



Bay Area Country Dancer

No.105– March 2016

www.bacds.org

Memories from AmWeek 2015

Cap'n Don Gorman

Camp! Joy of music, dance, dancers, and friends.

Two deer on the path, a raccoon on the fence. A noisy jay. Many visits to the cathedral. The flute. Tents in the meadow, tents near the trail, tents by the river dry as a bone. Another noisy Jay, another raccoon. Waltzes in the morning, I dance with my Love, Marianne, with tears in my eyes and joy in my heart.

PEACE. Sparks from the fiddle, fire from the band, shouts from the dancers, the dancing is GRAND! Life at the table, a serious air; a moment to hold a broken heart, the heart needs repair. A breakthrough at Bill's, more tears of joy. The skirts are a-swirling, the feet follow through. Laughter, great laughter.

"I'm glad you are here!" My alarm clock is an angel with fiddle in hand, flashes from heaven only I understand. Prayers in the morning, what a delight. Prayers in the evening to bring on the night. Lee's smile to light up the room, tears on her cheeks but tears not of gloom.

A truck to be loaded and loaded again. The staff in the kitchen, bright smiles today. Hot coffee aplenty, what can I say. A tune to be written, a tune to share. A tune at the Gathering soon fills the air.

More laughter!!! The Captain is here with tug boat in tow. Drop anchor, me ladies, let's take a chance; a lovely sweet lassie, let's have a dance. Snacks in the evening a relief for the band. Chicken and leftovers, we eat them by hand. A roar from the dancers, a roar from the floor. Hugs are aplenty, hugs everywhere. Warm feelings and happiness do fill the air. Some lead, some follow, some follow then lead.

The redwoods so tall, so tall and so grand. I stand at the bottom like a small grain of sand.

If there is heaven on earth then this is the place; the music, the dancers, all to embrace. Oh people, oh people, come with me to home! All the months in the future I won't dance alone. You're part of my spirit, you're part of my grace.

Oh dancers, dear dancers, dance with me again. Next summer, in Jones Gulch, at AmWeek is when!

From Cap'n Don, AmWeek 2015. I have been blessed.

(Thanks to Eric Black for submitting these memories.)

Come watch the Morris Dancers!

By Chrissy Howell

With spring comes opportunities to watch Morris Dancing at various times and locations across the Bay Area, especially in the time period between May Day (May 1st) and summer solstice. Morris dancers throughout the Bay Area gather together with their sticks, ribbons, bells, hankies, and baldrics, for music and dance in our annual May 1st celebrations at locations around the Bay (typically there are five May Day morning Morris celebrations in the greater Bay area). We wake the sun and bring it back for a whole year! (Besides being a great deal of fun, you'll notice it works, too!) Be part of it. Show up while it's dark and watch the sun make its grand entrance. See the spectacle! Cheer the dancers! May Day 2016 dance locations and times will be posted on the BACDS webpage under Special Events (link at upper left of the home page).

If you can't manage waking before dawn on May Day, there will be other opportunities to observe Morris Dancing. There are generally Morris tours each year in San Francisco, Sebastopol, and Santa Cruz that involve multiple Morris teams. Additional performances by individual teams also occur across the Bay Area. Check the webpages of individual teams (or "like" their Facebook pages) to find specific team and event information; some even have mailing lists to keep Morris dance groupies apprised of their performances. Join in the celebration! Watch the magic! Berkeley Morris dances out most weekends between May Day and summer solstice (see <http://berkeley-morris.org/performances.html> for details).

If you are feeling inspired to join a Morris Team after watching them dance, information on the various Bay Area teams can be found on the BACDS webpage under "Performance Teams." There is a Morris team near you that would love to have additional dancers!

What Is The One Thing I Love Most About Dancing?

By Chris Folger

What is the one thing I love most about dancing?

I love the music, simultaneously supporting and encompassing. I love the character it adds to my dancing character.

I love my dancing character. It is free. It soars even when my feet are sore. It swell, ebbs and flows. It is the only part of my being that says "Look at me!"

I love the ensemble dancing creates. Between music, movement and the dancers. And especially among the dancers ourselves. We move as one, unified in our mutual diversity. All people joined in a commonality – individual joys enmeshed into collective rapture.

I love the people who love the dance.

When there is no music I love dance because its power transcends music. Dance then becomes its own music. Its rhythms regulate the breathing and heartbeats of its ardent lovers. We all have to leave dancing sometimes, but dancing is never compelled to leave us.

Some of my most treasured dancing moments occurred when I was sitting still, when my body could not dance but my mind broke free.

I love that dancing was invented and has evolved.

And that is the one thing I love most about dancing.

These are all one thing, and that thing is dancing.

The President's Corner



From the President: Burnout. That's the word that every volunteer organizer dreads. It happens anyway, and it's happening to me now. And not just to me. Burnout is contagious. If one person gets it, other people have to take up the slack, and very often they are the very people who are already overcommitted themselves.

This year's *Spring Fever* committee is a case in point. Three years ago, we finally hit on a programming formula that worked pretty well. The last 2 years, we demonstrated that the formula worked. *Spring Fever* was highly successful, and we thought we'd be able to continue doing well. But life intervened. Key committee members had to deal with issues ranging from personal health to caring for parents to the death of a spouse to a new job that requires lots of time away from home. We didn't get the online registration page working until mid-January, and we held off doing our major publicity push waiting for the registration pages to work. We were just too buried in other stuff to get the word out, and camp this year will be under-attended.

