Grand total due June 2:** \$\_\_\_\_\_

Make checks payable to BACDS.

Please return this form with any payment due to: **BACDS c/o Denis Tholson  
1105 Talbot Avenue  
Albany, CA 94706-2333**