You can see from that summary that it's not just volunteer work that contributes to burnout. Any major life event or crisis, or even a sufficient number of minor overcommitments, can make it hard for a volunteer to have the energy to do what needs to be done. And once a volunteer job goes undone, we have to find someone else to do it. And we usually have to find someone else on short notice, which means the job is usually picked up by someone else on the committee, or by someone we know can do it, because they are already doing the same job for another committee. We seldom are lucky enough to find "new blood." This is how burnout spreads.

It's really easy to help. Pick any event you care about, find out who is on the committee, and ask if you can help. There are lots of small things you can do, without getting too overloaded yourself, and the most important is to just be another person on the committee E-mail list so that when decisions need to be made or something needs to be done, you have a chance to contribute. Come to meetings if you can (or attend by phone or videoconference). Meetings are what keep committees connected, and make sure things get done. And it's tremendously rewarding, when the event finally takes place, to know you were part of making it happen.

~ Jens Dill, BACDS President, bacds-president@bacds.org

Volunteer Thanks

- ♪ Thanks, thanks, and more thanks, to *Joyce Cooper*, who is "retiring" from her many, many, many BACDS volunteer positions. Joyce has been on the Board of Directors, has managed or co-managed *American Week*, the *Playford Ball*, the *Fall Ball*, the *San Jose Community Dance*, and much, much more. Joyce will stay on the Fall Ball committee for this year, but otherwise will be focused on her great-grandchildren.
- ♪ Thanks to *SharYn Peterson* for managing the fragrance-free soaps and shampoos for all of our camps.
- ♪ Thanks to *Catherine* and *William Allen*, and all their helpers, for preparing the practice CD for the *Playford Ball*.
- ♪ Thanks to everyone else who contributed. No room to list everyone this time; will try to fit you in next time.

Upcoming Events

Fri-Sun, March 11-13	Spring Fever Dance Weekend	<i>Gaye Fifer, Adina Gordon, Nikki Herbst, and more</i>
Sunday, March 13	Special San Francisco Contra	<i>Gaye Fifer with Triple A Plus</i>
Monday, March 14	Special Palo Alto Contra	<i>Adina Gordon with Triple A Plus</i>
Saturday, March 19	Techno Contra at San Francisco	<i>Ethan Hummel with DJ Balance and Swing</i>
Sunday, March 20	Playford Ball Workshop (Sacramento)	<i>Alisa Dodson</i>
Wednesday, March 23	Experienced English Dance Workshop	<i>Nikki Herbst</i> , at 6:45, before the Berkeley English Dance
Wednesday, March 23	Special Berkeley English	<i>Nikki Herbst</i>
Friday, April 1	Playford Ball Rehearsal	<i>Cavalcade of callers with Bangers & Mash</i>
Saturday, April 2	Playford Ball	<i>Lise Dyckman</i>
Sunday, April 3	Playford Brunch	at the home of Jens Dill
Fri-Sun, April 1-3	Epicenter Dance Weekend (NBCDS)	Lisa Greenleaf, Nils Fredland with JigJazz & Elixir
Fri-Sun, April 8-10	Queer Contra Dance Camp	<i>Frannie Marr, Kalia Kliban with the Syncopaths</i>
Sunday April 10, 4-7 pm	Family Week Fundraising Dance	<i>Mavis McGaugh with the Guppies (in Hayward)</i>
Sunday, May 1	May Day (5:30 am)	<i>Dance the sun up with Bay Area Morris dancers</i>
Wednesday, May 4 & 18	Hambo Workshop before Berkeley Contra	<i>Erik Hoffman</i>
Saturday, June 25	Special Palo Alto Contra (<i>pre-Amweek</i>)	<i>Cis Hinkle with the Stringrays</i>
Sun-Fri, June 26-July 1	American Dance and Music Week	<i>Cis Hinkle, Will Mentor, Eric Erhardt</i>
Friday, July 1	Post-Amweek Contra in Palo Alto	<i>American Week Staff</i>
Saturday, June 4	Nepal Hospital Benefit Contra -- SF	<i>Kelsey Hartman with the Synaesthetics</i>
Sun-Fri, July 3-8	BACDS Family Dance Week	<i>Brooke Friendly, Kalia Kliban, Julia James</i>
Sat-Sat, July 30-Aug 6	English Dance and Music Week	<i>Joseph Pimentel, David Millstone, Mary Devlin</i>

See bacds.org for more information. For events sponsored by our neighbors, see nbcds.org (NBCDS), sactocds.org (SCDS), sffmc.org (SFFMC), santacruzdance.org (TDSC), montereycdc.webs.com (MCDC), cccds.org (CCCD), haywardcontradance.org (TDOGS), lcfid.org/sf (QCD)

This issue was edited by Chris Folger and Jens Dill. Send corrections to TheDancer@bacds.org. Deadline for the Summer *Dancer*: May 20, 2016. Send submissions to TheDancer@bacds.org. Please join the conversation.